

NEWSLETTER

July 2022



The Music Makers began as a kitchen band in 1990 and became a signing group in 1993 and has gone through many varying types of performances. Our group now mostly performs at Senior Residences, here at Nord-Bridge, and just for our own enjoyment. We are lead by our Pianist, Ellen Koenen and Loree Findlay and our Drummer, Greg Vogt and Accompanist, Gwen Witt and of course our fun group of singers; Jo-Ann Adams, Rose Anderegg, Doreen and Martin Bock, Elizabeth Cook, Peggy Grant, Chris Figenshau, Evelyn Krysovsky, Connie Mercer, Sue Sauer, Barbara Sewart, Jennifer & Claude Taylor, and Don Bengtson. Come join us in September every Tuesday morning at 10:00 am in the Diner Annex! - Director, Louise Kochan.

PRESIDENT'S REPORT

I hope everyone is enjoying the nice weather. We had a cool spring, so it is time to sit in the shade and enjoy a cool drink.

We just returned from Ontario where we were visiting our son and family. Our youngest granddaughter just turned 13 on June 2nd so we flew down to celebrate.

We enjoyed the fact we could sit outside at a restaurant without being blown away, but with that comes the problem of mosquitos in the humid Ontario climate. After eight days we were glad to be back in Alberta. We tried out "fold together kayaks" from a company called *Tucktec*. These kayaks weigh 30 lbs. and fit in your trunk. Putting the kayak together takes about 15 minutes kind of like an origami puzzle (pictured on the right). People at the park couldn't believe they didn't leak.

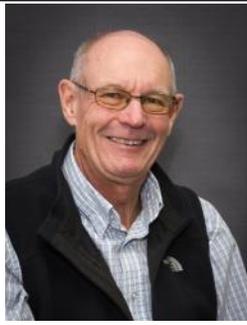
After flying home, we attended the Seniors Week BBQ picnic at the Rotary Park in North Lethbridge.

Board member, Randy Butterwick, Police Chief, Shahin Mehdizadeh, and I flipped burgers and hotdogs. Thank you for all the hard work by the staff and volunteers to make seniors week such a great success.

July means our summer programs start. Be sure to sign up for some of these programs. The new *Fit and Fun Walking Club* looks interesting. *Introduction to Kayaking* begins on Thursday, July 14 too. If you're going to be on the lakes and streams this summer, it's a good idea to get some professional instruction to avoid mishaps.

"I love summertime more than anything else in the world. That is the only thing that gets me through the winter, knowing that summer is going to be there" -Jack McBrayer

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!

**Larry Smith
Marie Smith
Bill Douglas
Sandra Whittaker
David Johnson
Suzanne Collins
Mike Hogle
Marion Setter
Gordon Setter
Joyce Davis
Connie Mercer
A. Brian Amor
Anonymous (5)**



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



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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!

Congrats to Glen Patterson on winning the home made Afghan last month!

Attention Card Players:

- Bid Euchre** will now be played every Wednesday in the Dunford Diner Annex at 1:00 pm.
- Cribbage** will now be played every Friday in the West Community Room at 12:45 pm.
- Contract Bridge** will now be played every Monday & Friday in the Dunford Diner Annex at 1:00 pm.

EXECUTIVE DIRECTOR'S REPORT



Late last month we sent out our 2022 Membership Survey. We emailed a survey link to all current members in our database to complete online. For the members that don't have the capability of completing the survey online; we have printed copies available at our Front Reception Desk. Each member that completes the survey is entered into a draw for a \$200 GC prize. The gift cards include: \$50 to the Dunford Diner, \$50 Gas King gas card and \$100 to Canadian Tire. If you haven't already, please take 15 minutes to complete the survey.

Also, last month many residential neighbors of Nord-Bridge received a letter from the City of Lethbridge in regard to a proposed subdivision. The letter identifies Nord-Bridge's application for subdivision approval of the intention of separating our existing lot into (2) Bareland Condo units. There was a lot of confusion from the letter and many residents contacted Nord-Bridge to inquire if we were building condominiums. The answer is no; we are not building condos. The definition of a bareland condo is: "bareland condo is a type of condominium in which the owners each own their own individual lot (or plot of land). It is opposite of a conventional condominium where the owners collectively own the land and individually own their unit." This option was chosen, to allow Nord-Bridge to subdivide the former KFC (Kentucky Fried Chicken) building that sits on the north east corner of our lot to be sold. The building has sat vacant since December 31, 2015 when the KFC opted not to renew their lease. Over the last seven years, we were unable to find a suitable tenant to occupy the building, thus the building has sat vacant while growing expenses such as insurance, building maintenance, utilities and property taxes continued each year. Options such as demolishing the building for additional parking spaces was considered however quotes for demolition and environmental removal were expensive and not cost effective for the addition of 8 – 10 parking stalls. If this subdivision is approved by the City we have a prospective buyer that will purchase the building and the land it sits on and give the building a facelift. Hopefully, this puts any rumors to rest about what is happening at Nord-Bridge. Wishing everyone a safe and happy summer!

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

**Nord-Bridge will be closed
Friday, July 1st for Canada Day!
Have a great long weekend
everyone!**



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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.



Available here.

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

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

Any questions? [Please](http://www.shaw.ca/internet/wifi/) call 1-888-472-2222 or visit <http://www.shaw.ca/internet/wifi/>.

This is a free service to Nord-Bridge provided by Shaw.



While at the Nord-Bridge Centre you can access our in-building internet service at:

User ID: FriendlyCentre
Password: myfriendlycentre
 (Shaw Cable subscribers see above)



**WIN CASH AT NORD-BRIDGE!
DAILY 50/50 DRAW**

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre. Members may enter for other members and you do not need to be present to win.

IN ORDER TO PARTICIPATE YOU MUST:

1. Hold a current **REGULAR, ASSOCIATE** or **LIFE** Membership.
2. Cost to play is 25¢.
3. Draws are made at 12:15 p.m.
4. After the draw, members may sign in for the next day's draw.

RECENT WINNERS

June 8 - Colette Jones \$74.25
June 10 - Colette Jones \$14.25

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

June 24 - Loraine McCallum \$260.00
Next Draw July 22 (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

June 6- Loraine McCallum \$56 Pat Waddle \$56
June 13- Dave Parker \$64 Garland Brake \$64
June 20- Joyce Furukawa \$72 Noel Smith \$72
June 27- Loraine McCallum \$65 & Fay Steventon \$65

Please note there will be NO Monday Jam 50/50 Draws for July & August.

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



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Thanks our sponsors last month for Seniors Week, the Fathers Day Luncheon, & the Canada Day BBQ!

It is much appreciated!



urban grocer



Tim Hortons

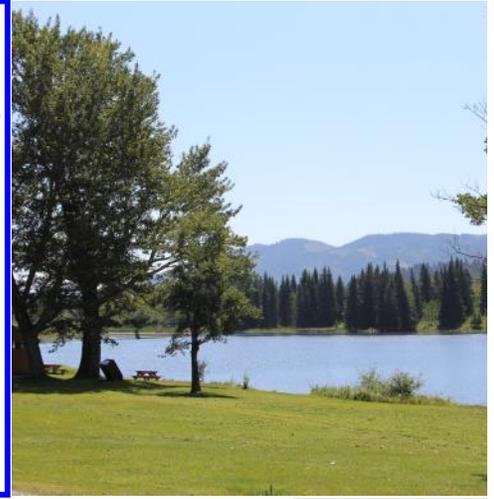
ORIGINAL JOE'S



Tommy Gun's original barbershop

Judy Cartwright

Denis Briand



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Maureen Sexsmith-West

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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

There is no lunch entertainment for the summer. We will return in the fall! Have a great summer everyone!

-Doreen Smid





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**



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

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- * Evergreen's Budget Conscious Pricing

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Constable
Jamie Kenyon

We will return in
September 2022

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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

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. It is open to ANYONE who may need a little extra food assistance.

Mobile Food Support Truck full of great fresh food for anyone who shows up!

The Lethbridge Food Bank attends pre-determined locations around the city and operates on a 1st come 1st served basis. They remain on site until all food has been distributed.

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

- July 19 – Nord-Bridge: 1-3 pm
- August 22 – LSCO: 5-7 pm
- September 19 – Nord-Bridge: 1-3 pm
- October 17 – LSCO: 5-7 pm
- November 21 – Nord-Bridge: 1-3 pm
- December 12 – LSCO: 5-7 pm



Lethbridge HEARING CENTRE

FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

403-329-3222

Third Thursday of the month, next appointment

July 21st

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

Follow us on Facebook @NordBridgeSeniorsLethbridge



NORD-BRIDGE BUILDING FUND RECENT DONORS

Anne Pauls: \$100 & Music Makers: \$25

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: **\$5,097.00**



BUILDING FUND UPDATE:

	Goal
Total Fund-Raising Goal	\$6,248,320
From City of Lethbridge	750,000
From Various Provincial Grants	2,500,000
From Various Federal Grants	500,000
From Nord-Bridge - by Fundraising	2,500,000

Total Contributions to our

Building Fund 1998 through 2022

\$ 2,218,503

Still needed by N-B Fundraising

\$ 281,247



Reconnect and Recharge Group

In person at LSCO Community Centre
June 15th – August 24th, Wednesdays from 10-11:30am

We are excited to offer a therapeutic group for people who are struggling with mental health and would benefit from being with others in a safe non-judgmental space. The group will be led by a Recreation Therapist and a Mental Health Therapist to offer a well-rounded approach to wellness. Joining us is a Seniors System Navigator who will also support connections and longer-term socialization engagement.

We hope to offer group members the opportunity:

- To reduce social isolation
- To build connections and explore the benefit of connecting with others
- To explore relaxation exercises and mindfulness to connect with the body
- To build self-compassion and empathy
- To share the effects of the pandemic and how to move forward
- To meet LSCO staff to foster connection to a community organization

Referrals

Adults age 18+ welcome

Please send referrals to AMH_DayTreatmentSW@ahs.ca or contact Susan or Brandy at 403.388.6244 for more details

In partnership with:



Healthy Albertans.
Healthy Communities.
Together.



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 CANCELLED

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.**

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WE ARE LOOKING FOR

BOCCE BALL PLAYERS



From June - September
(as weather permits) 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



SUMMER 2022



NORD-BRIDGE
SENIORS CENTRE

Opportunities include:

- *Winners Bingo Volunteers (various)
- *Winners Bingo Volunteer Coordinator
(previous experience an asset)
- *Ticket Takers, Ticket Sellers, & 50/50
sellers (special events)
- * Tech Help (with Laptops/Tablets, etc.)
- *In House Bingo Helpers (various)

VOLUNTEERS 55 and older NEEDED

GET INVOLVED & MEET
NEW PEOPLE!

SIGN-UP TODAY!

Go to volunteerconnector.org to
apply or call 403-329-3222 and
ask for Ashley!

*All volunteers will need a current criminal record
check. Call 403-329-3222 for more information.*

Programmer's Report



June was a busy one here at Nord-Bridge with Seniors' Week from June 6-10th! We had around 170 attend the BBQ Picnic at Rotary Picnic shelter and a few new faces for our In-House Bingo at the end of the week! I want to thank all of our volunteers and staff that helped make these events run so smoothly! And of course we can't forget about the sponsors for donating gift cards. Please find the full list of thank you's on page 6 of this newsletter!

This month, we are planning a couple of new summer programs such as an Intro to Kayaking at Park Lake and Intergenerational Baking Program at the Interfaith Foodbank Country Kitchen. Go to page 14 & 23 for more info. We also are starting up summer fitness classes at Nord-Bridge as well. To register, please call 403-329-3222 or go to

www.nordbridgeseniors.com under the *Recreation Programs* tab followed by the *Online Registration* sub tab. One special instructor, Della Howg has retired from teaching Line Dancing classes. She taught at Nord-Bridge for 11 years and we appreciate all the time and connections created in this class for our members. All the best in the future Della, you will be missed!

I have had some members asking when Bid Euchre will be starting up again. Starting Wednesday, July 6th we will be starting it up in the Dunford Diner Annex every Wednesday afternoon.

Looking forward to next month, we will be preparing to be in the Whoop-Up Days Parade on August 23rd and we will be looking for volunteers to help decorate the float as well as be in the parade. Please call me for more info. Then on August 24th, will be our Annual Whoop Up Days Pancake Breakfast. Please find more information on these special events in next month's newsletter.

One last note, if you have not already heard we are renovating the South view Meeting Room (beside the pool room) this summer and as such most summer yoga or exercise classes have been moved temporarily to the Multi-Purpose Hall for a quieter experience. With this being said our regular programs such as pool, line dance, painting and card games will hear more noises than usual.

Have a great summer everyone and stay happy and healthy! *Ashley Kern - Program Coordinator*



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



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.



*Continuing to Care
Through the Generations.*

703 - 13 Street North
Lethbridge, AB
403-382-3601

Christensen Salmon
GENERATIONS
Funeral Home & Cremation Services

A Division of The Caring Group Corp.



JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>9:00 Gentle Yoga 10:45 Chair Yoga 12:15 Fit & Fun Walking Club <small>NEW</small> 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts</p> 	<p>5</p> <p>10:45 Somatics 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)</p> 	<p>6</p> <p>10:00 Carpet Bowling 10:45 WINNERS BINGO 11:00 Beginners Walking Club (West Community Room) 1:00 Darts 1:00 Euchre 1:00* Bid Euchre <small>NEW</small> 1:00 Quilt/Kraft 7:00 Table Tennis</p> <p><small>*BID EUCHRE: NEW LOCATION & TIME: WEDNESDAY @ 1PM IN DUNFORD DINER ANNEX</small></p>	<p>7</p> <p>9:00 Gentle Yoga 10:00 Intermediate Line Dance (FULL) 10:45 Strength & Toning 12:15 Fit & Fun Walking Club <small>NEW</small> 1:00 Acrylic Painting 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta</p> 	<p>8</p> <p>10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge (Annex) *New Room* 12:45 Crib (West Community Room) *New Room* 1:00 Checkers/Chess (Craft Room)</p> <p><small>*CRIB NOW AT 12:45 PM IN THE WEST COMMUNITY ROOM</small></p> 
<p>1 10:45 WINNERS BINGO</p> <p>CLOSED for Canada Day</p> 				
<p>HAPPY Canada Day</p> 				

11
9:00 LAWYER
 by appointment
 9:00 Gentle Yoga
 10:45 Chair Yoga
12:15 Fit & Fun Walking Club
1:00 Intergenerational Baking at Interfaith Foodbank!
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge (Annex) ***New Room***
 1:00 Darts

12
 10:45 Somatics
 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)

13
 10:00 Carpet Bowling
10:45 WINNERS BINGO
 11:00 Beginners Walking Club (West Community Room)
 1:00 Darts
 1:00 Euchre
 1:00 Bid Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis

14
 9:00 Gentle Yoga
 10:00 Intermediate Line Dance (FULL)
 10:45 Strength & Toning
 12:15 Fit & Fun Walking Club
1:00 Intro to Kayaking at Park Lake!
 1:00 Acrylic Painting
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:00 Canasta

15
 10:00 Carpet Bowling
1:00 In-House Bingo
 1:00 Contract Bridge (Annex) ***New Room***
 12:45 Crib (West Community Room) ***New Room***
 1:00 Checkers/Chess (Craft Room)

16
 9:00 Gentle Yoga
 10:00 Intermediate Line Dance (FULL)
 10:45 Strength & Toning
 12:15 Fit & Fun Walking Club
1:00 Intro to Kayaking at Park Lake!
 1:00 Acrylic Painting
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:00 Canasta

17
 9:00 Gentle Yoga
10:00* LETHBRIDGE HEARING CENTRE (by appt.) *Board Room*
 10:00 Intermediate Line Dance (FULL)
 10:45 Strength & Toning
 12:15 Fit & Fun Walking Club
1:00 Intro to Kayaking at Park Lake!
 1:00 Trump Whist
 1:00 Duplicate Bridge
 1:00 Canasta
 1:00 Woodcarving

18
 9:00 Gentle Yoga
10:00* Foot Doctor by appointment (Craft Room)
 10:00 Carpet Bowling
10:45 WINNERS BINGO
 11:00 Beginners Walking Club (West Community Room)
 1:00 Darts
 1:00 Euchre
 1:00 Bid Euchre
 1:00 Quilt/Kraft
3:15* LSKIP Games Afternoon with Children (20th)
 7:00 Table Tennis

19 & 26
 10:45 Somatics
 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)

20*
 9:00 Gentle Yoga
 10:45 Chair Yoga
12:15 Fit & Fun Walking Club
1:00* Intergenerational Baking at Interfaith Foodbank!
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge (Annex) ***New Room***
 1:00 Darts



*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: JULY 21, & AUGUST 18
- SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE
- WHOOOP-DAYS PARADE - TUESDAY, AUGUST 23 @ 10AM ROUTE TBA

WINNERS BINGO WEDNESDAY: JULY 1 (extra) 6, 13, 20, 27
FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON SEPT. 14, 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)
BOCEE BALL HAS BEGUN EVERY TUESDAY AT 2PM AT NOR-BRIDGE LIONS PARK (MEMBERS ONLY) SIGN UP BESIDE FRONT RECEPTION DESK.





LETHBRIDGE DENTURE CLINIC LTD

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

#2 - 1718 3 AVE S, LETHBRIDGE AB 403-381-4142 WWW.LETHBRIDGEDENTURECLINIC.COM

Condolences to:

... The Ross family and the passing of Molly
... The Olsen family and the passing of Dennis

Get Well Wishes to:

Mike Bennett who is in the hospital




**Martin Brothers
Funeral Chapels Ltd.**

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

For more information please call 403.328.2361
or visit our website www.mbfunerals.com

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



SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS WITH NO PUFFS OR DROPS.

**1011 - 3RD AVENUE SOUTH
LETHBRIDGE, AB T1J 0J3**
www.southernoptical.ca

PHONE: 403-327-4145




Rick Miller
Licensed Contact Lens Practitioner

Fred Miller
[Registered](#) Optician

The Sea N' Oars Dragon Boat Team warming up on Saturday at the Dragon Boat Festival last month!



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 | **JULY 20TH & AUG 17**
@ 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, July 20th & September 14th
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!



1904 13 Ave. N.



BINGO IS BACK!

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




Congrats to all the 2022 Life Members!





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

Friday, July 1 - CLOSED FOR CANADA DAY

Friday, July 8 - Chicken Fettuccine Alfredo with Garlic Toast

Friday, July 15 - Liver & Onions with Mashed Potatoes, Veggies, & Gravy

Friday, July 22 - Lasagna, Caesar Salad, & Garlic Toast

Friday, July 29 - Veal Cutlets, Mashed Potatoes, Veggies, & Gravy



Wellness Coordinator/Outreach

A BIG shout out to all the fitness participants for filling my 2021-2022 Winter months with so many Laughs and Fun Memories!

June 6, 2022 kicks off the start of the summer fun to include many of our popular classes as well as walking clubs and kayaking lessons.



Here are the best ways to improve your balance:

Stretching – Improving your flexibility can result in better balance. Stretches can also help improve posture and lead to better stability and balance.

Mobility Training – Joint stiffness can lead to poor mobility, which you've probably noticed at times when you get up and down from a chair. Better mobility can lead to improve balance and coordination.

Exercises — Strengthening the muscles in your legs, core, and arms can lead to significant improvements in your balance. For seniors, I recommend the following 12 balance-improving exercises.

Come out and join us!

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

Seniors System Navigator

Home internet and mobile telephone plans are often expensive and confusing to understand. It's important to review your options and be informed on the services available so you can get the best plans to suit your needs and budget. Telus provides affordable internet and mobile phone plans to eligible, low-income seniors living in British Columbia and Alberta. These can be great, affordable options for seniors who want basic services without the frills. These programs through Telus are called *Mobility for Good* and *Internet for Good*. To be eligible for the programs you need to be receiving the Guaranteed Income Supplement (GIS) and be able to provide an Old age Security statement to Telus (T4A). There is an application process to review eligibility and get approved but it is fairly straightforward. The application process can be completed online or via mail, whichever you prefer.



Internet for Good:

Internet 25

\$9.95 per month (plus taxes)

Speeds up to 25 Mbps

Unlimited monthly data

Internet 50

\$19.95

per month (plus taxes)

Speeds up to 50 Mbps

Unlimited monthly data

Plans include:

Option to purchase a low cost refurbished computer through BC Technology for Learning Society

- No contract or cancellation fees

Access to free TELUS Wise® workshops and resources, empowering you to participate safely in our digital world

Mobility for Good:

Program details

Bring your own device or redeem a \$75 discount off the purchase of a phone of your choice from Mobile Klinik

- 3GB of data at high-speed and endless data at reduced speed
- Unlimited Canada wide talk & text
- Ongoing \$25 per month rate (plus applicable taxes)
- No long-term contract or cancellation fees

Access to free TELUS Wise® workshops and resources, including TELUS Wise online basics, empowering you to participate safely in our digital world

You can apply online at: [https://www.telus.com/en/social-impact/connecting-canada/seniors/application - I4G](https://www.telus.com/en/social-impact/connecting-canada/seniors/application-I4G)

If you are unable to apply online, you can mail your documents to:

TELUS

Attention: CART – Internet for Good Program

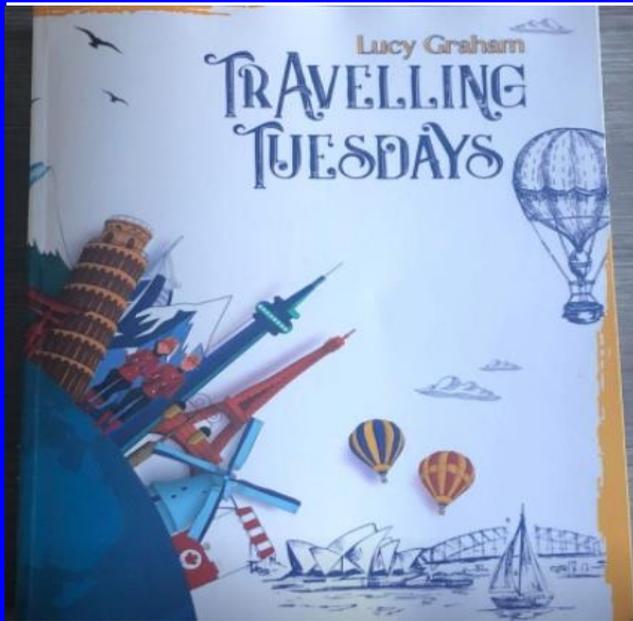
4535 Canada Way

Burnaby, BC V5G 4P3

If you need assistance with this process, please call SCSP Navigation Team Intake Line at 403-329-1544.

- **Charlene Kochen**

JAMMERS
NON BACK EVERY MONDAY
(EXCLUDING HOLIDAYS)
7:00pm in the
\$3.00 non-member starting May 2nd.
The Jammers will be off for July & August. We will be back after the September long weekend!



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>

Seniors Week BBQ Picnic at Rotary Picnic Shelter!



Congrats to Steve Prokop & Lynne Peterson for winning the 50/50 draw at the picnic!

Photos from Seniors Week at Nord-Bridge from June 6-10th!

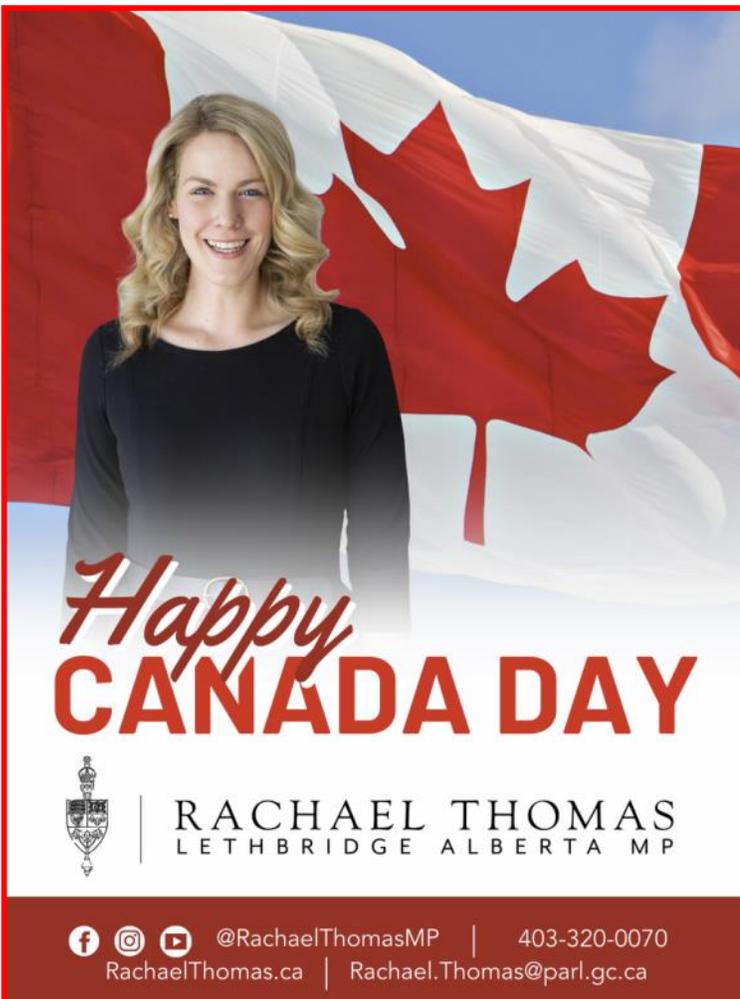


Toonie Pancake Breakfast



Fun Darts Tournament

Congrats to the Fun Dart Tournament winners during Seniors Week!
Team Winners: Al Martin & Carol Doroshenko
Women winners: Kathy Crest
Man winner: Gordon Vaselenak



Happy CANADA DAY

RACHAEL THOMAS
LETHBRIDGE ALBERTA MP




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




ATB Financial Lethbridge Rotary DRAGON BOAT FESTIVAL

ATB Rotary

Congrats to our Sea N' Oars Dragon Boat Team for Winning Silver in the Mixed C Final at the Dragon Boat Festival on June 25-26th!

Thank you to our sponsor: **The Medicine Shoppe PHARMACY**
Nord- Bridge Seniors Centre

Father's Day Luncheon



Two photos showing participants at a Father's Day luncheon. The top photo shows a woman and a man in a 'DAD' t-shirt. The bottom photo shows a group of five people in white shirts standing together.

Canada Day BBQ



Two photos from a Canada Day BBQ. The top photo shows people sitting at a table with a Canadian flag. The bottom photo shows a group of people sitting around a table eating.

Carpet Bowlers at the Canada Day BBQ!

HAPPY CANADA DAY!

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.**



**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 & 18**

AT 1:00 PM

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

The Tall Evergreen by Judy Knox of the Mind Joggers

Out in the forest grows a tall Evergreen
all by itself, undetected and unseen.

How long has it been there? Nobody
knows. Just silent and waiting, as it
continuously grows.

Its branches are full and thick all around.
Its shape is so perfect, from its top to the
ground.

Its home to the birds, protection from
storms. High in its branches, dry and kept
warm.

Its ground cover for fawns that hide from
their foe. Mother near by, a concerned
mother doe.

It survived many years out of sight and
unseen. The tree in the forest... the tall
Evergreen.

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.

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HeartToHomeMeals.ca

*Some conditions may apply.

**HEART TO
HOME MEALS**
DELICIOUS MEALS MADE FOR SENIORS™



***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!**



The Summer Program is out and registration is open! Go to page 9 of this newsletter for more info. To register please call 403-329-3222, go online at www.nordbridgeseniors.com or register in person.



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.

Whether you prefer fresh and new or tried and true let Alyshia & Danni do it for you! For the month of July if you mention this ad, you will receive a 10% discount with Danni or Alyshia. Feel free to stop by the salon and meet these ladies.



LEARN would like to thank everyone who helped us put on our Senior's Talent Showcase to recognize World Elder Abuse Awareness Day! We appreciate our network members supporting and volunteering for the event. We would also like to thank MLA Nathan Neudorf and Police Chief Mehdizadeh for attending in support of the work that LEARN and LSCO does to address elder abuse in the community! Finally, we would like to thank those who performed and provided the audience with such fantastic entertainment!!

If you or anyone you know could benefit from accessing elder abuse services, please call me at 403-394-4985.

-Amy Cook- LEARN Case Manager



Happy Canada Day!

NATHAN NEUDORF
MLA Lethbridge-East

(403) 320-1011
Lethbridge.East@assembly.ab.ca



UNDER
NORTHERN LIGHTS
GALA

2
0
2
2

COAST LETHBRIDGE HOTEL & CONFERENCE CENTRE

526 Mayor Magrath Dr. S.

Saturday, September 10, 2022 at 6 p.m.

Semi-Formal Attire

\$80 Per Person (plus online ticket fees) - Table of 8 \$550

Champagne Hospitality Welcome

Cash Bar

Musical Stylings of Cal Toth - Dueling Pianos

Magician Ben Price

Silent Auction

Live Auction by Perlich Bros.

Dinner catered by LA Chefs

Silent Auction and Live Auctions will feature beautiful
designer purses and special items for men

Tickets will be available for purchase through
www.Eventbrite.com and Nord-Bridge Seniors Centre

Come celebrate Nord-Bridge Seniors Centre's 40th++ Anniversary