NORD-BRIDGE SENIOR CITIZENS ASSOCIATION

NORD-BRIDGE SENIORS

NEWSLETTER

September 2022

KAYAKING at Park Lake and on the Oldman River this summer! What a great time had by all! We ended up having two sessions thanks to High Level Canoes and Kayaks. Skills learned included, Safety, Gear, Wet Exits, Strokes, Rafting Up, Signals, and Rescues! We will continue this program next summer so watch out in 2023 for more! Photo credit: Craig Ellis

NORD-BRIDGE SENIORS CENTRE

"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

Greetings everyone! I'm writing this in the August heat after a nice bike ride in the Crowsnest pass! We like to take lots of pictures so we can recall where we were on certain dates. September is a time to reflect on how nice it was this summer and to look forward to cooler days and the start-up of fall activities. We have enjoyed Kayaking and Bicycling this summer but alas the cold weather will come, so its time to start planning for the fall.

I need a schedule to keep myself on track, so a membership in a gym or health club helps me to keep in shape. If you pay for a membership its an incentive to keep going, otherwise you are wasting your money. The Fall Program book is available so be sure to register for activities starting Wednesday, September 7th. Tuesday, September 6th is my 75th birthday so I had to go get a medical to keep my driver's license. Thankfully I passed the cognitive skills test and I'm good for another 5 years. It would not be good if Ingrid was the only driver in our family because I am a terrible "back seat driver"!

Please remember to get your tickets to the Under the Northern Lights Gala scheduled for Saturday, September 10, 2022. This is an important fundraiser for Nord-Bridge, so bring your friends for a wonderful dinner and night out at the Coast Hotel as we are celebrating Nord-Bridge Senior Centre's 40th++ Anniversary. Then on Saturday, September 17th, 2022, we are hosting "Elvis A Tribute to the King" live show featuring Bruce Andrew Stewart. There are two shows-a Matinee and an Evening and tickets are $30 and available by calling 403-329-3222. This is a good show with lots of costume changes so don't miss it.

The Jammers will be back every Monday after the long weekend, so I hope to see you there. Keep healthy, keep fit and take part in our many activities here at your "Friendly Centre".

"Make it a September to Remember!"

George Berg,

Board President

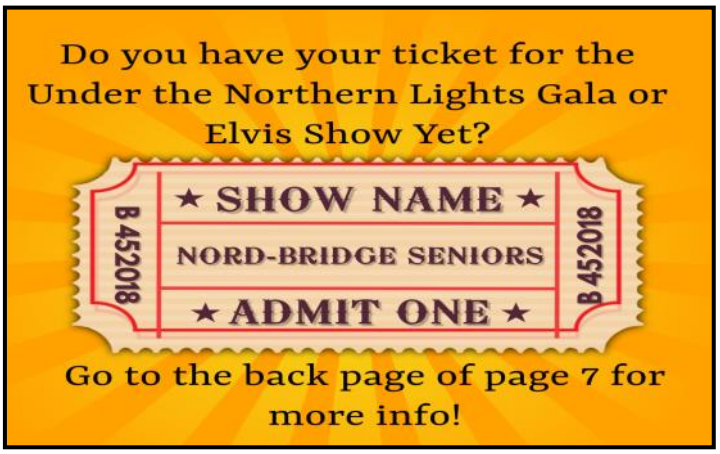
Nord-bridge Membership Fees:

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!

Victor Heron	**Linda Jensen**
Kimberlee Heron	**Cindy Sandberg**
Michael Bennison	**David Kaminski**
Marion Thomson	**Donald Olson**
Kenneth Young	**Rosemarie Olson**
Evelyn Chesser	**Alan Stalker**
Colleen Davie	**Al Davie**
Idalee Lawlor	**Connie Bergman**
Jenny Feher	**Patricia Rieger**
Janet McFarlane	**4 Anonymous**



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

NORD-BRIDGE

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 Beasley family and the passing of Judith
… The Seely family and the passing of Rex
… The Adamson family and the passing of Arlene

Get Well Wishes to:

… Marjorie Little who is in the hospital

Executive Director's Report

The summer months have always been a slower time of the year at Nord-Bridge; with a majority of the program and activities taking a summer break. This summer seemed to be an anomaly, as we experienced higher than normal daily attendance. The Dunford Diner in particular was the busiest room in our building all summer with daily lunch hour patrons averaging around 125 people. In previous years over the summer months, we would be lucky to average 60 dine in guests over the lunch hour. We're not sure why the boom in the dining room is happening but we're not complaining.

Last month I wrote about the graffiti on our east wall; and we received a kind donation from Life Members Dan and Eva Deringer to purchase paint that will help cover the graffiti. Thank you, Dan and Eva! Our volunteer painter will paint this month (it was too hot to paint in August).

In the Junes' Newsletter, I informed our members about the construction project that was set to take place in the room beside the Veres Family Games Room over the summer. You will have noticed over the last two months our hallway has been a bit of a mess with construction equipment, cabinets and counter tops occupying the west hallway. At the time of writing this article, I am happy to report that the painters are applying the first coat of paint, flooring will be installed in the next few days and the cabinets will be installed after the long weekend. We anticipate the front room which will be named the 'Flex Room' to be completed by September 9th and ready for programming on Monday the 12th. The room formerly known as the South View Meeting room, is being repurposed for a future golf simulator, and this will require some additional capital fund raising to assist in the purchase of the simulator. It will be nice to have our hallway back in order and the use of the new 'Flex Room'.

I would like to commend all my staff for all their work this summer. We were extremely short staffed with staff taking their summer holidays. We even had some staff who were sick last month, thankfully some great volunteers stepped in to fill some important roles. Thank you to those volunteers that stepped up to help us when we needed the help. I would also like to praise Ashley our Program Coordinator. Last month Ashley worked feverishly during Whoop Up days to prepare Nord-Bridge's parade float to be decorated and entered into the parade; she followed up the busy parade day with organizing a successful Whoop Up Pancake breakfast. There seems to be no rest for Ashely as she has moved right into Fall programming and registrations this month. When you see Ashley around this month, please give her a pat on the back for doing such an amazing job for us.

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)

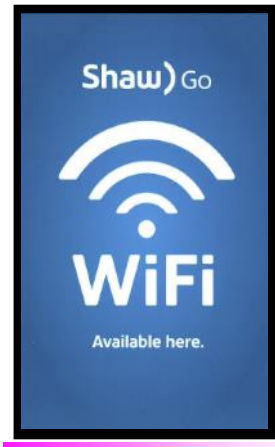
Annually
Annual General Meeting: First Wed of March 9:30am
General Member Meeting: First Wed of November 9:30am

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

Lethbridge College
Massages are BACK!
Wednesday, Oct. 12 & Nov. 30
10 a.m. to Noon
(Craft Room)

Lethbridge College



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 call **1-888-472-2222** or visit http://www.shaw.ca/internet/wifi/.

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

NORD-BRIDGE SENIORS CENTRE

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)

Wi Fi
FREE WiFi

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

August – No winners this month!

MONTHLY 50/50 TOONIE DRAW

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

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

RECENT WINNER

August 26– Doreen Jurgens $320.00

Next Draw September 23rd (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.

Lethbridge
HEARING CENTRE

Call 403-320-6000 to make your personal complimentary consultation today!

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking

NBC HIS 403.320.6000
www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S.
Lethbridge, AB

Candice Elliott-Boldt, BC-HIS Jake Boldt, BC-HIS
Registered Hearing Aid Practitioners

NORD-BRIDGE BUILDING FUND RECENT DONORS

Daniel & Eva Deringer: $200.00

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: **$7,273.00**

BUILDING FUND UPDATE:	**Goal**	
Total Fund-Raising Goal	$6,248,320	
From City of Lethbridge	750,000	
From Various Provincial Grants	2,500,000	
From Various Federal Grants		500,000
From Nord-Bridge - by Fundraising	2,500,000	
Total Contributions to our Building Fund 1998 through 2022		**$ 2,219,437**
Still needed by N-B Fundraising		**$279,913**

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

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

LSCO Lethbridge Senior Citizens Organization
500 - 11 Street South
403-320-2222

THE FITNESS 55+ CLUB IS OPEN TO NORD-BRIDGE MEMBERS

NORD-BRIDGE SENIORS CENTRE

Monday - Friday
8:00am - 4:30pm

Monthly: $18
20 Pass: $25
Yearly: $180

*These prices do not include a $10 refundable key fob deposit

All new members require a FREE orientation

BE FIT
BE STRONG
BE HEALTHY

Lethbridge
HEARING CENTRE

FREE HEARING TESTS

NORD-BRIDGE SENIORS CENTRE

BOOK YOUR FREE HEARING APPOINTMENT BY CALLING
403-329-3222
Third Thursday of the month, next appointment
October 20th
1/2 hour appointments for Nord-Bridge Members ONLY*
Follow us on Facebook @NordBridgeSeniorsLethbridge

Boutique News

The Boutique is now accepting donations of new yarn, fabric and craft supplies.
New consignees are welcome.
Please come in between 9am - 11am on Fridays.
~ Jo-Ann & Heather

NEW

SCSP Navigation Team Intake Line

403-329-1544

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.

JAMMERS

NOW BACK EVERY MONDAY
(EXCLUDING HOLIDAYS)

9:30-12:00pm in the
DUNFORD DINER

$3.00 charge for non-members starting Sept. 12th

FALL 2022 Nord-Bridge Seniors Centre PRESENTS NEW

ONLINE REGISTRATION

Available Sept. 7th!

ENROLL ONLINE AT:
WWW.NORDBRIDGESENIORS.COM

Steps to Register Online:

1.Go to www.nordbridgeseniors.com
2. Click on "Online Registration" under the "Recreation Programs" tab & follow prompts
3. Go to LOGIN (top left hand corner) & login to your account with e-mail ONLY
4. Click CATALOG (top left hand corner)
5. Select classes then add to order
6. Scroll to top of page and select CHECK OUT & NEXT STEP
7. Select PAY NOW and enter payment info (if applicable)
8. Your courses are booked!

OR CALL 403-329-3222 TO REGISTER TODAY!

NORD-BRIDGE SENIORS CENTRE

Need help registering? Call and ask for Ashley at 403-329-3222

ELVIS

A Tribute to the KING

featuring:

BRUCE ANDREW STEWART

"multi-award winning ELVIS tribute artist"

~ Saturday ~
SEP 17, 2022

Nord-Bridge Seniors Centre
1904 - 13 Ave. N,
Lethbridge, AB

TICKETS: $30

2 Shows - Matinee & Evening
1:30 pm & 7 pm
Tickets or info: 403-329-3222
rocKINGwithElvis.com 1.877.570.KING

"BACK BY POPULAR DEMAND"

"CASH BAR"

Lethbridge HEARING CENTRE

Christensen Salmon GENERATIONS Funeral Home & Cremation Services

"multiple costumes - exciting and interactive" - starring 'Blaze' as your host

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!

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ladybugarborists@gmail.com
www.ladybugarborists.com

roost roost LIMITED
Downsizing Dilemma?
Need to move on?

New Owner/ Operator

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

The University of Lethbridge Nursing Students are back at Nord-Bridge starting Thursday, September 15th as part of their community practicum every Thursday and Friday! So feel free to stop in and chat, attend one of their Information sessions, or even the Health Fair (date to be announced)! Welcome Nursing students, we are so happy we can continue this partnership!
-The Nord-Bridge Team

University of Lethbridge

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

SALMON & SONS FUNERAL HOME LTD
www.salmonandsons.ca • Phone: 403-381-0590
433 Stubb Ross Road South
It takes a family to comfort a family.

Max Salmon

Nicolas Salmon

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.

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

Volunteers needed for the Boutique for call-in shifts available Monday-Friday 9am-12pm or 12pm-3pm. Please contact Heather for more information.

EVERGREEN
Funeral Home
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.

NORD-BRIDGE SENIORS CENTRE

Thank you to our sponsors for last month's Whoop-Up Days events!

Lethbridge Whoop-Up Days 125 Years

wholesale club everything foodservice

SAVERS Convenience

save on foods west

Lyle Bates

COSTCO WHOLESALE

NOFRILLS Ken's North

Sobeys North

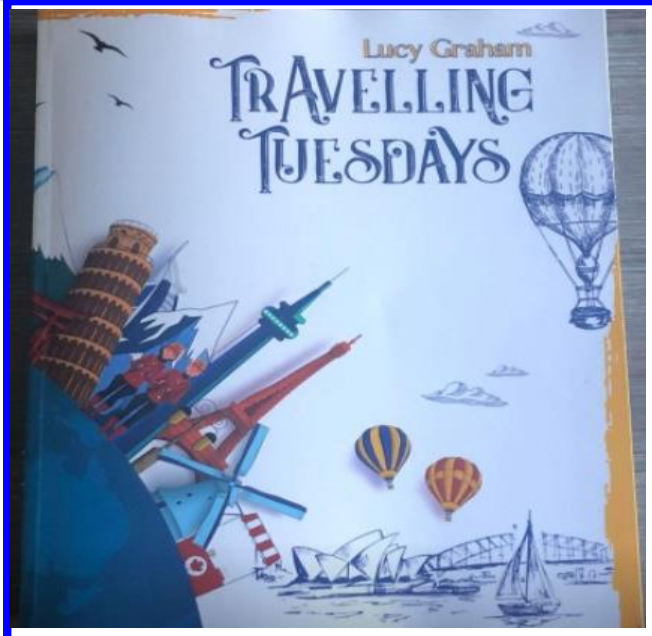
Volunteers who helped at the Pancake Breakfast

Drivers and volunteers who helped in the Whoop-Up Days parade

Notice from Seniors Helping Seniors Tax Department

Dropped off your tax documents to us between March-April, 2022?

Please pick up your 2021 tax returns no later than the end of October 2022, or documents will be shredded by volunteers. Thank you!



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

HELLO MONDAY

Hello... Monday

This learning series is provided by CMHA's Wellness Program
- Recovery College Lethbridge

Hello Monday is all about you and the importance of staying well. Join us to feel energized and empowered by exploring different wellness topics every class. You will be given prompts to plan for your week, set intentions, focus on being positive, and gain a sense of support and wellbeing.
We will offer handouts, discussion, self-reflection, and action ideas for you to try at home.
There is no charge for this class, and everyone 55+ is welcome.

JOIN US TO LEARN MORE!

When:	Conversation Topics:
Monday, September 19, 2022	Coping with Change and Loss
Monday, September 26, 2022	Stress and Healthy Living
Monday, October 3, 2022	Building Better Boundaries
No Class October 10, 2022	
Monday, October 17, 2022	Conversations That Matter
Monday, October 24, 2022	Healthy Leisure and Active Living
Monday, October 31, 2022	Creating Connections

Time: 10:00am to 11:00am
Where: Nord-Bridge Seniors Centre - "Flex" Room (located next to the pool room)
Want to attend virtually through ZOOM? https://us02web.zoom.us/j/84286077587?pwd=cGxYdXpXdkI3cGxxbklxb3BlK0hHUT09

This FREE class is a Drop In Class and particpants will be registered upon arrival.

Lethbridge Recovery College | Canadian Mental Health Association in Alberta – Mental health for all | NORD-BRIDGE SENIORS CENTRE

NORD-BRIDGE SENIORS CENTRE

Fall Welcome Back

Evening Jam Session!

FRIDAY, SEPTEMBER 30TH
TIME: 6:00 PM - 10:00 PM
COST: $5 PER PERSON TICKETS AT DOORS, REFRESHMENTS PROVIDED

MUSIC BY
THE NORD-BRIDGE JAMMERS

1904 13 Ave. N. Lethbridge Alberta

WWW.NORDBRIDGESENIORS.COM

GERMAN CANADIAN CLUB OF LETHBRIDGE
902 - 6 Street N. - Lethbridge, AB

Members
$45.00
+GST

Guests
$55.00
+GST

October 15, 2022
Music by: Alpenschatz
Dinner by: Stella

Doors open 5:00 – Dinner 6:00 – Dance 7:00 to 11:00 pm

For information & tickets:

Call: 403-320-1689 (Ext 3)
Debit/credit available
Ticket cutoff: October 7, 2022

Website: www.germanclubleth.ca

NORD-BRIDGE SENIORS CENTRE

Outreach Back to School

Nord-Bridge presents
Celtic Routes
$3.00

1:30-3:00pm
Monday, Sept 26th

FOR MORE INFO or to RSVP call
Melanie : 403.329.3222

Multi Purpose Hall
1904-13Ave North Lethbridge AB

September 2022

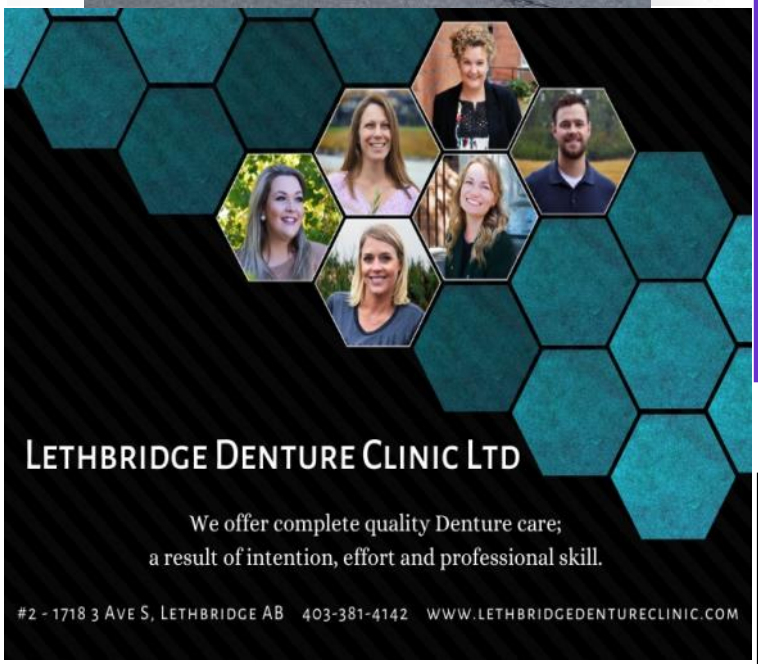
Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Card Crafters *(Craft Room)* **1:00 Intro to Kayaking *(Park Lake)*** 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta 	**2** 10:00 Carpet Bowling **1:00 In-House Bingo** 1:00 Contract Bridge (Annex) ***New Room*** 12:45 Crib *(West Community Room)* ***New Room*** ***CRIB NOW AT 12:45 PM IN THE WEST COMMUNITY ROOM***
5 **Closed today for** **Long weekend!**	**6** 10:00 Music Makers 1:00 Canasta/Hand & Foot 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 	**7** **Fall Registration Begins** 10:00 Carpet Bowling **10:45 WINNERS BINGO** 1:00 Krafters Koffee Club 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis ***BID EUCHRE: NEW LOCATION & TIME: WEDNESDAY @ 1PM IN DUNFORD DINER ANNEX***	**8** 9:00 Card Crafters **9:00 Advanced Line Dance *(Multi-Purpose Hall)*** **9:30 Mind Joggers (Board Room)** NEW **1:00 Intro to Kayaking *(Park Lake)*** 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta 1:15 Floor Shuffleboard 	**9** 10:00 Carpet Bowling **1:00 In-House Bingo** 1:00 Contract Bridge *(Annex)* ***New Room*** 12:45 Crib *(West Community Room)* ***New Room***

12 **9:00 Lawyers (by appt.) *(Board Room)*** 9:00 Gentle Yoga 9:30 Jammers *(annex)* 10:00 Watercolor Basics **10:00 Intermediate Line Dance *(Muti-Purpose Hall)*** **10:00 Tech Help with AI!** 10:45 Chair Yoga 1:00 Baking at Interfaith **1:00 Beginners Line Dance *(West Community Room)*** 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge *(Annex)* ***New Room***	**13** 9:00 Zumba GOLD **9:30 Beginners Watercolor** 10:00 Music Makers **10:00 New Comers Meet & Greet *(Annex)*** NEW 10:00 Clogging Beginners 11:00 Clogging Advanced 11:00 Keep Fit (Aerobic) **1:00 Watercolor Club** 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 5:00 Evening POUND	**14** 8:45 Active POUND 9:00 Gentle Pilates **10:00 Foot Care *(appt. only) in Craft Room*** 10:00 Carpet Bowling 10:00 Paper Tole/Card Making *(Flex Room)* 10:30 Somatics **10:45 WINNERS BINGO** 1:00 Krafters Koffee Club 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis	**15** 9:00 Card Crafters **9:00 Advanced Line Dance *(Multi-Purpose Hall)*** 9:00 Gentle Yoga **9:30 Mind Joggers *(Board Room)*** 11:00 Keep Fit (Strength) 1:00 Acrylic Paint 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta 1:15 Floor Shuffleboard 5:45 Beginners Pickleball 	**16** 9:00 Gentle Yoga 10:00 Carpet Bowling **10:00 Paper Tole/Card Making *(Craft Room)*** 10:45 Chair Yoga **1:00 In-House Bingo** 1:00 Contract Bridge (Annex) ***New Room*** 12:45 Crib *(West Community Room)* ***New Room***
19* & 26* 9:00 Gentle Yoga 9:30 Jammers *(annex)* **10:00* Watercolor Basics** **10:00* Beginners Acrylic** NEW **10:00 *Hello Monday*** NEW **10:00 Intermediate Line Dance *(Muti-Purpose Hall)*** **10:00* Tech Help with AI!** 10:45 Chair Yoga **1:00* Baking at Interfaith** **1:00 Beginners Line Dance** **1:00 Virtual Watercolor** 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts NEW **1:30* Outreach *(MPH)*** **2:30* Beginners Tai Chi**	**20 & 27** 9:00 Zumba GOLD **9:30 Begin. Watercolor** 10:00 Music Makers **10:00 New Comers Meet & Greet *(Annex)*** NEW 10:00 Clogging Beginners 11:00 Clogging Advanced 11:00 Keep Fit (Aerobic) **1:00 Watercolor Club** 1:00 Canasta 1:00 Intermediate Line Dance (*Multi-Purpose Hall)* 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 5:00 Evening POUND	**21 & 28*** 8:45 Active POUND 9:00 Gentle Pilates **9:00* Virtual Meditation** 10:00 Carpet Bowling **10:00 Paper Tole/ Card Making *(Flex Room)*** 10:30 Somatics **10:45 WINNERS BINGO** 1:00 Krafters Club 1:00 Darts 1:00 Euchre 1:00 Bid Euchre **3:15* Intergenerational Game Afternoon** 7:00 Table Tennis	**22 & 29** 9:00 Card Crafters **9:00 Advanced Line Dance *(Multi-Purpose Hall)*** 9:00 Gentle Yoga **9:30 Mind Joggers *(Board Room)*** 11:00 Keep Fit (Strength) 1:00 Acrylic Paint 1:00 Trump Whist 1:00 Duplicate Bridge 1:00 Canasta 1:00 Woodcarving 1:15 Floor Shuffleboard 5:45 Beginners Pickleball	**23 & 30*** 9:00 Gentle Yoga 10:00 Carpet Bowling **10:00 Paper Tole/ Card Making *(Craft Room)*** 10:45 Chair Yoga **11:00* Oktoberfest Buffet** **1:00 In-House Bingo** **1:00** Contract Bridge (Annex) ***New Room*** 12:45 Crib *(West Community Room)* ***New 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 : OCTOBER 20 & NOVEMBER 17**
- **PAINT & SIP NIGHT – THURSDAY, NOV. 17 @ 6PM - 8PM $45 EACH**
- ***COMPASS FOR THE CAREGIVER* – TUESDAY, OCT. 4 - 25 @ 1:30PM $50**
- **ELVIS LIVE SHOW - SATURDAY, SEPTEMBER 17 AT 1:30 & 7:00 PM GET TICKETS AT FRONT RECEPTION DESK, BEFORE THERE GONE!**
- **WINNERS BINGO WEDNESDAY: SEPTEMBER 7, 14, 21, 28**
- **FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON NOV. 9, 2022 (NOW $15) NEW ROOM: CRAFT ROOM**
- **SERVUS CREDIT UNION FRAUD & FINANCIAL LITERACY SEMINAR – FRIDAY, OCT. 21 @ 10AM (DINER ANNEX) FREE & EVERY-ONE WELCOME!**
- ***MINDS IN MOTION* FOR CLIENTS WITH ALZHEIMERS STARTING OCTOBER 5TH @ 1PM. PLEASE CONTACT CHARLENE OR MELANIE.**

Whoop Up Days Fun last month! Below is a picture from the Parade we participated in and on the next page is our Pancake Breakfast!



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.

NORD-BRIDGE SENIORS CENTRE

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 is now out! Register for all fall programs starting September 7th. Please register online at www.nordbridgeseniors.com or in person at 8:30 am. Steps for online registration please go to page 7 of this newsletter.

Mb Martin Brothers Funeral Chapels Ltd.

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

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

Whoop Up Days Pancake Breakfast!

New Fall 2022 Programs at Nord-Bridge!

*Minds in Motion for Clients & Caregivers - Wed. Oct. 5 - Nov. 30 @ 1pm *Fee TBA
*Gentle Pilates - Wed. Sept. 14 - Oct. 26 @ 9am for $35 each
*LSKIP Game Afternoons with Children & Seniors -Wed. Sept. 28 @ 315pm
*Virtual Beginners Art Class - Mon. Sept. 19 - Oct. 24 @ 1pm $65 each zoom
*Evening POUND with Sheila - Tues. Sept. 13 - Oct. 25 @ 5pm $45 each Drop In $8
*Seniors & Grandchildren Baking Afternoon - Mon. Sept. 12 & 26 @ 1pm FREE
*Virtual Guided Meditation - Wed. Sept. 28 - Nov. 2 @ 9am $20 each zoom
*Paint & Sip Night with Smudge Art - Thurs. Nov.17 @ 6pm $45 each

& So Much More!

Register starting Wednesday Sept. 7th online at www.nordbridgeseniors.com under the Recreation Programs Tab! Give us a call at 403-329-3222 for more info!

NORD-BRIDGE SENIORS CENTRE

THE TRUCK STORE

430 STAFFORD DR. N. LETHBRIDGE
403-327-2721
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Quality used Trucks, Cars, Vans and SUV's
All units are Detailed
AMVIC inspected and Repaired
Car Proofs Provided

Warranty's Available
Financing Available
Trade ins Welcome

See our ads on Kijiji:
The Truck Store

Follow us on Facebook: The Truck Store Lethbridge

A SNAPSHOT FROM LAST MONTHS INTERGENERATIONAL BAKING CLASS AT THE INTERFAITH FOODBANK!

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

HUCKVALE LLP
established 1906

Upcoming FREE consultation dates:
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.

Programmer's Report

Wow! We are already in September! Where did the time go? We finished off August with a bang with Whoop– Up Days events at Nord-Bridge and in the community including the Parade, Pancake Breakfast, and a Scavenger Hunt at Chinook Lake! It was so much fun and I want to thank everyone that helped make this possible to our driver of the float in the parade, Randy Butterwick, to all of our volunteers that helped decorate the float, serve pancakes and even our Mayor, who got right in there to hand out coffee, flip pancakes, and chat with some of our members! Thank you as well to the community support we continue to receive for these special events especially the sponsors.

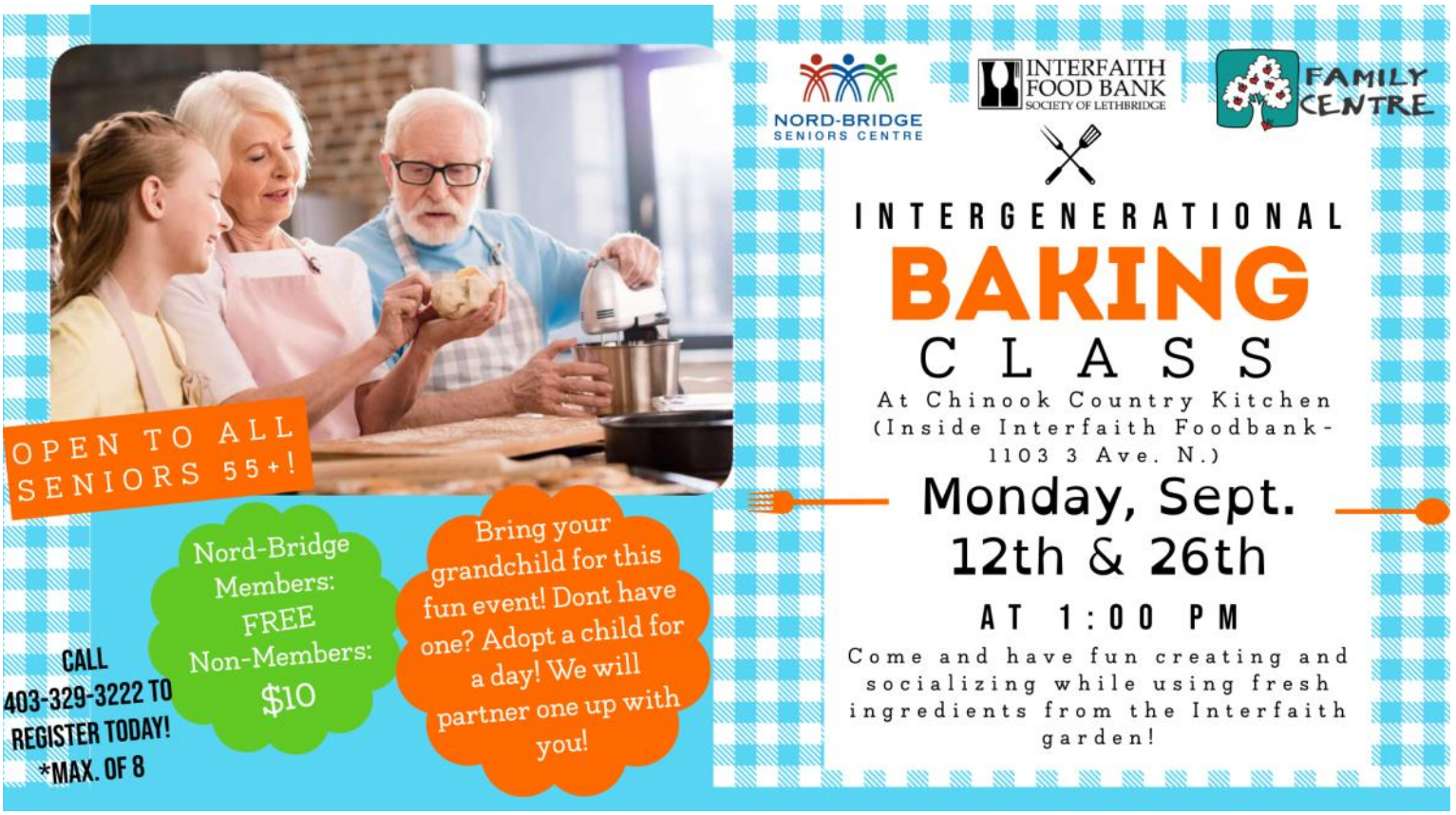
I am excited to see what Fall will bring starting with a few new programs at Nord-Bridge including a Beginners Self Defense Class, Beginners Acrylic Painting, and back by popular demand, Paint and Sip night with Smudge Art Studio in November! For a full list of programs please grab a copy of the Fall Program book from our Front Reception Desk or go online to our website.

We are also super excited to have the University of Lethbridge Nursing Students back as part of their Community Health Studies Portfolio from September until December. They will research member needs in the areas of Health Promotion, Health Protection, and Injury Prevention. From their research, they program and implement different learning series / information sessions, and organize an annual "Health Fair" to be held in November to address the needs and interests of Nord-Bridge's membership. So when you see them around please give them a warm welcome!

Of course like every Fall, registration time is always busy around Nord-Bridge. In order to alleviate wait times during registration of programs, please register online at www.nordbridgeseniors.com under the Recreation Programs tab and Online Registration sub tab starting September 7th. For more information on the steps to register online please go to page 7 or call us and ask for me. Please note: when registering online make sure to sign in using the current e-mail address that Nord-Bridge has on file so that participants will get the membership discount when selecting courses.

Until next month, stay happy and healthy!

Ashley Kern - Program Coordinator



NORD-BRIDGE SENIORS CENTRE

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

*Available from 11am to 1pm

Friday, Sepember 2 - Two Peice Fish & Chips with Coleslaw

Friday, September 9 - Pork Chops with Mashed Potatoes & Mushroom Sauce

Friday, September 16 - Spaghetti with Meat Sauce, Caesar Salad & Garlic Toast

Friday,September 23- Liver & Onions with Mashed Potatoes, Veggies, & Gravy

Friday, September 30- $10 Oktoberfest Buffet Option 1 or 2

go to page 19 of the newsletter for more info.

Wellness Coordinator/Outreach

With the heat of August, my boys, neighbors, and I managed to float the Oldman River a couple of times. As the water dropped and the floating time increased, we headed back on with kayaks. What a Jem of an activity to have here in Lethbridge.

If you ever want a nice family hike – check out Lille Old Towne Sight just North of Frank Slide. There is a beautiful waterfall and the area has still some of the Historic forms from, were they processed the coal and a big mound of sludge. There is a ton of lakes to enjoy all over the area as well.

Can't have a summer with all play and no work. My twin boys helped derail my deck, strip and stain the wood. We rebuilt the rail and its stronger than ever. Just in time to enjoy for the end of summer.

Wednesday Sept 7,2022 is registration for all our Fall programs. So please check out our online registration process at www.nordbridgeseniors.com

I'm excited to see everyone back and with Outreach started we should have an amazing fall.

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

Seniors System Navigator

Compass for the Caregiver is a workshop that teaches caregivers to care for themselves.

Who is it for:

Do you assist a family member or a friend living with an illness or disability? If you are a caregiver, you would benefit from attending this workshop.

What you'll learn:

The Compass for the Caregiver workshop is facilitated by a Seniors System Navigator who understands what it is like to care for someone else. The workshop encourages caregivers to recognize that in order to care for a loved one, they must first care for themselves. During the workshop participants will find their strengths and accepts their limitations as together they problem solve some of the most challenging aspects of caregivers. The sections covered are:

- Dealing with difficult emotions like guilt and resentment
- Managing stress and depression
- Dealing with family, friends and health professionals who don't understand
- Find your own interests

Each Week

Workshop participants will meet once per week for four weeks. Topics for the workshops are:

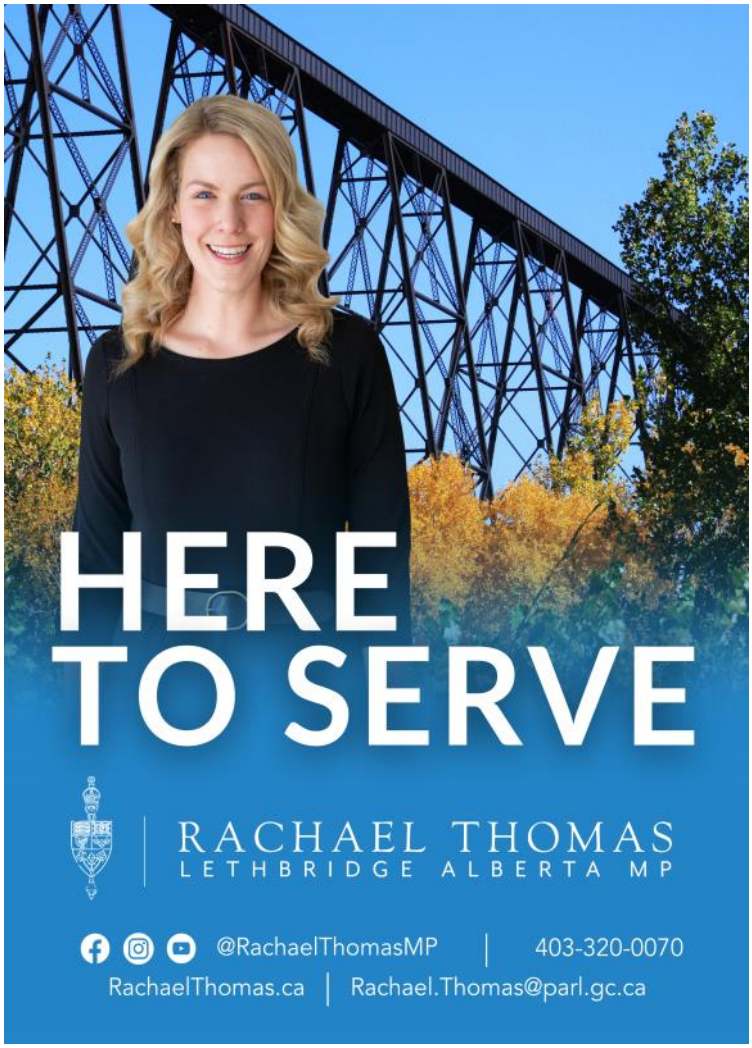
Week1: Being a caregiver – Recognize your strengths needs, and challenges, as a caregiver and take pride in your role. You will reflect on your emotions and feelings which put your challenging thoughts into perspective.

Week2: Managing Your Stress- Learn how stress can lead to burnout and what can you do to prevent or recover from burnout. In the workshop you will explore or shift your mindset. Most of all getting a sense of balance while caregiving.

Week3: Balancing Relationships -You will improve your communication skills to identify what you need and ask for help. You will regain your identity and take care of yourself first.

Week4-Gain confidence accessing resources in the community, reflect on your caregiving journey and plan for the future.

-Charlene Kocken – BA, BSW, RSW, Seniors System Navigator



Game afternoon with the Lethbridge Family Centre on Aug. 17th! Come join us next month on Sept. 28th!

Kids & Seniors Scavenger Hunt at Chinook Lake last month! Thank you to everyone that attended!

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.**

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
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HeartToHomeMeals.ca
*Some conditions may apply.
HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS

Need a ride?
We Pick you Up And Drop You Off
Go Friendly
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

Pies, Cakes, Cookies
Order your homemade Pies, Crisps and Cookies from Nord-Bridge today.
Pies $5.00 (5") $8.00 (8")
* BANANA CREAM * APPLE
* COCONUT CREAM * CHERRY
* CHOCOLATE CREAM * BLUEBERRY *RAISIN
NORD-BRIDGE SENIORS CENTRE
Cookies by the dozen $5.00
* CHOCOLATE CHIP
* OATMEAL RAISIN
* PEANUT BUTTER
Crisp and Loaf
* BANANA LOAF $5.00
* APPLE CRISP $8.00
* RHUBARB CRISP $8.00
(DEPENDING ON AVAILABILITY)
Call Nord-Bridge 403-329-3222 to order every Monday & Tuesday. Pick Up on Fridays only. Limited orders taken per week.

*FOR NORD-BRIDGE MEMBERS ONLY

NEW!

Beginners CRIBBAGE

NOW at Nord-Bridge on Tuesdays from 1:30-3:30 pm in the Dunford Diner Annex!

Come learn a new card game and meet new people!

New Comers Meet & Greet

NORD-BRIDGE SENIORS CENTRE

NEW!

Come join us for a morning of socialization with Barb, Heather, & Anita every Tuesday at 10 am in the Diner Annex starting September 13! This is great for new members wanting to connect with new people and have fun! Find more information on page 7 of the Fall Program book.

Notice Members:

THANKSGIVING

Luncheon Tickets go on sale Monday, September 19th!
Get yours at the Front Reception Desk at 1904 13 Ave. N!

Mind Joggers Writing Group

Mind Joggers are defined as "things and/or essences that stimulate one's memory and/or mental acuity." That has certainly proved true for me in my two years, thus far, experience with the Nord-Bridge Mind Joggers group. I look forward to Thursday Mornings.

I attend Mind Joggers though I am not sure I am one. It's the talent of the others in the room that makes it so much fun. There's fictitious stories as well as biographical prose and there are different kinds of poetry. Some of the cornier stuff was written by me. I do hope this group grows Sometimes a famous author piece a group member will share that speaks of things or ideas about which they care. Sometimes a member might read what they wrote ten years past but the humor or moral still make it a blast. Once I'd been here for a while each person felt like a friend as the stories they share and support they do extend. So if you have things to say and if you want somewhere to go, come join Mind Joggers and help our group grow.

~ Tammi Gaudry, Mind Joggers

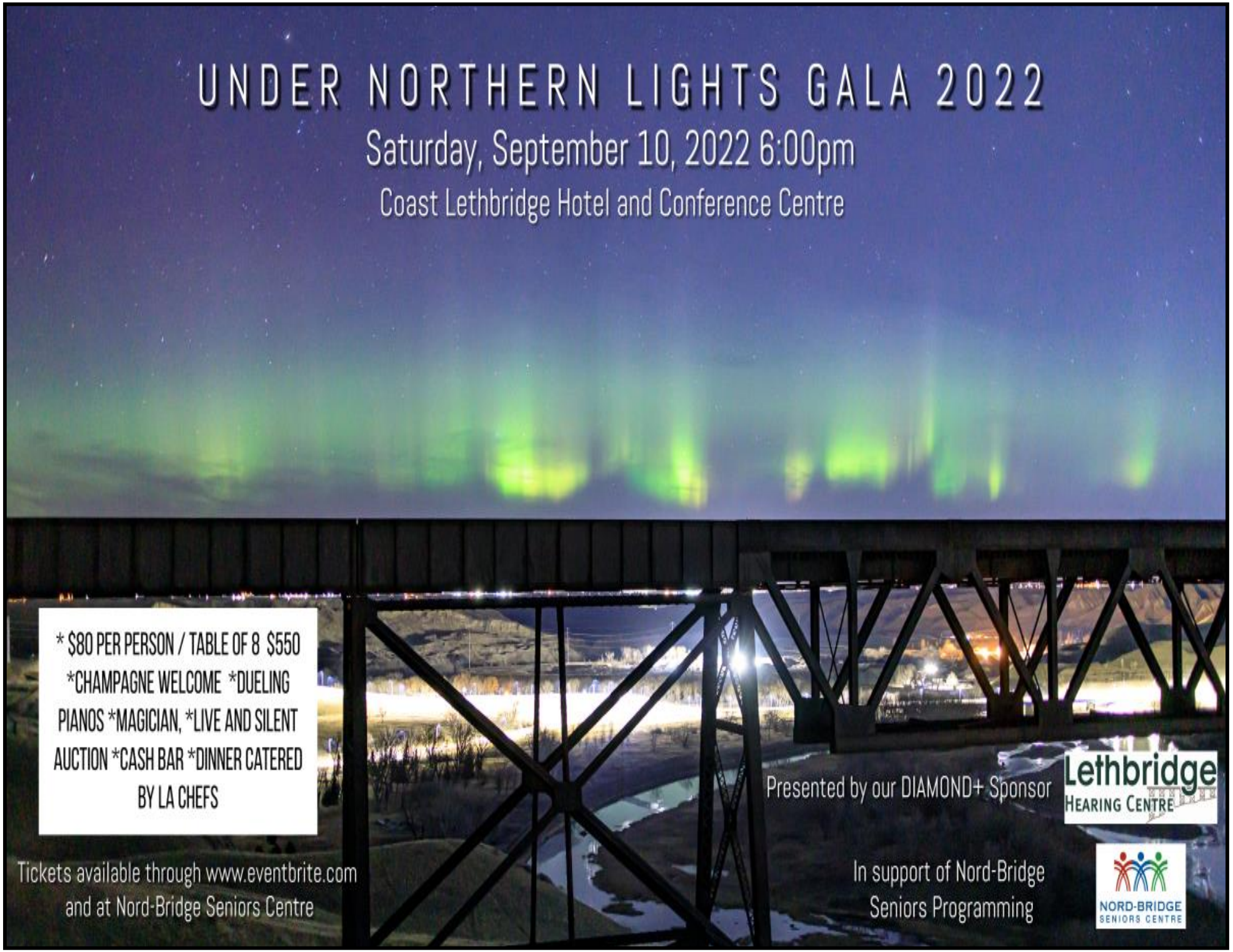
Beginners Acrylic Paint with

Gordon Perret

Starting Monday, September 26th
for 7 weeks
10:00 am- 12:00 pm
$45 for Members $65 Non Members

Experiment with various techniques and styles used in acrylic painting. Learn basic techniques design elements important in painting, composition, and so much more!

REGISTER STARTING SEPT. 7TH ONLINE OR IN PERSON AT NORD-BRIDGE!


UNDER NORTHERN LIGHTS GALA 2022
Saturday, September 10, 2022 6:00pm
Coast Lethbridge Hotel and Conference Centre
* $80 PER PERSON / TABLE OF 8 $550
*CHAMPAGNE WELCOME *DUELING PIANOS *MAGICIAN, *LIVE AND SILENT AUCTION *CASH BAR *DINNER CATERED BY LA CHEFS
Tickets available through www.eventbrite.com and at Nord-Bridge Seniors Centre
Presented by our DIAMOND+ Sponsor
Lethbridge Hearing Centre
In support of Nord-Bridge Seniors Programming
NORD-BRIDGE SENIORS CENTRE