



NORD-BRIDGE SENIORS

NEWSLETTER

October 2023



We are the Nord-Bridge Seniors Golf crew! We had a blast this summer playing every Tuesday and Thursday morning at Evergreen Golf! We finished up our golfing with a fun wind up on Thursday, September 7th with 25 players attending and various prizes donated by local companies! We can't wait until next summer and hope you can join us!



"The Friendly Centre"

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

Open Monday to Friday - 8:00 a.m. to 4:30 p.m.

Telephone 403-329-3222 Fax 403-329-8824

E-mail: friendly@nordbridgeseniors.com

PRESIDENT'S REPORT

Happy October and hello Fall.

We just returned from our Alaskan cruise on the Crown Princess. What a wonderful experience. It's so good to get away for a while so you can recharge and be ready for the fall events. The list of activities is endless on a ship so there is always something to do for all 3000 passengers. The best thing for us was the food service and very interesting excursions. One of the best exhibits was the Totem Heritage Center in Ketchikan. The inhabitants of villages on Tongass Island and Village Island moved to Ketchikan in the 1970s in order to be near schools and churches, as well as the canneries, mines and sawmill that offered employment. With the guidance of native elders, their totem poles were retrieved and moved to this museum. If you have been on an Alaskan cruise, I hope you enjoyed it and if you haven't, go soon - the glaciers are receding at an alarming rate. In 10 years, many of them will disappear.



The list of activities at Nord-Bridge is just like on the ship. Our Ashley is our cruise director, Bety and Tash our chefs, David our Captain, Melanie our fitness and wellness director and all our staff are always there to help us out. So, if you can't go on a cruise stay with us here at Nord-Bridge and enjoy your life. This way you can sleep in your own bed, the meals are nutritious, and you don't have to worry about flights, taxis, uber, and bears in the woods or losing your luggage.

October is looking like a good month to get fit. The activities at the YMCA are going to be fun - please check the newsletter for more information. Since I have been away for three weeks, I have not had time to check on all the news in Lethbridge and at Nord-Bridge so stay tuned for next month's newsletter for more information.

Our sold-out Thanksgiving Luncheon is on Oct 6, I hope you have your tickets. Please remember the seats are assigned, so arrive no earlier than 11:00am to give the staff time to clean up after breakfast and set the tables.

"I'm so glad I live in a world where there are Octobers."
~Lucy Maud Montgomery,
Ann of Green Gables



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

| | |
|---------------------|-------------------|
| Jodi Cassell | Pat Hrynczuk |
| Bonnie Boychuk | Gail Sarka |
| Frances Fairbrother | Helen Poulton |
| Esther Kesler | Beverly Squarek |
| Barry Pocock | Bryanne Taylor |
| Kathryn Loree | Larry Skidmore |
| Robert Krakowski | Lana Krakowski |
| Gerry Dunne | Lorraine Lee |
| Gordon Pollock | Adele Barrington |
| Scott Smith | Robert Josephison |
| Karen Watson | James Moore |
| Donald Stalker | Jennie Stalker |
| Sherrie Soucy | Wendy Carpenter |
| Sandy Beekman | Gayle Pilling |
| Wesley Barnaby | Denise Barnaby |
| Diane Lavalee | Jenna Foster |
| James Meier | 9 Anonymous |



GENERAL MEMBER MEETING

Wednesday, November 1, 2023

TIME: 9:30AM

LOCATION: MULTI-PURPOSE HALL

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 for program information, photos, videos, newsletters, and more.

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



twitter.com/bridgenord



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FROM THE FRONT COVER:

We have started highlighting various recreation programs throughout our building on the front page of our newsletters.

We hope to provide more awareness of what programs Nord-Bridge has to offer and what awesome things each program contributes to Nord-Bridge!



EXECUTIVE DIRECTOR'S REPORT



Hello everyone,

Thanksgiving in Canada traditionally falls on the second Monday in October. This year that day will be October the 9th and Nord-Bridge will be closed for the day. I hope everyone will be able to spend time with family and friends and reflect on all the things you're thankful for. I am thankful for family time; whether it's running my kids to and from a hockey rink or just hanging out, I cherish time with my family.

Nord-Bridge is thankful for many things. One of the many is our fantastic and supportive membership. We wouldn't be where we are without you. Nord-Bridge is also very thankful for the tremendous support from the community. Most recently, at our Under Northern Lights Gala we hosted 234 guests to an evening of live entertainment, a catered three course dinner, live auction and fellowship. The annual gala's success is largely due to the generous support from our community business sponsors! A list of all sponsors is detailed on page 11 of this Newsletter.

We are so very thankful for the support we get from our community leaders; Mayor of Lethbridge, Blaine Hyggen, and the Chief of Police, Shahin Mehdizadeh. Mayor Hyggen was kind enough to donate his time to our gala's live auction where the winning bidder would have the opportunity to spend a day with the Mayor. Unfortunately, Mayor Hyggen was not able to attend the gala due to illness, so the Chief stepped in at the last minute to offer his time. There was a bidding war between several gala attendees to spend the day with the Police Chief! In the end, Chief Mehdizadeh generously offered an additional day with the Chief to be auctioned and the winning bid was matched by another bidder. Thank you to Chief Mehdizadeh and Mayor Hyggen for their leadership in our community and support of Nord-Bridge.

I'd like to share a reminder that the Nord-Bridge General Membership Meeting will be on Wednesday, November 1st at 9:30am in the Multi-Purpose Hall.

Please remember to renew your 2024 Nord-Bridge membership before the December 29th deadline. After December 29th, the membership price increases to \$60.

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 for Board members! Call us to find out how to get involved with this rewarding opportunity!

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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)

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

Sept. 15 - Ruth Bates \$673.25
Sept. 27 - Grace Ell \$64.75

MONTHLY 50/50 TOONIE DRAW

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month. Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming.

TO PLAY:

1. Fill out an envelope at the draw desk in the Dunford Diner.
2. Drop \$2.00 into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!

RECENT WINNER

Sept. 22 - Brenda Fraser \$378

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

Sept. 11- Garland, who gifted to Doug Youngren \$73 & Dave Rowan \$73
Sept. 18 - Shirley Hall \$65 & Tom Inglehart \$65
Sept. 25 - Ruby Mills \$63 & Peggy Grant \$63

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

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! 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

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

Victoria Stay Awhile – April 20th

California Redwoods & San Francisco – April 24th

Vancouver Island, Victoria & Pacific Rim – May 12th

Alaska Midnight Sun – June 8th and June 29th

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 Oct. 19, Nov. 16, Dec. 21
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Upcoming FREE consultation dates:
***Now on the 2nd Monday of each month**
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**

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NORD-BRIDGE BUILDING FUND RECENT DONORS

Harry & Sandy Fischer \$100; Helen Ruston \$100;
 Stephen Prokop \$500; Alice Mehlhaff \$35;
 Anonymous \$80

NORD-BRIDGE IN-HOUSE BINGO
 Cumulative proceeds from Jan 1, 2023 through Dec 31, 2023: **\$11,616.25**



BUILDING FUND UPDATE:
 Total Fund-Raising Goal \$7,170,915

Total Contributions to our Building Fund 1998 through 2023 \$2,220,854
 Still needed by N-B Fundraising \$4,950,061



coffee with a COP

Share your concerns with
 Constable Shawn Davis



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




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!

Condolences to...
 ...the Gardiner family, on the passing of Barbara
 ...the Kimber family, on the passing of Roberta
 ...the Cote family, on the passing of Bonnie

Get well wishes to...
 Sue Dyck, who is in the hospital
 Lauris Kean, who is in the hospital



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



VIRTUAL GUIDED MEDITATION
 Wednesdays, 9:00am - 9:45am via ZOOM
 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.

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

NORD-BRIDGE SENIORS CENTRE

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!

Paint & Sip Night with Smudge Art Studio Inc.
 \$50 per person 18+
 *Alcoholic beverage available for extra purchase
 Register by calling 403-329-3222!
 For members and invited guests

PAINT THIS PAINTING!

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

Thank you to the German Canadian Club of Lethbridge and D&N Kitchen for your generous donation towards our Nord-Bridge Oktoberfest Buffet!

German Canadian Club Lethbridge

Thanksgiving Luncheon
 Friday, October 6 // 11:30am
 Tickets: \$13 each; Available Thursday, September 14
 Menu: Turkey, Mashed Potatoes, Gravy, Stuffing, Vegetable Salad, and a Dessert by Gail
 Open to all, with live entertainment by Gail Peterson. 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.

SOLD OUT!

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or drop by and see us**



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Where: 1904 13 Ave. N. in the Main Corridor of Nord-Bridge

When: Wednesday, October 18

Time: 10:00am



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**SATURDAY, OCTOBER 21
9AM TO 2PM**

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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(lq)

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

Fall Trees and Foliage Using Watercolors ~Donna Gallant

Continuing on with a fall theme, this class will be based on fall foliage and trees using just watercolours. We will learn some techniques for painting trees including letting colours flow into each other to create our tree masses.

Date: Wednesday, October 18 & 25

Time: 10am-12pm

Where: Craft Room



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



Please pick up a supply sheet when registering

Lethbridge College Massage Therapy Students at Nord-Bridge!

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!

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



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



Hello Members of Nord-Bridge,

We would like to introduce ourselves. We are the University of Lethbridge 3rd year nursing students in our community health placement! We will be around Nord-Bridge Mondays and Tuesdays until December 5, 2023, from 8:30 am to 4:30 pm. While we are here, we will be focusing on health promotion, as well as joining in on all of the fun activities Nord-Bridge has to offer! If you see us around the site, please come and talk to us. We are very excited to be here and to get to know all of you!



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with Licensed Optician, Andrea Henning of Specsavers!

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Financial Planning for Seniors



October 26 | 10:30am | West Community Room

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For more information please call 403.328.2361
or visit our website www.mbfunerals.com

We are looking for donations of gently used string instruments such as guitars, ukuleles, etc., for an upcoming partnership with Lethbridge Family Centre. If you would like to donate, please contact Ashley at 403-329-3222. Our deadline for donations is October 30.



FAMILY CENTRE



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3 meals daily, housekeeping, activities, security, 24 hour HCA staff on site, care service plans available, located in the heart of the city.



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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.

Upcoming Dates: 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

CITY OF Lethbridge



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*Under Northern
Lights Gala
2023*



October 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>2</p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers (Annex)</p> <p>10:00 Hello Monday</p> <p>10:00 Intermediate</p> <p>Line Dance (Multi-Purpose Hall)</p> <p>10:00 Beginners Acrylic</p> <p>10:45 Chair Yoga</p> <p>1:00 Military Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Contract Bridge</p> <p>1:00 Darts</p> <p>1:00 Begin. LD (WCR)</p> <p>1:30 Outreach Meeting</p> <p>2:15 Absol. Begin LD</p> <p>5:00 Golden Fit (MPH)</p> <p>6:15 Yoga Thrive(MPH)</p> | <p>3</p> <p>9:00 Zumba GOLD (MPH)</p> <p>9:00 Gentle Somatics</p> <p>9:30 Beginners Water-color (Craft Room)</p> <p>10:00 Music Makers (Annex)</p> <p>10:30 Clogging Interm.</p> <p>11:00 Keep Fit Aerobics</p> <p>11:15 Clogging Advan.</p> <p>12:45 Tai Chi (MPH)</p> <p>12:45 Canasta/ H & F</p> <p>1:00 COMPASS (BR)</p> <p>1:00 Scrabble (Craft)</p> <p>1:00 Texas Hold'em</p> <p>1:30 Beginners Crib</p> <p>2:00 Chair Yoga (MPH)</p> <p>3:00 Exercises w/ Arthritis</p> <p>5:00 Gentle Barre (MPH)</p> <p>7:00 Line Dance (MPH)</p> | <p>4</p> <p>8:45 Monthly \$11 Breakfast Buffet</p> <p>9:00 Active POUND</p> <p>9:00 Gentle Yoga</p> <p>9:00 Guided Meditation</p> <p>10:00 Shopping to Wal-Mart (booking req.)</p> <p>10:00 FREE Massage (Craft)</p> <p>10:00 Meet & Greet (Diner)</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/ Handy Crafters (Flex Room)</p> <p>10:30 Gentle Somatics</p> <p>10:45 WINNERS BINGO</p> <p>1:00 Darts</p> <p>1:00 Euchre</p> <p>1:00 Bid Euchre</p> <p>1:15 Beginners Walking</p> <p>5:45 Yin & Yoga Nidra</p> <p>6:00 Begin. Pickleball (YMCA)</p> <p>7:00 Table Tennis (MPH)</p> | <p>5</p> <p>9:00 Gentle Pilates</p> <p>9:00 Card Crafters</p> <p>9:00 Advanced Line Dance (Multi-Purpose Hall)</p> <p>9:30 Mind Joggers (BR)</p> <p>11:00 Keep Fit Strength</p> <p>1:00 Quilters/ Krafters</p> <p>1:00 Floor Shuffleboard</p> <p>1:00 Acrylic Painting</p> <p>1:00 Woodcarving</p> <p>1:00 Duplicate Bridge</p> <p>1:30 Beginners Bridge With Laree Findlay (Annex)</p> <p>5:45 Beginners</p> <p>Pickleball (MPH)</p> | <p>6</p> <p>9:30 Art & Soul</p> <p>Watercolor Club</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/ Handy Crafters (Craft Room)</p> <p>10:45 Chair Yoga</p> <p>Thanksgiving Luncheon (Tickets Req.)</p> <p>12:45 Crib (West Community Room)</p> <p>1:00 In-House Bingo</p> <p>1:00 Contract Bridge</p> <p>6:00 Evening Jam Session (Use NE Doors)</p> |
| <p>9</p> <p>CLOSED</p> <p>Today for Thanksgiving!!</p> <p>Have a great long weekend!</p> | <p>10</p> <p>9:00 Zumba GOLD (MPH)</p> <p>9:00 Gentle Somatics</p> <p>9:30 Beginners Water-color (Craft Room)</p> <p>10:00 Music Makers (Annex)</p> <p>10:30 Clogging Interm.</p> <p>11:00 Keep Fit Aerobics</p> <p>11:15 Clogging Advan.</p> <p>12:45 Tai Chi (MPH)</p> <p>12:45 Canasta/ H & F</p> <p>1:00 COMPASS (BR)</p> <p>1:00 Scrabble (Craft)</p> <p>1:00 Texas Hold'em</p> <p>1:30 Beginners Crib</p> <p>2:00 Chair Yoga (MPH)</p> <p>3:00 Exercises Arthritis</p> <p>5:00 Gentle Barre (MPH)</p> <p>7:00 Line Dance (MPH)</p> | <p>11</p> <p>8:45 Active POUND</p> <p>9:00 Gentle Yoga</p> <p>10:00 Coffee with a Cop</p> <p>10:00 FOOT CARE by appt. (Craft Room)</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/ Handy Crafters (Flex Room)</p> <p>10:30 Gentle Somatics</p> <p>10:45 WINNERS BINGO</p> <p>1:00 Manicures (Craft)</p> <p>*Appt. Required*</p> <p>1:00 Darts</p> <p>1:00 Euchre</p> <p>1:00 Bid Euchre</p> <p>1:15 Beginners</p> <p>5:45 Walking Club (WCR)</p> <p>(Multi-Purpose Hall)</p> <p>6:00 Begin. Pickleball (YMCA)</p> <p>7:00 Table Tennis</p> | <p>12</p> <p>9:00 Gentle Pilates</p> <p>9:00 Card Crafters</p> <p>9:00 Advanced Line Dance (Multi-Purpose Hall)</p> <p>9:30 Mind Joggers (BR)</p> <p>11:00 Keep Fit Strength</p> <p>1:00 Tips for Falls & Keeping Your Home Safe (BR)</p> <p>1:00 Quilters/ Krafters</p> <p>1:00 Floor Shuffleboard</p> <p>1:00 Acrylic Painting</p> <p>1:00 Woodcarving</p> <p>1:00 Duplicate Bridge</p> <p>5:45 Beginners</p> <p>Pickleball (MPH)</p> | <p>13</p> <p>9:00 Gentle Yoga</p> <p>9:30 Art & Soul</p> <p>10:00 Watercolor Club</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/ Handy Crafters (Craft Room)</p> <p>10:45 Chair Yoga</p> <p>11:00 Meatloaf Lunch Special</p> <p>12:45 Crib (West Community Room)</p> <p>1:00 In House Bingo</p> <p>1:00 Contract Bridge (Annex)</p> |

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|---|--|---|
| <p>16 9:00 LAWYERS (Library) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Hello Monday 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:00 Beginners Acrylic 10:45 Chair Yoga 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. LD (WCR) 1:30 Outreach Program 2:15 Absol. Begin LD 5:00 Golden Fit (MPH) 6:15 Yoga Thrive (Multi-Purpose Hall)</p> | <p>9:00 Zumba Gold (MPH) 9:00 Gentle Somatics 9:30 Beginners Watercolor (Craft Room) 10:00 Tech Help w/ AI 10:00 Music Makers (Annex) 10:30 Clogging Intermediate 11:00 Keep Fit Aerobics 11:15 Clogging Advanced 12:45 Tai Chi (MPH) 12:45 Canasta/ H & F 1:00 COMPASS (BR) 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Chair Yoga (MPH) 3:00 Exercises Arthritis (MPH) 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p> | <p>8:45 Active POUND 9:00 Book Sale (Hallway) 9:00 Gentle Yoga 10:00 Walker Repair 10:00 Meet & Greet (Diner) 10:00 Watercolor Fall Foliage (Craft Room) 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 5:45 Yin & Yoga Nidra (Multi Purpose Hall) 6:00 Begin. Pickleball (YMCA) 7:00 Table Tennis (MPH)</p> |
| <p>17 9:00 Zumba Gold (MPH) 9:00 Gentle Somatics 9:30 Beginners Watercolor (Craft Room) 10:00 Tech Help w/ AI 10:00 Music Makers (Annex) 10:30 Clogging Intermediate 11:00 Keep Fit Aerobics 11:15 Clogging Advanced 12:45 Tai Chi (MPH) 12:45 Canasta/ H & F 1:00 COMPASS (BR) 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Chair Yoga (MPH) 3:00 Exercises Arthritis (MPH) 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p> | <p>9:00 Zumba Gold (MPH) 9:00 Gentle Somatics (WCR) 9:30* LEARN Visits (BR) 9:30* Beginners Watercolor*24 9:30* Intermed. Watercolor*31 10:00* Tech Help*31 only 10:00 Music Makers (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 COMPASS (Board Room) 1:00* Baking (Interfaith) 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Chair Yoga (MPH) 2:45* Bridge Trekkers (*24 only) 3:00* Exercise w/ Ath. cancelled 24 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p> | <p>9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Hello Monday (BR) 10:00 Intermediate LD (MPH) 10:00 Beginners Acrylic 10:45 Chair Yoga 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:00 Begin. LD (WCR) 2:15 Absol. Begin. LD 5:00 Golden Fit (MPH) 6:15 Yoga Thrive (MPH)</p> |

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|---|--|---|---|--|--|---|---|
| <p>18 8:45 Active POUND 9:00 Book Sale (Hallway) 9:00 Gentle Yoga 10:00 Walker Repair 10:00 Meet & Greet (Diner) 10:00 Watercolor Fall Foliage (Craft Room) 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 5:45 Yin & Yoga Nidra (Multi Purpose Hall) 6:00 Begin. Pickleball (YMCA) 7:00 Table Tennis (MPH)</p> | <p>9:00 Gentle Pilates 9:00 Card Crafters 9:00 Advanced LD (MPH) 9:30 Mind Joggers (BR) 10:30 Financial Literacy Series (WCR) 11:00 Keep Fit Strength 1:00 Quilters/ Krafters 1:00 Floor Shuffleboard 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball (MPH)</p> | <p>19 9:00 Book Sale (Hallway) 9:00 Gentle Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (BR) 10:00 Hearing Tests (Library) 10:00 Keep Fit Strength 11:00 Optical Repairs with SpecSavers (Main Corridor) 1:00 Quilters/ Krafters 1:00 Floor Shuffleboard 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball (MPH)</p> | <p>20 9:00 Book Sale (Hallway) 9:00 Gentle Yoga 9:30 Art & Soul Watercolor Club 10:00 Photos with Sid 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:45 Chair Yoga 11:00 Veal Outlet Lunch 12:45 Crib 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Fitness Tips with Melanie (registration req.)</p> | <p>26 9:00 Gentle Pilates 9:00 Card Crafters 9:00 Advanced LD (MPH) 9:30 Mind Joggers (BR) 10:30 Financial Literacy Series (WCR) 11:00 Keep Fit Strength 1:00 Quilters/ Krafters 1:00 Floor Shuffleboard 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball (MPH)</p> | <p>27 9:00 Gentle Yoga 9:30 SAIM Massages (BR) 9:30 Art & Soul Watercolor Club (Flex Room) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:45 Chair Yoga 11:00 Liver & Onions Lunch Special 12:45 Crib (WCR) 1:00 In-House Bingo 1:00 Contract Bridge</p> | <p>23 & 30 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Hello Monday (BR) 10:00 Intermediate LD (MPH) 10:00 Beginners Acrylic 10:45 Chair Yoga 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:00 Begin. LD (WCR) 2:15 Absol. Begin. LD 5:00 Golden Fit (MPH) 6:15 Yoga Thrive (MPH)</p> | <p>24* & 31* 9:00 Zumba Gold (MPH) 9:00 Gentle Somatics (WCR) 9:30* LEARN Visits (BR) 9:30* Beginners Watercolor*24 9:30* Intermed. Watercolor*31 10:00* Tech Help*31 only 10:00 Music Makers (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 COMPASS (Board Room) 1:00* Baking (Interfaith) 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Chair Yoga (MPH) 2:45* Bridge Trekkers (*24 only) 3:00* Exercise w/ Ath. cancelled 24 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p> |
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Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way. Please note: for fare details please contact front reception desk.

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY): Upcoming Appointments: Nov. 16, & Dec. 21
- MORE PARTICIPANTS NEEDED FOR EVENING PAINT NIGHT WITH SMUDGE ART STUDIO \$50 PER PERSON ON NOV. 16TH AT 6PM

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.

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



WINNERS BINGO WEDNESDAY: OCT. 4, 11, 18, & 25


FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON DEC. 13, 2023 (NOW \$35) LOCATION: CRAFT ROOM

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

NURSING HEALTH FAIR: TUESDAY, NOVEMBER 28TH AT 9:30AM-12PM IN THE MULTI-PURPOSE HALL *CALL FOR MORE INFO*




***MONTHLY TOONIE DRAW**

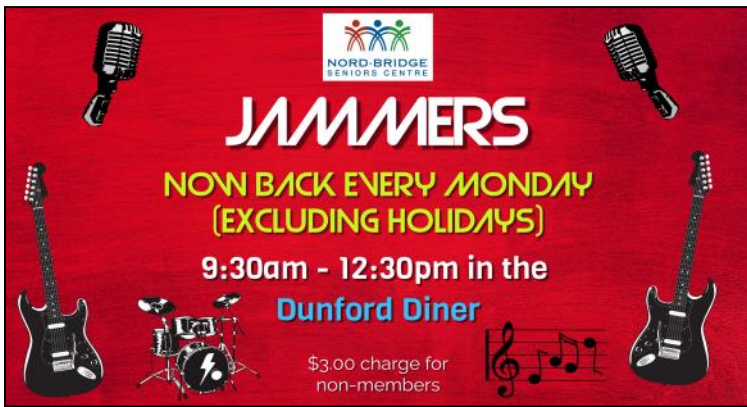





happy
THANKSGIVING

RACHAEL THOMAS
MEMBER OF PARLIAMENT




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



JAMMERS
 NOW BACK EVERY MONDAY
 (EXCLUDING HOLIDAYS)
 9:30am - 12:30pm in the
 Dunford Diner
 \$3.00 charge for non-members

NORD-BRIDGE SENIORS CENTRE



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:

While we still have nice weather, I want to encourage you all to continue to get out, build connections and foster relationships with those around you! Isolation is one of the leading risk factors for elder abuse, but surrounding yourself with positivity, connection and support is one of the best things you can do to both protect your physical self, and your mental health! Should you be experiencing difficult dynamics or strained relationships in your personal life, you are not alone, and you don't need to feel isolated in that experience. Both LSCO and Nord-Bridge have so many options to ensure you are able to connect with others with similar interests, goals and lived experiences.

Whether you are a member at one of the senior centres or not, I challenge you to make it a point this October to make a new friend, or simply just speak to someone you have not yet had the opportunity to interact with.

As always, if you are experiencing abuse, or have any questions regarding mistreatment, family dynamics or strained relationships, please don't hesitate to reach out to me! I will be available at Nord-Bridge for LEARN Drop-In on the last Tuesday of each month at 9am in the board room.

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

LEARN DROP IN

LEARNING ABOUT ABUSE
RESPONSE AND HELP

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 last Tuesday of each month from 9 am – 12 pm.



STOP IN TO ASK QUESTIONS, GET SUPPORT OR CHAT!



FALL WELCOME BACK EVENING JAM SESSION

WITH THE NORD-BRIDGE JAMMERS!

Date: Friday, October 6

Time: Doors open at 5pm,
Music starts at 6pm

Cost: \$5 per person - Open to all!
(purchase tickets at the door)

Where: 1904 13 Ave N in the Multi-Purpose Hall of Nord-Bridge (Please use NE doors)

What: Come and enjoy live music, good company, and light refreshments while supporting the Nord-Bridge Seniors Centre!

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.

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

JOIN US TO LEARN MORE!

When: Monday, October 2, 2023
No class on: Monday, October 9, 2023 (Thanksgiving)
Monday, October 16, 2023
Monday, October 23, 2023
Monday, October 30, 2023

Time: 10:00am to 11:00am

Where: Nord-Bridge Seniors Centre - Board Room

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



Thank you to Ray of No Frills North for the generous donation of 15 turkeys and 15 hams for our Thanksgiving luncheon! We are very grateful for your support!



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



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.



Manicures at Nord-Bridge - New Dates!

Every 2nd and 4th Wednesday

October 11 & 25

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

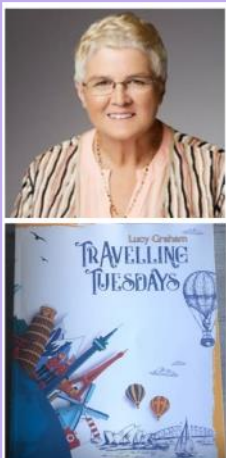
CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME

*Family Focused
Family Operated*

703 13 STREET NORTH, LETHBRIDGE

Phone: 403.382.3601
www.generationsfh.ca

A division of the Caring Group Corp.

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.

NORD-BRIDGE SENIORS FUN GOLF SCRAMBLE

We would like to thank the following sponsors for their kind donations:

- Evergreen Golf
- Huckvale LLP
- Gibbs Insurance
- ISL Engineering
- Indian Hills Golf Course
- Stafford Family Dental
- Italian Table
- Chef Stella Diner & Catering
- Jackie Young
- Luigis North
- Land-O-Lakes Dental
- Legacy Dental
- Bridge Valley Golf
- Savers Convenience Store
- Aqua Steam Services
- Earls Kitchen & Bar
- Firestone Restaurant
- Rob Caya



Programmer's Report



Last month was busy to say the least! We started off with in-person and online registration for all fall programs. For the most part we had no technical issues with the registration process other than the start time. Starting in January, we will have both online and in-person registration open at the same time - 8:30 am. Due to feedback and lack of space in some of our programs, we feel this will make it a little easier and fair for our members rather than online opening earlier than in-person.

We are looking for more people in some programs, including Evening Paint and Sip Night with Smudge Art Studio for \$50.00 per person on Thursday, November 16th at 6pm-8pm in the West Community Room. Come and enjoy painting, sip some wine among friends, and maybe even create your own masterpiece, through step-by-step instructions from Smudge Art Studio! We are also looking for more participants in Evening Barre with Sheila Mulgrew starting at 5pm on Tuesday, October 3rd for \$45.00 for members and \$65.00 for non-members. This is a fun, low impact fitness class focusing on muscle endurance using elements of ballet, Pilates, and yoga movements. Please register for any of these

programs online at www.nordbridgeseniors.com or stop by 1904 13 Ave. N.

Last month, the U of L Nursing students started their community health practicum at Nord-Bridge. Please see page 15 of this newsletter for an introduction and watch for their posters in the coming months! I am already very impressed with the group engaging with various participants in exercises, art, and card programs. We are very fortunate to have this partnership at Nord-Bridge two days a week!

As I write this, our Thanksgiving Luncheon on October 6th is sold out. If you have not already heard, we are closing the dining room by 10am on this day to prepare for the set up of the luncheon. The diner will reopen to ticket holders at 11:00 am at the entrance of the Dunford Diner and from there, guests will be shown to their table. This year the tables are all numbered so please respect where you have been placed as we have tried our best to accommodate as many people as possible. Anyone who did not receive a ticket for the sit-down luncheon, is welcome to have a mini lunch version for \$10.00 in the back servery located in the Multi-Purpose hall from 11:00am-1:00pm while quantities last.

On Saturday, October 21st, we will be hosting our annual Craft & Bake Sale in the Multi-Purpose Hall of Nord-Bridge. We are incorporating a bake sale component this year and we are looking for any local businesses or Nord-Bridge members that would like to donate baked goods as part of this fundraiser. If you would like to donate baking or be a vendor, or if you have any questions, please contact either myself or Charlene at 403-329-3222.

Until next month, stay happy and healthy!

Ashley Kern - Program Coordinator

Evening Gentle Barre With Sheila Mulgrew!

NEW! \$8 FOR WALK-INS
\$45 FOR FULL SESSION

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

Suitable for ALL fitness levels!

Session 1: Tuesday, Oct. 3- Nov. 7
Session 2: Tuesday, Nov. 14- Dec. 19

This is a low impact fitness class which focuses on full body muscle endurance using elements of Ballet, Pilates, & Yoga movements.
*Please bring a yoga mat

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

LIVE Cooking Classes Via zoom

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

Next Upcoming Dates:
Oct. 4, Nov. 1, Dec. 6

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)

***Nord-Bridge members only**

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

TECH HELP WITH A!

When:
Tuesday, October 17
Tuesday, October 31
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

October \$10 Lunch Specials for Dine-in or Take-out

Friday, October 6:

Thanksgiving Luncheon (tickets required - sold out).

Begins at 11:30am, NOT 11:00am.

Please do not arrive until 11:00am if you have a ticket.

No ticket? Enjoy a hot turkey sandwich from the back servery (in the Multi-Purpose Hall), while quantities last

Friday, October 13:

Meatloaf, Scalloped Potatoes, and Veggies

Friday, October 20:

Veal Cutlets, Roasted Potatoes, and Honey Dill Carrots

Friday, October 27:

Liver & Onions



Available from 11am to 1pm (excluding luncheon), while quantities last

MINDS in MOTION

What is Minds in Motion?

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

At Minds in Motion® you will...

- Stay physically active
- Meet and socialize with others living with dementia and care partners
- 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. Being virtual, the person living with dementia and the care partner need to be in a cohort and able to participate in the same room together during the program sessions, to support one another.

What can I expect?

The 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 facilitators engage participants in social and cognitive activities

Alzheimer Society
ALBERTA AND
NORTHWEST TERRITORIES

How to register:

Phone Shannon Smith-Gagne
at 1-866-950-5465 ext. 201

Minds in Motion for Fall
2023 is being offered online
for the following session
dates:

Wednesdays
10:00am to 12:00pm (Noon)
November 1st - December 13th

What you need to
participate virtually:

- A laptop or tablet that has a microphone and video camera
- Internet connection
- Safe, open space and two hard-backed chairs to exercise

For general information on
the Minds in Motion
Program contact Shannon:
1-866-950-5465 ext. 201
ssmith-gagne@alzheimer.ab.ca



Library Book Sale

**October 18, 19, 20
9am to 2pm**

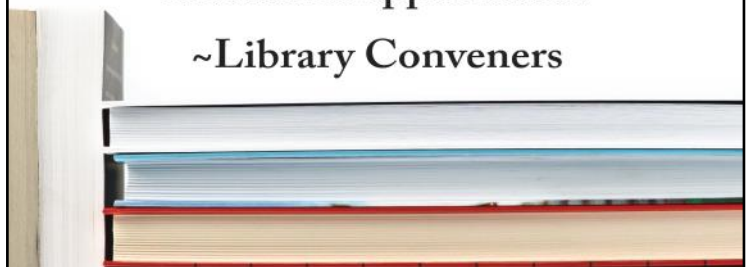


*Only \$0.50 per book!
Cash only
Please pay at the Front Desk
1904-13 Avenue North*

*Please bring your own bags for purchases

**Thank you to everyone who has
donated book ends to the library.
It is much appreciated!**

~Library Conveners





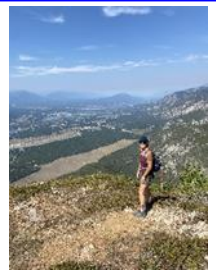
Wellness Coordinator/Outreach

We started September busier than ever! It is so wonderful to see everyone back after the summer. Programs filled up fast so please make sure if you missed getting in, request to have your name on the programs waiting list. We will get a hold of you as soon as a spot opens.

On September long, I headed up to Kananaskis country again and hiked up to a small, quaint hot spring on Mist Mountain. It was no bigger than a hot tub but it was a good climb. I followed that up by meeting up with some family in Windermere where we hiked to the top of Sarsea Mountain to find parasailers jumping and gliders coasting over our heads (an adventure for next year!). We then went on a hike to Jumbo Mountain in the Panorama area. Keeping our eyes out for grizzly bears, we safely climbed to the little cabin at the top and got back before the rain came.



One of the most beautiful views was found on Silver Ridge, B.C. This was a good climb up to huge cliffs that overlooked three lakes where the locals cliff jump - a spectacular place with brilliant blue and green waters with rock bluffs exploding up around them. It was so beautiful from above that we hiked out and hiked back into the lakes. This is a gem in the mountains with the most amazing feeling as we sat on the cliffs around the lakes. A bike ride into Montana up to the Road to the Sun completed that weekend. As summer is winding down and getting a little cooler, a group of us layered up and got up to the summit of Rowe in Waterton to overlook Cameron, Wall, and Forum lakes on one side with Upper and Lower Rowe Lakes on the other.



- Upcoming Monthly Workshops:**
- Knee/ Hip Strength and Stability**
Oct. 20 at 1:15pm in the 55+ Gym (\$5.00)
 - Healthy Eating Tips and Options**
Nov. 24 at 1:15pm in the Boardroom (free)
 - Core Strength, Stability and Balance**
Dec. 15 at 1:15pm in the 55+ Gym (\$5.00)

Outreach - every 3rd Monday of the month. Everyone is welcome to attend the entertainment. There are door prizes and a snack provided. We take registration ahead of time **no later than the Thursday prior at 12:00pm**, at the front desk (\$3.00 cover charge)

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

Minds in Motion Alzheimer's Program - An online program begins November 1. See page 18 of this newsletter for registration info!

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



Compass for the Caregiver

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

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

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

October 3, 10, 17, 24, 2023

Tuesdays from 1:00 – 3:00 pm

Location: Nord-Bridge Seniors Centre Board Room
\$55 registration fee

Maximum 8 participants

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

Nord-Bridge Seniors Centre • 1904 13 Ave N • 403-320-2222



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

Monday, October 16, 2023


TRICK OR TREAT

NORD-BRIDGE SENIORS CENTRE
MULTI-PURPOSE HALL
CALL 403.329.3222 OR EMAIL
MELANIE@NORD-BRIDGESENIORS.COM

OUTREACH - DRESS UP

DOORS OPEN AT 1:30PM
ENTRY \$3.00 TREATS/PRIZES
MUSIC -- "JAMMERS"

**SIGN UP NO LATER THAN
OCTOBER 12 AT 12:00PM PLEASE!**




Roaming Retirees

Welcome to our travel journey, where we will take you on adventures throughout the captivating landscapes and charming towns of Southern Alberta. From picturesque ranches to stunning national parks, this region is a hidden gem that offers a unique blend of natural beauty, rich history, and warm southern hospitality. So grab your friends and join us as we explore the wonders of Southern Alberta!

Oh, the Places You'll Go!

Our first stop was the Bobby Burns Fishing Derby. No fish were harmed on this day, but we did enjoy a wonderful BBQ put on by the Pincher Creek Legion. For dessert, the Nord-Bridge group stopped at the Igloo in Fort Macleod for some ice cream, after we took a detour to Orton, which has a population of 180 people.



On July 7, we loaded a charter bus with the Nord-Bridge Seniors and went to see *The Sound of Music* at the Rosebud Theatre. We had a delicious lunch buffet and spent our pennies in the gift shop. If you haven't had a chance to check out one of these fantastic shows, you will have the opportunity to do so on November 30th, when Rosebud presents *All is Calm*. See the poster below for more information!



Have you ever been to the Musical Ride at the Fort? If not, you should go! The Nord-Bridge Seniors climbed aboard the Go Friendly Express and headed to the big town of Fort Macleod for a morning of discovery of the Fort, and watching horses perform to music. We then hopped over the highway for lunch at the historic A&W restaurant.

On September 14, Charlene and the Nord-Bridge crew headed to the beautiful town of Waterton before it closed for the season. While visiting, they were able to take in the scenery of Waterton Lake, shop at the local gift shops, and enjoy high tea at the Prince of Wales Hotel. Pinkies up!


Nord-Bridge would like to give a huge thank you to both Lucy Graham and George Berg for always driving our members on these adventures. We would not be able to do this without our volunteers. Please keep a look out for upcoming travel events in our monthly newsletters!



Erin Bates - Skipper




Trip to



ALL is CALM:

The Christmas Truce of 1914

By Peter Rothstein
Vocal Arrangements by
Erick Lichte & Timothy C. Takach



Purchase tickets at
the Nord-Bridge
Front Desk!

Date: November 30, 2023
Time: Departing from Nord-Bridge at 8am
Cost: Members \$130, Non-members \$150



TRIP TO THE LETHBRIDGE MILITARY MUSEUM

Date: November 7, 2023

Time: Departure from
Nord-Bridge at 1pm,
returning at 2:30pm

Cost: Members \$10,
\$15 Non-Members



Sign up at the
Nord-Bridge Front Desk!



HAPPY Thanksgiving



**NATHAN
NEUDORF**
MLA Lethbridge-East

403.320.1011
Lethbridge.East@assembly.ab.ca
#10; 550 WT Hill Blvd. S., Lethbridge

Mark your calendar for these upcoming trips!

December 12, 2023



February 27-28, 2024



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 2: Nov. 1 to Dec. 13

Multi-Purpose Hall

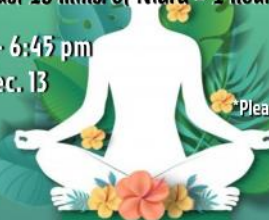
\$45 for members

\$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



Active POUND 55+ with Sheila!

This energizing drumming workout combines cardio, conditioning, and strength training with yoga and Pilates, and uses 1/4lb drumsticks designed especially for exercising! This class is easily modified and is for all ages and abilities.



Session 1: Wednesdays, Oct. 4 to Nov. 15 (no class Nov. 1)

Session 2: Wednesdays, Nov. 22 to Dec. 20

Time: 8:45am - 9:30am

Location: Multi-Purpose Hall

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

Drop-In Fee: Members \$7/class Non-Members \$11/class



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:

For more information
please call Nord-Bridge!



1904 13 Ave. N.

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
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HeartToHomeMeals.ca



*Some conditions may apply.



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.

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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 12

Time: 1:00pm

Where: Board Room

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

Open to all those 55+ - no registration is required.

1904 13 Avenue North



Intergenerational Craft & Music Afternoon (L-SKIP)



WEDNESDAY, OCTOBER 25

@ 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.

Get your **FLU SHOT HERE**

Appointments and walk-ins welcome at the Nord-Bridge Seniors Centre Medicine Shoppe Pharmacy.



Visit us today!

1904 13th Ave N • 403-381-0700

Thank you to High Level Canoes and Kayaks for teaching our summer Intro to Kayaking course!



Nord-Bridge Fall 2023 In-House Tournaments

Nord-Bridge will be hosting our annual Fall In-House Tournaments. You can sign up for any or all of the tournaments. **The entry fee is \$15.00, and payable at the Reception Desk by November 6, 2023.** The entry fee includes entry to participate in all tournaments and an awards luncheon on March 8, 2024. ***For Nord-Bridge Members ONLY***



Carpet Bowling: November 15, 17, & 22
(Tournament play will be scheduled during regular Wednesday and Friday program times)



Darts: November 6, 8, 13, 15, *20, 22, 27, & 29th
(Tournament play will be scheduled during regular Mondays & Wednesdays at 1pm) ***No tournament on Nov. 20 - due to Outreach Program**



Pool (8 Ball, 9 Ball, Snooker, Pool Golf):
Pool tournaments will start on November 6 and run through to the end of December.



Table Shuffleboard: November 14, 21, & 28.
(See Clay for Tournament Schedule)



Floor Shuffleboard: November 9, 16, & 23
(Tournament play will be scheduled during regular Thursday program times)



To register please see Front Reception Desk
All entry fees are due by
Monday, November 6, 2023

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