

NEWSLETTER

March 2023



Paper Tole started at Nord-Bridge 27 years ago. Many pictures have been made, framed, and hung over the years. As time went on, its popularity decreased and products were hard to come by, so a slow transition began - adding in a Card Making portion with many different mediums of small paper tole projects included on these cards. We are at Nord-Bridge every Wednesday in the Flex Room and Friday in the Craft Room at 9:30am. Any members are welcome to come by and check us out!

PRESIDENT'S REPORT

Spring is coming, or is it already here? As I write this, the lack of snow is noticeable, especially in the mountains. The Elkford Wapiti ski hill has had a rough year trying to open. We



were able to hike some of the trails with our hiking boots instead of having to use snowshoes.

If you are reading this newsletter early March 1, 2023, please go over to the Multi-Purpose Hall at 9:30am and attend our Annual General Meeting.

We are electing 4 new board members and bringing everyone up to date on what has been happening and what our future plans are.

Membership at Nord-Bridge just keeps going up. Please be patient with our staff as we all try to adapt to a large membership and only so many times available for fitness classes and other activities. We have a multitude of programs here at Nord-Bridge and each month we feature one of them on the cover of this newsletter.

The February Valentines Luncheon was a huge success. We had over 130 people show up for a wonderful meal, with door prizes. Thank you to the Kitchen Team members Bety Castillo, Ken Mohammed, and Heather Boychuk for the excellent menu. Thanks to Gail Krysak for the dessert, which topped everything off. Gail also donated one of the door prizes.

Remember to set your clocks ahead on March 12th for day light saving time, and I hope you have paid your membership for 2023.

March 17, 2023 is St. Patrick's Day! The Celtic Routes will be entertaining in the Dunford Diner during our St. Patty's Day Buffet, which will feature two delicious Irish-themed choices for \$12!

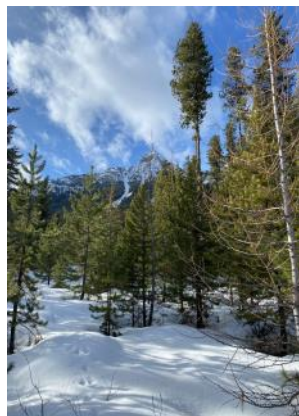
International Goof Off Day is March 22nd. No seriously, there is a day like this! It's a day to relax, enjoy and goof off. Strictly speaking, goofing off is the avoidance of work. So, whatever you do, try not to look like you are working. On March 30, 2023, Grade 5 students from Park Meadows Elementary School will be back to play Intergenerational Board Games. Be sure to sign up for an enjoyable afternoon with these young people.

Snacks are available. See Ashley for information.

"God has given us two hands, one to receive with and the other to give with." Billy Graham.

George Berg,

Board President



Nord-Bridge Membership Fees:

Membership is open to all seniors age 55 plus. Associate Membership for younger individuals whose spouse is over 55 and a member.

Membership Renewal: \$50

Rates for New Memberships: \$53.00

Welcome to 46 New Members!
We are happy to have you here!

Violet Meekma

Sherry McIntosh

Edward Makel

Boyd Folden

Robert Dubois

Wilson Taylor

Jan Volb

Robert Volb

Maryann Hindle

William Willcocks

Isobel Schuler

Bylinda Mason

Wayne Bunney

Cindy Leoppy

Ruben Fehr

Gary Kelly

Grant Hollingsworth

Roseanne Tucker

Rhonda Soltes

Leonard Gendron

Patricia Dickie

Dennis Elman

Rita Smith

Ruth Lord

Diana Wolford

Donna Higham

Marilyn Tyreman

Ted Likuski

Carol Henry

Mary Ostrom

Wencil Sala

Peggy Cockerill

Cindy Johnson

Heather Androkovich

Bonny Kelly

Stan Wall

Jerold Carter

Don Rayne

8 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.

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twitter.com/bridgenord



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FROM THE FRONT COVER:

We have started highlighting 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!

Attention Diner Patrons

Effective immediately, there will be a charge of \$2.50 per coffee when using any coffee cups other than those supplied by Nord-Bridge.

Thank you for your understanding.

~Nord-Bridge Administration



EXECUTIVE DIRECTOR'S REPORT



jam-packed

/jam 'pakt/

adjective INFORMAL

extremely crowded or full to capacity.

"rutabagas are jam-packed with nutrients"



For the past month, when I look out into the parking lot from my office window, the word that comes to mind is jam-packed. As you can see from the definition above, our parking lot is definitely extremely crowded and full to capacity. We have encountered some complaints from a couple businesses/services about cars parked in our parking lot. First, Waste Connections is our weekly garbage and cardboard removal service. For two consecutive weeks in February, Waste Connections was unable to pick up our garbage on Monday mornings because cars were parked in front of the bins (which are located behind the former KFC building). This caused Nord-Bridge and our commercial tenants grief because the bins were "Jam-Packed" as well and left us unable to dispose of any other garbage. We were fortunate that Waste Connections returned a few days later and did not charge us extra. Secondly, more of our commercial tenants: Savers, Salon Nineteen04, Chinook Life Care and Medicine Shoppe have voiced their concern that Nord-Bridge members have been parking in front of their businesses; please be advised parking in front of the above mentioned tenants' storefront is strictly for their customers only. Please refrain from parking in front of the storefront businesses and



in front of the Waste Connections blue garbage bin and green cardboard bins. In the event the parking lot is full, parking is available on 19th St N, 13th Ave N and 12th Ave N.

We are in the final stages of finalizing our sale of the former KFC building. Once the final papers are approved, the new owners will begin construction on the exterior and interior of the building. This will cause a little more chaos in our parking lot, however the end goal of having a newly remodeled building that is not an eye sore on our property will be worth the wait.

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 in March

March 3 - Lindsay and Duncan

March 10 - Anne Pauls

March 17 - Celtic Routes
(at the St Patty's Day Buffet)

March 24 - Noel Burles
and Vicki

March 31 - Alice Tinordi



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Shaw) Go



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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.



TECH HELP WITH AI

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

When: Monday, March 13 and 27

Where: Main Corridor of Nord-Bridge

Time: 10:00 am – 2:00 pm

Fee: FREE for Nord-Bridge Members

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



ESCORTED MOTORCOACH HOLIDAYS

Our motorcoach tours are a worry-free 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.

UPCOMING TOURS

Victoria Stay Awhile – April 12th **guaranteed**

California Redwoods & San Francisco – April 26th **guaranteed**

Vancouver Island, Victoria & Pacific Rim – May 14th **guaranteed**

Alaska Midnight Sun – June 7th **guaranteed**

British Columbia Circle – June 6th, August 7th

Haida Gwaii (formerly Queen Charlotte Islands) – July 10th **guaranteed**

Seattle Baseball – July 19th

Atlantic Canada & Newfoundland – September 3rd

Cross Canada by Motorcoach – September 3rd

Newfoundland & Best of The Maritimes – September 8th

Nashville, Branson & Memphis – October 9th

Visit us online at www.nageltours.com

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resoffice@nageltours.com



46th
Anniversary



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

Feb 1: Anne Schultz \$23.50

Feb 14: Gordon Zacher \$91.50

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

Feb 24: Marvin Higa \$359

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

Feb 6: Betty Alexander \$52 Ernie Woodgate \$52

Feb 13: Jim Hahn \$66 Marie Brake \$66

Feb 20: Closed

Feb 27: Sandy Brown \$68 Doreen Smid \$68

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

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Mitchell Hall
Owner

Lethbridge
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403-329-3222

Third Thursday of the month, next appointments:

Mar 16, May 18, June 15

1/2 hour appointments for Nord-Bridge Members
ONLY

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NORD-BRIDGE BUILDING FUND RECENT DONORS

Doreen Smid \$125; Anne Pauls \$100;
Daniel & Eva Deringer \$200; Joan Marles \$100;
Whitecourt Lodge No. 153 GRA AF AM in Memory of
Frances Didyk \$50; Don Locking \$100

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2023
through Dec 31, 2023: **\$2872.00**



BUILDING FUND UPDATE:

**Building fund totals will be announced
at our AGM on March 1, and reported
in the April edition of the newsletter.**

**New Comers Meet and Greet
will now be held on the 1st
and 3rd Wednesday of every
month at 10:00am in the
Dunford Diner Annex!**

**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!



**Duplicate Bridge is back 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 Duplicate Bridge



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CRA's Community Volunteer Income Tax Program

NO APPOINTMENTS ALLOWED, DROP OFFS ONLY.

Program Starts Wednesday, Mar 1, 2023

Drop off your tax documents either in person or through the main front door mail slot with name, date of birth, address, marital status, and phone number. **FOR FREE!**

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March Promotion

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FREE ONE HOUR ON-SITE CONSULTATION



Sarah Russell

403-359-4770

[f wisecrowstatesales](#)

HELLO MONDAY

For Ages 55+



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. We will offer discussion, self-reflection, and action ideas for you to try.

There is no charge for this class, and everyone 55+ is welcome. Participants will be registered upon arrival.

HELLO MONDAY IS OFFERED IN PARTNERSHIP WITH NORD-BRIDGE SENIORS CENTRE AND CMHA-LETHBRIDGE'S WELLNESS CENTRE

When? Monday, March 06, 2022 - 10:00 am to 11:00 am
Monday, March 13, 2022 - 10:00 am to 11:00 am
Monday, March 20, 2022 - 10:00 am to 11:00 am
Monday, March 27, 2022 - 10:00 am to 11:00 am

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

UNDER NORTHERN LIGHTS

GALA 2023



Save the Date:
September 9th, 2023

At The Coast Lethbridge Hotel and Conference Centre

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JAMMERS
NOW BACK EVERY MONDAY
(EXCLUDING HOLIDAYS)
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DUNFORD DINER
\$3.00 charge for
non-members

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to schedule your appointment

403-894-2484

jodie.hiebert@gmail.com

Notice to Scrabble Players:

Scrabble has been moved to the
Craft Room, Tuesdays at 1:00pm

**On March 14 only, Scrabble will be
held in the Diner Annex*

REMINDER

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

Small Pancake Breakfast \$6.25

One Pancake, One Egg, Bacon or Sausage or Ham, & 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 Fries

Beef Dip Sandwich \$9.00

Roast Beef, A'ujus, Sauteed Mushrooms on a Hoagie Bun with Fries

Rueben Sandwich \$7.50

Corned Beef, Swiss Cheese, Sauerkraut on Rye Bread

Deluxe Hot Hamburger & Poutine \$9.00

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

Hot Hamburger & Fries \$8.25

Beef Patty on a slice of bread with gravy and Fries

Build Your Burger:

Beef or Chicken \$7.00

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

Add Mushrooms \$1.00

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

Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$6.00

Grilled Ham & Cheese \$5.50

Grilled Cheese \$4.25

BLT \$5.75

Nord-Bridge Club Sandwich \$7.50

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

Denver Sandwich \$6.25

Chicken Caesar Wrap \$6.50

Chicken Fingers & Fries \$7.75

Chicken Quesadillas \$8.50

Salad

Taco Salad with beef \$8.25

Add Refried Beans \$1.00

*Chef Salad \$9.50

*Caesar Salad \$6.50

*Garden Salad \$6.50

*Add Grilled or Breaded Chicken \$3.50

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

Nord-Bridge Volunteer Appreciation Event



Thank you to our many volunteers! We appreciate all that you do!



Intergenerational Board Game & Music Afternoon

WEDNESDAY,
MARCH 22, 2023
@ 3:15 PM
IN THE MULTI-PURPOSE
HALL OF NORD-BRIDGE

IN PARTNERSHIP WITH



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



WELLNESS WEDNESDAYS

EATING ON A BUDGET

COOK & CHAT

WITH EMILY MARDELL, RD

Wednesday, March 15, 2023

Join us via
Zoom at Noon or
at CASA at 11:30 am
(Lunch included at CASA)

Register here:
<https://bit.ly/EmilyMardell>

Healthy Lethbridge

Funded by the Government of Canada's New Horizons for Seniors Program

Canada

St. Patty's Day Buffet

MARCH 17 | 11AM - 1PM
For members and invited guests

\$12 PER PERSON

Your choice of:
Slow Cooker Corned Beef with Cabbage and Veggies
OR
Beef Stew Bread Bowl
~Both choices served with Irish Potato Leek Soup

"Limited Diner menu available"

ENJOY A GREEN BEER FOR AN EXTRA COST!

Live music by Celtic Routes!

NORD-BRIDGE SENIORS CENTRE

MINDS in MOTION

What is Minds in Motion?

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

At Minds in Motion® you will...

- Stay physically active
- Meet and socialize with others living with dementia, and care providers
- Get involved in activities such as board or word games, bingo, and other cognitive games
- Have access to information about dementia and support, as needed

Is Minds in Motion® for me?

Minds in Motion is designed for people with early to mid-stage symptoms of Alzheimer's disease or another dementia. Symptoms may include memory loss, confusion, communication difficulties, and changes in mood and behavior. Minds in Motion is intended to be enjoyed with a friend, family member, or care partner.

What can I expect?

The 1.5 to 2-hour program is divided into the following two components:

1. The class starts with a certified fitness instructor leading a low impact fitness class.
2. For the second part of the program, trained staff and/or volunteers engage participants in social and cognitive activities, such as board games, word games, bingo, or other activities.

How to register:

Registration occurs through the recreation centres where Minds in Motion takes place.

Minds in Motion is currently being offered in the following locations:
Nord-Bridge Seniors Centre

For general information on the Minds in Motion program, please call Melanie or Charlene 403-329-3222

When: Wed. March 8 - May 3 @ 1:30pm
Where: West Community Room (1904 13 Ave N)
Cost: \$50 per pair (client and caregiver)

NORD-BRIDGE SENIORS CENTRE

Alzheimer Society
ALBERTA AND NORTHWEST TERRITORIES

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.

SCSP Seniors Community Services Partnership

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
CITY OF Lethbridge
FCSS Family and Community Support Services City of Lethbridge

1973 WINSTON CHURCHILL HIGH SCHOOL 50 YEAR REUNION



CONTACTS:

Peggy ZMURCHYK / Nakama 403-308-1704

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NATHAN NEUDORF

MLA Lethbridge-East



#10; 550 WT Hill Blvd. S. Lethbridge, AB T1J 4Z9

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

Valentine's Day Luncheon



*Congratulations to the Valentine's Day Luncheon Door Prize winners:
Fumiko Adachi, Brent Todd, Sandra McIntosh,
Trish Campbell, and Jean Taylor!*

Out and About Coffee and Shopping

Back by popular demand!

Shopping trips to Walmart North on
the first Wednesday of the month

***PLEASE NOTE: Our March
trip has been changed
to Wednesday, March 8th**

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

**DATE
CHANGE
FOR
MARCH**

***Nord-Bridge
members only**

**Dates: March 8th, April 5th,
May 3rd, & June 7th**

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)**


Walmart



March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
6 9:00 Gentle Yoga 9:30 Jammers (annex) 10:00 Hello Monday Recovery College (Flex Room) 10:00 Beginners Acrylic Paint (Craft Room)  10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga 1:00 Crafters Koffee Club (NEW Flex Room) 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge(Annex) 1:30 Darts 1:30 Outreach Meeting	7 9:00 Zumba GOLD 9:00 Somatics 9:30 Begin. Watercolor 10:00 Music Makers 10:30 Clogging Beginners 11:15 Clogging Advanced 11:00 Keep Fit 1:00 COMPASS (Board Room) 1:00 Watercolor Club 1:00 Canasta 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:00 Beginners Tai Chi 1:30 Beginners Crib 3:00 Exercise with Arthritis 5:00 Gentle Barre (MPH) Line Dance PM 7:00	1 8:30 Breakfast Buffet 9:00 Gentle Yoga  9:00 Meditation  9:30 Annual General Meeting (Multi-Purpose Hall) 10:00 New Comers Meet & Greet (Diner)  10:00 Paper Tole/Card Making (Flex Room) 10:30 Somatics 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis	2 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 (NEW Flex Room) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Floor Shuffleboard 5:45 Begin. Pickleball 	3 9:15 Yin & Yoga Nidra  10:00 Paper Tole/ Card Making (Craft Room) 10:45 Chair Yoga 11:00 Roast Beef 11:00 Fall in House Awards Luncheon (Multi-Purpose Hall) *Tickets Required* 12:45 Crib (West Community Room) 1:00 In-House Bingo 1:00 Contract Bridge (Annex)
6 9:00 Gentle Yoga 9:30 Jammers (annex) 10:00 Hello Monday Recovery College (Flex Room) 10:00 Beginners Acrylic Paint (Craft Room)  10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga 1:00 Crafters Koffee Club (NEW Flex Room) 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge(Annex) 1:30 Darts 1:30 Outreach Meeting	7 9:00 Zumba GOLD 9:00 Somatics 9:30 Begin. Watercolor 10:00 Music Makers 10:30 Clogging Beginners 11:15 Clogging Advanced 11:00 Keep Fit 1:00 COMPASS (Board Room) 1:00 Watercolor Club 1:00 Canasta 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:00 Beginners Tai Chi 1:30 Beginners Crib 3:00 Exercise with Arthritis 5:00 Gentle Barre (MPH) Line Dance PM 7:00	8 8:45 Active POUND 9:00 Gentle Yoga  9:00 Meditation  9:30 Board Meeting 10:00 Coffee & Shopping (by appt. only) 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Flex Room) 10:30 Somatics 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (West Community Room)  7:00 Table Tennis	9 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 (NEW Flex Room) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball 	10 9:15 Yin & Yoga Nidra  10:00 Carpet Bowling 10:00 Paper Tole/ Card Making (Craft Room) 10:45 Chair Yoga 11:00 Spaghetti 12:45 Crib (West Community Room) 1:00 In-House Bingo 1:00 Contract Bridge (Annex)



13 9:00 Lawyers (Board Room) 9:00 Gentle Yoga 9:30 Jammers (annex) 10:00 Tech Help with AI! 10:00 Hello Monday Recovery College (Flex Room) 10:00 Beginners Acrylic Paint (Craft Room) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga 1:00 Krafters Koffee Club (NEW Flex Room) 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts	14 9:00 Zumba GOLD 9:00 Somatics 9:30 Begin. Watercolor 10:00 Music Makers 10:30 Clogging Beginners 11:15 Clogging Advanced 11:00 Keep Fit 1:00 COMPASS 1:00 Begin. Tai Chi 1:00 Manicure (by Appt.) 10:45 WINNERS BINGO 1:00 Pencil Shading 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 5:30 Dry Land Dragon Boat Practices (Multi-Purpose Hall) *Registration Required* 7:00 Table Tennis	15 8:45 Active POUND 9:00 Gentle Yoga 10:00 New Comers Meet & Greet (Diner) 10:00 FREE Messages 10:00 Carpet Bowling 10:00 Paper Tole/ Card Making (Flex Room) 10:30 Somatics 10:45 WINNERS BINGO 1:00 Pencil Shading 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 5:30 Dry Land Dragon Boat Practices (Multi-Purpose Hall) *Registration Required* 7:00 Table Tennis	16 9:00 Adapted Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 10:00 Hearing Consults (Library) 10:45 Yoga Thrive (West Community Room) 11:00 Keep Fit 1:00 Optical Technician (Appts. Required) Board Room 1:00 Acrylic Paint (Flex Room) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Floor Shuffleboard 5:45 Begin. Pickleball	17 9:15 Yin & Yoga Nidra 10:00 Carpet Bowling 10:00 Paper Tole/ Card Making (Craft Room) 10:45 Chair Yoga 11:00 St. Patty's Day Buffet (Diner) Music by the Celtic Routes! \$12 per person 12:45 Crib (WCR) 1:00 In-House Bingo 1:00 Contract Bridge (Annex)
20* & 27* 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00* Member Photos with Sid Lewis (Library) 10:00 Hello Monday Recovery College (Flex Room) 10:00 Beginners Acrylic Paint (Craft Room) 10:00 Intermediate Line Dance 10:00 Tech Help with AI (27) 10:45 Chair Yoga 1:00 Krafters Koffee Club 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge (Annex) 1:30* Outreach (20th) No Darts this day	21* & 28 9:00 Zumba GOLD 9:00 Somatics 9:30 Begin. Watercolor 10:00 Music Makers 10:30 Clogging Beginners 11:15 Clogging Advanced 11:00 Keep Fit 1:00* Baking at Interfaith 1:00 Begin. Tai Chi (MPH) 1:00 Watercolor Club 1:00* COMPASS (21st) 1:00 Canasta 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Ukrainian Easter Egg Painting (Craft Room) 1:30 Beginners Crib 3:00 Exercise w/ Arthritis 5:00 Gentle Barre PM 7:00 Line Dance PM	22* & 29* 8:45 Active POUND 9:00 Gentle Yoga 9:00 Meditation 10:00 Carpet Bowling 10:00 Paper Tole/ Card Making 10:30 Somatics 10:45 WINNERS BINGO 1:00* Pencil Shading (22nd) 1:00* Line & Wash (29th) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 3:15* LSKIP Game (MPH) 5:30 Dry Land Dragon Boat Practices (MPH) 7:00 Table Tennis	23* & 30* 9:00 Adapted Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 10:00* Fraud Presentation 10:45 Yoga Thrive (WCR) 11:00 Keep Fit 1:00* Park Meadows Game Afternoon (West Community Room) *30th 1:00 Acrylic Paint 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Floor Shuffleboard 5:45 Begin. Pickleball	24 & 31* 9:15 Yin & Yoga Nidra 10:00 Carpet Bowling 10:00 Paper Tole/ Card Making (Craft Room) 10:45 Chair Yoga 11:00* Liver & Onions 12:45 Crib (West Community Room) 1:00 In-House Bingo 1:00 Contract Bridge (Annex)  *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 : MAY 18 & JUNE 15**
- **NEW ABSOLUTE BEGINNERS LINE DANCE MONDAYS AT 2:15 PM FOR MORE INFORMATION PLEASE SEE PAGE 15 OF THIS NEWSLETTER**

• **GREEN SHIRT DAY- THURSDAY, APRIL 6TH AT 10AM IN THE ANNEX PLEASE WEAR A GREEN SHIRT TO SUPPORT THE LOGAN BOULET FOUNDATION**

• **WINNERS BINGO WEDNESDAY: MARCH 1, 8, 15, 21, 22, 29**

• **FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON APR. 26, JUNE 7, AUG. 9, OCT. 11, & DEC. 13, 2023 (NOW \$35) LOCATION: CRAFT ROOM**

• **NEW OPTICAL TECHNICIAN REPAIRS NOW AT NORD-BRIDGE THIRD THURSDAY OF EVERY MONTH APPT. REQUIRED**

• **OUT AND ABOUT COFFEE AND SHOPPING TO WAL-MART NOW THE FIRST WEDNESDAY OF EVERY MONTH *EXCLUDING MARCH***



Optical

Repairs & Adjustments
now at



With Mona Mah, on the third
Thursday of every month

Book your FREE appointment at
the front reception desk today!
*MEMBERS ONLY

Give us a call at 403-329-3222 for more info!

Yin & Yoga Nidra

Yin & Yoga Nidra is a combined class that takes elements from Yin Yoga which is a slow paced therapeutic style of yoga with postures that are more passive, held for a few minutes and Yoga Nidra which is a form of guided meditation that allows you to scan your body and tap into a state of consciousness as the mind settles in a place between wakefulness and sleep. Just 15 mins. of Nidra = 1 hour of sleep!

Fridays at 9:15 am for 7 weeks

April 28-June 9

\$40 for members

\$60 for Non Members



LETHBRIDGE DENTURE CLINIC LTD

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

#2 - 1718 3 AVE S, LETHBRIDGE AB 403-381-4142 WWW.LETHBRIDGEDENTURECLINIC.COM



Compass for the Caregiver



COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend, or neighbour near or far.

If you are supporting someone experiencing challenges related to: health, age, family dynamics, mental health, pressures generated by "sandwich generation" responsibilities and/or distance.

We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead.

February 28, March 7, 14 & 21, 2023

Tuesdays from 1:30 – 3:30 pm

Location: Nordbridge Seniors Centre

\$55 registration fee

Maximum 8 participants

Contact Nordbridge at 403-329-3222 to register

LSCO • 500 - 11th Street South • 403-320-2222



**Martin Brothers
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you can leave behind
is the gift of being prepared.*

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or visit our website www.mbfunerals.com



caregiversalberta.ca | 780.453.5088
office@caregiversalberta.ca | 1.877.453.5088 (toll-free)

Line and Wash Two Day Workshop with Donna Gallant

This workshop will introduce you to the interesting effects of line and wash. Usually, we use pen, ink and watercolor, but instead, we will concentrate on using felt pens with watercolor. Learn how to mix these two mediums together to create stunning paintings. Basic strokes and techniques will be covered as well as tips on painting with watercolor. All levels are welcome!

Wednesday, March 29 & April 5 at 1:00pm
In the Nord-Bridge Craft Room
Members: \$25 Non-Members \$45

Register by calling 403-329-3222 or stop by Nord-Bridge.
Don't forget to pick up the supply sheet!



How to Shade with Pencil Two Day workshop with Donna Gallant

This workshop will teach you how to shade with graphic pencil to create depth in your drawing. You will learn the difference between a 2B and a 2H pencil, along with several different techniques for shading, and the effects of different types of lighting. So grab your pencils and paper and join the class!

Wednesday, March 15 & 22 at 1:00pm
In the Nord-Bridge Craft Room
Members: \$25; Non-Members \$45

Register by calling 403-329-3222 or stop by Nord-Bridge!
Don't forget to pick up the supply sheet!



NEW! Absolute Beginners LINE DANCE with Diane Holstine

This class is for those who have absolutely no line dance experience. We start right from the basics while having fun along the way! Please bring indoor shoes, a water bottle, and wear comfortable clothes.



*No class
on May 22



Limited Spots Available!

Dates: Mondays, April 17 to June 12

Time: 2:15pm to 3:00pm

Location: West Community Room

\$40 for Members; \$50 for Non-members

Please register online at

www.nordbridgeseniors.com

or in person at 1904 13 Ave N.

Beginners Line Dance With Diane Holstine

Sign up online at
www.nordbridgeseniors.com
or in person at 1904 13 Ave. N.



This class is for those who have learned the basic line dances and want to move to the next level!

Mondays at 1:00pm, April 17th - June 26th (10 weeks)

Location: Nord-Bridge West Community Room

\$40 Members; \$50 Non-Members

***Limited spots available!**

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!



Register at
www.nordbridgeseniors.com
or in person at 1904 13 Ave. N.

For anyone 18+!

\$50 for 12 Weeks

Begins: Thursdays, March 16 - May 4

@ 10:45 am - 12:00 pm

Location: West Community room

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

1. Walk Up
2. Check In
3. Receive Food



HOW TO ACCESS

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

Pick Up Food at These Locations

LSCO 4-6 PM

April 17
June 12
August 14
October 16
December 11

Nord-Bridge 1-3 PM

March 14
May 16
July 11
September 12
November 14



500 - 11 Street South
403-320-2222

1904 - 13 Avenue North
403-329-3222



Continuing to Care Through the Generations.

Christensen Salmon

GENERATIONS

Funeral Home & Cremation Services

703 - 13 Street North
Lethbridge, AB
403-382-3601

A Division of The Caring Group Corp.



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

HUCKVALE

LLP
established 1906

Upcoming FREE consultation dates:

***Now on Mondays**

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**

Lethbridge Elder Abuse Response Network:

This month, LEARN has partnered with some Coordinated Community Response Network Members to put on a Financial Literacy Learning Series. I have noted financial abuse to be the most common type of elder abuse I see, and it is my hope that this learning series will help teach others how to effectively plan for your passing and protect yourself and your loved ones! It can often be overwhelming to discuss these topics as they can be quite complex and confusing, so we have broken the series up into 5 parts throughout the month of March.

Each Wednesday afternoon from 1-3PM will cover a different topic, and also allow room for questions to be asked with bank representatives and a lawyer present. On March 1st, you will be provided with a general overview of topics to be covered so you can decide which ones you want to come to, and which ones you maybe aren't as keen to attend. Of course, I recommend attending all of them to get the greatest understanding possible.

Topics will generally include banking, the risks and benefits to joint accounts and joint assets, advance directives such as the different types of power of attorney that can be written, personal directives and wills, an explanation on rebates, taxes and capital gains.

Each of these topics will be covered by someone with the knowledge and expertise to answer any questions you may have, and each session is free to attend! There will also be snacks and door prizes, so we ask that you please register beforehand. Registration can be completed at the administration desk at LSCO, by emailing kmartin@lethseniors.com or by calling 403-320-2222.

I would like to thank Lethbridge Legal Guidance, the Domestic Violence Action Team, and Servus Credit Union for assisting in the planning and preparation for this series! I would also like to thank John McMullen of Letourneau LLP and Chris Prawdzik, CPA, of Volution LLP Tax Advisors and Chartered Professional Accountants for their contribution to the material that will be presented!
I hope to see you all there!

-Amy Cook-

LEARN Case
Manager



Programmer's Report



As I write this, I am looking forward to holidays in Arizona! I am hoping to go hiking, swimming, and enjoy the warmer weather!

I am always amazed at all the new faces around our building and in our programs! It's great to see! Just a friendly reminder, we have the AGM on **Wednesday, March 1st**.

There will be no POUND or Carpet Bowling this day. Then on Friday, March 3, we are hosting our annual In House Awards Luncheon from Fall 2022 and **therefore Bingo players will not be permitted into the Multi-Purpose Hall until 12:30 pm** this day. Friday, March 17th is our Annual St. Patty's Day Buffet for \$12.00 per person first come first served for pick up or dine in. There will be live music by the Celtic Routes and delicious Irish themed food!

You may have noticed we have some new senior assistance programs popping up at Nord-Bridge lately including Optical technician repairs, Manicures, and Tech Help! If you are a member, don't hesitate to get your name on the list by stopping by the front reception desk!

We are currently looking for more participants in the following classes: Yin and Yoga Nidra starting on March 3rd, Yoga Thrive for those with Cancer and beyond starting on March 16th, as well as the Intergenerational Game and Music Afternoon with the Lethbridge Family Centre on Wednesday, March 22nd at 3:15 pm. Please call Nord-Bridge to register or stop by Nord-Bridge today!

Also, NEW this month and next month is an Absolute Beginner Line Dance Class with Diane Holstine on Monday afternoons (drop ins not allowed, registration is required), as well as two more two-day workshops with Donna Gallant. Check out these programs in the Winter Program booklet or on page 15 of the newsletter.

Until next month, stay happy and healthy!

Ashley Kern - Program Coordinator

FINANCIAL LITERACY LEARNING SERIES

JOIN US MARCH 1, 8, 15, 22 & 29 FROM 1-3 AT LSCO IN THE STAGE AREA TO LEARN ABOUT TOPICS PERTAINING TO FINANCIAL LITERACY & HOW TO PROTECT YOURSELF. TOPICS WILL INCLUDE:

JOINT ACCOUNTS & ASSETS, WILLS & TYPES OF POWER OF ATTORNEY

THE PROCESS & IMPORTANCE OF ESTATE PLANNING

CAPITAL GAINS, REBATES, TAXES

THE OFFICE OF THE PUBLIC GUARDIAN & TRUSTEE

EACH SESSION WILL FOCUS ON A DIFFERENT TOPIC & INCLUDE A QUESTION PERIOD WITH BANK REPRESENTATIVES & A LAWYER.

CALL 403-320-2222 TO REGISTER. OPEN TO EVERYONE & FREE OF CHARGE! DOOR PRIZES AND SNACKS PROVIDED!

LEARN

Lethbridge Legal Guidance

servus credit union

DVAT

Lethbridge Family Services

OWEN PRINCE, CPA, CA

Condolences to:

...The Kincade family and the passing of Ron

...The Schnoor family and the passing of Carol

...The Wright family and the passing of James

...The Chudobiak family and the passing of Anne

...The Didyk family and the passing of Frances

...Martha Flemming and the passing of her son, Trevor

...Kathy Cill and the the passing of her son-in-law

...Pat Waddle and the passing of her brother, Tom Connor

...An anonymous family and the passing of their loved one

Get Well Wishes to:

...Joe Tomiyama, who is in the hospital

...Jerry Kubik, who is in the hospital



March \$10 Lunch Specials for Dine In or Take Out

Friday, March 3 - *Spring Themed Special!*

Roast Beef with Roasted Potatoes, Veggies, and Gravy



Friday, March 10 - Spaghetti with Meat Sauce,
Caesar Salad, and Garlic Toast



Friday, March 17 - St. Patty's Day Buffet \$12 per person
Choice of EITHER:



Slow Cooker Corned Beef with Cabbage and Veggies, OR
Beef Stew Bread Bowl



*Both choices served with Irish Potato Leek Soup
*Limited Diner menu available

Friday, March 24 - Ham and Scalloped
Potatoes with Honey-Dill Carrots



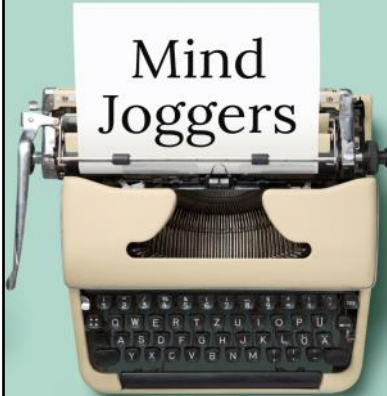
Friday, March 31 - Liver & Onions with Mashed
Potatoes, Veggies, and Gravy



Available from 11am to 1pm



Mind Joggers



*We are now at 13 people
in the Mind Joggers Group
and are enjoying our
meet-ups once a week at
Nord-Bridge! If you are a
writer or would like to
listen, stop by on Thursday
mornings at 9:30am in the
Board Room!*

This mini cafe was hand-crafted by Elta
Buckman. She spent over 50 hours creating it
with her granddaughter - the attention
they've given to every detail is amazing!



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



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



All new members
require a FREE
orientation

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

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



Manicures Now Available at Nord-Bridge!

March 14 at 1pm in the Craft Room
Includes a fresh coat of nail polish/art and
a mini hand massage. \$20 per person

*For Nord-Bridge Members Only

BOOK AT THE
FRONT
RECEPTION
DESK



Wellness Coordinator/Outreach

March has arrived! I'm looking forward to seeing you all here.

Due to Peru being closed, I have changed my vacation time. I'll be taking the first week of April off so these will be MY new dates for session 2:

<u>Monday</u>	<u>Tuesdays</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
March 6-Apr 24 (7)	Feb 28-April 18 (7)	March 1-April 19 (7) (No April 5)	March 2- April 20 (7)	March 3-April 21 (7)
9:00am yoga	9:00am	9:00am Yoga	9:00am	10:45 Chair
10:45am	Somatics	10:30am	Pilates	Yoga
Chair	(No April 4)	Somatics	(No April 6 th)	(No April 7
(April 3-Kathy teaching)	No Keep Fit		no Keep Fit	Holiday)

***Outreach Event is on March 20th with entertainment by the Jammers. Sign up at the front desk!**

***55+ Fitness Centre** welcomes all our returning and new members. In January and February we have had record numbers signing up to get back in shape and feeling great! Treadmill motors are still on back order so we will try to get them back up and running ASAP. Thank you for your patience and understanding. Keep checking out the info board in the gym for new recipes and info.

13- the average number of pints of air a person breathes every minute

20,000-number of breaths a person takes every day

Reminder: Daylight Saving begins March 12th!

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

Fraud Prevention Awareness

Join us, as The Lethbridge Police Service outlines the many different types of fraud and how to avoid becoming a victim. This free presentation is open to anyone in the community, and there is no need to register!



*When: Thursday, March 23
Time: 10:00am
Where: Nord-Bridge Flex Room*



Music by the Jammers!

Please join us

SAINT Paddy's

LET'S EAT, DRINK & BE LUCKY

MAR **20** AT 1:30pm

Outreach Program

Entry \$3.00
Door Prizes!

Contact Melanie:
melanie@nordbridgeseniors.com
or sign up at the Front Desk

Call 403.329.3222 for more information!

LIVE



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

Caribbean Shrimp & Rice Bowl

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
APRIL 19th**

11:15AM MST Via ZOOM



CONTACT ASHLEY @ 403-329-3222

@nordbridgecooksvirtual



Participants in
February's live
ZOOM cooking
class shared photos
of their delicious
meals!

**Chicken Parmesan
with a Side Salad**



**Join us for our next cooking class on
Wednesday, April 19th, LIVE via Zoom!**



PLEASE NOTE: The Music Makers

Will NOT be singing at Nord-Bridge on
March 21 or April 25

On any other date, come join them
Tuesdays at 10:00am in the Diner Annex!



Lethbridge College
Massage Therapy Students
at Nord-Bridge!

Location: Nord-Bridge Craft Room

Date: Wednesday, March 15

Time: 10:00am to 12:00pm

*Massages offered on a first-come,
first-served basis!

Sore muscles? Come in for a FREE
massage from the Lethbridge
College Massage Therapy students!



This service is for Nord-Bridge
members only. Please check
with the Reception Desk or call
403-329-3222 for more
information.



Evening Gentle Barre

NEW!

With Sheila Mulgrew!

**\$9 FOR WALK-INS
\$50 FOR 7 CLASSES**



**TUESDAYS @
5:00PM in the
Multi-Purpose
Hall**

Suitable for ALL fitness levels!

Session 2: Tuesday, Mar. 14 - May 2

Session 3: Tuesday, May 9 - June 27

***Please bring a yoga mat**



Register online at www.nordbridgeseniors.com
or in person at 1904 13 Ave N.



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!

15 outdoor activities to celebrate spring!

1. Jump rope
2. Have an outdoor scavenger hunt
3. Try your hand at miniature golf
4. Play Frisbee
5. Take the dog for a walk
6. Visit a farmer's market
7. Play soccer or softball
8. Take a bike ride
9. Picnic in the park
10. Start a garden
11. Grab some chalk and decorate your driveway
12. Spend an afternoon at the playground
13. Go camping
14. Go for a hike
15. Fly a kite

The Medicine
Shophe®
P H A R M A C Y



Intergenerational Board Game Afternoon

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!

DATES: Mar. 30, Apr. 20, May 4, June 1

TIME: 1:00 pm - 2:30 pm

LOCATION: West Community Room 



We are always looking for
more seniors 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!



Interfaith
Chinook Country
Kitchen



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



Tuesday, April 25th @ 1:00pm

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

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.



SCSP
Navigation Team
Intake Line
403-329-1544



The mandate of the Seniors System Navigation Team
is to offer information & referrals, short term case
management and outreach support to seniors in
need over the age of 60 years of age. The Team can
help seniors identify needs, connect to resources,
provide psychosocial support and education and offer
advocacy and community outreach as needed.

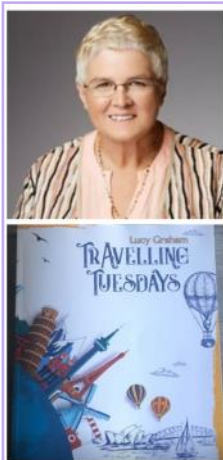
THE TRUCK STORE
430 STAFFORD DR. N. LETHBRIDGE
403-327-2721
truckstorelethbridge@gmail.com

Quality used Trucks, Cars, Vans
and SUV's
All units are Detailed
AMVIC inspected and Repaired
Car Proofs Provided

Warranty's Available
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Trade ins Welcome

See our ads on Kijiji:
The Truck Store

Follow us on
Facebook: The Truck
Store Lethbridge



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.

ZUMBA® WITH SHEILA MULGREW
gold

Session 2:

Tuesdays, March 7 to April 25

9:00am to 9:45am

In the Nord-Bridge Multi-Purpose Hall

Members:
\$40 / \$7 Drop In
Non-Members:
\$60 / \$9 Drop In

Zumba Gold is a modified Zumba class that focuses on
balance, range of motion and coordination. Come ready to
sweat and prepare to leave empowered and feeling strong!



TO REGISTER:
CALL 329-3222 OR VISIT THE FRONT DESK

VIRTUAL GUIDED MEDITATION

With Ashley



WE WILL BE WORKING ON PROGRESSIVE RELAXATION, GUIDED IMAGERY, AND MINDFULNESS. NEW COMERS ARE WELCOME, NO EXPERIENCE REQUIRED. THE CLASS WILL BE DONE SEATED IN A CHAIR FOR 45 MINUTES AND BY THE END OF THIS SESSION YOU WILL BE REJUVENATED, RELAXED, AND AT PEACE.

SESSION 2 BEGINS
WEDNESDAY, MAR. 22- MAY 3

MEMBERS: \$20
NON-MEMBERS: \$40

TIME: 9AM-945AM
LOCATION: ZOOM VIDEO PLATFORM

REGISTER EITHER ONLINE OR IN PERSON OR CALL 403-329-3222 FOR MORE INFO!

FOOT CARE IS BACK!

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

*For Nord-Bridge Members ONLY

Next Date: Wednesday, April 26

Time: 10:00am to 12:00pm

Location: Nord-Bridge Craft Room

Fee: *\$35 per patient *NEW*

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



Thank you to:

For more information please call Nord-Bridge!



1904 13 Ave. N.

HERE TO SERVE



RACHAEL THOMAS
LETHBRIDGE ALBERTA MP

f @RachaelThomasMP

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

Member Photos

with Sid Lewis!

3RD MONDAY OF THE MONTH

Dates: Mar. 20, Apr. 17, May 15th

From 10:00am -11:30am **FREE**



Every new member receives a FREE self portrait!



*First come, first served
Photos taken in Nord-Bridge Library



Call 403-329-3222 for more information!



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