

NEWSLETTER

December 2022



Beginners Acrylic Painting is one of the newest classes at Nord-Bridge. The centre had a lot of membership feedback on a beginner level acrylic paint class, so when Nord-Bridge heard of art instructor Gordon Perret, we knew he would be a great asset to our Nord-Bridge members. Gordon Perret (pictured center, above), has had many years of experience teaching art to all ages from children to seniors, working at Fort Macleod Allied Arts and various rural schools. Sign up for the next Monday morning Beginners Acrylic Paint class in the new year and you won't regret it!

PRESIDENT'S REPORT

Another year has flown by! Nord-Bridge is a busy place with more and more people joining our friendly centre. Our new five-year plan will have to address how we can best serve the needs of our membership.

David Ng reported at our General Members Meeting that we have 1452 members which is equal to the numbers we had pre-Covid. Winter has come early this year so the Christmas shopping spree should help the retailers. I know in years with a late fall and no snow, it is hard to get into the Christmas spirit. I missed the opportunity to put up our Christmas lights before the snowstorm.

On November 9th Ingrid and I were fortunate to be able to attend the Policeman's Ball at the Coast Hotel.

Lethbridge police chief Shahin Mehdizadeh attended our Gala and was so generous. David thought it would be nice to return the favor by sending representatives from Nord-Bridge.

Constable Shawn Davis who visits Nord-Bridge the second Wednesday of each month was the MC and he did an excellent job.

The Lethbridge Herald had good coverage of our November 11 Remembrance Day services here in Lethbridge. It was great to see that Bill Craik who served with the Loyal Edmonton Regiment, attended the event. I heard that Bill still golfs regularly at Picture Butte. Not bad for a 100-year-old Veteran of WWII.

As I write this note we are enjoying the mountain scenery in Elkford and getting in a little hiking in the snow before the December rush of Christmas. Stay safe, stay warm and phone a friend for coffee.

Our Christmas Luncheon is sold out! If you don't have a ticket, you can still enjoy a mini Christmas lunch for \$10, or soup and a sandwich on December 9th starting at 11:30am in the Multi-Purpose Hall.

"Kindness is like snow - it beautifies everything it covers" ~Kahlil Gibran

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

Rhonda Hamilton

Vi Osachoff

Robert Friesen

Lori Friesen

Joy Lawson

Vern Hinton

Beth Hinton

Irene Revelle

Robin Camp

Sharron Schornagel

David Schornagel

Les Deacon-Rogers

Sandi Deacon-Rogers

5 Anonymous

Bob Audet

Yvonne Audet

Tom Ivins

Art Sanford

Shirley Sanford

Alvin Kolibar

Gayle Kolibar

Twyla Simpson

Harvey Nikkle



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!

Merry Christmas & Happy New Year!
NORD-BRIDGE HOLIDAY HOURS
 FRIDAY, DECEMBER 23 - CLOSED AT 12:00PM
 MONDAY, DECEMBER 26 - CLOSED
 TUESDAY, DECEMBER 27- CLOSED
 MONDAY, JANUARY 2 - CLOSED

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



Let the festive holiday season begin! I absolutely love the atmosphere here at Nord-Bridge during the month of December - the decorations, trees, festive music and cheerful faces all around. Be sure to take in our Winter Wonderland on December 16. For more details please see page 16. Ashley has coordinated dozens of volunteers to "Deck the Halls" for this event. Last month I wrote about Nord-Bridge's request for operational funding from the City. On November 17th I returned to City Council to answer questions from councillors about our funding request. Councillors Ryan Parker and Jenn Schmidt-Rempel co-sponsored the resolution that recommended City Council amend the 2023 – 2026 Operating Budget to include our funding request. After addressing questions and concerns about Nord-Bridge's commercial tenant(s) revenues; we were approved unanimously for \$75,000 per year in each of the four years in the budget cycle of 2023 – 2026. Councillors Parker and Schmidt-Rempel had originally proposed that the funding request be included in taxation; however it was amended to come from the Municipal Revenue Stabilization Reserve as a one-time allocation.

Year	Members
2022	1467
2021	1205
2020	1285
2019	1452
2018	1427
2017	1382
2016	1356
2015	1310
2014	1348
2013	1322
2012	1293
2011	1270
2010	1125
2009	1087
2008	1160
2007	1340
2006	1453
2005	1477
2004	1458
2003	1386
2002	1177
2001	888

As we close out the year, I would like to highlight we are nearing our highest membership total since 2005. At the time of writing this article we had 1,467 members for 2022. We are only 10 memberships away from eclipsing our 2005 membership banner year. I have a good feeling we will have no problems attaining 10+ additional members this month. To each and every member of Nord-Bridge I thank you for your continued support and patronage of our programs, services and dining. Without our faithful membership support we would not be where we are today.

Wishing everyone a Happy Holiday season.

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

Friday Lunch Entertainment for December

Friday, December 2: Paul, Hank, and Alvina

Friday, December 9: Ashley Brooks

Friday, December 16: Richard Thomas & Friends

Friday, December 23 and 30:

No Lunch Music



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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 28th - Harry Fischer \$22.50

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

November 25th - Shirley Boychuk \$345
Next Draw December 23
(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. 31 - Earl Hall \$67 & Gord Matthews \$67
Nov. 7 - Gord Zacher \$47 & Alan Stalker \$47
Nov. 14 - Doreen Smid \$61 & Bill Verhoeven \$61
Nov. 21 - Wencil Sala \$65 & John Poirier \$65
Nov. 28 - Sandy Fischer \$56 & Patty Moyer \$56

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

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polish/art and a mini hand
massage. \$20 per person

*For
Nord-Bridge
Members Only

**BOOK AT THE
FRONT
RECEPTION
DESK**



**New Comers Meet and Greet
is now the 1st and 3rd
Tuesday of every month!**

**NEW
DAYS!**

**We will be hosting a Christmas Social on
December 20th from 9:30am to 10:30am
in the Dunford Diner.**

**Bring your favourite treat to share!
All are welcome to attend!**

Please find more information about New Comers
Meet and Greet in the Winter Program Booklet!



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



NORD-BRIDGE BUILDING FUND RECENT DONORS

Marilynn Heaton - \$200; Sandra and Harry Fischer - \$50; Faye Ward - \$50; Sumi and Joe Tomiyama - \$100; Paul Zalesak - \$100; Jackie Young - \$500; Anne Pauls \$100; Tim and June Greenlee - \$100; Anonymous - \$150; Anonymous - \$90; Anonymous - \$50 (in memory of June Cameron)

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: \$10156.00



BUILDING FUND UPDATE:

WATCH FOR UPDATES IN JANUARY, 2023!

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:

December 15th

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

Follow us on Facebook @NordBridgeSeniorsLethbridge



Thanks to George Berg for continuing to volunteer and fix the microphone, music and sound system in our programming rooms! ~Nord-Bridge staff

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

**Happy Holidays from all the staff at Nord-Bridge Seniors Centre!
We wish you a very Merry Christmas and a Happy and Healthy 2023!**



COMING SOON...



Hello Monday is a class that is about you - and the importance of staying well. Join us to feel energized and empowered by exploring different wellness topics every class.

People ages 55+ are welcome to join the CMHA's Wellness Program at the Nord-Bridge Seniors Centre on January 9, 2023 at 10:00 am

More information about **Hello Monday** will be coming soon.

JOIN US TO LEARN MORE!





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Maureen Sexsmith - West

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University of Lethbridge Nursing Students

Thank you for participating in our health fair and educational sessions during our time here at Nord-Bridge! We had a great time meeting everyone and participating in the activities here.

We want to specifically thank the staff here at Nord-Bridge for helping us and the vendors that came to our health fair!

We hope to continue our partnership with the Nord-Bridge community in the future!
Have a safe and healthy holiday season!



Book Sale

Monday, Jan. 16 -

Friday, Jan. 20

9 am - 2 pm (Jan. 20, open until 12pm)



*Cash Only Please!

Come out and buy some great books for only 50 cents each! Please pay at The Boutique.

*We ask that you please bring your own plastic or reuseable bags to use for purchases.
1904 13 Avenue North



*FOR NORD-BRIDGE MEMBERS ONLY

Beginners CRIBBAGE

NEW!

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

Come learn a new card game and meet new people!

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.

roost 2 roost LIMITED

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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

***NOTICE: Due to supply chain issues, some menu items may be unavailable**

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

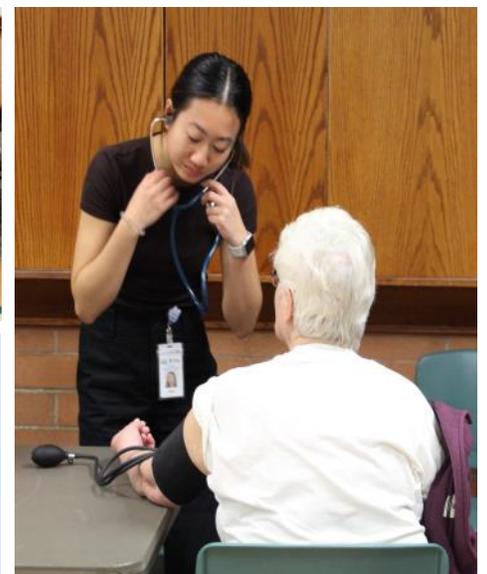
Coffee, Tea, Hot Choc. \$1.00

Pop & Juice (Can) \$1.50

Bottled Water \$1.00



Thank you to our U of L nursing students for all your hard work organizing our annual Health Fair! Thanks also to the vendors who participated and to everyone who came out to learn about health and wellness!



Seniors System Navigator

5 Great Ways for Seniors to Relax During the Holiday Season

1. Watch Sports

Some seniors are hard core American football fans and others love soccer or hockey. It's all up to the senior what sport they enjoy. Whatever your favourite team, get a warm cozy blanket inside your home this holiday season and watch a couple of games. Most of all, crack open a cold beverage and cheer on your favourite team.

2. Invite your children and grandchildren over to your home.

How many of you have children or grandchildren? Invite them over for the holidays for a homecooked meal and beverages. If it is cold outside snuggle all together under a warm blanket and watch a Christmas movie. It's best to book in advance because younger families tend to get busy. Also, you could take everyone out for a holiday dinner to their favourite restaurant.

3. Play Games

Playing board games is a classic holiday activity. Every year try and buy a new game and play it with your family, friends or spouse.

Try: -Scattergories

-TaBOO

-Christmas Jeopardy Game

-Yahtzee

4. Try and decorate your home with a winter theme.

During the holiday season it is time to redecorate your home in a winter theme. Experiment with a variety of candles, lights and colourful ornaments.

5. Take a relaxing walk when the wind is not blowing.

When the weather is nice, try and go for a walk at the Helen Schuler Coulee Center. It is relaxing outside and it's a great way to get some fresh air plus exercise. Please remember to dress appropriately and to wear proper footwear.

These are 5 suggestions how seniors can relax and make the most of the 2022/23 holiday season. Take your time and have **FUN** with each other!

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



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

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45TH

Anniversary!



Photos with Santa

DECEMBER 16th 1:00pm to 3:30pm

During the Nord-Bridge Winter Wonderland Walkthrough!

Bring a toy or non-perishable Food Bank donation and have your picture taken with Santa!



1904-13th Ave North 403-329-3222



The Sock It To 'Em campaign, lead by Gail Petrie and Charlene Kocken, is collecting NEW pairs of socks to be donated to local charities and those less fortunate for Christmas. Gail's grandchildren, Alexia and Chase Petrie, have helped out by creating this huge collection box! You can bring your sock donations to

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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





25 Days of Christmas Giving

All prizes have been donated by local businesses or the community, and include gift certificates for beauty, restaurants, auto shops, and so much more!

How to Participate

1. Purchase your tickets for \$5 each from the front reception desk or the table beside the Dunford Diner Annex. Your name will be put in the draw for each ticket you purchase.
2. If your name is drawn, you get to choose a number from an advent calendar and you will win the gift associated with that cup.
3. If you win, your ticket will NOT be put back in the draw box. However, you can purchase more than one ticket and have multiple chances to win!

There will be 5 draws every Friday from November 18 to December 23!

December 2022

Monday

Tuesday

Wednesday

Thursday

Friday



5*

9:00 Gentle Yoga
 9:30 Jammers (annex)
 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
 1:00 Darts
1:30 Outreach Meeting

*Nord-Bridge will be CLOSED by 4pm today due to a Staff Christmas Party!

6

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

7

8:30 Breakfast Buffet
 8:45 Active POUND
 9:00 Gentle Pilates
9:00 Virtual Meditation zoom
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
 1:00 Krafters Koffee Club
 1:00 Darts
 1:00 Euchre
 1:00 Bid Euchre
 7:00 Table Tennis

1

9:00 Card Crafters
 9:00 Advanced Line Dance (Multi-Purpose Hall)
 9:30 Mind Joggers
 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

2

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 Contract Bridge (Annex) *New Room*



9

9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:00 Paper Tole/
 Card Making (Craft Room)
 10:45 Chair Yoga

11:30 Christmas Lunch
 Tickets Required
SOLD OUT

12:45 Crib (West Community Room) *New Room*
1:00 In-House Bingo Contract Bridge (Annex) *New Room*



12
 9:00 Lawyers (by appt.)
 9:00 Gentle Yoga
 9:30 Jammers (annex)
 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
 1:00 Darts



13
 9:00 Zumba GOLD
 10:30 Park Place
 Mall & Jasmine Tea Room
 Outing *registration required
 11:00 Keep Fit
 1:00 Canasta
1:00 Beginners
 Tai Chi (Multi-Purpose Hall)
 1:00 Scrabble
 1:00 Texas Hold'em
 1:30 Beginners Crib
 5:00 Evening POUND
 7:00 Line Dance
 Line Dance

14
 8:45 Active POUND
 9:00 Gentle Pilates
9:00 Virtual Meditation zoom
9:30 Board Meeting
 Carpet Bowling
 Paper Tole
 Somatics
WINNERS BINGO
Virtual Cooking
 Krafters Koffee Club
 Darts
 Euchre
 Bid Euchre
 Table Tennis

15
 9:00 Card Crafters
 9:00 Gentle Yoga
 9:00 Advanced Line
 Dance (Multi-Purpose Hall)
10:00 Hearing Consults (Flex Room)
 11:00 Keep Fit
1:00 Sock It To 'Em!!! Collection & Disbursement (Multi-Purpose Hall)
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:00 Canasta
 5:45 Beginners Pickleball

16
1:00 Annual Winter Wonderland Walk Through (Main Corridor)
 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*

19* & 26*
 9:00* Gentle Yoga
 9:30* Jammers
 10:00* Intermediate Line Dance (Multi-Purpose Hall)
 10:00* Tech Help with AI!
 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 (darts cancelled this day)

20* & 27*
 10:00* New Comers
Meet & Greet (Diner) (20th)
 11:00* Keep Fit (20th)
 1:00* Canasta
 1:00* Scrabble
 1:00* Texas Hold'em
 1:30* Beginners Crib
6:00* Winter Lights Tour (registration required)
 7:00 Line Dance

21* & 28
 8:45* Active POUND (21st)
 9:00* Gentle Pilates (21st)
 10:00* Carpet Bowling
 10:30* Somatics(21st)
WINNERS BINGO
 1:00 Krafters Club
 1:00 Darts
 1:00 Euchre
 1:00 Bid Euchre
 7:00 Table Tennis



22* & 29
***WINTER PROGRAM BOOK PUBLISHED TODAY (22nd)**
 9:00 Card Crafters
 9:00* Gentle Yoga (22nd)
 9:00* Advanced Line Dance (Multi-Purpose Hall) (22nd)
 11:00* Keep Fit (22nd)
 1:00 Woodcarving



23 & 30
 12:45 Crib (West Community Room) *New Room*
 1:00 In-House Bingo
 1:00 Contract Bridge
 (Annex) *New Room*
***All afternoon programs cancelled on 23rd**
***23rd - Closed by 12 Noon**
***MONTHLY TOONIE DRAW**



26th & 27th - Closed for Christmas

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 : JANUARY 19th & FEBRUARY 16th
- VOLUNTEER APPRECIATION DROP IN EVENT- FEBRUARY 2023 MORE DETAILS TO BE ANNOUNCED.

WINTER PROGRAM REGISTRATION BEGINS THURSDAY, JANUARY 5TH. PLEASE FIND MORE INFO ON PAGE 19 OF THIS NEWSLETTER.
WINNERS BINGO WEDNESDAY: DECEMBER 7, 14, 21, 28
FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON JAN. 4 & MAR. 1, 2023 (NOW \$35) NEW ROOM: CRAFT ROOM
TRIPS TO WAL-MART BEGINS JANUARY 2023, CALL MARIA AT 403-329-3222 FOR MORE INFORMATION.
ALZHEIMERS INFO SESSION BY THE ALZHEIMERS SOCIETY — THURSDAY, JANUARY 19TH AT 10AM *NO REGISTRATION REQUIRED.

26th & 27th - Closed for Christmas

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.

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*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

There's always fun to be had at our Intergenerational Game Afternoons! Join us for our next events: Jan. 18th with children from the Family Centre, and Jan. 25th with the grade 5 students from Park Meadows Elementary School!



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

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PARK Meadows ELEMENTARY SCHOOL EST. 1982

NORD-BRIDGE SENIORS CENTRE

INTERGENERATIONAL BOARD GAME AFTERNOON

DATE: Tuesday, Jan 25th
TIME: 1:00pm - 2:30pm
LOCATION: Multi-Purpose Hall

Join us for this fun intergenerational program for Grade 5 Park Meadows Elementary School Students and Nord-Bridge Senior Members! Play board games together and enjoy a light snack!

We are always looking for more Nord-Bridge Senior members to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up. This program is FREE to join!

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!

*For Nord-Bridge Members ONLY
Dates: Jan. 4, March 1, Apr. 26, June 21
Place: Nord-Bridge Craft Room
Time: 10:00 am - 12:00 pm
Fee: *\$35 per patient (NEW)

If you have any questions, please contact Chinook Foot and Ankle Clinic at 403-331-3338

Thank you to:

CHINOOK FOOT AND ANKLE CLINIC

1904 13 Ave. N.

NORD-BRIDGE SENIORS CENTRE

SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS WITH NO PUFFS OR DROPS.

1011 - 3RD AVENUE SOUTH LETHBRIDGE, AB T1J 0J3

PHONE: 403-327-4145

Rick Miller
Licensed Contact Lens Practitioner

Fred Miller
Registered Optician

Mind Joggers

A Funny Christmas Letter

I sit at my kitchen table addressing envelopes galore,
to send out my yearly newsletter as I have done before.
I write and address them until my hand goes quite stiff.
I send them to family and friends to give them a lift.

There's the job I have lost and the money I need.
Without begging for money, I, instead, mentally plead.
My husband is unemployed and just lays around.

He's a bit overweight and it just won't come down.
Then there's my son who's waiting on the Supreme Court
for his thinking that sledding naked is just a fun sport.

My oldest child Mary, who was so cute at birth
is now called Marty and inherited her dad's wide girth.
My other daughter's pregnant and her husband is too.

Having a gay family is to me all very new.
The mothers-in-law will visit and will usually both fight.
It matters not what I say about who's wrong or right.

The cat lives in the doghouse, and the dog, he ran away.
I guess this Christmas for him, is not his holiday.

The turkey and trimmings will be consumed by us carnivores.
While the vegetarians will buy turkey shaped tofu in other stores.

At least they won't burn it and stink up the house.

Then everyone will be stirring. Even Stinky the mouse.

So, what'll it be like at your house on this Christmas Day?

I'll look forward to your letter and what you have to say.

Will you suffer ulcers like me, trying to make it all right?

Or will you say Merry Christmas to all and to all a good night?

~Judith A. Knox



Nord-Bridge

will be closed
by 4pm on
December 5th
for a Staff
Christmas Party

Thank you,
Nord-Bridge
Administration

PAINT AND SIP NIGHT

WITH **Smudge Art Studio Inc.**

NORD-BRIDGE
SENIORS CENTRE



THE TRUCK STORE
430 STAFFORD DR. N. LETHBRIDGE
403-327-2721
truckstorelethbridge@gmail.com

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 The Truck Store**

**Follow us on
 Facebook: The Truck
 Store Lethbridge**



WINTER LIGHTS TOUR

TRUCK CENTER

NORD-BRIDGE SENIORS CENTRE

**Come and join us on a wintery
 Christmas lights tour of Lethbridge!**

TUESDAY, DECEMBER 20
6:00pm to 7:00pm

\$10 per person (Nord-Bridge Members Only)

***Please meet the bus at Nord-Bridge.
 Carpooling is encouraged!**

**To register, sign up at Nord-Bridge or give us a call at 403-329-3222
 and ask for Maria or Ashley, no later than December 16th!**



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



Upcoming FREE consultation dates:
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.

*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.

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 it's the end of 2022! It was a great year! I am looking forward to Christmas holidays in BC this year as we will be skiing and snow shoeing to get out and enjoy the fresh, crisp air! I want to give a special thanks to Jim Scott, who was the volunteer personal training specialist in our gym. Since 2009, he gave his time once a week to orientate new members in our gym. Unfortunately post-Covid has not worked out for him to continue, but we appreciate his many years of volunteer time for Nord-Bridge and wish him the best of luck in the future! We ended off last month with our annual Senior Health Fair hosted by the U of L Nursing students as part of their community experience from September to December. There were over 20 vendors with very reliable and varied resources for anything senior related, not to mention some awesome door prizes! We appreciate how much work this entails. The nurses' last day will be December 2nd so please give them a kind farewell.

Starting this month, we are beginning to decorate for our 3rd annual Winter Wonderland Walk-Through on Friday, December 16th - we will have more than 30 Christmas trees throughout the main corridor of Nord-Bridge! There will be live holiday music, hot apple cider, photos with Santa, and even the chance to win a prize as part of our 25 days of Christmas fundraiser! Open to all and the entry fee is a non-perishable food item at the main front doors. For more info please see page 16 of the newsletter.

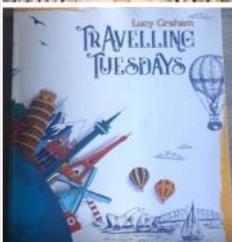
I know many are waiting in anticipation for the next Winter programs to be released, so mark your calendars for Thursday, December 22nd. This will be the day the Winter Program Booklet will be published with all programs from art and fitness to mental health and wellness for January-June, 2023. Then on Thursday, January 5th Winter program registration will open at 8:30am. For more information on this please go to page 19 of the newsletter. Have a great Christmas and New Year everyone and 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 Ek family and the passing of Kay
- ...The Vaclav family and the passing of Albina's son, Frank Jr.
- ...The Sleightholm family and the passing of Shirley (Dallas' grandmother)
- ...The Adams family and the passing of Jo-Ann
- ...The DeAndra family and the passing of Mary

Get Well Wishes to:

- ...Elizabeth Arthur, who broke her arm and is now home
- ...Ursula Hutchinson (Len's wife), who is recovering from pneumonia and visual impairment at home

NORD-BRIDGE SENIORS CENTRE

New Year Welcome Back

Evening Jam Session!

FRIDAY, JANUARY 20TH

TIME: 6:00 PM - 10:00 PM

COST: \$5 PER PERSON TICKETS AT NE DOORS, REFRESHMENTS PROVIDED

MUSIC BY
THE NORD-BRIDGE JAMMERS
1904 13 Ave. N. Lethbridge Alberta
WWW.NORDBRIDGSENIORS.COM

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

Friday, December 2 - Roast Beef, Mashed Potatoes and Veggies, with Gravy and Horseradish

Friday, December 9 - \$13 Christmas Luncheon -
*Ticketed sit-down meal ONLY, starting at 11:30am
*Option for a \$10 mini Christmas lunch OR
a soup and sandwich in the back servery

Friday, December 16 - Spaghetti with Meat Sauce, Garlic Toast and Caesar Salad

Friday, December 23 -
CLOSED at NOON; No lunch special

Friday, December 30 - Two-Piece Fish & Chips with Coleslaw



Available from 11am to 1pm



Wellness Coordinator/Outreach Merry Christmas Season.

Well, another year is coming to an end. It has been so wonderful to be a part of your fitness journey. Let's make **2023** another active, healthy, and social year.

Thursday, January 5th 8:30am is registration day for our upcoming programs. Check out our online registration. Just stop at the desk and make sure we have your correct E-mail, and that your membership is up to date. I cannot wait to start another new year off with you.

I got to enjoy Brian Adams at the Enmax at the beginning of the month. He still sounds the same and put on a fantastic concert. And now it's that time when we transition from the warm weather to the cold. I'm excited for snow-shoeing season to start so I can enjoy the mountains again.

A big **Thank-you** to Kathy Gill for all her help cleaning yoga supplies and getting us all put together for our classes. You are an amazing lady! We appreciate your kindness and thoughtfulness through the years in so many of our group programs.

55+ Fitness Centre - WOW! What a crew working out in our fitness centre - it's never too early to start your New Years resolutions. Book an orientation with us and let's get started.

Nord-Bridge offered, for the first time, a **Minds in Motion** program that brings caretakers and people with the early onset of Alzheimer's together for group activities. This program provides the group with 45mins of adaptable physical fitness, along with a beverage and snack. Then we move into a social interactive cognitive program which includes fun activities to challenge the mind. If you have any questions, please do not hesitate to contact us.



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



Nord-Bridge Seniors Centre
1904 13 Ave. N.
Lethbridge Alberta
Phone: 403-329-3222

WINTER PROGRAM 2023

Published on
Thursday, December 22nd

Register for all winter programs starting
**Thursday, January 5th at 8:30 am either
online or in person.**



Single Session Drop-In Counselling

Lethbridge Senior Citizens Organization (LSCO) and Nord-Bridge Seniors Centre are very happy to host onsite drop-in counselling sessions at no cost to older adults 60+ years of age seeking help when they need it most.

This single-session counselling program is here when you are ready. The counselling team will support you, drawing upon your own strengths and abilities, and provide you with information that can help you create a plan for the change you most want in your life. They will also direct you to other services that are available in our community for longer term support if needed.

Sessions:

- Offered monthly onsite at both LSCO & Nord-Bridge.
- 1 ½ hr sessions and offered the 1st Tuesday of the month from 9:00 am – 12:00 pm at LSCO and the 3rd Wednesday of the month from 12:30 – 3:30 pm.
- Drop in style – meaning you may have to wait your turn in the event the counsellor is busy with someone else.
- Discussions are confidential. The counsellor cannot, and will not, freely share any information about you to others outside this service. This means that only with your written permission could we release information about you to anyone else. There are exceptions, required by law, where information may be given out without your consent. These exceptions will be discussed with you during your session.

The counselling team can assist with a number of issues including:

Adjustment to life transitions • Alcohol & Drug Use • Anger Management
Anxiety & Depression • Caregiver Burnout • Grief & Loss • Relationships Issues
Sexual Abuse • Stress • Intimate Partner Violence or Domestic Violence

This new service has been made possible through an ongoing collaboration between Seniors Community Services Partnership members and the City of Lethbridge.



For more information contact the SCSP Seniors System Navigation Team Intake Worker

403-329-1544.

Funders include: City of Lethbridge
Family and Community Support Services



WINTER 2023 Nord-Bridge Seniors Centre PRESENTS **NEW**

ONLINE REGISTRATION

Available Jan. 5th

ENROLL ONLINE AT:
WWW.NORDBRIDGESENIORS.COM

Steps to Register Online:

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

OR CALL 403-329-3222 AFTER JAN. 5TH TO REGISTER

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

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



merry
Christmas
AND HAPPY NEW YEAR

 | **RACHAEL THOMAS**
LETHBRIDGE ALBERTA MP

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

Door Prizes!

MERRY CHRISTMAS Outreach

Dec 19, 2022 1:30-3:00 pm \$3.00 per person*

In the Multi Purpose Room

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

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!



Outreach Report

Outreach is always looking for new members to help organize and run our 3rd Monday of the Month entertainment. If you are not wanting to volunteer, then come and join in on the fun! Our next event is December 19th at 1:30pm with our Jammers. Sign up at the front desk!



Christmas Tour to the Lethbridge Festival of Nativities

Cost: FREE for anyone 55+
First come, first served (Max. per trip: 13)
Date: Thursday, December 8th
at 1-3pm OR 5-7pm

Register through Nord-Bridge Seniors Centre at 1904 13 Ave N or call 403-329-3222
The Nord-Bridge shuttle bus will pick up and drop off all riders to and from their homes.



The Church of Jesus Christ of Latter Day Saints
2410 28 St S

Nord-Bridge Seniors Centre Outreach Program

Lately, newer members have asked what's going on in the Community Room? There's music and laughter...It's the Nord-Bridge Outreach Program! This program was started 30 years ago by one of the staff, Val Arkinstall, and continues to entertain our senior members, non-members and shut-ins who are wishing to enjoy some socialization.

This program is held once a month, on the third Monday of the month from January to June. We provide entertainment, a snack, and fellowship for those who are able to join us. Invitations are sent out to various senior's facilities announcing the theme, date and time of the event. Posters are also put up around the centre inviting anyone interested in joining us. The cost to those attending is \$3.00 per person to help cover the costs of the program. It's important for those wishing to attend to call or stop at the front desk and sign up so we can ensure there is enough seating and food for all.

To continue to be successful, this program relies heavily on volunteers - should you be interested in joining us, stop by the front desk and speak to one of the staff. We'd be happy to have you join us in entertaining our guests.

~Judy Cartwright, Volunteer – Outreach Program

The Medicine Shoppe
PHARMACY

HOLIDAY HOURS

DEC 23RD 9-1:30PM

CLOSED DEC 24-27

DEC 30TH 9-1:30PM

CLOSED DEC 31ST, JAN 1-2ND



HAPPY
Holidays

We would be happy to help you at the front desk!



Give the perfect gift this year!

Gift
VOUCHERS

- Nord-Bridge Memberships
- Dunford Diner Gift Certificates
- Gym passes
- Recreation and fitness classes
- Cooking classes
- Meditation

Wishing everyone a safe and happy holiday season from our homes to yours!



Member Photos

3RD FRIDAY OF THE MONTH with Sid Lewis!

Friday, December 16th **FREE**

From 10:00am - 11:30am OR
1:00pm - 2:00pm



*First come first served
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.



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.

Merry Christmas

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

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!

coffee with a **COP**

Share your concerns with
Constable Shawn Davis

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

Nord-Bridge Seniors Centre is a Scent-Free Zone

Thank you for your understanding!



EVERGREEN

Funeral Home and Cremation Services

403-329-4934

Give us a call regarding ...

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

Because Cost Is An Option

We lessen the expense Not the care

A Division of the Caring Group Corp.

LIVE



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

Southwest Lentil & Brown Rice Casserole

COOKING CLASS

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

With a little extra something for Christmas!

Limited spots available

LIVE ON WEDNESDAY
DECEMBER 14th

11:15AM MST Via ZOOM



CONTACT ASHLEY @ 403-329-3222

@nordbridgecooksvirtual

The Jasmine Room
Decor-Potions-Gifts-Tea Room

PARK PLACE
NORD-BRIDGE SENIORS CENTRE

Park Place Mall and The Jasmine Room Outing

Tuesday, December 13th
10:30am to 2:00pm

Join us for an outing to Park Place Mall to get some Christmas shopping done, followed by lunch at the mall and tea and dessert at the Jasmine Room!

\$10 for Members
(fee does not include food)

Please sign up at the front reception desk

Enjoy Our Monthly Breakfast Buffet

\$11 PER PERSON OPEN TO ALL!

8:30 A.M. TO 10:30 A.M.

1ST WEDNESDAY OF EVERY MONTH

1904 13 AVE NORTH
NORD-BRIDGE SENIORS CENTRE

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

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



“The Friendly Centre”

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

www.nordbridgeseniors.com