

NEWSLETTER

January 2023



Line Dancing with Diane participants ended their Fall session with a year-end get-together! These fun and relaxed country and western dance classes are offered for all levels from beginner to advanced. This is excellent exercise for both body and mind. Watch for new classes beginning January 9th and come join in the fun each week!

PRESIDENT'S REPORT

Happy New Year everyone! I hope you all had a joyous Christmas time with family and friends! Now that the new year is here be sure to join one of our many programs at the "Friendly Centre." Winter program registration begins Thursday, January 5th.

On November 26th, Ingrid and I stopped in Fort Macleod for the Santa Claus parade. We counted seven bands; this was the best parade we have been to in years. Congratulations to the organizers in Fort Macleod.



We were able to take a sun break in December and flew to San Diego. We stayed in Carlsbad for a week! My cousin Maureen took us to the San Diego Zoo Safari Park where she works as a guide. We got to see many African, Asian and Australian animals up close.

This park is working with local partners in Kenya to protect rhinos from poaching. The Rhino Rescue Center is developing and applying the genetic science needed to save northern white rhinos from extinction. We enjoyed walking the beach in Carlsbad, visiting the Making Music Museum and just hanging out at the enormous pool and hot tub. It was quite a shock to return December 5 to -21 degrees and a snowstorm!

The Nikka Yuko Japanese Garden Winter Light Festival is something you should not miss. We were fortunate to visit the garden on December 14th just after it snowed. The lights will be on until February 26. After enjoying the beautiful sights, you can warm up in the Bunka Centre with an apple cider and a cookie.

Remember our book sale Monday January 16th to the 20th - books are only 50 cents! Trips to Walmart begin in January as well. We have so many activities happening here at Nord-Bridge it's hard to keep up, so be sure to read the newsletter from cover to cover.

"Count your age by friends, not years. Count life by smiles, not tears." John Lennon

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

Leah Turner
Karen Gouchie
Marilynn Varty
Peter Kish
Jen Morrell
Tracy Stalker
James Varty
Thomas Wheeler
5 Anonymous



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



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

facebook.com/nordbridgeseniorslethbridge



twitter.com/bridgenord



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!

Duplicate Bridge is Back!

Starting January 5th, we will play every Thursday at 1:00pm in the Dining Room Annex. There is NO cost to join and you don't need to come with a partner. Just come and enjoy a good afternoon of Duplicate Bridge!

**~Craig Gregory
Convener of Contact Bridge**

EXECUTIVE DIRECTOR'S REPORT HAPPY NEW YEAR!



I hope everyone had a fantastic Christmas and a great start to their new year. We are looking forward to a new programming season and achieving new milestones for our Association. I am writing this month's article on my iPad while sitting on the beach in Mexico! I won't rub it in... but it is nice and warm here.



Many thanks to everyone that helped make December such a magical time at Nord-Bridge.

- To Ken at Ken's No Frills (North Lethbridge) for donating 10 Turkeys to our Christmas Luncheon.
- To all the local businesses that sponsored / donated items to our 25 Days of Christmas Raffle (see page 7 to see the full list), and to the volunteers who sold raffle tickets all month.
- To all staff and volunteers who set up and decorated all the Christmas trees for our Winter Wonderland.
- To all the members and community who attended the Winter Wonderland Walk-Through and brought food donations (373 lbs worth!)
- To Charlene Kocken and Gail Petrie for running a very successful Sock It to 'Em campaign (6000 pairs of socks!)
- And to everyone that continues to support Nord-Bridge!

In January, we are looking to start a campaign to raise funds to purchase a golf simulator. The objective of this campaign is to solicit a total of \$10,000 via minimum donations of \$100 or any multiple thereof from individual donors to help purchase the simulator. Donations can be made at the Front Reception Desk. Tax receipts will be issued for these donations and donors will be recognized on a special plaque that will be located in the Golf Simulator Room.

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 January



Friday, January 6: Reg Ellet

Friday, January 13: Garland & Doug

Friday, January 20: Darlene & Duncan

Friday, January 27: Paffy & Anne



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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: befriendedly
(Shaw Cable subscribers see left)

NEW



FREE WiFi

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

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

IN ORDER TO PARTICIPATE YOU MUST:

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

RECENT WINNERS

December 6 - Olga Sinclair \$293
December 21 - Carol Gaetz \$89.25

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

December 28 - Christa Fisher \$313
Next Draw January 27
(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

Dec 5 - Monique Malette \$68 Alan Stalker \$68
Dec 12 - Heather Schmitt \$60 Doreen Smid \$60
Dec 19 - Patty Moyer \$57 Ellen Koenen \$57

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

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*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!**

Come join us for a morning of socialization! This program is great for new members wanting to connect with new people and have fun!

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



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Jake Boldt, BC-HIS



NORD-BRIDGE BUILDING FUND RECENT DONORS

Mike & Diane Bennett: \$350; Douglas Cole: \$150; Eveline Polczer: \$300; Sharon Van Den Hengel: \$100; Della Howg: \$1000; Floor Shuffleboard: \$200; Marv Higa: \$100; Helen Gepneris: \$100; Donna Takeda: \$50; Patricia Filteau: \$200; Lucy Graham: \$60; Mary Roberts: \$100; Frances Wallace: \$100; Edith Deane: \$200; Valerie Arkinstall: \$150 (\$50 in memory of JoAnn Adams, \$50 in memory of Gus Herresvele, \$50 in memory of Bud Hodgson); Anonymous: \$50

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: \$11,124.00



BUILDING FUND UPDATE:

WATCH FOR UPDATES IN THE FEBRUARY NEWSLETTER!



Exercising with Arthritis

This is a group exercise class focusing on individuals with osteo-arthritis. The instructor will teach exercises to increase range of movement. Along with the exercises, an education component will be taught to help participants manage their chronic condition.



Dates: Tuesdays, February 7 - April 11

Location: Multi-Purpose Hall

Time: 3:00pm - 3:45pm

Instructor - Ashley Kern

Fee: Members \$35; Non Members \$55

Please pick up a pre-assessment form when registering and return to Ashley no later than January 31st.

Thank you to the Hungarian Old Timers Club for lending us their Santa suit!



We appreciate it so much!

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



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

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

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

All new members require a FREE orientation

Lethbridge HEARING CENTRE

FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING
403-329-3222

Third Thursday of the month, next appointments:
Jan 19, Feb 16, Mar 16, May 18, June 15

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

Follow us on Facebook
@NordBridgeSeniorsLethbridge





Sock It To 'Em 2022

Thanks everyone! Gail and I really appreciate Lethbridge School Division, Holy Spirit Catholic School Division, and Palliser Regional Schools for their hard work on the "Sock It To 'Em Campaign". It wasn't easy, but we managed to pull it off and donate 6,000 pairs of socks to Streets Alive, Angel Tree, The Shelter, Lethbridge Soup Kitchen, Harbor House, Woods Homes and the Seniors Community Service Partnership. It's been a lot of fun, and we hope to do it next year!

~Charlene Kocken

Winners from Week 1:

- Mike won a Mini Pro Wax (donated by Tina Hill of Sally Beauty) and a Luigi's North gift card
- Olga won a basket from How Sweet Inc., an Edible Elegance gift card, and a one-month membership to Mint Car Wash
- Karen won a Beauty Basket (donated by Tina Hill of Sally Beauty) and a Moxies gift card (donated by Mike and Diane Bennett)
- Tami won a Profex headlight restoration, a gift card to The Onion Bar and Grill, and Ben's Beef Jerky
- Eva won a Savers North gift basket and a Brown's Social House gift card (donated by Lethbridge Hearing Centre)

Winners from Week 3:

- Frances won a Brown's Social House Gift Card (donated by Lethbridge Hearing Centre), a Cineplex gift card (donated by Erin Bates), and a Starbucks gift card (donated by Breathe Easy)
- Gord won a Lethbridge Dodge gift bag and a gift card to The Onion Bar and Grill
- Steve won a balance ball (donated by Nick and Pautyn Doersam), and a Luigi's North gift card
- Heather won a gift card to The Onion Bar and Grill, a Brown's Social House gift card (donated by Lethbridge Hearing Centre), and Whips Caramels
- Joanne won a Henderson Lake golf package, a gift card to Original Joes North, and Ben's Beef Jerky

Winners from Week 2:

- Trudy won a universal shower head (donated by Neudorf Plumbing), a Luigi's North gift card, and Whips Caramels
- Wade won a Beauty Basket (donated by Tina Hill of Sally Beauty), and Whips Caramels
- Simone won a Beauty Basket (donated by Tina Hill of Sally Beauty)
- Gord won gift cards to Analog Books, The Onion Bar and Grill, and Luigi's North, Whips Caramels, Ben's Beef Jerky, and a one-month membership to Mint Car Wash
- Susan won a balance board (donated by Nick and Pautyn Doersam), and a Luigi's North gift card

Winners from Week 4:

- Mary won a Lethbridge Dodge gift bag and a gift card to The Onion Bar and Grill
- Ruth won 4 tickets to Good Times Comedy Club, an Earls gift card (donated by Lethbridge Hearing Centre), Ben's Beef Jerky, and Whips Caramels
- Dean won a three-month membership to Mint Car Wash, an Amazon gift card (donated by Rocky Cross Construction), and a Gas King gift card
- John won a straightening iron (donated by Tina Hill of Sally Beauty), and a Luigi's North gift card
- Edythe won a Tim Hortons gift card (donated by Breathe Easy), a Luigi's North gift card, Ben's Beef Jerky, and Whips Caramels

A Very Special Thank You



To everyone who bought a ticket for our 25 Days of Christmas Giveaways at Nord-Bridge in December!

To our volunteers who helped sell the tickets! Murielle, Jane, Roberta, Lorrie, Sherryl, Rosemary, Olga, Lucy, Helen, Arlene, and John - you are all superstars!



We Raised Over \$3,000 for Nord-Bridge!



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Maureen Sexsmith - West

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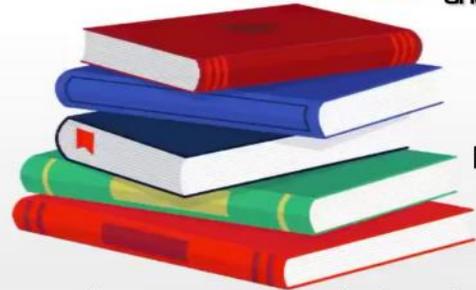
jodie.hiebert@gmail.com



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 reusable bags to use for purchases.

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February 16th!

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ATTENTION MEMBERS:

The Krafters Club will now be held on Mondays from 1pm-3pm in the new Flex Room beside the pool hall.

Attention Card Players:

- Bid Euchre will now be played every Wednesday in the Dunford Diner Annex at 1:00pm.
- Cribbage will now be played every Friday in the West Community Room at 12:45pm.
- Contract Bridge will now be played every Monday & Friday in the Dunford Diner Annex at 1:00pm.



Breakfast

Full Breakfast \$8.00

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

Eggs Benedict \$8.50

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

Bacon Temptation Omelette \$8.50

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

Spinach Omelette \$8.50

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

Spanish Omelette \$8.50

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

Ham & Cheese Omelette \$7.75

Hashbrowns, Toast & Coffee

Small Full Breakfast \$6.00

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

Pancakes \$6.00

French Toast \$6.00

Breakfast Burrito \$6.50

Sausage, Peppers, Mushroom, Green Onions, Cheese

Egg Muffin Sandwich \$5.00

Toasted Egg Muffin with Bacon or Ham or Sausage

Add \$3.75

Bacon or Ham or Sausage

Lunch

Philly Cheesesteak Sandwich \$9.00

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

Beef Dip Sandwich \$9.00

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

Rueben Sandwich \$7.50

Corned Beef, Swiss Cheese, Sauerkraut on Rye Bread

Deluxe Hot Hamburger & Poutine \$9.00

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

Hot Hamburger & Fries \$8.25

Beef Patty on a slice of bread with gravy and Fries

Build Your Burger:

Beef or Chicken \$7.00

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

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

Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$6.00

Grilled Ham & Cheese \$5.50

Grilled Cheese \$4.25

BLT \$5.75

Nord-Bridge Club Sandwich \$7.50

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

Denver Sandwich \$6.25

Chicken Caesar Wrap \$6.50

Chicken Fingers & Fries \$7.75

Chicken Quesadillas \$8.50

***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



OPEN TO ALL SENIORS 55+!

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

Interfaith Foodbank BAKING CLASS



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

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



Feel free to bring your Grandchild along to this program!

Wed, Jan. 25, Tues, Feb. 14, & Tues, Mar. 21 @ 1:00pm

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



*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!



JAMMERS

NON BACK EVERY MONDAY (EXCLUDING HOLIDAYS)

9:30-12:00pm in the

DUNFORD DINER

\$3.00 charge for non-members





Phone Drive

to help support individuals impacted by violence, abuse and crime.



Drop-off Locations:

YWCA
604 8 St S, Lethbridge

Lethbridge Police Service
135 1 Ave S, Lethbridge

Nord-Bridge Seniors Centre
1904 - 13th Avenue North, Lethbridge

Lethbridge Senior Citizens Organization
500 11 St S, Lethbridge

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



Thank you for supporting us with your donation!

Member Photos

3RD MONDAY OF THE MONTH with Sid Lewis!

Monday, Jan. 16, Feb. 20 **FREE**

From 10:00am -11:30am



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



**Call
403-329-3222 for
more information!**



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Alaska Midnight Sun

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Seattle Baseball

Atlantic Canada and Newfoundland

Cross Canada by Motorcoach

Newfoundland and Best of The Maritimes

Nashville, Branson and Memphis

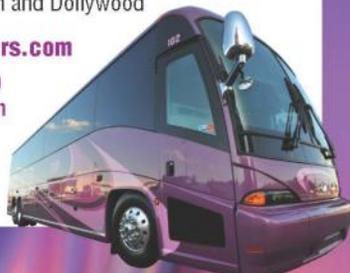
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**46th
Anniversary**



POUND 55+ participants had a fantastic Fall session with Sheila Mulgrew! Watch for new POUND 55+ classes beginning January 11th. Sheila will also be teaching the new Evening Gentle Barre Class - a low impact class that combines elements of ballet, Pilates and yoga. Check out the Winter Program Book for more information on these programs!



NATHAN NEUDORF

MLA Lethbridge-East



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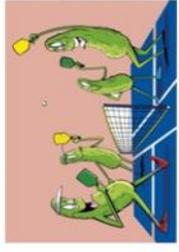


Thank you to the Lethbridge College Students, staff from Cornerstone Funeral Home, and the Grade 10, 11, and 12 students from CCH for helping us decorate Christmas trees!

Winter Wonderland Walkthrough

Thank you to all the volunteers and staff for setting up as well as everyone that donated a tree, Christmas storage bag, or decorations for our Winter Wonderland! We would also like to thank the group of ladies that helped sew new Christmas tree storage bags, Anne Pauls for playing the piano, The Music Makers for singing Christmas carols, Nick Doerson for being Santa at the event, and all the staff that made this day run as smoothly as possible!

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED January 2nd For New Years!	3 10:00 New Comers Meet & Greet (<i>Diner</i>) 1:00 Canasta 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 7:00 Evening Line Dance 	4 8:30 Breakfast Buffet 10:00 Out & About Coffee & Shopping (<i>appt. required</i>) 10:00 FOOT CARE 10:00 Carpet Bowling 10:00 Paper Tole/ Card Making (<i>Flex Room</i>) 10:45 WINNERS BINGO 1:00 Krafters Koffee Club 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis	5 8:30 Winter Program Registration Begins Today! 9:00 Card Crafters 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta 5:45 Beginners Pickleball 	6 10:00 Carpet Bowling 10:00 Paper Tole/ Card Making (<i>Craft Room</i>) 12:45 Crib (West Community Room) *New Room* 1:00 In-House Bingo 1:00 Contract Bridge (<i>Annex</i>) * New Room* 
9 9:00 Lawyers (<i>by appt.</i>) 9:00 Gentle Yoga 9:30 Jammers (<i>annex</i>) 10:00 Hello Monday Recovery College (Flex Room) 10:00 Intermediate Line Dance (<i>Multi-Purpose Hall</i>) 10:00 Tech Help with All! 10:45 Chair Yoga 1:00 Krafters Koffee Club (NEW Flex Room) 1:00 Beginners Line Dance (<i>West Community Room</i>) 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:30 Outreach Meeting	10 9:00 Zumba GOLD 9:00 Somatics 10:00 Music Makers 10:30 Clogging <i>Beginners</i> 11:15 Clogging <i>Advanced</i> 11:00 Keep Fit 1:00 Manicure After-noon (Craft Room) *appt. required* 1:00 Canasta 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 5:00 Evening Gentle Barre (MPH) Evening Line 7:00 Dance	11 8:45 Active POUND 9:00 Gentle Yoga 9:30 Board Meeting 10:00 Coffee with a Cop 10:00 Carpet Bowling 10:00 Paper Tole/ Card Making (<i>Flex Room</i>) 10:30 Somatics 10:45 WINNERS BINGO 1:15 Arthritis Yoga 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis 	12 9:00 Adapted Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (<i>Multi-Purpose Hall</i>) 9:30 Mind Joggers 11:00 Keep Fit 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta 1:00 Floor Shuffleboard 5:45 Beginners Pickleball 	13 9:15 Yin & Yoga Nidra 10:00 Carpet Bowling 10:00 Paper Tole/ Card Making (<i>Craft Room</i>) 10:45 Chair Yoga 12:45 Crib (West Community Room) *New Room* 1:00 In-House Bingo 1:00 Contract Bridge (<i>Annex</i>) * New Room* 

16
 9:00 Gentle Yoga
 9:30 Jammers (annex)
10:00 Hello Monday
 Recovery College (Flex Room)
 10:00 Intermediate
 Line Dance (Multi-Purpose Hall)
 10:45 Chair Yoga
1:00 Kraffers Koffee Club (NEW Flex Room)
 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)

17
 9:00 Zumba GOLD
 9:00 Somatics
 9:30 Begin. Watercolor
 10:00 Music Makers
10:00 New Comers Meet & Greet (Diner)
 10:30 Clogging Beginners
 11:15 Clogging Advanced
 11:00 Keep Fit
 1:00 Watercolor Club (Flex Room)
 1:00 Canasta
 1:00 Scrabble
 1:00 Texas Hold'em
 1:30 Beginners Crib
5:00 Evening Gentle Barre
 7:00 Line Dance PM

18
 8:45 Active POUND
 9:00 Gentle Yoga
9:00 Virtual Meditation zoom
10:00 Leisters Walker Repair Clinic (Main corridor)
 10:00 Carpet Bowling
 10:00 Paper Tole
 10:30 Somatics
10:45 WINNERS BINGO
 1:00 Darts
 1:00 Euchre
 1:00 Bid Euchre
1:15 Arthritis Yoga
3:15 LSKIP (MPH)
 7:00 Table Tennis

19
 9:00 Adapted Pilates
 9:00 Card Crafters
 9:00 Advanced Line
 Dance (Multi-Purpose Hall)
 9:30 Mind Joggers
 10:00 Alzheimer's Presentation (Flex Room)
10:00 Hearing Consults
 11:00 Keep Fit
 1:00 Acrylic Paint
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:00 Canasta
 1:00 Floor Shuffleboard
 5:45 Begin. Pickleball

20
9:15 Yin & Yoga Nidra
 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*



23* & 30
 9:00 Gentle Yoga
 9:30 Jammers
 10:00 Hello Monday Recovery College (Flex Room)
 10:00 Intermediate Line
 Dance (Multi-Purpose Hall)
10:00* Tech Help with All!
 10:45 Chair Yoga
 1:00 Kraffers Koffee Club (NEW Flex Room)
 1:00 Beginners Line Dance (West Community Room)
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Darts

24 & 31
 9:00 Zumba GOLD
 9:00 Somatics
 9:30 Beginners Watercolor
 10:00 Music Makers
 10:30 Clogging Beginners
 11:15 Clogging Advanced
 11:00 Keep Fit
 1:00 Watercolor Club (Flex Room)
 1:00 Canasta
 1:00 Scrabble
 1:00 Texas Hold'em
 1:30 Beginners Crib
5:00 Evening Gentle Barre
 7:00 Line Dance PM

25
 8:45 Active POUND
 9:00 Gentle Yoga
9:00 Virtual Meditation
 10:00 Carpet Bowling
 10:00 Paper Tole
 10:30 Somatics
10:45 WINNERS BINGO
1:00 Game Afternoon with Park Meadows
1:00 Baking at Inter-faith Foodbank
 1:00 Darts
 1:00 Euchre
 1:00 Bid Euchre
1:15 Arthritis Yoga
 7:00 Table Tennis

26
 9:00 Adapted Pilates
 9:00 Card Crafters
 9:00 Advanced Line
 Dance (Multi-Purpose Hall)
 9:30 Mind Joggers
 11:00 Keep Fit
 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

27
9:15 Yin & Yoga Nidra
 10:00 Carpet Bowling
 10:00 Paper Tole/Card Making (Craft Room)
 10:45 Chair Yoga
12:45 Crib (West Community Room) *New Room*
1:00 In-House Bingo
 1:00 Contract Bridge (Annex) *New Room*



***MONTHLY TOONIE DRAW**

Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way. Please note: for fare details please contact front reception desk.

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.**
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY): UPCOMING APPTS: FEBRUARY 16th, March 16th**
- VOLUNTEER APPRECIATION DROP IN EVENT- FEBRUARY 23RD AT 2PM-3PM IN THE DUNFORD DINER ANNEX**

THRIVE YOGA FOR THOSE LIVING WITH CANCER BEGINS THURSDAY, FEB. 2 AT 10:45 AM- REGISTER AT THE FRONT DESK TODAY!

WINNERS BINGO WEDNESDAY: JANUARY 4, 11, 18, 25

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON MAR. 1, APR. 26, JUNE 21, 2023 (NOW \$35) NEW ROOM: CRAFT ROOM

NEW OPTICAL TECHNICIAN NOW AT NORD-BRIDGE ON THURSDAY FEB. 16TH BOOK YOUR APPT. AT THE FRONT RECEPTION DESK.

NUTRITION EDUCATION SESSION WITH CHERRY ROCK LIFESTYLE ON THURSDAY, FEB. 2 AT 1PM (FLEX ROOM) DROP IN NO SIGN UP REQUIRED.



26
 9:00 Adapted Pilates
 9:00 Card Crafters
 9:00 Advanced Line
 Dance (Multi-Purpose Hall)
 9:30 Mind Joggers
 11:00 Keep Fit
 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



*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



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!

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Real Canadian
Wholesale Club for their donation
towards our In-House Bingo program!

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!

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

NORD-BRIDGE SENIORS CENTRE

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PHONE: 403-327-4145

Rick Miller
Licensed Contact Lens Practitioner

Fred Miller
Registered Optician

NEW

YOGA THRIVE

Lead by Cheris Samuels- Murdoch

Yoga Thrive is an evidence informed yoga program for people with cancer, those beyond cancer, and their support persons. This gentle therapeutic yoga program provides a nurturing group environment while imparting the personalized approach necessary to empower each of its participants. It enhances participants overall quality of life by improving mobility, stability, strength, and energy while reducing the pain and side effects of cancer and its treatment. Our students become more relaxed, better able to cope, and comfortable enough to reconnect more deeply to themselves and what is of value to them. The aim is Thriving NOT JUST Surviving!

Session 1: Thursday, February 2 - April 20 @ 10:45 am - 12:00 pm



Register starting January 5th through Nord-Bridge's website at www.nordbridgeseniors.com or in person at 1904 13 Ave. N.

\$50 for 12 Weeks



**Congratulations to our Christmas Luncheon Door Prize Winners!
Bob Adam, Harry Fischer, Bill Lelivere, Al Rose,
and one anonymous winner**



**Thank you to
Ken's No Frills North
and The Real
Canadian Superstore
for donating turkeys!**



**Thank you to our sponsors for making these prizes possible!
West Gate Co-Op Gas Bar for donating gift cards
Gail Krysak for donating Christmas coffee mug packages
Dory Rossiter for donating a table runner and centerpiece**

**Our luncheon was sold out at 144 people!
We appreciate everyone's continued support!**

**A special thank you to our
volunteers and staff, and Mayor
Blaine Hyggen for helping make this
event run as smoothly as possible!**

WE'RE PROUD TO
CONGRATULATE

Doug Youngren

Recipient of the Queen
Elizabeth II Platinum
Jubilee Medal

Doug started volunteering in 2003 at the Nord-Bridge Monday Jam Sessions, in addition to his extensive community work which includes the Salvation Army, various senior homes, and playing music at the Lethbridge Correctional Centre.

This medal honours those who have dedicated countless volunteer hours in an effort to make their communities a better place to live. It is also a celebration of the 70th anniversary of Queen Elizabeth II's accession to the throne.



Thank you Doug, for all you do for our community!

Lethbridge Elder Abuse Response Network:

Happy New Year! I don't know about you, but for me 2022 brought many changes, surprises, and a lot of work! As I'm sure some of you have noticed, my entries into both the Nord-Bridge Newsletter and LSCO Times are not as consistent as many other social services programs and agencies. However, one thing 2022 taught me is the important of connection and communication. It also showed me how vital each member is to the community being built within each senior centre, and I want to be sure you are always feeling welcomed and important, as you are.

Although I am not one to wait for a new year to make goals and resolutions, my 2023 resolution is to be sure I am bringing you updates, messaging and encouragement from LEARN on a consistent basis. There are many helpful things we at LEARN try to do for the community, and I want to make sure you are aware of them in case they could directly impact you and your situation!

I am also hoping to make more connections with you as the members of these communities. My office will be moving across the hall on the second floor of LSCO, into the current SCSP Intake Office. So please, as you are walking by to the gym, board room, the computer lab, radio club, the lapidary room, or wherever else it may be, feel free to stop in and say hi! I love to see your smiling faces, and I love the opportunity to take a bit of a break to chat! Whenever I am at Nord-Bridge, I'm always sure to do a lap to see what's going on, so if you see me, don't be shy!

As always, if you or someone you know is experiencing mistreatment from a loved one, please reach out and know that there is always help available, however that may look for you!

-Amy Cook-
LEARN Case
Manager



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



Upcoming FREE consultation dates:

Now on Mondays

Jan 9, Feb 13, Mar 13, Apr 10, May 8, June 12
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**

*Continuing to Care
Through the Generations.*

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Share your concerns with
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Second Wednesday of every month
10:00am - 11:30am
Dunford Diner



Programmer's Report



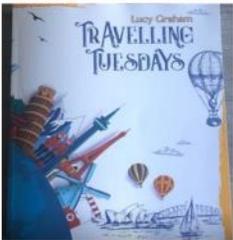
And just like that, 2022 has come and gone!

Last month we ended off 2022 with a bang with our 3rd Annual Winter Wonderland Walk Through on Dec. 16th! We had over 300 pounds of non perishable food items donated by community and Nord-Bridge members and all was donated to the Interfaith Foodbank along with some fully decorated Christmas trees! The photos with Santa were a huge hit so we will bring this back again next year. A huge thank you to all that made this event possible!

I am excited to enjoy some much needed time off for Christmas and New Years. We will be going skiing and snowshoeing in B.C. and of course spending lots of time with family for the rest of the holidays.

As I write this we are getting ready for new 2023 programs at Nord-Bridge. Many have mentioned the amount of people attending our programs throughout the day has increased. As such we are offering a larger variety of various programs, from a new Evening Gentle Barre class with Sheila Mulgrew to a Yoga Thrive for those in cancer remission and a Yin and Yoga Nidra class lead by new instructor, Cheri Samuels-Murdoch. We are making use of our space the best we can however, our rooms are only so large so first come, first served is always the rule especially in the beginning of the year. If you have any questions about the Winter Program Booklet or registration information, please contact me at 403-329-3222. One last note: a Dementia information session will be hosted by the Alzheimer's Society of Alberta on Thursday, January 19th at 10am in the new Flex Room. Registration is not required so stop in if you can! Until next month, stay happy and healthy!

Ashley Kern - Program Coordinator



Lucy Graham, one of our members, is now a published author! She wrote a book called Travelling Tuesdays. In it, Lucy shares stories about many of the countries she has been able to visit all over the world. See which adventure brought her too close to a hippo and where she enjoyed a ride in a hot air balloon.

Find out what is the only country that starts with the letter Q, O or W. Yes - Lucy has been to each of these countries too!

Lucy is selling her book for \$50 USD or \$60 CAD. She will make a donation of \$5 for each book sold here at Nord-Bridge.

Condolences to:

- ...The Hodgson family and the passing of Bud
- ...The Arnett family and the passing of Tim
- ...The Lewicki family and the passing of Stan
- ...The Kovaluk family and the passing of Delores
- ...The Miechkota family and the passing of Geraldine
- ...The Herresvale family and the passing of Gus
- ...The Behrens family and the passing of Vi



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.NORDBRIDGESENIORS.COM

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

Friday, Jan. 6 - Veal Cutlets, Mashed Potatoes, Vegetables, and Gravy

Friday, Jan. 13 - Chicken Fettuccine Alfredo with Garlic Toast

Friday, Jan. 20 - Pork Chops, Mashed Potatoes, Vegetables, and Mushroom Sauce

Friday, Jan. 27 - Liver & Onions, Mashed Potatoes, Vegetables, and Gravy

Available from 11am to 1pm



Wellness Coordinator/Outreach

As we are busy getting through Christmas and tidying up after New Years, please remember to take time to rest and recover. There are so many ways to bring in the new year but self care time is a great start. Don't sweat the small stuff, and do things that you enjoy.

With my oldest graduating last spring and working hard over the summer, he decided to travel to Bali for the month of December. I decided since he would not be home for Christmas, we would take him axe throwing. Not one of us had axe thrown before but it was so much fun! We did a round robin style and had lots of laughs.

Another wonderful way to enjoy the winter months is to go snow shoeing. There are so many places around the city as well as Castle Mountain and the Crowsnest Pass to find trails to walk. Here is a day out around castle mountain where we stopped and built a fire and warmed up lunch. Beautiful in the trees but cool on the hill! BRRRR

A new year brings new opportunities! Check out our new classes coming in January as you prepare for our January 5th registration day. I cannot wait to see everyone returning and welcoming all our new members to our programs. If the **55+ gym** is more your style, then book an orientation and let us get you familiar with the machines and off to a great start.



Outreach programs start again January 9th for our volunteers to meet and organize our Scottish New Year event on January 16, with the wonderful Celtic Routes performing. All members are welcome to sign up at the front desk to enjoy these amazing monthly events.

Thanks to all the families and friends that participated in our annual Christmas Yoga class Dec 28th, where we won prizes and had lots of laughs. Thank you Sherryl Decoste for her donations. Thank you to all my helpers that took time out of their day to help wrap and take down Christmas decorations. What a wonderful group of members!

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



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www.LTHTours.ca

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Boutique News

CONSIGNEES PLEASE NOTE:

Consignments will now be accepted on Thursdays from 9am to 11am.

Watch for our yarn and fabric sale from Jan. 23 to Jan. 27.



Best wishes to everyone for a happy and healthy 2023!
-Heather



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

Out and About Coffee and Shopping

Back by popular demand!
Shopping trips to Walmart North on the first Wednesday of the month



Sign up today by contacting Maria at (403)-329-3222 or stop by the front reception desk

Dates: Jan. 4th, Feb. 1st, Mar. 1st, Apr. 5th, May 3rd, & June 7th

***Nord-Bridge members only**

Bring cash and reusable bags, and get your monthly grocery shopping done followed by a social coffee at Tim Hortons!

Time: 10:00am
Fee: \$5.00 per person
(for the bus ride there and back)





RACHAEL THOMAS
LETHBRIDGE ALBERTA MP

**HAPPY
NEW YEAR!**




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



**NORD-BRIDGE
SENIORS CENTRE**

Entertainment by: **Celtic Routes** **\$3.00 per person**

Door Prizes!

**Scottish
HAPPY NEW
YEAR**

Outreach

Date: Monday January 16, 2023
 Location: Multi-Purpose Room
 Time: 1:30pm

Email
melanie@nordbridgeseniors.com
 for more information or sign up at the
 front desk



**Ukrainian
Easter Egg
Painting
Class**

Dates: March 21 & 28
Time: 1:00pm to 4:00pm
Location: Nord-Bridge Craft Room
Fee: Members \$20 Non-Members \$40



We are happy to offer another Ukrainian Easter egg painting class! Come learn how to create your own Ukrainian egg masterpiece just in time for Easter with Janet Tilbe. All supplies will be provided, and no previous experience is required.

Call (403) 329-3222 or visit www.nordbridgeseniors.com to register!

BEGINNERS TAI CHI
WITH BYLINDA MASON

Tai Chi, a mind-body exercise, is gentle, flowing, and low impact. This class is for beginners. Participants will learn the basic steps and hand movements of Tai Chi along with proper warm up and cool down exercises. By the end of 8 weeks participants will be able to perform the Simplified Tai Chi 10 Form Yang Style. Many benefits include increased muscle strength and bone density, lower blood pressure, improved balance, coordination and flexibility, reduced pain and stiffness, increased immunity, stress reduction, and mental peace.

Please register at the front reception desk. Call 403-329-3222 for more info!

Try a FREE drop in class on Feb. 7th!

Session 1: Tuesdays, February 14 to April 4
Session 2: Tuesdays, April 11 to May 30
Location: Multi-Purpose Hall
Time: 1:00pm to 2:00pm
Fee: \$15 Members; \$35 Non-Members







January Promotion

New Client Setup Fee Waived (\$120 Value)

- Companionship Services
- Personal Care
- Live-in and 24-hr Care
- Care Facility Services
- Respite Care
- Accessible Transportation

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Happy & Healthy New Year!

from all of us at
The Medicine Shoppe



ANY OTC PURCHASE OF \$5 OR MORE QUALIFIES YOU TO WIN A \$15 GIFTCARD AT THE DUNFORD DINER.

HELLO MONDAY



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.

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

JOIN US TO LEARN MORE!

- When:** Monday, January 9, 2023
Monday, January 16, 2023
Monday, January 23, 2023
Monday, January 30, 2023

Time: 10:00am to 11:00am

Where: Nord-Bridge Seniors Centre - "Flex" Room (located next to the pool room)

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



Alzheimer Society ALBERTA AND NORTHWEST TERRITORIES

NORD-BRIDGE SENIORS CENTRE

January is **ALZHEIMER'S Awareness Month**

**No registration required! For anyone 55+!*

Come join the Alberta Alzheimer's Society in an informative session!

Thursday, January 19th at 10am in the Flex Room at Nord-Bridge!

FREE Walker Repair CLINIC

Where: 1904 13 Ave. N. in the Main Corridor of Nord-Bridge
When: Wednesday, January 18th
Time: 10:00 am



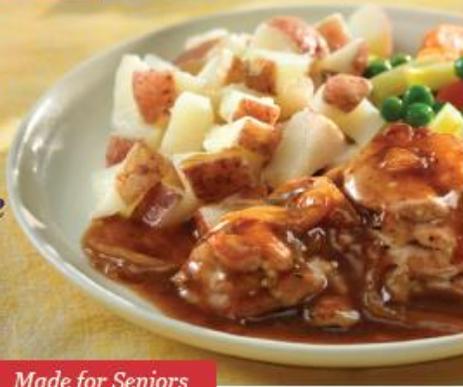
Book your appointment at the Front Reception Desk

*For members of Nord-Bridge ONLY

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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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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.



Holistic Nutritional Information Session with Cheris Samuels-Murdoch Thursday, February 2nd @ 1:00pm In the Flex Room (beside the pool room)



Nutritional needs change as you age, so stay well informed and learn about nutritional resources and advice for different ages and stages of life. In this session, you will learn how physical activity, food choices, lifestyle habits and maintaining positive mental health influence several chronic diseases. Lifestyle habits are difficult to change. Small steps and simple changes are encouraged. For others, it helps to make sure that they eat enough for good nutrition. Healthy eating helps us maintain health, strength, independence, and quality of life as we age. Healthy eating is more than what we eat. It is also about where, when, why, and how we eat. If you live alone, learn ways to save costs for grocery shopping, planning and preparing meals. Even small changes can lead to a better eating pattern. Join us for this nutritional workshop to learn more!

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!

Chicken Parmesan with a Side 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!

Limited spots available

LIVE ON WEDNESDAY

FEBRUARY 22nd

11:15AM MST Via ZOOM



CONTACT ASHLEY @ 403-329-3222

@nordbridgecooksvirtual



We'd like to introduce Cheri Samuels-Murdoch as our newest Yin & Nidra Yoga and Thrive Yoga instructor at Nord-Bridge Seniors Centre! These classes will start in the new year. Welcome Cheri!



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



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