



**NORD-BRIDGE SENIORS**

# NEWSLETTER

# January 2024



Beginners Pickleball at Nord-Bridge is a drop-in program that has been running every Thursday at 5:45pm since 2021. It's a great way to stay fit! Paddles and balls are supplied if needed - all you need to bring is your indoor sneakers. No previous experience is required! Come and see us, or contact Ashley at 403-329-3222 for more details and/or to register on TeamReach. Limited spaces are available! Drop-in rates: Nord-Bridge members \$2, non-members \$5. We hope to see you soon!



***"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](mailto:friendly@nordbridgeseniors.com)

## PRESIDENT'S REPORT

Happy New Year everyone! I hope you had a wonderful Christmas with family and friends. This Christmas we went to Vancouver to be with Ingrid's sister and family. What a fun time with five children under 10.



We had a wonderful time at the Winter Wonderland Walk Through this year, hundreds of people came out to enjoy the trees, decorations, cider and cookies. The news coverage on the local stations was fantastic.

Winter program registration begins in person and online January 4, 2024, at 8:30am. You can register online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or at the Nord-Bridge Front Desk.

The Winter Light Tour was great. Thank you to our drivers Terry Beauchemin and Malcolm Poettcker and to Mikado Electric for sponsoring this fun evening!



We have moved our Annual General Meeting to the first Wednesday in April to make it easier for our audit to be completed. Please be open to serving on our Board of Directors, as we will be needing at least three new members for 2024.

Have a Happy and Safe 2024!

"January is the best time of year for gym owners. You all come. Its great! And then, by Valentine's Day, you're not coming anymore."

~David Kirsch

*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: \$60

Rates for New Memberships: \$63.00

**Welcome to 46 New Members!  
We are happy to have you here!**

Karen Darveau	Cindy Palmer
Michael Kobylka	Lillian Nadeau
Ron Shellenberg	Trudie Vanderhulst
Margaret Baker	Walter Kerber
Judy Kungel	Darlene Bulford
Valentine Hiebert	Marvin Svoboda
Terrie Fletcher	Fred Molyneux
Darlene McKinstry	James McKinstry
James Souter	Linda Christie
Brent Payne	Gladys Payne
Titus Ford	Terry Ford
Esther Murillo	Frank Gregorash
Ronald Masuda	Betty Ann Masuda
Linda Sinclair	Marlene Dash
Elaine Frederickson	Marge Mulligan
Wendy Murray	Rodney Murray
Caroline Klar	Reginald Cartwright
Irene Yamamoto	Cheryl Peel
Darlene Smith	Sharon Lareau
Calvin Dewit	7 Anonymous

**W E L C O M E**

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](http://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](https://twitter.com/bridgenord)



Now accepting VISA, MASTERCARD & INTERAC  
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## Great News!

The monthly Nord-Bridge Newsletter will now be published on the last business day of each month.



Watch for the February Newsletter to hit the stands on January 31!



## EXECUTIVE DIRECTOR'S REPORT



Happy New Year!

I was blessed to be able to spend time with my family over the holidays and enjoy laughs, food and some Christmas cheer. I hope all our members were able to enjoy time with friends and loved ones over the holiday season.

December flew by for us at Nord-Bridge with all the events that were planned. Our Christmas Winter Wonderland was a tremendous success this year with over 200 people attending and bringing non-perishable food items for the Interfaith Food Bank Society of Lethbridge. In total, 627 pounds of non-perishables were collected from this event. Interfaith Food Bank informed us the food collected is valued at \$2207 and helped support many individuals and families in need over the holidays. We were also able to donate 22 fully decorated trees to the Food Bank who distributed them to families. A big thank you to Ashley, Melanie, staff and volunteers for arranging such a great event which brought such a festive atmosphere to our building.

Last month, we also planned a Christmas Light Tour with the hopes of filling two of our shuttle busses. Mike Mikado from Mikado Electric kindly offered to sponsor this event which allowed us the ability to offer the event free of charge. A week prior to the event, one of our shuttle busses was shut down for maintenance and forced us to cancel 16 registered for the light tour. Fortunately, we were able to contact Tim Davis from Davis Auto Group, who generously offered one of their shuttle busses and a driver to step in and transport our members around the city to view all the colorful



Christmas lights. Please join me and thank these two community businesses, Mikado Electric and Davis Auto Group.

The numbers are in... at the time of writing this article (December 27th) a total of **1,580** members were current for 2023. This is a new milestone for Nord-Bridge. In 2023, we welcomed 388 new members to Nord-Bridge. Thank you to all new members and current members who chose to make Nord-Bridge a part of their social calendar and a destination for senior support services.

*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](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

**Dec 18 - Gayle Pilling \$300**

### 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

**Dec 22 - Katherine DeGeorgio \$410**

### 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

**Dec 4 - Randy Butterwick \$51 (donated back to Nord-Bridge) Joe Dillabough \$51**  
**Dec 11 - Gail Krysak \$75 Laurie-Lynne Millar \$75**  
**Dec 18 - Bill Van Hoven \$64 Daphne Higgins \$64**  
**Dec 25 - CLOSED**

**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 10:00am in the Diner Annex! This is great for new members wanting to connect with new people and have fun! Find more information in the Winter Program Book.



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### UPCOMING TOURS

- Palm Springs Desert Oasis - January 21<sup>st</sup>
- Arizona Desert and Canyons - February 12<sup>th</sup>
- Deep South - Texas and Louisiana - March 5<sup>th</sup>
- Victoria Stay Awhile - April 20<sup>th</sup> and October 13<sup>th</sup>
- California Redwoods & San Francisco - April 24<sup>th</sup>
- Vancouver Island, Victoria & Pacific Rim - May 12<sup>th</sup>
- Alaska Midnight Sun - June 8<sup>th</sup> and June 29<sup>th</sup>
- Seattle Baseball - July 3<sup>rd</sup>
- Atlantic Canada & Newfoundland - September 2<sup>nd</sup>, 5<sup>th</sup> and 8<sup>th</sup>
- Cross Canada by Motorcoach - September 3<sup>rd</sup>

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**47<sup>th</sup>**  
**Anniversary**





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**Upcoming FREE consultation dates:**  
**\*Now on the 2nd Monday of each month**  
**Jan 8, Feb 12, March 11, Apr 8, May 13, June 10**  
**between the hours of 9:00 a.m. & 11:30 a.m.**  
Contact the Nord-Bridge Reception Desk to schedule an appointment. **Phone: (403)329-3222**



**Lethbridge HEARING CENTRE**

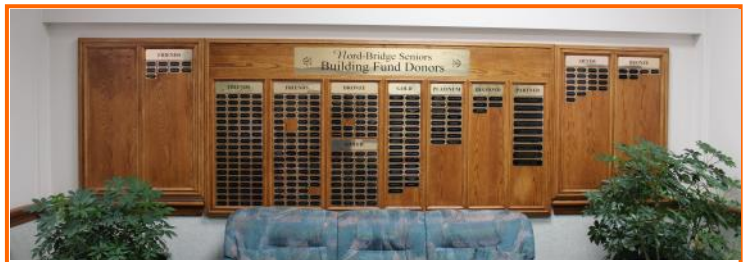
## FREE HEARING TESTS

BOOK YOUR FREE HEARING APPOINTMENT BY CALLING  
**403-329-3222**

Third Thursday of the month, next appointments:  
**Jan. 18, Feb. 15, Mar. 21,  
Apr. 18, May. 16, June 20**

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

Follow us on Facebook  
@NordBridgeSeniorsLethbridge

## NORD-BRIDGE BUILDING FUND RECENT DONORS


Alice Mehlhaff, In Memory of Fred Mehlhaff \$250; Patricia Waddle \$100  
Ted Likuski \$500; Mary Insley \$50  
Nord-Bridge Music Makers \$30  
Joseph Smith \$50; Bernie Schell \$100  
Patricia Kincade, In Memory of Ron Kincade \$100; Marilyn Heaton \$200  
Margaret Thole \$50; Elaine Anderson \$70  
Jackie Young \$500; Douglas Cole \$100  
Gordon Vaselenak \$200  
Valerie Arkinstall \$200  
Heather Newsham \$100  
Patricia Filteau \$150  
Anonymous \$90, \$200, \$50

### NORD-BRIDGE IN-HOUSE BINGO


Cumulative proceeds from Jan 1, 2023 through Dec 31, 2023: **\$15,288.75**



Total Contributions to our **Building Fund 1998 through 2023**  
**UNDER CONSTRUCTION - Check back in February!**



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**Condolences to...**

- ...the Bier family, on the passing of Josephine
- ...the Bond family, on the passing of Barbara
- ...an Anonymous family, on the passing of their loved one

**NEW! Technology Help with AI!**

Learn about all things tech, from email set-up to purchasing a computer, and everything in between!



**Dates (3 Sessions):** Thursdays, Jan 25, Feb 22, March 28  
**Time:** 10:00am-11:30am  
**Location:** Flex Room  
**Fee:** \$25 (for members only)

**NEW! Beginners Bridge**  
**Learn to play Bridge for beginners with Laree Findlay!**

**Dates:** Thursdays  
 Jan. 11 - March 1, 2024  
**Time:** 1:30pm-3:00pm  
**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!**





**Valentine's Day Luncheon**

**Friday, February 9th // 11:30am**  
**Tickets: \$13 each - On sale Jan. 30**

**Menu:**  
*Spinach & Mushroom-Stuffed Chicken with Mashed Potatoes, Gravy, and Green Bean Almondine*

Purchase your tickets at the Nord-Bridge Front Desk. Tables will be assigned at the time of ticket purchase. Groups of up to 8 can be accommodated.

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




**Intergenerational Board Game Afternoon**




Join us for this fun intergenerational program for Grade 5 Park Meadows Elementary School students and Nord-Bridge Senior Members! Play board games together and enjoy a light snack!


**DATES:** Jan 25, Feb 29, Mar 28, Apr 25, May 30  
**TIME:** 1:20pm - 2:45pm  
**LOCATION:** West Community Room




We are always looking for more seniors to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up. This program is FREE to join!


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**City Hall hours  
are changing**

**Beginning January 2, we are  
adjusting the opening time  
at City Hall to 8:30 a.m.**

Virtual and telephone 311  
customer service hours will not  
change. Residents can self-serve  
24/7 at lethbridge.ca or call or  
chat with the City starting at  
8 a.m. Monday through Friday.



**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 **NEW**

# ONLINE REGISTRATION

Available Jan. 4th!

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

**Steps to Register Online:**

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

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

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

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

**WEDNESDAY, JANUARY 24 @ 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!

IN PARTNERSHIP WITH

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

## 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



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# Join our community

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Covenant Living Martha's House




*Thank you*

Dear Dear Nordbridge Seniors,

Wishing you a joyful New Year! Grateful for your warmth and camaraderie in 2023. As we step into 2024, I extend my heartfelt wishes for a year filled with good health and happiness. May the New Year bring you all the joys you deserve.



Warm regards,



Nathan Neudorf  
MLA Lethbridge-East

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: 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.





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





# Seniors System Navigator

## Wellness Tips for Seniors during the Winter

### Bundle Up

Seniors struggle with regulating their body temperature. This can put a senior at risk for getting hypothermic in cold weather. The thermostat should be kept at a comfortable temperature, like 68°F (20°C). It's a good idea for a senior to wear layered clothing outdoors so their body retains the heat. Seniors should wear a hat on their head and gloves to keep their hands warm. The wind tends to blow in Southern Alberta and protection is needed.

### Stay Hydrated

Cold air and indoor heaters can cause dehydration in seniors. Try to encourage a senior to drink plenty of water and use moisturizers to avoid dry skin. Did you know that plants in the house give off moisture and can make a senior's day brighter?

### Eat Well

A senior should eat fruits and vegetables and whole grains or follow Canada's food guidelines to get daily nutrition. Following the food guide will help a senior with digestion and may assist with lower cholesterol and blood sugars. A bowl of homemade soup from the Nord-Bridge Dunford Diner will boost a senior's well-being.

### Exercise

It is important for a senior to have a strong body and a positive mind. Seniors should try to get plenty of sunshine as the sun is a great source of vitamin D, which strengthens bones. Melanie Hillaby can offer great workout classes at Nord Bridge. Classes offered in the Winter session include chair yoga, cardio/strength/yoga, walking club and Pilates. Attending a fitness class is a great way to help stretch, strengthen muscles, promote relaxation, and improve cardiac health and large motor skills.

### Stay Connected

If you know a senior who is living at home by themselves, try and have someone check in on them periodically. This can be face-to-face or on a Zoom call. Popular board or card games are fun activities that encourage socializing and bonding. Card games such as Canasta and Bridge are played in the dining room at Nord Bridge and anyone can join!

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



## Sock It To 'Em 2023









This year's Sock it to 'Em campaign received more than 5000 pairs of socks! Thank you to Holy Spirit Catholic School Division, Lethbridge School Division, and Palliser School Division for all your help in gathering these donations! Special thanks to campaign co-ordinator Gail Petrie, for organizing this special fundraiser to provide new, warm socks to those in need.



Thank you to everyone who donated Christmas trees and non perishable food items - we raised 627 pounds of food for the Interfaith Food Bank! Thanks also to all of our volunteers for taking the time to help decorate! This includes Nord-Bridge members, Cornerstone Funeral Home, Winston Churchill High School Interact Club students, University of Lethbridge Nursing Students, Kiran, a high school student, U of L Kinesiology students, Alyssa and Alex, and Ross and Marie. We appreciate all your hard work!



# January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <p><b>CLOSED FOR NEW YEARS DAY!</b></p>	<b>2</b> 12:45 Canasta/ H & F 1:00 Scrabble (Craft) 1:00 Texas Hold 'em 1:30 Beginners Crib	<b>3</b> <b>Monthly \$11 Breakfast Buffet</b> 10:00 Carpet Bowling <b>10:45 WINNERS BINGO</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis	<b>4</b> <b>*Winter Program Registration Begins</b> 9:00 Card Crafters 1:00 Floor Shuffleboard 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Beginners Pickleball (MPH)	<b>5</b> 10:00 Carpet Bowling <b>11:00 Lasagna Lunch Special</b> 1:00 Crib (West Community Room) <b>1:00 In-House Bingo</b> 1:00 Contract Bridge
<b>8</b> 9:00 Gentle Yoga <b>9:00 LAWYERS (Library)</b> 9:30 Jammers (Annex) 10:00 Beginners Acrylic (Craft) Hello Monday 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:30 Chair Yoga 1:00 Begin. LD (WCR) 1:00 Quilters (Flex Room) 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <b>1:30 Outreach Meeting (BR)</b> 5:15 Golden Fit	<b>9</b> 9:00 Zumba GOLD 10:00 Genealogy 10:00 Music Makers 10:30 Clogging Interm. 11:00 Keep Fit Cardio 11:15 Clogging Advan. 12:45 24 form Tai Chi 12:45 Canasta/ H & F <b>1:00 Art &amp; Soul</b> <b>Watercolor Club (Flex Room)</b> 1:00 Scrabble (Craft) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Keep Fit Combo <b>5:00 FREE Drop In Gentle Barre Class (MPH)</b> 7:00 Line Dance (MPH)	<b>10</b> 8:45 Active POUND 9:00 Gentle Yoga <b>9:30 Board Meeting</b> Shopping to Wal Mart <b>Coffee with a Cop</b> 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Chair Yoga (WCR) <b>10:45 WINNERS BINGO</b> 11:45 Somatics (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club (WCR) 5:45 Yin & Yoga Nidra 6:00 Begin. Pickleball at the YMCA 7:00 Table Tennis	<b>11</b> 9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (BR) <b>10:00 Tech Help w/ AI (Main Corridor) *Appt. Required</b> 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge <b>1:30 Beginners Bridge</b> 5:45 Beginners Pickleball (MPH)	<b>12</b> 9:00 Gentle Yoga <b>9:30 Nord-Bridge Ukes</b> 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:30 Chair Yoga <b>11:00 Roast Beef Lunch Special</b> 1:00 Crib (West Community Room) <b>1:00 In House Bingo</b> 1:00 Contract Bridge (Annex)
				
				



<p><b>15</b></p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers (Annex)</p> <p>10:00 Beginners</p> <p>Acrylic (Craft)</p> <p>Hello Monday</p> <p>10:00 Intermediate Line</p> <p>Dance (Multi-Purpose Hall)</p> <p>10:30 Chair Yoga</p> <p>1:30 Outreach Program</p> <p>1:00 Begin. Line</p> <p>Dance (WCR)</p> <p>1:00 Quilters</p> <p>1:00 Military Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Contract Bridge</p> <p>5:15 Golden Fit (MPH)</p>	<p><b>16</b></p> <p>9:00 Zumba GOLD (MPH)</p> <p>9:30 Beginners</p> <p>Watercolor (Craft Room)</p> <p>10:00 Genealogy (Flex Room)</p> <p>10:00 Music Makers</p> <p>10:30 Clogging Intermediate</p> <p>11:00 Keep Fit Cardio</p> <p>11:15 Clogging Advanced</p> <p>12:45 24 form Tai Chi (MPH)</p> <p>12:45 Canasta/ H &amp; F</p> <p>1:00 Art &amp; Soul</p> <p>Watercolor Club (Flex Room)</p> <p>1:00 Scrabble (Craft)</p> <p>1:00 Texas Hold'em</p> <p>1:30 Beginners Crib</p> <p>2:00 Keep Fit Combo (MPH)</p> <p>5:00 Gentle Barre (MPH)</p> <p>7:00 Line Dance (MPH)</p>	<p><b>17</b></p> <p>8:45 Active POUND</p> <p>9:00 Gentle Yoga</p> <p>9:00 Guided Meditation</p> <p>10:00 Meet &amp; Greet (Diner)</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole (Flex)</p> <p>10:30 Chair Yoga (WCR)</p> <p>10:45 WINNERS BINGO</p> <p>11:45 Somatics (WCR)</p> <p>Darts</p> <p>1:00 Euchre</p> <p>1:00 Bid Euchre</p> <p>2:30 Indoor Walking</p> <p>Club (WCR)</p> <p>5:45 Yin &amp; Yoga Nidra</p> <p>6:00 Pickleball (YMCA)</p> <p>7:00 Table Tennis (MPH)</p>	<p><b>18</b></p> <p>9:00 Hearing Tests (Library) *Appt. Required*</p> <p>9:00 Pilates (WCR)</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 SpecSavers Optical</p> <p>Repairs (Main Corridor)</p> <p>1:00 Floor Shuffleboard</p> <p>1:00 Advanced Acrylic (Flex Room)</p> <p>1:00 Woodcarving</p> <p>1:00 Duplicate Bridge</p> <p>1:30 Beginners Bridge</p> <p>5:45 Begin. Pickleball (MPH)</p>	<p><b>19</b></p> <p>9:00 Gentle Yoga</p> <p>9:30 Nord-Bridge Ukes</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/ Handy Crafters (Craft Room)</p> <p>10:30 Chair Yoga</p> <p>10:30 Intro to French (Flex)</p> <p>11:00 Chicken Parm</p> <p>Lunch Special</p> <p>1:00 Crib (WCR)</p> <p>1:00 In-House Bingo</p> <p>1:00 Contract Bridge</p> <p>1:15 Meditation Work-shop with Melanie (Fitness 55+ Gym) *Registration Required*</p> <p>1:30 NEW Watercolor Club (Flex Room)</p>
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<p><b>22 &amp; 29</b></p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers (Annex)</p> <p>10:00 Beginners</p> <p>Acrylic (Craft)</p> <p>Hello Monday (Flex)</p> <p>10:00 Intermed. LD (MPH)</p> <p>10:30 Chair Yoga (WCR)</p> <p>1:00 Begin. Line Dance (WCR)</p> <p>1:00 Quilters (Flex Room)</p> <p>1:00 Military Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Contract Bridge</p> <p>1:00 Darts</p> <p>5:15 Golden Fit (MPH)</p>	<p><b>23 &amp; 30*</b></p> <p>9:00 Zumba Gold (MPH)</p> <p>9:30 Beginners Watercolor</p> <p>10:00 Music Makers</p> <p>10:00 Genealogy (Flex Room)</p> <p>10:30 Clogging (Intermed.)</p> <p>11:00 Keep Fit Cardio</p> <p>11:15 Clogging (Advanced)</p> <p>12:45 Canasta/ H &amp; F</p> <p>12:45 24 form Tai Chi (MPH)</p> <p>1:00 Art &amp; Soul</p> <p>Watercolor Club (Flex Room)</p> <p>1:00* Baking (Interfaith)</p> <p>1:00 Scrabble (Craft Room)</p> <p>1:00 Texas Hold'em</p> <p>1:30 Beginners Crib</p> <p>2:00 Keep Fit Combo</p> <p>3:15* Bridge Trekkers (MPH)</p> <p>5:00 Gentle Barre (MPH)</p> <p>7:00 Line Dance (MPH)</p>	<p><b>24* &amp; 31</b></p> <p>8:45 Active POUND</p> <p>9:00 Gentle Yoga</p> <p>10:00* FREE Messages (Craft)</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/ Handy Crafters (Flex Room)</p> <p>10:45 WINNERS BINGO</p> <p>10:30 Chair Yoga (WCR)</p> <p>11:45 Somatics (WCR)</p> <p>Darts</p> <p>1:00 Euchre</p> <p>1:00 Bid Euchre</p> <p>2:30 Indoor Walking</p> <p>Club (WCR)</p> <p>3:15* LSKIP (MPH) 24th</p> <p>5:45 Yin &amp; Yoga Nidra</p> <p>6:00 Pickleball (YMCA)</p> <p>7:00 Table Tennis (MPH)</p>	<p><b>25</b></p> <p>9:00 Pilates (WCR)</p> <p>9:00 Card Crafters</p> <p>9:00 Advanced Line Dance (MPH)</p> <p>9:30 Mind Joggers (BR)</p> <p>10:00 Tech Help Course</p> <p>11:00 Keep Fit Strength</p> <p>1:00 Floor Shuffleboard</p> <p>1:00 Advanced Acrylic (Flex Room)</p> <p>1:00 Woodcarving</p> <p>1:00 Duplicate Bridge</p> <p>1:20 Interigen. Games</p> <p>1:30 Beginners Bridge</p> <p>5:45 Begin. Pickleball (MPH)</p>	<p><b>26</b></p> <p>9:00 Gentle Yoga</p> <p>9:30 Nord-Bridge Ukes</p> <p>9:30 FREE Messages (Board Room)</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole (Craft)</p> <p>10:30 Chair Yoga</p> <p>10:30 Intro to French (Flex)</p> <p>11:00 Liver &amp; Onions</p> <p>Lunch Special</p> <p>1:00 Crib (WCR)</p> <p>1:00 In-House Bingo</p> <p>1:00 Contract Bridge</p> <p>1:30 NEW Watercolor Club (Flex Room)</p> <p>*MONTHLY TOONIE DRAW</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:**

- 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: See Winter Program Guide
- ALZHEIMERS AWARENESS INFO BOOTH- TUESDAY, JAN. 23 @ 9AM IN THE MAIN CORRIDOR OF NORD-BRIDGE

**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: JAN. 3, 10, 17, 24, & 31
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON FEB. 14, APR. 10, JUNE 5, & JULY 31 (NOW \$35)
- LOCATION: CRAFT ROOM
- OUT AND ABOUT COFFEE AND SHOPPING TO WAL-MART NOW THE FIRST WEDNESDAY OF EVERY MONTH \*EXCLUDING JAN. \*BOOK AT FRONT DESK
- BRIDGE TREKKERS INDOOR WALKING GROUP AT NORD-BRIDGE ON TUESDAY, JANUARY 30TH AT 3:15PM IN THE MULTIPURPOSE HALL



*Happy*  
NEW YEAR



 | **RACHAEL THOMAS**  
LETHBRIDGE ALBERTA MP



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

# Evening Gentle Barre ~FREE Drop-In Class!~

Join Sheila Mulgrew for a **FREE**  
drop-in class on **Tuesday, January 9th**  
**5:00pm-5:45pm**  
in the **Multi-Purpose Hall!**





Gentle Barre is a low-impact fitness class which focuses on full body muscle endurance using elements of Ballet, Pilates and Yoga movement.








# 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

## 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](http://www.nordbridgeseniors.com) under the About > Facilities > Rentals tab for more information about these rooms.**



## Winners from Week 1:

- Jim Hahn won a free haircut by Tami Mancey, WHIPS Caramels, a pass for Good Times Lethbridge Comedy Club, and a free Booster Juice smoothie
- Francis Wallace won a Michaels gift basket, a Blanco Cantina gift card, and a Pop's North gift card
- Pat Santa won a gift basket by Protex Lethbridge, and WHIPS Caramels
- Richard Chevrier won 2 tickets for Jennie Ogilvie - The Unconventional Medium show at Nord-Bridge in February, Ben's Beef Jerky pepperoni, and a Marshalls gift card
- Les Herrington won a free haircut by Tami Mancey, and a 4 person pass to Good Times Comedy Club

## Winners from Week 2:

- Allan Cairns won a Good Times Comedy Club pass, a gift from House of Cars Lethbridge, Ben's Beef Jerky, and a Pop's Pub North gift card
- Bill Lelievre won a quilt by Fabric Land Medicine Hat, WHIPS Caramels, and a 2024 Nord-Bridge membership
- Earl Hall won a How Sweet Inc. gift basket, 2 tickets to the Winter Light Festival, a free Booster Juice, and a Moxie's gift card
- David Green won a Wild Bros Meat & Cheese gift basket and a mug
- Sandy Brown won a Marshalls gift card, a Moxie's gift card, a car detail from House of Cars Lethbridge, and a Spec Savers gift card

## Winners from Week 4:

- Wade Popson won a Lolita Cup and a Safeway gift card
- Jack Sleightholm won a quilt from Heather Boychuk, and an Original Joe's gift card
- Elaine Robinson won tea and a mug, a gift basket by Protex Lethbridge, and a SpecSavers gift card
- Carol Roesler won a gift basket from Savers Convenience, an IHOP gift card, and an Onion Bar & Grill gift card
- Deanna Siewart won passes to the Winter Light Festival, a free Booster Juice smoothie, and WHIPS Caramels

Thank you to all who purchased tickets for our 25 Days of Christmas Giveaways in December, and to all our volunteers for selling tickets! We raised \$3875 for Nord-Bridge programming!

## Winners from Week 3:

- Les Herrington won a cold brew coffee machine, Cuppers Coffee, a Blanco Cantina gift card, and a Tim Hortons giftcard
- Bob Adams won a Brio Salon Spa gift basket, a Backstreet Pub & Grill giftcard, WHIPS Caramels, and Ben's Beef Jerky
- Norm Gyulai won a kitchen tap from Neudorf Plumbing & Heating, Good Times Lethbridge Comedy Club passes, and a free haircut by Tami Mancey
- Deb Kobe won a pink quilt by Fabric Land Medicine Hat, WHIPS Caramels, and two movie passes
- Darrel Taylor won free bread for a year from Bootsma Bakery, a free Booster Juice smoothie, and 50% off an oil change from House of Cars Lethbridge

## Winners from Week 5:

- Mary Jass won a quilt from Fabricland Medicine Hat, and an Original Joe's gift card
- Bill Lelievre won a free haircut by Tami Mancey, an IHOP gift card, and a Moxie's gift card
- Frank Decoste won a quilt from Heather Boychuk, a free haircut by Tami Mancey, WHIPS caramels, a Pop's North gift card, a Moxie's gift card, and a free Booster Juice smoothie
- Norma Butterwick won Ben's Beef Jerky Pepperoni, a Pop's Pub gift card, and a free Booster Juice smoothie
- John Ross won a Blowers and Grafton gift card, a pass for Good Times Lethbridge Comedy Club, and a Marshalls gift card

**Thank You to our 25 Days of Christmas Sponsors!**

The image displays a collection of logos for the sponsors of the 25 Days of Christmas event. The logos are arranged in a grid-like fashion. At the bottom of the collage, there is a decorative border featuring red and white Christmas ornaments, a red gift box with a white bow, and pinecones.



# Mind Joggers

## December 24th - Our Christmas Surprise ~By Gail Hornberger

One Christmas when our family had gone through many difficulties and Christmas was looking mighty slim, we had a special experience.

Darol had gone out on Christmas Eve to do chores. The rest of the family stayed in the house to get ready for our Christmas Eve program. The children always acted out the nativity with costumes and were just waiting for their dad to come in.

Finally, he came in and told us that we all had to get coats on and come out to the barn with him. We all groaned and complained, as going out to the barn of course usually meant work. He insisted, and we grudgingly got our winter clothes on and went with him.

The most delightful surprise greeted us. Our horse, "Kitty," had just had a brand new baby colt. It was still a little unstable on its legs so we knew it had just been born. The colt was a brown color like its mother and had a white star on its forehead. We talked about names and many came to our minds. Wade put out a name which we all liked and it was "Starfire."

Starfire changed what would have been an ordinary, unmemorable Christmas to one of the special memories we all cherish. The colt could have been born at any time but I'd like to think that the Lord knew we needed a special experience to make us feel better. To send the colt on Christmas Eve when we were celebrating another birth, the birth of the Savior, helped to make the Christmas season even more special.

I know the Lord sends us special gifts when we need them. The beautiful colt that Christmas was one of those gifts.

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: 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:

February 7, March 6,  
April 3, May 1, June 5

Begins at 1:00pm in the Craft Room  
Each 30 minute session includes a  
fresh coat of nail polish/art and a  
mini hand massage for \$20 per person

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



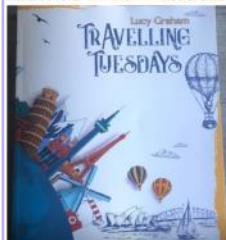
CHRISTENSEN SALMON  
GENERATIONS FUNERAL HOME  
*Family Focused*  
*Family Operated*

703 13 STREET NORTH, LETHBRIDGE

Phone: 403.382.3601  
[www.generationsfh.ca](http://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.

NEW!



## Genealogy Course

Learn how to use online and local  
resources to fill in your family tree.

Session I:

Dates: Tuesdays, Jan. 9 - Feb. 27

Time: 10:00am - 11:00am

Location: Flex Room

Fee: \$35 Members \$55 Non-members

Instructors: Grant and Linda Harker

Register online at

[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or  
in person at 1904-13 Ave N

\*A laptop or tablet is required for this course,  
and participants must be computer literate.



# Programmer's Report



Last month was a crazy busy one! We had the privilege of hosting our annual Christmas Luncheon in our diner with 144 attendees. It was a great afternoon had by all with live entertainment, amazing food, great company, and prizes! Thank you to all who helped out from the staff and volunteers to the Mayor of Lethbridge for serving food!

On December 15<sup>th</sup> we hosted our annual Winter Wonderland Walk Through with over 60+ Christmas trees throughout our hallway and around 300 people in attendance taking in all the beautiful sights! A BIG thank you to all of our volunteers of Nord-Bridge, the staff, and the community for setting up the trees! We also had so many non-perishable food items the Inter-faith Food Bank had to make a second trip! We cant wait to host this again next year for everyone in the community to enjoy!

As we move into a new year we are off and running with some new programs being offered, from Intro to French and Technology Help with AI to a new Ukelele Circle and a Genealogy Course! You can find a full list of these and more in the Winter 2024 Program Guide either online at our website [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or in person at 1904 13 Ave. N. Registration opens starting Thursday, January 4<sup>th</sup> at 8:30 am. As usual there will be two options to register: either online at our website [www.nordbridgeseniors.com](http://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 8:30am 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 before the 4th so we can update your membership file. If you have any questions regarding programs or registration please contact myself at 403-329-3222.

Until next month stay happy and healthy and have a GREAT 2024!

*Ashley Kern - Program Coordinator*

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



## 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: Feb 14, Apr 10, June 5, July 31

Location: Nord-Bridge Craft Room

Fee: \*\$35 per patient per visit **\*NEW\***

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

Thank you to:

For more information please call Nord-Bridge!



NORD-BRIDGE  
SENIORS CENTRE

1904 13 Ave. N.

# NEW!



## Intro to French with Louise Hamel

**Dates: Fridays, Jan. 19 - March 8**

**Time: 10:30am - 12:00pm**

**Location: Nord-Bridge Flex Room**

**Cost: \$30 members \$50 non-members  
(Max. 14 Attendees)**

**No previous experience required!**

Register at

[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or  
in person at 1904 13 Ave N.

**\*Please pick up a pre-participant survey upon registration and return by January 12th**



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

**Friday, January 5:**

**Lasagna with Caesar Salad  
and Garlic Toast**

**Friday, January 12:**

**Roast Beef with Mashed Potatoes,  
Veggies, and Gravy**

**Friday, January 19:**

**Chicken Parmesan with Marinara  
Sauce, Pasta, and Garlic Toast**

**Friday, January 26:**

**Liver and Onions**

**Available from 11am to 1pm, while quantities last**



**Lethbridge College  
Massage Therapy Students  
at Nord-Bridge!**

Location: Nord-Bridge Craft Room

Dates: Wednesday, Jan. 24 &  
Wednesday, March 20

Time: 10:00am to 12:00pm

Location: Craft Room

\*Massages offered on a  
first-come, first-served basis!

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

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



*Enjoy Our Monthly  
Breakfast Buffet*



1st Wednesday of  
every month!  
8:30am to 10:30am  
\$11 per person  
Open to all!

1904 13 Ave North



**Scottish New Years Party  
With Celtic Routes**

**Nord-Bridge  
Outreach**

Jan 15, 2024 1:30-3:00pm

Multi-Purpose Hall

\$3.00 per Person

Music-Snacks-Drinks-Door Prizes  
Bring for Bling

For more information or to sign up please  
check with the Nord-Bridge front desk  
or contact Melanie by email or phone:  
[Melanie@nordbridgeseniors.com](mailto:Melanie@nordbridgeseniors.com)  
Ph: 403-329-3222





## Wellness Coordinator/Outreach

**Happy New Year!** Thank you all for such an amazing 2023. I cannot wait to spend 2024 with you and share all our programs. We have been listening and working hard to create, increase and adjust programs to reach the needs of all our members. Thursday, January 4, 2024 we will be starting registration for the 2024 winter season, so please do not hesitate to reach out if you have any questions ahead of time.

A big, big thank you to everyone that helped set up and decorate over 60 trees for our winter wonderland as well as the volunteers that helped me take everything down. THANK YOU, Marco, for all the cleanup of glitter, branches and debris... an endless job but always done with a smile. A big high five to Lyle and Tuna for transporting the trees to and from storage. Thank you for the endless donations to make this building so festive.



Thank you Nord-Bridge Family for bringing your families to the Christmas Yoga Family Event to smile, breathe, and stretch out the Christmas season stresses. It was great to meet you all. Thanks to all the businesses that supplied us with the door prizes.



If you are interested in joining our 2nd annual Nord-Bridge walk for the Lethbridge Moonlight Run on March 23rd, 2024, please sign up online and give me your name to add to our team roster. We meet that night and walk the course, representing Nord-Bridge Seniors Centre. You can sign up at <https://www.moonlightrun.com/>.

December is always a tough time to get away and reset. I had a beautiful evening walking through the Nikko Yukko Japanese Gardens all lit up. Every year they put on an amazing show. I also managed to sneak out between Christmas parties to Beauvais Lake for a winter hike and took in Yuk Yuk's one night in Calgary.



### Upcoming Monthly Workshops:

**Please register at the front desk (\$5.00 fee may apply)**

- Meditation and Relaxation**  
January 19 -1:15pm Board Room
- Shoulder Support**  
February 16 -1:15pm 55+ Gym
- Breath and Calming Workshop**  
March 22 -1:15pm Boardroom

**55+ Gym** - Thank you to everyone who joined us for the CORE WORKSHOP

### NEW RATES Effective January 1, 2024

- Monthly: \$25.00
- 20 Pass: \$40.00
- Yearly: \$225.00

**Outreach** - every 3<sup>rd</sup> 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 prior Thursday at 12:00pm**, at the front desk (\$3.00 cover charge). The January 15th, 2024 **entertainer is Celtic Routes**

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

### January is Alzheimer's Awareness Month



## Alzheimer's Awareness Session

Date: Tuesday, January 23  
Time: 9:00am  
Location: Nord-Bridge Main Corridor  
No registration required  
Open to all!



## FREE Walker Repair CLINIC

Where: 1904 13 Ave. N. in the Main Corridor of Nord-Bridge  
When: Wednesday, Feb 21, April 24, & June 19  
Time: 10:00am

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

Thank you to:





# Roaming Retirees

The best way to spread Christmas cheer is singing loud enough for all to hear! And that is what the Music Makers did on December 18. We loaded the Go Friendly Shuttle and teamed up with the Green and Yellow Group to spread joy and bring Christmas to families around Lethbridge. The smiles on the faces made this day perfect. Thank you for volunteering your time and voices to this special event.



On December 19, we climbed back aboard the Go Friendly to search for decorated houses. Though we only saw a few, we still had a great time attempting to sing and just having a great evening. A big thank you to Mikado Electric for sponsoring the Light Tour, Davis Auto Group, Malcom Poettcker, and Terry Beauchemin. You are wonderful!



The month of December has reminded me of the important things in life. Thank you for the awesome memories of 2023. As we head into the new year, remember to always be kind and grateful, and to love and laugh.

All the best in 2024!

*Erin Bates - Not Dick Clark*

BUILDING BRAINS TOGETHER PRESENTS

## BRAIN KNOWLEDGE MORNINGS

Nord-Bridge Flex Room  
1903 13 AVE N

Every Thursday  
February 15th - March 7th  
10:00AM - 11:00 AM

A notable determinant of brain health is executive function. Join the Building Brains team from the University of Lethbridge Neuroscience department to refresh your knowledge about the brain and try some fun activities that enhance and strengthen brain function!

**FREE for anyone 55+!**

Register anytime after January 4th by calling 403-329-3222, or stop by Nord-Bridge!

University of Lethbridge

www.buildingbrains.ca  
buildingbrainstogether@gmail.com

BUILDING BRAINS TOGETHER

## NEW! Nord-Bridge Ukes (Ukulele Circle)

Bring your ukulele and tuner and let's make some music together! Tabs and lyrics will be provided.

**Date:** Fridays, beginning January 12 (excluding special luncheon days)  
**Time:** 9:30am-10:00am: tuning and learning; 10:00am-11:00am: playing music  
**Location:** Dunford Diner Annex  
**Fee:** FREE for members only  
**Conveners:** Shelley McGarry & Laree Findlay

Whether you're new to the ukulele, or a seasoned pro, all are welcome to strum and sing with us!





# Out and About Coffee and Shopping

Back by popular demand!  
Shopping trips to  
Walmart North on the  
first Wednesday of the month  
**\*SECOND WEDNESDAY IN  
JANUARY ONLY**



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

**\*Nord-Bridge  
members only**  
**PLEASE NOTE  
THE DATE  
CHANGE FOR  
JANUARY**

**Next Upcoming Dates:**  
Jan. 10, Feb. 7, Mar. 6, Apr. 3,  
May 1, June 5

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)



## 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 at Nord-Bridge:** Feb 6 (am); March 20 (pm); April 2 (am); May 22 (pm);  
June 19 (pm); July 2 (am); Aug 21 (pm); Sept 3 (am); Oct 16 (pm); Nov 5 (am); Dec 18 (pm)

**Upcoming Dates at LSCO:** Jan 17 (pm); Feb 21 (pm); March 5 (am); April 17 (pm); May 7 (am);  
June 4 (am); July 17 (pm); Aug 6 (am); Sept 18 (pm); Oct 1 (am); Nov 20 (pm); Dec 3 (am)

*This service has been made possible through an ongoing collaboration  
between Seniors Community Services Partnership members*



For more information contact the SCSP Seniors System  
Navigation Team Intake Worker 403-329-1544

Funders include:  
City of Lethbridge  
Family and Community Support Services



# Jubilations

## Trip to Jubilations 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!"

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

## TECH HELP WITH AL!

**Upcoming Dates  
(Thursdays):**  
Jan. 11, Feb. 8, March 7  
Nord-Bridge Main Corridor  
10am - 2pm



Book your appointment today at the Front Reception Desk  
or call 403-329-3222!  
\*Nord-Bridge Members only  
Al is also now teaching group classes on technology!  
See page 15 of the program guide!



## 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!





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.

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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.  
Assistance.  
Advocacy.

**THE TRUCK STORE**  
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The Truck Store

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Facebook: The Truck Store Lethbridge



## WHO-VILLE CHRISTMAS GRINCH TREE AFTERNOON



**Beginners CRIBBAGE**  
\*FOR NORD-BRIDGE MEMBERS ONLY  
NOW at Nord-Bridge on Tuesdays from 1:30-3:30 pm in the Dunford Diner Annex!  
Come learn a new card game and meet new people!



# HELLO MONDAY



Hello Monday is all about you and the importance of staying well.

**January's Discussion Topic:** The New Year is a great time for us to let go of what's no longer serving us. This might mean decluttering our homes and cleaning out the "stuff" we don't need but keep holding on to. If there are negative thoughts, ideas or mentalities bringing us down, let's say goodbye to them as we move into the New Year!

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

Participants will be registered upon arrival.

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

## JOIN US TO LEARN MORE!

**When:** Monday, January 8, 2023  
Monday, January 15, 2023  
Monday, January 22, 2023  
Monday, January 29, 2023

**Time:** 10:00am to 11:00am

**Where:** Nord-Bridge Seniors Centre - "Flex Room" (Located next to the pool table room)

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



**Our next Intergenerational Craft and Music Afternoon with Lethbridge Family Centre is Wednesday, January 24! See page 9 for details on how to sign up for this fun, FREE program!**



## Library Book Sale

January 15 to 18  
9am to 3pm



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

\*Please bring your own bags for purchases

# Happy & Healthy New Year!

from all of us at  
The Medicine Shoppe





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](http://WWW.JENNIEOGILVIE.COM)**