

## NEWSLETTER

# May 2023



Nord-Bridge carpet bowling started at the Bill Kergan Centre, years before the new Nord-Bridge Centre opened in 2001 (that's 22+ years). On occasion, there were 6 carpets going consisting of 2 teams (4 players per team with a total of 8 players) per carpet. Carpet Bowling is a free drop-in activity scheduled Wednesdays and Fridays at 10:00am in the Multi-Purpose Hall. Each team has 8 bowls (2 per person) to throw, to try to get as many bowls closest to the jack (little white ball) as possible. The team who scores the most points wins the game. We are always looking for new members to come and join us for lots of fun and laughs, plus you get some exercise!

## PRESIDENT'S REPORT

As I sit on our balcony, I'm glad to see that Spring is coming to the mountains, but my mom Georgia Berg (1915 to 2013) always said "don't put away your warm clothes until May 24<sup>th</sup>."



Speaking of mothers, be sure to get your tickets for our Mother's Day Luncheon on Friday, May 12. Tickets are available at the front desk. The founder of Mother's Day in the United States was Anna Jarvis (May 1, 1864 to Nov. 24, 1948). She saw Mother's Day as a day commemorating her for the matchless service she rendered to humanity in every field of life. Her version of the day involved wearing a white carnation as a badge and visiting one's mother or attending church. Later when Mother's Day became commercialized, she campaigned to bring it back to its roots.



Early in April we had a surprise donation to Nord-Bridge from the International Police Association, Region 14. Marcel St. Onge, Gordon Zacher, Sandy Hunt, and John Ross met me for breakfast and presented us with a cheque for \$4065.00. Thank you for this substantial donation to Nord-Bridge. We had our annual luncheon to award Lifetime Memberships to those members over 80 and 90 who have made considerable contributions to Nord-Bridge over the years. Thank you to the staff and volunteers who make this annual luncheon such a memorable time. The roast beef was superb.

We're excited to announce the first annual Father's Day Show and Shine BBQ. This event will take place on Sunday, June 18<sup>th</sup> from 11am to 3pm. Polish up those antique vehicles and bring them over for a fun day!

I have discovered a new app for my phone. It's the Merlin Bird ID. It listens for bird sounds and identifies the bird. So far, I have identified the Dark-eyed Junco, the Ruby-Crowned Kinglet, the Red Crossbill and many other species we are familiar with like the Steller's Jay, House Finch, Northern Flicker and Common Raven. I learned about this app at The Helen Schuler Nature Centre.

Ruby-crowned Kinglets are olive-green birds with a prominent white opening and white wingbar. This wingbar contrasts with an adjacent blackish bar in the wing. The "ruby crown" of the male is only occasionally visible.



As we approach summer, we will be announcing new events and programs, so keep reading this monthly newsletter and come out for our fund-raising events. The Northern Lights Gala 2023 is on September 9<sup>th</sup> with live entertainment by The Bridgette Yarwood Band. This will take place at the Coast Lethbridge Hotel and Conference Centre.

Thank you for supporting Nord-Bridge and remember we can always use more volunteers to keep our programs top notch.

~"Life is like a box of chocolates. You never know what you're going to get."~ Forrest Gump

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

Carla Reinbold

Garry Reinbold

Doris Dorge

Joseph Dillabough

Mary Merriott

Shelley McGarry

Laurie Reid-Brown

Debbie Debolt

Chelsea McGarry

Margaret Dyck

Karen Genesis

Heidi Dreimann

Denise Erickson

Terry Erickson

Myrna Tweter

Donna Tarvana

Myrna Nystrom

Trevor Anderson

Roland Fielder

Dean Fontaine

Jack Lelekach

Kathy Lelekach

7 Anonymous



**We will be closed**  
**Monday, May 22 for**  
**Victoria Day**



NORD-BRIDGE  
SENIORS CENTRE

Some programs and services are partially funded by the joint Provincial and City FCSS Program.



Alberta Association of Seniors Centres



Visit [nordbridgeseniors.com](http://nordbridgeseniors.com) for program information, photos, videos, newsletters, and more.

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

[twitter.com/bridgenord](https://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!**

### *A Mother's Thoughts*

The first dear breath, the first small cry, the tiny fists a-churning  
Bring untold wonderment to me and a new part of learning.  
Nothing else can match the wonder, nothing else will be the same.  
As I look, and touch, and wonder, what will be your special name?

Who says miracles don't happen, or that they can't come to be,

As they place this tiny being on the bed just next to me?

When I touch the baby fingers, and explore eyes, nose, and ears,  
Somehow everything is misty through my wonderous loving tears.

Only I can know this feeling, only I because of you

Can know all the joyous wonder of this miracle come true.

As the years roll by so swiftly things will not stay just this way,

There'll be times of trial and error, and so many things to say.

There are many who will hinder, some small few to say "well done,"

But keep on, you'll be the winner, run until the race is won.

Then, as you look back on your life through advantages of time,

You will understand the feelings that today I say are mine.

~Ethel Sigurdson,

from the Mind Joggers Writing Group



*Happy Mother's Day*



## EXECUTIVE DIRECTOR'S REPORT



Over the last few years we have welcomed many new members. I sometimes take for granted, all new members are aware of where they can find information and where to ask questions. Obviously, for any day-to-day program / activity / event, questions can be directed to the Front Desk admin team of Maria and Erin. Our Front Desk volunteers can assist with general information and resource questions. We also have a suggestion / feedback box located beside the Seniors Helping Seniors office for any members who would like to inquire about anything. Suggestions / feedback are collected once a month and reviewed at board meetings if necessary. Please note, any suggestions and feedback will only be addressed if they are signed by the member.



Last month we hosted the Lethbridge East Candidates Forum with the National Association of Federal Retirees. UCP candidate Nathan Neudorf and NDP candidate Rob Miyashiro were on hand to answer questions on seniors' issues to 75 seniors in attendance. The Provincial Election is scheduled to be held on May 29, 2023. Nord-Bridge will have a table dedicated for candidate literature for both Lethbridge East and West. We will also attempt to make arrangements for candidates running to set up social meet and greet times in our Dunford Diner. Please watch for notices once we have confirmation from candidates.

**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

Mike Bennett  
Clay Olsen  
Bill Hanson

### Second Year

Randy Butterwick  
Judy Cartwright  
Anita Hamilton

### Third Year

Doreen Smid  
Lorrie Vos  
Dianne Smith

## Nord-Bridge meetings reminder

### Monthly

Outreach Committee : First Monday (Sept –May) 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	Heather Boychuk
Kitchen Team Member	Tanesha Hart
Building Maintenance/Custodian	Marco Escobar
Newsletter Editor	Cindy Dykstra



**Friday Lunch  
Entertainment in May**

**May 5th - Cinco De Mayo Buffet  
With Anne & Brian**

**May 12th - Mother's Day Luncheon  
with Elaine Unger- Pengilly**

**May 19th - Darlene and Laree**

**May 26th - Doug and Garland**



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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: befriently**  
 (Shaw Cable subscribers see left)

**NEW**



**FREE WiFi**



## Welcome Home

### Property Care Services

Taking care of your home just got easier

We offer spring cleanups, weekly lawn mowing, power raking and more.

Book for the 2023 summer season and let us help with your outdoor chores

Year-Round Services available

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Search Welcome Home Property Care Lethbridge on Facebook or Google Business for reviews

## 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**

April 13th - Amy Unger \$222.75  
 April 20 - Lynne Peterson \$55.75

### 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**

\*Please read next months newsletter for the April winner.

### 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**

April 3 - Grace Ell \$78 Doreen Jergens \$78  
 April 10 - Closed for Easter  
 April 17 - Jean Taylor \$59 Ab Gesinghaus \$59  
 April 24 - Amy Unger \$69 Ab Gesinghaus \$69

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



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#### UPCOMING TOURS

British Columbia Circle – June 6 <sup>th</sup> , August 7 <sup>th</sup>
Alaska Midnight Sun – July 1 <sup>st</sup> <b>guaranteed</b>
Saskatchewan Experience – July 23 <sup>rd</sup> <b>guaranteed</b>
Seattle Baseball – July 19 <sup>th</sup>
Haida Gwaii (formerly Queen Charlotte Islands) – Aug 8 <sup>th</sup>
Yellowstone, Mt. Rushmore & Medora Musical – Aug 12 <sup>th</sup>
Atlantic Canada & Newfoundland – Sept 3 <sup>rd</sup> , 9 <sup>th</sup> <b>guaranteed</b>
Cross Canada by Motorcoach – Sept 3 <sup>rd</sup> <b>guaranteed</b>
Newfoundland & Best of The Maritimes – Sept 8 <sup>th</sup>
Nashville, Branson & Memphis – Oct 2 <sup>nd</sup> <b>guaranteed</b>
Nashville, Branson & Dollywood – Oct 11 <sup>th</sup> <b>guaranteed</b>

Visit us online at [www.nageltours.com](http://www.nageltours.com)  
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 resoffice@nageltours.com

46<sup>th</sup>

Anniversary





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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, May 15 & 29

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.

Lethbridge  
HEARING CENTRE

FREE  
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TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

403-329-3222

Third Thursday of the month, next appointments:

May 18, June 15

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

Follow us on Facebook  
@NordBridgeSeniorsLethbridge



## NORD-BRIDGE BUILDING FUND RECENT DONORS

Fujikawa Family, in Memory of Miiko Iwassa \$200;  
Daniel and Eva Deringer \$200;

MWG Chartered Professional Accountant \$1000;  
Martin and Doreen Bock \$200; Florence Venhuis \$40;  
Sumiko Tomiyama \$100; Deb Nishi \$100;  
Donna Takeda \$100; Willy Holz \$40;  
Roberta Svennes \$100; Tim and June Greelee \$100;  
Anonymous \$90; Anonymous \$100

## NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2023  
through Dec 31, 2023: \$4,701.50



## BUILDING FUND UPDATE:

Total Fund-Raising Goal \$7,170,915

Total Contributions to our  
Building Fund 1998 through 2023  
Still needed by N-B Fundraising

\$2,216,159  
\$4,954,756

## FOOT CARE IS BACK!

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

\*For Nord-Bridge Members ONLY

Wednesdays from 10am to 12pm:  
Apr. 26, June 7, Aug. 9, Oct. 11, Dec. 13  
Place: 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.



## 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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Owner

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2023



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The Bridgette Yarwood Band*



*\*Live Auction by  
Perlich Bros.*

*\*Cash Bar*

*\*Silent  
Auction*

*\*Champagne  
Hospitality Welcome*



*Save the Date:  
September 9th, 2023*

*At The Coast Lethbridge Hotel and Conference Centre*



**NORD-BRIDGE  
SENIORS CENTRE**





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**JAMMERS**  
NOW BACK EVERY MONDAY  
(EXCLUDING HOLIDAYS)  
9:30-12:00pm in the  
**DUNFORD DINER**  
\$3.00 charge for  
non-members

WE ARE LOOKING FOR

# BOCCE BALL PLAYERS



Starting May 9th  
(as weather permits) at  
Nor-Bridge Lions Park North  
every Tuesday at 2pm

**FREE, for Nord-Bridge  
Members Only\***

### Register at:

Nord-Bridge Seniors  
Centre - 1904 13 Ave. N.  
or call 403-329-3222  
and ask for Ashley

### 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 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  
SENIORS CENTRE**

# Intergenerational Board Game & Music Afternoon



**WEDNESDAY, MAY 24, 2023**

**@ 3:15 PM**

**IN THE MULTI-PURPOSE HALL OF NORD-BRIDGE**

*This partnership is with children of various ages. Seniors are partnered up with children and they participate in a variety of board games and active games for one hour. This is where great relationships are created!*

**IN PARTNERSHIP WITH**



**FAMILY  
CENTRE**

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



# Seniors System Navigator

The days are getting longer, and the weather is getting warmer. I can't believe it is May with summer around the corner. I can't wait for the weather to get warmer and to sit on my deck to watch the beautiful sunsets. The following are activities you can do in the summer.



1. **Fresh fruits and vegetables** are readily available during the summer. Try and add these to your daily meals. Cooking can be a therapeutic activity because it gives a sense of purpose, and you can be creative. The following is a recipe for Black Bean and Corn Salad:

2 cups of cooked black beans drained and rinsed  
2 cups of frozen corn thawed  
2 medium tomatoes  
½ cup of chopped purple onion  
¼ cup of cilantro chopped

Dressing:  
¼ cup of lime juice  
1 teaspoon ground cumin  
½ teaspoon salt or pepper

2. **Find a hobby**

Painting, drawing, sketching, sewing and woodworking are very stimulating for older adults. Completing a project can help a person express their emotions and develop fine motor skills. Also, seniors will feel successful and have a sense of accomplishment while working on projects.

3. **Talk about the past**

Many aging adults like to talk about past summer holidays. They will often share and retell stories from past holidays. A photo album will help prompt special occasions.

4. **Play Games**

Outdoor and board games are fun for aging adults and are another way to socialize. Games and outdoor leisure activities reduce the risk of dementia. On a sunny day try and play bocce ball or corn hole.

5. **Be active and stay cool**

Swimming and taking a water aerobics class will help an aging adult stay fit. Most summer activities are low impact and help arthritis. There are many great low impact exercises such as yoga and tai chi.

6. **Movie Mill/Film Therapy**

Movies offer an emotional escape and help older adults take the focus off sore joints or other ailments. A movie at the Mill during hot summer days is a great place to go to say cool.

7. **Read a novel or the newspaper**

Reading is a great activity for any aging adult, especially during the summer months. You can read inside an air-conditioned building or under a tree that provides shade. Some seniors join book clubs or use the library at Nord Bridge.

8. **Get outside for Vitamin D**

It is important to get outside and get vitamin D. It helps seniors with depression and anxiety, and it will boost the immune system. Try and watch the sun rise and set over the coulees. Also, take a morning or evening walk in your neighborhood.

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



**We would like to thank the International Police Association, R14, for their donation of \$4065.00 to Nord-Bridge Seniors Centre!**

**Pictured left to right are: Gordon Zacher, Marcel St. Onge, George Berg (Board President), Sandy Hunt, and John Ross. We greatly appreciate your kindness and generosity!**

**THANK YOU**  
for your support!



## Single Session Drop-In Counselling

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

- Offered monthly onsite at both LSCO & Nord-Bridge.
- 1 session offered free of charge.
- 1 ½ hour sessions offered the 1st Tuesday of the month from 9:00am - 12:00pm and the 3rd Wednesday of the month from 12:30 - 3:30pm.
- Drop-in style - meaning you may have to wait your turn in the event the counsellor is busy with someone else.
- Discussions are confidential.

**Dates: April 4 (am), May 17 (pm), June 6 (am), July 19 (pm), Aug 1 (am), Sept 20 (pm), Oct 3 (am), Nov 15 (pm), Dec 5 (am)**

*This new service has been made possible through an ongoing collaboration between Seniors Community Services Partnership members*

**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

**Lethbridge**







# Mother's Day Luncheon

Friday, May 12th  
Seating at 11:00am  
Lunch served at 11:30am

Chicken Cordon Bleu with mushroom sauce, salad, roasted baby potatoes and carrots, and a special dessert by Gail

\$13 per person

Tickets on sale at the Front Reception Desk, while quantities last!

Enjoy live entertainment by Elaine Unger-Pengilly

\*Special gifts for all the ladies!

# Nathan Neudorf



**United Conservatives**  
Alberta Strong & Free

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**MOVING ALBERTA FORWARD**

## 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](http://www.nordbridgeseniors.com)  
or in person at 1904 13 Ave. N.

For anyone 18+!  
**\$50** for 8 Weeks

**Wednesdays, May 10 to July 5**

**@ 2:45pm to 4:00pm (No class June 7)**

**Location: West Community room**

**The Summer Program Guide will be available on Wednesday, June 21st!**

Once registration is open, you can sign up for classes any time while spaces last, either online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com), or in person at 1904-13 Ave. N. Please find more information in the June newsletter.










# May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Gentle Yoga 9:30 Jammers (annex) <b>10:00 Hello Monday Recovery College (Flex Room)</b> 10:00 Beginners Acrylic Paint (Craft Room) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga <b>1:00 Krafers Koffee Club</b> 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <b>1:30 Outreach Meeting</b> <b>2:15 Absolute Begin. LD Line Dance (WCR)</b>	<b>2</b> 9:00 Gentle Somatics 9:00 Zumba GOLD 10:00 Music Makers 10:30 Clogging Beginners 11:15 Clogging Advanced 11:00 Keep Fit 12:45* Canasta / H & F 1:00 Watercolor Club 1:00 Scrabble (craft Room) 1:00 Texas Hold'em 1:00 Beginners Tai Chi 1:30 Beginners Crib <b>5:00 Gentle Barre PM</b> 7:00 Line Dance PM *Please note: Canasta/ Hand & Foot will now be played at 12:45 pm	<b>3</b> <b>Monthly Breakfast Buffet</b> 8:45 Active POUND 9:00 Gentle Yoga 9:00 Guided Meditation <b>10:00 New Comers Meet &amp; Greet (Diner)</b> <b>10:00 Coffee &amp; Shopping (by appt. only)</b> 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Flex Room) 10:30 Gentle Somatics <b>10:45 WINNERS BINGO</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre <b>1:30 Minds in Motion</b> 7:00 Table Tennis	<b>4</b> 9:00 Adapted Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 11:00 Keep Fit <b>1:00 Park Meadows Game Afternoon (WCR)</b> 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	<b>5</b> <b>9:15 Yin &amp; Yoga Nidra (WCR)</b> 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Craft Room) 10:45 Chair Yoga <b>11:00 CONGO DANCE</b> <b>12:45 Crib (West Community Room)</b> <b>1:00 In-House Bingo</b> 1:00 Contract Bridge (Annex)
<b>8</b> <b>9:00 Lawyers (Board Room)</b> 9:00 Gentle Yoga 9:30 Jammers (annex) <b>10:00 Hello Monday Recovery College (Flex Room)</b> 10:00 Beginners Acrylic Paint (Craft Room) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga <b>1:00 Krafers Koffee Club</b> 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <b>2:15 Absolute Beginners Line Dance (WCR)</b>	<b>9</b> 9:00 Gentle Somatics 9:00 Zumba GOLD 9:00 Somatics <b>9:30 Intermed Watercolor</b> 10:00 Music Makers 10:30 Clogging Beginners 11:15 Clogging Advanced 11:00 Keep Fit 12:45 Canasta / H & F 1:00 Watercolor Club 1:00 Scrabble (craft Room) 1:00 Texas Hold'em 1:00 Beginners Tai Chi 1:30 Beginners Crib <b>2:00 Bocce Ball (Nor-Bridge Lions Park)</b> <b>5:00 Gentle Barre PM</b> 7:00 Line Dance PM	<b>10</b> 8:45 Active POUND 9:00 Gentle Yoga <b>9:30 Board Meeting</b> 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Flex Room) 10:30 Gentle Somatics <b>10:45 WINNERS BINGO</b> <b>1:00 Manicures (Craft) *Appt. Required*</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:15 Chair Arthritic Yoga (WCR) 2:45 Yoga Thrive 7:00 Table Tennis	<b>11</b> 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 Floor Shuffleboard 5:45 Beginners Pickleball	<b>12</b> <b>9:15 Yin &amp; Yoga Nidra (WCR)</b> 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Craft Room) 10:45 Chair Yoga <b>11:30 Mothers Day Luncheon *Tickets required* (Multi-Purpose Hall)</b> <b>12:45 Crib (West Community Room)</b> <b>1:00 In-House Bingo</b> 1:00 Contract Bridge



<b>15</b> 9:00 Gentle Yoga 9:30 Jammers (annex) 10:00 Member Photos 10:00 Tech Help with AI! 10:00 Hello Monday 10:00 Begin. Acrylic Paint 10:00 Intermediate Line 10:00 Dance (Multi-Purpose Hall) 10:45 Chair Yoga 1:00 Krafers Koffee Club 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach Program 2:15 Absolute Beginners Line Dance (WCR)	<b>16</b> 9:00 Gentle Somatics 9:00 Zumba GOLD 9:00 Somatics 9:30 Intermed Watercolor 10:00 Music Makers 10:30 Clogging Beginners 11:15 Clogging Advanced 11:00 Keep Fit 12:45 Canasta/H & F 1:00 Begin. Tai Chi 1:00 Watercolor Club 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nord-Bridge Lions Park) 5:00 Gentle Barre 7:00 Line Dance PM	<b>17</b> 8:45 Active POUND 9:00 Gentle Yoga 10:00 New Comers 10:00 Meet & Greet (Diner) 10:00 Carpet Bowling 10:00 Paper Tole/ 10:00 Card Making (Flex Room) 10:30 Gentle Somatics 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:15 Chair Arth. Yoga 2:45 Yoga Thrive 7:00 Table Tennis	<b>18</b> 9:00 Adapted Pilates 9:00 Card Crafters 9:00 Advanced Line 9:30 Dance (Multi-Purpose Hall) 9:30 Mind Joggers 11:00 Keep Fit 1:00 Optical Technician (Appts. Required) (Board Room) 1:00 Acrylic Paint 1:00 Woodcarving 5:45 Begin. Pickleball   <b>*No Trump Whist, Duplicate Bridge, or Floor Shuffleboard today due to Retired Teachers Conference</b>	<b>19</b> 9:15 Yin & Yoga Nidra (WCR) 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Craft Room) 10:45 Chair Yoga 11:00 Two Piece Fish & Chips Lunch Special 12:45 Crib (WCR) 1:00 In-House Bingo 1:00 Contract Bridge (Annex)  
<b>22* &amp; 29*</b> 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Hello Monday Recovery College (Flex Room) 10:00 Begin. Acrylic Paint 10:00 Inter. Line Dance (22) 10:00* Tech Help with AI(29) 10:45 Chair Yoga 1:00 Krafers Koffee Club 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00* Darts (22) 2:15 Absolute Begin. Line Dance (WCR)   <b>*No Darts or Intermediate Line Dance on May 29th due to Provincial Polling in MPH</b>	<b>23* &amp; 30</b> 9:00 Gentle Somatics 9:00 Zumba GOLD 9:30 Intermed. Watercolor 10:30 Clogging Beginners 11:15 Clogging Advanced 11:00 Keep Fit 12:45 Canasta/H & F 1:00* Baking (Interfaith) 1:00 Begin. Tai Chi (MPH) 1:00 Watercolor Club 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball 5:00 Gentle Barre PM 7:00 Line Dance PM  <b>*Music Makers out of Nord-Bridge on 23rd and 30th only</b>	<b>24* &amp; 31</b> 8:45 Active POUND 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 Paper Tole/ Card Making 10:30 Gentle Somatics 10:45 WINNERS BINGO 11:15* Virtual Cooking 1:00* Manicures (24th) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:15 Chair Arth. Yoga 2:45 Yoga Thrive 3:15* LSKIP (MPH) 7:00 Table Tennis	<b>25</b> 9:00 Adapted Pilates 9:00 Card Crafters 9:00 Advanced Line 9:30 Dance (Multi-Purpose Hall) 9:30 Mind Joggers 11:00 Keep Fit 1:00 Acrylic Paint (Flex) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Floor Shuffleboard 5:45 Begin. Pickleball  	<b>26</b> 9:15 Yin & Yoga Nidra (WCR) 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Craft Room) 10:45 Chair Yoga 11:00 Lunch Special 12:45 Crib (West Community Room) 1:00 In-House Bingo 1:00 Contract Bridge   <b>*MONTHLY TOONIE DRAW</b>

**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 : JUNE 15**

**ALBERTA SENIORS WEEK EVENTS AT NORD-BRIDGE BEGIN FIRST WEEK OF JUNE SEE PAGE 15 FOR MORE INFORMATION**

**WORLD ELDER ABUSE AWARENESS DAY- TALENT SHOW THURSDAY, JUNE 15TH AT 1PM IN THE MULTI-PURPOSE HALL CALL 403-329-1544 FOR MORE INFO**

**WINNERS BINGO WEDNESDAY: MAY 3, 10, 17, 24, & 31**

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

**LOCATION: CRAFT ROOM**

**SUMMER PROGRAM PUBLISHED: WEDNESDAY, JUNE 21st PLEASE SEE JUNE NEWSLETTER FOR MORE INFO**

**OUT AND ABOUT COFFEE AND SHOPPING TO WAL-MART NOW THE FIRST WEDNESDAY OF EVERY MONTH \*BOOK AT FRONT DESK\***





# 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!



**These talented ladies had lots  
of fun and laughs and created  
some beautiful designs at the  
Ukrainian Egg Decorating Class  
a few weeks ago!**

## LETHBRIDGE DENTURE CLINIC LTD

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*The greatest gift  
you can leave behind  
is the gift of being prepared.*

For more information please call 403.328.2361  
or visit our website [www.mbfunerals.com](http://www.mbfunerals.com)

**LIVE**



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

## Apple & Brie Stuffed Chicken

### 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**

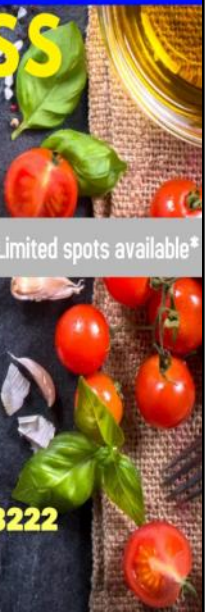
**MAY 24th**

11:15AM MST Via ZOOM



**CONTACT ASHLEY @ 403-329-3222**

@nordbridgecooksvirtual





# CELEBRATE SENIORS WEEK



**At Nord-Bridge Seniors Centre from June 5 - 9, 2023**

## Monday, June 5th

- **Jam Session - Nord-Bridge Dunford Diner** from 9:30am- 12:30 pm This event is **FREE** for Members, Non-Members pay a \$3.00 fee. This is open to the public.
- **Fun Darts Tournament- Multi-Purpose Hall** from 1:00 pm- 4:00 pm. This is for Nord-Bridge members only and is a free event with prizes to be won! Please sign up with the convener, Carol.

## Tuesday, June 6th

- **Toonie Pancake Breakfast - Nord-Bridge's Dunford Diner** from 8:30 am- 10:30 am for \$2.00 per person and open to the public.

## Wednesday, June 7th

- **Annual BBQ Picnic- Rotary Picnic Shelter- at North Lethbridge Sports Park** (map & address available at Nord-Bridge) from 11:00 am- 2:00 pm for members and invited guests **ONLY**, entertainment by the Nord-Bridge Jammers \*Limited food available after 1pm\* \$6.00 per person. Tickets Available at Nord-Bridge starting May 17th.

## Friday, June 9th

- **Friday Bingo - Multi-Purpose Hall** from 1pm- 3pm. This event is open to all - please note our BINGO program is a cash bingo (licensed with Alberta Gaming) so there are costs associated to play this activity. There will be prizes to be won!
- **Seniors Week Evening Jam Session - Multi-Purpose Hall** from 6:00 pm- 10:00 pm, open to all. \$5.00 entry fee per person, get your tickets at the NE doors of the building. Coffee, juice, & snacks provided.

## Nord-Bridge Golf Program

For members who are interested  
in mixed, fun, drop-in golf!

**Tuesday and Thursday mornings  
at Evergreen Golf Centre**

**Starting May 9th**

**T-time: 10:00am**

**\*Report at least 15  
minutes early**



For more info, contact your 2023 Golf Conveners:

June Perreault: j\_dper@hotmail.com, ph./text 403-598-1761

Dan Lang: ph. 403-327-3303



## Beginners CRIBBAGE

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

**Come learn a new card game and meet  
new people!**

\*FOR  
NORD-BRIDGE  
MEMBERS  
ONLY



## Seniors Week Evening Jam Session!

**FRIDAY, JUNE 9TH**

**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





## 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

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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  
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:

With spring in the air, that means summer is around the corner! And summer means World Elder Abuse Awareness Day (WEAAD)! Every year, on June 15<sup>th</sup>, LEARN hosts an event to recognize WEAAD. Last year, we hosted the first ever Senior's Talent Showcase! There were so many laughs and good times had that we decided to host it annually to recognize WEAAD and showcase the talent and resilience of older adults in the community! Mark it in your calendar!

We are now accepting talent submissions in preparation for the big day! If you would like to showcase your talent, I would love to hear from you! The event will be held on June 15<sup>th</sup> at 1PM in the Multi-Purpose Hall at Nord-Bridge Seniors Centre! LEARN needs wonderful and talented people like you to make it a success! We ask that your talent portion last a maximum of 5 minutes and are accepting a maximum of 7 submissions, so don't wait to sign yourself up! Please contact Katie using the SCSP Intake Line at 403-329-1544. She will need you to provide your name and phone number, as well as your talent and whatever you might need from us during set up (microphone, music stand, etc.). I will then call you back to discuss things further!

If you don't want to submit a talent, but you want to come out for some entertainment, food and prizes, please do! I look forward to seeing you all there and having some fun while we recognize the importance of combatting elder abuse in our community!

*-Amy Cook*

LEARN Case  
Manager



**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*





## Programmer's Report



We are so close to summer I can feel it!

This month we have planned a Cinco de Mayo Buffet lunch special for May 5<sup>th</sup> as well as our very popular Mother's Day Luncheon on May 12<sup>th</sup>! Mother's Day is very popular so please make sure to get your tickets at the front reception desk as soon as possible while quantities last.

Looking forward, we have planned our Seniors Week events which is always the first week of June in Alberta and filled with various seniors events! Please go to page 15 for more info!

Then on Sunday, June 18<sup>th</sup> we have planned our first annual Father's Day Show and Shine BBQ, and so far we have had a great response of classic vehicle registration that will be in our parking lot on this day. If you are 55 or older and want to register your car for \$15.00 please contact yours truly at 403-329-3222! We are excited to try out this fundraiser for Nord-Bridge this year.

Cancelled programs for this month include: Thursday, May 18<sup>th</sup> - No Floor Shuffleboard, Trump Whist or Duplicate Bridge and Monday, May 29<sup>th</sup> there is no Intermediate Line Dance or Darts.

One last note: the Summer Program will be released on Wednesday, June 21<sup>st</sup>. Register any time that suits you, either online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the Recreation Programs tab or in person at 1904 13 Ave. N.

Until next month, stay happy and healthy!

*Ashley Kern - Program Coordinator*

JOIN US FOR THE 2ND ANNUAL

# SENIOR'S TALENT SHOWCASE

**JUNE 15 @ 1PM, MULTI-PURPOSE HALL  
NORD-BRIDGE SENIOR CENTER**

HOSTED BY LEARN IN RECOGNITION  
OF WORLD ELDER ABUSE  
AWARENESS DAY

COME ENJOY FOOD, ENTERTAINMENT & PRIZES!

**LEARN**  
LETHBRIDGE ELDER ABUSE  
RESPONSE NETWORK

**AEAAC**  
Alberta Elder Abuse  
Awareness Council  
Grow the Conversation...20 Years of Being a Voice

*Condolences to:*

- ...the Kinniburgh family and the passing of Daisy
- ...the Boosenkool family and the passing of Gerry
- ...the Baceda family and the passing of Sandy
- ...The Cillies family and the passing of Rod
- ...The Snopek family and the passing of Irene

*Get Well Wishes to:*

- ...Velma Cote, who is in the hospital
- ...Marie Wilson, who is in the hospital
- ...Roy Duval, who had surgery and is recovering well in the hospital



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.



# May \$10 Lunch Specials for Dine In or Take Out

## Friday, May 5th - Cinco de Mayo Buffet

Option A, B, or C for \$12 each:

- A: Chicken Taquitos with Cabbage Salad, Pico de Gallo, and Salsa
- B: Chicken or Beef Tostadas with Cabbage Salad, Pico de Gallo, and Salsa
- C: Small Chimichangas with Rice, Refried Beans, Sour Cream, and Pico de Gallo

*\*Limited menu available of Chicken Fingers, Fish & Chips, Chicken Burger, Salad, or Soup and Sandwich. Breakfast served until 10:30am only.*

## Friday, May 12th - Mother's Day Luncheon

**\$13 per person \*TICKETS REQUIRED**

**Chicken Cordon Bleu with Mushroom Sauce, Salad, Roasted Baby Potatoes and Carrots, and a Special Dessert by Gail**

*\*Soup and sandwich option available in the back servery*

## Friday, May 19th -

**Two-piece Fish & Chips with Coleslaw**

## Friday, May 26th -

**Liver & Onions**



*Available from 11am to 1pm*

## Your pension is yours.

You've worked hard to earn your pension. Rachel Notley and the Lethbridge NDP team promise that we will keep your pension safe from political meddling.

We are committed to public healthcare, making life more affordable, and capable leadership.



albertandp.ca  
Authorized by Alberta NDP



### Manicures at Nord-Bridge - New Dates!

Every other Wednesday in May, and June:  
May 10 & 24, June 14 & 28  
1:00pm in the Craft Room

Includes a fresh coat of nail polish/art  
and a mini hand massage for \$20 per person

*\*For Nord-Bridge Members Only*

BOOK AT THE  
FRONT  
RECEPTION  
DESK

## New Comers Meet and Greet will be held on the 1st and 3rd Wednesday of May at 10:00am in the Diner Annex.

**\*There will be no New Comers gatherings from June to August, as we take a break for summer. New Comers Meet and Greet will start back up in September.**







## Wellness Coordinator/Outreach

April was a great month for me to get away to the Grand Canyon! The weather was still cool, and the tourists were already out. Even with snow still on trails, we were able to go for a little hiking in Bryce Canyon - the red rocks were amazing! We stayed in the neat little town of Page and headed to the Grand Canyon to look over the vast drops of rocks and colors. The Horseshoe Bend was magical to witness in person but had a chilly wind to walk in. From the town of Page, we headed out to Zion Park and entered a wonderland of more colors and rock formations. We drove through a 3 minute tunnel into the mountains to come out into switchbacks descending into the park. The park was incredible! We would hop onto a shuttle bus that took us around to nine stops that would connect to trail heads, the lodge or to the information center. The hikes would range from 15 min to 8 hrs. During our trip the weather ranged from 0 to 15 and included a snowstorm in Montana and a sandstorm in Utah. What an adventure but always happy to come home!



Our last **Outreach** meeting for this winter will be our Cinco De Mayo event occurring Monday, May 15 at 1:30pm - sign up at the front desk to participate!

**55+ gym** is going strong! Treadmills are up and running (thank you for all your patience) and many new members are getting orientated into the gym. Please book with me if you would like to give it a try or have any questions.

Programs are filling up quickly as we enter the tail end of winter. I'd like to acknowledge one of our oldest, most committed fitness participants in both Tuesday and Thursday **Keep Fits** - Zolton Sera (Age 95) is not only kind and warm as a person, but he is also so witty and continues to call me out in class and keeps our group of 75-ish participants laughing. We have such a great group that help and support each other through the classes and make sure everyone is safe and having fun!

Get out of the heat and keep in shape! Summer Program books will be out on June 21st and at that time, members can register for the 2023 summer programs running July and August.

**BRAIN HEALTH-RIDDLE\*\*\*\*WHAT HAS A NECK BUT NO HEAD??? (TALK TO ME TO FIND OUT)**

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



**CINCO DE MAYO OUTREACH**

**DANCE - LIVE Jammers MUSIC-PARTY**

Monday, May 15 2023 @1:30pm  
In the Multi-Purpose Room  
\$3.00 per person

RSVP to Melanie @ 403.329.3222 or  
Email [melanie@nordbridgeseniors.com](mailto:melanie@nordbridgeseniors.com) before May 1st



**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 3: Tuesdays, May 16 - July 4**

**\*Please bring a yoga mat**



Register online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
or in person at 1904 13 Ave N.









## CINCO DE MAYO BUFFET

**For Members and Invited Guests**  
**Friday, May 5th**  
**11am - 1pm**

**\*First come, first served. While quantities last!**

**Option A, B, or C for \$12 each**

**Option A: Chicken Taquitos with Cabbage Salad, Pico de Gallo, and Salsa**

**Option B: Chicken or Ground Beef Tostadas with Cabbage Salad, Pico de Gallo, and Salsa**

**Option C: Small Chimichangas with Rice, Refried Beans, Sour Cream, and Pico de Gallo**

\*Limited menu available:  
 Chicken Fingers, Fish & Chips, Chicken Burger, Salad, and Soup & Sandwich Breakfast served until 10:30am only



\*Liquor available for an extra fee!



Live Entertainment by Anne & Brian!

# 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

<b>When?</b>	Monday, May 01, 2022 - 10:00 am to 11:00 am Monday, May 08, 2022 - 10:00 am to 11:00 am Monday, May 15, 2022 - 10:00 am to 11:00 am Monday, May 22, 2022 - NO CLASS Monday, May 29, 2022 - 10:00 am to 11:00 am
<b>Where?</b>	Nord-Bridge Seniors Centre - "Flex Room" (Located next to the pool room)

PLEASE NOTE THAT AFTER MAY 29 WE ARE BREAKING FOR THE SUMMER. WE ARE EXCITED TO SEE EVERYONE IN FALL





## April Outreach Event









We had lots of laughs as we crafted our own hats at last month's Outreach event! Join us for the next event on Monday, May 15th!





OPEN TO ALL SENIORS 55+ !

Call 403-329-3222 to register today!  
 \*Max of 6

## Interfaith Foodbank BAKING CLASS

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

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





Tuesday, June 20th @ 1:00pm

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



## 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

**\*Nord-Bridge  
members only**

**Dates:** May 3rd, June 7th,  
July 5, August 2

Bring cash and reusable bags.  
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)



## 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:** 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!



## 1st ANNUAL FATHERS DAY Show & Shine BBQ

**When:** Sunday, June 18th @ 11am- 3pm

**Where:** 1904 13 Ave. N. in North  
Parking Lot (follow signs)

**What:** Come down and grab a hot dog or  
hamburger for \$5 per person while taking in the  
beautiful sights of classic cars as a fundraiser for  
Nord-Bridge Seniors Centre! Classic car entry is  
for those 55+ and the cost is \$15.00.  
There will be prizes and music!

Thank you to our  
sponsors:

**ODISSEA  
PRINTING**

**GARY MOE**  
Cabinet (2020) 1 800 744-0000

**MURRAY**  
Lawn Care

& Many  
More!

Want to have your classic car  
in the car show? Call  
403-329-3222 and ask for  
Ashley as space is limited!

*Nord-Bridge Senior Centre had the  
privilege of hosting the First Annual  
Olai Egeland Bridge Tournament on  
Saturday, April 22, 2023*

*Results:*

*1st: Magnus Egeland (Nord-Bridge) and Carl Pederson (Calgary)*

*2nd: Geri Reti and Phyllis Katrusik (Taber)*

*3rd: Al and Karen LaRonde (Nord-Bridge)*

*50/50 Winners (\$70 each)*

*Norma Brouwers and Arnold Pederson*

Magnus is a brother, and Carl was a long-time  
partner of Olai's, as well as being a cousin to  
Olai's wife, Susie.

Norma is one of Olai's 4 children.

Arnold is a brother to Carl and a cousin to  
Olai's wife, Susie.

It seems that the Egeland Dynasty was alive  
and well this weekend! Congratulations to all!

**Watch for  
next year's  
tournament  
in April!**





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  
Financing Available  
Trade ins Welcome

See our ads on Kijiji:  
The Truck Store

Follow us on  
Facebook: The Truck  
Store Lethbridge



## Boutique News

Thanks to Judi and the Boutique volunteers for  
filling in my absence.

The Boutique is in need of donations of fabric and  
craft supplies. Donations may be dropped off in  
the Boutique Monday to Friday, 9am to 3pm.  
Drop by the Boutique and check out our assortment  
of Mother's Day cards and gifts!

~ Heather Newsham



## CRA's Community Volunteer Income Tax Program







## 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.

**June 6, 13, 20 & 27, 2023**

**Tuesdays from 1:30 – 3:30 pm**

Location: Lethbridge Senior Citizens Organization

\$55 registration fee

Maximum 8 participants

Contact 403-329-1544 or 403-320-2222 to register

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



caregiversalberta.ca | 780-453-5088  
office@caregiversalberta.ca | 1-877-453-5088 (toll-free)

# Happy MOTHER'S DAY



**RACHAEL THOMAS**  
LETHBRIDGE ALBERTA MP

f i y @RachaelThomasMP

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

## Member Photos

with Sid Lewis!

**3RD MONDAY OF THE MONTH**

**Date: 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!**



**NORD-BRIDGE  
SENIORS CENTRE**



*Enjoy  
Our  
Monthly  
Breakfast  
Buffet*

**\$11 PER PERSON  
OPEN TO ALL!**

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

**1ST WEDNESDAY OF EVERY MONTH**



**1904 13 AVE NORTH**

**NORD-BRIDGE  
SENIORS CENTRE**



**Did you know Nord-Bridge has**

# ROOMS *For* RENT



**On Weekends for Special events?**

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

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

**\*Damage deposit not included in this price\***

**\*For booking inquiries please call Maria at 403-329-3222. Please  
book a minimum of one month in advance. Please go to  
[www.nordbridgeseniors.com](http://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](mailto:friendly@nordbridgeseniors.com)**

**Open Monday to Friday**

**8:00 a.m. to 4:30 p.m.**

**[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)**