



Nord-Bridge Seniors Centre

1904 13 Ave. N.

Lethbridge Alberta

Phone: 403-329-3222



WINTER PROGRAM 2024

Nord-Bridge Seniors Centre Officers and Staff

Executive Committee

President	George Berg
Vice - President	Helen Gepneris
Treasurer	Harry Fischer
Secretary	Anne Pauls
Past - President	Pat Santa

Directors

Mike Bennett	Randy Butterwick	Doreen Smid
Clay Olsen	Judy Cartwright	Lorrie Vos
Bill Hanson	Anita Hamilton	Dianne Smith

Staff

Executive Director	David Ng
Financial Administrator	Tracy Beauchemin
Program Coordinator	Ashley Kern
Senior Systems 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	Tashena Hart
Kitchen Team Member	Heather Boychuk
Building Maintenance/ Custodian	Marco Escobar
Newsletter Editor	Cindy Dykstra
Fundraising Coordinator	Megan Gray

Nord-Bridge Seniors Centre

"The Friendly Centre"
1904 - 13th Ave. North Lethbridge, AB T1H 4W9
Phone [403] 329-3222 Fax [403] 329-8824
Web Page: www.nordbridgeseniors.com
Email: friendly@nordbridgeseniors.com
Find us on Facebook & Twitter!



MISSION OF THE ASSOCIATION

The Mission of Nord-Bridge is to provide educational, social, and support service programs for Senior Citizens, and to foster independence, self worth, and a sense of community pride amongst the senior citizen population of Lethbridge and surrounding communities.

GOAL AND MOTTO OF NORD-BRIDGE

To be known as "The Friendly Centre."

HOURS OF OPERATION

Dunford Diner Grill open Monday - Friday, 8:00am - 2:00pm.

Fitness 55 Club open Monday – Friday 8:00am– 4:30pm

The Seniors Centre (Reception Desk and General Programming) is open Monday to Friday, 8:00am - 4:30pm

MEMBERSHIP

Membership is open to individuals 55 years of age and older. Yearly membership fees are \$60.00 (January 1st - December 31st, 2024). First time members, and lapsed renewals are charged an additional \$3.00 administration fee.

DUNFORD DINER

Our dining room serves delicious and nutritious hot home cooked meals Monday to Friday 8:00am – 2:00pm. A breakfast buffet is served on the first Wednesday of each month from 8:30 am– 10:30 am. Lunch hours are 11:00am - 2:00pm. Lunch "specials" are featured daily. All menu items are available for take– out, and coffee is always on.

GIFT BOUTIQUE

The Gift Boutique is an ideal place to purchase hand made gifts for any occasion. The hours of operation for the Gift Boutique are Monday to Friday 9:00 am - 3:00 pm. Consignment items are accepted from members. Everyone is welcome to shop in the Gift Boutique. (For consignment information, see the Gift Boutique).

LIBRARY

Our library is always growing, and content changes as members donate books and puzzles. Choose from a wide variety of genres (mystery, biographies, history, romance, non-fiction and popular fiction). The Library operates on an honor system with no late fees. Check out the great selection of regular and large print books, local references, and puzzles.

Program Areas

Nord-Bridge Seniors Centre provides a well-rounded variety of programs to meet the needs of its membership.

Educational & Life-Skills Programs - Nord-Bridge partners with various non-profit agencies, and institutions like the University of Lethbridge, Lethbridge College, Alberta Health Services and others to offer classes and programs to members.

Fitness & Socialization Programs - Programs are organized and administered for daily socialization and fitness appropriate for seniors. Some activities also interconnect and support participation in the Alberta 55 Plus Games and zone competitions. Fitness & socialization programs support general health and well-being.

Keep-In-Touch Program - Wellness phone calls are made by Keep-In Touch volunteers to seniors confined at home, or who are asking for regular contact. Visits by volunteers to members are also a part of this program.

Monthly Outreach Program - The Outreach Program organizes socials and in-reach activities geared for isolated seniors. The Outreach committee coordinates its activities with housing and assisted living facilities, so transportation is available to Nord-Bridge for its monthly social. Hospital visits, get well cards, calls, and bereavement support for members is also provided as part of the Outreach Program. Please see the back of this booklet for dates of Outreach socials.

Travel Programs - Day excursions and extended trips are offered to various attractions and Southern Alberta venues. Stop by our Travel Board for updates on trips or talk to Maria at the Front Reception Desk for more information.

Volunteer Programs - Volunteers are the mainstay of the Nord-Bridge Seniors Centre. Offering volunteer service helps put knowledge and experience back into the community. If you would like a volunteer opportunity at Nord-Bridge, please leave your name at the Front Reception Desk.

Go Friendly Shuttle Service - This door-to-door transportation service between member homes and Nord-Bridge has been operating since February 2008. The *Go Friendly* service started as a pilot project of the City of Lethbridge, Lethbridge Transit, LSCO & Nord-Bridge. Just phone the Reception Desk at 403-329-3222 no later than 3pm the day before to arrange a pick-up.

Available:

MONDAY THROUGH FRIDAY :

ALL DAY SERVICE 8:00 a.m. to 3:30 p.m.

COST: \$3.00 per one-way trip (CASH)...or...

\$21.00 for 10 ride Go – Friendly Bus Pass...or

\$28.00 for monthly Go - Friendly Bus Pass



**All Prices are for Seniors 55+
*Get your Go Friendly pass at the Front Reception Desk of Nord-Bridge or LSCO.
Transit Breeze Cards are also available at the front desk but are separate from the Go-Friendly Shuttle**

Drop - In Activities

Drop-In Activities are open to **Members Only**. However, if you are a **non-member**, you can try the activity for a maximum of three times before you need to become a member (*excluding the pool room). You do not need to sign-up for the following programs once you are a member. **These programs start the second week of January unless otherwise specified.**

Carpet Bowling— Margaret Blais, Convener

Carpet Bowling is a team sport played on an indoor carpet, using bowls and a jack. The object is for the team to gain as many shots as possible by getting their bowls nearer to the jack than their opponents. Our group welcomes new members, and is willing to give instruction if needed. Carpet Bowling is held on **Wednesday & Friday at 10:00 am** in the Multi-Purpose Hall. ***No class Friday, March 8th & Wed. April 3rd.**

Darts - Carol Doroshenko, Convener

Darts is an indoor game in which players take turns throwing darts. Players start at a set score of usually 501 and win by reducing their score to zero. There are ten dart boards in the Multi-Purpose Hall. Darts is played every **Monday* and Wednesday at 1:00 pm**. New and novice players are welcome. ***Begins January 4th. Darts is cancelled on 3rd Monday of each month or the Monday on which it falls to accommodate the Outreach Program.**

Pool - Steve King, Convener

The Veres Family Games Room is open **daily 8:30 am - 4:30 pm** and has three pool tables: One Eight / Nine Ball regulation table for both men & ladies, and two twelve-foot tables suitable for pool golf and snooker. ***Please be advised, a user fee is required for this program. An annual fee of \$50.00 or an alternate drop-in fee of \$2.00 per day to play can be paid at the drop box located at the entrance of the Veres Family Games room.**

Table Shuffleboard - Clay Olsen, Convener

Shuffleboard is a game in which players slide metal weighted pucks down a long smooth wooden table into a scoring area at the opposite end of the table. There are two shuffleboards in the Veres Family Games Room. The scheduled day and time for the program is **Tuesday at 9:00 am, but the shuffleboard tables can be used at other times as available**. ***Members** are welcome to drop-in anytime.

Table Tennis - Jerry Mikusek & Dave Bergen, Conveners

This activity is located in the Multi-Purpose Hall on **Wednesday evenings at 7:00 pm**, and includes open play, singles & doubles. New members are welcome and instruction is available if required. Non-Members pay a \$2.00 nightly drop-in fee.

Floor Shuffleboard - Heather Schmitt, Convener

Floor Shuffleboard is a game in which players use a pole - called a cue - to drive a flat, circular disc across the floor to a scoring box. Two people or teams can play floor shuffleboard against one another and try to prevent each other from scoring. This program is played every Thursday at 1:00 pm in the Multi-Purpose Hall. *** Return Jan. 4th. *No class June 6th for seniors week BBQ picnic.**

Bocce - Steve King, Convener

Anyone interested in Bocce, should come out to the Nor-Bridge Lions Park at 2:00PM (weather permitting) on **Tuesday**. Bocce will start once the weather starts to warm up (May or June). For more information refer to our monthly Newsletter.

Golf - Dan Lang & June Perreault , Conveners

Bring your golf clubs on **Tuesdays and Thursdays (weather permitting)** as the group heads to Evergreen Golf Centre. Watch for more information in the monthly Newsletters as to when the golf program will start.

NEW Beginners Pickleball for Seniors 55+ - Margaret Blais & Jill Marshall, Conveners

This is a fun game resembling tennis in which players use paddles to hit a perforated plastic ball over a net. This is a great way to meet new people and stay active! Pre-register at Nord-Bridge in advance by stopping by the Front Reception Desk. From there, participants will download the TEAM REACH application on their device for up to date information on each night. There is limited space available so please register any time after Jan. 4th. Please wear comfortable indoor running shoes. All equipment is supplied but members are welcome to bring their own paddles and balls as well. This program **every Monday at 6:30pm & Thursday at 5:45 pm** for a drop-in fee of \$2.00 for members and \$5.00 for non members 55+. **(Please pre-register through Ashley by calling 403-329-3222.) Please use the NE doors of the building as this is played in the Multi-Purpose Hall.**

Cards & Board Games - Open to [Members Only](#), however if you are a non-member, you are welcome to try out the program for a maximum of three times before becoming a member. Cards play throughout the year.

Cribbage - Jo-Anne Cairns, Convener

Cribbage is played with a regular 52-card deck, by two, three, or four players. The Crib program is played every [Friday at 1:00 pm](#) in the West Community Room.

Beginners Cribbage— Eileen Sawatsky, Convener

New to Cribbage? Come play and learn every [Tuesday afternoon at 1:30pm](#) in the Dunford Diner Annex!

Euchre—Nova-Jean Swihart, Convener

Euchre is generally played by four persons, with a pack of 32 cards, consisting of nines through the aces. The Euchre program runs [Wednesdays at 1:00 pm](#) in the Dunford Diner Annex. ***No class on June 7th**

Bid Euchre - Sharon VanDenHengel & Judy Workman , Conveners

Bid Euchre is played every [Wednesday afternoon at 1:00 pm](#) in the Dunford Diner Annex. 32 cards are dealt (double deck from Ace to Jack) Eight cards per person. Game is finished when all players have dealt twice. Play with partners same as regular Euchre. Each player bids once starting with the person to the left of the dealer, highest bidder leads, if you win the bid you only count the number of tricks bid, not the number of tricks taken. There is a \$3.00 per day fee for members. ***No class on June 7th**

Contract Bridge - Dianne Smith, Convener

This program meets on [Monday and Friday in the Dunford Diner Annex at 1:00 pm](#). Anyone wishing to learn the game or wanting to join in, please stop by.

Duplicate Bridge - Craig Gregory, Convener

This is a fun Duplicate Bridge Club at Nord-Bridge on [Thursday afternoons at 1:00 pm](#) in the Dunford Diner Annex. In Duplicate Bridge, the same hands are played at each table and your score is based upon your performance against other players. A player normally plays with the same partner for that day, but please come even if you don't have a partner, and we will try to match you up with someone. Players must be Nord-Bridge members. ***Currently looking for more participants*** ***No class on April 11th, May 9th & June 6th.**

NEW Beginners Bridge — Laree Findlay, Convener

Learn to play Bridge for Beginners! We play starting January 11, 2024 until March 1, 2024 on [Thursdays at 1:30pm-3:00 pm](#) in the Dunford Diner Annex. Single are welcome— bring a partner if possible.

Canasta - Gail Petrie, Convener

Canasta is a card game of the Rummy family. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands. Canasta is played in the Dining Room Annex every [Tuesday at 12:45 pm](#).

Whist Program

The classic game of whist is a plain-trick game without bidding, for four players in fixed partnerships. Rules are simple, and there are various forms of whist. Three varieties of whist are played at Nord-Bridge: Trump Whist, Military Whist and Norwegian Whist.

Military Whist - Vacant, Convener

This program is played every [Monday at 1:00 pm](#) in the Dunford Diner Annex.

Texas Hold'em - Mike Bennett, Pino Zucchelli & Marilyn Maloff, Conveners

The subject of many a disagreement in Westerns, was the game Texas Hold'em. Fast forward to present day and minus the saloon / gun fights, Texas Hold'em has become the most popular poker game in North America. Hold'em is a community card game where each player may use any combination of the five community cards and his/her own two hole cards to make a poker hand. This is a fun and easy game to learn. There is a small weekly fee to play the game. Texas Hold'em is played every [Tuesday at 1:00 pm](#) in the West Community Room.

Scrabble - Vacant, Convener

Scrabble is a word game in which two to four players score points by forming words from individual lettered tiles on a game board. The words are formed across/down in a crossword fashion. Players meet on [Tuesday at 1:00 pm](#) in the Craft Room. If you are interested, drop in any Tuesday.

Social Activities – Members only unless otherwise stated

Jammers - Doug Youngren, Convener

Monday Jammers is one of the Centre's most popular programs. If you enjoy music (playing or listening) stop by to be part of this jam, or sit back and enjoy the music. The Jammers meet in the Dunford Diner & Dunford Diner Annex each **Monday from 9:30 am - 12:00 pm**. As seating is limited, there is a \$3.00 fee for Non-Members to attend this program. ***No program on stat holidays.**

Music Makers - Louise Kochan, Convener

The Nord-Bridge Music Makers is a group that gets together weekly to sing. This group's main focus is music and performing at different seniors' health & housing facilities. The group meets weekly at Nord-Bridge in the Dunford Diner Annex on **Tuesday from 10:00 - 11:30 am**. New singers and acoustic instrumentalists are welcome. **We are currently looking for more singers as well! Contact Louise at Nord-Bridge! We begin on January 9th.**

NEW "New" Comers Meet & Greet - Barb LeClair, Heather

Schmitt, & Laureen Palmer, Conveners

Strangers are just friends we haven't met yet. Are you a new member and have trouble going into a room full of people that you would love to have coffee with? Lots of seniors attend Nord-Bridge for exercise, cards, or art, but this group makes that special human connection. Here is your chance to come and meet others as we are always looking for new faces. We meet **the 1st and 3rd Tuesday of every month at 10:00 am in the Dunford Diner Annex**. Every new member will receive a FREE coupon for a treat from our Dunford Diner! Drop in any time that suits you.

NEW Nord-Bridge Ukes (Ukulele Circle)- Shelley McGarry & Laree Findlay, Conveners

Discover the joy of strumming and singing with us! Whether you're a seasoned ukulele pro— or a beginner, all are welcome at this new program! Bring your ukulele, tuner, music stand, and let's create beautiful music together! For more information please contact the conveners: Laree at 403-894-8865 or Shelley: 250-802-9876 or 403-914-0032. We will supply the tabs and lyrics. We play every Friday **starting January 12, 2024** ***Excludes any special luncheon days (Feb. 9 & May 10)** Time: 9:30 –10:00 am is for tuning and learning & 10:00 am-11:00 am is playing music.

Location: Dunford Diner Annex

Fee: FREE for members only drop in on what ever day works for you!

Baking/Cooking at the Interfaith Foodbank

In partnership with the Lethbridge Family Centre come and have fun creating and socializing while using fresh ingredients from the Interfaith Garden! Lots of food to take home at the end of the session as well! Please register at Nord-Bridge or call 403-329-3222 and ask for Ashley. For Seniors 55+.

Date: **Tuesday, Jan 30, Feb. 27, March 26, April 30, May 28, & June 25**

Time: 1:00 pm — 3:00 pm

Location: Chinook Country Kitchen (Inside the Interfaith Foodbank) 1103 3 Ave. N.

Fee: FREE for Members \$10.00 for Non-Members

Maximum Participants: 6



Senior Assistance Programs

On a monthly basis, professionals and post secondary students will provide their services to assist seniors with **legal consultations, foot care, hearing consultations & massages**. Also, during the income tax season, community volunteers help seniors complete their **income tax returns**. Year round, volunteer seniors as part of Nord-Bridge's **Seniors Helping Seniors Program**, are on hand to help fill out government forms and counsel on financial assistance programs. For further details on all programs please see below.

Chinook Foot & Ankle Clinic - Foot Care - 10:00 am - 12:00 pm, **Wednesday Feb. 14, Apr. 10, June 5, & July 31, in the craft room**. This service is available to Nord-Bridge **Members Only**. Appointments are necessary. Please book appointments at the Front Reception Desk. If appointments are all booked - you will be placed on a waitlist and will be given a spot on the next foot clinic date. If you have an appointment and are unable to make it, please call Nord-Bridge to let us know so we can fill your appointment with someone on the wait list. There is now a **\$35.00 per patient fee**, per visit. Please be advised all nail care patients will be required to provide their own towel to place their feet on for nail care appointments.

Lawyers of Huckvale LLP - Legal Consultation is offered the second **Monday of the month** 9:00 am to 11:30 am. The lawyer will be at Nord-Bridge on the following dates: **Jan. 8, Feb. 12, Mar. 11, Apr. 8, May 13, & June 10**. This service is for Nord-Bridge **Members Only**. Members can sign up at the Reception Desk for a half hour free consultation. These are initial consults only. They will discuss members' needs and offer advice on how best to legally proceed.

Candice and Jake Boldt of Lethbridge Hearing Centre - offer FREE hearing tests and consultations every third Thursday of the month from 10:00 am until Noon to Nord-Bridge **Members Only**. Candice or Jake will be here on **Jan. 18, Feb. 15, Mar. 21, April 18, May 16, & June 20**. Appointments are necessary. Please book your half hour appointment at the Reception Desk.

NEW Tech Desk Help – Al, a volunteer of Nord-Bridge, will be in to answer any questions you may have about your tablet, smartphone, or laptop device. Appointments are required. Please stop by the Front Reception Desk to make an appointment. Al will be here once a month on Thursdays from 10:00 am – 2:00 pm in the main corridor of Nord-Bridge. This is a FREE service for members ONLY. Upcoming dates: **Thursdays, Jan. 11, Feb. 8, 15, & Mar. 7 & 14**. For more dates please refer to the monthly newsletter.

NEW Walker Repair Clinic – Thanks to *Leisters Home Care* technician, Allan, will be in Nord-Bridge's main hallway once every couple months on Wednesdays starting, **Wednesday, Feb. 21, April 24, & June 19** at 10:00 am. They will fix and adjust walkers for FREE! To sign up for this clinic please ask at the Front Reception Desk. ***This is for Nord-Bridge Members ONLY.***

Lethbridge Elder Abuse Response Network -If you or someone close to you who is an older adult has been victimized by a family member, spouse, partner, friend, caregiver or other person in a position of trust, please call Amy Cook at 403-394-0306. She is at Nord-Bridge the **last Tuesday of the month**.

Coffee with a Constable, Shawn Davis with Lethbridge Police Services - Constable Shawn Davis will sit down and chat with you about any questions you may have regarding law enforcement, and concerns. Constable Davis will be in the diner the **second Wednesday of each month from 10:00 am - 11:30 am**.

Lethbridge College - Massage Therapy Students - If your muscles are sore come in for a free massage! Massages are on a first-come first-served basis. The College students will be at Nord-Bridge on **Wednesday, Jan. 24 & Mar. 20 from 10:00 am - noon** in the Craft Room. This service is for Nord-Bridge **Members Only**. Please check with the Reception Desk and Monthly Newsletter for more information.

NEW SAIM– Southern Alberta Institute of Massage Students– If your muscles are sore come in for a free massage! Massages are on a first-come first-served basis. They will be here on **Jan. 26 & Feb. 23 at 9:30 am-11:30 am in the Board Room**. This service is for Nord-Bridge **Members Only**.

Out and About Coffee and Shopping

Back by popular demand is monthly shopping trips to Wal-Mart North starting the **first Wednesday of the month at 10 am**. Bring cash, reusable bags and get your monthly grocery shopping done followed by a social coffee at Tim Hortons or McDonalds. Sign up today by contacting Maria at 403-329-3222 or stop by the Front Reception Desk. This is for members only. There is a \$5.00 fee for the bus ride there and back. **Next upcoming dates: Jan. 3, Feb. 7, Mar. 6, Apr. 3, May 1, & June 5**.

Seniors Systems Navigators (SSN)

Seniors System Navigators are located within multiple senior serving agencies including: Canadian Mental Health Association, Lethbridge Housing Authority, Lethbridge Senior Citizens Organization (LSCO) and Nord-Bridge Seniors Association. This team is supported by a Team Lead who provides clinical guidance and negotiation to ensure the seniors journey is as seamless as possible.

The Seniors System Navigators (SSN) respond to seniors 60+ in need by providing referrals and service navigation and outreach support to residents of the City of Lethbridge. The goal of this partnership and the Seniors System Navigators is to collaborate internally as well as with existing community services to engage in organized senior centered service planning, avoid agency duplication and fill gaps with the outcome being to deliver coordinated support to seniors.

Services are individualized and driven by psychosocial assessments and seniors centered service planning inclusive of:

- Support to navigate and access community, health and social resources
- Assistance understanding, accessing and applying for financial benefits/assistance
- Support to access seniors independent or supported housing
- Emotional support to facilitate health coping habits and social engagement
- Ongoing support for seniors experiencing complex psychosocial needs related to aging challenges
- Facilitate educational and support groups
- Outreach support as needed

If you have a question and would like to speak to someone you are welcome to contact the intake line at (403) 329-1544 and another Navigator will be able to assist you. Professionals are welcome to make referrals directly to our team. To print the SCSP Referral Form please go to www.nordbridgeseniors.com under the Senior Assistance Programs tab.

Seniors Helping Seniors Tax and Form Assistance - The "Seniors Helping Seniors" program at Nord-Bridge is staffed by a team of knowledgeable volunteers Wednesday and Thursday mornings year round. The team includes eight tax preparers during the tax season of March-April and during the balance of the year, "Seniors Helping Seniors" volunteers assist with filing of late returns, and help seniors qualify, or re-qualify, for benefits available under the Provincial Alberta Seniors Benefits. Special Needs Assistance Programs for Seniors; Federal Old Age Security; Guaranteed Income Supplement; and Canada Pension Plan benefits. Please phone the Reception Desk at 403-329-3222 to talk with one of our tax volunteers on Wednesday & Thursday mornings.

Community Volunteer Income Tax Program - If you are unable to complete your income tax and benefit return by yourself and are unable to pay for assistance, our Community Volunteer Income Tax Program may be for you. Each year volunteers from the community are trained by Canada Revenue to complete simple income tax returns. Volunteers do not complete income tax and benefit returns for deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. Please note volunteers cannot prepare returns for incomes over \$25,000 for a single person and \$30,000 for a couple. This program is offered from March to April, dates will be announced once volunteers are confirmed. No appointments will be allowed however, income taxes can also be dropped off at Nord-Bridge (please make sure all your tax information is included, along with your birth date, marital status, phone number, and social insurance number) between Monday-Friday 9:00 am– 3:00 pm. This is a FREE service.

NEW Specsavers Optical Technician now at Nord-Bridge! Get your Glasses fixed and ask any related questions the third Thursday of every month starting at 1 pm. This is in the main corridor with Licensed Optician, Andrea Henning. Book your 15 minute appt. today at the Front Reception desk. Next upcoming dates: Jan. 18, Feb. 15, Mar. 21, April. 18, May 16, & June 20.

NEW Manicures with Sylvia once a month for \$20 per person come relax and get your nails done, with fresh nail polish and a design followed by a mini hand massage! Located in the Craft Room in the afternoon. 30 minute time slots are available. Please book at the Front Reception Desk today and please pay Sylvia. Upcoming dates: Feb. 7, Mar. 6, Apr. 10, May 1, & June 5.

Paid Classes and Special Programs at a Glance:

<input type="checkbox"/>	Active POUND Wednesday	Session 1 – Jan. 10– Feb. 28 Session 2 – Mar. 6– May 1 Session 3 – May 8– June 26	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Advanced Acrylic Paint Thursday	Session 1 – Jan. 11 – Feb. 15 Session 2 – Feb. 22– Mar. 28 Session 3- April 4– May 9 Session 4- May 16– June 27	Cost: \$55.00 M Cost: \$55.00 M Cost: \$55.00 M Cost: \$55.00 M
<input type="checkbox"/>	Advanced Watercolor Tuesday	Session 1– Mar. 12– Apr. 23 Session 2– May 7– June 18	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Beginners Acrylic Paint Monday	Session 1– Jan. 15– Mar. 4 Session 2– Mar. 11– Apr. 29 Session 3– May 6– June 24	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Begin. Line Dance Mon PM	Session 1- Jan. 8– Mar. 25 Session 2– April 8– June 24 CANCELLED	Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	NEW Beginners Tai Chi Tues	April 16 - June 18	Cost: \$25.00 M
<input type="checkbox"/>	NEW 24 Form Tai Chi Tues	Jan. 9– Mar. 12	Cost: \$25.00 M
<input type="checkbox"/>	Begin. Water Color Tues	Jan. 16– Feb. 27	Cost: \$45.00 M
<input type="checkbox"/>	Chair Yoga Monday	Session 1 – Jan. 8– Feb. 26 Session 2 – Mar. 18– May 6 Session 3– May 13– July 8	Cost: \$45.00 M Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	Chair Yoga Wednesday	Session 1– Jan. 10– Feb. 28 Session 2– Mar. 20– May 1 Session 3– May 8– June 19	Cost: \$45.00 M Cost: \$45.00 M Cost: \$40.00 M
<input type="checkbox"/>	Chair Yoga Friday	Session 1 – Jan. 12– Mar. 1 Session 2 – Mar. 15 – May 3 Session 3- May 10 – June 21	Cost: \$45.00 M Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	Clogging (Begin./Intermed./Adv.)	Jan. 9 – June 4	Cost: \$42.00 M
<input type="checkbox"/>	COMPASS for the Caregiver	June 4– 25	Cost: \$55.00
<input type="checkbox"/>	NEW Evening Gentle Barre	Session 1 – Jan. 16– Mar. 5 Session 2 – Mar. 12– Apr. 30 Session 3– May 7– June 25	Cost: \$50.00 M Cost: \$50.00 M Cost: \$50.00 M
<input type="checkbox"/>	NEW Exercises with Arthritis	Feb. 6 – June 4	Cost: \$50.00 M
<input type="checkbox"/>	NEW Flowers in Watercolor	Feb. 21 & 28th	Cost: \$25.00 M
<input type="checkbox"/>	NEW Genealogy Tuesday	Session 1– Jan. 9– Feb. 27 Session 2– Mar. 12– Apr. 30	Cost: \$35.00 M Cost: \$35.00 M
<input type="checkbox"/>	Gentle Somatics Wednesday	Session 1– Jan. 10– Feb. 28 Session 2– Mar. 20– May 1 Session 3– May 8– June 19	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Gentle Yoga Monday	Session 1 – Jan. 8– Feb. 26 Session 2 – Mar. 18– May 6 Session 3- May 13– July 8	Cost: \$40.00 M Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	Gentle Yoga Wednesday	Session 1– Jan. 10– Feb. 28 Session 2– Mar. 20 – May 1 Session 3– May 8– June 19	Cost: \$45.00 M Cost: \$45.00 M Cost: \$40.00 M

Paid Classes and Special Programs Continued:

<input type="checkbox"/>	Gentle Yoga with Donna Friday	Session 1– Jan. 12– Mar. 1 Session 2– Mar. 8– May 10 Session 3– May 17– July 5	Cost: \$40.00 M Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	NEW Golden Fit Monday	Session 1– Jan. 8– Mar. 4 Session 2– Mar., 18– May 13	Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	Indoor Walking Club Wednesday	Session 1– Jan. 10– Feb. 28 Session 2– CANCELLED Session 3– CANCELLED	Cost: \$35.00 M Cost: \$35.00 M Cost: \$35.00 M
<input type="checkbox"/>	NEW Intro to French Friday	Jan. 19– Mar. 8	Cost: \$30.00 M
<input type="checkbox"/>	Keep Fit Aerobics (ZOOM Option)	Jan. 9– June 18	Cost: \$45.00 M
<input type="checkbox"/>	Keep Fit Combo (ZOOM Option)	Jan. 9 – June 18	Cost: \$45.00 M
<input type="checkbox"/>	Keep Fit Strength (ZOOM Option)	Jan. 11– June 20	Cost: \$45.00 M
<input type="checkbox"/>	Pilates Thursday	Session 1– Jan. 11– Feb. 29 Session 2– Mar. 14 – Apr. 25 Session 3– May 2 – June 13	Cost: \$40.00 M Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	NEW Technology Help with AI	Jan. 25, Feb. 22 & Mar. 28	Cost: \$25.00 M
<input type="checkbox"/>	Ukrainian Easter Egg Painting	Mar. 13	Cost: \$30.00 M
<input type="checkbox"/>	Virtual Cooking Class Wed	Feb. 21, Mar. 20, & Apr. 24	Cost: \$25.00 M
<input type="checkbox"/>	Virtual Guided Meditation	Session 1 – Jan. 17 – Mar. 6 Session 2 – Mar. 20 – May 22	Cost: \$20.00 M Cost: \$20.00 M
<input type="checkbox"/>	NEW Yin & Yoga Nidra Wed	Jan. 10 – Feb. 21	Cost: \$45.00 M
<input type="checkbox"/>	YMCA Beginners Pickleball	Jan. 10 – June 5	Cost: \$100.00 M
<input type="checkbox"/>	Zumba GOLD Tuesday	Session 1– Jan. 9 – Feb. 27	Cost: \$40.00 M

Important Program Registration Information:

Starting January 4th: We highly recommend registering for all classes online at www.nordbridgeseniors.com or if needed, in person. Please DO NOT call in on January 4th, as we will not be able to answer the phones. Participants can register for any art, fitness, special programs, mental health and wellness programs this week. Please note: the Yoga classes will fill up quickly however, if needed we will put attendees on a wait list.

Registering in Person:

If you decide to come in person we will be handing out numbers at 8:00 am and no sooner. Once you have your number you will be welcome to sit in the dining room. We will make sure everyone can hear the numbers being called. To make the registration process smoother, you will be required to **fill out the tear out registration form on page 12** and bring with you on registration day. Please disregard this if you are registering online. Each person will only be allowed to register for one absentee registrant and no more this goes for online as well. If you forget this form, we will give you one to fill out ASAP before the numbers are handed out. Electronic copies of this form will be provided online to print out at home on our website: www.nordbridgeseniors.com under the *Recreation Programs > Online Registration* tab.

Registering Online:

We highly encourage members to register and pay online at www.nordbridgeseniors.com, if you are not comfortable paying online, please call us after Jan. 4th OR select “Pay Minimum” upon checkout. A full list of steps to register online are on page 9 of the January newsletter. If you need help, please us a call BEFORE registration week and we will go through it with you.

Thank you for your cooperation!

WINTER 2024 PROGRAM REGISTRATION FORM:

Name & Member Number: _____

Program Name:	Program Cost:	Session # / Dates
1 _____	_____	_____
2 _____	_____	_____
3 _____	_____	_____
4 _____	_____	_____
5 _____	_____	_____
6 _____	_____	_____
7 _____	_____	_____
8 _____	_____	_____
9 _____	_____	_____

Member Renewal for 2024: YES or NO (circle one) \$60.00

New Member Fee: YES or NO (circle one) \$63.00

For Reception Staff ONLY: Program Sub-Total: \$ _____

Membership Sub-Total \$ _____

TOTAL: \$ _____

If registering in person, this form MUST be taken and filled out starting on Thursday, January 4th.

Paid by (cash, debit, credit, cheque): _____

Winter 2024 - Paid Classes & Special Programs

In order to take advantage of Nord-Bridge member price for the programs, a current 2024 membership is required. The course registration fee must be paid in full prior to the start of class.

Arts & Crafts Programs

Beginners Watercolor (No Experience Required)

If you are one of many beginners who think they cannot paint or draw, this is the watercolor class for you. It will calm all your fears. You will be guided through different techniques and textures such as bubble wrap, facial tissue and salt, and show you how to properly use your brushes and mix color on your paper. By the end of seven sessions, you will have the confidence in your ability to paint on your own and to have lots of paintings to show your family. The first class will be an introduction to the world of watercolor. **The participant is required to buy their own supplies before the class. Please pick up the supply list when registering.**

<u>Begin:</u>	Tuesday, Jan. 16	<u>Ends:</u>	Feb. 27
<u>Time:</u>	9:30 am – 11:30 am	<u>Location:</u>	Craft Room
<u>Instructor:</u>	Denise Savard	<u>Maximum:</u>	10 students
<u>Fee:</u>	Members: \$45.00	<u>Non-Members:</u>	\$65.00

NEW Advanced Watercolor (Minimum of 4 years previous experience required)

This class is for those who have more experience in painting by themselves with proper paints and brushes and are able to paint with minimal supervision. We will be layering grass, defining color swatch of real flowers and compound strokes. **The participant is required to buy their own supplies before the class. Please pick up the supply list when registering.**

<u>Session 1:</u>	Tuesday, Mar. 12	<u>Ends:</u>	Apr. 23
<u>Session 2:</u>	Tuesday, May 7	<u>Ends:</u>	June 18
<u>Time:</u>	9:30 am – 11:30 am	<u>Location:</u>	Craft Room
<u>Instructor:</u>	Denise Savard	<u>Maximum:</u>	10 students
<u>Fee:</u>	Members: \$45.00 (for each session)	<u>Non-Members:</u>	\$65.00 (for each session)

NEW Beginners Acrylic Painting with Gordon Perret

Experiment with various techniques and styles used in acrylic painting. We will learn basic techniques in acrylic painting, design elements important in painting, composition, use of line and texture as well as use of color such as basic color theory, atmospheric perspective, color and mood. We will use the topics of still life and landscape to learn these skills. **The participant is required to buy their own supplies before the class. *Please pick up a supply list when registering.***

<u>Session 1:</u>	Monday, Jan 15	<u>Ends:</u>	Mar. 4 *No class Feb. 19
<u>Session 2:</u>	Monday, Mar. 11	<u>Ends:</u>	Apr. 29 *No class Apr. 1
<u>Session 3:</u>	Monday, May 6	<u>Ends:</u>	June 24 *No class May 20
<u>Time:</u>	10:00 am – Noon	<u>Location:</u>	Craft Room
<u>Fee:</u>	\$45.00	<u>Non-Members:</u>	\$65.00

Advanced Acrylic Painting (Min. of 5 years previous experience)

In this acrylic painting class, you will not only learn how to paint with acrylics, but also experiment with color mixing, develop brush stroke techniques, discover how to glaze, and practice composition using still life and photos for reference. The purpose of this class is to improve your painting skills and to have fun! **The participant is required to buy their own supplies before the class. A complete supply list will be given at the time of registration.**

<u>Session 1:</u>	Thursdays, Jan. 11	<u>Ends:</u>	Feb. 15
<u>Session 2:</u>	Thursdays, Feb. 22	<u>Ends:</u>	Mar. 28
<u>Session 3:</u>	Thursdays, April 4	<u>Ends:</u>	May 9
<u>Session 4:</u>	Thursdays, May 16	<u>Ends:</u>	June 27 *No class June 6
<u>Location:</u>	Flex Room	<u>Time:</u>	1:00 pm - 3:30 pm
<u>Fee:</u>	Members: \$55.00	<u>Non-Members:</u>	\$75.00
<u>Instructor:</u>	Karina Mak	<u>Maximum Participants:</u>	10

NEW Flowers in Watercolor with Donna Gallant- Two Day Workshop

In this two week short class we will examine and reproduce close up views of flowers, searching for color changes, shadows, lights, textures, and much more! We will even learn how to paint water drops on petals. No experience required, just a willingness to look at something in a new way.

<u>Dates:</u>	Wednesday, Feb. 21 & 28th
<u>Time:</u>	10:00 am – 12:00 pm
<u>Location:</u>	Craft Room
<u>Fee: Members:</u>	\$25.00 Non Members: \$45.00 *Please pick up a supply sheet up registration

Special Art Class for a Limited Time!

NEW Ukrainian Easter Egg Painting - One day workshop

Back by popular demand we are happy to offer another Ukrainian Easter Egg Painting class. Come learn how to create your own Ukrainian Egg masterpiece just in time for Easter with Janet Tilbe who has many years of experience! All supplies will be provided and no previous experience required. Morning or afternoon option available.

Begins: Wednesday, March 13

Time: 9:00 am - 12:00 pm OR 1:30pm – 3:30 pm

Location: Craft Room

Fee: Members: \$30.00 Non Members: \$50.00

Arts & Crafts Clubs- Members Only

NEW Paper Tole / Handy Crafters

The Paper Tole group takes multiple copies of a printed piece of art, and then cut, shape, mold and elevate the artwork to make three dimensional prints. More recently this group now creates new cards together. This is an introduction to card making, learning measurements, and decorating using a *Cricut* machine and paper. Some supplies included but please contact Louise or Connie for more info. Instruction for card making is provided on Wednesdays and "go at your own pace" classes are on Fridays. This group meets on Wednesdays & Fridays at 10:00 am in the Flex Room & Fridays in the Craft Room. For information on this Club, please talk to the coordinator Connie Quintin at 403-795-7709. There is a member annual fee of \$15.00 for Wednesday and \$15.00 for Friday classes. Begins Jan. 3rd.

Art & Soul Watercolor Club

The Watercolor Club is a group of painters who have been meeting on a regular basis, sharing ideas, techniques and resources. While their primary purpose is to paint, it is important that the group retain its friendly, positive, encouraging atmosphere. The group plans occasional one day workshops, and would welcome artists who are willing to teach. The Watercolor Club meets every Tuesday afternoon at 1:00 pm in the new "Flex" room (located beside the pool room). For information on this Club, please talk to the co-coordinator Erika Bosters. There is a \$20.00 fee for members. Begins Jan. 9th.

NEW Watercolor Club

This is the newest watercolor club similar to the "Art and Soul Watercolor Club" where a group of painters meet on a regular basis, sharing ideas, techniques and resources. The Watercolor Club meets every Friday afternoon at 1:30 pm in the new "Flex" room (located beside the pool room) There will be no club from September– December 2024. For information on this Club, please talk to the co-coordinator, Sandy Nowell. There is a \$20.00 fee for members. Begins Jan. 19th.

Quilters Krafters Koffee Klub

This group of crafters is calling all knitters, crocheters, quilters, and crafters. They invite you to meet with them on a weekly basis for a social get-together. Bring your own work projects to work on, and ideas to share. The Club meets every Monday afternoon in the new Flex Room (located beside the pool room) from 1:00 pm - 3:00 pm. For more information on this club please contact Lois Cicman. Begins Jan. 8th.

The Card Crafters

We have so much fun, you should really join us every Thursday morning (9:00 am in the Craft Room) as we make new creations from donated greeting cards. Our cards are then sold in the Gift Boutique as a fund-raiser for Nord-Bridge Seniors Centre. No special skills required except a good sense of humor and the ability to cut and paste and create. For more information, please talk with the coordinator, Pat Kincade.

Woodcarving

In this class you will learn the art of carving wood. You will be able to create your own carved projects. Beginning students who have little or no experience in carving are welcome. Come join in for an adventure in Woodcarving. This class is ongoing so you can register and join anytime on Mondays and Thursdays from 1:00 pm —3:30 pm in the Craft Room. There is a member fee of \$15.00 and a Non Member fee of \$35.00 for both Monday and Thursday classes. *No class on June 6th.



Education

Mind Joggers Writing Group - Ted Sillito, Jack Simmons, & Judy Knox, Conveners

The Mind Joggers Writers Group is a casual, friendly group that is always looking for new members. Each person has memories that are important to record for future generations. This group is here to offer encouragement and support as you get started in writing. You will be pleasantly surprised at how easy it is to write, once you get over the initial fear. Drop-in to the Berlando Boardroom on Thursdays at 9:30 am to see if this program is for you. You may want to just listen or join the discussions. **Begins January 11th.*

NEW Genealogy Course

Enhance your knowledge of online and local resources to help you grow your family tree. Your discoveries are more valued when supported by sources. Course outline will be determined by the interests of participants. Possible topics will include building family trees beginning with what you know, researching for missing info or ancestors, learning to use resources such as ancestry, family search etc., and how to attach sources to support finds and improve accuracy. **Laptop or tablet required in this course & must be computer literate.*

Session 1 Begins: Tuesday, January 9– Feb. 27

Session 2 Begins: Tuesday, March 12– April 30

Time: 10:00 am — 11:00 am

Location: Flex Room

Fee: Members: \$35.00 Non Members: \$55.00

Instructors: Grant and Linda Harker Max. Attendees: 10

NEW Intro to French with Louise Hamel!

Learn the basics of French whether you are wanting to learn for an upcoming trip or just in general conversation, this is the class for you! *Please pick up a pre-participant survey upon registration and return by January 12th.* No previous experience required.

Begins: Friday, January 19 - March 8

Time: 10:30 am– 12:00 pm

Location: Flex Room

Fee: \$30.00 Members \$50.00 Non Members

Maximum Attendees: 14

NEW Technology Help with AI!

AI is our very well known volunteer "Tech Help" expert and he is now offering official group classes to our members on tech help questions from email set up & resetting passwords to buying a new computer and all the tips and tricks in between! *Please fill out a form upon registration to help AI tailor the class to all participants!*

Begins: Thursday, Jan. 25, Feb. 22nd & Mar. 28th (3 sessions)

Time: 10:00 am – 11:30 am

Location: Flex Room

Fee: \$25.00 for **Members ONLY**

Intergenerational Programs

LSKIP – Lethbridge Family Centre

In partnership with the Lethbridge Family Centre, this intergenerational program is with children and/or youth between the ages 3 – 12 years old. Nord-Bridge Seniors and the children are then partnered up together to enjoy crafts and stories together followed by music at the end of the hour. *We are always looking for more fun Nord-Bridge Senior members to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up. *Ask Ashley about the special event at Chinook Lake North (Uplands) on July 16th at 10am!*

Date: Wednesday, January 24, February 28, March 27, April 24, May 22 & June 26

Time: 3:15pm to 4:15 pm

Location: Multi-Purpose Hall

Fee: FREE

Intergenerational Game Afternoon- Park Meadows Elementary School

This is an intergenerational program between the Park Meadows Elementary School Grade 5 students and Nord-Bridge Senior members. They play a variety of board games with the seniors followed by a light snack all in one hour. We are always looking for more fun Nord-Bridge Senior members 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!

Date: Thursday, Jan. 25, Feb. 29, Mar. 28, Apr. 25, & May 30

Time: 1:20 pm –2:45 pm

Location: West Community Room

Fee: FREE

Fitness Programs

Clogging

Clogging is an American folk dance that is similar to tap dancing. Clogging is done to almost any kind of upbeat music. Country and traditional bluegrass music are the most popular types of music for clogging. The activity is a great form of exercise, so come out and try this form of dance.

Begins: Tuesday, January 9 – June 4
Time: 10: 30 am ***New 45 min classes (Beginner/ Intermediate)**
Time: 11:15 am ***New 45 min. Classes (Advanced)**
Fee: Members: \$42.00 Non-Members: \$50.00
Drop In Fee: \$5.00 Members \$6.00 Non-Members
Location: West Community Room
Instructor: Sandy Nowell

Line Dancing with Diane

Line Dancing is a relaxed and fun afternoon with a variety of music and is an excellent exercise for both body and mind. These classes are meant for all levels (please see below). Please wear non marking footwear and bring your water bottle. Please come and join us in the fun every week!

Monday AM Intermediate Class Begins: Jan. 8 (throughout year) ***No class Feb. 19, Apr. 1, & May 20**
Location: Multi-Purpose Hall
Time: 10:00 am—11:30 am
Fee: Drop in: \$4.00 Members \$5.00 Non-Members

Monday PM Beginners Class

Session 1: Jan. 8 – Mar. 25 ***No class Feb. 19**
Session 2: **Apr. 8 – June 24 *No class May 20 CANCELLED**
Location: West Community Room
Time: 1:00 pm - 2:00 pm
Fee: \$40 for Members \$50 Non-Members **(no drop ins allowed Max. 12)**

Thursday Advanced Class Begins: Jan. 11 (throughout year) ***No class June 6**
Location: Multi-Purpose Hall
Time: 9:00 am – 10:30 am
Fee: Drop in: \$4 for members \$5 non-members



Evening Line Dancing with Karen

Steps are simple and don't involve dancing with a partner. Basic line dance focuses on movement of the legs and feet with more advanced dances including the arms and hands. Come join in for some fun and exercise.

Begins: Tuesday, January 9 – May 28
Location: Multi-Purpose Hall
Time: 7:00 pm
Instructor: Karen Hooper
Fee: \$5.00 / night

NEW Bridge Trekkers Indoor Walking Group

Welcome to Bridge Trekkers! This indoor walking group is offered by Be Fit for Life at Lethbridge College, the YMCA and Nord-Bridge Seniors Centre. Move your walks indoors when the weather turns cold. Meet at Lethbridge College on Mondays at 11:30 am from January 8– April 17, the YMCA on Wednesdays at 11:30 am and once a month, join a bonus class at Nord-Bridge Seniors Centre. We'll provide tips for walking and overall wellness too. Bring a friend or make a new one!

Dates at Nord-Bridge: Tuesday, Jan. 30, Feb. 27, & Mar. 26
Time: 3:15 pm — 4:15 pm
Location: Multi-Purpose Hall of Nord-Bridge
Fee: \$30.00 for members and non-members **(please register through the Lethbridge College by calling [403-382-6919](tel:403-382-6919). Nord-Bridge will not take any registrations)**

NEW 24 Form Tai Chi Yang Style with Bylinda Mason

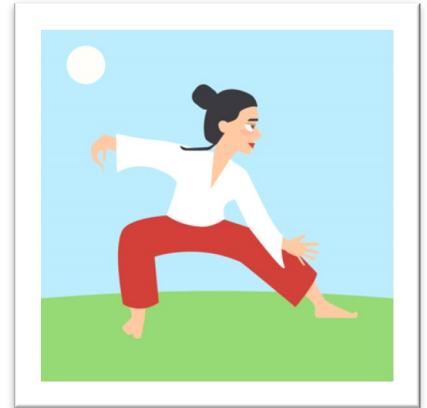
Tai Chi, a mind-body exercise, is gentle flowing and low impact. Participants will learn the 24 Tai Chi Yang, along with Qigong 18 Form (Shi Ba Sh). By the end of the 10 weeks participants will be able to perform the 24 Form Tai Chi Yang Style with confidence. Many benefits include, increased muscle strength and bone density, lower blood pressure, improved balance, coordination and flexibility, reduced pain and stiffness, increased immunity, stress reduction and mental peace. **Previous knowledge of Tai Chi is required to take this class.**

Begins: Tuesday, Jan. 9 – Mar. 12
Location: Multi-Purpose Hall
Time: 12:45 pm—1:45 pm
Fee: \$25.00 Members \$45.00 Non-Members ***No drop ins allowed**

NEW Beginners Tai Chi with Bylinda Mason

Tai Chi, a mind-body exercise, is gentle flowing and low impact. This is for beginners. Participants will learn the basic steps and hand movements of Tai Chi along with proper warm up and cool down exercises. By the end of the 10 weeks participants will be able to perform the Simplified Tai Chi Chuan 10 Yang Style and Sun Style. Many benefits include, increased muscle strength and bone density, lower blood pressure, improved balance, coordination and flexibility, reduced pain and stiffness, increased immunity, stress reduction and mental peace. **Some knowledge of Tai Chi is recommended but not necessary.**

Begins: Tuesday, Apr. 16– June 18
Location: Multi-Purpose Hall
Time: 12:45 pm—1:45 pm
Fee: \$25.00 Members \$45.00 Non -Members ***No drop ins allowed**



NEW YMCA Beginners Pickleball

This is the newest partnership between Nord-Bridge and the Cor Van Ray YMCA on the west side of Lethbridge. This is a recreational group for beginners looking to gain more experience in the game of pickleball. All equipment is provided so come and meet new people while getting some exercise in! No drop ins are allowed so please pre- register for this session starting January 5th online at www.nordbridgeseniors.com or through the YMCA at www.lethbridgeymca.ca. **We are also looking for a spring/ summer convener for May-August 2024 to help lead this program once a week. If interested please contact Ashley at 403-329-3222.**

Begins: Wednesday, January 10th – June 5th
Location: Cor Van Ray YMCA
Time: 6:00pm - 9:00 pm
Instructor: Patrick Lapointe
Fee: Nord-Bridge Members ONLY: \$100.00 or FREE for YMCA members

Exercises with Arthritis

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

Begins: Tuesday, February 6 – June 4 ***No class Feb. 27 & Mar. 26**
Location: Multi-Purpose Hall
Time: 3:15 pm - 4:00 pm
Instructor: Donna Tiefenbach
Fee: Members \$50.00 Non Members: \$70.00



Keep Fit – Tuesday Aerobics, Combo, and Thursday Strength Training

Want to tone and shape your muscles? This class is geared to develop muscular strength and endurance. Light hand weights and resistance bands will be utilized in this class. No impact functional exercises will focus on strengthening independence in daily living activities. Please see below for fees. This class can be done either standing or seated.

Tuesday Adapted Aerobics

Begins: Tuesday, Jan. 9
Time: 11:00 am
Fee: \$45.00

Ends: June 18 *No class Mar. 5 & 12
Location: Multi-Purpose Hall

NEW Tuesday Afternoon Combo Keep Fit– Cardio & Strength

Begins: Tuesday, Jan. 9
Time: 2:00 pm
Fee: \$45.00

Ends: June 18 *No class Mar. 5 & 12
Location: Multi-Purpose Hall

Thursday Strength & Flexibility

Begins: Thursday, Jan. 11
Time: 11:00 am
Fee: \$45.00

Ends: June 20 *No class Mar. 7 & June 6
Location: Multi-Purpose Hall

This class is for Members Only with no drop-ins. \$45.00 is for each Tuesday morning/afternoon or Thursday morning class. For example, for those who wish to register for ALL Tuesday morning, afternoon, and Thursday morning Keep Fit classes, the cost will be \$135.00 to register in all three classes. Please note: participants will have the option to use ZOOM online. Please let us know when registering if it is for in-person or online.

Gentle Somatics Stretch & Release with Melanie!

Somatics is a complement to any activity you participate in and helps improve your daily functional movements. As you explore the movements of Somatics you are connecting the body and mind through movement and meditation. As we bring awareness to our bodies (Soma's) we can then help relieve pain, recover from injury, reduce stress and maximize flexibility. These exercises do not just address the body's movement gateways as we walk and breath, but how we carry our stress and tension that leads into chronic neck, shoulders, hips and low back pain. We as individuals view ourselves from the inside looking out otherwise the distinction between mind and body disappears. "We are our own best healers". Somatics is great for MS, Stroke recovery, chronic pain, migraines and much more. This is easily modifiable and can be done seated in a chair, a lifted bed, or on the floor.

Session 1 Begins: Wednesday, January 10
Session 2 Begins: Wednesday, March 20
Session 3 Begins: Wednesday, May 8
Time: 11:45 am - 12:30 pm
Fee: \$45.00

Ends: February 28
Ends: May 1
Ends: June 19
Location: West Community Room
Non-Members: \$65.00

NEW Indoor Walking Club

This walking club gives members that have limitations an opportunity to build cardio in a social environment. This program is a fun, social yet challenging class that incorporates movements and balance exercises in a functional and safe manner. Put on your walking shoes and please join us inside at Nord-Bridge!

Session 1 Begins: Wednesday, January 10
Session 2 Begins: Wednesday, March 20
Session 3 Begins: Wednesday, May 8
Time: 2:30pm – 3:15 pm
Fee: Members: \$35.00
Instructor: Melanie Hillaby

Ends: February 28
Ends: May 1 CANCELLED
Ends: June 19 CANCELLED
Location: West Community Room
Non-Members: \$55.00 Max. 12



Pilates

Learning to use proper breathing to stabilize and support the body. Adapted core Pilates works on increasing core/torso strength without your typical crunches. We concentrate on gentle safe functional movements to keep your body safe and our participants living an active lifestyle. Pilates can be done from a chair without worrying about trying to move on and off the floor. Props will be incorporated but not mandatory. Members are encouraged to work at their own pace while enjoying a bubbly fun atmosphere. Lead by Melanie Hillaby.

<u>Session 1 Begins:</u>	Thursday, January 11	Ends: February 29
<u>Session 2 Begins:</u>	Thursday, March 14	Ends: April 25
<u>Session 3 Begins:</u>	Thursday, May 2	Ends: June 13
Time:	9:00 am – 9:45 am	
Fee:	Members: \$40.00	Non-Members: \$60.00
Location:	West Community Room	

ZUMBA GOLD®

Join Sheila Mulgrew as she leads you through 45 minutes of Zumba GOLD®! This is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

<u>Session 1 Begins:</u>	Tuesdays, January 9	Ends: February 27
<u>Session 2 Begins:</u>	Tuesdays, March 5	Ends: April 23
<u>Session 3 Begins:</u>	Tuesdays, April 30	Ends: June 18
Time:	9:00 am – 9:45 am	Location: Multi-Purpose Hall
Fee:	Members: \$40.00	Non-Members: \$60.00
Drop in Fees:	Members: \$7.00/class	Non-Members: \$9.00/class

NEW Evening Gentle Barre

Gentle Barre is a low- impact fitness class which focuses on full body muscle endurance using elements of Ballet, Pilates and Yoga movement. This workout targets the smaller muscle groups using a combination of light hand held weights, resistance bands, bender balls, gilders (to name a few) to improve strength, balance, mobility and flexibility. This class is suitable for everyone with a wide range of options and modifications available. All fitness levels welcome. *Please bring a yoga mat, water bottle and comfortable workout attire ***FREE drop in on Jan. 9th!**

<u>Session 1 Begins:</u>	Tuesdays, January 16	Ends: March 5
<u>Session 2 Begins:</u>	Tuesdays, March 12	Ends: April 30
<u>Session 3 Begins:</u>	Tuesdays, May 7	Ends: June 25
Time:	5:00 pm – 5:45 pm	Location: Multi-Purpose
Fee:	Members: \$50.00	Non-Members: \$70.00
Drop in Fees:	Members: \$9.00/cl	Non-Members: \$11.00/cl
Instructor:	Sheila Mulgrew	

Active POUND 55+ with Sheila!

This energizing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements from a chair or standing. POUND® 55+, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. This work out is easily modifiable and appeals to all ages and abilities. **Please bring your own yoga mat for all POUND classes and wear indoor shoes. Rip Stix will be provided.**

<u>Session 1 Begins:</u>	Wednesdays, January 10	Ends: Feb. 28
<u>Session 2 Begins:</u>	Wednesdays, March 6	Ends: May 1 *No class Apr. 3
<u>Session 3 Begins:</u>	Wednesdays, May 8	Ends: June 26
Time:	8:45 am – 9:30 am	Location: Multi-Purpose
Fee:	Members: \$45.00	Non-Members: \$65.00
Drop in Fees:	Members: \$8.00/cl	Non-Members: \$10.00/cl
Instructor:	Sheila Mulgrew	

Yoga with Melanie Hillaby

Gentle/Stability Yoga Offers an opportunity for students to strengthen the body and mind connection. The instructor will explore aging, anatomy, meditation, breathing and relaxation. Vinyasa yoga focuses on guiding the movements through the breath. Slow gentle movements are done in a non-intimidating, friendly manner and modifications are always offered by the instructor. Participants are asked to wear loose clothing & bring a yoga mat. class focuses on increasing the strength of the 'core' muscle group. Core muscles are the abdominals, glutes & upper legs. They are the key to stability, balance, good posture & aid in the reduction of injuries. All classes are beginner to intermediate friendly.

***Offered in person ONLY.**

Chair Yoga

Chair Yoga is the term generally used to describe a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Chair yoga has helped people with the symptoms of many health issues including: Hypertension (high blood pressure), anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression, and chronic pain. Chair Yoga is one of the gentlest forms of yoga available. Complicated maneuvers and complex movements are not present in a Chair Yoga class. Within this type of yoga class, you can cover standing, seated, and prone postures. Most of these classes use the chair only, due to the difficulty of getting down or up from the floor. ***Offered in person ONLY**

*Please find session prices below:

Session 1

Monday Class: Gentle/ Stability Yoga (7 weeks)

Begins: Monday, Jan. 8 Ends: Feb. 26

Time: 9:00 am *No class Feb. 19

Monday Class: Chair Yoga (8 Weeks)

Begins: Monday, Jan. 8 Ends: Feb. 26

Time: 10:30 am *No class Feb. 19

Wednesday Class: Gentle/ Stability Yoga (8 Weeks)

Begins: Wednesday, Jan. 10 Ends: Feb. 28

Time: 9:00 am

Wednesday Class: Chair Yoga (8 Weeks)

Begins: Wednesday, Jan. 10 Ends: Feb. 28

Time: 10:30 am

Friday Class: Chair Yoga (8 weeks)

Begins: Friday, Jan. 12 Ends: Mar. 1

Time: 10:30 am

Session 2

Monday Class: Gentle/ Stability Yoga (7 weeks)

Begins: Monday, Mar. 18 Ends: May 6

Time: 9:00 am *No class Apr. 1

Monday Class: Chair Yoga (7 weeks)

Begins: Monday, Mar. 18 Ends: May 6

Time: 10:30 am *No class Apr. 1

Wednesday Class: Gentle/ Stability Yoga (7 Weeks)

Begins: Wednesday, Mar. 20 Ends: May 1

Time: 9:00 am

Wednesday Class: Chair Yoga (8 Weeks)

Begins: Wednesday, Mar. 20 Ends: May 1

Time: 10:30 am

Friday Class: Chair Yoga (7 weeks)

Begins: Friday, Mar. 15 Ends: May 3

Time: 10:30 am *No class Mar. 29

Session 3Monday Class: Gentle/ Stability Yoga (7 weeks)

Begins: Monday, May 13 Ends: July 8

Time: 9:00 am *No class May 20 & July 1

Monday Class: Chair Yoga (7 weeks)

Begins: Monday, May 13 Ends: July 8

Time: 10:30 am *No class May 20 & July 1

Wednesday Class: Gentle/ Stability Yoga (7 weeks)

Begins: Wednesday, May 8 Ends: June 19

Time: 9:00 am

Wednesday Class: Chair Yoga (7 Weeks)

Begins: Wednesday, May 8 Ends: June 19

Time: 10:30 am

Friday Class: Chair Yoga (7 weeks)

Begins: Friday, May 10 Ends: June 21

Time: 10:30 am

PRICES FOR EACH YOGA SESSION & Maximum Students Allowed are:*8 Week Fee – Members: \$45.00 Non– Members: \$65.00****7 week Fee – Members: \$40.00 Non – Members: \$60.00****Maximum: 14 Students (Gentle Yoga/Stability Yoga) 20 Students (Chair Yoga)******Please refrain from wearing perfume or any scented products during any exercise class******NEW Gentle Yoga with Donna!**

This is a functional, gentle yoga class. The intention of this class is to enhance mobility, and flexibility through slow gentle movement. Some poses will be flowing; moving one pose gently into another. Other poses will be still, allowing for strength and stretch. This class is for any level, and modifications will be offered for any pose that simply is not feeling right. Some of the poses will be standing, some on the floor, or on a chair. ***Please bring a yoga mat to class.**

Session 1 Begins: Friday, January 12

Ends: March 1

Session 2 Begins: Friday, March 8

Ends: May 10 *No class Mar. 22 & 29

Session 3 Begins: Friday, May 17

Ends: July 5

Time: 9:00 am – 10:00 am

Location: West Community Room

Fee: Members: \$40.00

Non-Members: \$60.00

NEW Yin & Yoga Nidra with Cheris!

YIN YOGA is a slow-paced, therapeutic style of yoga. Yin postures are more passive postures, held for a few minutes. In this class we will explore the postures in seated, lying down positions as well using the wall for support. **YOGA NIDRA** is a form of guided meditation that allows you to scan your body and tap into a state of consciousness as the mind settles in a place between wakefulness and sleep (15 minutes of Nidra = approx. 1 hour of sleep). We will combine these two to create a more relaxing and releasing yoga practice throughout the body and mind. *** Please bring your own yoga mat to this class***

Begins: Wednesday, Jan. 10

Ends: Feb. 21

Time: 5:45 pm– 6:45 pm

Location: Multi-Purpose Hall

Fee: Members: \$45.00

Non-Members: \$65.00

NEW Golden Fit in Partnership with the YMCA

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

Session 1 Begins: Monday, January 8

Ends: Mar. 4 *No class Feb. 19

Session 2 Begins: Monday, March 18

Ends: May 13 *No class Apr. 1

Time: 5:15 pm – 6:00 pm

Location: Multi-Purpose Hall of Nord-Bridge

Fee: Members: \$40.00

Non-Members: \$60.00

Mental Health and Wellness Programs

Hello Monday with the Recovery College

Hello Monday is all about you and the importance of staying well. Join us to feel energized and empowered by exploring different wellness topics every class. You will be given prompts to plan for your week, set intentions, focus on being positive, and gain a sense of support and wellbeing. We will offer handouts, discussion, self-reflection, and action ideas for you to try at home. There is no charge for this class and everyone 55+ is welcome. ***No registration required, drop in for the discussion topic that works for you!**

Date: Mondays starting January 8th – May 13th ***No classes on stat holidays***
Time: 10:00 am — 11:00 am
Fee: FREE for anyone 55+
Location: Flex Room (located beside the pool room)

Guided Meditation Via ZOOM

Feeling stressed by life's unpredictable events? Stress no more in this Guided Meditation with Ashley Kern, Program Coordinator at Nord-Bridge Seniors Centre! We will be working on progressive relaxation, guided imagery, tapping, and mindfulness. Newcomers welcome to join, no experience required. This class will be done seated in a chair for 45 minutes, please wear comfortable clothing. My hope for the end is to feel rejuvenated, relaxed, and at peace. Sign up at Front Reception Desk, and ask Ashley for more information. ***Please pick up a consent form when registering.**

<u>Session 1:</u>	Wednesday, Jan. 17	Ends: Mar. 6
<u>Session 2:</u>	Wednesday, Mar. 20	Ends: May 22 *No class April 10 & 17
<u>Time:</u>	9:00 – 9:45 am	Location: ZOOM
<u>Fee:</u>	Members: \$20.00	Non-Members: \$40.00

COMPASS for the Caregiver Support Group

COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, child, grandchildren, extended family close friend, or neighbour near or far. If you are supporting someone experiencing challenges related to: health, age, family dynamics, mental health, pressures generated by "sandwich generation" responsibilities and or distance. We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead. **Any Other dates have been planned at Cor Van Ray YMCA on the west side of Lethbridge please ask Charlene for more information.**

Begins: Tuesday, June 4 - 25
Time: 1:00 pm — 3:00 pm
Fee: Members & Non -Members \$55.00
Location: Board Room
Instructor: Charlene Kocken & Amy Labossiere

Gaming

In House Bingo - Clay Olsen, Randy Butterwick, & Helen Gepneris, Conveners

All members and their friends (over the age of 18) are welcome to attend our weekly bingo program. This popular program is held on Fridays at 1:00 pm in the Multi-Purpose Hall. The Go Friendly Shuttle service is available for this program, for members only. Contact the Front Reception Desk for more information. Come out & give your luck a try! This is for anyone in the community. ***No Bingo on October 11, & December 6th, 2024***



Virtual Classes

Guided Meditation Via ZOOM

Feeling stressed by life's unpredictable events? Stress no more in this Guided Meditation with Ashley Kern, Program Coordinator at Nord-Bridge Senior's Centre! We will be working on progressive relaxation, guided imagery, tapping, and mindfulness. Newcomers welcome to join, no experience required. This class will be done seated in a chair for 45 minutes, please wear comfortable clothing. My hope for the end is to feel rejuvenated, relaxed, and at peace. Sign up at Front Reception Desk, and ask Ashley for more information. ***Please pick up a consent form when registering.**

<u>Session 1:</u>	Wednesday, Jan. 17	Ends: Mar. 6
<u>Session 2:</u>	Wednesday, Mar. 20	Ends: May 22 *No class April 10 & 17
Time:	9:00 – 9:45 am	Location: ZOOM
Fee:	Members: \$20.00	Non-Members: \$40.00

Cooking via ZOOM with Ashley

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned & dropped off at your door step! Various healthy recipes are explored each month so if you have a suggestion of something you would like to make let Ashley know! ***Please read the monthly newsletters for what we will be cooking each month.**

<u>Date:</u>	Wednesday, February 21, March 20, April 24, May 22 & June 19
<u>Time:</u>	11:15 am – 12:15 pm
<u>Fee:</u>	\$25 for anyone 55+
<u>Location:</u>	Virtually- ZOOM video platform

*Never used ZOOM before but have an iPad, tablet, or laptop? We can help just give us a call at 403-329-3222!

Keep Fit ZOOM– Tuesday Aerobics & Combo and Thursday Strength Training

Want to tone and shape your muscles? This class is geared to develop muscular strength and endurance. Light hand weights and resistance bands will be utilized in this class. No impact functional exercises will focus on strengthening independence in daily living activities. Please see below for fees. This class can be done either standing or seated. ***Please ask for a zoom invite upon registration.**

Tuesday Morning Adapted Aerobics

<u>Begins:</u>	Tuesday, Jan. 9	Ends: June 18 *No class March 5 & 12
<u>Time:</u>	11:00 am	Location: Zoom
<u>Fee:</u>	\$45.00	

NEW Tuesday Afternoon Combo Keep Fit

<u>Begins:</u>	Tuesday, Jan. 9	Ends: June 18 *No class March 5 & 12
<u>Time:</u>	2:00 pm	Location: Zoom
<u>Fee:</u>	\$45.00	

Thursday Strength & Flexibility

<u>Begins:</u>	Thursday, Jan. 11	Ends: June 20 *No class Mar. 7 & June 6
<u>Time:</u>	11:00 am	Location: Multi-Purpose Hall
<u>Fee:</u>	\$45.00	



Information Sessions for Winter 2024:

Tuesday, January 23 @ 9:00 am - Alzheimer's Awareness Main Corridor of Nord-Bridge

Thursday, February 15 - March 7 @ 10:00 am - Brain Knowledge Morning with Building Brains Together in the Flex Room

Wednesday, April 3, 2024 @ 9:30 am - Annual General Meeting in the Multi-Purpose Hall



Legend:

***Blue Font Color-** Registration required

***Black Font Color -** Registration NOT required



Fun at Nord-Bridge the last year more photos on last page!



NORD-BRIDGE SENIORS FITNESS 55 PLUS CLUB

The "Fitness 55 Club" operates on a special pass program. A current year paid in full Nord-Bridge membership* is required (\$60 per year) plus a special pass user fee will be charged to access the Fitness Room. The fee assists Nord-Bridge with fitness room capital costs and ongoing maintenance.

The "Fitness 55 Club" offers something for everyone. It features a wide variety of cardio-vascular equipment for all physical abilities (4 treadmills, 2 ellipticals, 2 recumbent bikes, 1 upright bike, and 1 recumbent elliptical). All cardiovascular equipment is low impact and senior friendly. The "Fitness 55 Club" facility also includes a wide variety of strength equipment, including a multi-jungle machine which offers four stations for upper body strengthening. There are three separate machines that are devoted for lower body strengthening, as well as a chest press for your upper body. Also, there is a good selection of free weights for muscle strengthening and one Vibration Trainer.

All Nord-Bridge members are invited to visit the FITNESS 55 CLUB. Prospective Nord-Bridge members are welcome to a free orientation to the Fitness 55 Club by booking an appointment with the Wellness Coordinator, **Melanie Hillaby, any day Monday – Friday for an orientation. Please come ready to work out and always wear indoor shoes for the gym.**



***Membership is available if either you or your spouse is 55 or older.**

NEW! Pay \$5.00 (for members and non members 55+) and register for a full 2 hour workshop on fitness tips from Wellness Coordinator, Melanie!

Here are the upcoming dates and topics:

-Friday, Jan. 19 at 1:15pm (Meditation)

-Friday, Feb. 16 at 1:15pm (Shoulder Support)

--Friday, Apr. 19 at 1:15 pm (Powering up for Golf)

-Friday, May 17 at 1:15 pm (Knee & Hip Stability)

-Friday, June 21 at 1:15 pm (Safely Walking Workshop)

Please register at the Front Reception Desk or online any time after January 5th as spaces are limited.

FEES

NEW Annual Pass - \$225*

NEW Monthly Pass - \$25*

NEW 20 Visit Pass - \$40*

*Plus a \$10 refundable deposit
on the electronic access key fob.

HOURS

Fitness 55 Club hours
of operation
are from 8:00 am - 4:30 pm.
Monday - Friday

Nord-Bridge Seniors Centre
1904 13 Avenue North, Lethbridge
Phone: 329-3222



Outreach Program

Nord-Bridge Seniors Outreach Program provides special programs for Seniors 55+. Socials are organized on the **3rd Monday** of each month (**excluding February and May due to stat holidays**). Transportation is available to and from home and also seniors are welcome including members of Nord-Bridge. (Participants requiring only "light hand lift assistance" can book to attend the Centre on the "GO FRIENDLY SHUTTLE" at 403-329-3222. Should you need wheelchair assessable transportation, book with Lethbridge Access-A-Ride at 403-329-6464. To register please contact Melanie at 403-329-3222 participants need to register by Thursday the week before at noon. A small monthly program cost of \$3.00 is charged for Outreach Socials. This fee helps with food and related expenses.

January 15, 2024	1:30 pm	Program: Scottish New Years! Entertainment: Celtic Routes
February 26, 2024	1:30 pm	Program: Valentines Entertainment: Maple Fusion
March 18, 20234	1:30 pm	Program: St. Patty Bar Party Paper Bags Entertainment: Nord-Bridge Jammers
April 15, 2024	1:30 pm	Program: Spring Hat Fashion Party Entertainment: Maple Fusion
May 27, 2024	1:30 pm	Program: Cinco De Mayo Entertainment: Nord-Bridge Jammers



Social / Fundraiser Functions

Come out and enjoy companionship and good food at the same time. Everyone is welcome to attend these events. (Please note events highlighted in **BLUE** require tickets can be purchased at the Front Reception Desk, events highlighted in **RED** are buffet style and don't require tickets to be purchased). **BLACK** are for a special event and registration is not required. Dates are as follows:

Friday, February 9, 2024	Valentines Luncheon	11:30 am
Thursday, February 22, 2024	Volunteer Thank You Drop In	2:00 pm
Friday, March 8, 2024	In-House Awards Luncheon <i>(Multi-Purpose Hall)</i>	11:00 am
Friday, March 15, 2024	St. Patricks Day Celebration	11:00 am
Friday, April 5, 2024	Green Shirt Day (Logan Boulet)	11:00 am
Thursday, April 11, 2024	Life Members Luncheon	11:00 am
Friday, May 3, 2024	Cinco De Mayo	11:00 am
Friday, May 10, 2024	Mothers Day Luncheon	11:30 am
Tuesday, June 4, 2024	Seniors Wk. Pancake Breakfast	8:30am
Thursday, June 6, 2024	Seniors Week BBQ Picnic	11:00 am
Sunday, June 16, 2024	Father's Day Show & Shine BBQ	11:00 am
Saturday, June 22– 23rd	Dragon Boat Races (Henderson Lake)	8:00 am
Friday, June 28, 2024	Canada Day BBQ Buffet	11:00 am



