

NEWSLETTER

December 2023



Happy Holidays
from all the staff at
Nord-Bridge Seniors
Centre! We wish you
a safe and happy
holiday season!

PRESIDENT'S REPORT

Welcome to December everyone. How time flies when you're having fun. I'm writing this month in Montana. We managed to get a last -minute time share so why not enjoy a week away before the snow comes. This year I managed to put my Christmas lights up before we left, so we're good.



December is full of fun activities at Nord-Bridge. Read the whole newsletter, so you don't miss anything.

Our General Member meeting was held on November 1, and we reported on what's been happening this year and what to look forward to next year. Ashley's report was excellent - please see the minutes of the meeting for more details.

The Sock It To 'Em campaign is on again, lead by Gail Petrie and Charlene Kocken, so please donate a new pair of socks for those less fortunate by December 13th at Nord-Bridge.

We are taking donations of non-perishable food items for the Inter-faith Food Bank on December 15th at our 4th Annual Winter Wonderland Walkthrough. This is a fun time with photos with Santa, live music, apple cider and prizes. Come out from 1:00pm to 3:30pm in the main corridor.

I'm looking forward to the Christmas luncheon on December 8 at 11:30am. This year we can seat up to 8 people at a table so that will make it more open to all to bring family and friends.

Constable Shawn Davis will be available on December 13, 2023 for Coffee with a Cop from 10:00am to 11:30am. Come and share your concerns or just enjoy a great conversation with Shawn.

Remember to renew your membership before the end of December, or it will cost you \$10 more to renew. Our membership fees go up to \$60 a year after January 1, 2024.

I hope to see you around the "Friendly Centre." I notice more and more people that I have worked with over the years are joining Nord-Bridge. Welcome to all of you. We have New Comers Meet and Greet on the 1st and 3rd Wednesday of every month, so come out and catch up with old acquaintances or make new friends.

Have a very Merry Christmas everyone!

"Yes", said Queen Lucy. 'In our world too, a stable once had something inside it that was bigger than our whole world.'"

-C.S. Lewis, The Chronicles of Narnia

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

***Effective January 1, 2024, membership rates will increase to \$60/year**

**Welcome to 25 New Members!
We are happy to have you here!**

Dennis Traber

Gayle Conn

Gordon Dixon

Luciano Pizzingrilli

Irene Suriano

Bill Chenery

Rose Jurisich

Peter Postnieks

Lesley Chapman

Letha Brussow

Eileen Togat

Rodney Hanson

Kent Conn

Maxine Hart

Heather Bradley

John Moser

Annette Chenery

Evelynn Bennett

Marvin Bohne

Jack Chapman

John Piroer

Mary Engebresten

3 Anonymous



Nord-Bridge will be closed for the holidays on:
Monday, December 25
Tuesday, December 26
Monday, January 1



***We will be closed early at 3:30pm on December 22 and 29**

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.



We have a QR code for our website! You'll find this QR code at our Newsletter stands in various locations such as London Drugs and Save-On Foods North. To scan this code, open the built-in camera app on a smart phone and point the camera at the QR code. Tap the banner that appears on the screen and you will be transferred to the Nord-Bridge website, where you can access our monthly newsletters under the About > Newsletters tab. See the Nord-Bridge Front Desk for more information!

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twitter.com/bridgenord



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Great News!

Beginning with the January, 2024 edition, the monthly Nord-Bridge Newsletter will now be published on the last business day of each month.



Watch for the January Newsletter to hit the stands on December 29!



Give the perfect gift this year!

Gift VOUCHERS

- Nord-Bridge Memberships
- Dunford Diner Gift Certificates
- Gym passes
- Recreation and fitness classes
- Cooking classes
- Meditation

Wishing everyone a safe and happy holiday season from our homes to yours!



EXECUTIVE DIRECTOR'S REPORT

Seasons Greetings,



At the time of writing December's Newsletter, the Front Desk has informed me the Christmas Luncheon sold out in 45 minutes. Our new format of reserved seating for special dining events will unfortunately upset those who were unable to purchase tickets. The move to reserved seating was implemented to ensure all ticket holders were assigned seating as opposed to the rush seating option which led to chaos for volunteers to find seating for ticket holders during the event. Suggestions were brought to the Board of Directors to have two sittings for special event meals. Discussions at the October board meeting showed that the complexity of having two sittings outweighed the benefits. Complex issues included: kitchen staff's inability to cook and store food to feed 250+ guests in one day, volunteer servers' inability to serve two sittings, and room availability to host two events over a three hour window. If you were unable to get a ticket to the Christmas Luncheon, there will be a hot turkey lunch available in the Multi-Purpose Hall on Friday, December 8th at 11am.



This fall, we received comments and suggestions from members about difficulties crossing the intersection of 13 Ave N and 20 St N. Concerns were brought to our attention that cars were traveling fast and failing to see the pedestrians crossing at the above mentioned crosswalk. I contacted the City and advocated the concerns of our members. The City

has placed speed signage that displays vehicles speed as they travel westbound on 13 Ave N and reminds motorists the speed limit is 50km/hr. As for the pedestrian signs, the City advised us they will be installing reflectors similar to the one pictured here, located on 15 Ave N and 23 St N. The reflectors will be installed in the next few months.



Last month the Board of Directors approved moving the Annual General Membership meeting forward one month to accommodate a request by our auditor. The AGM will now be held the first Wednesday in April. This will allow an additional month for our Financial Administrator to prepare financials for the auditor and in turn allow the auditor a few additional weeks to complete our Associations audited financials. Thus, the 2024 AGM will be on Wednesday, April 3rd at 9:30am in the Multi-Purpose Hall.

A final reminder this is the last month to renew your Nord-Bridge memberships and Fitness 55 Club memberships at the current 2023 rates. As of January 1, 2024 rates will increase (see notices on pages 19 and 14 of this month's Newsletter).

Finally, from all the staff and volunteers at Nord-Bridge we wish everyone a safe and happy holiday season and a joyful new year! Nord-Bridge will be closed Monday, December 25th, Tuesday, December 26th., and Monday, January 1st.

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 April 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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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 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 WINNERS

Nov. 14 - Susan Bennett \$183.50

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

Nov. 24 - Maralyn Burghardt \$361

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

Nov. 6 - Peggy Grant \$64 John Young \$64

Nov. 13 - CLOSED

Nov. 20- Pat Waddle \$91 Gwen Witt \$91

Nov 27 - Bill McTighe \$79 Jim Hahn \$79

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

Christmas in Victoria – December 21st

Palm Springs Desert Oasis – January 21st

Arizona Desert and Canyons – February 12th

Deep South – Texas and Louisiana – March 5th

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

Seattle Baseball – July 3rd

Cross Canada by Motorcoach – September 3rd

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Upcoming FREE consultation dates:

***Now on the 2nd Monday of each month
Dec. 11, Jan 8, Feb 12,**

between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Nord-Bridge Reception Desk to schedule
an appointment. Phone: (403)329-3222

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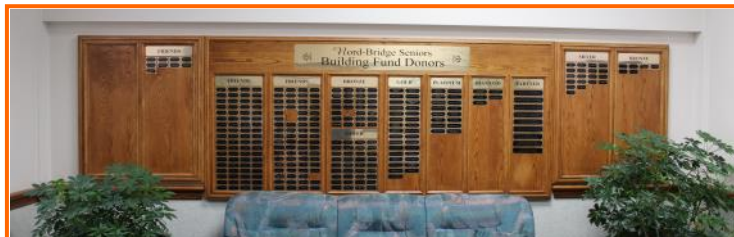
403-329-3222

Third Thursday of the month, next appointments:

Dec. 21

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

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NORD-BRIDGE BUILDING FUND RECENT DONORS

**Please see the January
Newsletter for the latest
Building Fund and
Bingo updates!**

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Fred Miller
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Attention Members:

**Flower pots in the main corridor of
Nord-Bridge are NOT garbages.
Please be courteous and throw your
garbage in the appropriate bin.
Thank you!**



Condolences to...

...the Gorzitza family, on the passing of Lois
...the Ellan family, on the passing of Eva
...the Doddridge family, on the passing of Heather
...the Roberts family, on the passing of Dorine
...the Cain family, on the passing of Faye's son
...the Riley family, on the passing of Pat

Get well wishes to...

Gayle Hornburger, who is in the hospital






coffee

with a

COP



Share your concerns with

Constable Shawn Davis

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

In Search of a Volunteer Photographer!

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



WE ARE LOOKING FOR DONATIONS OF GENTLY USED STRING INSTRUMENTS SUCH AS UKULELES, FOR UPCOMING PARTNERSHIPS WITH LOCAL SCHOOLS. IF YOU WOULD LIKE TO DONATE, PLEASE CONTACT ASHLEY AT 403-329-3222. OUR DEADLINE FOR DONATIONS IS JANUARY 1ST.





Christmas Luncheon

Friday, December 8 // 11:30am
Tickets: \$13 each - On sale Nov. 27

SOLD OUT!

Men...
Turkey, Macaroni & Veggies, with
Gravy and a Side Salad.
Dessert by Gail!

Open to all, with live entertainment
by Yvonne Nelson.

**Please note: the Dunford Diner will be temporarily closed at 10:00am in order to prepare for the luncheon*

NEW! Beginners Bridge

Learn to play Bridge for beginners with Laree Findlay!

Dates: Thursdays
Jan. 11 - March 1, 2024
Time: 1:30pm-3:30pm
Location: Dunford Diner
Drop-in - No sign up required!

***Singles are welcome to bring a partner if possible!**
Call 403-329-3222 for more info!



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or drop by and see us**



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Lethbridge - Then and Now*

*Lethbridge
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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!

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

Winter 2024 Nord-Bridge Seniors Centre PRESENTS

ONLINE REGISTRATION

Available Jan. 4th!

ENROLL ONLINE AT: WWW.NORDBRIDGESENIORS.COM

OR CALL 403-329-3222 AFTER JAN. 4th TO REGISTER

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!

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

Nord-Bridge Seniors Centre
1904 13 Ave. N.
Lethbridge Alberta
Phone: 403-329-3222

WINTER PROGRAM 2024

Published on Thursday, December 21st

Register for all winter programs starting Thursday, January 4th at 8:30 am either online or in person.

NEW Optical

Third Thursday of every month at 1pm!

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Merry Christmas

DECEMBER 2023



MLA NATHAN NEUDORF

Nord-Bridge has Rooms for Rent for Special Events on Weekends!



West Community Room: \$200.00 for the weekend or hourly \$35.00 (Min. of 3 hours)

Multi-Purpose Hall : \$750.00 for the weekend or hourly \$125.00 (Min. of 3 hours)

***Damage deposit not included in these prices**

For booking inquiries please call Maria at 403-329-3222. Please book a minimum of one month in advance.

Visit www.nordbridgeseniors.com under the About > Facilities > Rentals tab for more information about these rooms.

Seniors System Navigator

Holiday Safety Tips for Seniors



This time of year can be very busy for seniors and families. There are some safety hazards that seniors tend to overlook. The following are a few tips to make this holiday the safest.

Christmas decorations are a good way to uplift your spirits and get seniors in the mood for the holidays. There are some decorations that can be a hazard. If living rooms, doorways and hallways have poor lighting it can be difficult for seniors to navigate tripping hazards. It may be due to having poor eyesight.

- * Avoid twinkling lights because they can disorient seniors.
- * Try and get simple decorations that don't clutter the living room.
- * Get a night light for the bathrooms.
- * Try and keep extension cords off the floor.
- * Don't decorate handrails with garland or holly.
- * Install proper lighting indoors and outdoors.
- * Keep a bench or stool near entry ways so seniors can easily take their shoes on or off during snow days.
- * Remove rugs or try to use non-slip pads to keep them from slipping and sliding on the floor.
- * Keep the side walks and driveways clear of ice and snow.
- * For centerpieces that have a candle, try and use fruit, flowers or a LED battery-powered candle instead.
- * Use bright colored tulle or paper garland instead of fragile ornaments.
- * When using an artificial tree, try and look for a fireproof label.
- * Keep fake or real trees away from stoves, fireplaces, and heating vents. It is best to purchase flame-resistant decorations.

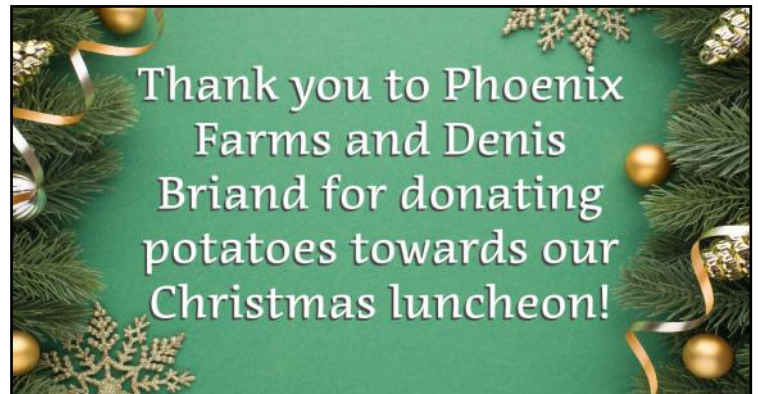


However you decide to decorate your home, we at Nord Bridge wish you Happy Holidays and a Happy New Year.

Charlene Kocken BA, BSW, RSW, Seniors System Navigator



This was our last Interclub Crib Tournament on October 29th! The trophy can now be found and will be kept permanently at Nord-Bridge Seniors Centre. Dallas Sleightholm, the grandson of Shirley Sleightholm, who was the founder of this group, did a farewell presentation at this tournament for his grandmother. Congrats to all the winners!








LIVE
Cooking Classes Via
For Seniors 55+!

Wednesday, December 13
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 Tortellini Veggie Soup...with a little something extra for Christmas!

Sign up today!
www.nordbridgeseniors.com
Or visit us in person
at 1904 13 Ave. N.

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Hello Monday 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:30 Outreach Meeting (BR) Yoga Thrive 6:15 	5 9:00 Zumba GOLD (MPH) 9:00 Somatics (WCR) 9:30 Intermediate Watercolor (Craft Room) 10:00 Music Makers 10:30 Clogging Intern. 11:00 Keep Fit Cardio 11:15 Clogging Advan. 12:45 Tai Chi (MPH) 12:45 Canasta/ H & F 1:00 Baking at Interfaith 1:00 Scrabble (Craft) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Chair Yoga (MPH) 3:00 Exercises Arthritis 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)	6 8:45 Monthly \$11 Breakfast Buffet 9:00 Active POUND 9:00 Guided Meditation 9:00 Gentle Yoga 10:00 Meet & Greet (Diner) 10:00 Shopping to Wal-Mart (booking req.) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Somatics (WCR) 10:45 WINNERS BINGO 1:00 Manicures (Craft) *Appt. Required* 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:45 Yin & Yoga Nidra 6:00 Begin. Pickleball at the YMCA 7:00 Table Tennis	7 9:00 Gentle Pilates 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (BR) 11:00 Keep Fit Strength 1:00 Quilters/ Crafters 1:00 Floor Shuffleboard 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Beginners Pickleball (MPH) 	8 9:00 Gentle Yoga 9:30 Art & Soul 10:00 Watercolor Club 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:45 Chair Yoga 11:30 Christmas Luncheon *Tickets Req.* (Dunford Diner) 1:00 Crib (West Community Room) 1:00 In House Bingo 1:00 Contract Bridge (Annex) 
 <h2>HELLO December</h2>				
1 9:00 Gentle Yoga 9:30 Art & Soul 10:00 Watercolor Club 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:45 Chair Yoga 11:00 Crispy Chicken Lunch Special 1:00 Crib (West Community Room) 1:00 In-House Bingo 1:00 Contract Bridge 				

Page 13

MERRY
Christmas
AND HAPPY NEW YEAR



RACHAEL THOMAS
LETHBRIDGE ALBERTA MP

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

Free CHRISTMAS Family Yoga Event

all ages and levels welcome

21 DECEMBER

Thursday 11:00 AM - 12:00 PM

Please bring a mat,
comfortable clothing, and
water bottle

Nord-Bridge Seniors
Centre Multi-Purpose Hall

For more information
contact Melanie@
403.329-3222

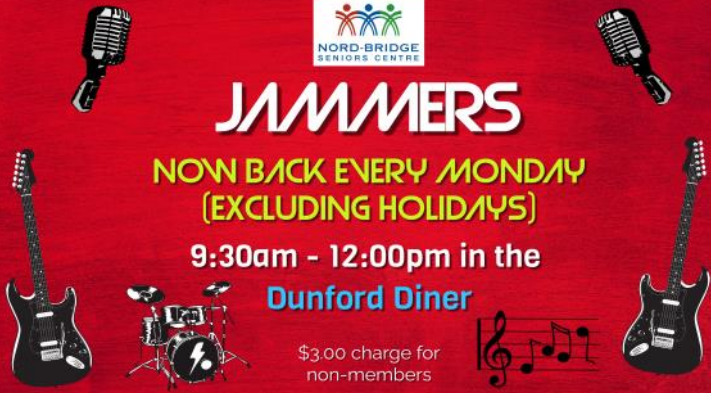


JAMMERS

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

9:30am - 12:00pm in the
Dunford Diner

\$3.00 charge for
non-members



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

FITNESS 55+ GYM RATE INCREASE

Please note:

**Effective January 1, 2024, rates for the
Fitness 55+ Gym will be increasing.**

New rates:

Monthly: \$25

20 Pass: \$40

Yearly Pass: \$225



25 Days of Christmas

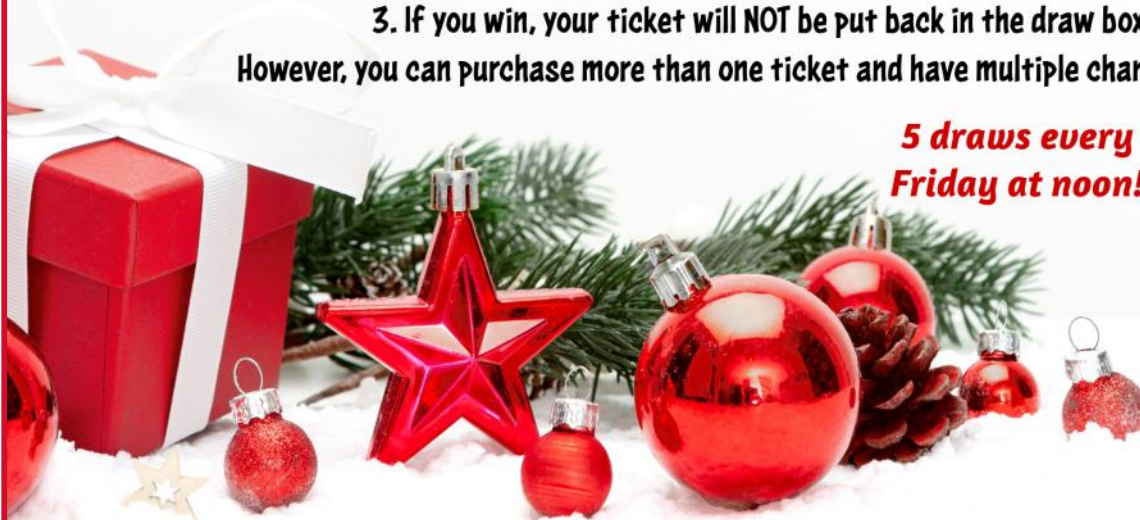


Tickets on sale Nov. 20 through Dec. 22

All prizes will be donated by local businesses and the community!

How to Participate:

1. Purchase your tickets for \$5 each from the front reception desk or the table beside the Dunford Diner Annex.
Your name will be put in the draw for each ticket you purchase.
 2. If your name is drawn, choose a number from the advent calendar. You will win the gift associated with that cup!
 3. If you win, your ticket will NOT be put back in the draw box.
- However, you can purchase more than one ticket and have multiple chances to win!



5 draws every Friday at noon!

Draw Dates:

**Friday, Nov. 24
Friday, Dec. 1
Friday, Dec. 8
Friday, Dec. 15
Friday, Dec. 22**

**Nord-Bridge Seniors Centre
is in need of **gently used**
Christmas trees for our
Winter Wonderland Walkthrough!**

We will be accepting Christmas tree donations starting Friday, December 1st, as space permits. To donate, please call Ashley at 403-329-3222.

****Please note, we are not accepting donations of Christmas decorations at this time due to lack of space.***



4th Annual Winter Wonderland Walk Through

**Friday, December 15th
1:00pm-3:30pm**

**Nord-Bridge Main Corridor
Entry Fee: Donation of a non-perishable
food item for the Food Bank**

**Located at
1904-13Ave N
Call 403-329-3222
for more information**

**Enjoy photos with Santa,
Christmas carols, hot cocoa,
and hot apple cider!
Open to all!**



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
Upcoming Dates: Dec 15, Jan 26, Feb 23
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

Upcoming Dates:

Dec. 6 & Dec. 20

1:00pm in the Craft Room
Includes a fresh coat of nail polish/art and a mini hand massage for \$20/person



Book at the Front Reception Desk
*For Nord-Bridge members only



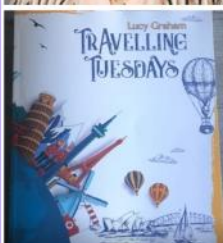
CHRISTENSEN SALMON GENERATIONS FUNERAL HOME *Family Focused Family Operated*

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.

Mind Joggers *When You Look*

by Rhonda Sincennes

**When you really look into the eyes
You sometimes feel they could hypnotize
How to distinguish the truth from the lies**

**Brilliant blues of summer skies
With sharpness and clarity that mesmerize
When you really look into the eyes**

**Perhaps it's more about the shape and size
Than the makeup use to accessorize
How to distinguish the truth from the lies**

**Hope which had bloomed slowly dies
When comprehension they are ostracized
When you really look into the eyes**

**With time and experience you've become so wise
So they no longer hold the power to paralyze
How to distinguish the truth from the lies**

**If you listen to your heart it may advise
That it's not just words used to criticize
When you really look into the eyes
How to distinguish the truth from the lies**

Programmer's Report



Last month, the University of Lethbridge Nursing Students hosted their annual Health Fair at Nord-Bridge on November 28th. There were over 20 vendors specifically for seniors health and wellness. We had a great response and are always so impressed and proud of what the students plan and organize each year for our members and the community! I want to also give the nurses a farewell as their last day is on December 5th so if you see them around give them a high five and well wishes! We wish them all the best in the future!

This month's special holiday events are soon approaching including our Christmas luncheon and our annual Winter Wonderland Walk Through! If you have not already heard, for the Christmas luncheon, we are closing the dining room by 10:00am 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 the guests will be shown to their tables. 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-1:00 pm while quantities last. The mini-lunch will be CASH ONLY please.

Friday, December 15th from 1:00 pm -3:30 pm is our Winter Wonderland Walk Through where we have over 30 Christmas trees and decorations displayed throughout the hallway of Nord-Bridge along with hot apple cider, hot cocoa, Christmas carols with the Music Makers, and photos with Santa for \$2.00 a person! Everyone is welcome to attend this event. Please bring a non perishable food item this day which will be donated to the Interfaith Foodbank. This is such a special event to get into the holiday spirit, not to mention there will be various prizes to win as part of our 25 days of Christmas! See page 15 for more information on this!

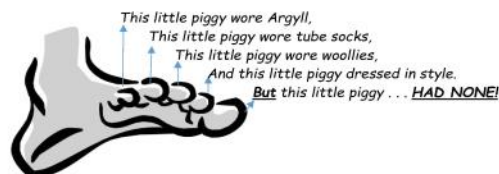
There have been some questions regarding Winter 2024 registration dates. The program guide will be released on Thursday, December 21st and registration for all programs from January – June 2024 opens at 8:30 am on Thursday, January 4th! As usual there will be two options to register: either online at our website www.nordbridgeseniors.com or in person at 1904 13 Ave. N. Instructions on how to register online are on page 9 of this newsletter. Both options will open at 8:30 am MST. If you have not already renewed your membership for 2024, please do so as you will not get a membership discount on a program online if you have not paid for 2024. Please do this before registration to make the process smoother, as you cannot renew your membership online. Also, if your email has changed please make sure to let us know so we can update your membership file. If you have any questions regarding programs or registration please contact myself at 403-329-3222.

Cancelled programs for December include: **Thursday, December 14th- No Floor Shuffleboard** due to the Sock It To 'Em "Sock Mountain," which all members are welcome to join (see the poster below for more information on this), and **Friday, December 15th- No Contract Bridge** in the Diner Annex due to the Winter Wonderland Event.

Ashley Kern - Program Coordinator

Until next **YEAR** stay happy and healthy!

*Please Note:
Mind Joggers will
be taking a break
from December 15
to January 4, and
will return on
January 11!*



It's time for the
23rd ANNUAL
OPERATION: SOCK IT TO 'EM

From November 1 to December 13, 2023

Nord-Bridge Seniors Centre, and the caretakers, maintenance & support staff in Lethbridge & area schools, will be collecting **NEW SOCKS** to be donated to local charities and those less fortunate for Christmas.

Please join them and make someone's Christmas a little bit warmer!

To donate, contact any custodial staff at your local school.

QUESTIONS?

Call Gail Petrie (403) 327-6520
Charlene Kocken (403) 329-3222

-Nord-Bridge Seniors Centre
-Lethbridge School District #51
-Holy Spirit School
-Palliser Regional School

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
Next Date: 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.

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

Friday, December 1:

Crispy Chicken with Fries, Gravy, and Coleslaw

Friday, December 8:

Christmas Luncheon - TICKETS REQUIRED: \$13 each

Seating opens at 11:00am, lunch served at 11:30am

**Turkey with Mashed Potatoes, Veggies, Gravy,
a Side Salad, and a Dessert**

***Mini lunch option available in the back servery for those without a ticket - \$10 CASH ONLY please**

Friday, December 15:

Veal Cutlets with Mashed Potatoes, Veggies, and Gravy

Friday, December 22:

Pork Chops with Rice, Mushroom Gravy, and Veggies

Friday, December 29:

Liver & Onions

Available from 11am to 1pm, while quantities last



*Enjoy our Monthly
Breakfast Buffet*

**1st Wednesday of
Every Month!
8:30am to 10:30am**

\$11/person Open to All!

1904 13 Ave North



Nord-Bridge Outreach CHRISTMAS

Party

THE MOST EXCITING EVENT

18 DEC DOOR OPENS
AT 1:15pm

MUSIC PERFORMED BY
Nord-Bridge Jammers

Book by calling
Nord-Bridge Senior Centre
403-329-3222
or E-mail

Melanie@nordbridgeseniors.com

Please RSVP before Thursday,
Dec. 14 at 12:00pm



Wellness Coordinator/Outreach

Merry Christmas Everyone!

Well, another year is almost down. I'd love to wish you all the very best and thank you for being such a wonderful part of our Nord-Bridge family. Back in November, I was blessed to take off to Peru for a ten-day vacation that started in Lima to Cusco where I stayed in the sacred valley and headed up to Machu Picchu. After exploring that area, I took a 10 hour bus tour to Puna, exploring a variety of ruins, churches, alpaca farms, and villages. On a boat trip on Titicaca Lake, we checked out the floating islands where we docked on Tequilli Island and met their leader and locals. We had a wonderful tour and sat at the lakeside for lunch. The following day I flew over to Lima where I found markets, amazing buildings, incredible shopping and the ocean. I had an early check out the following day so booked a 4-hour food tour before heading to the airport to begin the flight home. I returned to a weekend of training but managed to escape for a hike out to Carbondale Hill look-out. What a beautiful November we had.



Upcoming monthly workshops:
Please register at front desk (\$5.00 fee may apply)

Core Strength, Stability and Balance

Dec 15-1:15 55+ Gym (\$5.00)

Meditation and Relaxation

January 19-1:15 Board Room

Shoulder Support

February 16-1:15 55+ Gym

Breath and Calming Workshop

March 22-1:15pm Boardroom



55+ Gym -Thank you to everyone that joined us for the Nutrition Workshop - I hope you had fun and took some good information home with you.

Effective January 1, 2024 rates for the Fitness Gym will be increasing.

New Rates:

Monthly: \$25.00

20 Pass: \$40.00

Yearly: \$225.00

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 Thursday 12:00pm** the week before, at the front desk (\$3.00 cover charge) - December 18th 2023 **Entertainment will be the Nord-Bridge Jammers**

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

Please Note:

2024 annual membership fees for Nord-Bridge will be increased to \$60 per year, effective January 1, 2024.

Renewals or 2024 membership purchases prior to the end of the business day on December 29th, 2023 will be processed at the current rate of \$50.



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



Roaming Retirees

November is our month to remember. Our Roaming Retirees headed to the Lethbridge Military Museum on November 7 to learn a little more about our Veterans and the military history of Lethbridge. There is so much to see at this museum from medals to clothing and artillery. Thank you to our wonderful tour guides Ray and Don, they took time out of their day to give our Nord-Bridge members a personal tour of this facility. They were both so knowledgeable and answered any questions that we had.



On November 30, we loaded up the charter bus again and headed to The Rosebud Theater for a delicious meal and to watch All is Calm -The Christmas Truce of 1914. What a beautiful story of people coming together in peace.

Be Thankful for our Vets. Not just on November 11, but every day. They gave up tomorrow, so you can have today.

We Remember. Lest We Forget.

Erin Bates - Thankful Gal



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: 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



Thank you to the U of L Nursing Students for all the hard work they put in to hosting our annual Health Fair last month! These students have been at Nord-Bridge since September 11, as part of their Community Health Studies Portfolio. We've enjoyed having them participate in our programming, and learning from their information sessions. December 6th is their last day, so if you see them around wish them all the best!

Out and About Coffee and Shopping

Back by popular demand!
Shopping trips to
Walmart North on the
first Wednesday of the month



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

***Nord-Bridge
members only**

Next Upcoming Dates:

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)



University of
Lethbridge

Thank you so much for having the 3rd year University of
Lethbridge Nursing students in your facility! We loved
getting to know the members and staff. You have made us
feel so welcome in your community and we enjoyed
spending our time here. Thank you for participating in all
our activities and allowing us to join yours. We wish you a
happy holiday and a happy new year!



Jubilation

Trip to Jubilation Dinner Theatre in Calgary!

Date: Tuesday, March 12, 2024

Departure Time from Nord-Bridge: 7:30am

Cost: \$110 Members; \$125 Non-Members

Enjoy a matinee show and a 3-course meal with
soup, a chicken entree, and chocolate dessert!



"Get ready to be transported back
to summer with a show that
celebrates the iconic Beach Boys
and their timeless sound. Grab
your sunglasses and get ready to
feel the warmth of the sun and the
sound of the surf as we take you
back to the beach!"



Winter Lights Tour

Come and join us on a wintery
Christmas lights tour of Lethbridge!

*Please meet
the bus at
Nord-Bridge.
Carpooling is
encouraged!

Tuesday, December 19 at 6pm
\$10 for Nord-Bridge Members
*Non-members will be placed on a waiting list

Sign up at the Nord-Bridge front desk or call 403-329-3222.



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

TECH HELP WITH AL!

Tuesday, Dec. 12 & 19
**Nord-Bridge
Board Room**
10am - 2pm



Book your appointment today at the
Front Reception Desk or call
403-329-3222!

*Nord-Bridge Members only

Over 200
dishes with
contact-free
delivery!

Made for Seniors

You shouldn't have to choose between staying
safe and eating well.

Skip the trip to the grocery store and let Heart to Home
Meals deliver delicious meals directly to your door. The
best part? Our meals are nutritionally balanced for the
dietary needs of seniors so you can feel confident you're
eating well while staying safe at home.

FREE Delivery* | No Subscription | Special Diet Options

Get your FREE Menu
1-844-431-2800
HeartToHomeMeals.ca

*Some conditions may apply.



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.
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See our ads on Kijiji:
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Facebook: The Truck
Store Lethbridge



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, December 4, 2023
Monday, December 11, 2023
Monday, December 18, 2023

No class on Monday, December 25, 2023 (Christmas Day)

Time: 10:00am to 11:00am

Where: Nord-Bridge Seniors Centre - Board Room

December's discussion topic will focus on coping with Holiday Stress

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

★
'TIS
THE
SEASON?
■



The Medicine Shoppe
PHARMACY

HOLIDAY HOURS

DEC 22ND 9:00-2PM
DEC 25TH CLOSED
DEC 26TH CLOSED
DEC 29TH 9:00-2PM
JAN 1ST CLOSED

happy holidays!



Paint & Sip Night with Smudge Art Studio



The Unconventional Medium
JENNIE
OGILVIE



Tickets

\$70

INCLUDES

BUFFET

FUNDRAISING EVENT

NORD-BRIDGE CENTRE

1904 13 Ave N Lethbridge, AB

SATURDAY FEBRUARY 24, 2024

Doors Open 5:30 PM

Taco Buffet 6:30 PM

SHOW 7:30

SILENT AUCTION & 50/50

TICKETS: AT NORD-BRIDGE OR ONLINE

WWW.JENNIEOGILVIE.COM