

# NEWSLETTER

# April 2022



***Mind Joggers* writing group began many years ago by my friend and mentor, Esther Horn. She was involved with the Nord-Bridge Senior Centre since it first became a reality.**

**Mind Joggers got its name by one of the members who remarked, "Those stories jogged my mind." Hence the name Mind Joggers.**

**When Esther passed away several years ago her husband, Melvin, took up the reins and kept the saddened group together until his passing almost a year ago. We also lost two other precious members within several weeks of each other this time last year.**

**But, we have added five new members to join with us in taking over the reins left by Esther and Melvin. Esther is no longer with us but her legacy to our friendly Senior Centre continues on.**

**Ted, Jack, and yours truly hope that Mind Joggers will continue long after we have let go of our reins. So, the invitation is for you to come and listen or join our fun loving writing group that begin over twenty some years ago by a woman with a vision, Esther Horn. (RIP Esther and Melvin)**

## PRESIDENT'S REPORT

Recently I was complaining that I was sick of talking about the pandemic. Be careful about what you complain about as now we can't stop talking about the Ukrainian situation. This situation is shocking. As we move toward summer, I pray that there will be a ceasefire and we will again feel safe in our world. I have been encouraged by the outpouring of aid for the refugees. Canada is stepping up with all kinds of help.

On the Nord-Bridge front, we had a very good Annual General Meeting on Wednesday, March 2<sup>nd</sup>. Judy Cartwright, Anita Hamilton, and Randy Butterwick will join our Board of Directors for three-year terms. Lorrie Vos was elected to the vacant two-year position. The full annual report and minutes of the meeting are available at the office.

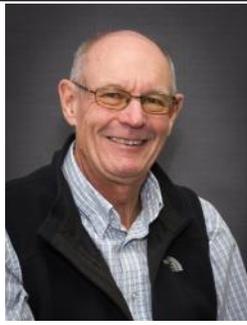
We had a very successful St. Patrick's Day party on Friday, March 11<sup>th</sup> with a full house. The live entertainment by the Celtic Routes was superb. Having a St. Patrick's Day party, a week early is great because we got to celebrate it again a week later!

Ingrid just got back from visiting her sister in Vancouver. She sent me a lovely picture of the tree in front of my sister in laws home and I sent her a lovely picture of the tree in front of our home. Enough said!

Now that winter is over, we can start planning our yard work and if the freezing storms stay away, we might even see some tulips soon. Our world is a crazy place right now but if we are all kind to one another and stick together we can weather any storm.

"When the power of love overcomes the love of power the world will know peace." Jimi Hendrix

*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!



Lillian Pritchett	Colleen Bains
Dave Slovack	Bill Connors
Susan Lichter	Wendy Sera
Dave Williams	Nan Warford
Rose Essex	Debbie Epp
Shirley Blakey	J. Robert Epp
Ann Hamza	Cheryl Dutchak
Shirley Mitton	Chris Blakey
Claire Beaton	Bernice Carrier
Trevor Norlin	Bonnie Reed-Scott
Barbara Norlin	Bruce Bailey
Claris Hiebert	Gwen Geneau
Lylia Wisniewski	Peter Van Katwyk
Phillip Leinweber	Morgan Kast
Sandra Frampton	Arthur Klein
Carolyn Dueck	Teresa Beaver
Leslie Dueck	Irene Onody
Debbie Kerr	Alex Onody
Lynn Castle	Sharon Kawade
Kathy Connors	Anonymous – 4

Some programs and services are partially funded by the joint Provincial and City FCSS Program.

Nord-Bridge is a proud Member of the Alberta Association of Seniors Centres.



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

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



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



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

### FROM THE FRONT COVER:

**Beginning last month we will be highlighting various recreation programs throughout our building on the front page of our newsletters. We hope to gain more awareness of what programs Nord-Bridge has to offer and what awesome things each program contributes to Nord-Bridge!**

We are hosting a **BOOK FAIR** at Nord-Bridge on Monday, April 4- Friday, April 8th first come first serve!

50 cents a book in Main Corridor

\*Please leave money in boutique  
All proceeds go back to Nord-Bridge!



## EXECUTIVE DIRECTOR'S REPORT



Last month at our AGM we welcomed three new board members and one returning board member. Lorrie Vos, completed a one-year position and opted to let her name stand for the vacant (two-year position). Lorrie, has been involved with our Seniors Helping Seniors Program for the past couple of years and will bring strong leadership and volunteerism to our board. Joining the board this year are; Randy Butterwick, Judy Cartwright and Anita Hamilton. Each new board member has been a valuable volunteer to a Nord-Bridge program or activity. Randy has volunteered with our monthly Outreach program and most recently as our new Bingo caller on our Friday afternoon Bingo program. Judy has been volunteering at our Front Desk for over 10 years and has also volunteered with our monthly Outreach program. Anita has been volunteering in the Dunford Diner over the past few months running our cash register and serving food. The three new board members will bring a wealth of knowledge and dedicated volunteerism to our board. Join me in welcoming them to the Nord-Bridge Board of Directors.

If you're reading this Newsletter you are either reading it online (via our e-mail mail out or from our website) or you have either picked up a printed copy from Nord-Bridge or had a copy delivered to you by one of our volunteers. One of the third options of attaining a Newsletter is picking up a copy from: Save-On Foods North, Walmart North, London Drugs, So-beys or No-Frills North. Each month Earl and Shirley Hall volunteer to deliver over 200 copies to each of these retail stores. Earl and Shirley often report back mid-month that all the copies they distributed to these stores are already gone. So if you're one of the community members who picks up a copy from one of these retail locations, please join me in thanking volunteers Earl and Shirley for getting our Newsletter out into the community.

Last year, LSCO and Nord-Bridge partnered up with Cupper's Coffee and Tea to have a friendly competition of selling Nord-Bridge brand coffee "Get Off My Lawn" brew vs. LSCO's "Wrinkle Remover" brew. Nord-Bridge was triumphant, winning the competition by outselling LSCO by 60 lbs of coffee. The friendly bet we had between LSCO E.D. Rob Miyashiro was the losing E.D. had to serve coffee at the winning centres dining room in a silly costume. Mark your calendars! On **Thursday, April 14<sup>th</sup>** from **10:00 am – 11:00 am** Rob will be bouncing around serving coffee and handing out Easter goodies to all Nord-Bridge members and guests!

*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

Randy Butterwick  
Judy Cartwright  
Anita Hamilton

### Second Year

Doreen Smid  
Lorna Lowe  
Lorrie Vos

### Third Year

Donalda Stock  
Richard Tamkin  
Mike Bennett



## 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.**



## THANK YOU

*to our sponsors last month!*

*- Brier Curling Tickets Donated by Jollestrup Construction & Harold Bottcher*

*- Potatoes donated by Paul Cohen*

*- Two \$25 Gift Cards from Kingsmen Ale House*

*- Knife Set from Tyler Martineau*

*- St. Paddy's Day T-Shirts and CD from Celtic Routes*

NORD-BRIDGE SENIORS CENTRE

# BOARD GAME Friday Afternoons

Checkers/Backgammon  
Chess

Fun afternoon to learn  
- play  
- visit

Every Friday at 1pm in the Craft Room!

\*COVID-19 Restrictions in Place

**Shaw) Go**



Available here.

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

1. Access the network / WiFi settings on your device.
2. Select **ShawOpen** from the list of networks.
3. Open your browser.
4. Sign-in using your **@shaw.ca email address** and **password**.

Any questions? [Please](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)



**FREE WiFi**



**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!



**MCC THRIFT SHOPS**

The MCC Thrift Store is a Charitable Organization Dedicated to Serving Those in Need in Lethbridge, Alberta, Canada, and Around the World.

Your Generous Donations are Always Appreciated!

We Offer a Furniture Pick-Up Service 6 Days Per Week, and Are Open for Your Donations **Tuesday – Saturday**, from **11:00 – 4:30pm**

We Are At **1117 2a Avenue North** (Across from London Drugs)

Please Call Anytime at **(403) 329 4808**

**JO ANN KELLY**  
 REALTOR®



sutton group – lethbridge  
 AN INDEPENDENT MEMBER BROKER

**403-320-6411**

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

Over 27 Years Experience



**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**  
**Mar. 7- Helen Gepneris \$38.50**

**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**  
**Gary McLean \$214.00**  
**Next Draw April 29**

**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**

**March 7 - Fay Stevens \$54 Anne Pauls \$54**  
**March 14- Muriel Bowden \$57 Doreen Jurgens \$57**  
**March 21- Shirley Hall \$47 Doreen Jurgens \$47**  
**March 28- Daphne Higgins \$40 Eva Deringer \$40**

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

## 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



# coffee

with a

# COP



Share your concerns  
with

**Constable  
Jamie Kenyon**

Wednesday  
Apr. 13, May 11, & Jun 8  
10:00am – 11:30am  
Dunford Diner

**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

April 1– Elaine Unger-Pengilly

April 8– Richard Thompson

April 22– Bryan Bradfield

April 29– Darlene & Duncan



Celebrate

# Mother's Day

at



**NORD-BRIDGE  
SENIORS CENTRE**

*\$13 per person  
\*Tickets Available  
April 18th\**

*Friday, May 6th  
at 11:30 am  
in the Dunford Diner*

*\*Dine in only (tickets required) no pick ups or deliveries this day, regular menu not available*

*Enjoy a special Mothers Day  
Lunch with loved ones  
\*Menu to be announced\*  
All ladies will receive a  
beautiful take home flower*

*1904 13 Ave. N. Ph. # 403-329-3222*



## 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



There has been an increase in Grandparent Scams as I have heard from many sources like banks, and older adults themselves that grandparent scams are on the rise. I wanted to share a story of something that happened to my own grandparents to show you just how clever these scammers can be.

Last week, my grandpa got a call from someone claiming to be my brother. The caller somehow knew that my brother's name was Ryan and identified himself as such. When asked why he was calling from an unfamiliar number, the caller said he was using his friend's phone. "Ryan" told my grandpa that he had just been in a car accident because he was on his phone while driving. In this accident, "Ryan" said he had injured the driver of the other vehicle and the police could prove he was on his phone, so he was currently in jail. To get out of jail, "Ryan" needed upwards of 50 thousand dollars to pay a lawyer fee. By this time, my grandpa had noticed a few things weren't lining up. My grandpa said that it did not sound like Ryan's voice, and the caller said that was because he had broken his nose in the collision which was impacting his speaking. The caller also said that they were driving their friend's vehicle, to make the story more believable in the case that Ryan didn't have his own. "Ryan" told my grandpa that he could not get ahold of my mom, which is why he was calling him instead. Although there was a lot of holes in the story, there was also a lot of consideration on the caller's part to make the story sound believable. Bizarre, but believable, especially considering grandparents are often willing to go to great lengths for their grandchildren.

Throughout the conversation, my grandpa had doubts, but the caller provided explanations for those doubts, such as having a broken nose and that being why he sounded different. Ultimately, when my grandpa declined the request to send money, the caller broke his character and told my grandpa he would be placed under arrest and even executed if he did not send the money. Although these threats can be scary, they lack legitimacy and only serve to scare people into sending the funds, as that is the caller's main goal.

If you receive a call like this or are in any situation where your gut is telling you to ask more questions or move forward with caution, it is not wrong of you to do so! With the advancement of technology, scammers are getting more and more difficult to catch, so it is up to you, the person on the other end of the line, to protect yourself and be diligent when someone is asking you for money.

If it doesn't feel right, it probably isn't right! *When it comes to Elder Abuse, silence is not an option.*

<http://lethseniors.com/learn>

-Amy Cook, LEARN Case Manager



## NORD-BRIDGE BUILDING FUND RECENT DONORS

Doug & Norma Youngren in Memory of Frank Deane \$50; Laura Inkster \$50; Nina Waselenak in Memory of Mary Lazaruk \$200; David Lambert \$50; Mary Leach \$40; Anonymous \$80; Roberta Svennes \$50; Helen Gepneris \$100; Willy Holz \$50

## NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: \$2,312.00



<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** \$ 2,216,368  
**Still needed by N-B Fundraising** \$ 283,632

# SPECIAL GUEST SERVING COFFEE & TREATS

Join us for FREE coffee and treats served by LSCO E.D. Rob Miyashiro  
APRIL 14th from 10:00 am - 11:00 am  
Dunford Diner



# Lethbridge HEARING CENTRE

## FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

**403-329-3222**

Third Thursday of the month, next appointment

**May 19th**

1/2 hour appointments for Nord-Bridge Members ONLY\* No Appointments in April\*

Follow us on Facebook

@NordBridgeSeniorsLethbridge



## Keith Pushor Your Senior Home Selling Specialist

"We TAKE the TIME to HELP YOU get TOP DOLLAR for your home!"



**Keith Pushor**  
Senior Real Estate Specialist (SRES®)



South Country Real Estate  
**403-327-2111**



**Brandi Young**  
Co-Agent Extraordinaire

Go to [keithpushor.ca](http://keithpushor.ca) for a "Hands-On Approach" to Real Estate

## Nord-Bridge Golf Program at Evergreen Golf will be starting up again on Tuesday, April 12th at 9:00 am!

Please contact Gord at 403-308-5165 or Bob at 403-942-3684 if interested.

**\*Members ONLY\***

## Lethbridge Food Bank

# Mobile Food Support



Mobile Food Support is a service provided by Lethbridge Food Bank that provides community members access to food support at various locations around Lethbridge. It is open to ANYONE who may need a little extra food assistance.

### STEP BY STEP

- Walk Up
- Check In
- Receive Food

### HOW TO ACCESS

- We only need your postal code.
- E-mail is optional.

**Pick Up Food at these Locations**  
5:00 – 7:00 pm

- |                        |                            |
|------------------------|----------------------------|
| March 21 – Nord-Bridge | August 22 – LSCO           |
| April 22 – LSCO        | September 19 – Nord-Bridge |
| May 26 – Nord-Bridge   | October 17 – LSCO          |
| June 20 – LSCO         | November 21 – Nord-Bridge  |
| July 18 – Nord-Bridge  | December 12 – LSCO         |



# 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, MAY 10 – JUNE 28 FROM 5:00 PM – 5:45 PM  
FEE: MEMBERS: \$45.00 NON-MEMBERS: \$65.00



# 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  
16<sup>th</sup> year in a row



Outreach 2022

•••• May 16th ••••

Please RSVP [Melanie@nordbridge.com](mailto:Melanie@nordbridge.com)

\$3.00

403.329.3222



**SPRING  
RETURN Party**

FEATURING

**Celtic Routes**

ENTRY 12:45-1:30-Intro 1:45 -Music 2:00



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

**HUCKVALE** LLP  
established 1906

Upcoming **FREE** consultation dates:

April 12th

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.**

## Boutique News:

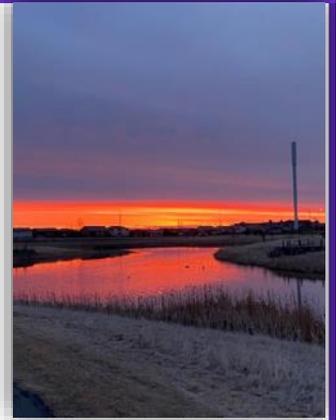
*The boutique is accepting donations of your fabric and craft materials. Consignments are accepted Friday mornings from 9am to 11am. New consignees are welcome. Drop by on Friday mornings with a sample of your hand made crafts.*

*-Heather & Jo-Ann*

# Programmer's Report



April is upon us already! It's so nice to be getting back into warmer weather. I for one have been doing a lot more biking in the mornings, its great exercise! Below is a photo of the sunrise one morning. This month we have quite a lot planned starting with Green Shirt Day this year is on Thursday, April 7<sup>th</sup>! This is for organ donor awareness & registration in honor of the *Logan Boulet Effect* from the April 2018 Humboldt Broncos bus crash. Please go to page 23 for more info or ask us for more information on this day. Friday, April 29<sup>th</sup> will be our annual *Cinco De Mayo* buffet for \$11.00, with Mojitos, Mexican food, and live entertainment with Darlene and Duncan! For more info please go to page 19 of this newsletter.



We also have a couple new programs starting up here at Nord-Bridge. One being a Paint and Sip Night thanks to Smudge Art Studio on Thursday, April 21 at 6:00 pm—8:00 pm for \$45 per person in the West Community Room of Nord-Bridge. This is not full yet, so if you have not already, please sign up for it! We are also starting a Kayaking introduction course out at Park Lake Provincial Park in July for all skill levels! Watch out for more information in next month's newsletter. We are also looking for more participants aged 55+ for a monthly intergenerational games afternoon (LSKIP) with children aged 3-14 from Lethbridge Family Center on Wednesday, April 27<sup>th</sup> at 3:15pm- 4:15 pm in the Multi-Purpose Hall of Nord-Bridge!

One last note: you may have noticed virtual ZOOM classes being offered the last couple years by the Recovery College of Lethbridge on various topics from stressing less to setting better boundaries. Well, starting next month we will be offering these FREE classes twice a month IN PERSON in the South View Room (beside the pool room). This will start Monday, May 2<sup>nd</sup> and 16<sup>th</sup> from 1-2pm on various wellness topics. This will be a drop in format for seniors 55+ and registration is not required. We are wanting feedback on these courses and what members would like to see in the future, so please feel free to attend the focus group as well on Monday, May 30<sup>th</sup> at 1-2pm in the Dunford Diner Annex, again no registration is required for this, just show up, give us your thoughts, and enjoy coffee and snacks. Please note: this day Military Whist will be CANCELLED. Please call 403-329-3222 for more information or keep an eye out in next month's newsletter.

As always, If interested in registering in any of these programs above please call 403-329-3222 and ask for myself or register online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the Recreation Programs > Online Registration tab.

Until next month, stay happy and healthy!

*Ashley Kern - Program Coordinator*



**Euchre**  
WEDNESDAY  
AFTERNOONS @  
1:00 pm in the  
DUNFORD  
DINER ANNEX  
COME AND JOIN US!!



WE ARE LOOKING FOR A

# BOCCE BALL CONVENER



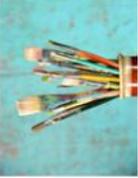
Starting May/June (weather permitting) at Nor-Bridge Lions Park North every Tuesday at 2pm

Nord-Bridge Seniors Centre  
1904 13 Ave. N.  
Lethbridge Alberta

**CALL  
ASHLEY AT  
403-329-3222**



# APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b> 9:00 Gentle Yoga 9:30 Jammers <b>10:00 Intermediate Line Dance</b>  <b>10:00 Painting Moving Watercolor</b> <b>1:00 Virtual Watercolor with Ariel</b> 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:30 Bid Euchre </p>	<p><b>5</b> 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 &amp; Foot 1:00 Intermediate Line Dance <i>(Multi-Purpose Hall)</i> 1:00 Scrabble 1:00 Watercolor Club 1:00 Texas Hold'em 1:30 Beginners Crib 5:00 Evening POUND® 7:00 Evening Line Dance</p>	<p><b>6</b> 8:45 ZUMBA® Gold 9:00 Guided Meditation 9:00 Gentle Somatics <i>(AM)</i> <b>9:30 Directors Board Meeting (Board Room)</b> 10:00 Paper Tole 10:00 Carpet Bowling 10:30 Chair Yoga <b>10:45 WINNERS BINGO</b> <i>(PM)</i> 12:00 Gentle Somatics <i>(PM)</i> 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p>	<p><b>7 GREEN SHIRT DAY!</b> 9:00 Card Crafters (FULL) 9:00 Gentle Pilates 9:30 Mind Joggers 10:00 Intermediate Line Dance <i>(FULL)</i> 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 <b>5:45 Pickleball (MUST PRE-REGISTER*LIMITED SPACES AVAILABLE)</b> </p>	<p><b>1</b> 9:00 Gentle Yoga 10:30 Chair Yoga <b>11:00 Chicken Cordon Bleu Lunch Special</b> <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib 1:00 Checkers/Chess <i>(Craft Room)</i> </p>
<p><b>4</b> 9:00 Gentle Yoga 9:30 Jammers <b>10:00 Intermediate Line Dance</b>  <b>10:00 Painting Moving Watercolor</b> <b>1:00 Virtual Watercolor with Ariel</b> 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:30 Bid Euchre </p>	<p><b>5</b> 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 &amp; Foot 1:00 Intermediate Line Dance <i>(Multi-Purpose Hall)</i> 1:00 Scrabble 1:00 Watercolor Club 1:00 Texas Hold'em 1:30 Beginners Crib 5:00 Evening POUND® 7:00 Evening Line Dance</p>	<p><b>6</b> 8:45 ZUMBA® Gold 9:00 Guided Meditation 9:00 Gentle Somatics <i>(AM)</i> <b>9:30 Directors Board Meeting (Board Room)</b> 10:00 Paper Tole 10:00 Carpet Bowling 10:30 Chair Yoga <b>10:45 WINNERS BINGO</b> <i>(PM)</i> 12:00 Gentle Somatics <i>(PM)</i> 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p>	<p><b>7 GREEN SHIRT DAY!</b> 9:00 Card Crafters (FULL) 9:00 Gentle Pilates 9:30 Mind Joggers 10:00 Intermediate Line Dance <i>(FULL)</i> 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 <b>5:45 Pickleball (MUST PRE-REGISTER*LIMITED SPACES AVAILABLE)</b> </p>	<p><b>8</b> 9:00 Gentle Yoga <b>9:30 Ukrainian Easter Egg Decorating (craft room)</b> 10:00 Carpet Bowling 10:30 Chair Yoga <b>11:00 Easter Ham Lunch Special (no tickets needed)</b> <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib <b>1:30 Ukrainian Easter Egg Decorating (craft room)</b> <b>*Checkers/Chess Cancelled*</b> </p>



**11**  
 9:00 Gentle Yoga  
 9:30 Jammers  
 10:00 **NEW** Intermediate Line Dance  
 10:00 Painting Moving Watercolor  
 1:00 Virtual Watercolor with Ariel  
 1:00 Military Whist  
 1:00 Woodcarving  
 1:00 Contract Bridge  
 1:00 Darts  
 6:30 Bid Euchre



**12**  
 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  
 5:00 Evening POUND®  
 7:00 Evening Line Dance

**13**  
 8:45 ZUMBA® Gold  
 9:00 Guided Meditation  
 9:00 Gentle Somatics (all)  
 10:00 **Coffee With a Constable**  
 10:00 Paper Tole  
 10:00 Carpet Bowling  
 10:30 Chair Yoga  
 10:45 **WINNERS BINGO**  
 12:00 Gentle Somatics  
 1:00\* **Recovery College**  
**Wellness**  
 1:00 Darts  
 1:00 Euchre  
 1:00 Quilt/Kraft  
 7:00 Table Tennis

**14**  
 9:00 Card Crafters (FULL)  
 9:00 Gentle Pilates  
 9:30 Mind Joggers  
 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)**



**15**

**22\* & 29\***  
 9:00\* Gentle Yoga (29th only)  
 10:00 Carpet Bowling  
 10:30\* Chair Yoga (29th only)  
 11:00\*  
 11:15\* Virtual Cooking Class (22nd)  
 1:00 In-House Bingo  
 1:00 Contract Bridge  
 1:00 Crib  
 1:00 Checkers/Chess (Craft Room)  
 \*MONTHLY TOONIE DRAW



**21\* & 28**  
 9:00 Card Crafters (FULL)  
 9:00\* Gentle Pilates (21st only)  
 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 AVAILABLE)**  
 6:00\* **Paint Night (West Community Room) (21st)**

**20\* & 27\***  
 8:45 ZUMBA® Gold  
 9:00 Guided Meditation  
 9:00\* Gentle Somatics (20th only)  
 10:00\* Walker Repair Clinic (20th)  
 10:00 Paper Tole  
 10:00 Carpet Bowling  
 10:30\* Chair Yoga (20th only)  
 10:45 **WINNERS BINGO**  
 11:00\* **LIFE MEMBERS LUNCHEON (ANNEX)\*TICKETED EVENT ONLY\*(27TH)**  
 12:00\* Gentle Somatics (20th only)  
 1:00 Darts  
 1:00 Euchre  
 1:00 Quilt/Kraft  
 3:15\* **LSKIP Game Afternoon (27th)**  
 7:00 Table Tennis

**19\* & 26**  
 9:00 Active POUND®  
 9:30\* **Beginners Watercolor** (19th only)  
 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 Dance

**18\* & 25**  
 9:30 Jammers  
 10:00 **NEW** Intermediate Line Dance  
 10:00 Painting Moving Watercolor  
 1:00 Military Whist  
 1:00 Woodcarving  
 1:00 Contract Bridge  
 1:00 Darts  
 6:30 Bid Euchre  
**\*CLOSED APRIL 18**  
 Easter Monday



**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: MAY 19 & JUNE 16**
- SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE**
- GOLF PROGRAM BEGINS TUESDAY, APRIL 12TH - CALL 403-329-3222**

**WINNERS BINGO WEDNESDAY: APRIL 6, 13, 20, & 27**  
**FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON MAY 25, 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)**  
**COMPASS FOR THE CAREGIVER IS A SUPPORTIVE FACILITATED WORKSHOP FOR ANYONE 55+ WHO IDENTIFIES AS A CAREGIVER FOR A SPOUSE, CHILD, ETC. - BEGINS TUESDAY APRIL 5TH AT 1:30 PM FOR 4 WEEKS, \$50 REGISTRATION FEE CALL CHARLENE AT 403-329-3222 FOR MORE INFO!**



**LETHBRIDGE DENTURE CLINIC LTD**

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

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**Notice from Cards:**  
We are currently looking for more players in Norwegian Whist, Canasta (Thursdays) & 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**  
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**PHONE: 403-327-4145**




Rick Miller  
Licensed Contact Lens Practitioner

Fred Miller  
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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](http://www.mbfunerals.com)

**Condolences to:**



... The Lazaruk family and the passing of Mary  
... The McLean family and the passing of Vi  
... The Lastuka family and the passing of George  
... The Quincev family and the passing of George  
... The Horwath family and the passing of Tony  
... The Dick family and the passing of Henry  
... The Plourd family and the passing of Gail  
... The Santoni family and the passing of Danny

A photo from last months  
Intergenerational Games afternoon here at Nord-Bridge!



**ACCOMPANY You**

Provides Freedom and  
Transportation for Seniors

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

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



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

**\*We are in need of more participants, sign up today!\***

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



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



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 msg only  
lethbridgehistory.org | LethbridgeHistoricalSociety

# BINGO IS BACK!

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



## FOOT CARE IS BACK!

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

Dates: Wednesday, May 25th & July 20th  
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.



# Intergenerational Board Game Afternoon

**WEDNESDAY,**  
**2022 | APRIL 27TH**

**@ 3:15 PM** **NEW TIME!**  
**IN THE MULTI-PURPOSE HALL OF NORD-BRIDGE**

IN PARTNERSHIP WITH  **FAMILY CENTRE**

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

# WAYS TO WELLNESS



This class will explore the simple things we can do every day that will improve our mental health and physical wellbeing. Participants will have the opportunity to practice belly breathing, grounding, gratitude, and goal planning

## JOIN US TO LEARN MORE!

**When?** 1:00 to 2:00 - Wednesday April 13

**Location?** This class is offered virtually through the ZOOM video platform.

**Who can attend?** This online class is designed for everyone, ages 55+

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

NOTE: This virtual class is a mindfulness practice class. As such, you do not need to have your camera or microphone on to attend. We look forward to having you join the class.



## A Poem by Elizabeth Cook of Mind Joggers

Have you ever listened when  
wandering along a path in a  
serene forest to the trees as  
they tell their stories to you?  
How long can evergreens  
stay ever green?  
How can the ferns stay so  
firm  
How popular are the poplars  
any how?  
Who ever turn the mountain  
ash to ash  
No wonder the blue spruce  
is blue.  
And the weeping willows  
weep when they see the  
cedar down, too.

**Paint & Sip Night with**

**Smudge Art Studio Inc.**

**PAINT THIS PAINTING!**

**\$45 per person 18+**

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

**LIVE**

**NORD-BRIDGE SENIORS CENTRE**

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

**Falafel Naan with Lemon Tahini Dressing**

**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 FRIDAY**  
**APRIL 22nd**

11:15AM MST Via ZOOM

**CONTACT ASHLEY @ 403-329-3222**  
[@nordbridgecooksvirtual](https://twitter.com/nordbridgecooksvirtual)

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

PLEASE CALL 403-329-3222 IF  
SERIOUSLY INTERESTED

WINNERS



3307 3RD AVE. S.



NORD-BRIDGE  
SENIORS CENTRE

# 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.



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



# JAMMERS

NOW BACK EVERY MONDAY  
(EXCLUDING HOLIDAYS)

9:30-12:00pm in the

DUNFORD  
DINER

\$2.00 charge for  
non-members





# Reasons to have a personal pharmacist



We are here for all your prescription needs and more!



We are dedicated to your and your family's health & wellness.



We will always make time for you and put your and your family's health first.



We offer a variety of specialized services such as free delivery, medication compounding, and more.



We are locally owned and operated, and proud to be a part of your community.

Meet your personal pharmacist today.

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



**Office Administrator, Erin pictured below with some cute bunnies!**



## Hi! We are your personal pharmacists.

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

**Joshua Toth, Pharm D**  
Pharmacist

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

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



### Transferring your prescription is easy.

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

Visit [medicineshoppe.ca/transfer](http://medicineshoppe.ca/transfer) to transfer today.\*

\*Not all prescriptions are transferrable. Speak to your personal pharmacist to learn more.

Visit us today to receive

**Buy 1 Get 1 FREE**  **on all atoma® vitamins\***

Maximum 2 per customer. \*Of equal or lesser value. Cannot be combined with any other offer. While supplies last. Product may not be exactly as shown. Not limited to products shown, and at the discretion of the pharmacist/owner. Must be presented at time of purchase. See in store for details. No cash value. Some restrictions apply. At participating locations only. Expires June 30, 2022.



**NORD-BRIDGE SENIORS CENTRE**

**\$11 per person**

**PRESENTS**

**CINCO DE MAYO**

**COME DOWN AND ENJOY DELICIOUS MEXICAN FOOD IN OUR DUNFORD DINER ON FRIDAY, APRIL 29TH!**

**11AM - 1PM AT 1904 13 AVE. N.**

*Mojitos for purchase for members and invited guests*



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

**Friday, April 1 - Chicken Cordon Bleu with Mashed Potatoes, Veggies & Mushroom Sauce**

**Friday, April 8 - Easter lunch: Ham, Scalloped Potatoes, & Veggies**

**Friday, April 22 - Veal Parmesan with Pasta & Garlic Toast**

**Friday, April 29 - Cinco De Mayo Celebration \*\$11- Choice 1: Small Chimichanga with Refried Beans, Pico De Gallo & Sour Cream OR Choice 2: Chicken Taquito Flautas with Cabbage & Pico De Gallo**

**\*Both Choices Come with Appetizer of Nachos, Guacamole, Cheese Sauce, & Pico De Gallo**

**\*Regular menu also available this day\***

*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

### What can you do to avoid Alzheimer's disease?

A healthy lifestyle can make a difference in Alzheimer's prevention. Alzheimer's disease is the most common form of Dementia and is characterized by the accumulation of two types of protein in the brain: tangles (tau) and plaques (amyloid-beta). Alzheimer's kills the brain cells and eventually takes people's lives.

Consider the following steps to help prevent

Alzheimer's:

**Exercise.** Evidence has shown that physical exercise helps prevent the development of Alzheimer's or slows the progression in people who have symptoms. It is recommended by Dr. Marshall the associate medical doctor of clinical trials at the Center for Alzheimer Research and Treatment at Harvard-affiliated Brigham that a person try to do 30 minutes of moderately vigorous aerobic exercise 3 to 4 times a week.

**Eat a Mediterranean diet.** Dr. Marshall says a recent study showed that sticking to this diet is better than nothing at all or even trying a new diet. The diet includes fresh vegetables and fruits, whole grains, olive oil, fish, eggs, dairy, red meat sparingly and small amounts of red wine.

**Get enough sleep.** Dr. Marshall feels that there is "growing evidence that suggests improved sleep can help prevent Alzheimer's and is linked to greater amyloid clearance from the brain." It is recommended to get seven to eight hours of sleep per night.

**Learn new things.** "We think that cognitively stimulating activities may be helpful in preventing Alzheimer's, but the evidence for their benefit is often to improvement in a learned task, such as a thinking skills test, that does not generalize to overall improvement in thinking skills and activities of daily living, says Dr. Marshall.

**Connect socially.** "We think that greater social contacts helps prevent Alzheimer's, says Dr. Marshall, but "there is only information from observational studies."

**Drink-just a little.** There is conflicting evidence about the benefits of moderate alcohol intake (one drink per day for women, one or two for men) and reduced risk of Alzheimer's. "It is thought that wine in particular, and not other forms of alcohol, maybe helpful, but has not been proven," says Dr. Marshall.

Credit and more info: [www.health.harvard.edu/alzheimers-and-dementia/what-can-you-do-to-avoid-alzheimers-disease](http://www.health.harvard.edu/alzheimers-and-dementia/what-can-you-do-to-avoid-alzheimers-disease)

Charlene Kocken



# PICKLEBALL NOW AT

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



NORD-BRIDGE SENIORS CENTRE

*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

What is **Active Living**? Well active living is a way of life in which physical activity is **VALUED** and **INTEGRATED** into daily life. Just making the choice to move more and sit less. Ideas to accomplish this is,

- Park further away and walk
- Walk to your favorite coffee shop instead of driving
- Take a walk after supper
- Doing movements/ stretches during TV commercials
- Gardening, cutting the lawn
- Dancing
- Yoga and Swimming
- Join our 55+ gym

What is **Exercise**? Exercise is a more formal type of physical activity and is designed to "improve or maintain physical fitness". It is planned and prescriptive in nature and is based on the variables of:

- F-Frequency** (number of times per week)
- I-Intensity** (how hard, Difficult, or challenging the activity is to perform)
- T-Time** (duration of activity)
- T-Type of activity** (mode, whether it be walking, swimming, or using light weights)

Fitness 55+ Gym -BOOK yourself in with Melanie or Wednesday mornings with Jim to get a free refresher orientation or some guidance to get you started! **Remember to clip up on the treadmills and wear indoor shoes please.**

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

*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!

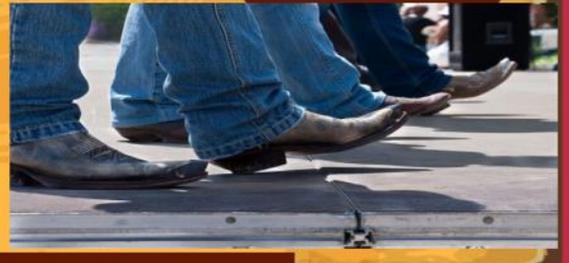
Members: \$3 | Non- Members: \$4

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

FOR MORE INFO PLEASE CALL 403-329-3222!



For Seniors  
**55+**



WWW.NORDBRIDGESENIORS.COM





# 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

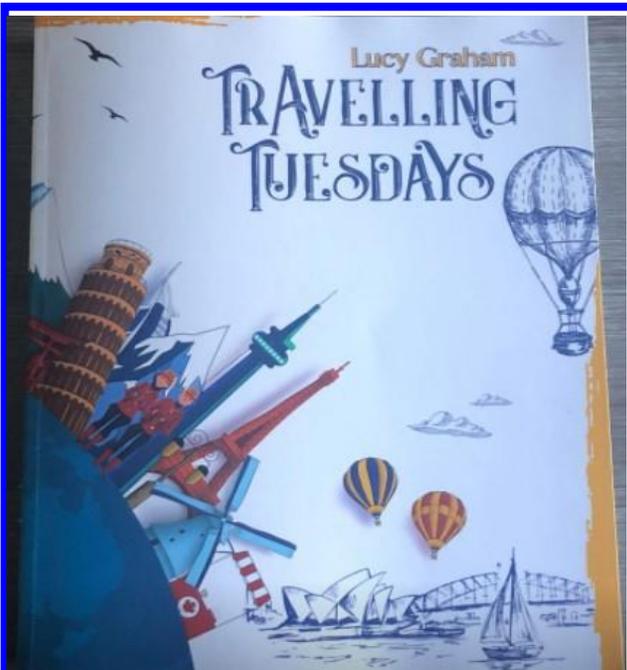
\*First come first serve  
Photos taken in Nord-Bridge Library  
(across from the dining room)

☎ Call 403-329-3222 for more  
information!



## St. Paddy's Day Fun Last Month!





## 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 Nord – Bridge.

You can get your autographed copy from Lucy today.

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

# APRIL 7, 2022 TOGETHER STRONG

## REGISTER

## TELL YOUR FAMILY

## BE INSPIRED

## IT'S A GIFT OF LIFE

### IN HONOUR OF THE LOGAN BOULET EFFECT

CANADIAN TRANSPLANT ASSOCIATION

## GREEN SHIRT DAY

LOGAN BOULET EFFECT

HUMBOLDT STRONG

IN PARTNERSHIP WITH:



Canadian Blood Services  
Société canadienne du sang



Canada's Organ and Tissue Donation Community



# Congratulations

to: -Murielle Nikles  
-Sharon McDermid  
-Domingo Teseda  
-Carol Barry

For winning the St. Paddy's Day Door Prizes and to Olga Sinclair for guessing the correct amount of Leprechauns in the March newsletter!

**Did you know Nord-Bridge has**

**ROOMS**  
*For*  
**RENT**



**On Weekends for Special events?**

**\*Multi-Purpose Hall : \$750.00 for weekend or Hourly**  
**\$125.00 (Min. 3 hours)**

**\*West Community Room: \$200.00 for Weekend or Hourly**  
**\$35.00 (Min. of 3 hours)**

**\*Damage deposit not included in this price\***

**\*For booking inquiries please call Maria at 403-329-3222. Please book a minimum of one month in advance. Please go to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the About > Facilities > Rentals tab for more information about these rooms.**



**NORD-BRIDGE**  
**SENIORS CENTRE**

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



**“The Friendly Centre”**

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

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