

# *NEWSLETTER*

# *August 2023*



We are the Park and Play intergenerational group who met at Chinook Lake Park last month! This is a new partnership between Nord-Bridge Seniors Centre, The Lethbridge Family Centre, and Building Brains Together. The older adults and children were partnered up and completed five different stationed games together, including memory skills and fine motor movements. This event was a great success and we will continue to hold it annually! Find more photos from the event on page 23 of this newsletter!



## PRESIDENT'S REPORT

The midpoint of summer officially occurs on August 7, 2023. This can be good news or bad news depending on how your summer is going. So far for us it's wonderful. The family visit was perfect, just a little tiring for seniors trying to keep up to teenagers.



We got to look after Jasper for a week, which was a blast. But again, dogs are great when you can give them back to their owners. Jasper made himself at home. We enjoyed going to the Street Machine Weekend Show and Shine at Galt Gardens. I picked out my favorite cars, but I know I could never afford them. It was great to see so many people out enjoying our downtown. We borrowed some extra kayaks and all six of us paddled the Oldman River from Popson Park to the weir. Take caution if you ever consider doing this: there is a 100-yard portage around the weir, which means you must carry six kayaks a long way in the hot sun.



Beginners Pickleball has started up at the YMCA on Monday evenings at 6:00 PM. Registration is required. We hope to carry this on in the fall. Check the summer program schedule for more things to do.



Whoop-Up Days is coming up and we need volunteers for some great events. Give Ashley a call at 403-329-3222 if you can help.



You might like to try out disc golf. My son Aaron is an enthusiast, and we played at the University of Lethbridge course. Disc golf is fun and it's free. You can buy discs at the games store at the mall. I was thinking it might even be fun for some of our members!

Enjoy your summer everyone. See you in September.

"When all else fails, take a vacation."

~Betty Williams

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

John Landeryou

Charles Polson

Evelyn Johnson

Wayne Hammergren

Raymond Kostiuk

Lynette Kostiuk

Kel Robson

Heather Fleming

Paul Carrier

Louise Malasheski

Darren Webb

Les Wingerter

2 Anonymous



## Scent-Free Zone

**Scented products such as perfumes, aftershave, and creams, can worsen symptoms for people with asthma, allergies, and other conditions.**



Please help us to maintain a scent-free environment for all members, staff, and guests. When visiting Nord-Bridge, we ask that you please refrain from wearing perfume, cologne, and other fragrances and choose unscented products instead.

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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TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER

### 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!**

*We will be closed  
Monday, August 7 for Heritage Day*



## EXECUTIVE DIRECTOR'S REPORT



Hello everyone! At the time of writing this month's Newsletter article, Lethbridge and area was under an extreme heat warning. Daytime temperatures averaged over 31 degrees Celsius and the forecast for the first week of August looks very similar. Please remember a few things during these extreme heat conditions:

- \*Take frequent breaks from the heat - spend time in cooled indoor spaces (like air-conditioned rooms at Nord-Bridge ☺).
- \*Reschedule outdoor activities to cooler hours of the day.
- \*Drink plenty of water to stay hydrated.
- \*Monitor for symptoms of heat stroke or heat exhaustion (such as high body temperature, lack of sweat, confusion and fainting).

*Source: Alberta Health Services Heat Warning Information.*

Over the last few weeks, we had a few members fall victim to a door-to-door sales scam and telephone bank scam. Please be aware, scams are very sophisticated and appear to be legitimate. To protect yourself from door-to-door scams don't sign or commit to anything on impulse; always ask to review information and material and contact them only when you have researched the company. Telephone bank scams are on the rise. Telephone bank scammers will try to persuade you to tell them your personal and confidential information (ie. PIN, passwords and security codes). If you did not initiate the phone call, don't give any information. Hang up and contact your local financial institution branch yourself. If you believe you may have fallen victim to a scam, please report it by contacting the Fraud Reporting System of the Canadian Anti-Fraud Centre at 1-888-495-8501 and the Lethbridge Police Service non-emergency line at 403-328-4444.

Last month, I wrote about the rising costs of our Newsletter expenses and how we are exploring options to decrease some of the overhead expenses. The small sample that completed our questionnaire at the Front Desk showed two thirds who still prefer a printed version. We will start by reducing the number of printed copies that we distribute to the various public newsstands. Members and the community can also scan the QR code below (starting in September) to access our Newsletter directly with their smart phone/device. We also sent out notices of our rate increases to our valued advertisers (effective in September). We will start with these adjustments and keep a close eye on expenses for the remaining 4 months of 2023.



*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
Fundraising Coordinator	Megan Gray



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## Chinook LifeCare

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**We're seeking to increase the diversity on our Board!**

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(403) 360-1983 via call or text to learn more about this fulfilling opportunity.



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<b>LOCAL</b>	Our dedicated staff are local and ready to help you with any problems that arise. If we don't know the answer, we'll find it!
<b>HANDS ON</b>	We are committed to providing exceptional service to our clients. From finding the right solution for your specific needs, to aid in possible financial aid for your Chinook LifeCare package, we are here to help!
<b>PERSONAL</b>	We get to know you and your family and build a rapport and awareness of history.

 chinooklifecare@gmail.com

 #3 - 1904 13 Ave North Lethbridge, AB

 (403) 320 - 1170

 <http://chinooklifecare.net/>



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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 call 1-888-472-2222](tel: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: NBSC\_Guest**  
**Password: Friendly@55**

(Shaw Cable subscribers see left)



**FREE WiFi**

# New Comers Meet & Greet

Come join us for a morning of socialization with Conveners every First & Third Wednesday at 10 am in the Diner Annex starting September 20! This is great for new members wanting to connect with new people and have fun! Find more information in the Fall Program Book.



**NORD-BRIDGE SENIORS CENTRE**

## 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 WINNER**

See the September newsletter for our next lucky winner!

### 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**

July 28 - Gail Petrie \$391

### 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**

The Monday Jam 50/50 Draw will resume in September!

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



### ESCORTED MOTORCOACH HOLIDAYS

*Our motorcoach tours are a worry-free way to visit your dream destinations in Canada and the United States. All trip details, transportation, lodging and sightseeing excursions are handled with just one call.*

*The journey is not only about the destination – time spent on the road provides an opportunity to share experiences with new friends and form happy memories.*



#### UPCOMING TOURS

Newfoundland & Best of The Maritimes – Sept 8 <sup>th</sup> <i>guaranteed</i>
California Wine Country – Sept 12 <sup>th</sup> <i>guaranteed</i>
Okanagan Splendour – Sept 17 <sup>th</sup> <i>guaranteed</i>
Minot Norsk Høstfest – Sept 25 <sup>th</sup> <i>guaranteed</i>
Nashville, Branson & Memphis – Sept 25 <sup>th</sup>
Victoria Stay Awhile – Oct 8 <sup>th</sup> <i>guaranteed</i>
Nashville, Branson & Dollywood – Oct 11 <sup>th</sup> <i>guaranteed</i>
Branson Show Tour – Nov 4 <sup>th</sup>
Reno/Northern Nevada Sightseeing – Nov 4 <sup>th</sup>
Christmas in Victoria – Dec 21 <sup>st</sup>

Visit us online at  
[www.nageltours.com](http://www.nageltours.com)  
toll free: 1-800-562-9999  
[resoffice@nageltours.com](mailto:resoffice@nageltours.com)

46<sup>th</sup>  
Anniversary





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Mitchell Hall  
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## NORD-BRIDGE BUILDING FUND RECENT DONORS

Updated building fund numbers will be posted  
in the September newsletter.

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2023  
through Dec 31, 2023: \$8989.00



### 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

\$2,217,339  
\$4,953,576

## WISE CROW

Estate Sales, Moving, & Downsizing

- Management & sale of partial or entire estates
- Removal of unsalable items
- Staging, decluttering & preparation for resale
- Sorting, packing & preparation for moves
- Unpacking & new home set up
- Social work background; experience with grief, loss, families & the elderly

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Sarah Russell

403-359-4770

wisecrowstatesales

Lethbridge  
HEARING CENTRE

FREE  
HEARING  
TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

403-329-3222

Third Thursday of the month, next appointments:

WE WILL RETURN IN SEPT.

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

Follow us on Facebook  
@NordBridgeSeniorsLethbridge







# UNDER NORTHERN LIGHTS GALA 2023



**Coast Lethbridge Hotel and Conference Centre**  
**526 Mayor Magrath Dr. S.**

***Saturday, September 9, 2023 at 6pm***

**\$80 per person** *(plus online ticket fees)* **Table of 8 \$550**

**Semi-Formal Attire**

***Tickets now available for purchase through  
www.Eventbrite.com and Nord-Bridge Seniors Centre***

**Champagne Hospitality Welcome** 

**Cash Bar**

**Live Entertainment by The Bridgette Yarwood Band**

**Silent Auction**

**Live Auction by Perlich Bros.**

**Dinner Catered by LA Chefs**

*\*All proceeds go towards  
Nord-Bridge  
Seniors Centre*





## Book an eye exam online or drop by and see us

We will also be at Nord-Brige the 3rd  
Thursday of every month, starting in  
September!



**Park Place Mall**  
Lethbridge  
(587) 388-0563

**Specsavers**

**roost2roost**  
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## Downsizing Dilemma? Need to move on?



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**Call Jody Johnson for your complimentary  
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**Cell: 403-330-8389**

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**Keith Pushor**  
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**403-327-2111**

Go to [keithpushor.ca](http://keithpushor.ca) for a "Hands-On Approach" to Real Estate

## Friday September Entertainment

**NOTICE TO OUR MEMBERS:** There will no  
longer be Friday lunch entertainment due  
to maximum capacity in the Dunford  
Diner. Thank you for your understanding



## EVERGREEN

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and Cremation Services

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

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**JAMMERS**  
NORD-BRIDGE SENIORS CENTRE  
WILL BE TAKING A BREAK  
FOR JULY & AUGUST AND  
WILL RETURN IN SEPTEMBER



## 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!**

## 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

## Condolences to:

the Pozdnickoff family and the passing of Bill

the Sullivan family and the passing of Tim

the Cote family and the passing of Velma

## Get Well Wishes to:

Suzie Dyck, who is in the hospital

Joe Dillabough, who is in the hospital

Eileen Sawatzky, who is in the hospital

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\*



## Intergenerational Craft & Music Afternoon (L-SKIP)

WEDNESDAY, AUGUST 30  
@ 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 active games, crafts, music, and listen to story telling for one hour. This is where great relationships are created between the generations!

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

IN PARTNERSHIP WITH



# Member PHOTOS

All new members get a FREE self portrait!

Please Book Your Appointment at the Front Reception Desk Starting September 4th





Duplicate Bridge is back every Thursday at 1:00pm in the Dining Room Annex! There is no cost to join and you don't need to come with a partner. Just come and enjoy a good afternoon of Duplicate Bridge!

~Craig Gregory  
Convener of Duplicate Bridge



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*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)

## Watercolor Pencil 2 in 1 With Donna Gallant

Do you like to draw and paint? In these sessions, we will be using watercolor pencil and a wet brush to do both! We are doing progressive classes from session one to session three so you can start at the beginning or if you are already familiar with the media, you can jump in to the later one. This is a great media to travel with and you can work anywhere with very little mess.  
Please pick up a supply sheet upon registration.

**Session 3: Tuesdays, August 8 - August 15**

**Time: 10:00am to 12:00pm**

**Fee: Members \$25; Non-Members \$45**

**Location: Craft Room**

Call 403-329-3222 or visit [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) to register!



## UNUSUAL TIPS AND TRICKS FOR WATERCOLOR with Donna Gallant

**Dates: Tuesday, August 22  
and August 29**

**Time: 10:00am to 12:00pm**

**Fee: Members \$25; Non-Members \$45**

**Location: Craft Room**

In these two classes, we will explore different techniques that combine watercolor with other media or objects. This class will enlighten your view of how to use watercolor to the fullest, and achieve a totally different result.  
Please pick up a supply sheet upon registration.

To register, call 403-329-3222 or  
visit [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)



**PAINT THIS PAINTING!**

# Paint & Sip Night with

**\$45 per person 18+**

\*Alcoholic beverage available for extra purchase

**Register starting Aug. 30th**

For members and invited guests

**Smudge Art Studio Inc.**

**NORD-BRIDGE SENIORS CENTRE**  
**Thursday, Nov. 16 6pm-8pm**



## 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: 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





# Seniors System Navigator

## Suicide Awareness

Last week I attended Suicide Awareness training at Lethbridge Family Services, and I learned that older men have a higher risk of suicide. As Canada's population ages, there may be an increase in suicides.



### Risk factors for older adults:

- Limited relationships and connections as friends have passed away. Some older adults tend to live alone.
- Loss of a partner
- Severe pain or mobility issues
- Being diagnosed with illnesses
- Loss of a job or retirement, which causes a change in financial status.

### How to reduce the risk:

- Try to have healthy relationships with friends and family. Join a seniors centre and meet friends for coffee.
- Maintain strong mental and physical health. Attend a gym and hire a personal trainer or take a yoga class.
- Bring meaning and purpose to your life. Try volunteering at the local food bank or any community organization.

\*This week I learned that the Canadian Radio-Television and Telecommunications Commission (CRTC) has implemented a new **9-8-8** phone number for mental health and suicide prevention.

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

**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  
Aug. 9, Oct. 11, Dec 13  
Location: Nord-Bridge Craft Room  
Fee: \*\$35 per patient **\*NEW\***

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

Thank you to:

For more information please call Nord-Bridge!

1904 13 Ave. N.

# 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

### 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

Next Upcoming Date: 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)






# August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:15 Strength & Toning (Multi-Purpose Hall) 10:00 Intro to Spanish (Flex Room) <b>10:00 Golden Yogis (Nor-Bridge Lions Park)</b> 10:00 Watercolor Pencil 2 in 1 (Craft Room) 10:30 Fit & Fun Walking Club (Outside) 12:45 Canasta / H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park)	<b>2</b> <b>Monthly \$11 Breakfast Buffet</b> 9:00 Gentle Yoga 10:00 Shopping to Wal-Mart (booking req.) 10:00 Carpet Bowling 10:45 Gentle Somatics <b>10:45 WINNERS BINGO</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:30 Beginners Walking Club (WCR) 7:00 Table Tennis	<b>3</b> 9:00 Gentle Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 10:00 Intro to Spanish (Flex Room) 10:30 Fit & Fun Walking Club (Outside) 12:15 Gentle Somatics (West Community Room) 1:00 Woodcarving 1:00 Duplicate Bridge	<b>4</b> 10:00 Carpet Bowling 10:45 Chair Yoga <b>11:00 Crispy Chicken Lunch Special</b> 12:45 Crib (West Community Room) <b>1:00 In-House Bingo</b> 1:00 Contract Bridge (Annex)	<b>11</b> 10:00 Carpet Bowling 10:45 Chair Yoga <b>11:00 Veal Cutlet Lunch Special</b> 12:45 Crib (West Community Room) <b>1:00 In-House Bingo</b> 1:00 Contract Bridge
<b>7</b> <b>CLOSED for Heritage Day. Have a great long weekend!</b>	<b>8</b> 9:15 Strength & Toning (Multi-Purpose Hall) 9:30 Tai Chi in the Park (Henderson Lake) <b>10:00 Blood Plasma Info Session with Canadian Blood Services (WCR)</b> 10:00 Intro to Spanish (Flex Room) <b>10:00 Golden Yogis (Nor-Bridge Lions Park)</b> 10:00 Watercolor Pencil 2 in 1 (Craft Room) 10:30 Fit & Fun Walking Club (Outside) 12:45 Canasta / H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park)	<b>9</b> 9:00 Gentle Yoga <b>10:00 FOOT CARE (Appt. only) (Craft Room)</b> 10:00 Carpet Bowling 10:45 Gentle Somatics <b>10:45 WINNERS BINGO</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre <b>1:00 Manicures (Craft) *Appt. Required*</b> 1:30 Beginners Walking Club (WCR) 7:00 Table Tennis	<b>10</b> 9:00 Gentle Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 10:00 Intro to Spanish (Flex Room) 10:30 Fit & Fun Walking Club (Outside) 12:15 Gentle Somatics (West Community Room) <b>1:00 Intro to Kayak (Park Lake Provincial Park)</b> 1:00 Woodcarving 1:00 Duplicate Bridge	<b>11</b> 10:00 Carpet Bowling 10:45 Chair Yoga <b>11:00 Veal Cutlet Lunch Special</b> 12:45 Crib (West Community Room) <b>1:00 In-House Bingo</b> 1:00 Contract Bridge





<b>14</b> 9:00 Gentle Yoga <b>10:00 Nordic Pole Walking (Legacy Park)</b> 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga 1:00 Quilters/Krafters 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <b>6:00</b> Beginners Pickleball (YMCA West) <i>*Registration Required*</i>	<b>15</b> 9:15 Strength & Toning (Multi-Purpose Hall) 9:30 Tai Chi in the Park (Henderson Lake) 10:00 Intro to Spanish (Flex Room) <b>10:00 Golden Yogis (Nor-Bridge Lions Park)</b> <b>10:00 Waterc. Pencil</b> 10:30 Fit & Fun Walking Club (Outside) 12:45 Canasta/H & F 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park)	<b>16</b> 9:00 Gentle Yoga 10:00 Carpet Bowling 10:45 Gentle Somatics <b>10:45 WINNERS BINGO</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:30 Beginners Walking Club (WCR) 7:00 Table Tennis	<b>17</b> 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) <b>1:00 Intro to Kayak (Park Lake Provincial Park)</b> 1:00 Woodcarving 1:00 Duplicate Bridge	<b>18</b> 10:00 Carpet Bowling <b>11:00 Lasagna &amp; Caesar Salad Lunch Special</b> 12:45 Crib (West Community Room) <b>1:00 In-House Bingo</b> 1:00 Contract Bridge	
<b>21* &amp; 28</b> <b>*FALL PROGRAM GUIDE RELEASED (21ST)</b> 9:00 Gentle Yoga <b>10:00 Nordic Pole Walking (Legacy Park) *21st</b> <b>10:00 Intermediate Line Dance (MPH) *21st only</b> 10:45 Chair Yoga 1:00 Quilters/Krafters 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <b>6:00</b> Beginners Pickleball (YMCA West)	<b>22* &amp; 29*</b> <b>9:00* Whoop Up Parade Come Cheer Us on! (22nd)</b> <b>9:15* Strength &amp; Toning *29th only. No class Aug. 22</b> 9:30 Tai Chi in the Park <b>10:00* Golden Yogis (Nor-Bridge Lions Park) *22 only</b> 10:00 Unusual Tips Art <b>10:30* Fit &amp; Fun Walking Club *29th only. No class 22*</b> <b>12:45 Canasta/H &amp; F *29th only</b> <b>1:00* Baking (Interfaith)</b> 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball	<b>23* &amp; 30*</b> <b>*FALL REGISTRATION BEGINS TODAY (30TH)</b> <b>8:00* Whoop Up Days Pancake Breakfast *23rd</b> 9:00* Gentle Yoga *23rd <b>10:00* Carpet Bowling *30 WINNERS BINGO</b> <b>10:45 Gentle Somatics *23</b> <b>1:00* Manicures *23rd</b> <b>1:00* Darts *30 only</b> 1:00 Euchre 1:00 Bid Euchre <b>1:30* Beginners Walking Club *23</b> <b>3:15* LSKIP (MPH) *30th</b> 7:00 Table Tennis	<b>24* &amp; 31</b> 9:00 Gentle Pilates 9:00 Card Crafters <b>9:00* Advanced Line Dance (MPH) *24th only</b> 10:30 Fit & Fun Walking Club (Outside) 12:15 Gentle Somatics (West Community Room) 1:00 Intro to Kayak (Park Lake Provincial Park) 1:00 Woodcarving 1:00 Duplicate Bridge	<b>25</b> 10:00 Carpet Bowling 10:45 Chair Yoga <b>11:00 Liver &amp; Onions Lunch Special</b> <b>12:45 Crib (WCR)</b> <b>1:00 In-House Bingo</b> 1:00 Contract Bridge	 <b>*MONTHLY TOONIE DRAW</b> 
<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.</b>					
<ul style="list-style-type: none"> <li>LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.</li> <li>LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY): OFF FOR JULY &amp; AUGUST BACK IN SEPTEMBER</li> <li>ANNUAL UNDER THE NORTHERN LIGHTS GALA- COAST HOTEL AND CONFERENCE CENTER- SATURDAY, SEPTEMBER 9TH AT 6:00 PM!</li> </ul>					
<ul style="list-style-type: none"> <li>NEW LEARN (LETHBRIDGE ELDER ABUSE RESPONSE NETWORK) DROP IN VISITS THE 4TH TUESDAY OF EVERY MONTH (EXCLUDING AUGUST) IN THE BOARD ROOM BETWEEN 9AM-12PM</li> <li>WINNERS BINGO WEDNESDAY: AUG. 2, 9, 16, 23, &amp; 30 (EXTRA BINGO ON AUG. 6TH)</li> <li>FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON OCT. 11, &amp; DEC. 13, 2023 (NOW \$35)</li> <li>LOCATION: CRAFT ROOM</li> <li>OUT AND ABOUT COFFEE AND SHOPPING TO WALMART NOW THE FIRST WEDNESDAY OF EVERY MONTH *BOOK AT FRONT DESK*</li> </ul>					





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

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*Mind Joggers writing group will be taking a break for the summer, but we will return on Thursday, September 14th at 9:30 am. Have a safe and happy summer!*

*-Judy Knox*

**FREE**  
**PANCAKE**  
**BREAKFAST**



**AUG. 21**  
7:30 AM - 10 AM  
PiP International Inc.  
4085 2 Avenue South,  
Lethbridge

 **RACHAEL THOMAS**  
MEMBER OF PARLIAMENT

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

## ATTENTION MEMBERS!

We are looking for senior members who would like to participate in an exercise class behind our Nord-Bridge Float for Whoop Up Days on

**TUESDAY, AUGUST 22ND**

Time: 8:00 am- 11:30 am  
(talk to Ashley or Melanie to register)

Must be physically fit, able to stand and move for longer periods of time, and have fun!!

Please prepare for the warm weather and bring a hat, sunscreen, and water to keep hydrated!







**We have a float in the  
Whoop-Up Days Parade!**



**Come on out and cheer us on!**

**Tuesday, August 22nd  
9:00am**



**NORD-BRIDGE  
SENIORS CENTRE**

**Beginning at Park Place Mall, the parade route  
travels along 3rd Ave and 13 St N, ending at  
Galbraith Elementary School**



# **PANCAKE & SAUSAGE Breakfast**



**NORD-BRIDGE  
SENIORS CENTRE**

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

**WEDNESDAY, AUGUST 23RD AT 1904 13 AVE. N.  
EVERYONE WELCOME!**

**SERVED FROM 8AM-11AM IN THE  
MULTI-PURPOSE HALL**

**\$2**



## 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.

### 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



# LEARN DROP IN

LETHBRIDGE ELDER ABUSE  
RESPONSE NETWORK

If you or someone close to you has been mistreated or taken advantage of by a family member, spouse, partner, friend or caregiver, there is support available.

The Lethbridge Elder Abuse Response Network (LEARN) Case Manager will be in the Boardroom at Nord-Bridge on the 4th Tuesday of each month, excluding August, from 9am – 12pm.



STOP IN TO ASK QUESTIONS, GET SUPPORT OR CHAT!

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

## 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, ph./text 403-598-1761  
Dan Lang: ph. 403-327-3303





# Programmer's Report



Another month has come and gone! I know most people are trying to continue enjoying this amazing warm weather while we can! I have a mini holiday planned for the August long weekend in BC with my husband and family. Looking forward to getting on the lake and swimming!

If you have not already seen the front page photo, last month we had the opportunity to co-host a very fun "Park Play" afternoon at Chinook Lake Park in Uplands with children aged 5+ and seniors of Nord-Bridge. Thanks to our partnership with Building Brains and Lethbridge Family Centre, we had various stations set up by the lake in order to get to know each other across the generations and then we ended off with a fun snack and a few prizes! We hope to continue this event every year from here on out!

This month is everything Whoop Up Days. Nord-Bridge will be busy celebrating by entering a float in the parade on Tuesday, August 22<sup>nd</sup>, followed by our Annual Whoop Up Days Toonie Pancake Breakfast - open to all on Wednesday, August 23<sup>rd</sup> from 8am-11am in the Multi-Purpose Hall of Nord-Bridge! It will be a busy week! For more information or if you are interested in volunteering your time on parade day go to pages 14 and 15 of this newsletter or give me a call at 403-329-3222.

Next month we will be back in the full swing of fall programming. We will be offering a few new programs such as Paint Night, Indoor Walking with Be Fit For Life, and many more! The Fall Program Guide will be released on Monday, August 21<sup>st</sup> and members can register for all fall programs from fitness to art starting on Wednesday, August 30<sup>th</sup>. We highly recommend members sign up online once again on August 30<sup>th</sup> at our website at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the Recreation Programs > Online Registration tab and follow the prompts from there. For a step-by-step list of instructions of how to register online please go to page 20 of this newsletter. If you have any questions on the fall program, please contact me at 403-329-3222.

**Please note, due to the Pancake Breakfast, the following classes are cancelled on Wednesday, August 23<sup>rd</sup> - Darts and Carpet Bowling.**

Until next month, stay happy and healthy!

*Ashley Kern - Program Coordinator*



## Canadian Blood Services Presentation

At the Nord-Bridge Senior Centre

**Tuesday August 8<sup>th</sup> 10am**

In the Nord-Bridge Seniors Centre-  
Board Room

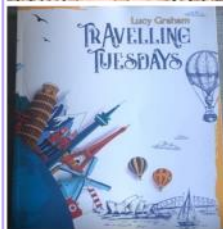
**\*No registration required\***

Join us to learn about Canadian Blood Services, the Lethbridge Plasma Centre and how you can support Canada's Lifeline.

Coffee & donuts will be provided.



Stay connected  
@CanadasLifeline  
@lifeline.alberta (Instagram)  
@LifelineYQL (Twitter)



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.



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

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



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

OPEN TO ALL SENIORS 55+!



**Tuesday, September 26 @ 1:00pm**  
Come and have fun creating and socializing while using fresh ingredients from the Interfaith garden!



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

**Friday, August 4:**  
**Crispy Chicken and BBQ Beans,  
with Fries & Gravy**

**Friday, August 11:**  
**Veal Cutlets with Mashed Potatoes,  
Veggies, and Gravy**

**Friday, August 18th:**  
**Lasagna, Caesar Salad, and Garlic Toast**

**Friday, August 25:**  
**Liver & Onions with Mashed Potatoes,  
Veggies, and Gravy**



*Available from 11am to 1pm for Dine In or Take Out \*while quantities last*

**NORD-BRIDGE  
SENIORS CENTRE**



## WATCH OUT FOR TRIP TO



## SPRUCE MEADOWS

Thursday, September 7, 2023 more details to come!

### BOOK NOW!



## WELCOME TO

# Back

## NORD-BRIDGE OUTREACH

### EVENT

**MONDAY, Sept 18th, 2023**  
1:30-3:00pm  
Multi Purpose Hall \$3.00

**Entertainment  
by: Celtic Routes**



For more information contact [Melanie@403.329.3222](mailto:Melanie@403.329.3222) or  
E-Mail [melanie@nordbridgeseniors.com](mailto:melanie@nordbridgeseniors.com)

IN PARTNERSHIP  
WITH:



## KAYAKING INSTRUCTION FOR SENIORS 55+!

Thursdays  
August 10th - August 31

Time: 1pm-4pm  
Location: Park Lake Provincial Park Boat Launch  
Fee: \$150 per person (ages 55+)  
Maximum participants: 10

FOR MORE INFO OR TO REGISTER:  
CALL 403-329-3222 AND ASK FOR ASHLEY

- ✓ 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!





## Wellness Coordinator/Outreach

Classes are almost halfway through, and we have such an amazing group of participants. The summer heat has been so hot, so making sure you stay hydrated is a must. Take breaks out of the sun and find some refreshing treats like watermelon and oranges to replenish the body.

After some wet weather early in July in Waterton, I was able to join a group of hikers to climb Cran-dell Summit. It took us 10hrs due to many of our trails being washed out, so we got rerouted along the mountain. When we reached the top, we were just up over top of Bears Hump. The following weekend, I headed back into Waterton and climbed Akamina Ridge into Wall and Forum lakes. We had some good climbing up to the summit, along the ridge line and back down along switch backs and into a meadow to the lakes. We left the hike with a refreshing swim near the end. Crypt and Bertha were great climbs with a relaxing kayak on Cameron Lake and float on the Old Man River. If you're ever in Waterton and looking for a beautiful water-fall walk to do - head up to Red Rock canyon. There is a beautiful 1-mile trail at the lower bridge trail, with crystal mountain water flowing over the amazing red rock formations. My favorite hiker and I took a 45 minute route out along the river. We stopped for a packed lunch before we headed back to the trail head.

**Outreach** - will resume in September 2023, every 3<sup>rd</sup> Monday of the month. Everyone is welcome to attend and enjoy the entertainment. There are door prizes and snacks provided. Please register ahead of time at the front desk (\$3.00 cover charge).

**55+ gym** - Please book orientations with me or call if you have any questions.

**2023 Fall Fitness programs** - Please feel free to stop in and inquire if you have any questions. Summer Program books are out, and fall registration opens Aug 30<sup>th</sup>, 2023.

**Minds in Motion Alzheimer's Program** - Is booked to start Wednesday afternoons beginning Oct 25<sup>th</sup> for 7 weeks. Please contact Melanie for inquiries and to be placed on our list.

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



**Nord-Bridge  
trip to  
Rosebud  
Theatre**







NORD-BRIDGE  
SENIORS CENTRE

# Hello Autumn

FALL PROGRAM PUBLISHED: MONDAY, AUGUST 21st

**REGISTER FOR ALL PROGRAMS STARTING:  
WEDNESDAY, AUGUST 30**

For more info please talk to Program  
Coordinator, Ashley at 403-329-3222

Fall 2023 Nord-Bridge Seniors Centre PRESENTS

**NEW**

# ONLINE REGISTRATION

Available August 30

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 AUG. 30 TO REGISTER**



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

## Trip to the Prairie Tractor and Engine Museum and Picture Butte Island

**Date: August 16th**

**Departure time: 9:00am  
(from Nord-Bridge)**

**Cost: \$35 per person**

**\*Includes choice of bagged lunch**



NORD-BRIDGE  
SENIORS CENTRE

**Sign up  
at Nord-Bridge  
or call  
403-329-3222**



**Trip to Fort McLeod  
NWMP Musical Ride  
August 9, 2023  
Departure at 9am  
from Nord-Bridge**

**Cost: \$35  
per person**

**\*Pack a lunch  
or bring cash**



**Please sign up at Nord-Bridge  
or call 403-329-3222**

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



Every 2nd and 4th Wednesday

August 9 & August 23

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**



**Beginners  
CRIBBAGE**

**\*FOR  
NORD-BRIDGE  
MEMBERS  
ONLY**

**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!**

# New Fall 2023 Programs at Nord-Bridge!

**\*Gentle Yoga with Donna- Friday, Sept. 15 - Oct. 27 @ 9am**

**\*Not sure if you will enjoy? Come try a FREE Drop in on Sept. 8th while spaces last!**

**\*Evening Golden Fit with Anna- Monday, Sept. 18- Nov. 20 @ 5pm**

**\*Virtual Guided Meditation - Wed. Sept. 20 - Oct. 25 @ 9am**



**\*Bridge Trekkers Indoor Walking Group - Tuesday, Oct. 24, Nov. 21, & Dec. 12 @ 2:45 pm**  
**\*Please register through Lethbridge College at 403-382-6919**

**\*Paint & Sip Night with Smudge Art - Thurs. Nov. 16 @ 6pm**

**& So Much More!**

**Register starting Monday, August 30th online at  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the Recreation Programs Tab!  
Give us a call at 403-329-3222 for more info!**



**NORD-BRIDGE  
SENIORS CENTRE**



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.



Seniors Community Services Partnership  
SENIORS SYSTEM NAVIGATORS

# Support For Seniors



403-329-1544

Call  
Now



## We can help

Identify your needs

Connect you with  
resources

Provide emotional  
support

Offer community  
outreach

Advocate within  
complex systems

Offer education

Contact the Seniors System Navigators



403-329-1544



intake@lethseniors.com

Empathy.  
Assistance.  
Advocacy.

## 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



## Falls in the Home Information Session

Date: Thursday, October 12th

Time: 1:00pm

Where: Board Room

Learn many great tips on how to keep your  
home safe and decrease the risk of falls.

This session is open to all those 55+.

No registration is required.

1904 13 Avenue North



2-hr. Variety Show  
"CLASSIC HITS & COMEDY"  
with  
Richard & Deborah Popovich



Saturday, September 16, 2023

Two Shows - 2:00 & 7:00

Tickets - Early Bird \$34 (Aug. 1-15) | Regular \$39 (Aug 16 - Sept 16) | *Proceeds to Nord-Bridge Seniors*



**L-SKIP Park  
Play Day with  
Lethbridge  
Family Centre  
and Building  
Brains Together!**



**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)**