

# NEWSLETTER

# June 2022



From left to right: Randy Butterwick, Clay Olsen, Frances Wallace, Helen Gepneris, and Harry Fischer. In House Bingo has been a mainstay at Nord-Bridge for over 20 years not including the Bill Kergan Centre and Harry Fischer and Clay Olsen have been friendly faces and constant “guardians” since the beginning. They love to see new people that come into Nord-Bridge and play their luck at Bingo. Come join us every Friday afternoon from 1:00 pm– 3:00 pm in the Multi-Purpose Hall!

## PRESIDENT'S REPORT

Greetings everyone, I hope June finds you well and you are excited about summer activities. Please remember that Jun 6 to 10, is Seniors' Week, we have lots of activities planned to include a Pancake Breakfast, and so much more!

Last month I was writing about moms and told you my mom lived to be 98. I was thinking about that and found myself listening to a podcast about aging. Why do some people live very long lives?

In 2021 there were over 9,500 people in Canada over the age of 100. In the 1970s there were only about 1,000 people over 100. Why the difference? When people are interviewed, they say its good attitude, good family, and keeping busy. Better health care, better water and vaccines to prevent disease also help people to live longer.

An interview with Dr. Peter Lin the medical columnist from CBC radio outlined some important things to do to achieve long life. I don't particularly want to live to be 100 but I do want to live to the end of my life without a pain and discomfort. Dr. Lin outlined the following things to keep in mind.

Have a purpose for getting up in the morning. Adds 7 years to your life.

Don't sit around too much, keep moving. Get in an exercise program with friends who won't let you quit.

Slow down during the day, look out the window, stand up and sit down, have a short nap or meditate.

Practice the 80% rule for eating. Don't overeat, and don't eat at night.

Eat a plant-based diet. And limit meat to once or twice a week.

Keep alcohol consumption to one drink a day and have it with a friend and food. No binge drinking.

Join a faith-based community. Adds 4 years.

Keep your loved ones first in your life.

Associate with the right people who build you up.

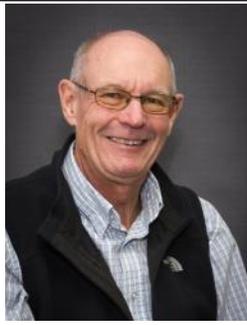
Hang around people who live a healthy lifestyle.

Take baby steps to achieve a better life. Good habits take a while to achieve. Starting now will ensure a better outcome when it comes to living a healthy life.

See you at the BBQ on Thursday, June 9, 2022.

"Spring being a tough act to follow, God created June."

-Al Bernstein.



*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!

Hazel Tilleman

Leon Uytterhagen

Colleen Mills

Pieta Kippers

Judie Rae

Marian Aarsen

Katja Lehniger

Debbie WesRoche

Leonard Sanderson

Kathy Sanderson

Vernon (Doc) West

Barbara Heinrich

Alan Storey

George Gerstenbuhler

Marie Stilgoe

Bob Smerek

Paul Zalesak

Dianne Zalesak

Kathy Chrest

Maria Buckman

Bev Hynes

Terri Cowley

Sidney Bridges

Ernest Dudley

Marleen McNeely

Nancy Cline

Terry Cline

Gerald Gardin

Margaret Van Egmond

Jackie Gray

Leslie Wiebe

Anonymous (11)



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 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!**

**WE WILL BE CLOSED  
FRIDAY, JULY 1<sup>ST</sup>**

We wish everyone a fun & safe Canada Day holiday!



**Wilma Lambert of Salon Nineteen04 is moving after being a Hairdresser for 30 years!**  
Here is what Wilma wanted all the Nord-Bridge members to know:  
“Thank you to all my clients for the fun and friendship and always believing in me. I am looking forward to my new adventure!” Please make sure to give her a fond farewell if you see her in the building! Goodluck Wilma!



## EXECUTIVE DIRECTOR'S REPORT



Seniors Week 2022 is June 6 - 12 in Alberta. Ashley has planned a full slate of activities for Nord-Bridge members and seniors in our community to celebrate Seniors. For a full list of activities please see page 10 of this month's Newsletter.

This month I am pleased to report, Nord-Bridge was successful in securing two grants. The first successful grant is the Community Facility Enhancement Program (CFEP) grant from the Alberta Government for \$34,000. This grant application is for a renovation project on the unoccupied office space next to the Vere's Family Games Room. The office and front reception area has been vacant since 2019 when the National Association of Federal Retirees office was moved to the offices across from the West Community Room. The renovation will consist of knocking down the office walls to create a larger room that will become a secondary craft room/multi-purpose room. The Southview Meeting room will remain and be repurposed for a future programming room (possibly a Golf Simulator). This grant is a matching grant which means Nord-Bridge must match the \$34,000. This project will start sometime in the month of June with a projected completion date of mid August.

The second successful grant is from the Community Foundation of Lethbridge and Southwestern Alberta - Community Priorities Grant for the amount of \$10,000. This grant project will be for IT upgrades for our administration office and increasing our Wi-Fi access points. The grant will allow us to replace our current computer server which is nearing the end of its lifecycle (10 years). We will also use this grant to increase our Wi-Fi access to members and guests throughout our building. Our current Wi-Fi service is not capable of handling the increased number of users nor does it provide strong enough reception throughout the building. Finally, I

would like to welcome Heather Boychuk to our Nord-Bridge team. Heather is part-time and will support Bety, Ken and Gail in the kitchen and dining room. Please be sure to say hi to Heather the next time your in the Dunford Diner.



*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  
Vacant  
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	Heather Boychuk
Building Maintenance/ Custodian	Marco Escobar

## Attention Crib & Contract Bridge Players:

Starting Friday, June 10th, Crib will now be played in the West Community Room (beside the craft room) on the west end of the building every Friday at 1:00 pm. Contract Bridge is now in the Dining Room Annex at 1:00 pm.

Eat anything you want...

anytime, anywhere...

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Attention Members: We will no longer be taking pre-orders for pick up of lunch specials. First come first serve. Call 403-329-3222 for more info.

**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**  
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sutton group – lethbridge  
 AN INDEPENDENT MEMBER BROKER

**403-320-6411**

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**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**  
**MAY 30- GWEN GENEAU \$635.50**

**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**  
**May 27- Echo Elves \$333.00**  
**Next Draw June 24 (4th Friday of each month)**

**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**

May 2- Jim Hahn \$60 Pat Klima \$60  
 May 9- Jim Edwards \$70 Julie Reimer \$70  
 May 16- Marie Brake \$57 Jim Hahn \$57  
 May 23- CLOSED STAT HOLIDAY  
 May 30- Lawrence Velker \$67 Scott MacNeil \$67

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



# Ladybug Arborists

Maureen Sexsmith-West

Certified Arborist PR4600A  
Qualified Tree Appraiser, ISA Tree Risk Assessor



## Need a Personal Gardener?

Once a Week • Once a Month  
Once in a While

Let us do your dirty work!

403-634-3062

ladybugarborists@gmail.com

www.ladybugarborists.com



# 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



# EVERGREEN

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and Cremation Services

403-329-4934

Give us a call regarding ...

- \* Affordable Pre-arrangement Options
- \* Evergreen's Budget Conscious Pricing

*Because Cost  
Is An Option*

*We lessen the expense  
Not the care*

A Division of the Caring Group Corp.

## COME & ENJOY OUR MONTHLY

# BREAKFAST BUFFET



**\*FIRST WEDNESDAY  
OF EVERY MONTH!**

**\$11  
PER PERSON**

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

## Friday Lunch Entertainment

June 3 – Noel & Vicki

June 10 – Elaine Unger-Pengilly

June 17 – Yvonne Nelson (Father's Day)

June 24 – Anne Pauls (Canada Day BBQ)



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

## World Elder Abuse Awareness Day



To bring awareness to elder abuse, Lethbridge Elder Abuse Response Network is hosting a

## SENIOR TALENT SHOWCASE

Wednesday, JUNE 15, 2022

1:00 pm – 3:00 pm  
at LSCO

Everyone is invited!  
There will be speeches, snacks, cake and entertainment!



500 – 11th Street South  
403-320-2222



## Lethbridge HEARING CENTRE

# FREE HEARING TESTS

BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

403-329-3222

Third Thursday of the month, next appointment

June 16th

1/2 hour appointments for Nord-Bridge Members ONLY

Follow us on Facebook @NordBridgeSeniorsLethbridge



## NORD-BRIDGE BUILDING FUND RECENT DONORS

Nina Waselenak: \$50, Steve Prokop: \$300, and Anonymous: \$50

## NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: \$4,202.00

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

Total Contributions to our Building Fund 1998 through 2022 \$ 2,218,628  
Still needed by N-B Fundraising \$ 281,372



## 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

March 21 – Nord-Bridge: 1-3 pm	August 22 – LSCO: 5-7 pm
April 22 – LSCO: 5-7 pm	September 19 – Nord-Bridge: 1-3 pm
May 26 – Nord-Bridge: 1-3 pm	October 17 – LSCO: 5-7 pm
June 20 – LSCO: 5-7 pm	November 21 – Nord-Bridge: 1-3 pm
July 19 – Nord-Bridge: 1-3 pm	December 12 – LSCO: 5-7 pm



NORD-BRIDGE SENIORS CENTRE  
1904 - 13 Avenue North  
403-329-3222

LSCO LETHBRIDGE Senior Citizens ORGANIZATION  
500 - 11 Street South  
403-320-2222

## Gentle Yoga

is an exploration of vinyasa movements and somatic exercises that are combined to improve health, well-being, quality of life, and personal performance. This incorporates slow, mindful yoga movements that raise bodily awareness to heal persistent tension-based patterns in the body. This allows us to self-correct and permanently release persistent stress-based patterns from within the body (Soma). This is easily modifiable for those that cannot get down on the floor.

Begins: **Monday**, July 4 - August 29 **\*No class Aug. 1** Location: Multi-Purpose Hall  
Time: 9:00 am - 10:00 am Instructor: Melanie Hillaby  
Fee: Members: \$35.00 Non-Members: \$55.00 Max. 25

Begins: **Thursday**, July 7- August 25 Location: Multi-Purpose Hall  
Time: 9:00 am - 10:00 am Instructor: Melanie Hillaby  
Fee: Members: \$35.00 Non-Members: \$55.00 Max. 25

## Chair Yoga

Chair Yoga is the term generally used to describe a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Chair yoga has helped people with symptoms of many health issues including: Hypertension (high blood pressure), anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression, and chronic pain. Chair Yoga is one of the gentlest forms of yoga available. Complicated maneuvers and complex movements are not present in a Chair Yoga class. Within this type of yoga class, you can cover standing, seated, and prone postures. Most of these classes use the chair only, due to the difficulty of getting down or up from the floor.

Begins: **Monday**, July 4- August 29 **\*No class Aug.1** Location: Multi-Purpose Hall  
Time: 10:45 am - 11:30 am Instructor: Melanie Hillaby  
Fee: Members: \$35.00 Non-Members: \$55.00 Max. 25

## NEW Fit & Fun Walking Club

Join us every Monday and Thursday for a fun walking group with fitness concepts along the way on the north end of town. If you are interested, please pre-register by calling 403-329-3222. No drop-ins allowed. Make sure to dress for outdoor conditions and make sure to wear your FitBit to count your steps!

Begins: **Monday**, July 4 - August 29 **\*No class Aug. 1** Location: NE Parking lot of Nord-Bridge  
Time: 12:15 pm - 1:15 pm Instructor: Melanie Hillaby  
Fee: Members: \$20.00 Non-Members: \$40.00

Begins: **Thursday**, July 7 - August 25 Location: NE parking lot of Nord-Bridge  
Time: 12:15 pm - 1:15 pm Instructor: Melanie Hillaby  
Fee: Members: \$20.00 Non-Members: \$40.00 Max. 18

## NEW Beginners Walking Club

Beginner walking club gives members that have limitations an opportunity to build cardio in a social environment. This program is a fun, social yet challenging class that incorporates movements and balance exercises in a functional and safe manner. Put on your walking shoes and please join us!

Begins: **Wednesday**, July 6- August 31 **\*No class Aug. 24** Location: West Community Room  
Time: 11:00 am - 11:45 am Instructor: Melanie Hillaby  
Fee: Members: \$20.00 Non-Members: \$40.00 Max. 18

## Gentle Pilates

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

Begins: **Tuesday**, July 5- August 30 **\*No class Aug. 23** Location: Multi-Purpose Hall  
Time: 9:00 am - 10:00 am Instructor: Melanie Hillaby  
Fee: Members: \$35.00 Non-Members: \$55.00 Max. 30

## Somatics

Somatics is a complement to any activity you participate in and helps improve daily functional movements. As you explore the movements of Somatics you are connecting the body and mind through movement and meditation. As we bring awareness to our bodies (Soma's) we can then help relieve pain, recover from injury, reduce stress and maximize flexibility. These exercises do not just address the body's movement gateways as we walk and breathe, but it is also how we carry our stress and tension that leads into chronic neck, shoulders, hips and low back pain. We as individuals, view ourselves from the inside looking out and the distinction between mind and body disappears. "We are our own best healers". Somatics is great for MS, Stroke recovery, chronic pain, migraines and much more. This is easily modifiable and can be done seated in a chair or on the floor.

Begins: **Tuesday**, July 5- August 30 **\*No class Aug. 23** Location: Multi-Purpose Hall  
Time: 10:45 am - 11:30 am Instructor: Melanie Hillaby  
Fee: Members: \$40.00 Non-Members: \$60.00 Max. 18

## Strength & Toning

Join Melanie for a class packed full of functional strength training. We will incorporate bands, weights and other props to strengthen our bodies and have fun along the way. Building muscle, strengthening bones and stabilizing the whole body is a great way to feel and move better. **\*Combine this with our social 12:15pm walking club and feel the difference in yourself as we move into a healthier lifestyle change.**

Begins: **Thursday**, July 7- August 25 Location: Multi-Purpose Hall  
Time: 10:45 am - 11:30 am Instructor: Melanie Hillaby  
Fee: Members: \$30.00 Non-Members: \$50.00

**\*Please note: Renovations will be taking place this summer in the South View Room (beside the pool room) and will be noisier than normal. As such we have moved most exercise classes into the Multi-Purpose Hall for the summer for a quieter experience.**

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.



Continuing to Care  
Through the Generations.

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Lethbridge, AB  
403-382-3601

Christensen Salmon

# GENERATIONS

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

**HUCKVALE** LLP  
established 1906

Upcoming **FREE** consultation dates:  
June 13, July 11, Aug 8 **\*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.**

THANK YOU to  
our Sponsors:



NORD-BRIDGE  
SENIORS CENTRE

# NORD-BRIDGE SENIORS WEEK TOONIE PANCAKE & SAUSAGE BREAKFAST

CELEBRATE SENIORS' WEEK WITH YOUR FRIENDS AT NORD-BRIDGE  
SENIORS CENTRE ON **TUESDAY, JUNE 7 FROM 8:30 AM - 10:30 AM**

Where: Nord-Bridge Seniors Centre 1904 13 Ave N.  
Cost: \$2.00  
**EVERYONE WELCOME!**

\* Please note: Dining Room Menu  
will not be available during the  
Pancake Breakfast

# Programmer's Report



Its hard to believe it is already June! Where did the time go? Last month we had a sold out Mothers Day Lunch with just under 144 in attendance. This is so great to see! Thank you to Lethbridge Hearing Centre for sponsoring the flowers at this event as well as all the staff and volunteers that helped make this event run very smoothly! We are excited to host another fun filled Seniors Week at Nord-Bridge from June 6th – 10th celebrating all seniors in the community and everything they contribute! Please go to page 10 of this newsletter for a full list of events! You may have also noticed we now have the summer program out! Summer is usually a little quieter around here but we are still offering various indoor and outdoor exercises thanks to Melanie Hillaby, our Wellness Coordinator. Members can register either online at our website, [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the "Recreation Programs" tab followed by the "Online Registration" tab or register in person at Nord-Bridge. As always, these summer programs are first come first serve. Please ask myself or Melanie for more info on these classes. Our annual Fathers Day Luncheon will be on Friday, June 17th and tickets go on sale June 6th at the Front Reception Desk so don't miss out! We will not be hosting a pie auction this year but will have some AWESOME prizes to be won, not the mention the amazing food that will be made from scratch in our kitchen. At the end of this month we will also be celebrating Canada Day on Friday, June 24th. This is first come first serve event and open to all, with a limited menu available this day. For more info on these events please go to page 21 of this newsletter. **Please note Nord-Bridge Seniors Centre will be closing at 11:00 am on Thursday June 9<sup>th</sup> for our annual Seniors Week BBQ Picnic at Rotary Picnic Shelter. This day, all programs after 11:00 am will be cancelled and our dining room will be closed by 10:30 am.** We are currently looking for more participants for the following class this summer: Intergenerational Baking at the Interfaith Food Bank on Monday, July 11 and 25<sup>th</sup> at 1:00 pm. This is a great program for seniors to bring a grandchild and do some baking with items fresh from the Interfaith garden. If you are a member of Nord-Bridge, it is FREE. Spaces are limited, so please register as soon as possible. Please go to page 19 for more information or give me a call to register!

Until next month, stay happy and healthy!

*Ashley Kern - Program Coordinator*

WE ARE LOOKING FOR

# BOCCE BALL PLAYERS



NORD-BRIDGE SENIORS CENTRE



**Register at:**

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

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

FREE, for Nord-Bridge Members Only\*

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Co-Agent  
Extraordinaire

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

**The Nord-Bridge Sea N' Oars will be competing in the Annual Lethbridge Rotary Dragon Boat Festival at Henderson Lake from Friday, June 24 to Sunday, June 26! Come cheer us on!**



ATB Financial Lethbridge Rotary  
**DRAGON BOAT FESTIVAL**

# JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6 SENIORS WEEK</b></p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers</p> <p><b>10:00 Intermediate Line Dance</b></p> <p>1:00 Military Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Contract Bridge</p> <p>1:00 Darts</p> <p><b>6:30 Bid Euchre</b> (Postponed until further notice)</p> 	<p><b>Hello</b></p> 	<p><b>1</b></p> <p><b>8:30 Monthly Breakfast Buffet</b></p> <p>8:45 ZUMBA® Gold</p> <p>10:00 Paper Tole</p> <p>10:00 Carpet Bowling</p> <p>10:30 Chair Yoga</p> <p><b>10:45 WINNERS BINGO</b></p> <p>12:00 Gentle Somatics (PM)</p> <p>1:00 Darts</p> <p>1:00 Euchre</p> <p>1:00 Quilt/Kraft</p> <p>7:00 Table Tennis</p> 	<p><b>2</b></p> <p>9:00 Card Crafters (FULL)</p> <p>9:00 Gentle Pilates</p> <p>9:30 Mind Joggers</p> <p>10:00 Intermediate Line Dance (FULL)</p> <p>10:45 Strength Keep Fit</p> <p>1:00 Acrylic Painting</p> <p>1:00 Trump Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Canasta</p> 	<p><b>3</b></p> <p>9:00 Gentle Yoga</p> <p>10:00 Carpet Bowling</p> <p>10:30 Chair Yoga</p> <p>11:00 Veal Cutlet Lunch</p> <p><b>Special</b></p> <p><b>1:00 In-House Bingo</b></p> <p>1:00 Contract Bridge</p> <p>1:00 *Crib</p> <p>1:00 Checkers/Chess (Craft Room)</p> <p><b>*CRIB MOVED TO WEST COMMUNITY ROOM NEXT WEEK!</b></p> 
<p><b>6 SENIORS WEEK</b></p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers</p> <p><b>10:00 Intermediate Line Dance</b></p> <p>1:00 Military Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Contract Bridge</p> <p>1:00 Darts</p> <p><b>6:30 Bid Euchre</b> (Postponed until further notice)</p> 	<p><b>7</b></p> <p><b>8:30 Seniors Week Toonie Pancake Breakfast</b></p> <p>9:00 Active POUND®</p> <p>10:00 Music Makers</p> <p>10:45 Aerobic Keep Fit</p> <p>1:00 Canasta/Hand &amp; Foot</p> <p>1:00 Intermediate Line Dance (Multi-Purpose Hall)</p> <p>1:00 Scrabble</p> <p>1:00 Texas Hold'em</p> <p>1:30 Beginners Crib</p> <p>2:00 Bocce Ball (Nor-Bridge Lions Park) <b>NEW</b></p>	<p><b>8</b></p> <p>8:45 ZUMBA® Gold</p> <p>9:30 Directors Board Meeting (Board Room)</p> <p><b>10:00 Coffee With a Constable (annex)</b></p> <p>10:00 Paper Tole</p> <p>10:00 Carpet Bowling</p> <p>10:30 Chair Yoga</p> <p><b>10:45 WINNERS BINGO</b></p> <p>12:00 Gentle Somatics (PM)</p> <p><b>1:00 Fun Darts</b></p> <p><b>Tournament for Seniors Week</b></p> <p>1:00 Euchre</p> <p>1:00 Quilt/Kraft</p> <p>7:00 Table Tennis</p> 	<p><b>9</b></p> <p>9:00 Card Crafters (FULL)</p> <p>9:00 Gentle Pilates</p> <p>9:30 Mind Joggers</p> <p><b>11:00 BBQ Picnic (Rotary Picnic Shelter) *Tickets Required* All afternoon programs cancelled</b></p> 	<p><b>10</b></p> <p>10:00 Carpet Bowling</p> <p>11:00 Fish &amp; Chips Lunch Special</p> <p><b>1:00 In-House Bingo with Prizes!</b></p> <p>1:00 Contract Bridge (Annex) *New Room*</p> <p>1:00 Crib (West Community Room) *New Room*</p> <p>1:00 Checkers/Chess (Craft Room)</p> <p><b>6:30 Evening Jam Session (Multi-Purpose Hall)</b></p> 

**13**  
**9:00** **LAWYER**  
 by appointment  
 Gentle Yoga  
 9:30 Jammers  
**10:00** **Intermediate Line Dance**  
 1:00 Military Whist  
 1:00 Woodcarving  
 1:00 Contract Bridge  
 (Annex) \*New Room\*  
**6:30** **Bid Euchre**  
*(Postponed until further notice)*



**14**  
 9:00 Active POUND®  
 10:00 Music Makers  
 1:00 Canasta/Hand & Foot  
 1:00 Intermediate Line  
 Dance (Multi-Purpose Hall)  
 1:00 Scrabble  
 1:00 Texas Hold'em  
 1:30 Beginners Crib  
 2:00 Bocce Ball (Nor-  
 Bridge Lions Park) **NEW**



**15** **WORLD ELDER**  
**ABUSE AWARENESS**  
**DAY – WEAR PURPLE!**  
 8:45 ZUMBA® Gold  
 10:00 Paper Tole  
 10:00 Carpet Bowling  
 10:30 Chair Yoga  
**10:45** **WINNERS BINGO**  
 12:00 Gentle Somatics  
 1:00 Darts  
 1:00 Euchre  
 1:00 Quilt/Kraft  
 7:00 Table Tennis



**16**  
 9:00 Card Crafters (FULL)  
 9:00 Gentle Pilates  
**10:00** **LETHBRIDGE**  
**HEARING CENTRE (by**  
**appt.)**  
 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



**17**  
 10:00 Carpet Bowling  
**11:00**  
**Fathers Day Luncheon**  
**\*Ticketed Event\***  
**1:00** **In-House Bingo**  
 1:00 Contract Bridge  
 (Annex) \*New Room\*  
 1:00 Crib (West Community  
 Room) \*New Room\*  
 1:00 Checkers/Chess  
 (Craft Room)



**20 & 27**  
 9:30 Jammers  
**10:00** **Intermediate Line Dance**  
 1:00 Military Whist  
 1:00 Woodcarving  
 1:00 Contract Bridge  
 (Annex) \*New Room\*  
**6:30** **Bid Euchre**  
 (Postponed until further notice)



**21 & 28**  
**9:00** **Active POUND®**  
 (21st only)  
 10:00 Music Makers  
 1:00 Canasta/Hand & Foot  
 1:00 Intermediate Line  
 Dance (Multi-Purpose Hall)  
 1:00 Scrabble  
 1:00 Texas Hold'em  
 1:30 Beginners Crib  
 2:00 Bocce Ball (Nor-  
 Bridge Lions Park) **NEW**



**22 & 29**  
**8:45** **ZUMBA® Gold**  
 (22nd only)  
**10:00** **Foot Doctor by**  
**appointment (Craft Room)**  
 10:00 Carpet Bowling  
**10:45** **WINNERS BINGO**  
 1:00 Darts  
 1:00 Euchre  
 1:00 Quilt/Kraft  
**3:15** **LSKIP Games**  
 Afternoon with Children  
 (22nd)  
 7:00 Table Tennis

**23 & 30**  
 9:00 Card Crafters (FULL)  
 10:00 Intermediate Line  
 Dance (FULL)  
 1:00 Acrylic Painting  
 1:00 Trump Whist  
 1:00 Duplicate Bridge  
 1:00 Canasta  
 1:00 Woodcarving



**24** **Lethbridge Rotary**  
**Dragon Boat Festival Begins**  
**come cheer on Nor-  
 Bridge's Sea N' Oars!**  
 10:00 Carpet Bowling  
**11:00** **Canada Day**  
**BBQ Lunch Special**  
**1:00** **In-House Bingo**  
 1:00 Contract Bridge  
 (Annex) \*New Room\*  
 1:00 Crib (West Community  
 Room) \*New Room\*  
 1:00 Checkers/Chess  
 (Craft Room)  
**\*MONTHLY TOONIE DRAW**



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

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.**
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY): UPCOMING APPTS: JUNE 16, JULY 21, & AUGUST 18**
- SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE**
- GOLF PROGRAM NOW STARTED! - CALL GORD AT 403-308-5165**

**WINNERS BINGO WEDNESDAY: JUNE 1, 8, 15, 22, 29**  
**FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON JULY 20, 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!**  
**BOCCE 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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*Congratulations!*

to Erma Shaw for winning two tickets to our Mothers Day Luncheon from our Cinco De Mayo event

to Mae Pearson, Claris Bryant, and Mary Ackerman for winning the Mothers Day hanging flower baskets

*Enjoy!*



**Congrats to Lucy Graham on winning GOLD in Scrabble in April at the Alberta 55+ Winter Games! She will also be representing Alberta 55+ for Scrabble at the Canada Games in Kamloops, BC the week of August 24th! Good luck Lucy!**

*Condolences to:*

- ... The Egeland family and the passing of Olai
- ... The Harvey family and the passing of Hazel
- ... The Brock family and the passing of Shirley
- ... The Sinclair family and the passing of Gary
- ... The Slywka family and the passing of Alice
- ... The Tani family and the passing of Masako
- ... The Westcott family and the passing of Pat

*Get Well Wishes to:*

Judy Dyer and Mike Bennett who are in the hospital. We wish you a speedy recovery!



**Donna Gallant is retiring  
after teaching art classes at  
Nord-Bridge for 9 years!  
We will greatly miss your  
creative classes!**

**All the best in the  
future Donna!**



**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.



*Intergenerational  
Board Game  
Afternoon*

**WEDNESDAY,  
2022 | JUNE 22ND**

**@ 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.**

**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.

**BINGO  
IS BACK!**

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



**Martin Brothers  
Funeral Chapels Ltd.**

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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)





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

**Friday, June 3 - \$9 Veal Cutlets, Mashed Potatoes,  
Veggies, & Gravy**

**Friday, June 10 - \$9 Fish & Chips with Coleslaw**

**Friday, June 17- \*Fathers Day Luncheon \$13 per person-  
\*Ticketed Event, regular menu not available - Salad, Roast Beef  
with Horseradish, Mashed Potatoes, Veggies, & Gravy with  
Bread Pudding for Dessert**

**Friday, June 24- Canada Day BBQ \*Limited menu available\***

**Choice 1: \$10 Cheese Burger with French Fries,  
Gravy, & Coleslaw OR**

**Choice 2: \$9 Hot Dog, French Fries, Gravy &  
Coleslaw BOTH choices come with Canada Day Cake!**



### *Seniors System Navigator*

Who is a Caregiver?

I recently read that the former First Lady Rosalyn Carter once said:

“There are only four kinds of people in this world”:

- Those who have been caregivers
- Those who currently are caregivers
- Those who will be caregivers
- Those who will need caregivers

The Compass Caregiver support group expanded its definition of what it means to be a caregiver.

According to the national Institute on Aging, if you live an hour or more away from a person who needs your care, you are considered a long-distance caregiver. This kind of care can take many forms such as helping with money management, arranging for home care or having respite for the primary caregiver. Also, being prepared for emergencies that may arise.

Once a loved one enters an assisted living facility or a nursing home, you are still the caregiver who is involved in making sure that your loved one's needs are being met, it might include visits, meeting with staff, being an advocate, or financial issues that may arise.

If you are a caregiver who is caring for a loved one at your own home, a nursing home, from another city, Compass Caregiver Support Group can help. It is a group where caregivers can share feelings and expressions which eventually develops a sense of community. Please come and join us at LSCO May 25, June 1, 8, 15 1:30 till 3:30 pm -*Charlene Kocken*





## Wellness Coordinator/Outreach

**WOW!** Where is the time going? June is here, so pick up the summer program. With some programs taking a break we have added some outside interactive programs to enjoy. As well, I'm excited to be teaming up with the Alzheimer society of Alberta and Northwest Territories to bring the **Minds in Motion** Program to Nord-Bridge in the Fall. This program will offer members with early onset of Dementia and their care partners a safe and supportive place to go. The program offers a fitness segment followed by socializing, refreshments, and mental stimulating activities such as music, board or word games, and many other fun activities.

**Our 55+ gym** has been buzzing! When the heat of the summer gets to you, give me a call and I'll get you orientated and ready to keep in shape in our air conditioned gym.

**Outreach:** Yes, we will be firing back up on Monday, September 12<sup>th</sup> with our Volunteer Meeting at 1:30 in the board room. We will be planning our September 26<sup>th</sup> event which will include entertainment from Celtic Routes. If you are interested in helping on our community please contact Melanie or drop in. Outreach is a volunteer ran program that reaches out in our community to bring people together for a afternoon of food and entertainment every 3<sup>rd</sup> Monday here at Nord-Bridge Seniors Centre.

### Health Tip:

As life begins to reopen and we can get back out to all the activities we love this summer, remember to start slow, keep your self-hydrated and protect yourself by covering up in the direct sunlight.

### I challenge you to complete all of the below:

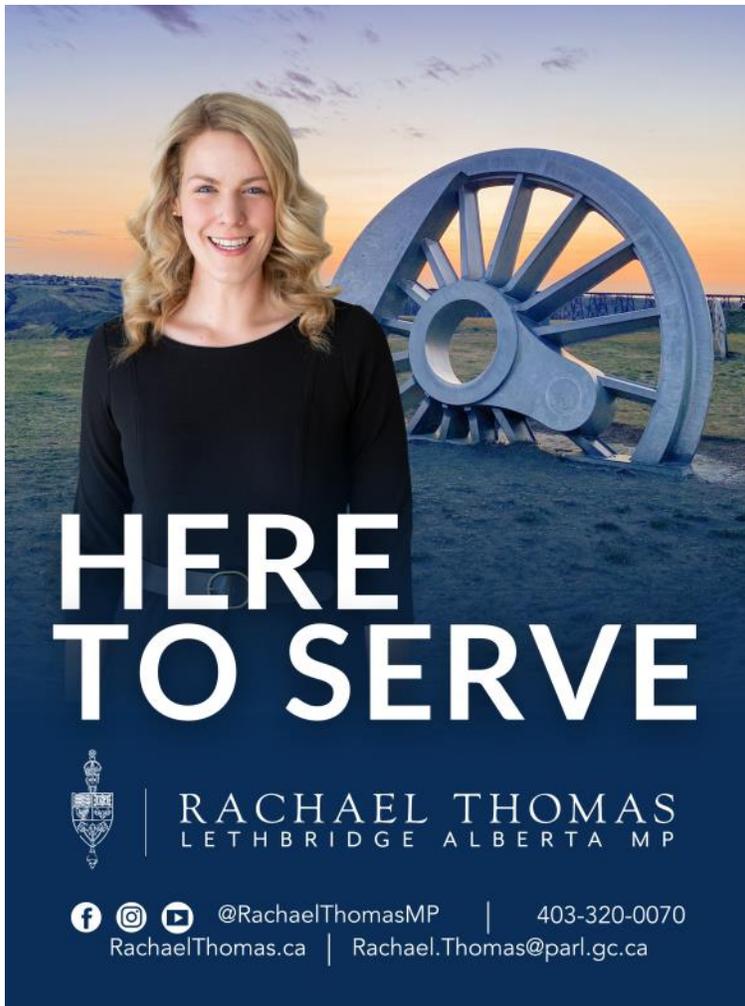
- \*Try a new activity- Sip and Paint, car show, kayaking, golf, or even exploring a new walking path.
- \*Plan to drive to a new place to visit that is local this summer.
- \*Get out and participate in a charity walk that is close to your heart.
- \*Hit up a produce stand and support local then invite a friend over to enjoy it with.

**See you out and about this summer!**

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

## Mothers Day Luncheon On May 6th at Nord-Bridge





# HERE TO SERVE

**RACHAEL THOMAS**  
LETHBRIDGE ALBERTA MP




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



**NORD-BRIDGE SENIORS CENTRE**




## 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.NORDBRIDGSENIORS.COM](http://WWW.NORDBRIDGSENIORS.COM)

**Pictured below:  
 Interclub Crib Winners last month on April 3, 2022!!  
 Congrats!**

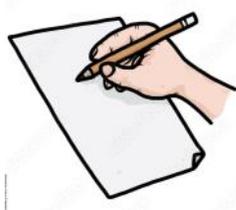



### A Note from the Mind Joggers Writing Group

Summer holidays for our Mind Joggers writing group will begin on June 9th. We wish everyone a safe, healthy and happy summer.

We will return, refreshed with new poems and stories to share, on Thursday mornings at 9:30 am, beginning September 8th.

-Judy Knox, Mind Joggers





**OPEN TO ALL SENIORS 55+!**

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!

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



# INTERGENERATIONAL BAKING CLASS

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

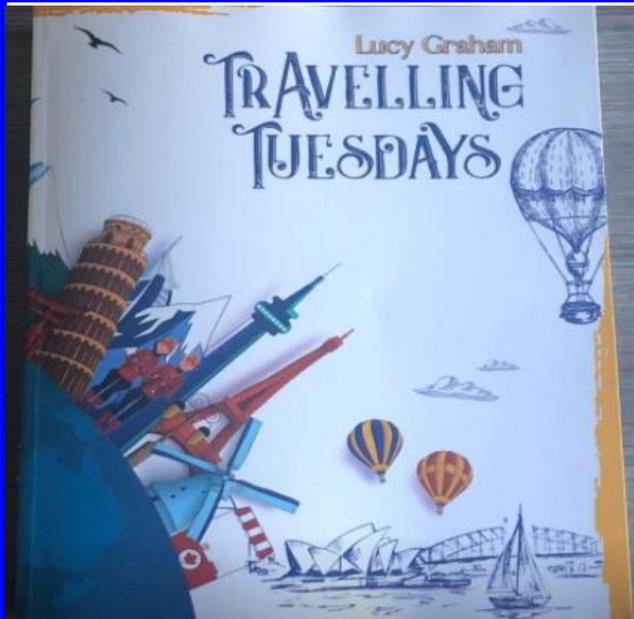
**Monday, July 11 & 25**

**AT 1:00 PM**

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

## Photos from various Intergenerational Game Afternoons at Nord-Bridge!





## 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>



# JAMMERS

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

**9:30-12:00pm in the**

**DUNFORD  
DINER**

**\$3.00 charge for  
non-members  
starting May 2nd.**



**The Jammers will be off for July & August. We will be back after the September long weekend!**



## Thank You!

We would like to thank the following sponsors from last months events!

*Medicine Shoppe Pharmacy  
Lethbridge for sponsoring the Sea  
N' Oars Draogn Boat Team*

*Lethbridge Hearing Centre for  
sponsoring flowers for Mothers Day*

We appreciate it so much!



\$13

# FATHER'S DAY LUNCHEON

\*Tickets available June 6th at the Front Reception Desk.

FRIDAY, JUNE 17TH

FROM 11:30 AM- 1:00 PM

**NORD-BRIDGE SENIORS CENTRE**

\*REGULAR MENU NOT AVAILABLE\*

COME AND JOIN US FOR A DELICIOUS MEAL OF SALAD, ROAST BEEF, HORSERADISH, MASHED POTATOES, VEGGIES, & GRAVY WITH BREAD PUDDING FOR DESSERT

LIVE ENTERTAINMENT AND DOOR PRIZES TO BE WON! OPEN TO ALL!

Join us for a

**\$10**



**CANADA DAY BBQ**

hosted by



Each order comes with a choice of a Cheese Burger or a Hot Dog with French Fries, Gravy, Coleslaw & a Dessert!

Door prizes to be won! come and wear your Canada Day attire, listen to live music, and enjoy delicious food!

**Friday, June 24th**

From 11:00 AM - 1:00PM  
1904 13 Ave. N.  
FIRST COME FIRST SERVE

\*REGULAR DINING MENU LIMITED THIS DAY\*  
Alcohol for purchase, for members and invited guests.



IN PARTNERSHIP WITH:




**KAYAKING INSTRUCTION FOR SENIORS 55+!**

Starting Thursday, July 14th for 4 weeks!

Time: 1pm - 4pm  
Location: Park Lake Provincial Park Boat Launch  
Fee: \$150 per person (ages 55+)  
Maximum participants: 10






- ✓ ALL EQUIPMENT PROVIDED
- ✓ FOR ALL SKILL LEVELS
- ✓ LEARN GEAR, SAFETY, BOAT DESIGN, TECHNIQUES FOR PADDLING, AND SO MUCH MORE!
- ✓ GAIN CONFIDENCE & SELF ESTEEM
- ✓ YOU WILL GET WET SO PLEASE WEAR PROPER ATTIRE!

Please register by calling Nord-Bridge at 403-329-3222!

MORE INFO:  
CALL 403-329-3222 AND ASK FOR ASHLEY  
WWW.NORDBRIDGESENIORS.COM



**\*FOR  
NORD-BRIDGE  
MEMBERS  
ONLY**

# Beginners CRIBBAGE

**NEW!**

**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!**

**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**

*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.



**JIM EDWARDS  
IS NOW A COMMISSIONER  
OF OATHS!**

**Fee: \$50 & all  
proceeds go back to  
Nord-Bridge Seniors  
Centre!**

Commissioner for Oaths

**FOR MORE INFORMATION, PLEASE INQUIRE AT  
THE FRONT RECEPTION DESK AT 1904 13 AVE. N.**

**The Summer Program is out  
and registration is open! Go to  
page 19 of this newsletter for  
more info. To register please  
call 403-329-3222, go online  
at  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
or register in person.**

**CLOSED**

**On June 9<sup>th</sup> at  
11:00 am.**

Join us at Rotary Picnic Shelter (North Lethbridge Sports Park) for our Seniors Week Picnic (11am –2pm)  
\*For members only, tickets for sale at Nord-Bridge!



**NATHAN NEUDORF**  
MLA Lethbridge-East

**(403) 320-1011**  
[Lethbridge.East@assembly.ab.ca](mailto:Lethbridge.East@assembly.ab.ca)

**URGENT**

**BINGO**

**WINNERS BINGO VOLUNTEER COORDINATOR NEEDED!**

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

PLEASE CALL 403-329-3222 IF SERIOUSLY INTERESTED

**WINNERS**  
3307 3RD AVE. S.

Made with PosterMyWall.com

**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)**