

NEWSLETTER

September 2023



We all had a blast participating in the Whoop-Up Days Parade on Tuesday, August 22nd! It was a little wet, but it was wonderful to see the community supporting and promoting their organization whether it was an entry in the parade or spectators cheering everyone on. This was a great way to create connections with the community! Thank you to everyone who helped make our float a possibility! Until next year!

PRESIDENT'S REPORT

Remember your first day at school? Mine was on September 5, 1953. New blue jeans and lunch bucket and the excitement of riding the school bus. 70 years have gone by very quickly.



We have enjoyed this summer very much, especially the visit from our family from Ontario. We played disc golf, kayaked down the Oldman River, walked the dog, and visited Waterton Lakes National Park. My grand-

daughter loves military history, so we visited the Lethbridge Military Museum. What a great tour!



As you read this newsletter, I hope we are in Vancouver preparing to go on a cruise to Alaska. I'm sorry we will miss the Under Northern Lights Gala 2023 on September 9th but I know all of you will make it a successful fund raiser.

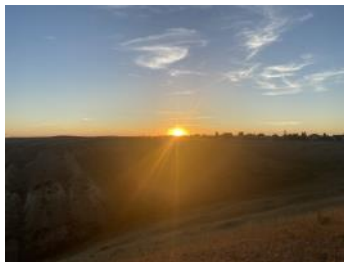
We have lots of new members. Please come out to the New-comers Meet and Greet in the Diner Annex starting September 20, 2023.

Lethbridge Hearing will be back after a summer break. Book your appointment for September 21, 2023 here at Nord-Bridge. It's important to hear what is happening around you. I have had hearing aids for eleven years now. When you can't hear, you tend to withdraw from conversations and that is not healthy.

Fall brings the start up of all the great activities here at Nord-Bridge. Sign up online or at the front desk.

See you later this month. I will tell you how much we enjoyed Alaska.

"I cannot endure to waste anything so precious as autumnal sunshine by staying in the house."
~ Nathaniel Hawthorne



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 26 New Members!
We are happy to have you here!

Cathy Fritz

Shelley Bacon

Shirley Deen

Jan Deen

Sheila Elderkin

Tricia Coburn

Henry Varhaug

Bernie LeBlanc

Larry Conley

Emma Conley

Janet Elkjaer

Patsy Reid

Murray Reid

Margaret Josephson

Edward Williams

Maryanne Wasylyshyn

Gerald Rocheleau

Wendy Rocheleau

Georgette Vendesteeg

7 Anonymous



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



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

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



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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!



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.

EXECUTIVE DIRECTOR'S REPORT



I say this every year... I can't believe how quickly summer went! This summer, our centre saw some slower days which was nice, as it allowed for some of our staff to take some much-needed holidays. I hope everyone got out to enjoy some sunshine.

Our Board of Directors enjoyed a two-month summer hiatus and will return to monthly meetings starting this month. One of the first agenda items the board will be tasked with is reviewing the annual membership fees. In 2001 when we moved into our current location from the Bill Kergan Centre, our annual membership fee was \$10. In 2001, we did not offer nearly as many programs and services as we do today. Membership fees remained at \$10 until 2005 when they were raised to \$15. In 2008, membership fees doubled to \$30, followed by another increase the year after to \$45. Finally, the last increase came in 2014 to \$50 where we stand today. Almost one decade later and after a pandemic that limited our business operations for over 14 months, the Nord-Bridge Finance Committee feels it is time to increase membership fees. The Finance Committee will present an increase to \$60 a year for a Nord-Bridge membership. If approved, the fee increase will become effective on January 1, 2024. Thus, any current member or new prospective members renewing or signing up before Friday, December 29, 2023 will only be charged the current rate of \$50. If the membership fee increase is approved, it will be posted in next month's Newsletter, on our website, and throughout the building. We will also present it at our General Meeting on November 1st.

I am very pleased to report at the time of writing this article that we have already sold out our annual Under Northern Lights Gala! We have hit a milestone in attendance with 232 seats. I will report on the Gala in my October article.

A big round of applause to Ashley for helping coordinate our Whoop Up Days parade and pancake breakfast events! Ashley corralled staff and volunteers who did an amazing job decorating our parade float. The following day, staff and volunteers hosted almost 800 guests at our annual pancake breakfast!

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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We are looking to enhance the diversity on our Board.
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<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](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: NBSC_Guest
Password: Friendly@55



(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 WINNER

See the October 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

August 25 - Yvonne Wilson \$326

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

Check back in October for our next Monday Jam winners!

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

New Comers Meet & Greet



NEW!

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.



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

California Wine Country – September 12th

Minot Norsk Høstfest – September 25th

Victoria Stay Awhile – October 8th

Nashville, Branson & Dollywood – October 11th

Branson Show Tour – November 4th

Reno/Northern Nevada Sightseeing – November 4th

Christmas in Victoria – December 21st

Palm Springs Desert Oasis – January 21st

Arizona Desert and Canyons – February 12th

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Third Thursday of the month, next appointments:
Sept. 21, Oct. 19, Nov. 16, Dec 21

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

Follow us on Facebook
[@NordBridgeSeniorsLethbridge](https://www.facebook.com/NordBridgeSeniorsLethbridge)



NORD-BRIDGE BUILDING FUND RECENT DONORS

Nova-Jean Swihart \$100; Gordon Matthews \$2000;
Stan and Phyllis Kruszewski \$500
Valerie Arkinstall \$50 In Memory of Velma Cote and
\$50 In Memory of Ducky Tarnava

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2023
through Dec 31, 2023: **\$10,429.50**



BUILDING FUND UPDATE:

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

Total Contributions to our
Building Fund 1998 through 2023 **\$2,220,039**
Still needed by N-B Fundraising **\$4,950,876**

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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!

UNDER NORTHERN LIGHTS GALA 2023



Coast Lethbridge Hotel and Conference Centre
526 Major Macraeth Dr.

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

Dinner Catered by LA Chefs

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

**What a fantastic turnout for our Whoop-Up Days
Pancake Breakfast - over 770 served!
Thanks to all who attended!**



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



Fall 2023 Nord-Bridge Seniors Centre PRESENTS **ONLINE REGISTRATION** Now Available!

ENROLL ONLINE AT:
WWW.NORDBRIDGESENIORS.COM



Steps to Register Online:

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

**OR CALL
403-329-3222
AFTER
AUG. 30 TO
REGISTER**



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



Thanksgiving Luncheon

Friday, October 6 // 11:30am

Tickets: \$13 each; Available Thursday, September 14

Menu:

Turkey, Mashed Potatoes, Gravy, Stuffing,
Vegetables, Salad, and a Dessert by Gail

*Open to all, with live entertainment by Yvonne Nelson.
Come and enjoy delicious food among great company!*

Purchase your tickets at the Nord-Bridge Front Desk

*You will be assigned a table at the time of ticket purchase.
Groups of up to 8 can be accommodated.



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Condolences to:

...the Tarnava family on the passing of Val "Ducky"
...the Bates family on the passing of Ruth's son, Blair Reeves
...the Didyk family on the passing of Alex
...the Johnson family on the passing of Betty
...the Deringer family on the passing of Daniel
...the Kailly family on the passing of Fae
...the Barrett family on the passing of Ron
...the Lorenz family on the passing of Johnny
...the West family on the passing of Vern "Doc"

Get Well Wishes to:

Virginia Murdoch, who is in the hospital
Sue Dyck, who is in the hospital
Fran Wallace, who is recovering from a broken shoulder



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Upcoming FREE consultation dates:

***Now on the 2nd Monday of each month**

Sept. 11, Oct. 16, Nov. 20, Dec. 11

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**



JAMMERS

**NOW BACK EVERY MONDAY
(EXCLUDING HOLIDAYS)**

**9:30am - 12:30pm in the
Dunford Diner**

\$3.00 charge for
non-members



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

VIRTUAL GUIDED MEDITATION

Please register at the front desk and pick up a consent form





WEDNESDAYS, 9:00am - 9:45am via ZOOM

Session 1: Sept. 20 - Nov. 1
Session 2: Nov. 8 to Dec. 13

Members \$20; Non-Members \$40

This class will focus on progressive relaxation, guided imagery, tapping, and mindfulness. Newcomers are welcome to join.





coffee with a C O P



Share your concerns with
Constable Shawn Davis

Second Wednesday of every month
10:00am - 11:30am
Dunford Diner



Lethbridge College Massage Therapy Students at Nord-Bridge!

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

Location: Nord-Bridge Craft Room
Date: Wednesday, Oct. 4 + Nov. 29
Time: 10:00am to 12:00pm
Location: Craft Room
*Massages offered on a first-come, first-served basis!

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







Intergenerational Craft & Music Afternoon (L-SKIP)

WEDNESDAY, SEPTEMBER 27
@ 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




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



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A Financial
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Financial Planning for Seniors

Septmeber 28 | 10:30am | Nord-Bridge Seniors Centre

• West Community Room •

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

Friday Gentle Yoga

With Donna Tiefenbach, certified yoga instructor

This is a functional, gentle yoga class. The intention is
to enhance mobility and flexibility through slow, gentle
movement. Some poses are flowing and other poses will
still allow for strength and stretch.

Poses can be done from either a chair or the floor.

Members \$35 Non Members \$55

Begins: Friday, Sept. 15- Nov. 3 at 9:00 am

No class Oct. 6

Location: West Community Room

*Try a FREE
drop-in class
on Sept. 8th!



Seniors System Navigator

Compass for the Caregiver

Caregiving can be stressful, isolating, and most of all, a very overwhelming experience. The Compass for the Caregiver program helps caregivers balance their own well-being with the challenges of caregiving. Come and join Amy, Charlene and Ruth as they go through a 4-week course. Please join us in the boardroom at Nord Bridge.



October 2023:

Tuesday October 3, 1:30pm to 3:30pm

Tuesday October 10, 1:30pm to 3:30pm

Tuesday October 17, 1:30pm to 3:30pm

Tuesday October 24, 1:30pm to 3:30pm

If you wish to attend, please contact Charlene Kocken at 403-329-3222 for more information or to register.



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

Paint & Sip Night
with
Smudge Art Studio Inc.

\$50 per person 18+

*Alcoholic beverage available for extra purchase

Register starting Aug. 30th

For members and invited guests

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: 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



September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4 CLOSED Today for Labor Day! 	5 9:30 Golf Program (Evergreen) *Members only 10:00 Music Makers (Annex) 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) 	6 9:00 Monthly \$11 Breakfast Buffet Gentle Yoga 10:00 Shopping to Wal-Mart (booking req.) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Gentle Somatics 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:15 Beginners  Walking Club (WCR) Table Tennis 	7 9:00 Gentle Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Golf Wind Up *Members ONLY (Evergreen) 11:00 Keep Fit Strength 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Duplicate Bridge 	8 9:30 Art & Soul 10:00 Watercolor Club 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:45 Chair Yoga 11:00 Lunch Special 12:45 Crib (West Community Room) 1:00 In-House Bingo 1:00 Contract Bridge 
1 9:30 Art & Soul 10:00 Watercolor Club 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:45 Chair Yoga 11:00 Lunch Special 12:45 Crib (West Community Room) 1:00 In-House Bingo 1:00 Contract Bridge (Annex) 				

11 9:00 LAWYERS (Library) Gentle Yoga Jammers (Annex) Hello Monday Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga Military Whist Woodcarving Contract Bridge Darts 1:30 Outreach Meeting Beginners Pickleball (YMCA West) *Registration Req. Yoga Thrive (Multi-Purpose Hall)	12 9:00 Gentle Somatics 9:30 Beginners Watercolor (Craft Room) 10:00 Tech Help w/ AI Music Makers 10:30 Clogging Intern. Keep Fit Aerobics 11:00 Clogging Advan. Tai Chi (MPH) 12:45 Canasta/ H & F 12:45 Scrabble (Craft) 1:00 Texas Hold'em 1:00 Beginners Crib 1:30 Bocce Ball 2:00 (Nor-Bridge Lions Park) (Nor-Bridge Lions Park)	13 9:00 Gentle Yoga 10:00 Coffee with a Cop 10:00 Watercolor Pencil (Craft Room) Carpet Bowling Paper Tole/ Handy Crafters (Flex Room) 10:30 Gentle Somatics 10:45 WINNERS BINGO 1:00 Manicures (Craft) *Appt. Required* Darts Euchre Bid Euchre 1:15 Beginners Walking 5:45 Yin & Yoga Nidra (Multi-Purpose Hall) 7:00 Table Tennis	14 9:00 Gentle Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 11:00 Keep Fit Strength 1:00 Quilters/ Crafters 1:00 Floor Shuffleboard 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Beginners Pickleball (MPH)	15 9:00 Gentle Yoga 9:30 Art & Soul Watercolor Club Carpet Bowling Paper Tole/ Handy Crafters (Flex Room) 10:45 Chair Yoga 11:00 Lunch Special *Liver & Onions next week on 22nd instead of 29th 12:45 Crib (West Community Room) 1:00 In-House Bingo 1:00 Contract Bridge
18* & 25* 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Hello Monday (BR) 10:00 Intermediate LD (MPH) 10:00* Beginners Acrylic Chair Yoga 10:45 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (none on 18th) 1:30* Outreach *18th Begin. LD (WCR) *25 2:15* Absol. Begin. LD *25 Golden Fit (MPH) Beginners Pickleball Yoga Thrive (MPH)	19 & 26* 9:00 Gentle Somatics 9:00* LEARN Visits (BR) 9:30 Beginners Watercolor (Craft Room) 10:00* Tech Help *26th* Music Makers 10:00 (Annex) 10:30 Clogging (Intermed.) 11:00 Keep Fit Aerobics 11:15 Clogging (Advanced) 12:45 Tai Chi (MPH) 12:45 Canasta/ H & F 1:00* Baking (Interfaith) 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park)	20* & 27* 9:00 Gentle Yoga 9:00 Virtual Meditation 10:00* Meet & Greet (Diner) 10:00* Watercolor Pencil (Craft Room) *20th only* 10:00 Carpet Bowling 10:00 Paper Tole (Flex) 10:45 WINNERS BINGO 10:30 Gentle Somatics 1:00* Manicures *27th Darts Euchre Bid Euchre 1:15 Beginners Walking Club (WCR) 3:15* LSKIP (MPH) *27 5:45 Yin & Yoga Nidra 7:00 Table Tennis	21* & 28* 9:00 Gentle Pilates 9:00 Card Crafters 9:00 Advanced LD (MPH) 9:30* Coffee w/ Police Chief 9:30 Mind Joggers (BR) 10:00 Hearing Tests (Library) *21st only 10:30* Financial Literacy Series (WCR) *28th 11:00 Keep Fit Strength 1:00* Optical Repairs 1:00 Quilters/ Crafters 1:00 Floor Shuffleboard 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball	22* & 29* 9:00 Gentle Yoga 9:30* SAIM Massages 9:30 Watercolor Club 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:45 Chair Yoga 11:00 Oktoberfest Buffet *29th* 12:45 Crib (WCR) 1:00 In-House Bingo 1:00 Contract Bridge 1:15* Chronic Pain Workshop (Board Room) *22nd *MONTHLY TOONIE DRAW

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

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.**
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY):** Upcoming Appointments: Oct. 19, Nov. 16, & Dec. 21
- ZUMBA GOLD, ACTIVE POUND & EVENING BARRE SIGNS IN OCTOBER WITH SHEILA MULGREW SIGN UP TODAY!**

NEW LEARN (LETHBRIDGE ELDER ABUSE RESPONSE NETWORK) DROP IN VISITS THE 4TH TUESDAY OF EVERY MONTH IN THE BOARD ROOM BETWEEN 9AM-12PM

- WINNERS BINGO WEDNESDAY: SEPT. 6, 13, 20, & 27**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON OCT. 11, & DEC. 13, 2023 (NOW \$35)**
- LOCATION: CRAFT ROOM**
- OUT AND ABOUT COFFEE AND SHOPPING TO WALMART NOW THE FIRST WEDNESDAY OF EVERY MONTH *BOOK AT FRONT DESK***
- NEW BRIDGE TREKKERS INDOOR WALKING GROUP: OCT. 24th**



HERE TO SERVE



RACHAEL THOMAS
MEMBER OF PARLIAMENT



@RachaelThomasMP

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

Member PHOTOS

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

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



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

Lethbridge Elder Abuse Response Network:

Happy fall everyone!

This month, I would like to let you all know of an opportunity coming up at LSCO!

It is not uncommon that as individuals age and their once small children become older adults themselves, relationships start to shift, change and grow. Ideally, we see this change have positive impacts and strengthen relationships between parent and child, but this is not always the case. Sometimes, with change, we see relationships begin to shift and family dynamics can potentially become strained, which is also not all that uncommon. This can look like many different things; perhaps it has become difficult to communicate feelings and thoughts, maybe you feel your boundaries are not being respected, or maybe you don't know how to set and maintain healthy boundaries!

In partnership with Lethbridge Family Services and a volunteer with the LEARN Program, LEARN is delivering a psycho-social group to address **Healthy Relationships with Adult Children**. Topics covered will include identifying healthy and unhealthy relationships, education about thoughts, feelings and communication, and discussions about mental health, addictions, and elder abuse. The group will also cover resources available to you within the city!

You do not have to be a member of LSCO or Nord-Bridge to attend, and it is free of charge! Please contact myself, the LEARN Case Manager, by phone at 403-394-0306 or by email at learn@lethseniors.com if you have any questions or would like to attend.

We look forward to being able to provide you with some education, information, and skills regarding having and maintaining a healthy relationship with your adult children!

Amy Cook

LEARN Case
Manager



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
SENIORS CENTRE

**Thank you to our Whoop-Up Days
Pancake Breakfast Sponsors and Volunteers!**

Gordon
FOOD SERVICE

WHOLESALE
CLUB

Specsavers

Sincerely,
SAFEWAY

Mayor Blaine Hygen
Rachael Thomas, MP
Nathan Neudorf, MLA
**Nord-Bridge Staff
& Volunteers**
BGC Leithbridge
John Middleton-Hope



Oktoberfest Buffet

\$13 each
Friday, September 29th
11am - 1pm

Choose from one of two options:
Option A: Pork Schnitzel with Roasted Baby Potatoes and Carrots
Option B: Sausage and Sauerkraut with German Potato Salad and Roasted Cabbage
*Alcohol available for an extra fee

Live entertainment by Alice Tinordi

*For members and invited guests



NORD-BRIDGE SENIORS CENTRE

*While quantities last

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 from 9am - 12pm.



STOP IN TO ASK QUESTIONS, GET SUPPORT OR CHAT!



Thank you to everyone who volunteered to help with our float in the Whoop-Up Days Parade!



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



CLASSIC HITS & COMEDY with Richard & Deborah Popovich



Sat. September 16
YATES MEMORIAL CENTRE
Presented by Nord-Bridge

TWO SHOWS - 2 PM & 7:00 PM

EARLY BIRD TICKETS \$34 (ON SALE AUG. 1-15)

REGULAR TICKETS \$39 (ON SALE AUG. 16 - SEPT. 16)

TICKETS AT ENMAX OR YATES TICKET CENTRE OR CALL 403-329-7328

"PROCEEDS TO NORD-BRIDGE SENIOR CENTRE"



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.

Need a Ride to the Show?

Nord-Bridge members who require transportation to the Richard and Deborah Popovich Show may purchase tickets at Nord-Bridge for \$37. This includes pick-up from your home and drop off after the show via the Nord-Bridge Bus!

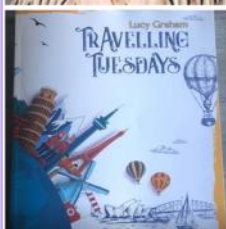
- Pick-ups will begin at 12:30pm
- Yates Theatre doors open at 1pm
- The Popovich show begins at 2pm



Limited spots available! Stop by Nord-Bridge or call 403-329-3222 for more information.



NORD-BRIDGE
SENIORS CENTRE



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.

Laptop, tablet, smart phone questions?
Look no further than...

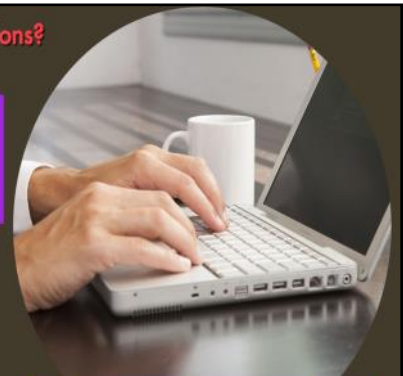
TECH HELP WITH AL!

When:

Tuesday, September 12
Tuesday, September 26
Time: 10am - 2pm

Where:

Main corridor of Nord-Bridge



Book your appointment today at the Front Reception Desk or call 403-329-3222!
*Nord-Bridge Members only



Programmer's Report



It's hard to believe we are into September already! Last month we were able to participate in the yearly Whoop-Up Days events including the parade, as well as our Toonie Pancake Breakfast! Both events were a blast. A special thank you to all of our volunteers, staff, and sponsors for both of these events - without them, these events would not be possible.

As you read this, you may have registered for fall programs on August 30th. If you have not, feel free to register online through our website at www.nordbridgeseniors.com and go to the "Recreation Programs" and "Online Registration" tab. For a full list of steps on how to register please go to page 7 of this newsletter. If you have questions about any fall programs give me a call at 403-329-3222 or stop by Nord-Bridge.

Looking forward, we have many new programs being offered at Nord-Bridge this fall, including a Paint and Sip Night, more evening fitness classes such as Yoga Thrive, Golden Fit, and Yin & Yoga Nidra, as well as Beginners Pickleball at Cor Van Ray YMCA West, and many more! Stop by Nord-Bridge or go online and pick up a copy of the fall program for more information!

New for this season is assigned seating for luncheon tickets. When buying your tickets for the Thanksgiving luncheon, which go on sale September 14th, you will be assigned a table to sit at. In years past, it was up to our members where they sat or "first come first served" - this resulted in people coming almost two hours before the luncheon to get a table. With assigned seating, our volunteers will have time to set up the dining room between our breakfast group and the luncheon. We ask that members do not arrive until 10:45am for the luncheon, and we will let guests into the dining room from there. If you have any questions, please let us know.


We are also excited to partner with the University of Lethbridge once again. Please welcome the University of Lethbridge Nursing Students, who will be here from September 11th until mid December every Monday and Tuesday in the new Flex Room. The students learn, observe, participate with, and assist seniors as part of their Community Health Studies Portfolio. The student's primary objective is to research member needs in the areas of Health Promotion, Health Protection, and Injury Prevention. From their research, they program and implement different learning series/ information sessions and organize an annual "Health Fair" held in November to address the needs and interests of Nord-Bridge membership. Please give the students a warm welcome when you see them around the building and watch for specific times of presentations in the coming months.


Ashley Kern - Program Coordinator

Until next month, stay happy and healthy!

LIVE
Cooking
Classes Via
For Seniors 55+!
Wednesday, Oct. 25th
at 11:15 am for \$25
Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned and dropped off at your door step! We will be making Chicken Gnocchi Soup!
Sign up today!
www.nordbridgeseniors.com
Or visit us in person at 1904 13 Ave. N.



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



Chronic Pain Information Session
on the "Explain Pain" Program
What is Chronic Pain?
Chronic pain is any pain lasting longer than three months.
Date: Friday, Sept. 22nd
1:15 pm in the Board Room
Presented By: Drake McCheyne, RN
Chronic Pain Management Clinical Lead
in the South Zone

- ✓ Improve function & re-connect with life.
- ✓ Discover what causes flare-ups.
- ✓ Connect with support that can help in chronic pain
- ✓ Empowerment to take action in managing chronic pain
- ✓ and so much more!
- ✓ Shoulder pain
- ✓ Headache
- ✓ Heel pain
- ✓ Muscle pain

Please register by calling:
(403) 388 6675
Give Melanie a call for more information at 403-329-3222.



***Nord-Bridge members only**


Dates: Sept. 6, Oct. 4, Nov. 1, Dec. 6
Bring cash and reusable bags.
Get your monthly grocery shopping done followed by a social coffee at Tim Hortons!
Time: 10:00am
Fee: \$5.00 per person
(for the bus ride there and back)


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

Friday, September 1:

Roast Beef, Mashed Potatoes, Veggies, and Gravy

Friday, September 8:

Crispy Chicken with Coleslaw, Fries, and Gravy

Friday, September 15:

Pork Chops with Mushroom Gravy, Roasted Potatoes, and Salad

Friday, September 22:

Liver & Onions

Friday, September 29:

Oktoberfest Buffet: \$13 for one of two options

Option A: Pork Schnitzel with Roasted Baby Potatoes and Carrots

Option B: Sausage and Sauerkraut with German Potato Salad and Roasted Cabbage

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



Golden Fit with Cor Van Raay YMCA



Experience fitness and functional movements in our Golden Fit class. This class is designed for seniors with a focus on functional fitness, strength, balance, and flexibility through the use of various equipment and can be easily modified for all levels.

Dates: Mondays, Sept. 18 to Nov. 20

***No class Oct. 9 or Nov. 13**

Time: 5:00pm to 5:45pm

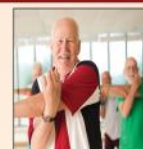
Location: Multi-Purpose Hall

Fee: Members \$40 Non-Members \$60



Exercising with Arthritis

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



Dates: Tuesdays, Oct. 3 - Dec. 19

***No class Oct. 24, Nov. 21, & Dec. 12**

Location: Multi-Purpose Hall

Time: 3:00pm - 3:45pm

Instructor - Donna Tiefenbach

Fee: Members \$40; Non Members \$60



NEW!

Beginners Bridge

Join us in the Dunford Diner for a fun afternoon of learning how to play Bridge!

When: Thursday, October 5th

Time: 1:30pm

Who: Anyone 55+

Cost: FREE

Instructor: Laree Findlay

***No registration necessary!**



WELCOME Back

NORD-BRIDGE OUTREACH EVENT

**Cost:
\$3.00**

MONDAY, Sept 18th, 2023

1:30-3:00pm - Multi Purpose Room

**Entertainment
by: Celtic Routes**



**For more information contact Melanie@ 403.329.3222
or E-Mail melanie@nordbridgeseniors.com**



Wellness Coordinator/Outreach

We are back to September so soon! The kids are heading back to school and my oldest is off to university in Calgary. We have lots of wonderful programs this fall, so check out our Fall Program Booklet. I will be continuing an indoor beginner walking group to work on balance and strength. The members' feedback showed how beneficial it was for their day-to-day activities and confidence.

At the end of June, Ashley and I took a shuttle up to Cameron Lake heading out to Alderson-Carthew Trail. This was one of the most beautiful areas I've hiked - a good climb up that dropped down to some beautiful lakes and rock bluffs. On the July long weekend, I did a solo road trip up to Banff and Canmore. I aerial climbed the Via Ferrata, biked from Canmore to Banff and back on the roadside trail and took the tour into Rats Cave. I followed that by a beautiful drive through the Highwood Pass, stopping for a beautiful picnic, then headed home.



The second weekend in August, I hiked up to Whistle Mountain in Beaver Mines and on Sunday, rode out to Chinook Lake for a swim, then down towards Waterton and across Whisky Gap to get home. The weather was perfect for the ride. The following weekend I managed to get away on a road trip to Spokane for 4 days with a friend and her three girls. There was a lot of smoke from the fires on the way home!

It was exciting to see everyone out for the Whoop-Up Parade and Pancake Breakfast! Thank you to all the volunteers that came out to help. We could only make it all happen with you!



This Fall, I'll be offering workshops once a month:

1. **Chronic Pain Information Session - Register with AB Health by calling 403-388-6675 (no fee)**
September 22 at 1:15pm in the Board Room
2. **Knee / Hip Strength and Stability - Register at the front desk (\$5.00)**
October 20 at 1:15pm in the 55+ Gym
3. **Healthy Eating Tips and Options - Drop in (no fee)**
November 24 at 1:15pm in the Board Room
4. **Core Strength and Stability and Balance - Register at the front desk (\$5.00)**
December 15 at 1:15pm in the 55+ Gym

Outreach - will resume in September 2023, every 3rd Monday of the month. Everyone is welcome to attend and enjoy the entertainment. There are door prizes and a snack 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. Fall registration is open now.

Minds in Motion Alzheimer's Program - Is booked to start Wednesday, Oct 25th for 7 weeks, from 1:00-3:00pm. Please contact Melanie for inquiries and to be placed on our list.

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



*Trip to
Waterton
Prince of
Wales*

Date: Thursday, September 14
Departure Time: 8:00am from Nord-Bridge
Cost: Members \$65; Non-Members \$75



Call 403-329-3222, or stop by Nord-Bridge to sign up! *Limited space available



**Trip to
Grey Eagle
Casino**

Date: Tuesday, October 3
Departure time: 8:00am from Nord-Bridge
Cost: Members \$50; Non-Members \$70
*Lunch not included
Call 403-329-3222 or stop by
Nord-Bridge to sign up!




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***





**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



Josh is ready to serve you as your new prescribing pharmacist!



Services include: vaccinations, minor injury, minor illness, urinary tract infections, strep throat swabs, one on one medication reviews and more!

Come by and meet Josh and the rest of the friendly staff today at the Nord-Bridge Medicine Shoppe!

The Medicine Shoppe
PHARMACY

Boutique News

The boutique is in need of donations of yarn, fabric, and any and all types of craft supplies.

Donations may be dropped off in the Boutique Monday- Friday 9am - 3pm

Thank you!
~ Judie & Heather



Library News

The Library is now accepting book donations and is also in need of some additional book ends. Please consider donating if you have any to spare!



NEW YOGA THRIVE



Lead by **Cheris Samuels- Murdoch**

Yoga Thrive is an evidence informed yoga program for people with cancer, those beyond cancer, and their support persons. This gentle therapeutic yoga program provides a nurturing group environment while imparting the personalized approach necessary to empower each of its participants. It enhances participants overall quality of life by improving mobility, stability, strength, and energy while reducing the pain and side effects of cancer and its treatment. Our students become more relaxed, better able to cope, and comfortable enough to reconnect more deeply to themselves and what is of value to them.

The aim is Thriving NOT JUST Surviving!



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

For anyone 18+!
\$50 for 12 Weeks

Mondays, September 11- December 11
@ 6:15pm- 7:30 pm (No class Oct. 9 & Nov.13)
Location: Multi-Purpose Hall

Fall Trees with Colored Pencil & Watercolors ~Donna Gallant



This class will teach you how to mix colored pencil and watercolors to create vibrant results!

When: Wednesday, Sept. 13 & 20

Time: 10am-12pm

Where: Craft Room

Fee: Members: \$25 Non Members: \$45

Please pick up a supply sheet when registering



TOPS (TAKING OFF POUNDS SENSIBLY) AB 100 OPEN HOUSE

Tuesday, September 12th
9am-10:30am
Church of The Good Shepard
2406 11 Ave. S

Enter at the doors near the parking lot. For more information please contact Janice Grisak through Nord-Bridge Seniors Centre at 403-329-3222.



> BRIDGE TREKKERS INDOOR WALKING GROUP

TAKE THE CHILL OFF FALL AND WINTER BY WALKING
INDOORS FOR FITNESS AND FRIENDSHIP.

OCT. 2 – DEC. 13

11:30 a.m. – 12:30 p.m. • \$30

- MONDAYS: Lethbridge College – walking around campus
- WEDNESDAYS: YMCA – indoor walking track
- ONE TUESDAY PER MONTH: Nord-Bridge Seniors Centre



TO REGISTER, SCAN THE QR CODE OR CONTACT US AT:
403-382-6919 or befitforlife@lethbridgecollege.ca
lethbridgecollege.ca/BFFL






MiNDSiN MOTiON

What is Minds in Motion?

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

At Minds in Motion® you will...

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

Is Minds in Motion® for me?

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

What can I expect?

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

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

How to register:

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

Minds in Motion is currently being offered at **Nord-Bridge Seniors Centre**


Dates: Wednesdays, Oct. 25 to Dec. 13
*No class Nov. 8

Time: 1:00pm to 3:00pm

Fee: Members \$50
Non-Members \$70

Location:
West Community Room

For general information about the program please call:
Melanie at 403-329-3222



Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

Southern Alberta Institute of Massage Therapy Students are back at Nord-Bridge!

Sore muscles? Come in for a **FREE** massage from the SAIM Massage Therapy students!

Location: Nord-Bridge Board Room
When: Last Friday of Every Month
Time: 9:30am to 11:30am
*Massages offered on a first-come, first-served basis!

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






FREE Walker Repair CLINIC

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

Book your appointment at the
Front Reception Desk
*For members of
Nord-Bridge ONLY

Thank you to:

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
October 11, December 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:



1904 13 Ave. N.



Manicures at Nord-Bridge - New Dates!

Every 2nd and 4th Wednesday
Upcoming Dates: Sept. 13 and Sept. 27
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

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*Some conditions may apply.



Seniors Community Services Partnership
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Support For Seniors



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Provide emotional
support

Offer community
outreach

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complex systems

Offer education

Contact the Seniors System Navigators



403-329-1544



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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

Music Afternoon at the Boys & Girls Club!



**When: Every 3rd Wednesday
(Oct. 18 & Nov. 15)
@ 4:30 pm- 5:30 pm**

Who can join: Anyone 55+ with previous experience playing stringed or percussion instruments

What: Come down to the boys and girls club for a fun music afternoon with 9-11 year olds while creating lasting relationships between the generations! Seniors will mentor, create, and play musical instruments together with the children.

**Where: Boys & Girls Club North-
1405 8 Ave. N.
(Please plan own transportation)**

Please pre-register at www.nordbridgeseniors.com or in person at 1904 13 Ave. N. Give Ashley a call for more info at 403-329-3222.

We are looking for gently used string instruments and hand percussion instruments such as ukuleles, guitars, drum sticks, blocks, tambourines, etc. for the Boys and Girls Club Music program. If you would like to donate, please contact either Ashley at 403-329-3222 or Jenna at 403-327-6423, no later than October 16th.



Yin & Yoga Nidra

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

Wednesdays, 5:45pm- 6:45 pm

Session 1: Sept. 13 to Oct. 25

Session 2: Nov. 1 to Dec. 13

Multi-Purpose Hall

\$45 for members

\$65 for Non Members

Register by calling
403-329-3222

or stop by 1904 13 Ave. N.

*Please bring your own yoga mat to class



HELLO MONDAY



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

Hello Monday is all about you and the importance of staying well. Join us to feel energized and empowered by exploring different wellness topics every class. You will be given prompts to plan for your week, set intentions, focus on being positive, and gain a sense of support and wellbeing.

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

There is no charge for this class, and everyone 55+ is welcome.

JOIN US TO LEARN MORE!

When: Monday, September 11, 2023
Monday, September 18, 2023
Monday, September 25, 2023

Time: 10:00am to 11:00am

Where: Nord-Bridge Seniors Centre - Board Room

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



New Fall 2023 Programs at Nord-Bridge!

***Yoga Thrive For Those Living with and Beyond Cancer**
Mon. Sept. 11- Dec. 11 @ 615pm

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

***Gentle Yoga with Donna**
Friday, Sept. 15 - Nov. 3 @ 9am

**Not sure if you will enjoy?*

Come try a FREE Drop in on Sept. 8th while spaces last!

***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 online at www.nordbridgeseniors.com under the Recreation Programs Tab!

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



Did you know Nord-Bridge has

ROOMS *For* **RENT**



On Weekends for Special events?

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

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

Damage deposit not included in this price

***For booking inquiries please call Maria at 403-329-3222. Please
book a minimum of one month in advance. Please go to
www.nordbridgeseniors.com under the About >
Facilities > Rentals tab for more information about these rooms.**



NORD-BRIDGE
SENIORS CENTRE



“The Friendly Centre”

1904—13th Ave. North

Lethbridge, Alberta

403-329-3222

friendly@nordbridgeseniors.com

Open Monday to Friday

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

www.nordbridgeseniors.com