

NEWSLETTER

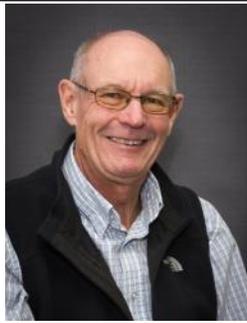
May 2022



INTERMEDIATE LINE DANCE at Nord-Bridge! Diane has been teaching line dance classes for over 25 years (pictured center in orange shirt). She was asked if she wanted to start teaching in 2009 and has not looked back. She enjoys teaching and loves dancing. She moved to Nord-Bridge in July of 2021 and she is enjoying it so much! The group of line dancers are a great group of people and always have fun. They do themes and dress for the occasion (such as Easter, like pictured above), and she plays music to match the themes. Come join us on Tuesdays at 1:00 pm in the Multi-Purpose Hall!

PRESIDENT'S REPORT

I'm looking outside and seeing another snow squall as I write this note for May. By the time you read this I hope its nice outside. I asked everyone at the board meeting if they remembered the big snow event we had in April 1972. Most of them did except David who said that was six years before he was born.



We had a productive board meeting in April and there are some fun events on the horizon here at Nord-Bridge. One of them is our *Under the Northern Lights Gala* in September. This event is for the whole Lethbridge community so be sure to keep it in mind, it is a major fundraiser for Nord-Bridge.

May means Mother's Day and we will be having our annual Mother's Day luncheon on Friday, May 6th at 11:30 am. Mothers Day was an important day in my house when I was growing up. My dad passed away when I was seven so the women in my life were very important. At the age of 12 I still had a great grandmother, and my grandmothers were still around when I was in my 30s. In fact, both my grandmother Anna Montgomery and my mom Georgia Berg lived to be 98. My mom worked three jobs and helped build our house in Nanton in 1956. My wife Ingrid took ten years off to raise our boys and then became a school-teacher. Life is so good because of moms! Thank you Mothers for all you do!



As we look forward to summer let's not forget those thousands of Ukrainian mothers and children who have been separated from their husbands in this terrible war in Europe. I pray that this will soon be over!

"You will find as you look back upon your life that the moments when you have truly lived are the moments when you have done things in the spirit of love" -Henry Drummond

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

Welcome New Members we are happy to have you here!

Mary Dunmire	Charlane Williamson
Shirley Antochow	Jean Blackall
Bonnie Smith	Gene Mandin
Emmitt Bloom	Bob Muskovich
Bob Matsumoto	Leo Dube
Julie Dube	Linda Canniff
Mark Ruttan	Rick Neudorf
Carol Ruttan	Carolee Neudorf
Jake Hooge	Debby Pelly
Sherrie Nikel	Obel Todd
Bruce Paproski	Carolyn Steen
Dale Frisky	Molly Frisky



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



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

FROM THE FRONT COVER:

Beginning in March we have started to highlight 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!

**Attention Members:
Enter to win a Queen sized hand-made Afgan! Tickets are \$3.00 at the Front Reception Desk of Nord-Bridge. Draw will be made on Wednesday, May 27th.**



EXECUTIVE DIRECTOR'S REPORT



A lot of faces new and old are gracing our hallways these days. I can't believe how many new members I have met over the last few months. In total we have added 149 new members. I am ecstatic that these new members have chosen to make Nord-Bridge a part of their social, fitness, educational and dining destination. With the rush of so many new members in recent months we have decided to carry out a membership satisfaction survey. This will offer us a tool to analyze what is important to our members new and old. We can see what brought these new members through our doors and what will keep them here; as well, we can hear what our current membership base is satisfied with and not so satisfied with. Data from this survey will also help guide our next organizational strategic plan that will establish a direction for Nord-Bridge for the next five years. As an incentive, each member that submits a completed survey will be entered into a draw for prize worth \$200. We will be working on the survey questions this month and will email survey links / have printed copies to all members at the end of this month.

Last month we were very fortunate to have a visit from the Easter Bunny! This bunny served fresh cinnamon buns and cookies to members and guests. Thank you, Rob Miyashiro (E.D. for Lethbridge Seniors Citizens Association) for being such a great sport! We will have to have another friendly coffee competition. *Please note you can still purchase a bag of Nord-Bridge *Get Off My Lawn Blend* from Cupper's Coffee and Tea or from the Dunford Diner. The Mother's Day luncheon is one of my favorite luncheons because we

typically sell out the lunch (144 seats) and each lady at the luncheon receives a flower! This is just a small gesture for all the great things moms / grandmas do each and every-day. This is a picture of my mom, Alice and my oldest son, Rylan. My mom is one of the most caring and thoughtful person who has always put others first. I am forever grateful that I get to call you mom and that my kids have you as a grandma! Happy Mother's Day to my mom and to all moms!



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

Nord-Bridge meetings reminder

Monthly

Outreach Committee : First Monday (Sept -June) 1:30pm
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

Administration Staff

Executive Director	David Ng
Financial Administrator	Tracy Beauchemin
Program Coordinator	Ashley Kern
Seniors System Navigator	Charlene Kocken
Office Administrator	Maria Lisun
Wellness Coordinator/ Outreach	Melanie Hillaby
Office Administrator/ Outreach	Erin Bates
Dining Room / Kitchen Assistant	Gail Krysak
Kitchen Team Member	Bety Castillo
Kitchen Team Member	Ken Mohammed
Kitchen Team Member	Donna Vander Linden
Building Maintenance/ Custodian	Marco Escobar

Celebrate
Mother's Day
at

NORD-BRIDGE SENIORS CENTRE

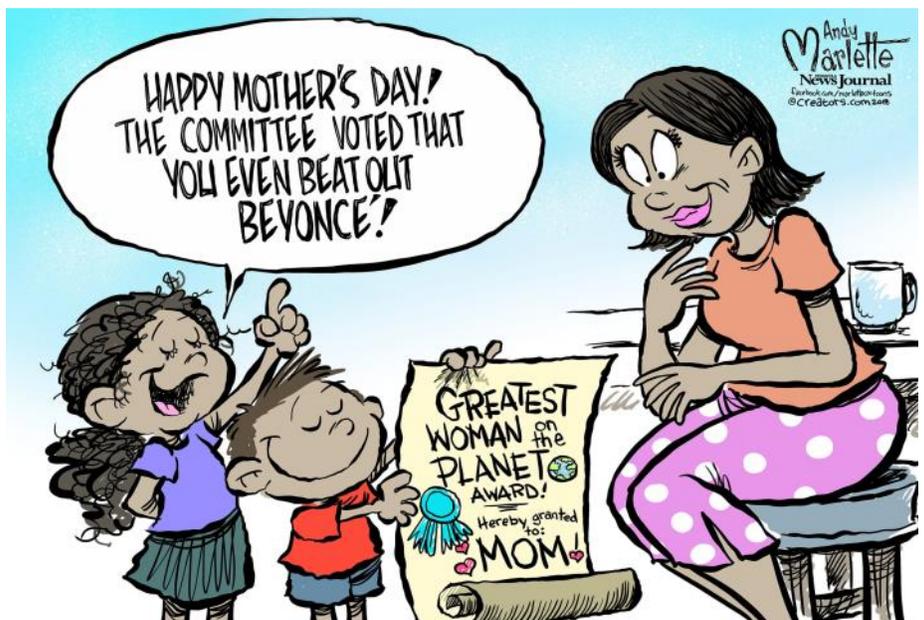
Friday, May 6th
at 11:30 am
in the Dunford Diner

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

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

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

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



Shaw) Go



Available here.

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

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

Any questions? [Please](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
 No recent winners this month

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
 Please see next months newsletter for winner
 Next Draw May 27

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**
- April 4 - Sharon Kawade \$65 Gladys Hagen \$65
 - April 11- Amy Unger \$64 Doreen Jurgens \$64
 - April 18 - CLOSED EASTER MONDAY
 - April 25 - Pat Santa \$65 Gladys Hagen \$65

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 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



SAVE THE DATE!

World Elder Abuse Awareness Day

June 15, 2022

Come & enjoy a Senior's Talent Showcase

1:00 - 3:00 pm at LSCO

Sign up to showcase your 5 minute talent by calling LSCO at 403-320-2222 or by visiting the front desk. You will be asked to leave your name and number and the LEARN Case Manager will give you a call back! Only the first 7 submissions will be accepted due to time constraints. I can't wait to see all of the talent we have here in Lethbridge!

Stay tuned for more information!

Friday Lunch Entertainment

May 6 – Yvonne Nelson– Mothers Day Luncheon

May 13 – Alice Tinordi

May 20 – Dale Ketcheson

May 27– Harvey Schmitt



The German Canadian Club

of Lethbridge

902 - 6 Street North
Lethbridge, AB.



LETHBRIDGE POLKA FEST

Friday June 10, 2022: \$25.00 + GST

Doors Open: 6:00 p.m. Dance 7:00 p.m. to 11:00 p.m. includes late lunch

Saturday June 11, 2022: \$60.00+ GST

Doors Open: 1:00 p.m. Dance 2:00 p.m. to 11:00 p.m. Dinner: 6:00 p.m.

Catered by Chef Stella

TWO DAY SPECIAL: \$75.00+ GST
Must be paid in advance.



Music by
Leon Ochs & Country Squires

For information and tickets
Call: 403-320-1689 (press "3" at prompt)

Email: germancanadianclub.leth@gmail.com



MEDICAL FOOT CARE

HEALTHY FEET

PHAEDRA PRITCHETT, LPN

KAREN VISSERS, LPN

If you have problems with thick nails, ingrown nails, fungal nails, painful calluses etc. give our nurses a call. No referral required and we offer both in home and clinic visits!



- Toenail trimming and filing
- Callus and corn removal
- Custom padding and toe spacers
- Plantar wart and fungal management/education

904 7 AVE S LETHBRIDGE, AB

(403) 380-4966

Dunford Diner Menu



NEW!

Hours: 8:00 am - 2:00 pm

Breakfast

- Full Breakfast \$7.75**
2 Eggs, Bacon or Sausage or Ham, Hashbrowns, Toast & Coffee
- Eggs Benedict \$8.25**
Toasted English Muffin, Poached Eggs, Ham, Hollandaise Sauce, Hashbrowns & Coffee
Half Order \$6.00
- Bacon Temptation Omelette \$8.25**
Bacon & Cheese, Tomato slices, Hashbrowns, Toast & Coffee
- Spinach Omelette \$8.25**
Spinach, Mushrooms, Green Onions, Peppers, Cheese, Hashbrowns, Toast & Coffee
- Spanish Omelette \$8.25**
Peppers, Green Onions, Ham, Mushroom, Cheese, Hashbrowns, Toast & Coffee
- Ham & Cheese Omelette \$7.25**
Hashbrowns, Toast & Coffee
- Small Full Breakfast \$5.75**
One Egg, Bacon or Sausage or Ham, Hashbrowns, One Toast & Coffee
- Pancakes \$5.00**
- French Toast \$5.00**
- Breakfast Burrito \$5.50**
Sausage, Peppers, Mushroom, Green Onions, Cheese
- Egg Muffin Sandwich \$4.50**
Toasted Egg Muffin with Bacon or Ham or Sausage
- Add \$3.25**
Bacon or Ham or Sausage

Lunch

- Philly Cheesesteak Sandwich \$8.50**
Sliced Steak with Peppers, Onions on a Hoagie Bun with French Fries
- Beef Dip Sandwich \$8.00**
Roast Beef, Au jus on a Hoagie Bun with French Fries
- Rueben Sandwich \$6.50**
Corned Beef, Swiss Cheese, Sauerkraut on Rye Bread
- Deluxe Hot Hamburger & Poutine \$8.50**
Beef Patty on a slice of bread with gravy, onions and Poutine
- Hot Hamburger & Fries \$7.75**
Beef Patty on a slice of bread with gravy and Fries
- Build Your Burger:**
Beef or Chicken \$6.00
Add Swiss or Cheddar Cheese \$1.00 Add Bacon \$1.50
Add Mushrooms \$1.00
- Fish & Chips \$9.50 (2 piece) \$7.50 (1 piece)**
- Taquitos \$7.00**
3 Corn tortillas filled with beef and fresh Pico di Gallo with Cheese
- Grilled Sandwiches**
Grilled Bacon, Tomato & Cheese \$5.50
Grilled Ham & Cheese \$5.00
Grilled Cheese \$4.00
- BLT \$5.75**
- Nord-Bridge Club Sandwich \$6.50**
Chicken, Ham, Bacon, Tomato, Lettuce, Cheese, on two slices of bread
- Denver Sandwich \$5.75**
- Chicken Caesar Wrap \$6.00**
- Chicken Fingers & Fries \$7.25**
- Chicken Quesadillas \$8.00**

Salad

- Chef Salad \$7.00**
- Nord-Bridge Salad \$7.25**
Seasonal fruit, nuts with vinaigrette dressing
- Chicken Caesar Salad \$6.75**
- Taco Salad \$6.75**
Add Refried Beans \$1.00
- Caesar Salad \$5.50**
- Garden Salad \$5.50**

Fries & Sides

- Poutine \$5.75**
- Fries \$3.00(sm) \$4.50(lg)**
- Onion Rings \$4.50**
- Loaded Fries \$5.50**
Bacon, Cheese, Green Onions
- Sweet Potato Fries \$5.00**
- Garlic Cheese Toast \$4.00**
- Add Ons: Salsa, Sour Cream, Dressing, Mayo, or Gravy \$0.75**

Soup & Sandwich

- Soup & Sandwich \$6.75**
- Soup \$3.75**
- Sandwich \$3.50**

Beverages

- Coffee, Tea, Hot Choc. \$1.00**
- Pop & Juice (Can) \$1.50**
- Bottled Water \$1.00**

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. Lethbridge, AB
Candice Elliott-Boldt, BC-HIS Registered Hearing Aid Practitioner
Jake Boldt, BC-HIS Registered Hearing Aid Practitioner



SAVE THE DATE!
WORLD ELDER ABUSE AWARENESS DAY IS
JUNE 15, 2022.



Come enjoy a talent show/sock hop from 1-3PM on June 15th at LSCO. (see page 6 of this newsletter for more info) Sign up to showcase your 5 minute talent by calling LSCO at 403-320-2222 or by visiting the front desk. You will be asked to leave your name and number and the LEARN Case Manager will give you a call back! Only the first 7 submissions will be accepted due to time constraints. I can't wait to see all of the talent we have here in Lethbridge! Stay tuned for more information.
When it comes to Elder Abuse, silence is not an option.
<http://lethseniors.com/learn>

-Amy Cook, LEARN Case Manager

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

Della Howg: \$50; Murielle Nikles: \$50; Jim Edwards: \$100; Josephine Aristone: \$100; Marilyn Gillies: \$60; Donna Takeda: \$100; Eva Deringer: \$100; MWG Chartered Professional Accountants: \$1,000; Joe & Dianne Smith: \$200; Valerie Arkinstall: \$100; & Music Makers: \$25

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: **\$3,056.00**



<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 \$ 2,218,228
Still needed by N-B Fundraising \$ 281,772

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 |



Nord-Bridge Seniors Centre Presents:

SENIOR WEEK

June 6 - 10, 2022

Monday, June 6

- ♦ Jam Session - Nord-Bridge Dunford Diner
 - ♦ 9:30am- 12:30 pm
 - ♦ This event is FREE for Members, Non-Members pay a \$3.00 fee. This is open to the public.



Tuesday, June 7th

- ♦ Toonie Pancake Breakfast - Nord-Bridge's Dunford Diner
 - ♦ 8:30 am– 10:30 am
 - ♦ \$2.00 per person and open to the public.



Wednesday, June 8th

- ♦ Fun Darts Tournament– Multi-Purpose Hall
 - ♦ 1:00 pm– 4:00 pm.
 - ♦ This is for Nord-Bridge members only and is a free event with prizes to be won! Please sign up with the convener, Carol.

Thursday June 9th

- ♦ Annual BBQ Picnic– Rotary Picnic Shelter– at North Lethbridge Sports Park (map & address available at Front Reception Desk)
 - ♦ 11:00 am– 2:00 pm for members and invited guests ONLY, entertainment by the Nord-Bridge Jammers *Limited food available after 1pm*
 - ♦ \$6.00 per person. Tickets Available at Nord-Bridge starting May 16th.

Friday, June 10th

- ♦ Friday Bingo – Multi-Purpose Hall
 - ♦ 1pm- 3pm
 - ♦ This event is open to all – please note our BINGO program is a cash bingo (licensed with Alberta Gaming) so there are costs associated to play this activity. There will be prizes to be won!
- ♦ Welcome Back Evening Jam Session - Multi-Purpose Hall
 - ♦ 6:30 pm- 10:30 pm, open to all
 - ♦ \$5.00 entry fee per person, get your tickets at the NE doors of the building. Coffee, juice, & snacks provided.



CRA's Community Volunteer Income Tax Program

TIME FOR TAX

Did you know?

1,298+ Income Tax returns filed for 2021!
Appreciation and Thanks go to Bev Eaton, Ruth Enns,
Sharon Milos, Lilia Mesina, Shirley Hill, Shirley Trefan,
Donna Bort, Karen Gordon, Pat Santa, Lorrie Vos,
Barb LeClair, Donald Stock & Murielle Nikles

Thank you, one & all!

Run by Nord-Bridge Volunteers & Seniors Helping Seniors
18th year in a row



403.329.3222

Outreach 2022

•••• May 16th ••••

Please RSVP Melanie@nordbridge-seniors.com

\$3.00



We are looking for more volunteers and participants for this program! If interested please call 403-329-3222 and ask for Melanie!

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:
May 9, June 13 ***Now on Mondays***
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.



**Just rolling into Nord-Bridge
for a Coffee!**

Programmer's Report



Another month gone by! Last month we hosted a Paint Night at Nord-Bridge! It was such a great time! We are hoping to plan another one in the Fall. If you have not already, make sure you buy a Mother's Day ticket to the Mother's Day Luncheon here at Nord-Bridge for \$13.00 each. There will be flowers for all moms, live entertainment, and delicious food served by our amazing chefs in the Dunford Diner! Speaking of moms, my mom is pretty awesome! She has always been there for me and has taught me how to be kind and work hard. Lets appreciate all those moms out there for all they do! We are currently looking for more players on Tuesday afternoon Bocce Ball at Nor-Bridge Lions park starting June (weather permitting), if interested please sign up beside the Front Reception Desk. This is a FREE for Nord-Bridge members only. We are also looking for more participants in Active and Evening POUND with Sheila Mulgrew starting May 10th with drop in available as well as Intro to Kayaking course at Park Lake Provincial Park starting on Thursday, July 14th from 1:00 - 4:00 pm for four weeks. To register please go online to www.nordbridgeseniors.com under the "Recreation Programs" tab or call 403-329-3222. Program cancellations include **no Darts on May 16th** due to our Outreach program, which we will finally be able to host if we get enough interest! Also, **Session 3 of Active/Evening POUND** is now from May 10 – June 21st and **Zumba Gold** is now from May 18 – June 22nd as there was a scheduling error. These classes have been adjusted in price to reflect the reduced weeks. Looking ahead to next month, we are planning Seniors Week which is always the first full week of June! Please find the full details on this including a members BBQ picnic, and so much more on page 9 of this newsletter.



Until next month, stay happy and healthy!

Ashley Kern - Program Coordinator



WE ARE LOOKING FOR

BOCCE BALL PLAYERS



Euchre

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



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

FREE, for Nord-Bridge Members Only*

Register at:

Nord-Bridge Seniors
Centre - 1904 13 Ave. N.
or call 403-329-3222
and ask for Ashley



MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00 Gentle Yoga 9:30 Jammers 10:00 ^{NEW} <i>Intermediate Line Dance</i> 10:00 <i>Painting Moving Watercolor</i> 1:00* <i>Recovery College</i> ^{NEW} Wellness IN PERSON (svr) 1:30 <i>Outreach Meeting</i> 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:30 <i>Bid Euchre</i> <i>(Postponed until further notice)</i></p>	<p>3 9:00 Active POUND® 10:00/11:00 Clogging 10:00 Music Makers 10:45 Aerobic Keep Fit 1:00 Canasta/Hand & 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>4 8:30 Monthly Breakfast Buffet 8:45 ZUMBA® Gold 9:00 Guided Meditation 10:00 Paper Tole 10:00 Carpet Bowling 10:30 Chair Yoga 10:45 WINNERS BINGO 12:00 Gentle Somatics (PM) 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p> 	<p>5 9:00 Card Crafters (FULL) 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</p> 	<p>6 9:00 Gentle Yoga 10:00 Carpet Bowling 11:30 am- Mothers Day Luncheon (Tickets Required) 10:30 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 1:00 Checkers/Chess <i>(Craft Room)</i></p>
<p>9 9:00 LAWYER <i>by appointment</i> 9:00 Gentle Yoga 9:30 Jammers 10:00 ^{NEW} <i>Intermediate Line Dance</i> 10:00 <i>Painting Moving Watercolor</i> 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:30 <i>Bid Euchre</i> <i>(Postponed until further notice)</i></p> 	<p>10 9:00 Active POUND® 10:00/11:00 Clogging 10:00 Music Makers 10:45 Aerobic Keep Fit 1:00 Canasta/Hand & 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>11 8:45 ZUMBA® Gold 9:30 Directors Board Meeting (Board Room) 10:00 Coffee With a Constable (annex) 10:00 Paper Tole 10:00 Carpet Bowling 10:30 Chair Yoga 10:45 WINNERS BINGO 12:00 Gentle Somatics (PM) 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p> 	<p>12 9:00 Card Crafters (FULL) 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</p> 	<p>13 9:00 Gentle Yoga 10:00 Carpet Bowling 10:30 Chair Yoga 11:00 Liver & Onions Lunch Special 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 1:00 Checkers/Chess <i>(Craft Room)</i></p> 

16
 9:00 Gentle Yoga
 9:30 Jammers
 10:00 ^{NEW} Intermediate Line Dance
 10:00 ^{NEW} Painting Moving Watercolor
 1:00* ^{NEW} Recovery College
 Wellness IN PERSON (SVR)
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Outreach (Darts cancelled this day)
 6:30 Bid Euchre (Postponed until further notice)

17
 9:00 Active POUND®
 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
 8:45 ZUMBA® Gold
 10:00 Paper Tole
 10:00 Carpet Bowling
 10:30 Chair Yoga
 10:45 ^{NEW} WINNERS BINGO
 12:00 Gentle Somatics
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 1:30 **Healthy Relationships & Communication & Presentation (Board Room)**
 7:00 Table Tennis

19
 9:00 Card Crafters (FULL)
 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

20
 9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:30 Chair Yoga
 11:00 **Pork Chops Lunch Special**
 1:00 **In-House Bingo**
 1:00 Contract Bridge
 1:00 Crib
 1:00 Checkers/Chess (Craft Room)

21
 9:00 Card Crafters (FULL)
 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
 1:15 Floor Shuffleboard

22
 9:00 Card Crafters (FULL)
 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
 1:15 Floor Shuffleboard

23 & 30
 9:00 Gentle Yoga
 9:30 Jammers
 10:00 ^{NEW} Intermediate Line Dance
 1:00 ^{NEW} Recovery College
 Focus Group ^{NEW} (Annex) *CANCELLED*
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Darts
 6:30 Bid Euchre (Postponed)

24 & 31
 9:00 Active POUND®
 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

25
 8:45 ZUMBA® Gold
 10:00 **Foot Doctor by appointment (Craft Room)**
 10:00 Paper Tole
 10:00 Carpet Bowling
 10:30 Chair Yoga
 10:45 ^{NEW} WINNERS BINGO
 12:00 Gentle Somatics
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 3:15 **LSKIP Games Afternoon with Children**
 7:00 Table Tennis

26
 9:00 Card Crafters (FULL)
 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

27
 9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:30 Chair Yoga
 11:00 **Spaghetti & Meat Sauce Lunch Special**
 1:00 **In-House Bingo**
 1:00 Contract Bridge
 1:00 Crib
 1:00 Checkers/Chess (Craft Room)

28
 9:00 Card Crafters (FULL)
 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
 1:15 Floor Shuffleboard

29
 9:00 Card Crafters (FULL)
 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
 1:15 Floor Shuffleboard

CLOSED MAY 23RD FOR VICTORIA DAY!

Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, Please note: for fare details please contact front reception desk.

LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.

LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY): UPCOMING APPTS: MAY 19 & JUNE 16

SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE

GOLF PROGRAM NOW STARTED! - CALL GORD AT 403-308-5165

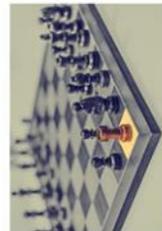
WINNERS BINGO WEDNESDAY: MAY 4, 11, 18, & 25

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 MONDAY (NEW DAY) OF EVERY MONTH AT 9AM (BOARD ROOM) (APPOINTMENT REQUIRED)

SENIORS WEEK (JUNE 6-10) PLEASE SEE PAGE 9 OF THIS NEWSLETTER FOR MORE INFO!

BOCEE BALL BEGINS IN JUNE (WEATHER PERMITTING START DATE TBA) EVERY TUESDAY AT 2PM AT NOR-BRIDGE LIONS PARK (MEMBERS ONLY) SIGN UP BESIDE FRONT RECEPTION DESK



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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.

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Fred Miller
[Registered](#) Optician

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

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or visit our website www.mbfunerals.com

Condolences to:



*... the Fairbairn family and the passing of Joyce
... the Mack family and the passing of Ken
... the Johnson family and the passing of Bill
... the Santoni family and the passing of Barb
... the Helle family and the passing of Jack
... the Moruzs family and the passing of Jolane
... the Johnson family and the passing of Shaun
... the Charles family and the passing of Lila
... the Oleksy family and the passing of Jennie*

**A snapshot 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

BINGO IS BACK!

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



NORD-BRIDGE SENIORS CENTRE

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:



CHINOOK FOOT AND ANKLE CLINIC



NORD-BRIDGE SENIORS CENTRE

1904 13 Ave. N.

For more information please call Nord-Bridge!




Intergenerational Board Game Afternoon

WEDNESDAY, 2022 | MAY 25TH **NEW TIME!**

@ 3:15 PM
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.**

DAY BY DAY

Self-Esteem

NEW!



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

JOIN US TO LEARN MORE!

When?
May 2, 2022 1:00 to 2:00 in the South View Room
May 16, 2022 1:00 to 2:00 in the South View Room

Who can attend?
Anyone aged 55+

Now in person at Nord-Bridge!

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



A Poem from Jody Knox of the Mind Joggers:

Lethbridge Police
The police of our city get some bad raps.
Because of the few who act like they're saps.

Generally, they're all good and nice blokes.
They laugh with most people and even tell jokes.

They really do want to hear what you say, but,
When you're breaking the law, GET OUT OF THEIR WAY!

Some are single or married, divorced and all that.
When upholding the law they do have your back.

So, don't be too negative in all that you say.
Because, its our Police Force who keeps trouble at bay.



Did you know? Nord-Bridge has a Monthly Breakfast Buffet the FIRST Wednesday of every month for \$11 per person! This is from 8:30 am – 10:30 am in the Dunford Diner and is open to all!

May's \$9 Lunch Specials for Dine In or Take Out (pre-order)

Friday, May 6 - *Mothers Day Luncheon \$13* Chicken Mornay with Mini Gourmet Potatoes, Asparagus, Salad, and a Special Dessert *Ticketed event dine-in only*
Regular menu not available this day

Friday, May 13 - Liver & Onions with Mashed Potatoes, Vegetables & Gravy

Friday, May 20- Pork Chops, Roasted Potatoes with Mushroom Gravy & Vegetables

Friday, May 27- Spaghetti with Meat Sauce, Cesar Salad & Garlic Toast

*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

Springtime is a wonderful time of the year to clean. During the month of May is the best time to do this according to my mom, Venancia Peta. She feels the days are longer and brighter. She feels cleaning is satisfying, but it is not everyone's favorite thing to do. To some it can be consuming, stressful, and physically challenging. Here are some tips and ideas when it is time to do your next clean around your home.

Declutter any items that you have not used in a long time. It might be time to donate or recycle them. The less there is around the less there is to clean

Set a timer and have a schedule do not over do it. Try and pick an amount of time that works for you and that fits into your schedule and decide what you what you are doing so that the tasks are not so daunting.

Get help or ask for support if you need help from a maid service.

Environmental Cleaning Solutions

Baking Soda, add a small amount to the Sponge and use to clean the stove top, sink and ceramic surfaces

White Vinegar, great for cleaning (1 part vinegar To 2 parts water) Helps remove water stains, calcium Buildup and soap residue from faucets, showers, and tubs.

Lemons can help remove stains. Cut a fresh lemon in half, sprinkle on a little salt and rub over cutting board or countertop until the stain disappears.

-Charlene Kocken

These are some tips to help with FALL PREVENTION:

Try to avoid clutter. Keep your spaces tidy and walkways clear.

Floor mats and area rugs are and can be tripping hazards. Try and put non-slip mats underneath.

Repair any unstable handrails, loose baseboards, or broken stairs.

Try and put loose wires together so that no one trips.





Wellness Coordinator/Outreach

Every day is a new beginning. Take a deep breath, Smile and start again!

As we enter into May we can appreciate the transformation that is occurring all around us. May brings a change in weather, new growth and connection with friends and family.

As well on May 8th it's a reminder to stop and acknowledge all the women in our lives that have played a special part. Even if it was only for just a chapter, a season or they have been in our lives and by our sides the whole time. Each persons presence, love and support has helped form the people we have become. So take a moment, maybe reach out and say thank you for being there, Thank you for your smile, Thank you for being that special person that may be without knowing it, made a big difference to you.



Outreach: Monday, May 2nd @ 1:30 in the Boardroom, is also our *Outreach* meeting to hopefully reconnect and recruit anyone interested in helping on our community. Outreach is a program that is ran by volunteers and reaches out in our community to bring people together for a afternoon of food and entertainment every 3rd Monday here at Nord-Bridge Seniors Centre. Through COVID-19 we have had to cancel our program but are looking to start back up here Monday, May 16th. We have the band *Celtic Routes* performing our spring return party starting @ 1:30pm with a cost of \$3.00 per person. Please contact Melanie to sign up to volunteer or if you are interested in attending.

Please keep your eyes out for the new summer calendar. It will be out soon!

Health Tip:

The public health Agency recommends a minimum of 30-60 mins of moderate to vigorous activities a day in periods of at least 10 mins each. NOTE: that as much as half of the functional decline in daily tasks and living between the ages of 30-70 is not due to ageing but to inactive living.



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



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 21 FROM 5:00 PM - 5:45 PM
FEE: MEMBERS: \$40.00 NON-MEMBERS: \$60.00



THANK YOU

- Janet Tilbe for Instructing two Ukrainian Easter Egg Decorating classes
- Donation of \$25 from Tacos Made in Mexico for a Cinco De Mayo Lunch Prize
- Tax Volunteers for another year helping in the Community Volunteer Income Tax Department

We appreciate it so much!

Attention Members: The Dunford Diner will be CLOSED by 10:30 am and Nord-Bridge Centre will be closed by 11:00 am on Thursday, June 9th for the Seniors Week Members BBQ picnic. All afternoon programs will be cancelled.



HERE TO SERVE

RACHAEL THOMAS
LETHBRIDGE ALBERTA MP

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





Seniors Week Welcome Back

Evening Jam Session!

FRIDAY, JUNE 10TH
TIME: 6:30 PM- 10:30 PM
COST: \$5 PER PERSON TICKETS AT THE DOORS, REFRESHMENTS PROVIDED

MUSIC BY
THE NORD-BRIDGE JAMMERS




1904 13 Ave. N. Lethbridge Alberta
WWW.NORDBRIDGESENIORS.COM

URGENT

BINGO

WINNERS BINGO VOLUNTEER COORDINATOR NEEDED!

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

PLEASE CALL 403-329-3222 IF SERIOUSLY INTERESTED

WINNERS



3307 3RD AVE. S.



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FOCUS GROUP

Over the last year we have run select groups with Nord-Bridge Senior Center. These groups include: Mindfulness and Happiness, Managing Unwelcome Worries, Stress Less, and classes from the Day by Day series. We would like to hear about what workshop you would like us to run next!

JOIN US TO LEARN MORE!

When? May 30, 2022 1:00 - 2:00 PM

Who can attend? Seniors aged 55+

CANCELLED





OPEN TO ALL SENIORS 55+!

CALL 403-329-3222 TO REGISTER TODAY!
*MAX. OF 8

Nord-Bridge Members: **FREE**
Non-Members: **\$10**

Bring your grandchild for this fun event! Don't have one? Adopt a child for a day! We will partner one up with you!



INTERGENERATIONAL BAKING CLASS

At Chinook Country Kitchen
(Inside Interfaith Foodbank -
1103 3 Ave. N.)

Monday, July 11 & 25

AT 1:00 PM

Come and have fun creating and socializing while using fresh ingredients from the Interfaith garden!



LIVE



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

Lemon Butter Fish with Rice & Veggies

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
MAY 13TH**

11:15AM MST Via ZOOM

CONTACT ASHLEY @ 403-329-3222



@nordbridgecooksvirtual





Member Photos

With Sid Lewis!

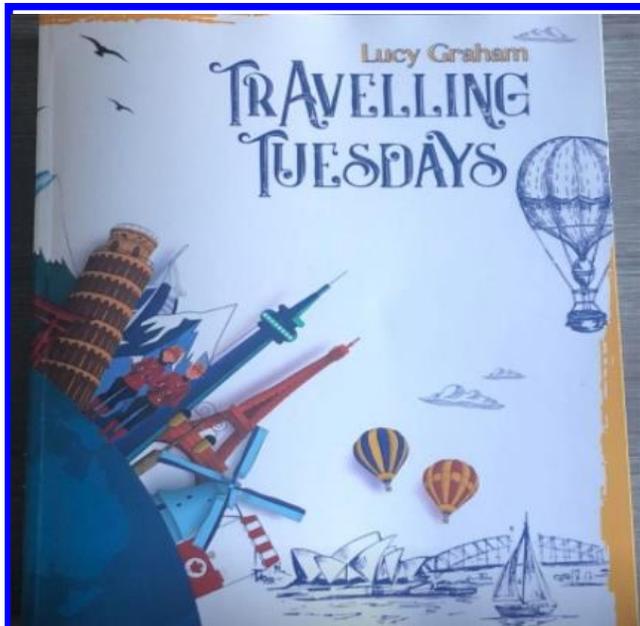
Friday, March 18 **FREE**
from 10 am -1130 am

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!



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>

Congrats to Lucy Graham on winning GOLD in Scrabble last month at the Alberta 55+ Winter Games!

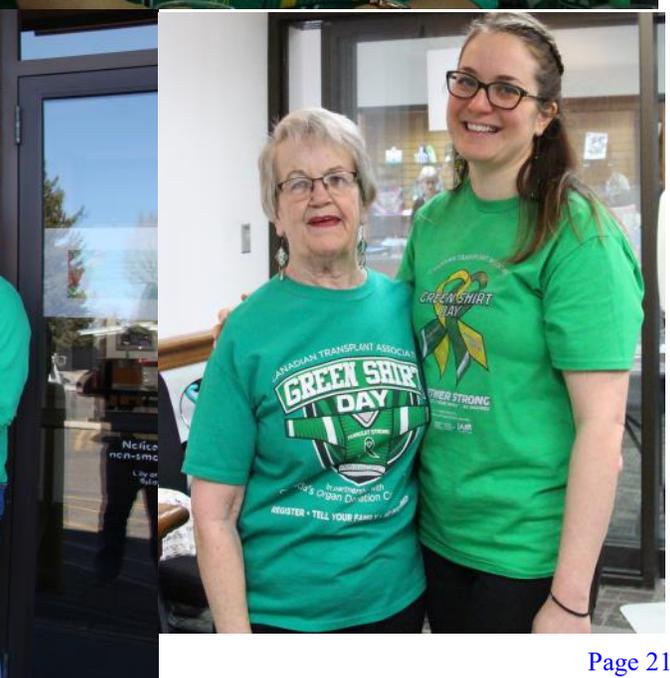
A few pictures from special events and programs at Nord-Bridge last month!



Ukrainian Easter Egg Decorating



Green Shirt Day





Get Off My Lawn VS. Wrinkle Remover Coffee Brew Winners

A bet won by Nord-Bridge from the coffee fundraiser last year! Nord-Bridge outsold LSCO by 60 lbs. of coffee with our own "Get Off My Lawn" brew thanks to *Cuppers Coffee & Tea*. LSCO's Executive Director, Rob M. wore a bunny costume and handed out treats and coffee to our members as part of the bet .

Photos from the most recent Virtual Cooking Class

*on April 22nd of Falafel Salad
with Lemon Tahini Dressing* ✂

Thanks for
joining! Go to
page 19 for the
next cooking
class!





Paint & Sip Night Fun!



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**

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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

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 HeartToHomeMeals.ca

*Some conditions may apply.



***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!

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 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



“The Friendly Centre”

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

www.nordbridgeseniors.com