

## NEWSLETTER

# June 2023



Some of the Nord-Bridge Bocce Ball gang! We play at Norbridge Lions Park on 13 Avenue North just down the road from our Senior Centre! We play every Tuesday at 2pm from May through to mid-September (weather permitting). Nord-Bridge has been running this exuberant sport for around a decade. For the last couple of years, Steve King has become the convener. So, if you are a Nord-Bridge member, come down and join us!

## PRESIDENT'S REPORT

Hello June. When the days are long and hot. Finally, some nice weather came in May. I was beginning to wonder if I would ever be able to take off my jacket.

I have good memories of June. Both my parents were born in June and then our youngest granddaughter was born on the same day as my dad, only 97 years later. My Dad would have been so proud of our granddaughters, it's too bad he passed away so many years ago (1955).

We dog sat again in May. It was fun to have a chocolate lab for a week. Lucy makes us laugh and keeps us well exercised. However, we are so busy it would not be wise to get our own dog anymore. This way we can enjoy a dog for a while and then give it back.

Our Mother's Day luncheon on May 12 was fantastic - the food was superb. Thank you to our skilled kitchen staff. Mayor, Blaine Hyggen and Councilor, Ryan Parker helped serve the lunch and dessert. MLA for East Lethbridge, Nathan Neudorf and Candidate, Cheryl Seaborn from West Lethbridge were in attendance. We even got to sing happy birthday to Blaine and present him with a flaming cup cake.

June is a wonderful month for activities at Nord-Bridge as we celebrate Seniors Week from June 5<sup>th</sup> to 9<sup>th</sup>. Monday, June 5<sup>th</sup> starts us off with a jam session and a dart tournament. On June 6<sup>th</sup> we have a toonie pancake breakfast. June 7<sup>th</sup> is our annual BBQ and picnic at the Rotary Picnic Shelter from 11:00am to 2:00 pm, for members and invited guests. On June 8<sup>th</sup>, we are hosting an Estate Planning for Seniors session. Friday, June 9<sup>th</sup> is Bingo in the Multi-Purpose Hall at 1:00pm and then we finish off with a Seniors Week evening jam session at 6:00pm, again in the Multi-Purpose Hall.

On June 18<sup>th</sup> we have our First Annual Father's Day Show and Shine BBQ. Come and enjoy the classic cars and grab something to eat all while supporting Nord-Bridge programs! There will be prizes and music. Pray for good weather.

"Those who say it can't be done are usually interrupted by others doing it" ~James Baldwin.

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

Sylvia Harris

Deborah Christie

John Hitt

Dorothy Soop

Carla Samuels

Nancy Giles

Esther Murillo

Bryan Coyle

Pam Brown

Daniel Beaudoin

Carol Funnell

Douglas Pedersen

Wendy Laughington

John Laughington

Lorraine Neale

Dave Neale

William Fullarton

Sherry Ressler

Rolanda Richard

Gloria Fargo

James Sinclair

Brenda Sinclair

Mel Perry

Deanna Siewert

Linda Aulenback

Patricia Powis

Christine Soderstrom

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.



Alberta Association of Seniors Centres®

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

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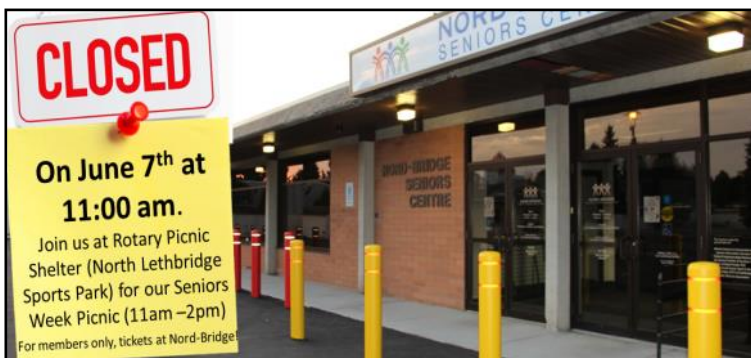


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### FROM THE FRONT COVER:

**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!**



## EXECUTIVE DIRECTOR'S REPORT



Seniors Week is recognized annually across Alberta in the first week of June. Seniors Week is a week for the province to show appreciation for older adults and the many contributions they make to our communities. A list of all the events and activities hosted by Nord-Bridge during Seniors Week can be found on page 15 of this month's newsletter. Be sure to take part in any or all of the events / activities to celebrate seniors in our community.



Well it took a while... but we finally have the east wall of our building painted to cover up the graffiti. Thank you to **Jim from M & J Painting** and his staff, for volunteering their time and equipment to spray the east wall and the concrete fence. Also, a big thank you to Dan and Eva Deringer for their donation towards purchasing the paint to cover the graffiti.



While we're on the topic of good deeds;

Jan Johansen has kindly donated some tools (air compressor, hand and power tools) to Nord-Bridge. These donations have helped with any day-to-day maintenance projects we have around the building.

As we enter into the month of June, our weekly Friday lunchtime entertainers will conclude at the end of the month. The Board of Directors and our administration team have decided not to continue Friday lunch entertainment in the fall. This decision was not made without a lot of discussion between the board and admin team. It was felt that, at times, some entertainers occupy up to 3 tables (12 seats) in the dining room. Those that frequent our dining room on Fridays can attest it is difficult to find seating to dine. We will reevaluate this later in the fall to see if capacity or demand change for either dining patrons or the desire for entertainment to return. I would personally like to thank Doreen Smid for her volunteer efforts in coordinating the entertainment for the past two years.

**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	Tashena Hart
Building Maintenance/Custodian	Marco Escobar
Newsletter Editor	Cindy Dykstra



*Friday Lunch Entertainment in June*

**June 2nd – Karen's Karaoke**

**June 9th – Elaine Unger–Pengilly**

**June 16th – Darlene and Duncan**

**June 23rd – Celtic Routes**

**June 30th – Doug, Duane, and Harvey**

*\*Please Note: Friday Lunch Entertainment will no longer continue for the Fall*



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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)



## 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

**May 8th - Joyce Furukawa \$129**

## 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

**May 26 - Marty Levi \$356**

## 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

**May 1st - Shirley Hall \$75 Erin Bates \$75**  
**May 8th - Doreen Smid \$65 Dean Oseen \$65**  
**May 15th - Brawnwynn Seleski \$68 Doreen Smid \$68**

**May 22 - Closed for Victoria Day**  
**May 29 - Pat Santa \$63 Ellen Koenen \$63**

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

# WISE CROW

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- Staging, decluttering & preparation for resale
- Sorting, packing & preparation for moves
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403-359-4770

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*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

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

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**46<sup>th</sup>**  
*Anniversary*

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**When:** Monday, June 12 & 26 \*With a Break for July & August

**Time:** 10:00 am - 2:00 pm

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

**Where:** Main Corridor of Nord-Bridge

**Fee:** FREE for Nord-Bridge Members

Lethbridge  
HEARING CENTRE

**FREE  
HEARING  
TESTS**



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

**403-329-3222**

Third Thursday of the month, next appointments:

**June 15**

\*No hearing tests in July or August

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

Follow us on Facebook  
@NordBridgeSeniorsLethbridge



## NORD-BRIDGE BUILDING FUND RECENT DONORS

Teresa Stalker \$55; Debbie Morgan \$200;  
Keiko & Keith Sampson,  
in Memory of Morley Derman \$200

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2023  
through Dec 31, 2023: **\$6,224.50**



### 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

**\$2,216,439**  
**\$4,954,476**



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

Wednesday, June 14 & Wednesday, June 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



**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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Mitchell Hall  
Owner

## 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:

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!



NORD-BRIDGE  
SENIORS CENTRE

1904 13 Ave. N.

UNDER

# NORTHERN LIGHTS

GALA  
2023



*Live Entertainment by  
The Bridgette Yarwood Band*



*\*Live Auction by  
Perlich Bros.*

*\*Cash Bar*

*\*Silent  
Auction*

*\*Champagne  
Hospitality Welcome*



NORD-BRIDGE  
SENIORS CENTRE



*Save the Date:  
September 9th, 2023*

*At The Coast Lethbridge Hotel and Conference Centre*



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Fred Miller  
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The Cribbage Tournament on Saturday, May 27th  
was a great success! I would like to send a special  
thanks to Lynda Brown for her help in this  
tournament. It was much appreciated!  
- Jo-Anne Cairns (Cribbage Convener)

Martha Retreat Centre invites you to join us

## P.A.L. (PEACE AT LUNCH)

Do you enjoy being outdoors? Do you appreciate  
homemade wholesome food? Would you like to be  
nourished by peace and tranquility in nature?

Come alone or bring a friend to enjoy a delicious lunch  
on the beautiful grounds of the Centre. Cost: \$20.

Every Tuesdays & Wednesdays  
May 30 - July 26, 11:30 am - 1:00 pm

Register by noon the Friday prior your selected date.



## MUSIC ON THE GROUNDS

Enjoy an outdoor concert as you take in  
nature's beauty on the coulees edge.

JUNE 11, 2:00 - 4:00 PM -- "BOB-BOB-BOBBIN' ALONG"  
and friends

JULY 16, 2:00 - 4:00 PM -- MUSAEUS STRING QUARTET

AUGUST 13, 2:00 - 4:00 PM -- THE BRIDGE BRASS  
QUINTET

Purchase your individual ticket or come with friends to hear music  
among the stillness. Bring your lawn chair and be ready to bid on  
Silent Auction items. Tickets are \$25/per person.



1130 SCENIC DRIVE S, LETHBRIDGE  
[martharetreatcentre.ca](http://martharetreatcentre.ca)

To register call 403-328-3422 or  
visit our website!

## 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

**Please Note:**  
**Canasta/Hand and Foot on Tuesday afternoons in the Annex will now be played at 12:45pm instead of 1:00pm**

*We are also in need of a Convener of Canasta/Hand and Foot. Training will be provided. If interested, please contact Ashley at 403-329-3222*

**NORD-BRIDGE SENIORS CENTRE**

*Intergenerational Board Game & Music Afternoon*

**WEDNESDAY, JUNE 28, 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 \$5+ WELCOME TO REGISTER PLEASE CALL 403-329-3222 OR STOP BY NORD-BRIDGE AND ASK FOR ASHLEY.

**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

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.

# Seniors System Navigator

## Staying Hydrated During the Hot Summer



All of us need water for many physical reasons such as keeping our joints moving. When the weather gets hot seniors lose water quickly and become at risk for dehydration. The risk factors are a reduced sense of thirst and decreased kidney function which impedes the body's ability to cope with warm temperatures. During the summer months, the following tips will help a senior stay hydrated and stay in good health and have normal cognitive functioning:

- Have liquids with your snacks and meals
- When taking pills, have a full glass of water
- Have a low fat soup as a snack
- Take sips of water, milk, or juice throughout the day
- Drink a glass of water before you do any type of exercise



Did you know as a senior you can get water from food? Try and eat foods that contain water naturally. Lots of fruits and vegetables contain water but the following have the highest amount.

- 93% water: Red, yellow, and green peppers
- 96% water: Celery
- 92% water: Cauliflower, watermelon
- 97% water: Cucumbers
- 95% water: Tomatoes, radishes
- 91% water: Spinach, strawberries, broccoli, grapefruit

Try infusing water with natural flavors. If you add slices of lemons, oranges, limes, strawberries, raspberries or cucumbers to containers of fresh water and then place the jug in the fridge, your drink will taste refreshing with no artificial sweeteners.

These are signs of being dehydrated:

- Dry skin
- Confusion or feeling irritable
- Rapid heart rate or low blood pressure
- Cannot sweat or produce tears
- Headache or feeling dizzy
- Struggle with walking
- Constipation



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



## Library Book Sale

Wednesday, June 14  
to Friday, June 16  
9am to 2pm

*Only \$0.50 per book!*  
*Cash only*

*Please pay at the Boutique*  
*1904-13 Avenue North*



\*Please bring your own bags for purchases

## Library News

Due to a lack of space in the Nord-Bridge library, please refrain from donating books to Nord-Bridge until September. Thank you for your understanding.

~Nord-Bridge Library Conveners



## 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: 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*



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



  
NORD-BRIDGE  
SENIORS CENTRE

# CANADA DAY BBQ

*For members and invited guests only*

**\$12** *Friday, June 30*  
**11:00am to 1:00pm**

 **Burger or Hot Dog**   
**with Coleslaw, Potato Salad, and Dessert**

*\*Alcohol available for an extra fee*

*\*First come, first served.  
Regular dining menu limited.*



*Come celebrate Canada Day with delicious food and live entertainment!*

happy  
*father's day*



 **RACHAEL THOMAS**  
LETHBRIDGE ALBERTA MP

   @RachaelThomasMP

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

  
NORD-BRIDGE  
SENIORS CENTRE


  
NORD-BRIDGE  
SEA 'N' OARS  
DRAGON BOAT TEAM

*June 24th and 25th at Henderson Lake!*



**Come out and show your support for the Nord-Bridge Sea N' Oars Dragon Boat team at the Lethbridge Rotary Dragon Boat Festival!**

**Out and About Coffee and Shopping**

  
NORD-BRIDGE  
SENIORS CENTRE

**\*Nord-Bridge members only**


Back by popular demand!  
Shopping trips to Walmart North on the first Wednesday of the month  
*\*Aside from June, which will be the second Wednesday*


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

**Dates: June 14th, July 5th, August 2nd**

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)








**Join our community**






**WHAT DOES MARTHA'S HOUSE OFFER?**  
3 meals daily, housekeeping, activities, security, 24 hour HCA staff on site, care service plans available, located in the heart of the city.

 **Covenant Living Martha's House**



# June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5 Seniors Week</b> 9:00 Gentle Yoga 9:30 Jammers (annex) 10:00 Beginners Acrylic Paint (Craft Room) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga 1:00 Kraffers Koffee Club 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge <b>1:00 Fun Darts Game</b> <b>2:15 Absolute</b> <b>Beginners Line Dance (WCR)</b>		<b>7* Monthly \$11 Breakfast Buffet</b> 8:45 Active POUND 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 FOOT CARE 10:00 Paper Tole 10:30 Gentle Somatics <b>10:45 WINNERS BINGO</b> <b>11:00 Seniors Week BBQ Picnic (Rotary Picnic Shelter) *Tickets Required*</b> <b>Nord-Bridge Closed by 11am today due to BBQ Picnic!</b>	<b>1</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 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball	<b>2</b> <b>9:15 Yin &amp; Yoga Nidra (WCR)</b> 10:00 Carpet Bowling 10:00 Paper Tole 10:45 Chair Yoga <b>11:00 Veal Cutlet Lunch</b> <b>Special</b> <b>12:45 Crib (West Community Room)</b> <b>1:00 In-House Bingo</b> 1:00 Contract Bridge (Annex) <b>BINGO!</b>
<b>5 Seniors Week</b> 9:00 Gentle Yoga 9:30 Jammers (annex) 10:00 Beginners Acrylic Paint (Craft Room) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga 1:00 Kraffers Koffee Club 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge <b>1:00 Fun Darts Game</b> <b>2:15 Absolute</b> <b>Beginners Line Dance (WCR)</b>	<b>6</b> <b>8:30 Toonie Pancake Breakfast (Dunford Diner)</b> 9:00 Gentle Somatics 9:00 Zumba GOLD <b>9:30 Intermed Watercolor</b> 10:30 Clogging Beginners 11:15 Clogging Advanced 11:00 Keep Fit 12:45 Canasta / H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib <b>2:00 Bocce Ball (Nord-Bridge Lions Park)</b> <b>5:00 Gentle Barre PM</b>	<b>7* Monthly \$11 Breakfast Buffet</b> 8:45 Active POUND 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 FOOT CARE 10:00 Paper Tole 10:30 Gentle Somatics <b>10:45 WINNERS BINGO</b> <b>11:00 Seniors Week BBQ Picnic (Rotary Picnic Shelter) *Tickets Required*</b> <b>Nord-Bridge Closed by 11am today due to BBQ Picnic!</b>	<b>8</b> 9:00 Adapted Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers <b>11:00 Estate Planning Info (Flex Room)</b> 11:00 Keep Fit 1:00 Acrylic Paint 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Beginners	<b>9</b>  <b>9:15 Yin &amp; Yoga Nidra (WCR)</b> 10:00 Carpet Bowling 10:00 Paper Tole 10:45 Chair Yoga <b>11:00 Pork Chops Lunch</b> <b>Special</b> <b>12:45 Crib (WCR)</b> <b>1:00 In-House Bingo (with Extra Prizes for Seniors Week!)</b> 1:00 Contract Bridge <b>6:00 Seniors Week Evening Jam Session (MPH)</b>

<b>12</b> <b>9:00</b> <b>Lawyers</b> (Board Room) Gentle Yoga Jammers (annex) <b>10:00</b> <b>Tech Help</b> with AI! Begin. Acrylic Paint Intermediate Line 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 1:00 Darts <b>2:15</b> <b>Absolute Begin.</b> Line Dance	<b>13</b> 9:00 Gentle Somatics 9:00 Zumba GOLD <b>9:30</b> <b>Intermed. Watercolor</b> 10:30 Clogging Beginners 11:15 Clogging Advanced 11:00 Keep Fit 12:45 Canasta/ H & F 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib <b>2:00 Bocce Ball (Nord-            Bridge Lions Park)</b> <b>5:00</b> <b>Gentle Barre</b>	<b>14</b> 8:45 Active POUND 9:00 Gentle Yoga <b>9:30 Board Meeting</b> <b>10:00 Shopping to Wal-</b> <b>Mart</b> (booking req.) 10:00 Carpet Bowling 10:00 Paper Tole 10:30 Gentle Somatics <b>10:45 WINNERS BINGO</b> <b>1:00 Manicures</b> <b>(Craft) *Appt. Required*</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:15 Chair Arth. Yoga 2:45 Yoga Thrive 7:00 Table Tennis	<b>15</b> 9:00 Adapted Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) <b>10:00 Hearing Tests</b> (Library) 11:00 Keep Fit <b>1:00 Optical Techni-</b> <b>cian</b> (Appts. Required) (BR) <b>1:00 WEAD Talent</b> <b>Show (Multi-Purpose Hall)</b> 1:00 Acrylic Paint 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball	<b>16</b> <b>9:15 Yin &amp; Yoga</b> <b>Nidra (WCR)</b> 10:00 Carpet Bowling 10:00 Paper Tole 10:45 Chair Yoga <b>11:00 Shepards Pie</b> <b>Lunch Special</b> <b>12:45 Crib (WCR)</b> <b>1:00 In-House</b> <b>Bingo</b> 1:00 Contract Bridge (Annex) 	<b>19 &amp; 26*</b> 9:30 Jammers (Annex) 10:00 Begin. Acrylic Paint 10:00 Inter. Line Dance <b>10:00* Tech Help with AI</b> (26) 1:00 Krafers Koffee Club 1:00 Begin. Line Dance 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 	<b>20* &amp; 27</b> 9:00 Zumba GOLD <b>9:30* Inter. Watercolor</b> 12:45 Canasta/ H & F <b>1:00* Baking</b> <b>(Interfaith) (20)</b> 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor- Bridge Lions Park) 5:00 Gentle Barre PM 	<b>21* &amp; 28*</b> 8:45 Active POUND 10:00 Carpet Bowling 10:00 Paper Tole <b>10:45 WINNERS BINGO</b> <b>1:00* Manicures</b> (28th) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:15 Chair Arth. Yoga 2:45 Yoga Thrive <b>3:15* LSKIP (MPH) (28)</b> 7:00 Table Tennis	<b>22 &amp; 29</b> 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball 	<b>23* &amp; 30*</b> 10:00 Carpet Bowling 10:00 Paper Tole <b>11:00* Liver &amp; Onions</b> <b>(23rd) *Canada Day BBQ</b> <b>(30th)</b>  12:45 Crib (WCR) <b>1:00 In-House Bingo</b> 1:00 Contract Bridge <div>  <p>*Dragon Boat Festival              This Weekend! Come Cheer              on the Sea N' Oars!              (24th &amp; 25th)</p> </div> <div>  <p>*MONTHLY              TOONIE DRAW</p> </div>
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**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) : JUNE 15- OFF FOR JULY & AUGUST BACK IN SEPTEMBER
- **WHOOOP- UP DAY EVENTS: PARADE- TUES. AUG. 22 & PANCAKE BREAKFAST- WED. AUG. 23**

• **OPTICAL TECHNICIAN NOW AT NORD-BRIDGE THIRD THURSDAY OF EVERY MONTH IN BOARD ROOM (NONE FOR JULY & AUGUST)**



• **WINNERS BINGO WEDNESDAY: JUNE 2, 9, 16, 23, & 30**  
 FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON AUG. 9, OCT. 11, & DEC. 13, 2023 (NOW \$35)  
**LOCATION: CRAFT ROOM**

• **SUMMER PROGRAMS REGISTER EITHER ONLINE OR AT NORD-BRIDGE 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!



*A Financial Literacy Series*

## Estate Planning For Seniors

June 8th | 11 am | Nord-Bridge Seniors Centre  
| Flex Room | 1904 13 Ave North

No Registration Needed

Presented by



**Credential**  
Asset Management

**HUCKVALE**  
established 1996



**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



**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



**Martin Brothers  
Funeral Chapels Ltd.**

*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)

**Nord-Bridge Golf Program**

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

Tuesday and Thursday mornings  
at Evergreen Golf Centre

**Tee-Time:  
Now at 9:00am**  
**\*Report at least 15  
minutes early**



For more info, contact your 2023 Golf Conveners:  
June Perreault: [j\\_dper@hotmail.com](mailto:j_dper@hotmail.com), ph./text 403-598-1761  
Dan Lang: ph. 403-327-3303



# 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.

**SENIORS WEEK FRIDAY BINGO**

Friday, June 9th  
1pm - 3pm  
In the Multi-Purpose Hall

**Open to all, with prizes to be won!**

\*Please note: This is a cash bingo, licensed with AG Gaming, so there are costs associated with playing!

**1904 - 13 Ave North**

**Seniors Week Annual BBQ PICNIC**

Wednesday, June 7th  
11:00am - 2:00pm  
For Members and invited guests **ONLY!**

**\$6 per person**  
\*Tickets required

\*Limited food available after 1pm

**Tickets available now at Nord-Bridge!**

At the Rotary Picnic Shelter in North Lethbridge Sports Park  
Giffen Road North (North of Walmart North)  
For directions, please stop by the Nord-Bridge front reception desk

**Entertainment by the Nord-Bridge Jammers!**

**NORD-BRIDGE SENIORS CENTRE**

**Celebrate Seniors Week!**

**Toonie Pancake Breakfast**

**\$2.00 per person**

Tuesday, June 6th  
8:30am-10:30am  
In the Dunford Diner at Nord-Bridge

**Open to the public!**

**1904 - 13th Ave North**  
**403-329-3222**

## 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**

**June 12 (off for July & August)**

**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:

World Elder Abuse Awareness Day is marked each year on June 15th. It is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue.

Canadian researchers have estimated that 30% of Canada's older adults are at risk of social isolation, some of whom will experience elder abuse. Elder abuse is the action, or inaction of a person in a position of trust that causes harm to an older adult. This can include adult children, family members, friends, or caregivers. Controlling an older adult's finances without their permission, forcing or withholding medication, and emotional and physical violence are all forms of elder abuse. Over time, someone experiencing abuse at the hands of a trusted helper may recede further into isolation as a result of the dynamics of abuse. Feelings of shame about what is happening to them may cause them to withdraw from social settings. Some people grow up believing that this abuse is normal, and even acceptable. These conditions keep victims of abuse silent, reinforcing the isolation that is a part of the cycle of abuse.

Since 2006, communities throughout Canada and around the world have honored this day to address the visibility and significance of elder abuse by organizing events to share information and promote resources and services that can help increase the safety of older adults, and highlight older adults within the community! In Lethbridge, LEARN is holding the second annual Senior's Talent Showcase at Nord-Bridge Seniors Centre on Thursday, June 15<sup>th</sup> at 1PM. Please come out and join us for food and lots of entertainment! Participants will receive prizes to recognize their talents and there will be door prizes for those who attend! Entrance is free or by donation. I hope to see you there!

*-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



Last month was a great time, as I got to get away for a few days to Jasper Fairmont Park Lodge for a Canadian Therapeutic Recreation conference! I had never been there before and was a little worried about the smoke with all the fires, but it turned out to be beautiful! Here is a photo I took one day while I was there!

May was also busy with our Mother's Day luncheon, as we sold out of tickets in two weeks, which is a record! Big thanks to Lethbridge Hearing Centre for sponsoring most of the flowers for all the ladies on this day, as well as all of the staff and volunteers who helped make this event run smoothly!

This month will be very busy! We have Seniors Week events planned (see page 15), an Evening Jam Session (see page 15), and a Talent Show for World Elder Abuse Awareness Day (see below). As well, we will have our first annual Father's

Day Show and Shine BBQ (see page 21), our Sea N' Oars Dragon Boat team will be competing in the Dragon Boat Festival on June 24-25<sup>th</sup> at Henderson Lake, and our annual Canada Day BBQ is on June 30<sup>th</sup>! So please come out to these events - support Nord-Bridge and show how important a facility like Nord-Bridge is for older adults. If you have any questions regarding these events, please let me know.

I know quite a few members are excited for the summer programs to be released on June 9<sup>th</sup>. Please note, registration will begin on June 21<sup>st</sup>. On this day we highly recommend members to register online anytime by going to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the Recreation Programs > Online Registration tab. Please make sure to "Log in" using your current e-mail address, as this will give the member discount on classes (if you are a current member for 2023). For steps to register online please go to page 21 of the newsletter. If online does not work, feel free to stop by the front reception desk anytime that works for you.

Please note, the following classes are cancelled on Wednesday, June 7<sup>th</sup> for our annual Seniors Week BBQ picnic: Chair Arthritic Yoga, Darts, Bid Euchre, Euchre and Paper Tole. We are CLOSED by 11:00 am on this day.

Until next month, stay happy and healthy!

*Ashley Kern - Program Coordinator*



JOIN US FOR THE 2ND ANNUAL

# SENIOR'S TALENT SHOWCASE

HOSTED BY LEARN IN RECOGNITION OF  
WORLD ELDER ABUSE AWARENESS DAY

**JUNE 15 @ 1PM, IN THE MULTI-PURPOSE ROOM AT NORD-BRIDGE**

COME ENJOY FOOD, LOTS OF ENTERTAINMENT & PRIZES!

**LEARN**  
LETHBRIDGE ELDER ABUSE RESPONSE NETWORK

**Grow THE CONVERSATION**  
World Elder Abuse Awareness Day

WE ARE LOOKING FOR

## BOCCE BALL PLAYERS

**Register by Contacting**  
the Bocce Convener,  
Steve at 403-715-7150

All Summer at Nor-Bridge Lions  
Park North every Tuesday at 2pm

FREE, for Nord-Bridge  
Members Only\*

Authentic Mexican Food

## TACOS MADE IN MEXICO

Thank you to Tacos Made in Mexico for donating gift cards for door prizes at our Cinco de Mayo event!  
We appreciate it so much!

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

**Friday, June 2:**

**Veal Cutlets with Roasted Potatoes,  
Veggies and Gravy**

**Friday, June 9:**

**Pork Chops with Mushrooms, Gravy,  
Mashed Potatoes and Veggies**

**Friday, June 16:**

**Shepherd's Pie with a Side Salad**

**Friday, June 23:**

**Liver & Onions with  
Mashed Potatoes and Gravy**

(Please note,  
this is the  
only time this  
special will  
not be the  
last Friday of  
the month.)

**Friday, June 30 - Canada Day BBQ:  
Burger or Hot Dog, Coleslaw, Potato  
Salad, and Dessert for \$12.00**

*Available from 11am to 1pm for Dine In or Take Out*



**LUNCH  
TIME**



**The Harambee Grandmas  
6<sup>th</sup> annual Fabric and Yarn Sale**  
is set for October 20 and 21, 2023

**DONATIONS**  
of unused fabric, yarn,  
and notions are now  
being gratefully accepted!

**Please contact us at**  
**[harambeegrandmas@telus.net](mailto:harambeegrandmas@telus.net)**  
to arrange for pickup or delivery.



## The Harambee Grandmas 6<sup>th</sup> annual Fabric & Yarn Sale!

Yarn and Notions Sale - Friday, October 20

4:00 to 7:00 PM

Fabric Sale - Saturday, October 21

10:00 AM to 4:00 PM

**McKillop United Church**  
2329 - 15 Ave. S. Lethbridge

**Payment options - cash, debit, or credit card**  
**We ask that shoppers please bring their own bags.**



The Grandmothers to Grandmothers Campaign  
is an initiative of





## Wellness Coordinator/Outreach

May...May is always unpredictable, but even with that said, it still makes for good riding weather. For the May long weekend, I opted out of biking due to all the smoke and the possibility of rain. I took the opportunity to drive out to Golden B.C's Sky Bridge. Not only were there two suspension bridges to check out, but the entrance package got us into the park to zipline and toboggan, as well as an aerial park, axe throwing and a swing that was about to open that swung over canyon. This park caters to all ages with a children's version of everything from wall climbing to ziplining. We took

Sunday to check out Fairmont Hot Springs, where the sun was out and a one-man band played music from the 1970's and sounded like Bryan Adams.

### **5 science-backed ways to maintain a healthy weight as you age:**

- Focus on whole foods
- Stay hydrated
- Manage your stress!
- Get strong
- Go for a walk - get moving. Keep moving.

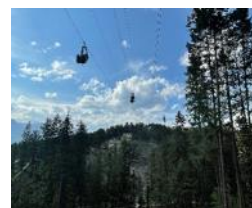
**Outreach** - We will be back in September, 2023 every 3<sup>rd</sup> Monday of the month. I'd like to give a huge shout out to all the volunteers that help make this program happen. A big thanks to Randy Butterwick, for being our fantastic MC, and to all the entertainers that volunteered their time and talents to provide Nord-Bridge guests with up-beat music to listen and dance to.

**55+ Gym** - When the weather gets too hot and the sky is smoky, come take your fitness indoors at our Fitness Centre. Please book with me if you would like to give it a try or have any questions.

**2023 Summer Fitness programs** - Please feel free to stop in and inquire if you have any questions. We fill up fast so log in online with your registered e-mail address on June 21<sup>st</sup>. We have lots of summer programs to choose from!

**Minds in Motion Alzheimer's Program** - This program will resume in September, 2023. Please contact Melanie or Charlene to inquire, at 403-329-3222.

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



IN PARTNERSHIP WITH:

**NORD-BRIDGE SENIORS CENTRE**

**INTRO TO KAYAKING FOR SENIORS 55+**

Time: 1pm-4pm  
Location: Park Lake Provincial Park  
\*Meet at the Boat Launch at the North end of the lake  
Fee: \$150 per person (ages 55+)

Session 1: Thursdays, July 6 to 27  
Session 2: Thursdays, August 9 to 30

✓ ALL EQUIPMENT PROVIDED  
✓ FOR ALL SKILL LEVELS  
✓ LEARN GEAR, SAFETY, BOAT DESIGN, TECHNIQUES FOR PADDLING, AND SO MUCH MORE!  
✓ GAIN CONFIDENCE & SELF ESTEEM  
✓ YOU WILL GET WET SO PLEASE WEAR PROPER ATTIRE!

Register starting June 21st:  
Online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or  
in person at 1904 13 Ave. N.

**Please Note:**

All ticketed special event luncheons (ie. Mother's Day, Thanksgiving, and Christmas), will now have assigned seating. When you purchase your tickets, you will be assigned to a table. Thank you for your understanding.

~Nord-Bridge Administration

**NORD-BRIDGE SENIORS CENTRE**

**May Outreach**

**Servery**  
courtesy of  
Elks #37  
Royal Purple #32

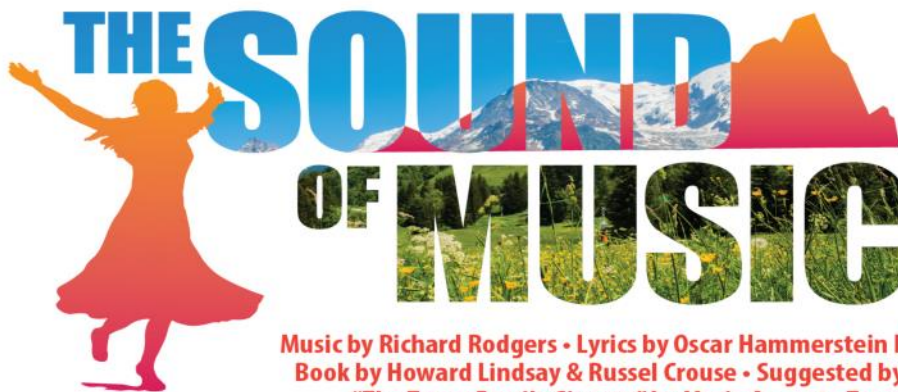
**wholesale club**  
everything foodservice

Thank you to the Wholesale Club for donating a prize towards our monthly Outreach Program at Nord-Bridge! It is much appreciated.

# SUMMER PROGRAM 2023

The Summer Program will be published on June 9th! Register on or after June 21st either online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or in person at 1904 13th Ave N!  
For online registration steps, see page 21 of the newsletter.

NORD-BRIDGE & ROSEBUD THEATRE PRESENTS



Music by Richard Rodgers • Lyrics by Oscar Hammerstein II  
Book by Howard Lindsay & Russel Crouse • Suggested by  
"The Trapp Family Singers" by Maria Augusta Trapp

*\*Please meet at  
Nord-Bridge  
(1904 13 Ave. N.)  
\*If you need  
transportation to  
Nord-Bridge please  
contact  
403-329-3222!*

**Includes: Buffet, Show,  
& Charter Bus**

**FRIDAY, JULY  
7th**

**Cost: \$130 per person  
(members)  
\$150.00 per person  
(non members)**

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

# ONLINE REGISTRATION

Available June 21

ENROLL ONLINE AT: [WWW.NORDBRIDGESENIORS.COM](http://WWW.NORDBRIDGESENIORS.COM)





**Steps to Register Online:**

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

**OR CALL 403-329-3222 AFTER JUNE 21 TO REGISTER**

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



**Intro to Spanish Class**  
For Older Adults!

You will learn:

- Letters
- Nouns
- Numbers
- Articles
- Adjectives
- Simple sentence structure
- And so much more!

**When: Tuesdays and Thursdays**  
**July 11th to August 3rd**  
**Time: 10:00am to 11:30am**  
**Location: Nord-Bridge Flex Room**  
**Cost: \$25**  
**(for Nord-Bridge Members only)**  
**Instructor: Gabriela Rodriguez**

Register online starting June 21st or stop by the front reception desk at Nord-Bridge.  
\*There is a survey to fill out upon registration.






**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:**

**& Many More!**

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



*Condolences to:*

- the Sigurdson family and the passing of Ethel
- the Flahn family and the passing of Elaine's father
- the Baychuk family and the passing of Heather's aunt

*Get Well Wishes to:*

Joanne Flay, who is in the hospital

Dan Deringers



**Interfaith Kitchen**  
Chinook Country

**BAKING CLASS**

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

**Tues, July 25th @ 1:00pm**

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

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

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

OPEN TO ALL SENIORS 55+!





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.



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



## Where?

Your silence is increasingly there  
Too often accompanied by a blank stare  
Facial expression lost of benign  
Visiting relatives becoming resigned  
  
Lively personality they once knew  
Lost to them, cognizant moments few  
Reminiscing about fond memories they've got  
Hoping you'll return from the world where you're caught  
  
We're losing you a little more each day  
But trying to be strong, you'd want it that way  
We know losing a loved one's always been tough  
Having you here yet not makes it really rough.

-Mind Joggers

Mind Joggers writing group will end for  
the summer on June 8th but we will  
return on September 14th at 9:30 am.  
Have a safe and happy summer!  
-Judy Knox





## 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)

# Financial Empowerment Workshop

Assets | Budgeting | Banking

**Friday June 23**  
**10 am - 12 pm**

LSCO 500 11th St. S, Lethbridge

**Register by June 16**  
**403-329-1544**



SENIORS COMMUNITY SERVICES PARTNERSHIP

## Mother's Day Luncheon Door Prize Winners



*Congratulations to the following winners at the Mothers Day Luncheon on May 12th! Geri Novlesky, Shelley McGarry, and Susan Oldenburger each won a large hanging flower basket! We want to give a HUGE thank you to Candice and Jake Boldt from Lethbridge Hearing Centre for sponsoring flowers for the event as well as the volunteers and staff who made this event run so smoothly. It was much appreciated!*

**Lethbridge**  
HEARING CENTRE



## Member PHOTOS

There will be no member photos during June, July & August

**All new members get a FREE self portrait!**

We are currently looking for a volunteer photographer who has experience taking self-portraits! Contact Ashley at 403-329-3222 for more info!



Enjoy  
Our  
Monthly  
Breakfast  
Buffet

\$11 PER PERSON  
OPEN TO ALL!

8:30 AM  
TO  
10:30 AM

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](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)**