

**NORD-BRIDGE SENIORS** 

# NEWSLETTER

August 2022



Woodcarving began in 1998 when Don Johnson (pictured above with hat) decided to start a Wood Carving Group shortly after retiring. At first the program took a while to become popular, but eventually the group was up to ten participants. It was so popular that when the U of L Nursing Students attended as part of their Community Practicum at Nord-Bridge, some of the participants had to stand as there was not enough room. Now the program gets around seven participants twice a week and each member brings in their own wood, woodcarving tools, and creativity, while socializing with each other. Come join them every Monday and Thursday at 1:00 pm in the Craft Room!



"The Friendly Centre"
1904—13th Ave. North
Lethbridge, Alberta T1H 4W9
Open Monday to Friday - 8:00 a.m. to 4:30 p.m.
Telephone 403-329-3222 Fax 403-329-8824
E-mail: friendly@nordbridgeseniors.com

#### PRESIDENT'S REPORT

I love Lethbridge! We have so many things to do and places to go. Ingrid and I have been riding our e-bikes all over the city and with over 117 kilometers of paved trails and 57 kilometers of gravel trails we have more discovering to do.



Indian Battle Park is a favorite destination with all the birds and wildlife there. I congratulate our city planners on the design of our many parks.

On July 8, we attended a classic 90-minute production of Hamlet outdoors in Legacy Park. This Shakespearean tragedy is being performed 17 times in different locations this summer until August 19. This is a free performance supported by the City of Lethbridge, and private sponsors. A small donation at the end will help our young people with their future endeavors.

New West theatre is presenting "Decades", A music-comedy revue. The brochure say they will Rock You through the ages with 1950 classics from August 10 to the 27<sup>th</sup>. Sounds like fun.

Summer is the time to see the many attractions within an easy drive of Lethbridge. We visited the new Waterton Lakes National Park Visitor Centre. This centre is impressive, go and see it when you can. The kayaking and bike riding in Waterton is also a great experience. If you don't have an e-bike you can rent one in downtown Waterton. And then there is the ice-cream cone after the exercise.

Nord-Bridge has a full agenda of activities so check out

the center page for an update on what is available both outside and in the centre. Keep in shape everyone and enjoy this great weather. "The first week of August hangs at the very top of summer...like the highest seat of a Ferris wheel when it pauses in its turning" Natalie Babbit.



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!

Debra Norsworthy Trevor Miller

Marlene Nap Ruth Hart

Nina Edwards Dianne Wells

Carol Jolliffe Rick Duff Oly

Alex Friesen Jeannie Slemko

Laureen Palmer 5 Anonymous

Sandra McLean





Some programs and services are partially funded by the joint Provincial and City FCSS Program. Nord-Bridge is a proud Member of the Alberta Association of Seniors Centres.





Visit nordbridgeseniors.com for program information, photos, videos, newsletters, and more.

facebook.com/ nordbridgeseniorslethbridge



### twitter.com/bridgenord











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

#### FROM THE FRONT COVER:

Beginning in March we have started to highlight various recreation programs throughout our building on the front page of our newsletters. We hope to gain more awareness of what programs Nord-Bridge has to offer and what awesome things each program contributes to Nord-Bridge!

#### Condolences to:

- ... the Thompson family and the passing of Betty
- ... the Winters family and the passing of Helen
- ... the Arnold family and the passing of Jerry

### Get Well Wishes to:

Sumi Tomiyama who has Lung Cancer Judy Beasley who is in palliative care Dorine Roberts who is in the hospital



### EXECUTIVE DIRECTOR'S REPORT

Summer is well underway and I hope everyone has had a fantastic start to the warm and sunny days. I was able to enjoy a couple of weeks off holidaying in Montana with my family and friends. It sure was great to travel south again!



Have you heard of the saying "Art is in the eye of the beholder"? I have seen some unique pieces of artwork that leaves me scratching my head wondering how it is considered art. Similar to graffiti; I have seen some very artistic and tasteful graffiti on rail cars and on the side of buildings. Conversely, I have also seen some very distasteful graffiti. Currently, the East side of our building is covered with very unpleasant graffiti. In previous years, the City of Lethbridge had a graffiti removal program that was accessible by the community. The City would use tinted paint that would match the building color as close as possible and cover up any graffiti. Although the color match was not a 100% match, it was a free service that provided a quick solution to the unsightly art. I contacted the City late this spring to schedule this service; however I was informed the service was no longer available to private buildings in the community. The service is now only available for City owned buildings. I contacted Councilor Ryan Parker to seek further clarification on this issue where he informed me City administration phased this service out in 2021 during budget reductions. This is very unfortunate as this impacts Nord-Bridge expenses, as we are now tasked with finding the necessary funds to purchase the paint and supplies to complete the cover up. Although this is not a large expense to incur it is something we didn't budget for since we were accustomed to accessing the free service from the City of Lethbridge. That being said we will arrange to have the graffiti covered up this month.



David Ng
Executive Director

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#### **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
Vitaben Team Member Van Mehammed

Kitchen Team Member Ken Mohammed Kitchen Team Member Heather Boychuk

Building Maintenance/ Custodian Marco Escobar

Nord-Bridge will be closed Monday, August 1st! Have a great long weekend everyone!



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.



FOR SHAW SUBSCRIBERS: We are pleased to announce that our building is equipped with

#### Shaw) Go WiFi. To connect at Nord-Bridge:

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

Any questions? <u>Please</u> call **1-888-472-2222** or visit <u>http://www.shaw.ca/internet/wifi/</u>.

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!

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.
- After the draw, members may sign in for the next day's draw.

#### RECENT WINNERS

July 4 - Shirley Hall \$107.50 July 11- Les Skonnord \$36.75

#### MONTHLY 50/50 TOONIE DRAW

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month. Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming.

#### TO PLAY:

- 1. Fill out an envelope at the draw desk in the Dunford Diner.
- 2. Drop \$2.00 into the envelope and deposit it into the Draw Box.
- 3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!

#### RECENT WINNER

July 22- Irene Onody \$222.00

Next Draw August 26th (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

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

#### 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** 



ACCESS We only need vour

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





500 - 11 Street South 403-320-2222





#### NORD-BRIDGE BUILDING FUND RECENT DONORS

Helen Deal \$50; Anonymous \$80; Diane Holstine \$50; Helen Gepneris \$68.75; Doreen Smid \$68.75; Jim Edwards \$68.75; Frances Wallace \$68.75; Susan Faust \$68.75; Lucy Graham \$110; & Stan & Phyllis Kruszewski \$500

#### NORD-BRIDGE IN-HOUSE BINGO



Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: **\$5,974.00** 

**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 Still needed by N-B Fundraising

\$ 2,219,637 280,113



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 wellrounded 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



Healthy Albertans. Healthy Communities. Together.



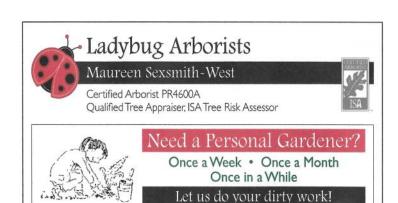






The mandate of the Seniors System Navigation Team is to offer information & referrals, short term case management and outreach support to seniors in need over the age of 60 years of age. The Team can help seniors identify needs, connect to resources, provide psychosocial support and education and offer advocacy and community outreach as needed.





403-634-3062

ladybugarborists@gmail.com

www.ladybugarborists.com



### Downsizing Dilemma? Need to move on?

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Cell: 403-330-8389



Yes, a funeral is a time for remembering. But it's also a chance to celebrate a life with friends, family and loved ones.





www.salmonandsons.ca • Phone: 403-381-0590 433 Stubb Ross Road South

It takes a family to comfort a family.





ax Salmon Nicolas

#### **Attention Card Players:**

-<u>Bid Euchre</u> will now be played every Wednesday in the Dunford Diner Annex at 1:00 pm .

-<u>Cribbage</u> will now be played every Friday in the West Community Room at 12:45 pm .

-<u>Contract Bridge</u> will now be played every Monday & Friday in the Dunford Diner Annex at 1:00 pm.





\$11 PER PERSON

OF EVERY MONTH

### Friday Lunch Entertainment

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

-Doreen Smid





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#### Breakfast

#### Full Breakfast \$7.75

2 Eags, 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]

#### Taguitos \$7.00

3 Corn tortillas filled with beef and fresh Pico di Gallo with Cheese

#### Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$5.50 Grilled Ham & Cheese \$5.00 Grilled Cheese \$4.00

#### BLT \$5.75

#### Nord-Bridge Club Sandwich \$6.50

Chicken, Ham, Bacon, Tomato, Lettuce, Cheese, on two slices of bread

#### Denver Sandwich \$5.75

Chicken Caesar Wrap \$6.00

#### Chicken Fingers & Fries \$7.25

Chicken Quesadillas \$8.00

#### Salad

Chef Salad \$7.00

Nord-Bridge Salad \$7.25

Seasonal fruit, nuts with vinaigrette dressing

Chicken Caesar Salad \$6.75

Taco Salad \$6.75

Add Refried Beans \$1.00

Caesar Salad \$5.50

Garden Salad \$5.50

#### Fries & Sides

#### Poutine \$5.75

Fries \$3.00(sm) \$4.50(lq)

Onion Rings \$4.50

Loaded Fries \$5.50

Bacon, Cheese, Green Onions

Sweet Potato Fries \$5.00

Garlic Cheese Toast \$4.00

Add Ons: Salsa, Sour Cream, Dressing,

Mayo, or Gravy \$0.75

#### Soup & Sandwich

Soup & Sandwich \$6.75

Soup \$3.75

Sandwich \$3.50

#### Beverages

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

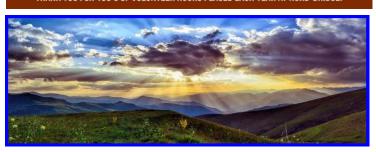
Bottled Water \$1.00



**VOLUNTEER HOURS EACH MONTH AND DROP OFF TO ERIN** THIS INCLUDES: CONVENERS OF PROGRAMS, TAX HELP, WINNERS

BINGO, NEWSLETTER DELIVERY, PROGRAM SET UP, ETC. \*Not sure about your hours? Please contact Erin at 403-329-3222!

THANK YOU FOR 100'S OF VOLUNTEER HOURS PLACED EACH YEAR AT NORD-BRIDGE!





### **EVERGREEN**

Funeral Home and Cremation Services

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#### Give us a call regarding ...

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

Because Cost Is An Option

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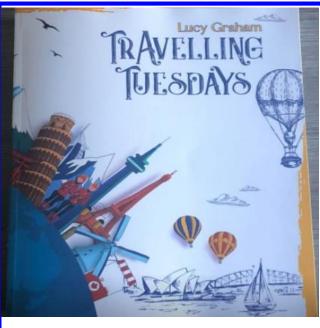
Jamie Kenyon



We will return in September 2022







### 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 <a href="https://travellingtuesdaysbook.com/book-cad/optin">https://travellingtuesdaysbook.com/book-cad/optin</a>



**COME & JOIN US FOR A** 

# Toonie Pancake Ireakias

Wednesday, August 24th 8:00 am- 11:00 am 1904 13 Ave. N.

Come celebrate Whoop-Up Days with delicious pancakes, sausages, coffee, juice, and live entertainment by the Nord-Bridge Jammers!

\$2.00 per person and open to all!



Thank you to our Sponsors:
Wholesale Club Lethbridge
Ken's No Frills North
Costco Wholesale
Savers Convenience Store North
Gordon Food Services
Save-On Foods West







"Grandma must work for the government. Every month they send her a check."

#### **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.

CHINOOK

please call Nord-Bridge!

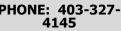


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#### Nord-Bridge Seniors Centre

1904 13 Ave. N. Lethbridge Alberta Phone: 403-329-3222



Interested in signing up for Fall programs?
The Fall program book will be published on August 29th.
Registration will be open on September 7th. Please register online or in person.
Watch out for more information in the September newsletter!



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

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Free Initial Legal Consultation
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.

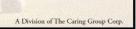
Christensen Salmon

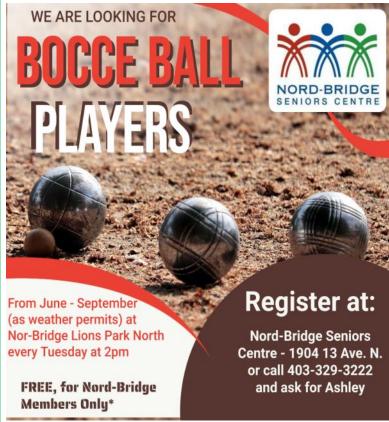
GENERATIONS

Funeral Home & Cremation Services

Lethbridge, AB 403-382-3601

703 - 13 Street North









### Programmer's Report



I have been enjoying this amazing weather by getting out to BC to go swimming, quadding, kayaking, and boating! Here is a photo I took of the fireworks at Moyie Lake for Canada Day!

What a fun summer it has been! We tried out a brand new Kayaking program in partnership with High Level Canoes and Kayaks! We are pleased to offer another session on Thursdays for 4 weeks starting August 18 – September 8th from 1-4pm at Park Lake. Give us a call to register!

Starting this month we are hosting our Annual Whoop Up Days Pancake Breakfast on August 24th and we are happy to announce we will also be in the Whoop Up Parade on August 23rd again this year! So come eat some delicious food and cheer us on!



August 29th will also be when the Fall Program book will be published with lots to offer from Fitness to cooking classes, and meditation! Please register starting September 7th either online at www.nordbridgeseniors.com under the Recreation Programs tab or in person at 1904 13 Ave. N. For more information on fall programs and registration, please read next months September edition of the newsletter.

One last note, if you have not heard already, we are hosting an Elvis show at Nord-Bridge on September 17th for \$30.00 per person! Get your tickets today at the Front Reception Desk or call 403-329-3222 or go to page 7 for more info. This is a great fundraiser for Nord-Bridge.

Until next month stay happy and healthy!

Ashley Kern - Program Coordinator





Monday	Tuesday	Wednesday	Thursday	Friday
closed today for  **August** Long weekend!	10:45 Somatics 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)	8:30 MONTHEN BREAKFAST BUFFET 10:00 Carpet Bowling 10:45 WINNERS BINGO 11:00 Beginners Walking Club (West Community Room) 1:00 Darts 1:00 Euchre 1:00 Euchre 1:00 Quilt/Kraft 7:00 Quilt/Kraft 7:00 Table Tennis 8:30 MONTHEN 1:00 Quilt/Kraft 7:00 Table Tennis 8:30 WEDNESDAY © TPMIN DUNFORD DNER ANNEX	9:00 Gentle Yoga 10:00 Intermediate Line Dance (FULL) 10:45 Strength & Toning 12:15 Fit & Fun Walking 1:00 Intro to Kayaking 1:00 Intro to Kayaking 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta	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)  **CRIB NOW AT 12:45 PM IN THE WEST COMPUNITY ROOM
9:00 LAWYER by Appt. 9:00 Gentle Yoga 10:45 Chair Yoga 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge (Annex) *New Room* 1:00 Darts	9 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)	10:00 Carpet Bowling 10:04 WINNERS BINGO 11:00 Beginners Walking (West Community Room) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 Quilt/Kraft 7:00 Table Tennis	9:00 Gentle Yoga 10:00 Intermediate Line Dance (FULL) 10:45 Strength & Toning 12:15 Fit & Fun Walking 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta	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)

75 0000 1000 1000 1000 1000 1000 1000 10	Gentle Yoga  Tech Help with All Chair Yoga Fit & Fun Walking Military Whist Woodcarving Contract Bridge (Annex) *New Room* Darts	16 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)	10:00 Carpet Bowling 10:45 WINNERS BINGO 11:00 Beginners 11:00 Beginners 11:00 Darts 11:00 Euchre 11:00 Bid Euchre 11:00 Bid Euchre 11:00 Quilt/Kraft 11:00 Quilt/Kraft 11:00 Auth Children 11:00 Table Tennis	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 1:00 Intro to Kayaking 1:00 Trump Whist 1:00 Woodcarving 1:00 Canasta	10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Contract Bridge (Annex) *New Room* 12:45 Crib (West Community Room) *New Room* 1:00 Checkers/Chess (Craft Room)
FALL FALL PUBLIN 9:00* 9:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00	FALL PROGRAM BOOK PUBLISHED AUG. 29th 9:00* BOOK SALE Aug. 22-26 9:00 Gentle Yoga 10:45 Chair Yoga 11:00 Military Whist 11:00 Woodcarving 11:00 Woodcarving 11:00 Contract Bridge 11:00 Contract Bridge 11:00 Darts	9:00* Whoop-Up Days Parade-Come cheer us on!  10:45* Somatics (cancelled 23rd) 1:00 Canasta/Hand & Foot 1:00 Canasta/Hand & Foot 1:00 Intermediate Line Dance (Multi-Purpose Hall) 1:00 Scrabble 1:00 Scrabble 1:30 Beginners Crib 2:00 Bocce Ball	8:00* Whoop-Up Pancake Breakfast 10:00* Carpet Bowling (cancelled 24th) 10:45 WINNERS BINGO 11:00* Beginners Walking (West Community Room) (Cancelled 24th) 1:00* Darts (cancelled 24th) 1:00* Euchre 1:00 Bid Euchre 1:00 Quilt/Kraft 7:00 Table Tennis	9:00 Gentle Yoga 10:00 Intermediate Line Dance (FULL) 10:45 Strength & Toning 12:15 Fit & Fun Walking (Manaking Intro to Kayaking (Manaking Intro to Kayaking (Manaking Intro	10:00 Carpet Bowling 12:00 Musical Guests by Sebin Cho (Duntord Diner) 1:00 In-House Bingo 1:00 Contract Bridge (Annex) *New Room* 1:00 Checkers/Chess (Craft Room)  **MONTHLY TOONIE DRAW
Go Frie	endly Shuttle door-to-resooner, to book a rid	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:		ELVIS LIVE SHOW - SATURDAY, SEPTEMBER 17 AT 1:30 & 7:00 PM GET TICKETS AT FRONT RECEPTION DESK WINNERS BINGO WEDNESDAY: AUGUST 3. 10. 17. 24. & 31	ER 17 AT 1:30 & 7:00 PM 3. 10. 17. 24. & 31

- WINNERS BINGO WEDNESDAY: AUGUST 3, 10, 17, 24, & 31 FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON
  - HUCKVALE LLP- FREE 30 MIN. LEGAL CONSULTS FOR MEMBERS ONLY ON SECOND MONDAY (**NEW DAY**) OF EVERY MONTH AT 9AM (BOARD ROOM) (APPOINTMENT SEPT. 14, 2022 (NOW \$15) NEW ROOM: CRAFT ROOM

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

**ARRANGE** 

for fare details please contact front reception desk.

**BOCEE BALL EVERY TUESDAY AT 2PM AT NOR-BRIDGE LIONS PARK** (MEMBERS ONLY)



FALL PROGRAM BOOK OUT AUG. 29 REGISTRATION BEGINS SEPT. 7 SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE

LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY): UPCOMING APPTS: AUGUST 18 & OCTOBER 20



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

Friday, August 5 - Roast Beef, Mashed Potatoes & Veggies, with Gravy and Horseradish

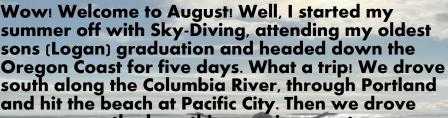
Friday, August 12 - Chicken Fettuccine Alfredo with Garlic Toast

Friday, August 19 - Veal Parmesan, Herbed Pasta, & Caesar Salad

Friday, August 2b - Cabbage Rolls with Mashed Potatoes, Veggies, & Gravy



### **Wellness Coordinator/Outreach**



our way south along this amazing coast stopping off at lots of shops and going on walks along the water. We took in the views, warmth, and welcoming people greeting us in all the shops. We rode dune buggies in Florence and made our way back-up to the Pacific Coast. It was a beautiful Jem of a town and then homeward bound.

As we hit August and the heat increases, stop in and check our Friday in house bingo after our featured lunch

specials. If you are struggling to get out to exercise in this heat, pop in and we can get you familiarized with our 55+Gym or register in one of our many summer classes.

We are always excited to see you so don't be a stranger!

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





### Seniors System Navigator

Seniors tend to get hot in the summer. Here at 10 ways to keep cool in hot weather.

- 1. Drink plenty of cool water throughout the day and avoid alcohol and caffeine.
- 2. Eat cooling snacks like popsicles that are sugar free, frozen peas, or grapes.
- 3. Eat light, cold meals like chicken or pasta salad instead of hot and heavy, hot dishes like a pot roast.
- 4. Try and place a cool cloth on the back of the neck and keep a pan of cool water close by so that it can be periodically be re-cooled.
- 5. Sit with your feet in a pan of cool water (not freezing cold).
- 6. Keep the house as cool as possible by keeping the blinds closed during the hottest part of the day.
- 7. It is best to wear layers of clothing that are light colored, preferably fabrics that are cotton so that is can adjust to the temperatures throughout the day by removing or adding layers.
- 8. Visit an air- conditioned building like Nord-Bridge Seniors Centre, Lethbridge Public Library, Tim Hortons or even the Park Place shopping mall.
- 9. Try and take a cool shower, bath before bed, for best results keep the water just below body temperature.
- 10. Try to cover up at night with a flexible ice blanket. Always use a towel to protect a seniors skin that is fragile so that the ice doesn't come in direct contact.

If in a heat dome that lasts for weeks consider purchasing a portable or window mount indoor air conditioning unit. These are some strategies to keep seniors cool throughout the summer months which are getting hotter every year!

-Charlene Kocken





### FREE PANCAKE BREAKFAST

# EXHIBITION PARK

AUGUST 22, 2022 7:30 AM - 10 AM



RACHAEL THOMAS



# PHOTOS FROM LAST MONTHS INTERGENERATIONAL BAKING CLASS AT THE INTERFAITH FOODBANK!











Nord-Bridge Members: FREE Non-Members

\$10

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

CALL

Bring your
grandchild for this
fun event! Dont 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.)

### Tuesday, August 9th & 16th

AT 1:00 PM

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

### Did you know Nord-Bridge has





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.

#### THE MBCT PROGRAM

Mindfulness-Based Cognitive Therapy (MBCT) is a type of psychotherapy developed by Segal, Williams and Teasdale, that involves a combination of cognitive therapy to recognize negative patterns of thought, meditation to achieve a calm and stable state of mind, and the development of a present-oriented, non-judgmental attitude of mindfulness.

MBCT is beneficial for those who wish to receive support to improve their mental health. It is a long-term method to ease anxiety and negative thoughts in times of stress. MBCT is useful in combating certain physical and mental disorders, promoting general wellness of health, and while producing long-term results.



Funding for this project was provided through the Government of Alberta's \$53.4 million investment aimed at enhancing mental health and addiction supports for Albertans during and after the pandemic...

This program welcomes diversity and aims to provide mindfulness in various languages for ease of accessibility.

Currently, sessions include English and Chinese language options. This program requires a time commitment of three hours per week for eight weeks. Attendance at weekly, virtually-delivered sessions will be required.

Participants should commit to 30-45 minutes of daily practice for visible results, such as reduced anxiety of

Over a period of eight weeks, the program will offer different practice sessions to participants:

#### Weekly Schedule:

- **Stepping Out Of Automatic**
- **Dealing With Barriers**
- Mindfulness of the Breath
- **Staying Present**
- Acceptance, Holding, Allowing, Letting Be
- **Thoughts Are Not Facts**
- How can I Best Take Care of Myself?
- Using What You Have Learned To **Deal With Future Moods**

If you possess one or more of the following characteristics, this program may be beneficial for you:

- You frequently have recurrent negative thoughts that distract or overwhelm your daily routine
- You struggle to find healthy methods of de-escalation when something distressing occurs.
- · You are highly sensitive and reactive to change

Mindfulness may not be fit for individuals with PTSD or victims of trauma. This is because some sessions practice the recall of previous memories amidst online learning. Please consult your physician about whether this program will or will not suit your current needs and

#### MINDFULNESS FOR **ALBERTANS**



**COMES FIRST** 

If your doctor has referred you to this program and has provided you with this pamphlet, please follow these steps to register

- https://albertamindfulness.ca/k-10-testing Upon assessment completion, you will receive a test score which will determine participant
- suitability.

  Additional resources will be provided on results page in preparation for program entry.

  Register at: forms.gle/uZDPv9CRZmxyqSCu6

Interested Individuals who do not pass the initial self-assessment examination may re-consult with a licensed professional and request the program again.

# A Poem by Judy Knox of the Mind Joggers

I write stories, poetry, and such.

Many say my talents are quite good.

But, I'd like to find one of my own

To write stories and poems as they should.

There must be someone in my family clan
Who has the same talent as I.
But, when I question each one of them,
they don't even want to try.

I find it so easy to put words to rhyme.

And make all my poems run smooth.

But if you won't try to write like me,

then your talent to write, you'll lose.

So, please my dear clan member, give it a try, to write about life as I've done.

Like me you won't become famous at all.

But it might be famous to someone







You shouldn't have to choose between staying safe and eating well.

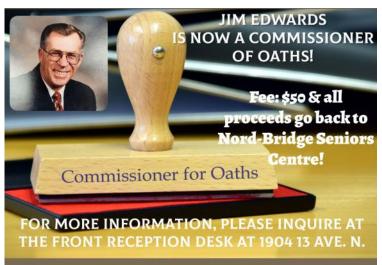
Skip the trip to the grocery store and let Heart to Home Meals deliver delicious meals directly to your door. The best part? Our meals are nutritionally balanced for the dietary needs of seniors so you can feel confident you're eating well while staying safe at home.

FREE Delivery\* | No Subscription | Special Diet Options

Get your FREE Menu 1-844-431-2800 Heart To Home Meals.ca



\*Some conditions may apply.

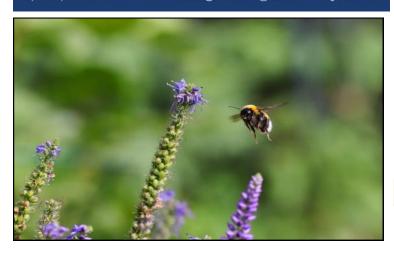




### NATHAN NEUDORF MLA Lethbridge-East



#10; 550 WT Hill Blvd. S. Lethbridge, AB T1J 4Z9 (403) 320-1011 · Lethbridge.East@assembly.ab.ca





Please check out the most upcoming seminar at LSCO in September below. Sign up by calling 403-320-2222. or give me a call at 403-394-0306.



### **Building Healthy Relationships**

with our Adult Children

The parent-child relationship is one of the longest lasting social ties human beings establish.

This 6 week group offers education, support and resources to older adults that are grappling with relationship issues with their adult children.

Thursdays, September 29 – November 3

1:00 - 3:00 pm • LSCO Board Room

Topics include:
Communication • Boundaries
Roles & Relationships

Please register at LSCO Administration Desk.

Group limited to 12 participants. Please bring your own refreshments.

403.320.2222

-Clmy Cook- LEARN Case Manager









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

526 Mayor Magrath Dr. S.

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