

NEWSLETTER

February 2024



The Moonlight Run on March 23 is all about community! Many establishments in Lethbridge, including Nord-Bridge, have members, students, staff, and families who take part in the Moonlight Run year after year, promoting active lifestyles and fostering healthy relationships in the process. We can all be counted in as part of the Nord-Bridge community so make sure to include Nord-Bridge when you register! See the poster on page 9 of the Newsletter for more info on registration. Our team will be meeting at 7:30pm in front of the CASA doors and we will walk the course together! Hope to see you there!

PRESIDENT'S REPORT



Today on January 13, 2024 I am staying warm at home as I write this, and it is now -30C up from -40C earlier this morning. I don't remember temperatures like this since 1972 when we were expecting our first baby. We went out to get groceries on January 23, 1972. It was very cold and slippery. Ingrid slipped and fell into a drift, and we had a healthy baby boy that night.

You will notice we are very busy here at Nord-Bridge - we now have more members than ever before. We are a victim of our own success. The Board is aware of these new challenges we face and a new five-year strategic plan coming out this year will give us some answers.

Ingrid and I signed up for French classes with Louise Hamel. When we visit our family in Ontario in April, I hope we can impress our bilingual granddaughters with our improved pronunciation. Probably not.

There's lots going on this month at Nord-Bridge and I'm glad so many people can take advantage of our programs and events. Our programs would not be possible without volunteers so if you see a need, please step up and volunteer.

If you have any questions about your computer or phone we have Tech Help with Al on February 8th and 15th in the main corridor. He has helped me out a couple of times in the past.

Please remember our Annual General Meeting is on April 3, 2024. My term as Board of Directors President ends but I will still be around as Past President for another three years. Please plan on coming to this important meeting, we need your input.

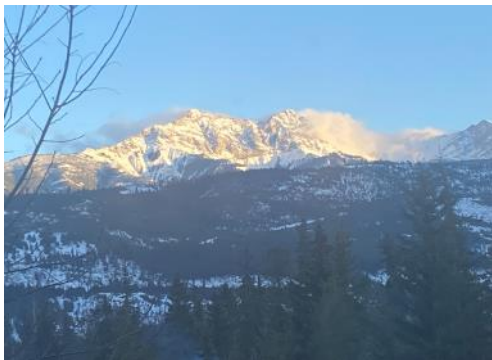
"I am only one, but I am one. I cannot do everything, but I can do something. And because I cannot do everything, I will not refuse to do the something that I can do."

~Edward Everett Hale

Enjoy February everyone, spring is coming.

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

Ben Felke	Emily Lawson
Donna Dressel	Abe Martens
Angela Maslanyk	Lisa Bendfeld
Cori Jorgenon	Dan Brand
Evelyn Straathof	Randy Neufeld
Kevin McLean	Carol Stokell
Francine Brophy	Douglas Sivyer
Calvin Dewit	Andrew Bronson
Bill Smolnicky	Shelley Ramias
Connie Larson	Janet Youngdahl
Marion McEntee	Wayne McEntee
Heather Warbrick	Marvin Kirchner
Arlo Neufeld	Norma Wilson
Rose Jurisich	Sandy Wilson
Carol Peters	Debra Beverley
Ken Lyons	Joyce Lyons
Patrick Bourque	Takao Hirose
Martha Albaugh	Thomas Albaugh
Michelle Kuzik	Pauline Vatcher
Barb Berndt	Lise Omeara
Pamala Donald	Rolf Falschebner
Karen Bechtold	Kathie Ervin

6 Anonymous

Some programs and services are partially funded by the joint Provincial and City FCSS Program.

Nord-Bridge is a proud Member of the Alberta Association of Seniors Centres.



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



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!

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

twitter.com/bridgenord



Now accepting VISA, MASTERCARD & INTERAC
TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER

**We will be
closed
Monday,
February 19
for Family Day**



**2024
membership
renewals are
now due!**

Please stop by the front desk
at Nord-Bridge to renew
your membership.



EXECUTIVE DIRECTOR'S REPORT



Challenges, change, growth, success, headaches, frustration and smiles... these are just some of the stages we experience here at Nord-Bridge. Challenges new and old arise throughout the day, week, month and year.

The dreaded old challenge of keeping our parking lot cleared and as safe as possible will always be a recurring issue every winter.



There will also be new challenges that pop up at the most unexpected time, like the water line break last month that forced us to shut down for the morning.

Change comes in the form of moving programs and activities to different rooms or times to accommodate other programs. The growth stage of

welcoming new members, and new programs to meet the needs of our evolving membership and community needs is on the rise. Success is one of the more challenging things to measure. One person's definition of success will vary from the other. Nord-Bridge considers success in the form of seeing members who are active, socially engaged, and finding great value in their involvement at Nord-Bridge. Within all these stages, inevitably there will be headaches and frustrations along the way; but we welcome these stages and will meet them head on with a "friendly" smile.

A friendly reminder, the Annual General Membership Meeting will be on **Wednesday, April 3rd at 9:30am** in the Multi-Purpose Hall. Nord-Bridge will elect three (3) new Directors for a three (3) year term to our board. Nomination forms will be available at the Front Desk starting on Thursday, February 15th. Nominations will close on Friday, March 15, 2024 at 4:30 pm. For more details please see the notice on page 7 of this month's Newsletter. If you would like more information please ask to speak with me with at the Front Desk.

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
Building Maintenance/Custodian	Marco Escobar
Newsletter Editor	Cindy Dykstra
Fundraising Coordinator	Megan Gray

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Shaw) Go



Available here.

FOR SHAW SUBSCRIBERS: We are pleased to announce that our building is equipped with Shaw) Go WiFi. To connect at Nord-Bridge:

1. Access the network / WiFi settings on your device.
2. Select **ShawOpen** from the list of networks.
3. Open your browser.
4. Sign-in using your **@shaw.ca email address** and **password**.

Any questions? [Please](http://www.shaw.ca/internet/wifi/) call 1-888-472-2222 or visit <http://www.shaw.ca/internet/wifi/>.

This is a free service to Nord-Bridge provided by Shaw.



While at the Nord-Bridge Centre you can access our in-building internet service at:

User ID: **NBSC_Guest**
Password: **Friendly@55**



(Shaw Cable subscribers see left)

WIN CASH AT NORD-BRIDGE! DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre. Members may enter for other members and you do not need to be present to win.

IN ORDER TO PARTICIPATE YOU MUST:

1. Hold a current **REGULAR, ASSOCIATE** or **LIFE** Membership.
2. Cost to play is 25¢.
3. Draws are made at 12:15 p.m.
4. After the draw, members may sign in for the next day's draw.

RECENT WINNER

Jan. 16 - Sherryl DeCoste \$210.25

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

Jan. 26 - Bev Hinton \$382.50

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

Jan. 8 - Gord Vaselenak \$80 Bob Cohine \$80
 Jan. 15 - Charlie Lippa \$35
 Lloyd Kanewischer \$35
 Jan. 22 - Anne Pauls \$75 Steve King \$75
 Jan. 29 - Ernie Woodgate \$62
 Betty Alexander \$62

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



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!



ESCORTED MOTORCOACH HOLIDAYS

Our motorcoach tours are a worry-free way to visit your dream destinations in Canada and the United States. All trip details, transportation, lodging and sightseeing excursions are handled with just one call.

The journey is not only about the destination - time spent on the road provides an opportunity to share experiences with new friends and form happy memories.



UPCOMING TOURS

- Arizona Desert and Canyons - February 12th
- Deep South - Texas and Louisiana - March 5th
- Victoria Stay Awhile - April 20th and October 13th
- California Redwoods & San Francisco - April 24th
- Vancouver Island, Victoria & Pacific Rim - May 12th
- British Columbia Circle - May 31st and July 14th
- Alaska Midnight Sun - June 8th and June 29th
- Seattle Baseball - July 3rd
- Atlantic Canada & Newfoundland - September 2nd, 5th and 8th
- Cross Canada by Motorcoach - September 4th

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Candice Elliott-Boldt, BC-HIS Jake Boldt, BC-HIS
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NORD-BRIDGE BUILDING FUND RECENT DONORS

Valerie Arkininstall \$200
Mike & Diane Bennett \$100
Anonymous \$208

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2024 through Dec 31, 2024: \$1105.25



BUILDING FUND UPDATE:

UNDER CONSTRUCTION - Check back in March!



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email: kellyjg08@gmail.com

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



Free Initial Legal Consultation Wills...Estate Planning...
and other matters as you may require.
Nord-Bridge offers this service through

HUCKVALE LLP
established 1906

Upcoming FREE consultation dates:
***Now on the 2nd Monday of each month**
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**

Harmony Home Watchers

Pat Hoyt
pahoyt23@outlook.com
www.harmonyhomewatchers.com
403-381-6605



This service is available in the city of Lethbridge and in Coalhurst

Home inspection of your vacant home on a regular basis is essential. Having someone watching your home for problems offers you peace of mind while you are away. The frequency of home checks is determined by you, and your insurance requirements. Many of our clients prefer to have their homes monitored on a bi-weekly basis.

Harmony Home Watchers will monitor unoccupied homes for your peace of mind.

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FREE HEARING TESTS



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

Third Thursday of the month, next appointments:

Feb. 15, Mar. 21, Apr. 18, May. 16, June 20

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

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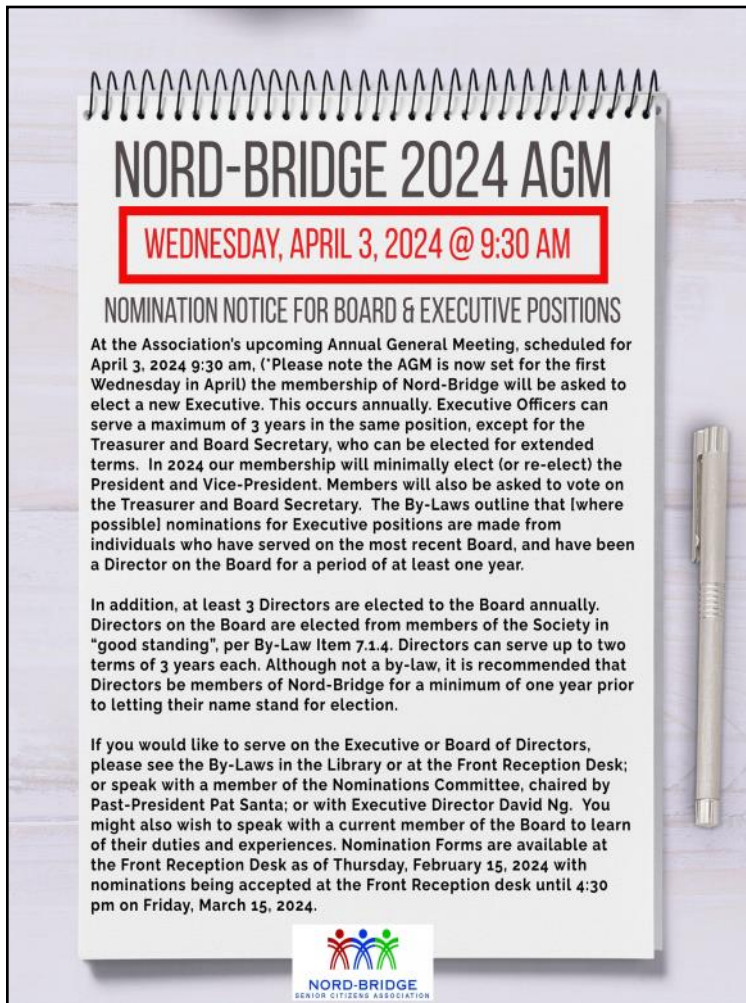
PHONE: 403-327-4145
FAX: 403-320-1181



Rick Miller
Licensed Contact Lens Practitioner



Fred Miller
Registered Optician



NORD-BRIDGE 2024 AGM


WEDNESDAY, APRIL 3, 2024 @ 9:30 AM

NOMINATION NOTICE FOR BOARD & EXECUTIVE POSITIONS

At the Association's upcoming Annual General Meeting, scheduled for April 3, 2024 9:30 am, (Please note the AGM is now set for the first Wednesday in April) the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually. Executive Officers can serve a maximum of 3 years in the same position, except for the Treasurer and Board Secretary, who can be elected for extended terms. In 2024 our membership will minimally elect (or re-elect) the President and Vice-President. Members will also be asked to vote on the Treasurer and Board Secretary. The By-Laws outline that (where possible) nominations for Executive positions are made from individuals who have served on the most recent Board, and have been a Director on the Board for a period of at least one year.

In addition, at least 3 Directors are elected to the Board annually. Directors on the Board are elected from members of the Society in "good standing", per By-Law Item 7.1.4. Directors can serve up to two terms of 3 years each. Although not a by-law, it is recommended that Directors be members of Nord-Bridge for a minimum of one year prior to letting their name stand for election.

If you would like to serve on the Executive or Board of Directors, please see the By-Laws in the Library or at the Front Reception Desk; or speak with a member of the Nominations Committee, chaired by Past-President Pat Santa; or with Executive Director David Ng. You might also wish to speak with a current member of the Board to learn of their duties and experiences. Nomination Forms are available at the Front Reception Desk as of Thursday, February 15, 2024 with nominations being accepted at the Front Reception desk until 4:30 pm on Friday, March 15, 2024.





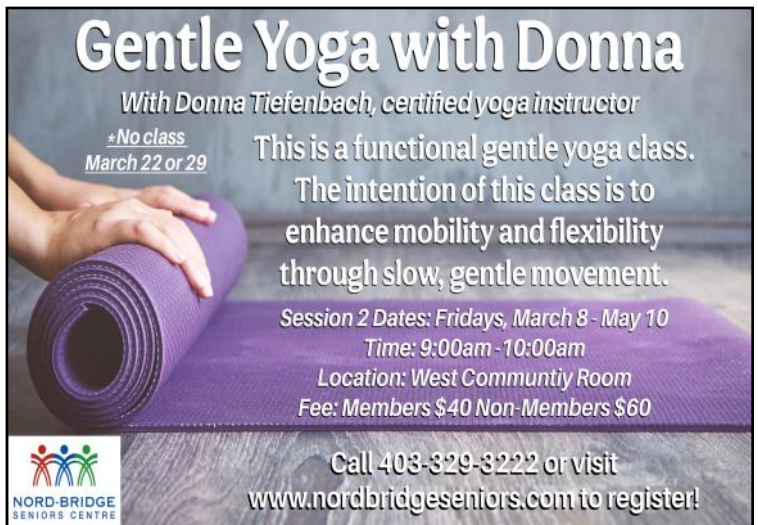
Valentine's Day Luncheon

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

Menu:
*Spinach & Mushroom-Stuffed Chicken
 with Mashed Potatoes, Gravy, and Asparagus*

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*



Gentle Yoga with Donna


With Donna Tiefenbach, certified yoga instructor

*No class
 March 22 or 29

This is a functional gentle yoga class. The intention of this class is to enhance mobility and flexibility through slow, gentle movement.

Session 2 Dates: Fridays, March 8 - May 10
 Time: 9:00am - 10:00am
 Location: West Community Room
 Fee: Members \$40 Non-Members \$60

Call 403-329-3222 or visit www.nordbridgeseniors.com to register!





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

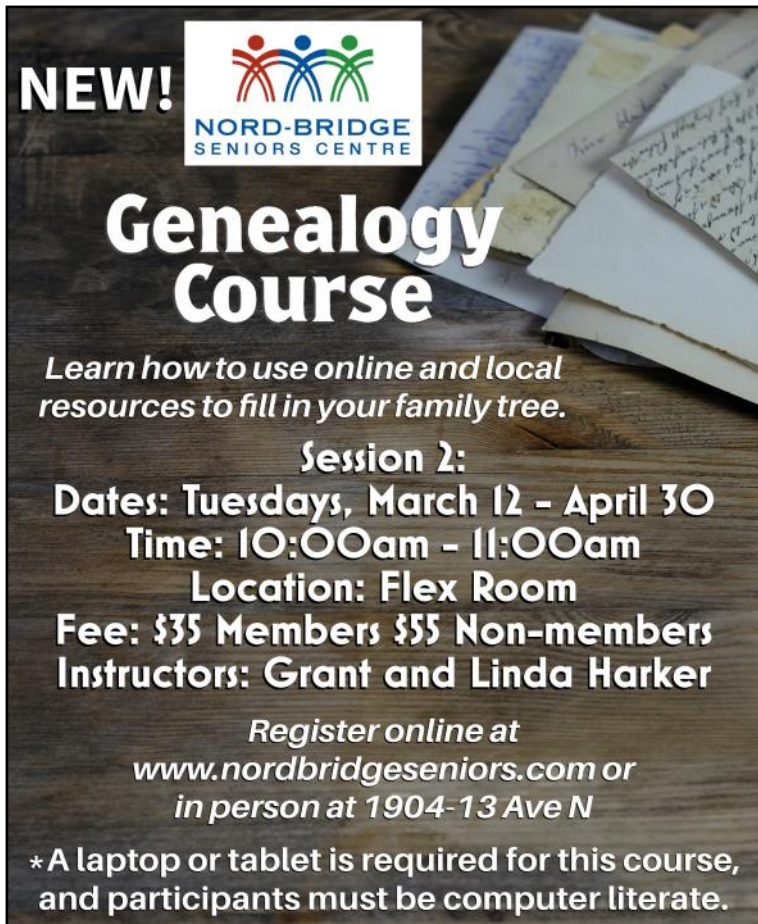

We are always looking for more seniors to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up. This program is FREE to join!




Beginners CRIBBAGE

NOW at Nord-Bridge on Tuesdays from 1:30-3:30 pm in the Dunford Diner Annex!
 Come learn a new card game and meet new people!

*FOR NORD-BRIDGE MEMBERS ONLY

NEW! Genealogy Course

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

Session 2:
Dates: Tuesdays, March 12 - April 30
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 or in person at 1904-13 Ave N

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

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or drop by and see us**



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MOOSE JAW ESCAPE

MARCH 18TH - 21, 2024

DBLE OCCP - \$560.00 PP



**SPOKANE LILAC FESTIVAL &
TORCH LIGHT PARADE**

MAY 16TH - 21 2024

DBLE OCCP - \$1650.00 PP

DAVENPORT GRAND, RIVER WALK,
CAROUSAL SKY RIDE OVER THE
FALLS, BING CROSBY'S HOUSE,
BARRISTER'S WINERY, 1 NT AT
ST. EUGENE, 1 NT - BONNERS
FERRY, INCLUDES COEUR D'ALENE
LAKE CRUISE



RENO, NEVADA

APRIL 13 - 21, 2024

DBLE OCCP - \$1389.00 PP

4 NTS - SILVER LEGACY, LAKE
TAHOE, CARSON CITY, VIRGINIA
CITY, OUTLET MALL, 2 NTS -
CACTUS PETE - JACKPOT, 2 NTS -
BW - BUTTE

**SEATTLE & THE BLUE
JAYS**

JULY 3 - 9, 2024

DBLE OCCP - \$2355.00 PP



**NEWFOUNDLAND
& LABRADOR**

JUNE 7TH - 19, 2024

DBLE OCCP - \$4969.00 PP

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Attention Members:

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

Thank you!



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Breakfast

Full Breakfast \$8.50

2 Eggs, Bacon or Sausage or Ham, Hashbrowns, Toast & Coffee

Eggs Benedict \$8.75

Toasted English Muffin, Poached Eggs, Ham, Hollandaise Sauce, Hashbrowns & Coffee

Half Order \$6.50

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 \$8.00

Hashbrowns, Toast & Coffee

Small Full Breakfast \$6.50

One Egg, Bacon or Sausage or Ham, Hashbrowns, One Toast & Coffee

Small Pancake/French Toast Breakfast \$6.75

One Pancake or One Slice French Toast, 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 \$9.25

Beef Patty on a slice of bread with gravy, onions and Poutine

Hot Hamburger & Fries \$8.50

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)

Fish Tacos in a Corn Tortilla with Fries \$9.00

Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$6.25

Grilled Ham & Cheese \$5.75

Grilled Cheese \$4.50

BLT \$5.75

Nord-Bridge Club Sandwich \$7.75

Chicken, Ham, Bacon, Tomato, Lettuce, Cheese, on two slices of bread

Denver Sandwich \$6.25

Chicken Caesar Wrap \$6.75

Chicken Fingers & Fries \$7.75

Chicken or Ground Beef 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 \$3.50(sm) \$5.00(lq)

Onion Rings \$5.00

Sweet Potato Fries \$5.50

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

6k Team Walk
Saturday, March 23, 2024
Meeting Time: 7:30pm at the front doors of:
CASA 230-8st Lethbridge
Walk Start Time: 8:00pm

1. Sign up at moonlightrun.com (pay there)
2. Sign up with Melanie to be placed on our team list

- *Melanie will pick up the team package
- *Water stations will be available throughout the course
- *Please dress warmly for the evening!



Everyone Welcome!

Member Alert!

Join the Nord-Bridge Seniors Centre
 2024 Moonlight Walk Team

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!

1904 13 Ave. N.

NORD-BRIDGE
 SENIORS CENTRE

Golden Fit with Cor Van Raay YMCA



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

Dates: Mondays, March 18- May 3

Time: 5:15pm to 6:00pm

Location: Nord-Bridge Multi-Purpose Hall - 1904 13 Ave. N.

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



Intergenerational Craft & Music Afternoon (L-SKIP)

Date: Wednesday, February 28

Time: 3:15pm

Location: Multi-Purpose Hall

IN PARTNERSHIP WITH



This partnership is with children of various ages. Seniors are partnered up with children and they participate in a variety of active games, crafts, music, and listen to story telling for one hour. This is where great relationships are created between the generations!

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

NEW Optical

Third Thursday of every month at 1pm!

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with Licensed Optician, Andrea Henning of Specsavers!

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From my family to yours
Happy Family Day

Having a place to go is a home.
Having someone to love is a family.
Having both is a blessing.

Donna Hedges

MLA Nathan Neudorf

Join our **community**

WHAT DOES MARTHA'S HOUSE OFFER?
3 meals daily, housekeeping, activities, security, 24 hour HCA staff on site, care service plans available, located in the heart of the city.

Covenant Living Martha's House

Companion Care by Yvonne
Providing caring companionship and conversation
Yvonne Boron - Senior Care Giver
403-593-1427
yvonne.boron1@gmail.com

- ~Grocery shopping and errands
- ~ Conversation and mental stimulation such as playing games and listening to music
- ~Light activity such as going for a walk or time spent outside
- ~Transportation to and from appointments and social events

I provide mental stimulation and encourage physical and emotional wellbeing. My service options are flexible and customizable according to you or your loved one's specific situation.

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

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

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

Seniors System Navigator

Tax Tips for Seniors



File a tax return!

Many seniors that I see feel that since they didn't earn an income, they don't need to file a tax return. It is important to file because as a senior they are entitled to other supplements and credits. They need to file to receive the Guaranteed Income Support and other credits. If they file late, it could cause an interruption in the GIS benefits, and Climate Change and GST/HST credits.

Split Pensions Income

Did you know that seniors are allowed to split up to half of their eligible pension income with their partner? A senior can share a portion of their earnings with their spouse or common law partner. This can be beneficial when one partner has limited income, and the other has more. Another way a senior can reduce their taxes is through transfer of amounts. If a senior is unable to completely offset their age amount, pension income and disability amount against their taxes payable they can transfer the unused portion to their spouses return.

Medical expenses

Did you know that most of a senior's medical expenses can be claimed? It is best for the senior partner with the lower income that owes any tax to claim them. Since the pandemic, there are lots of seniors who have the travel bug. If a senior purchased medical insurance for a cruise or a trip it is considered a medical expense. Also, if a senior needs to travel to Edmonton or Calgary for a special medical treatment that isn't available in Lethbridge, the senior can claim the cost of transportation, accommodation and meals.

Caregiver Claim

Do you have a parent that is dependent on you due to a mental or physical disability? You may be eligible to claim the Canadian caregiver amount. It is important to have a note from the doctor describing the condition. The Canada caregiver amount is \$6,986 less net income higher than \$16,405. The amount is reduced to zero if income is more than \$23,391.

Splitting the disability tax credit

Do you have a parent that qualifies for the Disability Tax Credit? They may not have enough taxable income to take advantage of the credit. It is possible to transfer an unused amount to yourself. Your parent must rely on you for the necessities of life.

Claim the cost of attendant care

Do you have a senior living in a retirement home who qualifies for the Disability Tax Credit? They can claim costs relating to attendant care as a medical expense. To make this claim the retirement home needs to provide you with an invoice showing the amount paid for attendant care, housekeeping, laundry, transportation and meal preparation. Rent and food expenses are not covered.

Tax situations can be complex and difficult. Come and talk to our tax specialists Sharon and Bev at Nord-Bridge Seniors Center. The CRA has more information on benefits, credits, and deductions for seniors. For more information go to Canada.ca/taxes-seniors or call 1-800-959-8281.

www.hrblock.ca 7 tips for seniors during tax time

Charlene Kocken BA, BSW, RSW, Seniors System Navigator

Beginners Acrylic Painting

with Gordon Perret

This class will use the topics of still life and landscape to teach the basic techniques of acrylic painting, as well as design elements, composition, texture, and use of color.

Session 2 Dates: Mondays, March 11 - April 29

*No class
April 1

Time: 10:00am - 12:00pm

Location: Craft Room

Fee: Members \$45 Non-Members \$65

Call 403-329-3222 or visit www.nordbridgeseniors.com to register today!

**Please pick up a supply sheet upon registration*





If you sing in your car, or in the shower, or to yourself for hours and hours, Come join a fun filled singing group.

The Nord-Bridge Music Makers!

We meet Tuesdays at 10:00am in the Diner Annex. We hope to see you soon!



FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers (Annex)</p> <p>10:00 Beginners</p> <p>Acrylic (Craft)</p> <p>10:00 Hello Monday</p> <p>10:00 Intermediate Line</p> <p>Dance (Multi-Purpose Hall)</p> <p>10:30 Chair Yoga</p> <p>1:00 Begin. LD (WCR)</p> <p>1:00 Quilters/ Crafters</p> <p>1:00 Military Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Contract Bridge</p> <p>1:00 Darts</p> <p>1:30 Outreach Meeting (Board Room)</p> <p>5:15 Golden Fit (MPH)</p> <p>6:30 Begin. Pickleball (MPH)</p>	<p>6</p> <p>9:00 Zumba GOLD</p> <p>9:30 Begin. Watercolor (Craft Room)</p> <p>10:00 Meet & Greet (Diner)</p> <p>10:00 Genealogy</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</p> <p>12:45 Canasta/ H & F</p> <p>1:00 Art & Soul</p> <p>Watercolor Club (Flex Room)</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 Exercises w/ Arthritis (MPH)</p> <p>5:00 Gentle Barre (MPH)</p> <p>7:00 Line Dance (MPH)</p>	<p>7</p> <p>8:45 Monthly \$11 Breakfast Buffet</p> <p>9:00 Active POUND</p> <p>9:00 Gentle Yoga</p> <p>9:00 Guided Meditation</p> <p>10:00 Shopping to Wal Mart</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/ Handy Crafters (Flex Room)</p> <p>10:30 Chair Yoga (WCR)</p> <p>10:45 WINNERS BINGO</p> <p>11:45 Somatics (WCR)</p> <p>1:00 Manicures (Craft)</p> <p>1:00 Darts</p> <p>1:00 Euchre</p> <p>1:00 Bid Euchre</p> <p>2:30 Indoor Walking Club (WCR)</p> <p>5:45 Yin & Yoga Nidra</p> <p>6:00 Begin. Pickleball YMCA</p>	<p>1</p> <p>9:00 Pilates (WCR)</p> <p>9:00 Card Crafters</p> <p>9:00 Advanced Line</p> <p>Dance (Multi-Purpose Hall)</p> <p>9:30 Mind Joggers (BR)</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>1:30 Beginners Bridge</p> <p>5:45 Beginners</p> <p>Pickleball (MPH)</p> 	<p>2</p> <p>9:00 Gentle Yoga</p> <p>9:30 Nord-Bridge</p> <p>Ukes (Diner Annex)</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</p> <p>11:00 Crispy Chicken Lunch Special</p> <p>1:00 Crib (West Community Room)</p> <p>1:00 In-House Bingo</p> <p>1:00 Contract Bridge</p> <p>1:30 NEW Watercolor Club (Flex Room)</p>
<p>5</p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers (Annex)</p> <p>10:00 Beginners</p> <p>Acrylic (Craft)</p> <p>10:00 Hello Monday</p> <p>10:00 Intermediate Line</p> <p>Dance (Multi-Purpose Hall)</p> <p>10:30 Chair Yoga</p> <p>1:00 Begin. LD (WCR)</p> <p>1:00 Quilters/ Crafters</p> <p>1:00 Military Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Contract Bridge</p> <p>1:00 Darts</p> <p>1:30 Outreach Meeting (Board Room)</p> <p>5:15 Golden Fit (MPH)</p> <p>6:30 Begin. Pickleball (MPH)</p>	<p>6</p> <p>9:00 Zumba GOLD</p> <p>9:30 Begin. Watercolor (Craft Room)</p> <p>10:00 Meet & Greet (Diner)</p> <p>10:00 Genealogy</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</p> <p>12:45 Canasta/ H & F</p> <p>1:00 Art & Soul</p> <p>Watercolor Club (Flex Room)</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 Exercises w/ Arthritis (MPH)</p> <p>5:00 Gentle Barre (MPH)</p> <p>7:00 Line Dance (MPH)</p>	<p>7</p> <p>8:45 Monthly \$11 Breakfast Buffet</p> <p>9:00 Active POUND</p> <p>9:00 Gentle Yoga</p> <p>9:00 Guided Meditation</p> <p>10:00 Shopping to Wal Mart</p> <p>10:00 Carpet Bowling</p> <p>10:00 Paper Tole/ Handy Crafters (Flex Room)</p> <p>10:30 Chair Yoga (WCR)</p> <p>10:45 WINNERS BINGO</p> <p>11:45 Somatics (WCR)</p> <p>1:00 Manicures (Craft)</p> <p>1:00 Darts</p> <p>1:00 Euchre</p> <p>1:00 Bid Euchre</p> <p>2:30 Indoor Walking Club (WCR)</p> <p>5:45 Yin & Yoga Nidra</p> <p>6:00 Begin. Pickleball YMCA</p>	<p>8</p> <p>9:00 Pilates (WCR)</p> <p>9:00 Card Crafters</p> <p>9:00 Advanced Line</p> <p>Dance (Multi-Purpose Hall)</p> <p>9:30 Mind Joggers (BR)</p> <p>10:00 Tech Help w/ AI (Main Corridor) *Apt. Required</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>1:30 Beginners Bridge</p> <p>5:45 Beginners</p> <p>Pickleball (MPH)</p> 	<p>9</p> <p>9:00 Gentle Yoga</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</p> <p>11:30 Valentines Day Luncheon</p> <p>*Tickets Req.</p> <p>1:00 Crib (West Community Room)</p> <p>1:00 In House Bingo</p> <p>1:00 Contract Bridge (Annex)</p> <p>1:30 NEW Watercolor Club (Flex Room)</p>

Stella
February



<p>12</p> <p>9:00 Gentle Yoga LAWYERS (Library) 9:30 Jammers (Annex) 9:30 Member Photos (Library) 10:00 Begin. Acrylic 10:00 Hello Monday 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:30 Chair Yoga 1:00 Begin. LD (WCR) 1:00 Quilters/ Krafers 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 5:15 Golden Fit (MPH) 6:30 Beginners Pickleball (MPH)</p>	<p>13</p> <p>9:00 Zumba GOLD (MPH) 9:30 Beginners Watercolor (Craft Room) 10:00 Genealogy (Flex Room) 10:00 Music Makers 10:30 Clogging Intermediate 11:00 Keep Fit Cardio 11:15 Clogging Advanced 12:45 24 form Tai Chi (MPH) 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Keep Fit Combo MPH 3:15 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p>	<p>14</p> <p>8:45 Active POUND 9:00 Gentle Yoga 9:00 Guided Meditation 9:30 Board Meeting 10:00 Coffee with a Cop FOOT CARE (Craft) 10:00 Carpet Bowling 10:00 Paper Tole (Flex) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:45 Somatics (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 2:30 Indoor Walking (WCR) 5:45 Yin & Yoga Nidra 6:00 Begin. Pickleball (YMCA) 7:00 Table Tennis (MPH)</p>	<p>15</p> <p>9:00 Hearing Tests (Library) *Appt. Required* 9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (BR) 10:00 Tech Help w/ AI (Main Corridor) *Appt. Required 10:30 Brain Knowledge (Flex) 11:00 Keep Fit Strength 1:00 Specsavers Optical Repairs (Main Corridor) 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 1:30 Beginners Bridge 5:45 Begin. Pickleball (MPH)</p>	<p>16</p> <p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukles 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:30 Chair Yoga 10:30 Intro to French (Flex) 11:00 Spaghetti & Meatballs Lunch Special 1:00 Crib (WCR) 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Shoulder Support Workshop with Melanie (Fitness 55+ Gym) *Registration Required* 1:30 NEW Watercolor Club (Flex Room) 5:00 Evening Jam Session (Multi-Purpose Hall Use NE doors)</p>
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<p>19* & 26*</p> <p>*No Classes Feb. 19th - CLOSED</p> <p>9:00* Gentle Yoga 9:30* Jammers (Annex) 10:00* Beginners Acrylic (Craft) 10:00* Hello Monday (Flex) 10:00* Intermed. LD (MPH) 10:30* Chair Yoga (WCR) 1:00* Begin. Line Dance 1:00* Quilters/ Krafers 1:00* Military Whist 1:00* Woodcarving 1:30* Contract Bridge 1:30* Outreach Program 5:15* Golden Fit (MPH) 6:30* Begin. Pickleball MPH</p>	<p>20* & 27*</p> <p>9:00 Zumba Gold (MPH) 9:30 Beginners Watercolor 10:00* Meet & Greet (Diner) 20th 10:00 Music Makers 10:00 Genealogy (Flex Room) 10:30 Clogging (Intermediate) 11:00 Keep Fit Cardio 11:15 Canasta/ H & F 12:45 24 form Tai Chi (MPH) 12:45 Art & Soul Watercolor 1:00* Baking (Interfaith) 27 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Keep Fit Combo 3:15* Exercises w/ Arthritis 3:15* Bridge Trekkers 27 only 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p>	<p>21* & 28*</p> <p>8:45 Active POUND 9:00 Gentle Yoga 9:00 Guided Meditation 10:00 Flowers in Watercolor 10:00* FREE Walker Repair 21 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Craft-ers (Flex Room) 10:30 Chair Yoga WCR 10:45 WINNERS BINGO 11:15* Virtual Cooking 21st 11:45 Somatics (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club 3:15* LSKIP (MPH) 28th 5:45* Yin & Yoga Nidra 21st 6:00 Begin. Pickleball (YMCA) 7:00 Table Tennis (MPH)</p>	<p>22* & 29*</p> <p>9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (MPH) 9:30 Mind Joggers (BR) 10:00* Tech Help Course (Board) 10:30 Brain Knowledge (Flex) 1:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 1:20* Intergenerational Games (Flex Room) 29th only 1:30 Beginners Bridge 2:00* Volunteer Appreciation (Dumford Diner) 22nd 5:45 Begin. Pickleball (MPH)</p>	<p>23</p> <p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukles 9:30 FREE Massages 10:00 Carpet Bowling 10:00 Paper Tole (Craft) 10:30 Chair Yoga 10:30 Intro to French (Flex) 11:00 Liver & Onions Lunch Special Crib (WCR) 1:00 In-House Bingo 1:00 Contract Bridge 1:30 NEW Watercolor Club (Flex Room) *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: for fare details please contact front reception desk.

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.**
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY): Upcoming Appointments: See Winter Program Guide**
- COMMUNITY VOLUNTEER INCOME TAX PROGRAM BEGINS MARCH 1ST- APRIL 30 DROP OFFS ONLY MORE DETAILS IN NEWSLETTER.**

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: FEB. 7, 14, 21, & 28

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON 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. *BOOK AT FRONT DESK*

JENNIE OLGILVIE - MEDIUM ON FEBRUARY 24TH AT 530 PM IN THE MULTI-PURPOSE HALL OF NORD-BRIDGE GET YOUR TICKETS TODAY!





LETHBRIDGE FOOD BANK

MOBILE FOOD SUPPORT

FREE FOOD FOR ALL !
 Working people Welcome.
 No Income Testing.

Fresh Food Support to Help Support the Community During these Tight Times.

Nord Bridge Seniors Centre 1904 13 Ave N Lethbridge 1:00 - 3:00 PM	LSCO Seniors Centre 500 11th St. S Lethbridge 4:00 - 6:00 PM
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Monday, February 5 2024	Monday, March 4 2024
Wednesday, April 3 2024	Wednesday, May 1 2024
Monday, June 3 2024	Wednesday, July 3 2024
Wednesday, August 7 2024	Monday, September 23 2024




EVERY MONDAY (EXCLUDING HOLIDAYS)
9:30AM-12:00PM
DUNFORD DINER

**\$3.00 cover charge for non-members*




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Lethbridge Elder Abuse Response Network

Let's take some time this February to express our gratitude for the caregivers who play a pivotal role in our lives! Whether they're family members or friends, their dedication is immeasurable. They offer companionship, support, and assistance to ensure your golden years are filled with dignity and comfort.

Sadly, some may find themselves in situations where the individuals entrusted with their care become perpetrators of abuse. Abuse can manifest in various forms, including physical, emotional, financial, and neglect. As a community, it's crucial that we are aware of the signs and committed to taking action against any form of mistreatment. If you or someone you know is experiencing caregiver abuse, know that help is available. No one should endure mistreatment, and by addressing the issue head-on, we collectively work towards creating a safer environment for all.

Conversely, caregivers themselves may also be vulnerable to abuse. The stress and challenges associated with caregiving can sometimes lead to situations where caregivers are mistreated by those they care for. It's crucial for caregivers to recognize the signs of abuse and seek support and assistance when needed.

Encouraging open communication within caregiver relationships is vital. By creating an environment where caregivers feel comfortable discussing their challenges, we can work together to find solutions and prevent the cycle of abuse. Additionally, providing resources and support for caregivers is essential in ensuring their well-being as they navigate the complexities of their role.

As a community, let's commit to fostering an environment where conversations about caregiver abuse are met with empathy and understanding. Education plays a key role in preventing abuse, and attending presentations or support groups can be valuable resources for both older adults and their caregivers.

By addressing the complex dynamics of caregiver relationships, we work towards creating a community that supports the well-being of all its members. As always, you can contact me at 403-394-0306 or learn@lethnseniors.com to discuss any concerns you may have or arrange for a presentation on elder abuse. You can also reach out for resources pertaining to caregivers and caregiver burnout.

Remember, seeking help is a sign of strength, and together, we can break the cycle of abuse and build a safer and more compassionate community for seniors and caregivers alike.

I available the last Tuesday of each month for drop-in LEARN visits from 9:00am to 12:00pm in the Nord-Bridge Board Room

~Amy Cook

LEARN
Case Manager



CRA's Community Volunteer Income Tax Program

NO APPOINTMENTS ALLOWED – DROP OFFS ONLY

TIME FOR TAX

Program Starts Friday March 1, 2024

Drop your tax documents off either in person or through the main front door mail slot with name, date of birth, address, marital status, and phone number **For Free!**

Run by Nord-Bridge Volunteers
17th year in a row!

1904 13 Ave N NORD-BRIDGE SENIORS CENTRE

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

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

Location: Nord-Bridge Board Room

Upcoming Dates: 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.

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

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

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

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

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

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

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.

Drawing Your Pet with Chalk Pastels

3-Week Workshop with Donna Gallant

Dates: Wednesdays, March 20-April 3


Time: 1:00pm

Location: Craft Room

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





This class will help you draw your pet using chalk/soft pastel. We will cover the basics of using this medium and then we will study our pets basic facial and body structures. You will learn about value, portion and texture and how to bring those adorable eyes that look up to you daily to life.

Call 403-329-3222 or visit www.nordbridgeseniors.com to sign up today!
*Please pick up a supply sheet upon registration



HERE TO SERVE

RACHAEL THOMAS
MEMBER OF PARLIAMENT





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

Duplicate Bridge is back every Thursday at 1:00pm in the Dining Room Annex! There is no cost to join and you don't need to come with a partner. Just come and enjoy a good afternoon of Duplicate Bridge!


~Craig Gregory
Convener of Duplicate Bridge





Virtual Guided Meditation

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

Session 2: Wednesdays, Mar. 20-May 22
*No class April 10 & 17
Members \$20; Non-Members \$40



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

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



CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME

*Family Focused
Family Operated*

703 13 STREET NORTH, LETHBRIDGE

Phone: 403.382.3601
www.generationsfh.ca

A division of the Caring Group Corp.

Manicures at Nord-Bridge

Upcoming Dates:
February 7, March 6,
April 10, 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





YMCA of Lethbridge

We are in need of a Pickleball Convener at Cor Van Raay YMCA!

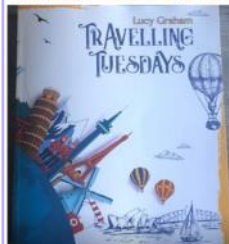
This is a great volunteer opportunity for a friendly and reliable person who is knowledgeable about the rules of Pickleball!

We are looking for someone who can commit to leading a group of Older Adult Pickleball Beginners every Wednesday evening from 6pm to 9pm at the Cor Van Raay YMCA for the Spring & Summer!

If you are interested in this fun volunteer position, please call 403-329-3222 and ask for Ashley!

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.

Programmer's Report



All Winter programs are in full swing! It was an interesting registration for in-person. We did hear feedback from our members regarding how long they were waiting to register for programs in person. We had only two people registering but we will make sure next registration there will be no less than four staff registering members for programs.

Moving forward, we are excited to bring in a few new programs this winter including an Intro to French class by Louise Hamel, and a Technology Course with Al Peffers who is currently offering one-on-one help in the main corridor twice a month for any iPad or smart phone questions. We are also now offering a Genealogy Course on family history with Grant and Linda Harker as well as a few Brain Knowledge Afternoons with *Building Brains Together*. This is a University of Lethbridge Neuroscience program that created a research-based curriculum in Lethbridge to increase executive brain functioning in children, youth, and now seniors! I am always so grateful for how many dedicated and knowledgeable instructors we have in the Lethbridge Community who are willing to partner with Nord-Bridge!

Special events coming up include the Valentines Day Luncheon on Friday, February 9th at 11:30 am. As I am writing this, I am sure the tickets for this are almost sold out so get your tickets at the front reception desk of Nord-Bridge before they are gone! If you do happen to buy a ticket for this event please remember the following points: we are closing the dining room by 10:00 am this day to prepare for the set up of the luncheon. The diner will reopen to ticket holders at 11:00am at the entrance of the Dunford Diner and from there the guests will be shown to their table. This year the tables are all numbered so please respect where you have been placed as we have tried our best to accommodate as many people as possible. Anyone who did not receive a ticket for the sit-down luncheon is welcome to have a mini-lunch version for \$10.00 in the back servery located in the Multi-Purpose hall from 11:00am-1:00pm while quantities last (cash only please!).

Later on in the month, we will also be hosting a volunteer appreciation event for all Nord-Bridge volunteers on Thursday, February 22nd from 2pm-3pm in the Dunford Diner. This is a come and go event where volunteers will be welcomed to socialize, have a snack, enjoy refreshments and relax as we show our appreciation for all volunteers! If you have any questions on this, please contact myself at 403-329-3222 or stop by the front desk.

One last note: we have added a new art class by Donna Gallant on Wednesdays, March 20- April 3rd at 1pm in the Craft Room of Nord-Bridge for \$35.00 per person. For more information on this class please go to page 15 of the newsletter or give us a call at 403-329-3222.

Until next month, stay happy and healthy!

Ashley Kern - Program Coordinator

Intergenerational Craft and Music Afternoon with Lethbridge Family Centre! Join us for our next event on February 28!



Park Meadows Board Game Afternoon! See the poster on page 7 for info on our next session!



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

Friday, February 2:

Crispy Chicken, Macaroni Salad, & Fries

Friday, February 9:

\$13 Valentine's Day Luncheon at 11:30am

Tickets Required

For those without a ticket, there will be a roast beef lunch or soup & sandwich option available in the Multi-Purpose Hall

CASH ONLY PLEASE

Friday, February 16:

**Meatballs and Spaghetti with
Caesar Salad & Garlic Bread**

Friday, February 23:

**Liver and Onions with Mashed Potatoes,
Veggies, & Gravy**

Available from 11am to 1pm, while quantities last



January Outreach Scottish New Year's Party!



Nord-Bridge Outreach Valentine Event

MUSIC \ FUN \ PRIZES \ FOOD & MORE
\$3.00 per person

FEBRUARY 26th, 2024

1:30pm-3:00pm

Multi-Purpose Hall

To sign up, stop by the front desk,
call 403-329-3222 or email
Melanie@nordbridgeseniors.com

***Please register before
Feb 22 @12:00pm**

*Come bring a
date or a friend*



Wellness Coordinator/Outreach



For all our members and staff, February is a great time to express the love I have for you all. I am so blessed that you allow me to be part of your lives each day we are given together. I love to look out and see the smiles and hear the laughter and I'm grateful to feel this unexplainable energy as I walk through these halls. To witness the connections and love you all share with each other. To meet your families and friends that you eagerly bring in. To see the concern and care you give one another when things are tough or you experience loss. We are undoubtedly so fortunate to have this space that allows us to connect, share and grow together. We are all a part of this beautiful family in some way or another, so I appreciate you all and I thank you for being you, showing up and being present just the way you are.



If you are interested in participating March 23rd, 2024 in the Nord-Bridge 2nd annual team walk in the Lethbridge Moon Light Run, 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. See the poster on page 9 of the Newsletter for details!

Thank you to Roy Duval for his continuous help setting up tables for multiple programs and being my right hand in taking Christmas trees down, loading them and helping moving them to storage. And thanks to Jack Sleightholm for his amazing vacuuming skills once the trees were out.

Upcoming Monthly Workshops:

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

Shoulder Support - February 16, 1:15pm 55+ Gym

Breath and Calming Workshop - CANCELLED

Powering up for Golf - April 19, 1:15pm 55+ Gym



Outreach - every 3rd Monday of the month. Everyone is welcome to attend the entertainment. There are door prizes and a snack provided. We take registration ahead of time **no later than the prior Thursday (February 22) at 12:00pm**, at the front desk (\$3.00 cover charge). **The February 26th entertainer is Maple Fusion.**

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

LIVE
Cooking Classes Via
For Seniors 55+!

Wednesday, February 21
at 11:15 am for \$25

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned and dropped off at your door step! We will be making a Broccoli & Cheese Casserole!

Sign up today!

www.nordbridgeseniors.com
Or visit us in person at 1904 13 Ave. N.





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 month of January has flown by except for a few cold days. Even though we did not do any traveling this month, we still had fun and laughed our way through.

Coming up on Friday, February 16th at 5:00 pm, Nord-Bridge will be holding an evening jam and dance. The cost of this is \$5.00. Grab your sweetheart and come dance the night away.

On Tuesday, March 12th the Roaming Retirees will be leaving winter behind for the day as we will be rocking and rolling at the Beach Boys production put on by Jubilations Dinner Theatre in Calgary. See the poster below for more information! Reminder to those attending, the bus will be loading at 7:00am.

With Spring approaching, just a reminder that these trips cannot take place unless we have a minimum of 38 people signed up.

Thank you to all the volunteers, members and staff for making Nord-Bridge the GEM of the Northside!



Erin Bates - Northsider




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 entrée, and chocolate dessert!

Sold out!



"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!"



EVENING JAM SESSION

**WITH THE
NORD-BRIDGE JAMMERS!**

Date: Friday, February 16
Time: Doors open at 5pm,
Music starts at 6pm

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

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

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

Out and About Coffee and Shopping

Back by popular demand!
Shopping trips to Walmart North followed
by a social coffee time at Tim Hortons!

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

Next Upcoming Dates:

Feb. 7, Mar. 13, Apr. 10, May 1, June 5

Bring cash and reusable bags, and get your
monthly grocery shopping done followed
by a social coffee at Tim Hortons!

Time: 10:00am

Fee: \$5.00 per person

(for the bus ride there and back)



*Nord-Bridge
members
only



Ukrainian Easter Egg Painting Class

Date: Wednesday, March 13
Time: 9:00am-12:00pm
OR
1:30pm-3:30pm
Location: Craft Room
Fee: Members \$30
Non-Members \$50

We are happy to offer another Ukrainian Easter Egg Workshop!
Come and learn how to create your own Ukrainian egg masterpiece just
in time for Easter, with Janet Tilbe. All supplies will be provided.

No previous experience is required.

Call (403) 329-3222 or visit www.nordbridgeseniors.com to register!



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: 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



**BUILDING
BRAINS
TOGETHER**

University of
Lethbridge

BRAIN KNOWLEDGE MORNINGS

THURSDAYS
10:00AM-11:00 AM

February 15th- March 7th

Nord-Bridge Flex Room
1904 13 Ave N

Join the Building Brains team from the
University of Lethbridge Neuroscience
department to refresh your knowledge about
the brain, and try fun activities that enhance
and strengthen brain function!

Register anytime by calling 403-329-3222,
or stop by Nord-Bridge!

FREE for anyone 55+!

www.buildingbrains.ca

buildingbrainstogether@gmail.com

Member PHOTOS

Starting Feb. 12,
followed by the 3rd
Monday of every month!

Please Book Your 15
Minute Appointment at
the Front Reception
Desk TODAY!

All new members
get a FREE self
portrait by Walter!

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

TECH HELP WITH AI!

Upcoming Dates
(Thursdays):
Feb. 8, Feb 15,
March 7, March 14
Nord-Bridge Main Corridor
10am - 2pm

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

Mind Joggers

To Write

~by Rhonda Sincennes~

To write or not to write, headache forming
A poem? If so what type should it be
Maybe a script, a play for performing
Perhaps a story, romance, mystery
Something structured or let my mind run free
To write or not to write, why do I try
The effort it takes some days makes me cry
It's important for the brain's gray matter
Experts support this they all testify
Brains need to be used so they don't shatter

New Comers Meet and Greet

Come join us for a morning of socialization with Conveners every First & Third Tuesday 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.



THE TRUCK STORE

430 STAFFORD DR. N. LETHBRIDGE
403-327-2721
truckstorelethbridge@gmail.com

Quality used Trucks, Cars, Vans and SUV's
All units are Detailed
AMVIC inspected and Repaired
Car Proofs Provided

Warranty's Available
Financing Available
Trade ins Welcome

See our ads on Kijiji:
The Truck Store

Follow us on
Facebook: The Truck
Store Lethbridge



BEGINNERS PICKLEBALL NOW AT

EVERY MONDAY @ 6:30pm
& THURSDAY @ 5:45pm!



Come enjoy Pickleball for seniors 55+!

Drop in fee
members // \$2 // Non members \$5

*LIMITED SPACE AVAILABLE PLEASE
PRE-REGISTER BY CALLING
403-329-3222 AND ASK FOR
ASHLEY. EQUIPMENT PROVIDED NO
PREVIOUS EXPERIENCE NEEDED!

1904 13 AVE N. USE NE DOORS OF BUILDING

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



Lethbridge College Massage Therapy Students at Nord-Bridge!

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

Location: Nord-Bridge Craft Room
Dates: 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.

Condolences to...

...the Elves family, on the passing of John
...the Wasilenko family, on the passing of Bob
...the Pisko family, on the passing of Shirley
...the Warford family, on the passing of Nan
...the Randa family, on the passing of Ed

Get Well Wishes to...

...Orley Stewart, who is in the hospital



HELLO MONDAY



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

Being happy is not about trying to experience pleasure all the time... or avoiding unpleasant emotions like sadness and anger. It is about being realistic about what life brings, and making the most out of its good times and finding ways to bounce back when things get hard.

Based on the latest research by Action For Happiness, Hello Monday will explore the 10 Keys that tend to make life happier and more fulfilling. Together they spell **GREAT DREAM.**

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

JOIN US TO LEARN MORE!

When: Monday, February 5, 2024 - Topic: **Giving** - Do things for others helps increase our levels of happiness.

Monday, February 12, 2024 - Topic: **Relating** - Connecting with others

Monday, February 19, 2024 - **NO CLASS due to Family Day**

Monday, February 26, 2024 - Topic: **Exercising** - Ways to be active and how it improves our our mood.

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.



February is **heart** month

**Visit us in-store and
be entered to win a
blood pressure
monitor!**

*The Medicine
Shoppes*
PHARMACY

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