

NEWSLETTER

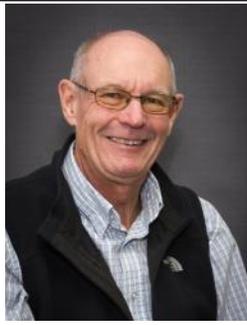
March 2022



Happy 10 YEARS for the Card Crafters last month as they celebrated with cake! Thank you for all that you do in making amazing refurbished cards that are sold in our boutique!

PRESIDENT'S REPORT

I sure hope March comes in like a Lamb! March 1st should signal an end of the Restriction Exemption Program at Nord-Bridge. The province decided to end this program on February 10, 2022, but your board of directors thought it was wise to hold off for a while. This decision was made to accommodate the safety and well being of our members, staff, and guests.



Its nice to get through February. It's the shortest month but it always seems to be too long for me. March means Spring even if we could still have snow until June.

As I write this letter, the Olympics are on, and I find we spend quite a lot of time marvelling at how talented these young people are. I can't imagine how many bones I would break if I attempted to do any of the tricks we have seen performed.

The AGM will be on Wednesday, March 2, 2022 at 9:30 AM. If you see this note in time, please attend this meeting and let us know if you are attending by calling 403-329-3222 or stop by the Front Reception Desk. During this meeting, we will be electing a new Board of Directors.

At our Board of Directors meeting on February 9th, we got an update on the Go Friendly Shuttle. We are so pleased with how it is working now. A thank you goes out to Dave Slovak who was our driver for so many years. He has retired and the job has been taken over by Terry Beauchemin. Welcome Terry, we know you make a great addition to the Nord-Bridge team!

We had a wonderful Valentines luncheon on Friday, February 11, with 95 people attending. The meal was delicious thanks to chefs, Bety and Ken and Gail followed up with a very special valentine's cupcake dessert. Thank you to all the volunteers who also helped decorate and serve the food. Five door prizes were handed out thanks to the Marquis flower shop and Firestone Restaurant and Bar.

Be kind to one another! We will get through all these unknowns and summer will soon come.

"It was one of those MARCH days when the sun shines HOT and the wind blows COLD: When its Summer in the light, and Winter in the shade." -Charles Dickens

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!

Brent Baldery

Cheryl Shenton

Linda Brunet

Ruth Buchanan

Wendy Desjardins

Brenda Hanson

Gill Harrison

Ken Hutton

Linda M. Brown

Susan Druhan

Lily Watterud

Kimberly May

Greta Kirkham

Kim Koroll

Carolyn Koroll

Evelyn Krysowaty

Len Ring

Elaine Tanaka

Jennifer Taylor

Ernie Woodgate

Marie Woodgate

Arlene Setla

5 Anonymous



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



GUESS THE NUMBER OF LEPRECHAUNS IN THIS NEWSLETTER AND BE ENTERED IN TO WIN A \$25 GIFT CARD TO THE DUNFORD DINER BY MARCH 17!

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



I'm going to take this month's Newsletter to highlight and recognize two valued board members who will be wrapping up their term on our board at this month's AGM. Mr. Clay Olsen and Mr. Jim Hahn have served a collective 33 years on our Board of Directors. Clay joined our Board in 2002 shortly after we moved into our current building from the Bill Kergan Centre. Within one year, Clay took on the role of Vice President and held the role for three years. In 2006, Clay became the 12th President of Nord-Bridge and was instrumental in the purchases of two shuttle buses for our Go Friendly Shuttle Program. One shuttle for the partnership with the City of Lethbridge and the other shuttle for Nord-Bridge's travel programs. After his three year term as president Clay served 3 more years as the past President. From 2013 to present day; Clay served 8 more years on the board. On top of volunteer leadership Clay provided to Nord-Bridge; he is also our resident jack of all trades. Fixing the odd thing here and there like tables, squeaky doors, leaks and lights were tasks that Clay took on throughout the day. Clay, also took on the role of opening our doors in the morning for many years; as well as taking on volunteers duties such as shuttle bus driving, bingo caller and convener for numerous activities such as floor curling, shuffleboard and carpet bowling. Jim Hahn, started on the Board of Directors in 2007 and served as board member for three years until he ascended to the Vice President role for another three year term starting in 2010. In 2013, Jim became the 14th President of Nord-Bridge and served for three years and concluded another three years as our past president. After a brief one year hiatus from the Board of Directors as per our by-laws Jim returned to serve one three year term; totalling 15 years of volunteering on our board. During Jim's tenure on the board, our volunteer and fundraising portfolio reached new heights. Jim planned entertainment fundraisers such as Old Favorites and Sgt. Wilson's Army Show that generated significant fundraising revenues. During Jim's Presidency, Nord-Bridge was successful in hosting the Grey Matters Conference in 2013 (a conference that was generally hosted in Edmonton or Calgary). Jim was also instrumental in organizing annual events such as the Presidents Dinner and the Annual Miners Banquet that honoured miners in our community. Jim networked and created partnerships with many local businesses that sponsored many of the fundraising events that Jim had programmed. Jim also volunteered every Monday running our 50/50 during our Jam Sessions. Both Clay and Jim's commitment to volunteering extended outside of Nord-Bridge as Clay was an active Board member of Zone 1 - Sunny South Sports and Recreation Association and Jim was the Director of Volunteers on the Board of Directors for the 2009 Alberta 55 Plus Winter Games. Unofficially, these two men have contributed about 20,000+ volunteer hours to Nord-Bridge and to the community. Please join me in thanking these fine gentlemen for the selfless dedication to Nord-Bridge. I appreciate the leadership and support they have given to me in my position as the E.D. for Nord-Bridge and sincerely thank them for all their time and dedication.

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



We are in need of a wooden display stand for blankets/afghans in our boutique! If you would like to donate or create something similar to this that is approximately 1 1/2 feet tall and 2 feet wide, please call 403-329-3222 and ask Heather.



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



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](http://www.shaw.ca/internet/wifi/) 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

- Feb. 4- Lawrence Velker \$50.75
- Feb. 9- Steve Prokop \$12.50
- Feb. 10- Ed Cutler \$16.00
- Feb. 15- Doreen Jurgens \$16.75
- Feb. 25- Randy Butterwick \$49.75

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

Al Martin \$192.00
 Next Draw March 25

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

- Feb. 7 - Vebeke Lindhardt \$100
- Feb. 14 - Doug Matthews \$60 Jim Edwards \$60
- Feb. 21 - CLOSED STATUTORY HOLIDAY
- Feb. 28 - Fay Stevens \$60 Gail Krysak \$60

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



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

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

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



roost 2 roost
LIMITED

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

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



New Owner/
Operator

Candice Penner

Registered Massage Therapist

403-393-2604

#242 104 13 St. N.

Lethbridge, AB

Modalities Offered:

- ◆ Therapeutic Massage
- ◆ Cupping Massage
- ◆ Hot Stone Massage
- ◆ Reiki
- ◆ Relaxation Massage
- ◆ Raindrop Therapy

Membership Renewals NOW DUE FOR 2022!

Renewing Members: \$50

New Members: \$53

*Please pay at the Front Reception Desk.



Friday Lunch Entertainment

March 4 – Roger Mueller

March 11– Celtic Routes St. Patty's Day Celebration!

March 18– Patty Moyer & Rex

March 25- Harvey Schmitt





FREE Walker Repair CLINIC

Where: 1904 13 Ave. N. in the Main Corridor of Nord-Bridge

When: Wednesday, April 20

Time: 10 am- 11 am



First come first serve!

*For members of Nord-Bridge ONLY

Thank you to:



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(lq)**
- 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**

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



NBC HIS 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

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

Anne Pauls in Memory of Frank Deane \$50; Gordon Vaselenak \$50; Reg Prawdzik \$50; Valerie Arkinstall in Memory of Frank Deane \$50

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: **\$1120.50**



<u>BUILDING FUND UPDATE:</u>	Goal	
Achieved		
Total Fund-Raising Goal	\$6,248,320	
From City of Lethbridge	750,000	82%
From Various Provincial Grants	2,500,000	66%
From Various Federal Grants	500,000	7%
From Nord-Bridge - by Fundraising	2,500,000	86%
Total Contributions to our Building Fund 1998 through 2022	\$ 2,215,698	
Still needed by N-B Fundraising	\$ 284,302	

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+





Photos from our Valentines Day Luncheon on February 11th!



FOOT CARE IS BACK!

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

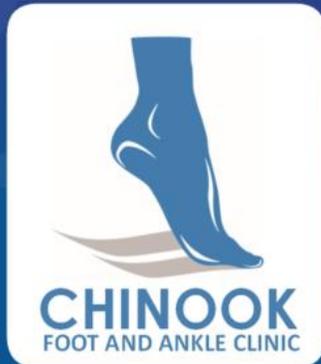


**Dates: Wednesday, February 2nd & March 30th
Time: 10:00 am - 12: 00 pm.
Fee: \$15.00 per person**

**For Nord-Bridge Members ONLY*

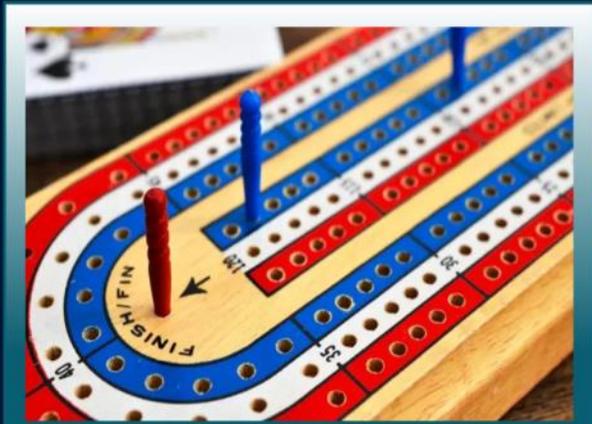
Thank you to:

For more information please call Nord-Bridge!



NORD-BRIDGE SENIORS CENTRE

1904 13 Ave. N.



#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!



JAMMERS

NOW BACK EVERY MONDAY
(EXCLUDING HOLIDAYS)



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

Last month I ventured to Waterton and hiked up to Cameron Lake, part of the road was closed off due to snow but it was so beautiful! Here is a picture to the right.

Last month was a fun filled one with our Valentines Day Luncheon of around 95 people smaller than in years past but it was a nice event to get back into the swing of a dine-in event. Thank you to our sponsors, Firestone Restaurant & Marquis Flower Shop for donating door prizes from gift cards to bouquets of flowers.

Looking ahead to this month, we have the Community Volunteer Income Tax Program starting up on March 1st led by tax volunteers for the 16th year in a row! This year we will continue to offer **ONLY DROP OFF's** through our front door mail slot or clients can drop off their documents in person Monday- Friday 9:00 am- 3:00 pm to a volunteer just outside of the tax office. Since there is no appointments, please make sure bring all tax documents and fill out a Consent Form along with correct contact info including phone number, address, date of birth, marital status, and disability tax credit (if applicable). This a **FREE** service available to anyone in the community.

Program cancellations this month:

March 2nd, Zumba Gold, Carpet Bowling, Beginners, Line Dancing are cancelled due to the Annual General Meeting. Our in house awards luncheon is on Friday, March 4th- **PLEASE NOTE** in house bingo will not be allowed to start play until 1245pm in the Multi-Purpose Hall this day, as this is a special function for members and we need time to clean up afterwards. Thank you for your understanding.

Friday, March 11th we will be hosting our annual St. Patrick's Day Celebration from 11am-1pm with live entertainment by the Celtic Routes, beer for purchase, door prizes to be won, and delicious Irish food to enjoy from our Dunford Diner. This event is for members and invited guests only.

Programs that are new and upcoming include a virtual art class with Ariel Jones where the participant gets to trace and paint step by step from the comfort of their home! The cost is \$65.00 a person and starts Monday March 7th for 6 weeks at 1:00 pm. This is great for beginner watercolor painters and is a great way to meet new people!

Then on Friday, April 8th we will be hosting a Ukrainian Easter Egg Painting morning in the craft room of Nord-Bridge for the small fee of \$10 per person, all supplies will be provided. Last but not least and back by popular demand is another **PAINT & SIP NIGHT** thanks to Smudge Art Studio on Thursday April 21st at 6:00 pm- 8:00 pm for anyone 18+ and the cost is \$45.00 per person (please go to **page 24** to see what participants will be painting). Please register for any of these by calling 403-329-3222 and asking for Ashley.

Until next month, stay happy and healthy!

Ashley Kern - Program Coordinator



♥
Congratulations!

To:

Lynne Peterson
Lori Phillitoff
Jackie Young
Shirley Arndt &
Vibeke Lindhardt

**for winning door prizes at
our Valentines Day Lunch!**

Each winner took home either chocolates and a gift card to Firestone Restaurant or a bouquet of flowers and chocolates!

MARCH 2022

Monday

Tuesday

Wednesday

Thursday

Friday



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/Hand & Foot
 1:00 Scrabble
 1:00 Watercolor Club
 1:00 Texas Hold'em
 1:30 Beginners Crib **NEW**
 5:00 Evening POUND®
 7:00 Evening Line Dance

2
8:30 **AGM** **Breakfast Buffet**
 9:00 Virtual Meditation
 9:30 **AGM (Multi-Purpose Hall)** *Zumba Gold, Carpet Bowling & Line Dance cancelled today*
 10:00 Paper Tole
10:45 WINNERS BINGO
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Craft
 7:00 Table Tennis



3
 9:00 Card Crafters (FULL)
 9:00 Floor Curling
 9:30 Mind Joggers
 10:00 Intermediate Line
 Dance (FULL)
 10:45 Strength Keep Fit
 1:00 Acrylic Painting
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:00 Canasta
 1:15 Floor Shuffleboard
 5:45 Pickleball (MUST PRE-REGISTER* LIMITED SPACES AVAILABLE) **NEW**

4
 9:00 Gentle Yoga
 10:30 Chair Yoga
11:00 In House Awards Luncheon (Multi-purpose)
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib
 1:00 Checkers **NEW** (Craft Room)



7
 9:00 Gentle Yoga
 9:30 Jammers
 10:00 Floor Curling
1:00 Virtual Watercolor with Ariel **NEW**
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Darts
 6:30 Bid Euchre



8
9:00 LAWYER by appointment
 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/Hand & Foot
 1:00 Intermediate Line
 Dance (Multi-Purpose Hall)
 1:00 Scrabble
 1:00 Watercolor Club
 1:00 Texas Hold'em
 1:30 Beginners Crib **NEW**
 5:00 Evening POUND®
 7:00 Evening Line Dance

9
 8:45 ZUMBA® Gold
 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 (PM)
 12:00 Gentle Somatics (PM)
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis

10
 9:00 Card Crafters (FULL)
 9:00 Floor Curling
 9:00 Gentle Pilates
 9:30 Mind Joggers
 10:00 Intermediate Line
 Dance (FULL)
 10:45 Strength Keep Fit
 1:00 Acrylic Painting
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:00 Canasta
 1:15 Floor Shuffleboard
 5:45 Pickleball (MUST PRE-REGISTER* LIMITED SPACES AVAILABLE) **NEW**

11
 9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:30 Chair Yoga
11:00 St. Patrick's Day Lunch *For members and invited guests
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib
 1:00 Checkers/Chess **NEW** (Craft Room)



14 9:00 Gentle Yoga
9:30 Jammers
10:00 Floor Curling
1:00 Virtual Watercolor 
with Ariel
1:00 Military Whist
1:00 Woodcarving
1:00 Contract Bridge
1:00 Darts
6:30 Bid Euchre



15 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/Hand & Foot
1:00 Intermediate Line
Dance (Multi-Purpose Hall)
1:00 Scrabble
1:00 Watercolor Club
1:00 Texas Hold'em
1:30 Beginners Crit 
5:00 Evening POUND®
7:00 Evening Line Dance

16 8:45 ZUMBA® Gold
9:00 Guided Meditation
9:00 Gentle Somatics(AM)
10:00 Paper Tole
10:00 Carpet Bowling
10:30 Chair Yoga
10:45 WINNERS BINGO
Begin. Line Dance
Gentle Somatics
Darts
Euchre
Quilt/Kraft
Table Tennis



17 **HAPPY ST. PATTY'S DAY!**
9:00 Card Crafters (FULL)
9:00 Floor Curling
9:00 Gentle Pilates
9:30 Mind Joggers
10:00 Lethbridge Hearing
(South View Room)
10:00 Intermediate Line
Dance (FULL)
10:45 Strength Keep Fit
1:00 Acrylic Painting
1:00 Trump Whist
1:00 Woodcarving
1:00 Duplicate Bridge
1:00 Canasta
1:15 Floor Shuffleboard
5:45 Pickleball (MUST PRE-REGISTER)*LIMITED SPACES 

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)



21* & 28*
9:00 Gentle Yoga
9:30 Jammers
10:00 Floor Curling
11:15* Virtual Cooking Class
1:00 Virtual Watercolor 
with Ariel
1:00 Military Whist
1:00 Woodcarving
1:00 Contract Bridge
1:00 Darts
6:30 Bid Euchre



22 & 29 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/Hand & Foot
1:00 Intermediate Line
Dance (Multi-Purpose Hall)
1:00 Scrabble
1:00 Watercolor Club
1:00 Texas Hold'em 
1:30 Beginners Crib
5:00 Evening POUND®
7:00 Evening Line

23* & 30*
8:45 ZUMBA® Gold
9:00 Guided Meditation
9:00 Gentle Somatics(AM)
10:00 Paper Tole
10:00* FOOT DOCTOR (30th)
10:00* Lethbridge College Messages (Craft Room) (23rd)
10:00 Carpet Bowling
10:30 Chair Yoga
10:45 WINNERS BINGO
Begin. Line Dance
11:15 Gentle Somatics (PM)
1:00* Recovery College
Worry Less Webinar 
1:00 Darts
1:00 Euchre
1:00 Quilt/Kraft
2:45* LSKIP
7:00 Table Tennis

24 9:00 Card Crafters (FULL)
9:00 Floor Curling
9:00 Gentle Pilates
9:30 Mind Joggers
10:00 Intermediate Line
Dance (FULL)
10:45 Strength Keep Fit
1:00 Acrylic Painting
1:00 Trump Whist
1:00 Duplicate Bridge
1:00 Canasta
1:00 Woodcarving
1:15 Floor Shuffleboard
5:45 Pickleball (MUST PRE-REGISTER)*LIMITED SPACES 

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)



***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 MARJA AT 403-329-3222 TO ARRANGE.
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY): UPCOMING APPTS: Mar. 17, May 19, June 16
- AGM- WEDNESDAY, MARCH 2nd AT 9:30 AM (MULTI-PURPOSE HALL)

SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE

WINNERS BINGO WEDNESDAY: MAR. 2, 9, 16, 23, 30

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON MARCH 30, 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: APRIL 20 AT 10AM IN THE MAIN CORRIDOR—FOR MEMBERS ONLY*



24 9:00 Card Crafters (FULL)
9:00 Floor Curling
9:00 Gentle Pilates
9:30 Mind Joggers
10:00 Intermediate Line
Dance (FULL)
10:45 Strength Keep Fit
1:00 Acrylic Painting
1:00 Trump Whist
1:00 Duplicate Bridge
1:00 Canasta
1:00 Woodcarving
1:15 Floor Shuffleboard
5:45 Pickleball (MUST PRE-REGISTER)*LIMITED SPACES 

Board President, George and his Wife, Ingrid out Snowshoeing!



Notice from Cards:

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

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 Farkas Family and the passing of Donna
- ... The Goodman family and the passing of Brad
- ... The Lazaruk family and the passing of Mary
- ... The McLean family and the passing of Vi
- ... The Major family and the passing of LaVerne



LETHBRIDGE DENTURE CLINIC LTD

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

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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.

Thank you to our sponsors for the Valentines Day Luncheon last month!

**-Gift Cards to Firestone Restaurant
-Flower Bouquets from Marquis Flower Shop!**



Its is *much* appreciated!



Photos from last months Intergenerational Games afternoon



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!

WE ARE IN NEED OF

GENTLY USED POT HOLDERS & OVEN MITTS

CALL 403-329-3222 AND ASK FOR GAIL





MANAGING UNWELCOME WORRIES



Do you worry about "what ifs" and worst-case scenarios? You can't get troublesome thoughts out of your head, and it interferes with your daily life? Managing Unwelcome Worries will explore what worry is and strategies for how you can calm your worried mind.

JOIN US TO LEARN MORE!

When? Wednesday, March 23, 2022, 1:00pm to 2:00pm

Who can attend? Anyone aged 55+

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



GUIDED 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 2 BEGINS
WEDNESDAY, MAR. 16 - MAY 4**

MEMBERS: \$20
NON-MEMBERS: \$40

TIME: 9AM-945AM
LOCATION: SOUTH VIEW ROOM

CALL TO REGISTER- 403-329-3222



**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.

COME ENJOY AMAZING FOOD & BEER!

11TH
FRIDAY MARCH

ST. PATRICK'S
DAY
PARTY

11AM-1PM



DOOR PRIZES TO BE WON!

FOR MEMBERS AND INVITED GUESTS

WITH LIVE ENTERTAINMENT BY THE CELTIC ROUTES!



1904 13 AVE. N.

HERE TO SERVE



RACHAEL THOMAS
LETHBRIDGE ALBERTA MP

   @RachaelThomasMP

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



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.



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!



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:

We are happy to welcome two new members. Joyce and Elizabeth. You are invited to join us to have a listen and who knows? You may decide to become a member as well!

**Come join us every Thursday at 9:30 am!
-Judy Knox**



ATTENTION MEMBERS:

FLOOR CURLING WILL BE CANCELLED IF WE DO NOT GET A MIN. OF 8 PEOPLE TO PLAY THIS GAME.



IF INTERESTED PLEASE CONTACT:
ASHLEY

AT **403-329-322**

PLAY EVERY MONDAY AT 10AM AND THURSDAY AT 9AM!

15 outdoor activities to celebrate spring!

1. Jump rope
2. Have an outdoor scavenger hunt
3. Try your hand at miniature golf
4. Play Frisbee
5. Take the dog for a walk
6. Visit a farmer's market
7. Play soccer or softball
8. Take a bike ride
9. Picnic in the park
10. Start a garden
11. Grab some chalk and decorate your driveway
12. Spend an afternoon at the playground
13. Go camping
14. Go for a hike
15. Fly a kite

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



LIVE



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



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

Friday, March 4th - Roast Beef, Mashed Potatoes, Veggies, & Gravy

Friday, March 11th - St. Patty's Day Lunch \$11
Choice 1: Corned Beef with Sauerkraut, Vegetables, & Cabbage or Choice 2: Choice of Fresh Lamb Stew in a Bread Bowl (Both choices come with Pub Appetizers & Tea or Coffee)

Friday, March 18th - Chicken Fettucine Alfredo, Garlic Toast, & Caesar Salad

Friday, March 25th - Liver & Onions, Mashed Potatoes, Veggies & 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



Seniors System Navigator
Please check out a new group below that I will be facilitating next month, please register at the Nord-Bridge Front Reception Desk or call 403-329-3222
Charlene Kocken



LETHBRIDGE Senior Citizens ORGANIZATION

Compass for the Caregiver



COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend, or neighbour near or far.

If you are supporting someone experiencing challenges related to: health, age, family dynamics, mental health, pressures generated by "sandwich generation" responsibilities and/or distance.

We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead.

April 5, 12, 19 & 26, 2022
Tuesdays from 1:30 – 3:30 pm

Location: Nord-Bridge Board Room
\$50 registration fee

Contact Nord-Bridge at 403-329-3222 to register

Nord-Bridge • 1904 - 13th Avenue North • 403-329-3222



caregiversalberta.ca | 780.453.5088
office@caregiversalberta.ca | 1.877.453.5088 (toll-free)



PICKLEBALL NOW AT



NORD-BRIDGE SENIORS CENTRE

EVERY THURSDAY AT 5:45 OR 6:45 PM!

Come enjoy Pickleball for seniors 55+!

Drop in fee
members // \$2 // Non members \$5

*LIMITED SPACE AVAILABLE PLEASE PRE-BOOK BY CALLING 403-329-3222 AND ASK FOR ASHLEY. ONCE REGISTERED, PLEASE DOWNLOAD THE TEAMREACH APPLICATION ON YOUR DEVICE.



1904 13 AVE N. USE NE DOORS OF BUILDING



Wellness Coordinator/Outreach

MIND and BODY Meditation.

SOMATICS exercises work directly with the nervous system to release chronic muscular tension, relieve chronic pain, and improve posture and movement. The exercises are extremely slow and gentle, and are appropriate for all ages and fitness levels. The exercises that I teach were developed by Thomas Hanna.

Somatics exercises allow you to prevent, alleviate, and recover from many common conditions such as chronic muscle and joint pain, disc problems, sciatica, scoliosis, rounded posture, plantar fasciitis, temporomandibular joint disorders, and more. If your condition are being caused by the way you're using your body—as most musculoskeletal conditions are—then Somatics exercises can help you.

If you have been wanting to try a program but have a hard time getting to and from the floor— we have adapted Beds to enable members to participate without this concern —please check with me.

Big Thank-you to all our Fitness participants of January and February! We have started the year off with lots a laughs and fun as we get into shape! *Keep it up!*

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!**

Outreach -is postponed- We are hoping we can do an event in **May 2022**

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



COME AND JOIN US FOR LINE DANCING CLASSES With Diane!

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

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

FREE SESSION ON MARCH 1ST!

****Must have previous experience- for intermediate levels only****

FOR MORE INFO PLEASE CALL 403-329-3222!



For Seniors
55+



WWW.NORDBRIDGESENIORS.COM

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, March 18 **FREE**

from 10 am -1130 am

Friday, April 8 **FREE**

from 10 am -1130am

Friday, May 20 **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!





Painting Moving Water in Watercolor

With Donna Gallant

**Monday, April 4th – May 16 at
10:00 am– 12:00 pm**

in the Craft Room of Nord–Bridge Seniors Centre

Close up or far away, moving water takes on its own distinctive properties compared to still water. Participants will create their own interesting painting on how to create proper perspective regarding landscape. This is great for any level of painter! Pick up your supply sheet when registration is complete.

1904 13 Ave. N. 403-329-3222

Need a ride?

**We Pick you Up
And Drop You Off**

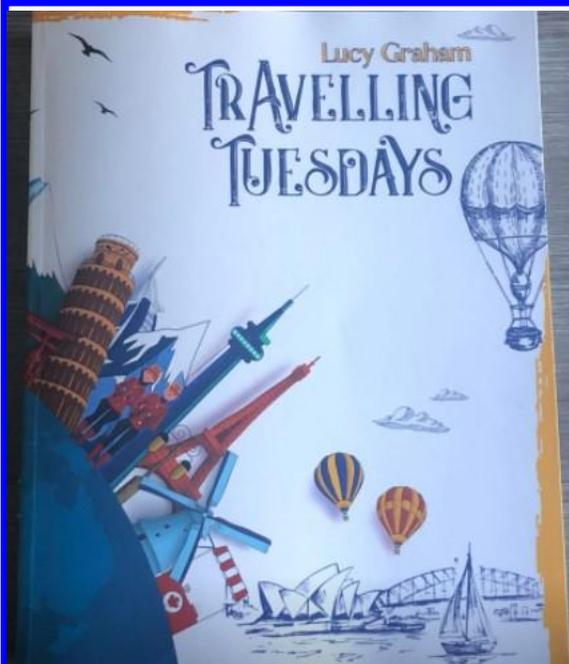


THE GO-FRIENDLY SHUTTLE IS BACK!

**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**



Lucy Graham is now a published author!

Lucy Graham, one of our members, wrote a book called Travelling Tuesdays.



Lucy shares stories about many of the countries she has been able to visit all over the world. See which adventure brought her too close to a hippo and where she enjoyed a ride in a hot air balloon.

Find out what is the only country that starts with the letter Q or O or W. Yes, Lucy has been to each of these countries too.

Lucy is selling her book for \$50 USD or \$60 CAD. She will make a donation of \$5 for each book sold here at Nordbridge.

You can get your autographed copy from Lucy today.

Stop by the desk at Nordbridge or go to <https://travellingtuesdaysbook.com/book-cad/optin>





© Randy Glasbergen / glasbergen.com

“Your mother and I need more time to save for your college education. We’d like you to go back to Kindergarten and start over.”



Paint & Sip Night with

Smudge Art Studio Inc.

\$45 per person 18+

NORD-BRIDGE SENIORS CENTRE
Thursday, April 21 **@6pm**



“The Friendly Centre”

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

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

www.nordbridgeseniors.com