



NORD-BRIDGE SENIORS

NEWSLETTER

October 2022



The University of Lethbridge Nursing Students are back at Nord-Bridge as part of their community practicum. They will be at the Centre every Thursday and Friday! Feel free to stop in and chat, attend one of their information sessions, or the Health Fair on Thursday, November 24th. Welcome Nursing Students! We are so happy we can continue this partnership!



"The Friendly Centre"

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

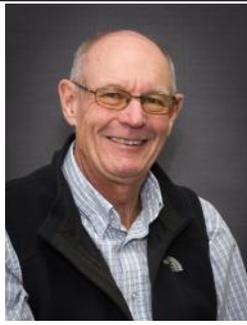
Open Monday to Friday - 8:00 a.m. to 4:30 p.m.

Telephone 403-329-3222 Fax 403-329-8824

E-mail: friendly@nordbridgeseniors.com

PRESIDENT'S REPORT

Hello October! Let the Fall colours begin. October can be a lot of fun. Still time for long walks in the fallen leaves and bike rides through the river valley. Time to get a good book and curl up in front of the fireplace.



September saw the passing of Queen Elizabeth II and all the events leading up to the funeral on September 19. May God rest her soul! There are some living today who have lived under the reign of George V, 1910 to 1936, some under George VI, 1936 to 1952, most under Elizabeth II, 1952 to 2022 and now Charles III. This is very interesting to me because I collect coins. I'm waiting to see what they do with the coins and bills for 2023. Our money has changed quite a bit over the years; when I was born in 1947 \$100 would buy equivalent of \$1328.12 today.

If you missed the Nord-Bridge Gala evening be sure to attend next year. It was a wonderful evening of entertainment and excellent food. The staff of Nord-Bridge did a fantastic job of organizing this event which also included a live auction and professional entertainment by the dueling pianos. It felt so good to dress up and attend an event like this after two years of Covid restrictions.

Elvis tribute artist Bruce Andrew Stewart entertained us on September 17 with "A Tribute to the King". This was an excellent show, and we were so pleased to be able to attend. Again, the staff and volunteers did a remarkable job of putting this all together. Kudos to Jim Hahn for bringing in this professional entertainer. It has been really frustrating these past two years not being able to have these fund-raising events. So, we welcome these recent opportunities to raise some funds for Nord-Bridge.

October events to look for are The Thanksgiving Lunch on October 7th, pick up your tickets at the reception desk. October 26th is the second Intergenerational Board Game and Music Afternoon. Please Register with Ashley. We should hear this week who our new Premier is. This is going to be an "Interesting year!" "The end of the summer is not the end of the world. Here's to October..." – A.A. Milne.

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 **59** New Members! We are happy to have you here!

Irene Carlson	Lori Nobel
Ethel Sigurdson	Lora Morris
Elsie Reimer	Tammy LeBaron
Doreen Thomson	MaryLou Monahan
Marnie Roth	Earl McKeith
Patricia Gillam	Susan Bennett
Melvina Langlands	Elizabeth Arthur
William Langlands	Cathie Boychuk
Janet McFarlane	Warren Funk
Joanne Bollek	David McCaig
Patricia Rieger	Deborah Duncan
Elaine Hahn	Judy Chan
Donna Stevenson	JoAnne Donovan
Connie Bergmann	Linda Scott
Jenny Feher	Debbie Pickett
Laurie Lewis	Mary Spanbauer
Brad Miskulin	Ruth Sellers
Donna O'Connell	Sharon Mandin
Wayne O'Connell	Jean Urry
Nicholas Doerson	Jan Heetebrij
Deanna Lehner	Jane Scott
Maureen Walker	Lizzie Riley
Jane Goddard	Susan Robert
Jane Scott	Lynne O'Brien
Sharon Regnier	Raymond Perron
Rita Chapman	Marilyn Perron
Ken Sears	Anonymous (5)
Barbara McNeely-Sears	

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

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



I don't drink fancy Starbucks coffee, but I know when they start advertising their Pumpkin Spice Latte it means one thing; fall weather is upon us. I am always amazed how quickly September goes. At the time of writing my article we have 59 new members who have signed up this month. Last month I was able to meet 12 new members participating in the New Comers Meet and Greet program. This new social group hosted by Barb LeClair, Anita Hamilton and Heather Schmitt is a group that meets every Tuesday and offers new members an opportunity to connect with new people. I was able to give a quick overview of the history of Nord-Bridge and personally welcome the new members to Nord-Bridge. Thank you for taking the time to make Nord-Bridge a part of your social circle.

To say the last two years have been challenging is an understatement. Nord-Bridge's fundraising revenue was severely impacted, as we were unable to host events such as Old Favorites, Popovichs, Elvis Show and the Under Northern Lights Gala. Last month however, we were able to host two of these fundraising events. Thank you to Jim Hahn and his organizing crew for running a very successful Elvis Show! We hosted two shows and ticket holders were treated to a fantastic 'Tribute to the King'. Unfortunately, I was unable to attend the event, however I heard many stories of laughter from the two almost fully sold out shows. Jim doesn't get nearly enough recognition for his time and effort coordinating most of our fundraising events. We truly appreciate all your work and hard effort that you continue to devote to Nord-Bridge and its fundraising endeavors. The Gala was planned by a steering committee composed of Tracy, Maria, Erin and myself. I can't thank the three of these ladies enough! They worked tirelessly on the Gala from the sides of their desks on top of their regular day to day responsibilities. We also had a great supporting cast that helped at the gala; from our volunteer table ushers and wine wall attendants to the helpful crew that transported auction items to the event. The gala would not have been possible without the amazing and generous corporate sponsors listed on page 19 of this Newsletter. Finally, thank you to our gala attendees who made the night memorable and successful! We have already started working on the spring 2023 Gala which is booked for May 6th.



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)



Friday Lunch Entertainment for October

Friday, October 7 (Thanksgiving Luncheon) - Yvonne Nelson

Friday, October 14 - Dave and Don

Friday, October 21 - Fay Stevens

Friday, October 28 - Don, Doug and Jan
The Garden Grove Strings

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



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

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

IN ORDER TO PARTICIPATE YOU MUST:

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

RECENT WINNER

September 13th-Daniel Deringer \$429.25

MONTHLY 50/50 TOONIE DRAW

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

TO PLAY:

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

RECENT WINNER

September 23— Beverly Pickell \$315.00
Next Draw October 28 (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

Sept. 12- Karen Trainor \$62 & Evelyn Krysowaty \$62
Sept. 19- Alice Ries \$58 & Clay Olsen \$58
Sept. 26 - Bob Matsumoto \$56 & Bob Conine \$56

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


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Association

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

Lethbridge Food Bank

Mobile Food Support



Mobile Food Support is a service provided by Lethbridge Food Bank that provides community members access to food support. It is open to ANYONE who may need a little extra food assistance.

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

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

STEP BY STEP

- Walk Up
- Check In
- Receive Food



HOW TO ACCESS

We only need your postal code. E-mail is optional.

Pick Up Food at these Locations

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



Lethbridge HEARING CENTRE

FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

403-329-3222

Third Thursday of the month, next appointment

October 20th

1/2 hour appointments for Nord-Bridge Members ONLY

Follow us on Facebook @NordBridgeSeniorsLethbridge



NORD-BRIDGE BUILDING FUND RECENT DONORS

Rudy Grams: \$200; Anne Pauls: \$50; Christina Figenshau: \$25; Steve Prokop (In Memory Of Evelyn Prokop): \$500; Anonymous: \$50.
To date, \$200 has been donated In Memory Of June Cameron.

NORD-BRIDGE IN-HOUSE BINGO



Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: **\$8361.00**

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

\$ 2,220,262

Still needed by N-B Fundraising

\$279,063

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

**BE FIT
BE STRONG
BE HEALTHY**

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!

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.

The Medicine Shoppe®

PHARMACY



Flu Season is here.

Flu shots anticipated Monday October 17, walkin or appointments welcome.

Any OTC purchase of \$5 or more qualifies you to win a \$15 gift card at The Dunford diner.



JAMMERS

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

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

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





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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.



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Monthly
Breakfast
Buffet

8:30 A.M.

TO

10:30 A.M.

\$11 PER

PERSON

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1ST WEDNESDAY OF EVERY MONTH

1904 13 AVE NORTH



NORD-BRIDGE
SENIORS CENTRE

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 \$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!

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!

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

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

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Boutique News

The Boutique is in need of 1-inch pin backs. Please consider donating if you have extra - we'd appreciate it!

Seniors System Navigator

Please don't fall for the Grandparent scam!!!

The grandparent scam isn't a new scam. Recently, there has been an increase in fraudsters targeting the aging population in the "grandchild in jail" scam. Many of the fraudsters improve their strategy which makes this scam very dangerous for the elderly population.

How the Grandparent Scam works:

A fraudster contacts a grandparent posing as a grandchild who was recently arrested and is being held in jail.

The fraudster, posing as grandchild, shares a fictitious story claiming to be arrested for drunk driving or operating a vehicle while impaired and they have been in a car accident. The fraudster explains how they have sustained injuries and that they must pay a bond which can be from a few hundred dollars to thousands of dollars.

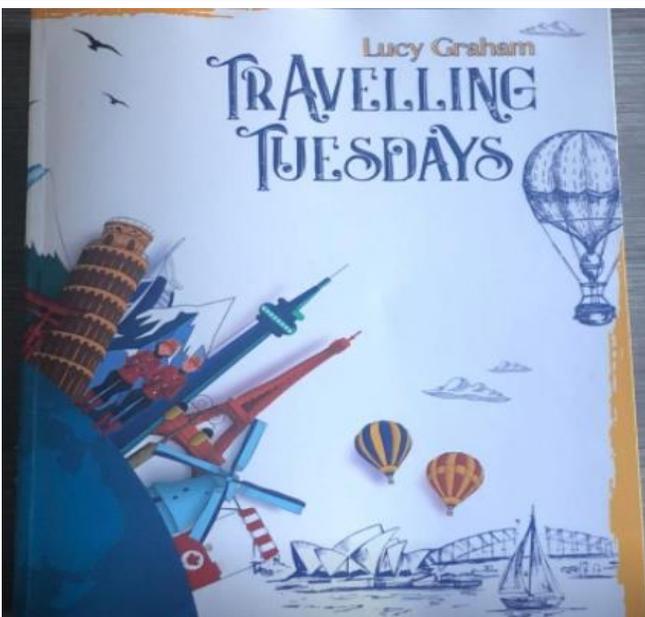
Once the fraudster has fooled the grandparent, they must pay the bond and share their address with the fraudster.

The fraudster will appear at the grandparents' home dressed as a bondman to collect the cash bond. The fraudster will collect the cash a leave.

The following day the fraudster will call the grandparent again with more bad news. The person that was in the accident has passed away and a charge has been filed against the grandchild. This will require more money and the grandparent will be required to pay additional bond money.

How to avoid falling for the scam:

The best way to avoid this type of scam or a suspicious phone call is to hang up. If you have caller ID and you do not recognize the number just let it go to voice mail. If you do have a conversation, use caution if you are being pressured to send money quickly. There are scammers who try to bully victims into transferring money through a mobile app, or wiring money, and by purchasing gift cards. If you answer this type of call please report it to the Lethbridge City police.



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>

Library News

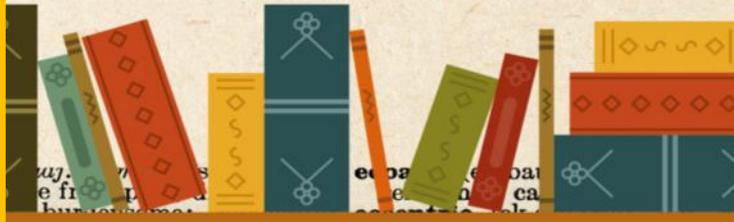
Nord-Bridge and in particular, the library volunteers, thanks our members for the support they give our library and our book sales. With our space so limited, this allows us to keep our collection ever-changing and current. The sale also allowed us to give our finances a boost.

A special thanks to our volunteers in the Gift Boutique who have helped by collecting and recording all those 50-cent sales! A thanks also to our caretaker, Marco, who miraculously found nooks to store these items in between sales.

Due to space limitations, plastic bags are becoming less available. Please assist us by bringing your own to our future sales and not dropping off magazines in our library.

Thank you
Sincerely,

The Nord-Bridge Library Conveners



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:

Monday, September 19, 2022
Monday, September 26, 2022
Monday, October 3, 2022
No Class October 10, 2022
Monday, October 17, 2022
Monday, October 24, 2022
Monday, October 31, 2022

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=cGxYdXpXdkl3cGxxbkxb3BIK0hHUT09>

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

Conversation Topics:

Coping with Change and Loss
Stress and Healthy Living
Building Better Boundaries

Conversations That Matter
Healthy Leisure and Active Living
Creating Connections



Annual

Nord-Bridge Craft Sale

Saturday, October 22, 2022

From 9am to 2pm

Nord-Bridge Multi-Purpose Hall

*Please enter through NE doors

Vendor Tables:

Members \$15; Non-Members \$25

Everyone is welcome to attend this fun event!

Vendors! Space is limited - please contact Charlene or Ashley to reserve a table at 403-329-3222!

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Gentle Yoga 9:30 Jammers (annex) 10:00 Begin. Acrylic (Craft Room) ^{NEW} 10:00 Hello Monday 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:00 Tech Help with All! ^{NEW} 10:45 Chair Yoga 1:00 Beginners Line Dance (West Community Room) 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge (Annex) 1:00 Darts 1:30 Outreach Meeting 2:30 Beginners Tai Chi (West Community Room) ^{NEW}	4 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 1:00 Watercolor Club 1:00 Canasta/Hand & Foot 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 1:30 COMPASS (Board Room) 5:00 Evening POUND 7:00 Evening Line Dance *Keep Fit Cancelled today ONLY*	5 8:45 Active POUND 9:00 Gentle Pilates 9:00 Virtual Meditation 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Flex Room) ^{NEW} 10:30 Somatics 10:45 WINNERS BINGO 1:30 Minds in Motion ^{NEW} 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	6 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:00 Gentle Yoga 9:30 Mind Joggers (Board Room) 10:45 Self Defense (West Community Room) ^{NEW} 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	7 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Craft Room) 10:45 Chair Yoga 11:30 Thanksgiving Luncheon (Tickets Required) 12:45 Crib (West Community Room) *New Room* 1:00 In-House Bingo 1:00 Contract Bridge (Annex) *New Room*
10  <p>closed today for the Thanksgiving Long weekend!</p>	11 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/Hand & Foot 1:00 Scrabble 1:00 Texas Hold'em 1:00 Baking at Interfaith 1:30 Beginners Crib 1:30 COMPASS (Board Room) 5:00 Evening POUND 7:00 Evening Line Dance	12 8:45 Active POUND 9:00 Gentle Pilates 9:00 Virtual Meditation 10:00 FREE Messages (Craft Room) 10:00 Coffee with a Cop 10:00 Walker Repair Clinic (Main Corridor) 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Flex Room) ^{NEW} 10:30 Somatics 10:45 WINNERS BINGO 1:30 Minds in Motion ^{NEW} 1:00 Krafters Koffee Club 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis	13 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:00 Gentle Yoga 9:30 Mind Joggers (Board Room) 10:45 Self Defense (West Community Room) ^{NEW} 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	14 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*



<p>17</p> <p>9:00 Lawyers (by appt.)</p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers (annex)</p> <p>10:00 Begin. Acrylic (Craft Room)</p> <p>10:00 Helo Monday</p> <p>10:00 Intermediate Line</p> <p>10:00 Dance (Multi-Purpose Hall)</p> <p>10:00 Tech Help with AI!</p> <p>10:45 Chair Yoga</p> <p>1:00 Beginners Line Dance (West Community Room)</p> <p>1:00 Military Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Contract Bridge (Annex)</p> <p>1:30 OUTREACH PROGRAM</p> <p>*Darts cancelled this day*</p> <p>2:30 Beginners Tai Chi</p>	<p>18</p> <p>9:00 Zumba GOLD</p> <p>9:30 Begin. Watercolor</p> <p>10:00 Music Makers</p> <p>10:00 New Comers Meet & Greet (Diner)</p> <p>10:00 Clogging Beginners</p> <p>11:00 Clogging Advanced</p> <p>11:00 Keep Fit (Aerobic)</p> <p>1:00 Watercolor Club (Flex Room)</p> <p>1:00 Canasta/Hand & Foot</p> <p>1:00 Scrabble</p> <p>1:00 Texas Hold'em</p> <p>1:30 Beginners Crib</p> <p>1:30 COMPASS</p> <p>5:00 Evening POUND</p> <p>7:00 Evening Line Dance</p>	<p>19</p> <p>8:45 Active POUND</p> <p>9:00 Gentle Pilates</p> <p>9:00 Virtual Meditation</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/Card Making (Flex Room)</p> <p>10:30 Somatics</p> <p>10:45 WINNERS BINGO</p> <p>11:15 Virtual Cooking</p> <p>1:30 Minds in Motion</p> <p>Krafters Koffee Club</p> <p>1:00 Darts</p> <p>1:00 Euchre</p> <p>1:00 Bid Euchre</p> <p>7:00 Table Tennis</p>	<p>20</p> <p>9:00 Card Crafters</p> <p>9:00 Advanced Line Dance (Multi-Purpose Hall)</p> <p>9:00 Gentle Yoga</p> <p>9:30 Mind Joggers (Board Room)</p> <p>10:00 Hearing Consults (Library)</p> <p>11:00 Keep Fit (Strength)</p> <p>1:00 Acrylic Paint</p> <p>1:00 Trump Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Canasta</p> <p>1:00 Floor Shuffleboard</p> <p>5:45 Beginners Pickleball</p>	<p>21</p> <p>9:00 Gentle Yoga</p> <p>10:00 Fraud & Financial literacy Info Session (Annex)</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/Card Making (Craft Room)</p> <p>10:00 Member Photos with Sid Lewis (Library)</p> <p>10:45 Chair Yoga</p> <p>12:45 Crib (West Community Room) *New Room*</p> <p>1:00 In-House Bingo</p> <p>1:00 Contract Bridge (Annex) *New Room*</p>
<p>24 & 31</p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers (annex)</p> <p>10:00 Beginners Acrylic (no class Oct. 24)</p> <p>10:00 Helo Monday</p> <p>10:00 Intermediate Line</p> <p>10:00 Dance (Multi-Purpose Hall)</p> <p>10:45 Chair Yoga</p> <p>1:00 Beginners Line Dance</p> <p>1:00 Military Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Contract Bridge</p> <p>1:00 Darts</p> <p>2:30 Beginners Tai Chi</p> 	<p>25</p> <p>9:00 Zumba GOLD</p> <p>9:30 Begin. Watercolor</p> <p>10:00 Music Makers</p> <p>10:00 New Comers Meet & Greet (Diner)</p> <p>10:00 Clogging Beginners</p> <p>11:00 Clogging Advanced</p> <p>11:00 Keep Fit (Aerobic)</p> <p>1:00 Watercolor Club</p> <p>1:00 Canasta/Hand & Foot</p> <p>1:00 Beginners Tai Chi (Multi-Purpose Hall)</p> <p>1:00 Scrabble</p> <p>1:00 Texas Hold'em</p> <p>1:30 Beginners Crib</p> <p>1:30 COMPASS</p> <p>5:00 Evening POUND</p> <p>7:00 Evening Line Dance</p>	<p>26</p> <p>8:45 Active POUND</p> <p>9:00 Gentle Pilates</p> <p>9:00 Virtual Meditation</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/ Card Making (Flex Room)</p> <p>10:30 Somatics</p> <p>10:45 WINNERS BINGO</p> <p>1:30 Minds in Motion</p> <p>1:00 Krafters Club</p> <p>1:00 Darts</p> <p>1:00 Euchre</p> <p>1:00 Bid Euchre</p> <p>3:15 Intergenerational Game Afternoon</p> <p>7:00 Table Tennis</p>	<p>27</p> <p>9:00 Card Crafters</p> <p>9:00 Advanced Line Dance (Multi-Purpose Hall)</p> <p>9:00 Gentle Yoga</p> <p>9:30 Mind Joggers (Board Room)</p> <p>11:00 Keep Fit (Strength)</p> <p>1:00 Acrylic Paint</p> <p>1:00 Trump Whist</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Canasta</p> <p>1:00 Woodcarving</p> <p>1:00 Floor Shuffleboard</p> <p>5:45 Beginners Pickleball</p>	<p>28</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/ Card Making (Craft Room)</p> <p>12:45 Crib (West Community Room) *New Room*</p> <p>1:00 In-House Bingo</p> <p>1:00 Contract Bridge (Annex) *New Room*</p>   <p>*MONTHLY TOONIE DRAW</p>

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 : NOVEMBER 17**
- PAINT & SIP NIGHT - THURSDAY, NOV. 17 @ 6PM - 8PM \$50 EACH**
- GENERAL MEMBER MEETING- WENDESDAY, NOVEMBER 2 @ 9:30 AM**

ANNUAL CRAFT SALE - SATURDAY, OCTOBER 22 @ 9AM- 2PM (MULTI-PURPOSE HALL USE NE DOORS), FREE AND OPEN TO ALL!

WINNERS BINGO WEDNESDAY: OCTOBER 5, 12, 19, 26

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON NOV. 9, 2022 (NOW \$15) NEW ROOM: CRAFT ROOM

NURSING HEALTH FAIR- THURSDAY, NOVEMBER 24TH AT 9AM-12PM IN THE MULTI-PURPOSE HALL EVERYONE WELCOME!

TRIPS TO WAL-MART- CANCELLED UNTIL FURTHER NOTICE

FREE LETHBRIDGE COLLEGE MESSAGES : UPCOMING DATES: NOV. 30



*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



Game afternoon with the Lethbridge Family Centre on Sept. 28th! Come join us next month on Oct. 26th! See page 20 for more information.

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Senior Real Estate
Specialist (SRESSM)



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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.



coffee with a COP

Share your concerns with
Constable Shawn Davis

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

Thanks to our sponsors for last month's golf wind-up at Evergreen Golf!



HUCKVALE LLP
established 1996

Karri Flatla and Associates



Indian Hill Golf Club



Fraud and Financial Literacy Seminar

Join us to learn about financial fraud tips and tricks, elder financial abuse, financial literacy tips, and more!

Friday, October 21
Time: 10:00am
Location: Diner Annex
Free! Everyone welcome!

Paint & Sip Night with



\$50 per person 18+



NORD-BRIDGE SENIORS CENTRE

Thursday, Nov. 17 @6pm

*For members and invited guests

THE TRUCK STORE
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NOTICE MEMBERS:
 Our General Member Meeting will be on
 Wednesday, November 2nd at
 9:30 am in the Multi-Purpose Hall.
 Please register at the Front Reception Desk starting
 October 19th.



Lucy Graham competed in the Canada 55+ Games in
 Kamloops, B.C. in August! She played on the Alberta Team
 in the Scrabble event and was awarded a Bronze Medal!
 Congratulations Lucy!



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



Upcoming

FREE consultation dates:

Oct. 10, 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.

FREE Walker Repair CLINIC

Where: 1904 13 Ave. N. in the Main Corridor of Nord-Bridge
 When: Wednesday, October 12th
 Time: 10 am- 11 am



First come first serve!
 *For members of
 Nord-Bridge ONLY

Thank you to:



*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.

Condolences to:

- ... The Witt family and the passing of Alvin
- ... The Cameron family and the passing of June
- ... The LeClair family and the passing of Barb's mother
- ... The Mamula family and the passing of Gaya's son
- ... The Egeland family and the passing of Butch



Programmer's Report



Last month was so fun with Under the Northern Lights Gala, The Elvis Show, and the Oktoberfest Buffet at the end of the month! I also went on holidays mid September to Niagara Falls, Ontario for a wedding. It was amazing and I would recommend to anyone! Here is the photo of the falls and another one of Crystal Beach in Fort Eerie! We also got to venture to Toronto and see the CN Tower, Ripley's Aquarium, and the Hockey Hall of Fame! Looking forward to this month, we have the Third year University of Lethbridge Nursing students here at Nord-Bridge every Thursday and Friday to observe, learn, participate with, and assist seniors as a part of their



Community Health Studies portfolio. The student's primary objective is to 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 held on Thursday, November 24 to address the needs and interests of Nord-Bridge's membership from now until December. Please give them a warm welcome when you see them around!

You may have also heard we are hosting our annual Craft Sale at Nord-Bridge on Saturday, October 22nd at 9am-2pm in the Multi-Purpose Hall! If you are a vendor and would like to display your item, please contact me at 403-329-3222. As I write this there are only 4 tables left so call as soon as possible! All attendees can enter through the NE doors of Nord-Bridge and there will be light snacks and refreshments. This is a great program to support local crafters in the community while fundraising for Nord-Bridge's recreation programs. We are currently looking for more participants in the following programs: Intergenerational Baking at the Interfaith Food Bank on Tuesday, October 11th at 1pm, Board Game and Music Afternoon with Children from the Lethbridge Family Centre on Wednesday, October 26th at 3:15 pm, and an Evening Paint and Sip Night at Nord-Bridge on Thursday, November 17th at 6pm for \$50 per person. Sign up for any of these either online at www.nordbridgeseniors.com under the Recreation Programs Tab or give us a call at 403-329-3222!

One last reminder: **there will be no morning classes on Wednesday, November 2nd in the Multi-Purpose Hall due to the General Membership Meeting at 9:30 am in the Multi-Purpose Hall. This includes: Active POUND & Carpet Bowling.** Until next month, stay happy and healthy!

Ashley Kern - Program Coordinator



OPEN TO ALL SENIORS 55+!

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

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

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



INTERGENERATIONAL BAKING CLASSES

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

Tuesday, Oct. 11th

AT 1:00 PM

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

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

**Friday, October 7 - Thanksgiving Luncheon (\$13):
Turkey, Mashed Potatoes, Veggies, Stuffing and Gravy
Pumpkin pie for dessert!**

***DINE IN ONLY - Purchase your tickets at the front reception desk**

**Friday, October 14 - Roast Beef, Roasted Potatoes, Veggies and
Gravy**

**Friday, October 21 - Veal Cutlets, Mashed Potatoes, Veggies
and Gravy**

**Friday, October 28 - Liver & Onions, Mashed Potatoes, Veggies
and Gravy**

Available from 11am to 1pm

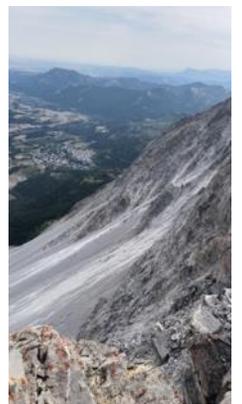


Wellness Coordinator/Outreach

I always get excited thinking back through the month at all the programs and activities we offer here at Nord-Bridge. It was so exciting to see all the interest at registration filling our classes up quickly. I really enjoyed dressing up for the GALA and spending some quality time with our members. Everyone looked amazing!!! Elvis Presley looked like a fun night that drew so many fans in.



I kicked off the heels the following weekend and had the opportunity to finally hike Turtle Mountain. The view was amazing and yes...a little scary looking down the slide from the top, but with zero wind. 19.5km up on shale rock and very little switch backs. Elevation gains of 884.0m; it took about 4.5 hours from top to bottom with resting time. I recall looking down and seeing semi-trucks the size of ants and boulders the size of apartment buildings.



October has swept in fast so stop in and grab a bite to eat and say HI!. We always love to see your smiling faces. Come check out the programs and make sure you bring your family and friends in for our Halloween Photo shoot fundraiser at the end of the month. (Donations of costumes and decorations always welcome)

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

Thank you to all who attended the 2022 Under Northern Lights Fundraising Gala!



Thank you to our Under Northern Lights Gala Sponsors!



Canadian Tire South
 Lethbridge Hurricanes Hockey Club
 Ultimate Auto Care
 Wine Cavern
 Eldorado RV
 Wine Matters & More
 Petris Liquor
 AE Cross
 Tompkins Jewellers
 Amplify Chiropractic
 Legacy Meats
 Pink Tie Events
 Via Cibo
 iHop
 Original Joes North
 Brio Salon
 Gas King

Huckvale LLP
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 Mikado Electric
 Logic Lumber
 Neudorf Plumbing
 Cornerstone Funeral Home
 BearTracks Environmental Services
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 Coleman Electric
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 Picture Butte Golf Course
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Martin Brothers Funeral Chapels



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HAPPY THANKSGIVING

 **RACHAEL THOMAS**
LETHBRIDGE ALBERTA MP




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

OUTREACH HALLOWEEN COSTUME PARTY


 PARTY STARTS AT 1:30-3:00pm
 OCTOBER 17, 2022 refreshments will be served **Entry \$3.00**

melanie@nordbridgeseniors.com or
 call 403.329.3222



Intergenerational Board Game & Music Afternoon

WEDNESDAY, 2022 | OCT. 26, & NOV. 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.**

LIVE 

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

Chicken Fried Rice & Salad COOKING CLASS

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

LIVE ON WEDNESDAY OCTOBER 19TH
 11:15AM MST Via ZOOM

CONTACT ASHLEY @ 403-329-3222
 @nordbridgecooksvirtual

Limited spots available

Our Nord-Bridge Bocce Ball players had a very successful season! 18 Tuesdays and only one rain-out! Bocce Ball players meet Tuesdays at Norbridge Lions Park and there will be room for more players starting next May!
 ~ Steve King, Convener of Bocce

New Comers Meet & Greet



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.

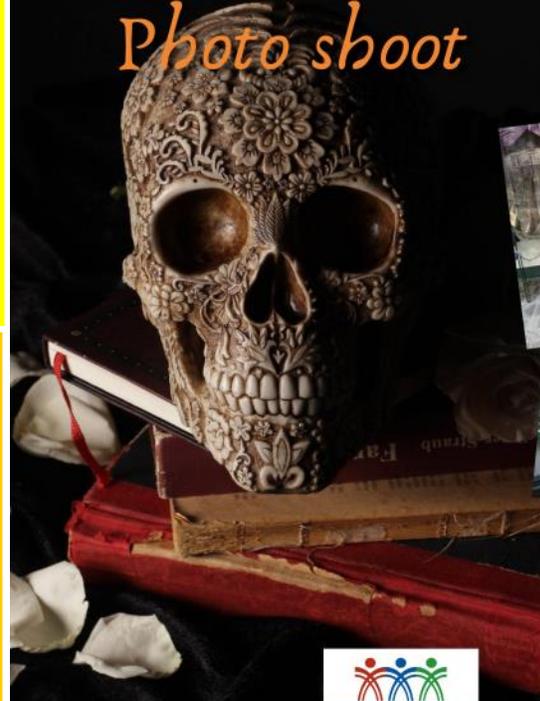


WINNERS BINGO VOLUNTEER COORDINATOR NEEDED!



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.

2022 Halloween Photo shoot



Monday October 31st
1:00pm-3:00pm
Main Entrance
Cost: By Donation - Pictures will be sent to your E-Mail on File



Member Photos

3RD FRIDAY OF THE MONTH with Sid Lewis!

Friday, October 21st **FREE**
from 10 am -1130 am or 1:00 pm - 2:00 pm

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.

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HeartToHomeMeals.ca

*Some conditions may apply.



Lethbridge Elder Abuse Response Response Network:

What is ageism and how does it impact elder abuse? Ageism reflects a prejudice in society against certain age groups. For the purpose of this discussion, ageism will reflect the prejudice against older adults. This attitude is perpetuated in many ways, for example, the lack of positive representation of older adults in advertisement and programming. Recently, CTV news fired a news anchor for reporting on television with fully grey hair. To combat this, Dove has started a campaign encouraging older adults to wear their hair grey, as a representation of their age, which they feel is something to be proud of! This campaign can be found on social media platforms using the hashtag #KeepTheGrey.

In the health care system, a person's age rather than their overall health status can impact medical decisions such as diagnostic tests, treatment plans and resources. When being offered personal, health or social supports, we often see service providers or family/friends speak to an older adult's caregiver rather than directly to them... this is another way ageism is perpetrated in society.

In a recent Canadian survey, 63% of respondents over the age of 66 indicated they feel they have been treated unfairly or different because of their age. This treatment can stem from a deeply rooted belief that older adults are more vulnerable and therefore less impactful to the overall functioning of our society. Comparatively, 51% of the respondents also indicated they felt ageism was the most tolerated social prejudice when compared to gender or race-based discrimination. In turn, ageism contributes greatly to elder abuse.

Abuse of a person and of any kind often stems from the belief that the victim is in some way less, specifically less than the offender. As individuals age, the need to advocate for oneself rises, while the potential for discrimination also increases. The impacts of ageism do not go unnoticed by LEARN, and we work with our Coordinated Community Response, comprised by agencies in Lethbridge to influence the systems in which older adult's function within.

My hope is that you as an older adult continue to advocate for yourself, or access services such as the SSN Program or LEARN when you require some help to do so! Always remember there are spaces you will be welcomed into and loved, such as both of your local senior centers!

As always, if you or someone you know are experiencing elder abuse, please contact me and we can work together to address it. I can be reached at 403-394-0306 or by email at learn@lethseniors.com

~Amy Cook~



BEGINNERS TAI CHI WITH BYLINDA MASON

Tuesdays, Oct. 25 to Dec. 13 @ 1:00pm
In the Multi-Purpose Hall

*No drop ins allowed

Learn the basic steps and hand movements of Tai Chi and so much more!

PLEASE REGISTER AT THE FRONT RECEPTION DESK
\$15 MEMBERS \$35 NON-MEMBERS
PLEASE CALL 403-329-3222 FOR MORE INFO!



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: Monday, October 3 & 17
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.



***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!**

Mind Joggers Writing Group Jewels

The land is white, but not with snow.
 The fog came, stayed a day or so
 And then moved on. It left behind
 A fairyland of sparking rime.
 The branches, iced with frosty foam
 Sway gently, as the breeze blows home
 The fog. Reluctantly it leaves
 And as it goes, some treasure leaves.
 The sun peeks through, the world is new,
 It sparkles, dances, fades from view.
 It peeks again, this time to stay,
 Promising a glorious day.
 It melts the frost upon the ground.
 The trees are white against the brown
 Of ripened grass and fallow fields.
 Like ostrich fronds to breeze they yield.
 Now, melting frost to droplets turn
 And hang like diamonds, so I yearn
 To pluck them, wear them in my hair:
 The lovely jewels the fog left there.

~By Kathleen Sanderson~

"Calling all Caregivers"

Nord-Bridge Seniors Centre & LSCO are partnering together to try to address the needs highlighted by caregivers in our community by offering various types of support.

Nord-Bridge is hosting "Minds In Motion"

Minds in Motion is a program designed for people with early to mid-stage Alzheimer's disease or another form of dementia to enjoy with a friend or care partner. The provider combines physical activity and mental stimulation in a social environment.

MINDS in MOTION



Location: Nord Bridge Seniors Center
1904 – 13 Avenue N

Date: October 5th until November 23

Time: 1:30 pm – 3:30 pm

Cost: \$50.00/couple

LSCO is hosting the Adult Day Program

The Adult Day Program is designed to provide an environment that promotes social, physical and mental stimulation and a change from everyday activities for individuals. Older adults must be able to access the program independently or with the assistance of a support person. Caregivers are welcome to use this opportunity as a break from responsibilities and enjoy time to themselves. Light refreshments provided.



Location: LSCO – 500 11th St S

Date: Thursday's starting October 6th

Time: 1:00 – 3:00 pm

Cost: \$7.50/10 depending on membership/income threshold

**SCSP – Seniors System Navigation Team is running
COMPASS for the Caregiver**

COMPASS for the Caregiver is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend, or neighbor near or far. Discussions dealing with guilt and grief, managing stress, improving communication, navigating the system and encouraging peer connections are all part of the support offered.



Location: Nord-Bridge Seniors Center
1904-13 Avenue N

Dates: October 4, 11, 18 & 25, 2022

Time: 1:30 – 3:30 pm

\$55 registration fee

If you have any questions about these programs please feel free to contact Nord-Bridge or LSCO. If you are a caregiver in need of support and aren't too sure where to start, feel free to contact us at 403-329-1544 and we can help.

Heather Bursaw, SCSP Seniors System Navigation Team Lead

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