

NEWSLETTER

November 2022



The Quilters Krafter Group is a drop-in social craft group that originated 15 years ago and still meets once a week all these years later! Each person works on their own project and several members consign items to The Boutique to help out the Centre. This fun-loving group meets Wednesdays at 1:00pm and new members are always welcome!

PRESIDENT'S REPORT

October was a wonderful month weather wise, and we took advantage of it by hiking and biking at home and in BC. We don't go too far into BC these days with gas prices at \$1.94.

The fire ban has been lifted in the Elk Valley, so we have enjoyed some wiener roasts and hiking near Fernie. We also kayaked down the Old Man River to Pavan Park. It's getting a little cold these days so it's time put the kayaks away until Spring.

November is a month for memories. It's a time to remember our Veterans who made the ultimate sacrifice to ensure our freedom, and to pray for those serving now in so many ways. Our armed forces are helping hurricane survivors, deploying to Poland, Latvia and other places around world to stand up for democracy.

We need to support our police services who are protecting us. There are professional scammers inventing new ways to take our money from us. If you fall victim, don't be ashamed, phone the police. November is going to be a busy month at Nord-Bridge, starting with our General Member Meeting on November 2, 2022, at 9:30 AM. Please attend this meeting to hear how Nord-Bridge is doing.

Our monthly breakfast buffet is November 2, from 8:30 to 10:30 AM. And don't forget the Paint and Sip night November 17th. Lethbridge College Massages are available for free on November 30th.

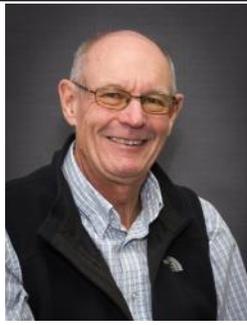
Coffee with a Cop is every second Wednesday so if you want to share your concerns, Constable Shawn Davis and his associate are here from 10:00 am to 11:30am in the Dunford Diner.

Our annual "Health Fair" is Thursday, November 24th to address the needs and interests of Nord-Bridge's membership.

Did you know that the apartheid system in South Africa finally came to an end on November 1, 1995, with the first all-race government elections? "Positive thinking will let you do everything better than negative thinking will." Zig Ziglar

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 to 49 New Members!
We are happy to have you here!

Ron Popp	Don Fuller
Gifford Watters	Joyce Ervin
Al Thompson	Joanne Hiebert
Bonnie Thompson	Reg Ellet
Carol Bengston	Dennis Henry
Donald Bengston	Juanita Collins
Chris Chapman	Richard Arnold
Ronald Chapman	Lori Noble
Pat MacNamara	Carole Wood
Penny Mrazak	Blair Baxter
Katherine Blinkhorn	Patricia Baxter
Tom Blinkhorn	Denise Bushey
Irene Hazuda	Bert Kadijk
Alan Woodroffe	Dana Farris
Christine Latimer	Ron Robert
Florence Venhuis	Jim Porteous
Kim Chudy-Watters	Julie Porteous
Larry Binder	Albert McGarty
Lorie Haesler	Rita Alan
Henry Vanderpyl	Marty Levi
Henderika Hoogeroyk	
Janis Lowenberg-Dibben	
7 Anonymous	



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 provide more awareness of what programs Nord-Bridge has to offer and what awesome things each program contributes to Nord-Bridge!



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.



EXECUTIVE DIRECTOR'S REPORT



Growing up in a small Southern Alberta town (Nobleford, AB), I had the opportunity to spend time with a lot of world war veterans who would have coffee at my parent's restaurant. I heard many courageous stories of those who served and made significant contributions to our country. I fondly remember the community veterans who shared these stories with me and how they returned home to our community to farm or work in the factory. I am forever grateful to have heard these stories firsthand and to have met these veterans who served to make Canada and the world a better place to live.

Last month, Nord-Bridge was one of 19 community groups that presented to the Economic Standing Policy Committee requesting fee for services /operational funding for one-time allocation or ongoing. With Vice-President Helen Gepneris, I presented to the ESPC how our revenue through gaming and programming was severely impacted by the worldwide pandemic and how our operating expenses continue to steadily increase each year by 3%. Nord-Bridge requested ongoing funding for 2023 – 2026 of \$75,000 for each year to assist with operational expenses. Our request has been referred to the ESPC 2023-2026 Operating Budget Deliberations that will be held mid-November. We're hoping for a positive outcome.

Last month we were also informed that our 2023 FCSS contract budget would be reduced by almost \$20,000. One of the reasons for the reduction; FCSS funding cannot be carried over into 2023 due to the conclusion and reissuance of the current funding agreement between the City of Lethbridge and the Government of Alberta ending December 31, 2022. In total 5 other organization's contracts were reduced for a combined total of \$331,677.87. How does the reduction affect Nord-Bridge? Mostly, wages and some program delivery are impacted through the reduction. We can assure all members that programs will not be interrupted as we will supplement the reduction of contract dollars to continue our social inclusion programs.

Price increase notice. Due to increasing food costs we must increase prices in our Dunford Diner. Please note that as of the 1st of November 2022 there will be small price increases to many of the menu items. Our new menu prices are listed on page 9 of the Newsletter. We greatly appreciate your understanding on this matter and your continued support. Thank you.

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
Newsletter Editor	Cindy Dykstra

Lethbridge College
Massages are BACK!
Wednesday, November 30
10 a.m. to Noon
(Craft Room)



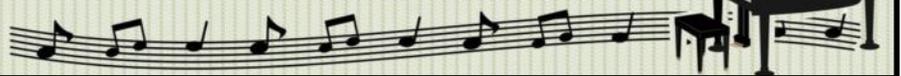
Friday Lunch Entertainment for November

Friday, November 4: Ann & Roger

Friday, November 11: CLOSED

Friday, November 18: Harvey & Heather

Friday, November 25:
Hank & Alvina



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Shaw) Go



Available here.

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

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

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

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



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

User ID: NB-Members
Password: befriently
(Shaw Cable subscribers see left)



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

October 6th - Marco Escobar \$184.25
October 26th - Gord Vaselenak \$161.50
October 28th - Harry Fisher \$161.50

MONTHLY 50/50 TOONIE DRAW

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

TO PLAY:

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

RECENT WINNER

October 28th - Marv Higa \$423
Next Draw November 25th (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

Oct. 3rd - Noel Smith \$55 & Gail Krysak \$55
Oct. 10 - Closed for STAT holiday
Oct. 17th - Jack James \$62 & John Poirier \$62
Oct. 24 - Lorrie Vos \$60 & Earl Hall \$60
Oct. 31- Winner TBA in December newsletter
Thanks Jammers, Volunteers and Patrons.
Thanks also to Helen Gepneris for selling tickets at Monday Jams.


Chinook LifeCare
Association

Phone: 403-320-1170

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www.lethbridgehearing.ca

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

Mathilde Reichel: \$1000; Erin Bates: \$68; Christina Figenshau: \$100; Alice Mehlhaff (In Memory of Fred Mehlhaff): \$250; Gerda Van Voorst: \$50.

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: \$9156.00



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	\$2,221,730
Still needed by N-B Fundraising	\$277,595

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



**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

Lethbridge HEARING CENTRE

FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

403-329-3222

Third Thursday of the month, next appointments

November 17th

December 15th

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

Follow us on Facebook
@NordBridgeSeniorsLethbridge



New Comers Meet & Greet



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.



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www.LHTHTours.ca



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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.

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JAMMERS

NOW BACK EVERY MONDAY
(EXCLUDING HOLIDAYS)

9:30-12:00pm in the

DUNFORD
DINER

\$3.00 charge for
non-members



coffee
with a
COP



Share your concerns
with
Constable
Shawn Davis

Second Wednesday of
every month
10:00am - 11:30am
Dunford Diner



Ladybug Arborists

Maureen Sexsmith-West

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• Elm Pruning

• Winter Tree/Shrub Pruning



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roost roost LIMITED

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- 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

University of Lethbridge Nursing Students

Hello, we are the University of Lethbridge Nursing Students! We are so excited to be here with you. We invite you to our Health Fair on November 24th from 9:30 am – 12:00 pm. There will be several different vendors and you will have a chance to win a door prize! Additionally, we will be holding educational sessions on Thursdays - please see the posters on page 9 of this newsletter for upcoming dates and information. Also, just a friendly reminder to get your flu shot this flu season. Don't be afraid to come say hi!



Food!
Lots of Vendors!
Door Prizes!

Nord-Bridge Senior's Centre Annual

HEALTH FAIR

Presented by
University of
Lethbridge
Nursing
Students

Thursday
November 24th

9:30 AM - 12:00PM

@ Nord-Bridge Seniors Centre

Multi-Purpose Hall
1904 13 Ave N Lethbridge

Join us and learn all
about health resources
available to YOU all here
in Lethbridge!

Have a snack and
a chat and maybe even
leave with a prize!



Calling on my family of great friends!
My Big Brother, Everett Arkinstall, is
turning the Big 7-0 this year!
Please help him celebrate at a
Come-and-Go Birthday Party!
November 19th, 2022 2pm - 4pm
Nord-Bridge West Community Hall
Your presence will be Everett's delight!
~Val Arkinstall~



Attention Card Players:

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

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

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



Breakfast

Full Breakfast \$8.00

2 Eggs, Bacon or Sausage or Ham, Hashbrowns, Toast & Coffee

Eggs Benedict \$8.50

Toasted English Muffin, Poached Eggs, Ham, Hollandaise Sauce, Hashbrowns & Coffee
Half Order \$6.25

Bacon Temptation Omelette \$8.50

Bacon & Cheese, Tomato slices, Hashbrowns, Toast & Coffee

Spinach Omelette \$8.50

Spinach, Mushrooms, Green Onions, Peppers, Cheese, Hashbrowns, Toast & Coffee

Spanish Omelette \$8.50

Peppers, Green Onions, Ham, Mushroom, Cheese, Hashbrowns, Toast & Coffee

Ham & Cheese Omelette \$7.75

Hashbrowns, Toast & Coffee

Small Full Breakfast \$6.00

One Egg, Bacon or Sausage or Ham, Hashbrowns, One Toast & Coffee

Pancakes \$6.00

French Toast \$6.00

Breakfast Burrito \$6.50

Sausage, Peppers, Mushroom, Green Onions, Cheese

Egg Muffin Sandwich \$5.00

Toasted Egg Muffin with Bacon or Ham or Sausage

Add \$3.75

Bacon or Ham or Sausage

Lunch

Philly Cheesesteak Sandwich \$9.00

Sliced Steak with Peppers, Onions on a Hoagie Bun with French Fries

Beef Dip Sandwich \$9.00

Roast Beef, Aujus, Sauteed Mushrooms on a Hoagie Bun with French Fries

Rueben Sandwich \$7.50

Corned Beef, Swiss Cheese, Sauerkraut on Rye Bread

Deluxe Hot Hamburger & Poutine \$9.00

Beef Patty on a slice of bread with gravy, onions and Poutine

Hot Hamburger & Fries \$8.25

Beef Patty on a slice of bread with gravy and Fries

Build Your Burger:

Beef or Chicken \$7.00

Add Swiss or Cheddar Cheese \$1.00 Add Bacon \$1.50
Add Mushrooms \$1.00

Fish & Chips \$10.00 (2 piece) \$8.00 (1 piece)

Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$6.00

Grilled Ham & Cheese \$5.50

Grilled Cheese \$4.25

BLT \$5.75

Nord-Bridge Club Sandwich \$7.50

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

Denver Sandwich \$6.25

Chicken Caesar Wrap \$6.50

Chicken Fingers & Fries \$7.75

Chicken Quesadillas \$8.50

Salad

Chef Salad \$8.00

Nord-Bridge Salad \$8.25

Seasonal fruit, nuts with vinaigrette dressing

Chicken Caesar Salad \$7.00

Taco Salad \$7.25

Add Refried Beans \$1.00

Caesar Salad \$5.50

Garden Salad \$5.50

Fries & Sides

Poutine \$6.25

Fries \$3.25(sm) \$4.75(lg)

Onion Rings \$4.75

Loaded Fries \$6.50

Bacon, Cheese, Green Onions

Sweet Potato Fries \$5.25

Garlic Cheese Toast \$4.25

Add Ons: Salsa, Sour Cream, Dressing, Mayo, or Gravy \$0.75

Soup & Sandwich

Soup & Sandwich \$7.00

Soup \$4.00

Sandwich \$4.00

Beverages

Coffee, Tea, Hot Choc. \$1.00

Pop & Juice (Can) \$1.50

Bottled Water \$1.00

JOIN US!

Alzheimer's and Dementia Information Session

Understand how to keep your memory sharp!

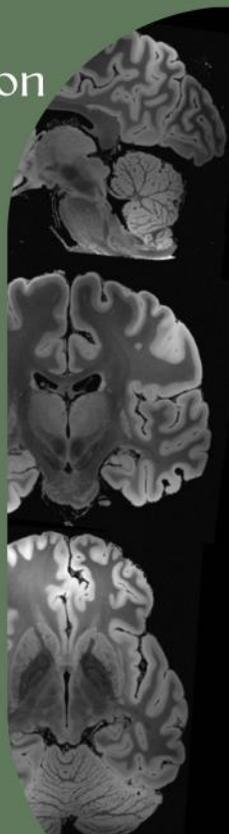
Learn about living with dementia and supporting other's with dementia.

When: Thursday
November 3
11:00 AM

Where: The Flex Room

Free snacks at session!

Look out for information of blood pressure!



HOSTED BY NURSING STUDENTS

LEVEL UP YOUR TECHNOLOGY SKILLS



JOIN US IN LEARNING HOW TO MAKE YOUR PHONE YOUR FRIEND & NOT YOUR "FRENEMY"

WHEN: THURSDAY NOVEMBER 17TH @11AM IN THE FLEX ROOM

WHAT YOU'LL LEARN

Phone Anatomy
FaceTime/ Video Calling
Adding Contacts & Blocking contacts
And much more

SNACKS WILL BE PROVIDED!



Please bring your devices & any questions you have



THANK YOU!

Thanks to our volunteers, staff, and the community for supporting Nord-Bridge at our Annual Thanksgiving Luncheon on October 7th! We were sold out at 144 people!



25 DAYS OF CHRISTMAS



DRAW DATES:
Fri. Nov. 25th
Fri. Dec. 2nd
Fri. Dec. 9th
Fri. Dec. 16th
Fri. Dec. 23rd

DRAWS EVERY FRIDAY! STAY TUNED ON MONDAY, NOVEMBER 21st FOR MORE INFO!

Something for everyone!

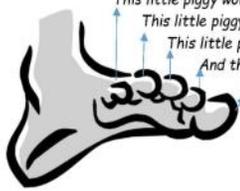


WE ARE LOOKING FOR A FEW VOLUNTEERS TO SELL TICKETS FOR THE DRAWS! TALK TO TRACY AT THE FRONT RECEPTION DESK OR CALL 403-329-3222!

Thank you to all who came out to the Nord-Bridge craft sale on October 22nd! Thanks also to our amazing vendors - you are all very talented!



Seniors System Navigator



This little piggy wore Argyll,
This little piggy wore tube socks,
This little piggy wore woollies,
And this little piggy dressed in style.
But this little piggy . . . **HAD NONE!**



It's time for 22nd ANNUAL OPERATION: SOCK IT TO 'EM

From November 1 to December 15, 2022

Nord-Bridge Seniors Centre, the Caretakers & Maintenance staff in Lethbridge & Area schools are collecting **NEW SOCKS** to be donated to local charities and those less Fortunate for Christmas.

Please join them and make Someone's Christmas a little bit warmer!

To donate, contact any Custodial staff at your local school.

QUESTIONS?

Call Gail Petrie (403) 327-6520
Charlene Kocken (403) 329-3222

-Nord-Bridge Seniors Centre
-Lethbridge School District #51
-Holy Spirit School
-Palliser Regional School

- *Charlene Kocken* - BA, BSW, RSW



WINNERS BINGO VOLUNTEER COORDINATOR NEEDED!



Duties include: phoning and scheduling bingo volunteers, weekly. Need to be a reliable and organized person.
Please call 403-329-3222 and ask for Ashley.



VOLUNTEERS!

PLEASE MAKE SURE YOU ARE RECORDING YOUR
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!



Christmas Trays & Pies

Dessert Tray 16" \$25.00
(cookies and squares)

Tart Tray 8" \$15.00
(assorted)

Pies	5"	8"
Pumpkin, Apple, Cherry	\$5.00	\$8.00
Raisin	\$6.00	\$10.00
Mincemeat	\$6.00	\$12.00

Limited quantities of dessert trays and tart trays available. (80 dessert, 20 tart)

Orders can be placed between
November 1st - November 30th
by calling 403.329.3222
Pick Up Dates:
Friday, December 2, 9 & 16
8am-10am & 1pm-3pm



\$13 per person Nord-Bridge Seniors Presents

Christmas Lunch

Friday, December 9th at 11:30am
Seating begins at 11:00am - no sooner

Turkey, mashed potatoes, gravy,
veggies, and all the fixins'

Tickets go on sale Nov. 17th
at the front reception desk

Regular lunch menu unavailable, however, a soup
and sandwich option will be available in the back
servery (enter through the Multi-Purpose Hall)

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday						
<p>1</p> <p>9:00 Zumba GOLD 9:30 Begin. Watercolor 10:00 Music Makers 10:00 New Comers Meet & Greet (Diner) ^{NEW} 10:00 Clogging ^{Beginners} 11:00 Clogging ^{Advanced} 11:00 Keep Fit (Aerobic) 1:00 Watercolor Club 1:00 Canasta 1:00 Beginners Tai Chi (Multi-Purpose Hall) ^{NEW} 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 5:00 Evening POUND 7:00 Evening Line Dance</p>	<p>2</p> <p>9:00 Virtual Meditation 9:30 GENERAL MEMBERSHIP MEETING 10:00 Paper Tole/Card Making (Flex Room) 10:45 WINNERS BINGO 1:30 Minds in Motion ^{NEW} 1:00 Kraffers Koffee Club 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis</p> <p>* Active POUND and Carpet Bowling CANCELLED today due to General Member Meeting*</p>	<p>3</p> <p>9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 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 1:00 Floor Shuffleboard 5:45 Beginners Pickleball</p> 	<p>4</p> <p>9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Craft Room) 10:45 Chair Yoga 12:45 Crib (West Community Room) ^{NEW} 1:00 In-House Bingo 1:00 Contract Bridge (Annex) ^{NEW} 1:00 New Room*</p> 	<p>5</p> <p>9:00 Zumba GOLD 9:30 Begin. Watercolor 10:00 Music Makers 10:00 New Comers Meet & Greet (Diner) ^{NEW} 10:00 Clogging ^{Beginners} 11:00 Clogging ^{Advanced} 11:00 Keep Fit (Aerobic) 1:00 Watercolor Club 1:00 Canasta 1:00 Beginners Tai Chi (Multi-Purpose Hall) ^{NEW} 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 5:00 Evening POUND 7:00 Evening Line Dance</p>	<p>6</p> <p>9:00 Zumba GOLD 9:30 Begin. Watercolor 10:00 Music Makers 10:00 New Comers Meet & Greet (Diner) ^{NEW} 10:00 Clogging ^{Beginners} 11:00 Clogging ^{Advanced} 11:00 Keep Fit (Aerobic) 1:00 Watercolor Club (Flex Room) 1:00 Canasta 1:00 Beginners Tai Chi (Multi-Purpose Hall) ^{NEW} 1:00 Scrabble 1:00 Texas Hold'em 1:30 Baking at Interfaith 1:30 Beginners Crib 5:00 Evening POUND 7:00 Evening Line Dance</p>	<p>7</p> <p>Fall In House Tournament Entry Fees Due Today ^{NEW} 9:00 Gentle Yoga 9:30 Jammers (annex) 10:00 Begin. Acrylic 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:00 Tech Help with All! 10:45 Chair Yoga 1:00 Beginners Line Dance (West Community Room) 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach Meeting 2:30 Beginners Tai Chi ^{NEW}</p> 	<p>8</p> <p>9:00 Zumba GOLD 9:30 Begin. Watercolor 10:00 Music Makers 10:00 New Comers Meet & Greet (Diner) ^{NEW} 10:00 Clogging ^{Beginners} 11:00 Clogging ^{Advanced} 11:00 Keep Fit (Aerobic) 1:00 Watercolor Club (Flex Room) 1:00 Canasta 1:00 Beginners Tai Chi (Multi-Purpose Hall) ^{NEW} 1:00 Scrabble 1:00 Texas Hold'em 1:30 Baking at Interfaith 1:30 Beginners Crib 5:00 Evening POUND 7:00 Evening Line Dance</p>	<p>9</p> <p>8:45 Active POUND 9:00 Gentle Pilates 9:00 Virtual Meditation ^{zoom} 9:30 Board Meeting 10:00 FOOT CARE (by appt.) Craft Room 10:00 Coffee with a Cop 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Flex Room) 10:30 Somatics 10:45 WINNERS BINGO 1:30 Minds in Motion ^{NEW} 1:00 Kraffers Koffee Club 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis</p>	<p>10</p> <p>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 1:00 Floor Shuffleboard 5:45 Beginners Pickleball</p> 	<p>11</p> <p>Closed today for Remembrance Day</p> <p><i>Let us forget</i></p>

14
9:00 Lawyers (by appt.)
 9:00 Gentle Yoga
 9:30 Jammers (annex)
10:00 **Begin. Acrylic**
 (Craft Room)
 10:00 Intermediate Line
 Dance (Multi-Purpose Hall)
 10:45 Chair Yoga
 1:00 Beginners Line Dance
 (West Community Room)
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
2:30 **Beginners Tai Chi**



15
 9:00 Zumba GOLD
 9:30 Begin. Watercolor
 10:00 Music Makers
10:00 **New Comers Meet**
 & Greet (Diner)
 10:00 Clogging Beginners
 11:00 Clogging Advanced
 11:00 Keep Fit (Aerobic)
 1:00 Watercolor Club
 1:00 Canasta
1:00 **Beginners Tai Chi**
 (Multi-Purpose Hall)
 1:00 Scrabble
 1:00 Texas Hold'em
 1:30 Beginners Crib
1:30 **COMPASS**
 5:00 Evening POUND
 7:00 Evening Line Dance

16
 8:45 Active POUND
 9:00 Gentle Pilates
9:00 **Virtual Meditation**
 zoom
 10:00 Carpet Bowling
 10:00 Paper Tole/Card
 Making (Flex Room)
 10:30 Somatics
10:45 **WINNERS BINGO**
11:15 **Virtual Cooking**
1:30 **Minds in Motion**
 Kraffers Koffee Club
 1:00 Darts
 1:00 Euchre
 1:00 Bid Euchre
 7:00 Table Tennis

17
 9:00 Card Crafters
 9:00 Advanced Line
 Dance (Multi-Purpose Hall)
 9:00 Gentle Yoga
 9:30 Mind Joggers (Board Room)
10:00 **Hearing Consults**
 (Library)
 11:00 Keep Fit (Strength)
 1:00 Acrylic Paint
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:00 Canasta
 1:00 Floor Shuffleboard
 5:45 Beginners Pickleball
6:00 **Paint & Sip Night**

18
 9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:00 Paper Tole/Card
 Making (Craft Room)
10:00 **Member Photos**
 with Sid Lewis (Library)
 10:45 Chair Yoga
 12:45 Crib (West Community Room)
New Room
1:00 **In-House Bingo**
 1:00 Contract Bridge
 (Annex) ***New Room***



21* & 28
 9:00 Gentle Yoga
 9:30 Jammers (annex)
10:00* **Beginners Acrylic**
 (last class on Nov. 21)
 10:00 Intermediate Line
 Dance (Multi-Purpose Hall)
10:00* **Tech Help with AI!**
 10:45 Chair Yoga
 1:00 Beginners Line Dance
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Darts (cancelled 21st)
1:30* **Outreach (21st)**
2:30* **Beginners Tai Chi**
 (last class on Nov. 21)
Chi

22 & 29
 9:00 Zumba GOLD
 9:30 Begin. Watercolor
 10:00 Music Makers
10:00 **New Comers Meet**
 & Greet (Diner)
 10:00 Clogging Beginners
 11:00 Clogging Advanced
 11:00 Keep Fit (Aerobic)
 1:00 Watercolor Club
 1:00 Canasta
1:00 **Beginners Tai Chi**
 (Multi-Purpose Hall)
 1:00 Scrabble
 1:00 Texas Hold'em
 1:30 Beginners Crib
1:30 **COMPASS**
 5:00 Evening POUND
 7:00 Evening Line Dance

23 & 30*
 8:45 Active POUND
 9:00 Gentle Pilates
9:00 **Virtual Meditation**
10:00* **FREE Massage**
 Carpet Bowling
 10:00 Paper Tole/ Card
 Making (Flex Room)
 10:30 Somatics
10:45 **WINNERS BINGO**
Minds in Motion
 Kraffers Club
 1:00 Darts
 1:00 Euchre
 1:00 Bid Euchre
3:15 **Intergenerational**
Game Afternoon (23rd)
 7:00 Table Tennis

24
 9:00 Card Crafters
 9:00 Gentle Yoga
9:30* **Seniors Health Fair**
 9:30 Mind Joggers
 (Board Room)
 1:00 Acrylic Paint
 1:00 Woodcarving
 1:00 Floor Shuffleboard
 5:45 Beginners Pickleball
Advanced Line Dance, Keep Fit, Trump Whist, Duplicate Bridge, and Canasta CANCELLED today due to Health Fair & Vendor Lunch

25
 9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:00 Paper Tole/Card
 Making (Craft Room)
 10:45 Chair Yoga
 12:45 Crib (West Community Room)
New Room
1:00 **In-House Bingo**
 1:00 Contract Bridge
 (Annex) ***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: DECEMBER 15th
- WINTER WONDERLAND WALK THROUGH - FRIDAY, DECEMBER 16**
- DONATE YOUR GENTLY USED CHRISTMAS TREE STARTING DEC. 15T**

SOCK IT TO 'EM FUNDRAISER - BEGINS NOV. 1ST - DEC. 15 - DONATE NEW SOCKS TO NORD-BRIDGE'S FRONT RECEPTION DESK.

WINNERS BINGO WEDNESDAY: NOVEMBER 2, 9, 16, 23, 30

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON JAN. 4 & MAR. 1, 2023 (NOW \$15) NEW ROOM: CRAFT ROOM

TRIP FOR WINTER LIGHTS - TO BE ANNOUNCED (FIND MORE INFO IN THE DECEMBER NEWSLETTER!)

CHRISTMAS LUNCHEON - FRIDAY DECEMBER 9TH TICKETS REQUIRED (BUY YOUR TICKETS STARTING NOV. 17TH)

WINNERS





*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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Rick Miller
Licensed Contact Lens Practitioner



Fred Miller
[Registered](#) Optician

Notice from Cards:
We are currently looking for more players in Norwegian Whist, Canasta (Thursdays) & Euchre. If interested, please attend the card program as noted in the Fall Program Book. Thanks!

FOOT CARE IS BACK!

*Appointments MUST be booked ahead by calling 403-329-3222 while spaces last!

Dates: Wednesday, November 9th
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.



IS IN NEED OF GENTLY USED Christmas Trees

For our Winter Wonderland Walk-Through at Nord-Bridge Seniors Centre!
Accepting donations starting Dec. 1st

Put your Christmas tree to good use!

To donate: Please call 403-329-3222 and ask for Ashley



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

Call 403-329-3222 to register today!
*Max of 8

OPEN TO ALL SENIORS 55+!

Intergenerational BAKING CLASS



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

Tuesday, November 8th
At 1:00pm



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

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

NAGEL TOURS

ESCORTED MOTORCOACH HOLIDAYS

Motorcoach tours can be a delightful way to visit your dream destinations in Canada and the United States. All trip details, transportation, lodging and sightseeing excursions are handled with just one call.
The journey is not only about the destination - time spent on the road provides an opportunity to share experiences with new friends and form happy memories.

CHRISTMAS IN VICTORIA

Butchart Gardens, Special Meals, Santa Visit & more
9 days, December 21st guaranteed

UPCOMING 2023 TOURS:

- Palm Springs Desert Oasis
- Arizona Desert and Canyons
- Alaska Midnight Sun
- Seattle Baseball
- Atlantic Canada and Newfoundland
- Cross Canada by Motorcoach
- Newfoundland and Best of The Maritimes
- Nashville, Branson and Memphis
- Nashville, Branson and Dollywood

Visit us online at www.nageltours.com

toll free: 1-800-562-9999
resoffice@nageltours.com

45TH Anniversary!



Paint & Sip Night with Smudge Art Studio Inc.

\$50 per person 18+

PAINT THIS PAINTING!

*For members and invited guests



NORD-BRIDGE SENIORS CENTRE
Thursday, Nov 17 @6pm

THE TRUCK STORE

430 STAFFORD DR. N. LETHBRIDGE

403-327-2721

truckstorelethbridge@gmail.com

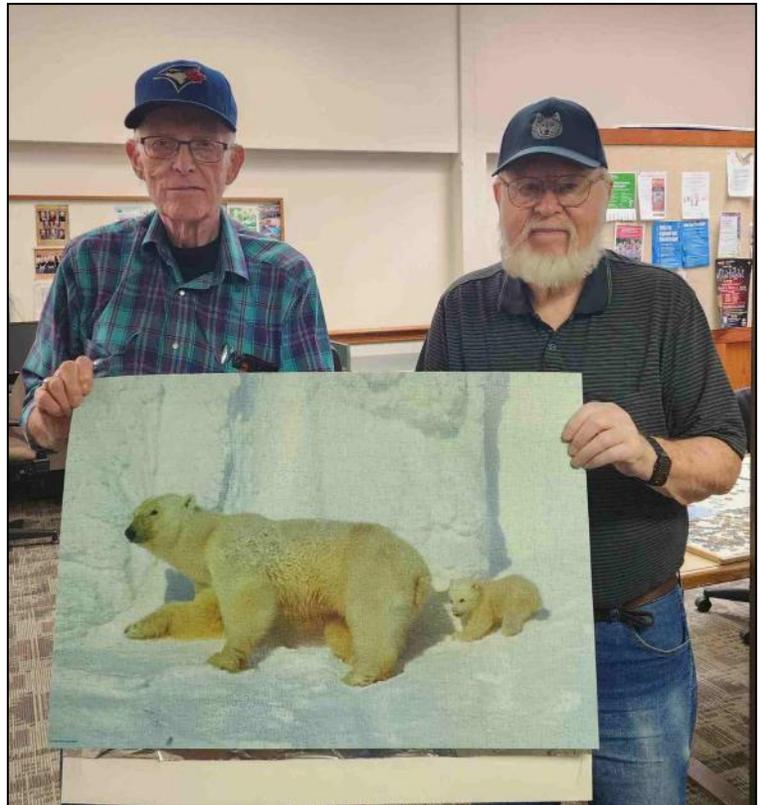
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Facebook: The Truck
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Red Nowell and Rense Nyhoff worked for many hours
on this challenging puzzle! Great job, gentlemen!



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:

Nov. 14 & Dec. 12 *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.

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Through the Generations.*

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GENERATIONS

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A Division of The Caring Group Corp.



NORD-BRIDGE
SENIORS CENTRE

Presents

Winter 3rd annual
Wonderland
Walk-Through

Entry fee: donation of a
non-perishable food item
towards the Food Bank

- Live Music
- Hot Cocoa
- Prizes
- Main Corridor
of Nord-Bridge
Open to all!

Located at: 1904 13 Ave. N.
For more information call 403-329-3222

FRIDAY
16th
DECEMBER
1:00pm-3:30pm

Programmer's Report



I can't believe how nice our Fall was this year! I got out for lots of walks and hikes to try and take advantage of the weather.

Our Thanksgiving luncheon sold out at 144 tickets! It was such a fun event and nothing but good feedback on the food thanks to our amazing chefs, Betty and Ken. Thanks to all the volunteers and nursing students that helped out on this day as well.

We also ended off the month with our annual craft sale at Nord-Bridge on Saturday, October 22nd! We had a great response and over 26 vendors were in attendance! Thanks to everyone that came out to support community crafters and Nord-Bridge programs!

This month will be another busy one with the General Member Meeting on November 2nd, the Nursing Health Fair on November 24th and then starting December 1st we will begin to decorate and put up Christmas trees in our hallways for our 3rd annual Winter Wonderland Walk-Through!

We will also be starting our Fall in-house tournaments this month for Floor Shuffleboard, Carpet Bowling, Darts, Table Shuffleboard, and Pool. The cost to join is a one time fee of \$15.00 for members in any tournament. This goes towards next year's Awards Luncheon in March. Please see the conveners of these programs for more information on tournament dates.

We are also bringing back *25 Days of Christmas* starting November 21st in partnership with various local businesses' from in and around Lethbridge. For more info please go to page 10 of this newsletter.

We are currently looking for more participants in the following classes: Evening POUND with Sheila Mulgrew starting at 5pm on Tuesday, November 1st, Intergenerational Baking at the Interfaith Foodbank on Tuesday, November 8th at 1pm, and an Intergenerational Game and Music Afternoon with the Lethbridge Family Centre on Wednesday, November 23 at 3:15 pm. For more info or to sign up for these classes please contact me at 403-329-3222 or go online to www.nordbridgeseniors.com under the *Recreation Programs* tab.

The following classes will be **cancelled** on the following dates: **Wednesday, November 2nd – No Active POUND or Carpet Bowling, and Thursday, November 24th – No Advanced Line Dance, Keep Fit Strength, Duplicate Bridge, or Trump Whist.**

Watch for next month's newsletter, which will have everything from the Christmas Luncheon and the Winter Wonderland Walk-Through, to when the Winter Program Book will be published!

Until next month, stay happy and healthy!

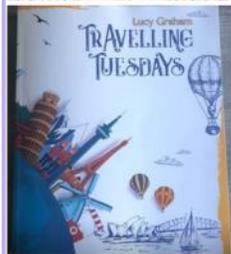
Ashley Kern - Program Coordinator



Lucy Graham, one of our members, is now a published author! She wrote a book called *Travelling Tuesdays*. In it, 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, 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.



Condolences to:

... The Brandley family and the passing of Cal (Janay Smith's father)

...The Maloff family and the passing of Paul

...The Tomomitsu family and the passing of Kaz

...The Knox family and the passing of Ed

Get Well Wishes to:

...Valerie Arkininstall, who had arm surgery

...Sandy Fisher, who is recovering from hip surgery

...Denis Cole, who is in the hospital

...Len Hutchinson's wife, Ursula, who is in the hospital



Christmas Tree Storage Bags Needed in Various Sizes!

Donate your gently used flat bed sheets and we will sew them together to make storage bags for our Christmas trees in our annual Winter Wonderland Walk-Through!

OR

Have any extra Christmas tree storage bags you don't use anymore?

Donate them to Nord-Bridge Seniors Centre!

*Please do not donate cardboard tree boxes.

Location: 1904 13 Ave. N
Due by: December 9th

Contact Ashley at
403-329-3222 for more
information



November's \$10 Lunch Specials for Dine In or Take Out

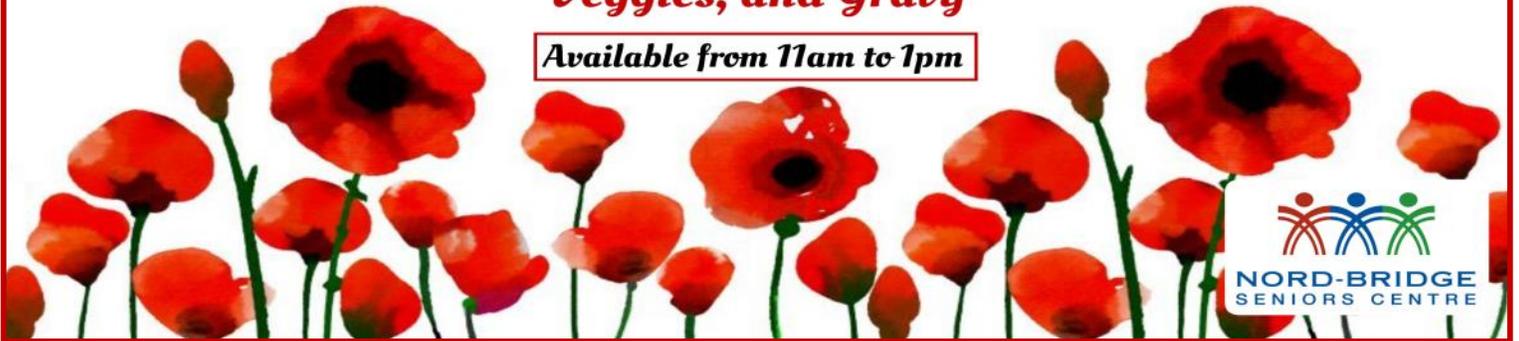
Friday, November 4th - 2 Piece Fish & Chips with Fresh Lemons, Tartar Sauce, and Pasta Salad

Friday, November 11th - CLOSED for Remembrance Day

Friday, November 18th - Spaghetti with Meat Sauce, Caesar Salad, and Garlic Toast

Friday, November 25th - Liver & Onions, Mashed Potatoes, Veggies, and Gravy

Available from 11am to 1pm



Wellness Coordinator/Outreach

Wow! What an amazing October it turned out to be. The blue skies and warmer than usual weather allowed me to get a couple more hikes in. We hiked up to the plane crash behind Blairmore and managed the challenging crawl/scramble/climb to the top of the Crowsnest Pass Mountain. Both were fantastic climbs but very different. We finished off our hot sunny day hikes climbing Tabletop Mountain down in Beaver mines. Spectacular country we live in! Keeping active and getting out in nature to whatever degree, is so important to reset the body



and mind and really uplifts the spirit. I was lucky enough to take a couple of days off near the end of the month to fly out to Kelowna to visit family and take a horse back ride in their country before the first snowfall came.

October was a great month for Nord-Bridge - we hosted our second outreach entertainment activity and had a blast with The Celtic Routes playing and our Halloween Theme.



November 21, 2022 will be the next event to look forward to. Please feel free to check in if you would like to attend or volunteer to help host. October was also the startup of our first Minds in Motion Alzheimer program. Reaching out to the community and supporting our members in all aspect or their lives.

Well, it is getting colder, so come on down and book some time with me to review some of our fitness programs and get orientated in our 55+ gym!

Looking forward to seeing you in November!

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

OCTOBER VIRTUAL COOKING CLASS PHOTOS



Look at all of this delicious food, made by participants in our October virtual cooking class! We made Chicken Fried Rice and a Thai Crunch Salad with Peanut Dressing. Everyone had so much fun and the food was amazing!

Sign up to join our next virtual cooking class! We will be meeting on November 16th at 11:15am!



LIVE



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

Curry Coconut Squash Soup & a Dessert

COOKING CLASS

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned & dropped off at your door step!

Limited spots available

LIVE ON WEDNESDAY

NOVEMBER 16TH

11:15AM MST Via ZOOM



CONTACT ASHLEY @ 403-329-3222

@nordbridgecooksvirtual



Entry: \$3.00

THANKFUL Outreach

Monday, November 21, 2022
1:30-3:00pm

Nord-Bridge Seniors Outreach Program provides social programs for Seniors 55+. Socials are organized on the 3rd Monday of each month. Transportation is available to and from home. Come on out and enjoy some good entertainment and company!

Contact Melanie at melanie@nordbridgeseniors.com or call 403.329.3222 for more information



NORD-BRIDGE SENIORS CENTRE

THANK YOU!

To Tim Hortons South for donating muffins, and Savers Convenience for donating pop to the Nord-Bridge Fall Craft Sale on October 22! We appreciate your kind donations!





LEST WE FORGET



RACHAEL THOMAS
LETHBRIDGE ALBERTA MP




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

Mind Joggers Writing Group

The Veterans

The men in their berets stand tall
 And misty-eyed let memories soar -
 As they look backward through the years
 At the tragedy of war
 Each remembers his long-lost youth
 Which, in the search for peace, was sent.

He left his land to volunteer -
 For his country's sake, he went
 Soldiers who joined up all were young,
 And dressed in khaki, onward marched
 Along streets of cities, roads of rain -
 Across deserts, dry and parched.
 On battleships and minesweepers
 The Sailors plied the vast sea lanes
 And wondered if they'd ever see
 London's lights go on again
 The Air Force pilots made their flights
 While hoping that war soon would cease,
 With all the troops homeward-bound.
 Then the world would be at peace.

Together they fought on and on,
 As all one force they were, it seemed
 Together they did not return
 To fulfill their boyhood dreams.
 Young men beside each other lie
 As rows of crosses mark their graves.
 What now O free and modern man,
 Will you their memory save?
 Don't rush each day throughout the year
 And not take time at all to pause
 Won't you just stop a minute now
 And relate to their great cause?
 Then just for this short span of time,
 An undivided nation be,
 And think about the ones who died
 So that we all could be free.

~Anonymous~

Since I joined the Mind Joggers in 2004, many changes have taken place. We have laid to rest loved ones and seen others move away. One thing that hasn't changed is the time we meet, which is every Thursday morning at 9:30 AM (except July and August). We have 18 members. We are a very close group who enjoy writing stories about their childhood and writing stories of fiction. You will find that we laugh, we cry, but, most of all we care. Why not come in and have a listen to us sometime? If you like what you hear and see, maybe you'll become a member.

~Judith Knox - Convener, Mind Joggers ~



Intergenerational Board Game & Music Afternoon

WEDNESDAY,
2022 | NOVEMBER 23
@ 3:15 PM
IN THE MULTI-PURPOSE HALL OF NORD-BRIDGE



IN PARTNERSHIP WITH  **FAMILY CENTRE**

*ALL SENIORS 55+ WELCOME TO REGISTER
 PLEASE CALL 403-329-3222 OR STOP BY
 NORD-BRIDGE AND ASK FOR ASHLEY.



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A Division of the Caring Group Corp.

Scams and Frauds Educational Presentation

November 23rd at 1:30-3:30

Located at LSCO in the Stage Area

Snacks, coffee &
a door prize
provided by



Come learn about common scams and related topics, including:

- ✓ Internet scams
- ✓ In person scams
- ✓ Romance scams
- ✓ Credit/debit card scams
- ✓ Cyber security



This presentation will cover how to recognize scams and frauds, and how to protect yourself from them! Open to everyone at no charge!

Please register by calling LSCO at 403-320-2222 or attending the admin desk!



Member Photos

3RD FRIDAY OF THE MONTH with Sid Lewis!

Friday, November 18th **FREE**
from 10 am -1130am or 1:00 pm- 2:00 pm

Friday, December 16th **FREE**
from 10 am -1130am or 1:00 pm- 2:00 pm

*First come first serve
Photos taken in Nord-Bridge Library
(across from the dining room)

☎ Call 403-329-3222 for more
information!



Over 200 dishes with contact-free delivery!



Made for Seniors

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

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

FREE Delivery* | No Subscription | Special Diet Options

Get your FREE Menu
1-844-431-2800
HeartToHomeMeals.ca

*Some conditions may apply.



Lethbridge Elder Abuse Response Network: November is Family Violence Prevention Month, which includes elder abuse! Did you know Alberta has the third highest rate of self-reported spousal violence among Canadian provinces? Yet, family violence is preventable. You can recognize the significance of family violence prevention and increase your knowledge on the topic by wearing purple and attending webinars/events locally or online.

A resource that comes to mind is the Safer Spaces Certificate offered by the Alberta Government. The Safer Spaces Certificate is embedded within The Residential Tenancies Act and allows for victims of family violence to end a lease agreement, without financial penalty. More information can be found at <https://www.alberta.ca/safer-spaces-certificate.aspx>. Additionally, individuals can apply for an Alberta Works grant for fleeing family violence which can be used for moving costs, or emergency shelter costs.

Join us in recognizing Family Violence Month by wearing a purple ribbon in support of ending family violence and promoting local resources that can help, such as those named above.

The colour purple became associated with family violence after women fought for equal rights in the United States, and those who marched in rallies chose to wear purple to make a visual impact. Also, the US Military awards a purple heart to those who have been wounded in service. It is widely maintained that for the above reasons, among others, survivors of family violence have suffered emotional and/or physical injury as a result, and the colour is meant to be a symbol of peace, courage, survival, honour, and dedication to ending violence. To learn more about elder abuse specifically, you can book a LEARN presentation for your agency/business. If you would like to collect resources on elder abuse, I always have some on hand in my office on the second floor of LSCO and am happy to provide them to you!

-Amy Cook- LEARN Case Manager



Thanking our veterans and honouring them on Remembrance Day.

We will never forget.



NATHAN NEUDORF
MLA Lethbridge-East

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





FOR NORD-BRIDGE MEMBERS ONLY

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!



TECH HELP WITH AI

Technology can be confusing and frustrating when it doesn't work, so bring your portable devices and your questions and let AI, our volunteer, help you.

When: November 7 & 21
Time: 10:00 am – 2:00 pm

Where: Main Corridor of Nord-Bridge
Fee: FREE for Nord-Bridge Members

*Appointments required-please stop by the front reception desk.

Nord-Bridge Fall 2022 In-House Tournaments

Nord-Bridge will be hosting our annual Fall In-House Tournaments. You can sign up for any or all of the tournaments. **The entry fee is \$15.00, and payable at the Reception Desk by November 7, 2022.** The entry fee includes entry to participate in all tournaments and an awards luncheon on March 3, 2023. ***For Nord-Bridge Members ONLY***

Carpet Bowling: November 16, 18, 23, 25 & 30th (Tournament play will be scheduled during regular Wednesday & Friday program times)



Darts: November 7, 9, 14, 16, *21, 23, 28 & 30 (Tournament play will be scheduled during regular Mondays & Wednesdays at 1pm) *No tournament on Nov. 21 – due to Outreach program



Pool (8 Ball, 9 Ball, Snooker, Pool Golf): Pool tournaments will start on November 8 and runs through to the end of December.



Table Shuffleboard: November 15, 22 & 29. (See Clay for Tournament Schedule)



Floor Shuffleboard: November 10, 17, & 24 (Tournament play will be scheduled during regular Thursday program times)



To register please see Front Reception Desk.

All entry fees are due by Friday, November 7, 2022



Enjoy Our Monthly Breakfast Buffet

\$11 PER PERSON OPEN TO ALL!

8:30 AM TO 10:30 AM

1ST WEDNESDAY OF EVERY MONTH

1904 13 AVE NORTH



THERE'S MORE TO ELDER ABUSE THAN MEETS THE EYE.

To make referrals, ask questions, or to request a presentation on elder abuse for your agency call the Lethbridge Elder Abuse Response Network (LEARN) Case Manager at 403-394-0306.

It's not always easy to spot the impact of elder abuse. Nearly one in 10 Alberta seniors is the victim of physical, mental or sexual abuse, financial exploitation or neglect. Make sure you know the signs and how to stop it. Silence is not an option. Learn more. Alberta.ca/ElderAbuseHappens



Did you know Nord-Bridge has

ROOMS
For
RENT



On Weekends for Special events?

***Multi-Purpose Hall : \$750.00 for weekend or Hourly
\$125.00 (Min. 3 hours)**

***West Community Room: \$200.00 for Weekend or Hourly
\$35.00 (Min. of 3 hours)**

Damage deposit not included in this price

***For booking inquiries please call Maria at 403-329-3222. Please book a minimum of one month in advance. Please go to www.nordbridgeseniors.com under the About > Facilities > Rentals tab for more information about these rooms.**



NORD-BRIDGE
SENIORS CENTRE



“The Friendly Centre”

1904—13th Ave. North
Lethbridge, Alberta
403-329-3222
friendly@nordbridgeseniors.com

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

www.nordbridgeseniors.com