



NORD-BRIDGE SENIORS

NEWSLETTER

April 2024



This adventurous group of Nord-Bridge seniors enjoyed a fun trip to the Jubilations Dinner Theatre in Calgary to watch “The Beach Boys of Summer” production on March 22. A delicious 3-course meal was served and a wonderful time was had by all. Thanks to Val Arkinstall and Anita Hamilton for organizing! It was a fantastic afternoon well spent - good food, good music, and lots of laughter and friendly conversation. Our next upcoming trips include a two-night stay at the Red Deer Resort and Casino for some gambling and golf (see page 20 of this newsletter for more information!), two Jubilations Dinner Theatre productions - “More Greased,” and “All Those Rolling Stones,” and Seniors Day at the Calgary Stampede. Stay tuned!



“The Friendly Centre”

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

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

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

E-mail: friendly@nordbridgeseniors.com

PRESIDENT'S REPORT

April is here thank goodness! We didn't escape to a warm place this winter, so we are ready for a trip. After the Nord-Bridge AGM on April 3, 2024, we are heading to Ontario to experience the full eclipse of the sun with our family near Guelph, Ontario.

Lucy the dog is staying with us again and we are enjoying our walks around Paradise Canyon. The golf course is open already.

As I write this submission, we are in the mountains again, enjoying the views and hiking along Boivin Creek. There is still a lot of snow in the mountains.

On the way up to Elkford we often stop in Pincher Creek for a coffee and a muffin. This trip we took Highway 507 west out of town and back to Highway 3. What a beautiful drive. Turtle Mountain comes into view, and you can see the scar of the Frank Slide just like it happened last week, not over 100 years ago. In fact, this slide happened at 4:10am April 29, 1903.

This will be my final Newsletter submission and it has been a pleasure to write one each month for the last 40 months. After this you are going to have to flag me down at Nord-Bridge to find out where we're going next.

Our annual AGM is on April 3, 2024. Be sure to come out and vote for who you want to represent you on our Board of Directors. It is at 9:30am in the Multi-Purpose Hall.

Green Shirt Day in honor of the Logan Boulet Effect will be marked by a special event in the diner. There will be cake and a social time on Friday, April 5, at 1:00pm.

Out and About Coffee and Shopping goes to Walmart on April 10 at 10:00am. Please bring cash and reusable bags. Sign up with Maria at the front desk. The fee for this is \$5.00.

Also on April 10, 2024 is our monthly Coffee with a Cop. Come out and share your concerns with Constable Shawn Davis from 10:00am to 11:30am.

Beginners Pickleball is now available at Nord-Bridge. They meet every Monday at 6:30pm and Thursday at 5:45pm. Members \$2, non-members \$5. Please pre-register by calling Ashley at 403-329-3222.

As you can see there is lots going on at the "Friendly Centre," so keep up to date by watching our web page or reading this newsletter. There is something for everyone.

Well, that's all folks. It's been a pleasure to serve as your Board President these last three years. See you around the centre.

*"Why are people so tired on April 1st?
Because they just finished a 31-day March."
~Unknown*

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

New Memberships: \$63.00

WELCOME

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

Debbie Brazean

Audrey Matheson

Ingrid Kolbe

Manfred Kolbe

Ken Mackin

Gail Mackin

Margaret Yakimishyn

Shirley Burndred

Lela Kolpak

Katherine Rasmussen

Candace Watson

Randi Ougden

Cory Varzari

Christine Mehdizadeh

Leslie Von Matt

Brian Lukenda

9 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!

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twitter.com/bridgenord



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

2024 Annual General Meeting
Date: Wednesday, April 3
Time: 9:30am
Location: Multi-Purpose Hall

2024 membership renewals are now due!
Please stop by the front desk at Nord-Bridge to renew your membership.

EXECUTIVE DIRECTOR'S REPORT



This month I would like to focus on a few board members who I have had the pleasure to work with in my 17 years here at Nord-Bridge.

Harry Fischer is stepping down as our Board Treasurer after 18 years of service on our board. For the last 7 years Harry held the Treasurer position. Prior to that Harry was a board member and on our Executive as Vice President, President and Past President for 11 years. For over a decade Harry also volunteered filing income taxes for members of the community, where he identified many seniors were falling through the cracks in terms of not receiving support services and benefits they qualified for. Thus, Harry formed the Seniors Helping Seniors Program (SHS) here at Nord-Bridge. We estimate Harry helped file close to 5000 income taxes for members of the community. Thank you for your years of service Harry.

Pat Santa served 13 years on the board of directors as a board member and on our Executive. Pat faithfully stayed on an extra three years as our Past President, because of the vacancy of Bob Tarleck from the Executive in 2019. During Pat's tenure as President, she presided over a strategic plan that set Nord-Bridge in the direction of where it is today. Pat also was very involved as an ambassador for Nord-Bridge by being a representative on the Economic Development Lethbridge Board, at Winners Bingo, and as a Director for Alberta Council on Aging. Pat can still be seen volunteering in the afternoons with our Community Income Tax Program.

Although George Berg will still be on our Executive as our Past President, I wanted to highlight George and the impact and support he gave to me during my first few years as an Executive Director. George always offered guidance, support and encouragement, especially during the pandemic restrictions. His wisdom, experience and leadership has been a great asset to Nord-Bridge and its board of directors.

I have been fortunate to be surrounded by great dedicated leaders like Harry, Pat and George who have provided years and years of service to Nord-Bridge, its members and to the community.

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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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 WINNERS

Check back in May for our next lucky winner!

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

Sumi Tomiyama \$358

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

March 4: Tom Englehart \$65 Gayle Pilling \$60
March 11: Gayle Pilling \$85 Gerry Rickaby \$85
March 18: Gail Krysak \$57 Richard Tamkin \$57
March 25: Doreen Smid \$70 Earl Hall \$70

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

Victoria Stay Awhile – April 20th and Oct. 13th

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

Yellowstone, Mount Rushmore & Medora Musical – Aug. 17th

FLY – Atlantic Canada & Newfoundland – Sept. 2nd and Sept. 5th

Cross Canada by Motorcoach – Sept. 4th

FLY – Newfoundland & Best of the Maritimes – Sept. 15th

Nashville, Branson and Memphis – Oct. 7th

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Upcoming FREE consultation dates:

***Now on the 2nd Monday of each month
April 8, May 13, June 10**

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

Lethbridge HEARING CENTRE

FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

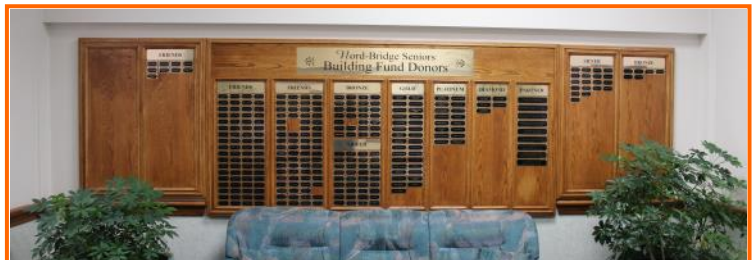
403-329-3222

Third Thursday of the month, next appointments:

April 18, May 16, June 20

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

Follow us on Facebook @NordBridgeSeniorsLethbridge



BUILDING OPERATING FUNDS RECENT DONORS

Check back next month!

*Nord-Bridge Building Fund has been renamed Building Operating Funds. Nord-Bridge uses these funds for purposes such as upgrades, building maintenance, and utilities to name a few. We will no longer set a dollar amount for a goal, as our goals are ongoing and ever-changing. Nord-Bridge will continue to recognize donations made to this fund each month. Please make note that donations are greatly needed and appreciated to keep Nord-Bridge moving forward.

NORD-BRIDGE IN-HOUSE BINGO

Total for March, 2024: \$1179.00

Total for Jan.-Dec., 2024: \$3861.75



**Book an eye exam online
or drop by and see us**

We're at Nord-Bridge the
3rd Thursday of every month
at 1pm for optical repairs!



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Lethbridge
(587) 388-0563

Specsavers

Attention Members!

If you have photos of yourself enjoying programming at Nord-Bridge, please email them to us at friendly@nordbridgeseniors.com in a JPEG format, to be featured in upcoming newsletters!



ATTENTION MEMBERS:

Please do not park in the RESERVED PARKING spots at the back side of our building. These are reserved for staff only. You are welcome to park anywhere else throughout our parking lot on the front or back side of our building where there are no reserved parking signs.

Thank you for your understanding.
-The Nord-Bridge Administration



coffee
with a
COP

Share your concerns with
Constable Shawn Davis

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



Thank you to Earls and Moxies for donating gift cards towards our St. Patrick's Day buffet!

Earls

MOXIES



Enjoy Our Monthly Breakfast Buffet

1st Wednesday of every month!
8:30am to 10:30am
\$13 per person
Open to all!

1904 13 Ave North



Mother's Day Luncheon

Friday, May 10
Seating at 11:00am
Lunch served at 11:30am
Live Entertainment by Yvonne Nelson

Chicken Tuscan with Lasagne Roll-Ups
and Green Bean Almondine

Tickets: \$13 per person
On sale at the Front Reception Desk on
Thursday, May 2nd, while quantities last!

Gifts for all ladies who attend!

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

A Note from Ladybug Arborists:

Fond Farewell to all my valued clients,

It has been my pleasure to care for the trees, shrubs and gardens in Lethbridge for the past 28 years. In May, I will be transitioning our operations to Airdrie where I will gratefully be able to spend more time with my daughters and grandchildren while still doing what I love. I will be back and forth as I fulfill some existing commitments during this time. If you want a last visit or check on your site, I am pleased to arrange this.

I appreciate all the many hours I have spent increasing awareness of the importance of trees in this community. I loved tending your gardens and helping keep trees healthy and safe. I have been privileged to have supported many groups through donations and service work. I feel privileged to have worked with, mentored and encouraged young gardeners and arborists in their quest to grow in this wonderful career path.

Some of our former employees are taking on new clients under their own businesses. If you need a referral, please reach out to me. My phone number and email will remain the same.

Yours,
Maureen Sexsmith-West



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JUNE 23 - 26TH, 2024
DBLE OCCP - \$575.00 PP



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MAY 16TH - 21 2024
DBLE OCCP - \$1650.00 PP



SEATTLE & THE BLUE JAYS

JULY 3 - 9, 2024
DBLE OCCP - \$2355.00 PP



DEADWOOD, SD

JUNE 23 - 26TH, 2024
DBLE OCCP - \$1150.00 PP



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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.



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



**St. Patrick's Day Outreach! Join us
April 15th for our next event.
See page 18 for details!**



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Third Thursday of every month at 1pm!

***PLEASE NOTE:**
Appointments will be held in the library in March & April

with Licensed Optician, Andrea Henning of Specsavers!



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Give us a call at 403-329-3222 for more info!



Spring Townhall

Date: Thursday, April 4

Time: 7:00 – 8:00 PM



RSVP :

lethbridge.east@assembly.ab.ca

Venue confirmed upon registration



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- ~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 START DATE!

Beginners Bridge

Learn to play Bridge for beginners with Laree Findlay!

Dates: Thursdays

Beginning **May 2, 2024**

Time: 1:30pm-3:30pm

Location: Dunford Diner

Drop-in - No sign up required!

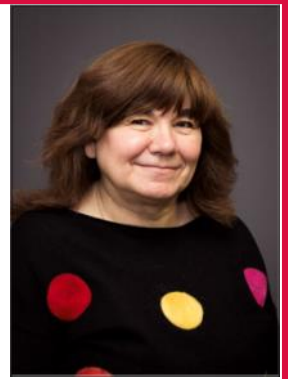
***Singles are welcome to bring a partner if possible!**

Call 403-329-3222 for more info!



Seniors System Navigator

I usually write about tips on caregiving, taxes, healthy living, or eating. I want to announce, last week I was blessed with the birth of a new granddaughter. Grandparenting can be very challenging and unique due to many of our children living far away, along with our cherished grandchildren. As a grandparent, all we want to do is give our grandchildren hugs and kisses as well play with them. My granddaughter is two weeks old, and it is all very exciting. The whole family is happy that little Sophie has finally arrived. She is very sweet and adorable. As a long distance grandma, I was not present at the hospital for the delivery. I was at my daughter's home in northwest Calgary taking care of my grandson. The anticipation and worry when your own first born is in labour is hard to describe. I shared my thoughts and memories to my daughter that being in labour is like running a marathon.



My granddaughter was born March 9, 2024 at 12:01 am at the Rockyview General Hospital. I was able to hold her 7 hours after she was born, and Sophie is just perfect. The pediatrician checked her heart, lungs, 10 toes and 10 fingers. Mom and dad are proud and exhausted, sharing their new bundle of joy with family members. These are the joys of being a grandparent. I stayed at the hospital for several hours so dad could go home and shower, change clothes, and get a quick nap. Often, I am asked is it best to go the delivery, arrive after, or come several weeks later. My suggestion is to ask the new parents how you can best support them. There are some new parents who do not want visitors in the home. My daughter and son in law do not count immediate family as visitors. It was nice to see my adult children come with meals or take care of the first grandchild. Each sibling had duties such as grocery shopping, doing errands, housecleaning, and most of all holding the newborn baby. My job as a grandma was to coo, because as I recall, the job of a parent is never done!



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 3 Dates: Mondays, May 6 - June 24

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*



Attention Table Tennis Players:

NEW TIME:

**Wednesday Table Tennis
now begins at 7:30pm**

**ADDITIONAL
EVENING ADDED:**

**On Sunday evenings,
Table Tennis will begin at 7:00pm**

If you have any questions, contact Nord-Bridge at 403-329-3222

Introduction to Digital Photography with Petra Malá Miller

Date: May 2 – June 27, 2024

**Time: Thursdays, 1:00pm – 2:00pm
(no class on May 30th and June 6th)**

Location: West Community Room

Cost: \$50.00 Members \$70.00 Non-Members

Participants are required to bring and use their own digital DSLR or rangefinder cameras. If possible, please bring your camera manual.

Open to anyone interested in exploring photography - no prior experience necessary.






**Prior to attending, please pick up a participant questionnaire at the Front Reception Desk or via email
Call 403-329-3222 or visit
www.nordbridgeseniors.com to register!**




This series of practical workshops will teach you:

- ~Camera settings
- ~Exposure controls
- ~White balance and color
- ~Shutter, aperture, and ISO
- ~Depth of field
- ~Focusing methods
- ~Composition
- ~Much more!



APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1  *Closed TODAY, April 1st!	2 9:00 Zumba Gold® (MPH) 9:30 Advanced Watercolor 10:00 Meet & Greet (Diner) 10:00 Music Makers 10:00 Genealogy (Flex Room) 10:30 Clogging (Intermediate) 11:00 Keep Fit Cardio 11:15 Clogging (Advanced) 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Keep Fit Combo 3:15 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH) 	3 Monthly \$13 Breakfast Buffet 9:00 Gentle Yoga 9:00 Guided Meditation 9:30* Annual General Meeting (Multi-Purpose Hall) 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Chair Yoga WCR 10:45 WINNERS BINGO 11:45 Somatics (WCR) 1:00 Drawing Pets in Pastels (Craft Room) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:00 Dragon Boat Dry Land 6:00 Begin. Pickleball (YMCA) 6:15 Yin & Yoga Nidra (MPH) 7:30 Table Tennis (MPH) *No Active POUND® or Carpet Bowling TODAY!*	4 9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (MPH) 9:30 Mind Joggers (BR) 10:00 Brain Knowledge Morning (Flex Room) 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball (MPH) 	5 Green Shirt Day Cake & Social in Diner at 1pm! 9:00 Gentle Yoga 9:30 Nord-Bridge Ukes (Diner Annex) 9:30 Intro to French 10:00 Carpet Bowling 10:00 Paper Tole/Handy Crafters (Craft) 10:30 Chair Yoga 10:45 Level 2 French 11:00 Veal Cutlet Lunch Special 1:00 Crib (West Community Room & Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:30 NEW Watercolor Club (Flex Room)
8 9:00 LAWYERS (Board Room) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Beginners Acrylic (Craft) 10:00 Hello Monday (Flex) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:30 Chair Yoga (WCR) 1:00 Begin. LD (WCR) 1:00 Quilters/Krafters 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:30 Outreach Meeting (BR) 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball	9 9:00 Zumba GOLD® 9:30 Advanced Watercolor 10:00 Music Makers 10:00 Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio 11:15 Clogging Advanced 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Keep Fit Combo 3:15 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH) 	10 8:45 Active POUND® 9:00 Gentle Yoga 9:30 Board Meeting (BR) 10:00 Coffee with a Cop 10:00 Shopping to Walmart (booking req.) 10:00 FOOT CARE (Craft) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Chair Yoga WCR 10:45 WINNERS BINGO 11:45 Somatics (WCR) 1:00 Manicures (Craft) 1:00 Darts 1:00 Bid Euchre 1:00 Dragon Boat Dry Land (MPH) 5:00 Begin. Pickleball (YMCA) 6:00 Yin & Yoga Nidra 6:15 Table Tennis (MPH)	11 9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (BR) 10:00 Brain Knowledge Morning (Flex Room) 10:00 Tech Help w/ AI (Library) *Appt. Required 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball (MPH)	12 9:00 Gentle Yoga 9:30 Nord-Bridge Ukes (Diner Annex) 9:30 Intro to French (Flex) 10:00 Carpet Bowling (MPH) 10:00 Paper Tole/ Handy Crafters (Craft) 10:30 Chair Yoga 10:45 Level 2 French (Flex) 11:00 Chicken Fettuccine Lunch Special 1:00 Crib (West Community Room & Diner Annex) 1:00 In House Bingo 1:00 Contract 1:30 Bridge (Annex) NEW Watercolor Club (Flex Room) 

<p>15</p> <p>9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Member Photos (Library) 10:00 Begin. Acrylic 10:00 Hello Monday (Flex) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:30 Chair Yoga (WCR) 1:00 Quilters/ Crafters 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach Program 5:00 Golden Fit (MPH) 6:30 Beginners Pickleball (MPH)</p>	<p>16</p> <p>9:00 Zumba GOLD® (MPH) 9:30 Advanced Watercolor (Craft Room) 10:00 Meet & Greet (Diner) 10:00 Music Makers 10:00 Genealogy (Flex Room) 10:30 Clogging Intermediate 11:00 Keep Fit Cardio 11:15 Clogging Advanced 12:45 Beginners Tai Chi 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Keep Fit Combo 3:15 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p>	<p>17</p> <p>8:45 Active POUND® 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 Paper Tole (Flex) 10:30 Chair Yoga WCR 10:45 WINNERS BINGO 11:45 Somatics (WCR) 1:00 Painted Blossoms (Craft Room) Darts Euchre Bid Euchre 5:00 Dragon Boat Dry Land (MPH) 6:00 Begin. Pickleball (YMCA) 6:15 Yin & Yoga Nidra (MPH) 7:30 Table Tennis (MPH)</p> 
<p>18</p> <p>9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (BR) 9:00 Heating Tests (Library) *Appt. Required* 10:00 Brain Knowledge Morning (Flex Room) 11:00 Keep Fit Strength 1:00 Optical Repairs with Specsavers (Library) 1:00 Floor Shuffleboard (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball (MPH)</p>	<p>19</p> <p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukles 9:30 Intro to French (Flex) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:30 Chair Yoga (WCR) 1045 Level 2 French (Flex) 11:00 Salisbury Steak Lunch Special Crib (WCR & Diner Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Powering Up for Golf (Fitness 55 Plus Gym) 1:30 NEW Watercolor Club (Flex Room)</p> 	<p>26</p> <p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukles 9:30 Intro to French (Flex) 10:00 Carpet Bowling 10:00 Paper Tole (Craft) 10:30 Chair Yoga 1045 Level 2 French 11:00 Liver & Onions Lunch Special Crib (WCR & Diner Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:00 NEW Watercolor Club (Flex Room)</p>  <p>*MONTHLY TOONIE DRAW</p>


<p>22* & 29</p> <p>9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Beginners Acrylic (Craft Room) 10:00 Hello Monday (Flex) 10:00 Intermed. LD (MPH) 10:30 Chair Yoga (WCR) 1:00 Quilters/ Crafters 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball (MPH)</p>  <p>*World Earth Day on April 22nd!</p>	<p>23* & 30*</p> <p>9:00* LAST DAY OF CVITP 9:00 Zumba GOLD® (MPH) 9:30* Advanced Watercolor 10:00 Music Makers 10:00 Genealogy (Flex Room) 10:30 Clogging (Intermediate) 11:00 Keep Fit Cardio 11:15 Clogging (Advanced) 12:45 Beginners Tai Chi 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor 1:00* Baking (Interfaith) *30 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Keep Fit Combo 3:15 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p>	<p>24</p> <p>8:45 Active POUND® 9:00 Gentle Yoga 9:00 Guided Meditation 10:00 FREE Walker Repairs 10:00 Public Library Free Membership Booth (Main Corridor) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Chair Yoga WCR 10:45 WINNERS BINGO 11:15 Virtual Cooking 11:45 Somatics (WCR) 1:00 Painted Blossoms 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 3:15 LSKIP (MPH) 5:00 Dragon Boat (MPH) 6:00 Begin. Pickleball (YMCA) 6:15 Yin & Yoga Nidra (MPH) 7:30 Table Tennis (MPH)</p>
<p>25</p> <p>9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (MPH) 9:30 Mind Joggers (BR) 10:00 Brain Knowledge Morning (Flex Room) 10:00 Tech Help w/ AI (Library) 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 1:20 Intergenerational 5:45 Games (West Community Room) Begin. Pickleball (MPH)</p>	<p>26</p> <p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukles 9:30 Intro to French (Flex) 10:00 Carpet Bowling 10:00 Paper Tole (Craft) 10:30 Chair Yoga 1045 Level 2 French 11:00 Liver & Onions Lunch Special Crib (WCR & Diner Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:00 NEW Watercolor Club (Flex Room)</p>  <p>*MONTHLY TOONIE DRAW</p>	<p>27</p> <p>9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (BR) 9:00 Heating Tests (Library) *Appt. Required* 10:00 Brain Knowledge Morning (Flex Room) 11:00 Keep Fit Strength 1:00 Optical Repairs with Specsavers (Library) 1:00 Floor Shuffleboard (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball (MPH)</p>

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**
- MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT ON THE FOLLOWING DATES: APRIL 3, JUNE 3, & AUGUST 7 OPEN TO ALL**

NEW INTRO TO DIGITAL PHOTOGRAPHY COURSE BEGINS THURSDAY, MAY 2ND AT 1PM SEE PAGE 11 OF THE NEWSLETTER FOR MORE INFO!

- WINNERS BINGO WEDNESDAY: APR. 3, 10, 17, & 24**
- 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 *NOT INCLUDING MAR. & APR.**
- CINCO DE MAYO \$13 BUFFET IN DUNFORD DINER ON FRIDAY, MAY 3RD AT 11AM-1PM DELICIOUS FOOD AND OPEN TO ALL!**



A Letter on the State of the LEARN Program:

As of February 29, 2024, LEARN was advised by the Government of Alberta that they will not be providing ongoing funding to support those experiencing elder abuse in Lethbridge. The current contract for LEARN Case Management services ends effective March 1, 2024.

The services offered by LEARN to those in need have impacted many, from older adults themselves to service providers in the city. As a result of this loss of funding, I am so saddened to have to advise that referrals to LEARN can no longer be made. For this, I am so incredibly sorry. This unfortunately leaves Lethbridge and area without elder abuse services of any kind, resulting in putting so many at risk of physical, sexual, verbal, emotional, financial and medical abuse, as well as neglect.

Although funding from the government has ended, LEARN will be applying for funding offered by the Alberta Elder Abuse Awareness Council in the Spring. We are hopeful we will get funding, but of course cannot confirm. This would also mean case management services would not be reimplemented until the fall of 2024, which leaves Lethbridge without support for up to 6 months, if not longer. This thought is both incredibly heartbreaking and scary. Please continue to check LSCO social media and website for an update, as we will ensure the public is made aware should we secure funding again!

Despite the Alberta Government not deeming it to be so, elder abuse services are necessary, valuable and life changing for those who have accessed them thus far and would have been for those who will need them in the future but won't be able to be connected. If you have any questions, please reach out to Rob Miyashiro, LSCO Executive Director at 403-320-2222.

We encourage you to reach out to our funder, the Government of Alberta. There is a letter template available to be picked up at LSCO or found online at lethseniors.com, under the Support Services and LEARN tab. We also encourage you to reach out to your local representatives whose information can be found below.

To Contact the Alberta Government:

Ross Nairne

Assistant Deputy Minister

Strategic, Support and Integrated Initiatives Division (SSII)

Public Safety and Emergency Services

Office of the Assistant Deputy Minister

Strategy, Support and Initiatives

9th Floor Brownlee Building

10365 - 97 Street

Edmonton Alberta T5J 3W7

780-427-8866 ross.nairne@gov.ab.ca

Lethbridge-East MLA

Nathan Neudorf - MLA for Lethbridge-East

319 Legislature Building

10800 - 97 Avenue NW

Edmonton, AB T5K 2B6

403.320.1011 Lethbridge.East@assembly.ab.ca

Lethbridge-West MLA

Shannon Phillips - MLA for Lethbridge-West

5th Floor

9820 - 107 Street

Edmonton, AB T5K 1E7

403.329.4644 Lethbridge.West@assembly.ab.ca

**~Amy Cook, Seniors System Navigator
Team Lead; Former LEARN Case Manager**





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 Wednesday, April 3 2024 Monday, June 3 2024 Wednesday, August 7 2024 Wednesday, October 16 2024	Monday, March 4 2024 Wednesday, May 1 2024 Wednesday, July 3 2024 Monday, September 23 2024
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Jammers



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

*\$3.00 cover charge
for non-members*



LETHBRIDGE DENTURE CLINIC LTD

We offer complete quality Denture care;
a result of intention, effort and professional skill.

#2 - 1718 3 AVE S, LETHBRIDGE AB 403-381-4142 WWW.LETHBRIDGEDENTURECLINIC.COM

Condolences to...
 ...the Andraesen family,
 on the passing of David, Barbara's husband

Get Well Wishes to...
 ...Reg Cartwright, Judy's husband,
 who is in the hospital
 ...Jack Simmons, who is in St. Mike's
 ...Jeff Deringer, Eva's son,
 who is in the hospital



colorSTREET  *Manicures at Nord-Bridge*

Upcoming Dates:

April 10, May 1, June 5

Begins at 1:00pm in the Craft Room

Each 30 minute session includes application of Color Street nail strips, which are made of 100% real nail polish, and a mini hand massage for \$20 per person



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

Gentle Yoga with Donna

With Donna Tiefenbach, certified yoga instructor

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

Session 3 Dates: Fridays, May 17 - July 5

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!

CINCO de MAYO Buffet



Friday, May 3 // 11am to 1:30pm
While quantities last!

Option A or B for \$13 each

A: Chicken Enchiladas in Tomato Sauce, with Pico de Gallo, and salad

B: Chimichanga (ground beef), with Rice, Refried Beans, and Pico de Gallo

**Limited menu available*

The diner will be temporarily closed at 10:00am to prepare for the buffet.



For members and invited guests
Liquor available for purchase!



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

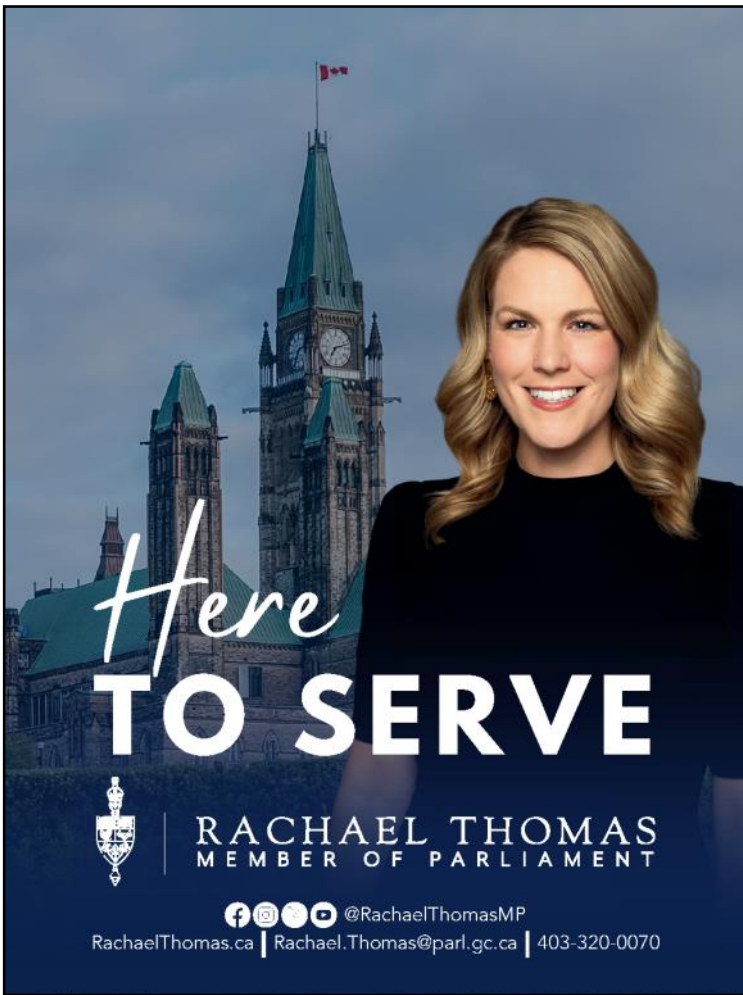


Contact the Seniors System Navigators

 403-329-1544


 intake@lethseniors.com

Empathy.
Assistance.
Advocacy.



Here
TO SERVE

RACHAEL THOMAS
MEMBER OF PARLIAMENT

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

CRA's Community Volunteer Income Tax Program

NO APPOINTMENTS ALLOWED – DROP OFFS ONLY


TIME FOR TAX

Program Ends Tuesday, April 30, 2024

Drop off your tax documents 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



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

TECH HELP WITH A!

Upcoming Dates (Thursdays):
April 11, April 25,
May 9, May 23
10am - 2pm

April appointments will be held in the library, May appointments will be held in the main corridor




 Book your appointment today at the Front Reception Desk or call 403-329-3222!
 *Nord-Bridge Members only




CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME

Family Focused
Family Operated

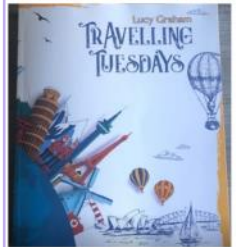
703 13 STREET NORTH, LETHBRIDGE

Phone: 403.382.3601
www.generationsfh.ca

A division of the Caring Group Corp.



Lucy Graham, one of our members, is now a published author! She wrote a book called *Travelling Tuesdays*. In it, Lucy shares stories about many of the countries she has been able to visit all over the world. See which adventure brought her too close to a hippo and where she enjoyed a ride in a hot air balloon.



Find out what is the only country that starts with the letter Q, O or W. Yes - Lucy has been to each of these countries too!

Lucy is selling her book for \$50 USD or \$60 CAD. She will make a donation of \$5 for each book sold here at Nord-Bridge.

Intergenerational Craft & Music Afternoon (L-SKIP)

This program partners seniors with pre-school aged children to participate in a variety of active games, crafts, music, and story telling for one hour. This is where great relationships are created between the generations!



Date: Wed, April 24
Time: 3:15pm
Location: Multi-Purpose Hall

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


 IN PARTNERSHIP WITH
 

Programmer's Report



Another busy month has come and gone and as you read this I may already be in Hawaii as I will be off from April 8th to 19th and will return on April 22nd! I will share some photos in next month's write up.

Last month, we were so happy to host our annual St. Patrick's Day Buffet once again this year with live entertainment from Celtic Routes, along with delicious food from our kitchen, and prizes thanks to **Moxies, Earls Kitchen and Bar, and Celtic Routes!** Our diner was packed!

Looking forward, we have our Annual General Meeting on Wednesday, April 3rd, and a special event planned on Friday, April 5th. We will be hosting an early *Green Shirt Day* coffee, cake social & resource hour in the diner at 1:00 pm to spread awareness about tissue and organ donation in honor of the

Logan Boulet Effect. Please support us on this day by wearing your green shirt or go to www.greenshirtday.ca to order your own shirt!

Cancelled programs for this month include **Active POUND and Carpet Bowling** due to the AGM on Wednesday, April 3rd.

Watch for the upcoming Summer Program release date, as well as Seniors Week events in the May newsletter. Speaking of May, I am pleased to offer a brand-new program called Intro to Digital Photography instructed by Petra Malla Miller. For more information on this program please go to page 11 of this newsletter. Also, our Mothers Day Luncheon will be here soon, so keep your eyes peeled for the tickets which go on sale, **Thursday, May 2nd**. See page 7 of this newsletter for more information!

If you have questions about any programs such as Genealogy, Brain Knowledge Mornings, Fitness and Art, please do not hesitate to contact me at 403-329-3222 or stop by Nord-Bridge.

Until next month, stay happy and healthy!

Ashley Kern - Program Coordinator

Sunday, April 7 is National Green Shirt Day.

Please join us in wearing a green shirt at Nord-Bridge on Friday, April 5th to promote organ donation awareness in light of the Humboldt tragedy 6 years ago.



#LoganBouletEffect

REGISTER • TELL YOUR FAMILY • BE INSPIRED

Thank you to Sobey's North for donating the cake for this event!



In Partnership with



Canada's Organ and Tissue Donation Community

Join us in the Dunford Diner for cake and social time on Friday, April 5th at 1:00pm as we bring awareness to organ and tissue donation.



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

Friday, April 5: Veal Cutlets with Mashed Potatoes, Gravy, and Veggies

Friday, April 12: Chicken Fettucine Alfredo Pasta with Garlic Bread

Friday, April 19: Salisbury Steak with Mushroom Gravy, Roasted Potatoes, and Veggies

Friday, April 26: Liver & Onions with Mashed Potatoes, Veggies, and Gravy

Available from 11am to 1pm, while quantities last



Nord-Bridge Members at the 2024 Moonlight Run in March!

L to R from back row: Marlene Nap, Rod Wyton, Steve King, Dawn King, Roy Duval, Heather Boychuk, Melanie Hillaby, and Marty Levi

Congratulations to Marty Levi for winning 5th in his age category at the race!

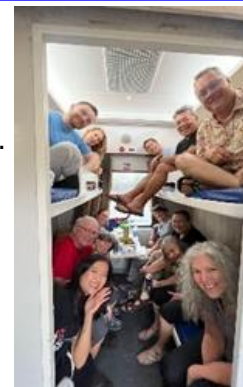



WELCOME SPRING
Outreach Program
When: Monday April 15th at 1:30pm
Where: Multi Purpose Room
Entertainment, Snacks, Door Prizes
\$3.00 each - Everyone Welcome!
Nord-Bridge Seniors Outreach Program provides social programs for Seniors 55+. Socials are organized on the 3rd Monday of each month. Come on out and enjoy some good entertainment and company!
Register at the front office by calling 403-329-3222 or Email melanie@nordbridgeseniors.com no later than 12:00pm Thursday April 11th



Wellness Coordinator/Outreach

On March 1st I flew to Cambodia, landing in Ho Chi Minh City for a biking, hiking and kayaking trip. I crawled through the Cu Chi Tunnels where the Viet Kong hid during the war. I then flew to Hoi An to bike through crazy traffic to the king's palace and his tomb in the city, and then through the farm lands. I learned how to make noodles and checked out a tailor while bartering in the markets. I bussed to Hue and then got to experience an overnight train to Hanoi where we headed north to a homestay to do some hiking in the rain forest. We returned to Hanoi to head out to Halong Bay on an overnight boat tour and kayaked the bays where they harvest pearls. We hiked through Vietnam's largest caves to return to the boat to finish the night with karaoke. We returned to Hanoi for our last night to experience the train that runs through a café area and had a final dinner with friends.



Upcoming Monthly Workshops:

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

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

Knee and Hip Stability - May 17, 1:15pm

Stepping Forward, Safety Walking Workshop - June 21, 1:15pm



Thank you to everyone who participated in our annual Moonlight Walk in March - it's always so much fun!!

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 (April 11) at 12:00pm**, at the front desk (\$3.00 cover charge). **The April 15 entertainer is Maple Fusion.**

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

LIVE Cooking Classes Via zoom
For Seniors 55+!

Wednesday, April 24 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 Pretzel-Crusted Chicken with a side salad!

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





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: Apr 10, June 5, July 31
Location: Nord-Bridge Craft Room
Fee: *\$35 per patient per visit *NEW*

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

Thank you to:
For more information please call Nord-Bridge!





NORD-BRIDGE SENIORS CENTRE
1904 13 Ave. N.

Roaming Retirees

We made it to Spring! It's my favorite time of year!

In the beginning of March, we celebrated the awesome women in the world - for example, Ashley Kern. Ashley was nominated for the Women of Distinction award and invited me to come join her for a night of laughs, stories and great food. Congratulations Ashley!

Our Roaming Retirees had fun, fun, fun at the Beach Boys Production on March 12. The feedback that I have received from this trip has been nothing but positive. Thank you to Anita Hamilton and Val Arkinstall for being the hostesses for this trip.

We have an upcoming trip to the Red Deer Casino, June 16-18. We need a minimum of 40 members at double occupancy to sign up for this trip. Please see the poster below for more information.

On March 15, we celebrated St. Partick's Day in true Irish fashion, with good food, and great music by Celtic Routes. If you have never been to a special event at Nord-Bridge Seniors Centre, you are missing out on a lot of fun.

~Wherever you go, whatever you do, may the luck of the Irish be there with you.

Get out and enjoy the sunshine!

Erin Bates - Wild Rover



Member Photos
by Walter Kerber



3rd Monday of every month
(excluding holidays)
from 10am to 12pm!
Upcoming Dates:
April 15, **May 13**

All new members receive a FREE portrait.
*First come, first served. Photos will be taken in the library.

FREE Walker Repair Clinic
Where: 1904 13 Ave. N. in the Nord-Bridge Library
When: Wednesday, April 24
Time: 10:00am
Book your appointment at the Front Reception Desk

*For members of Nord-Bridge ONLY

Thank you to:



Red Deer Resort and Casino Trip



Golf and Gamble!

Dates: June 16 - 18, 2024
Cost: \$250 Double Occupancy
\$415 Single Occupancy
***Full payment due May 1st - No refunds**
Trip departure time TBA!

Additional charge for tee times
Please email Erin at friendly@nordbridgeseniors.com if you are planning to golf!

*40 members required to sign up at double occupancy for the trip to go ahead!





Active POUND 55+ with Sheila!

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

Session 3: Wednesdays, May 8 to June 26

Time: 8:45am - 9:30am

Location: Multi-Purpose Hall

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

Drop-In Fee: Members \$8/class

Non-Members \$10/class



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 1/2 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:

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: 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



See the posters on pages 16 & 22 for details of next month's events on April 24 and 25!



Intergenerational Craft and Music Afternoon and Park Meadows Board Game Afternoon!





Hello Monday!

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



Being happy is about being realistic about what life brings, and making the most out of its good times and finding ways to bounce back.

Join CMHA's Wellness College to learn more about the **10 Keys To Happier Living**.

Monday mornings - **NO CLASS on Easter Monday**
10:00 am to 11:00 am
Nord-Bridge Seniors Centre - "Flex Room"

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



Ukrainian Easter Egg Painting Class!



New Comers Meet and Greet

Come join us for a morning of socialization with Conveners every **First & Third Tuesday at 10:00am** in the Dunford Diner! This is great for new members wanting to connect with new people and have fun! Find more information in the Winter Program Book.

All new members who join us will receive a free treat from the Dunford Diner!



Out and About Coffee and Shopping

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:

Apr. 10, May 1, June 5

Time: 10:00am

Fee: \$5.00 per person

(for the bus ride there and back)



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

***PLEASE NOTE THE DATE CHANGE FOR APRIL**



*Nord-Bridge members only



Intergenerational Board Game Afternoon



This fun intergenerational program pairs Grade 5 Park Meadows Elementary School students and Nord-Bridge Senior Members! Play board games together and enjoy a snack.

DATES: April 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!



From Sketching to Painting



Dates: Wednesdays, May 18-22

Time: 1:00pm - 3:00pm

Fee: Members \$35;

Non-Members \$55

Location: Craft Room

Instructor: Donna Gallant



To register, call 403-329-3222 or visit www.nordbridgeseniors.com
Please pick up a supply sheet upon registration

In this three week class you will learn how to transform a sketch into a finished painting. You will learn about composition, colour scheme, and using pattern and textures to create a unifying piece. You may choose your favourite medium and painting surface to use, with the exception of oil paints. Please ensure you are familiar with your choice of medium.

Painted Blossoms in Watercolor



Dates: Wednesdays, April 17 & 24

Time: 1:00pm - 3:00pm

Fee: Members \$25;

Non-Members \$45

Location: Craft Room

Instructor: Donna Gallant

**Please pick up a supply sheet upon registration*

In this two week class we will study and paint spring blossoms in watercolours. We will work with full blooming trees and zero into a more detailed view of a close up blossom. You will learn about overlapping and transparency when working with watercolour as well as a few tips on brush handling and techniques. What a great way to begin our spring season.

To register, call 403-329-3222 or visit www.nordbridgeseniors.com

Blind Joggers

Listen to Your Heart

-Edward L. Sillito

If you listen to your heart,
You will feel a sun rise,
Smell a rose,
Touch a rainbow,
And hear birds sing.

If you listen to your heart,
You will not go hungry,
Or suffer pain,
Or feel sadness,
Or be hurt by others.

If you listen to your heart,
You will earn respect,
Find happiness,
Be loved,
And attain your goals.

All the lessons you need.
All the answers you seek.
All the love you desire.
All the happiness you wish.
Will be yours,
If you listen,
To your heart.



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.

**No class
May 20 or July 1*

Session 3: Mondays, May 13 - July 8

Time: 5:00 pm to 5:45 pm

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

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



Beginners Cribbage

**New to Cribbage? Come play
and learn every Tuesday
from 1:30pm-3:30pm in the
Dunford Diner Annex!**

***For Nord-Bridge Members only**



Did you know Nord-Bridge has

ROOMS
For
RENT



On Weekends for Special events?

***Multi-Purpose Hall : \$750.00 for weekend or Hourly**
\$125.00 (Min. 3 hours)

***West Community Room: \$200.00 for Weekend or Hourly**
\$35.00 (Min. of 3 hours)

Damage deposit not included in this price

***For booking inquiries please call Maria at 403-329-3222. Please book a minimum of one month in advance. Please go to www.nordbridgeseniors.com under the About > Facilities > Rentals tab for more information about these rooms.**



NORD-BRIDGE
SENIORS CENTRE

1904—13th Ave. North
Lethbridge, Alberta
403-329-3222
friendly@nordbridgeseniors.com



“The Friendly Centre”

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

www.nordbridgeseniors.com