

August 2024



We enjoyed a fun morning with Building Brains Together and the Lethbridge Family Centre on July 16th at Chinook Lake Park on the north side of Lethbridge. The Nord-Bridge Seniors and children from the Family Centre partnered up to play brain games for the morning! This was such a fun event – keep an eye out for next year’s annual outing in the park!

PRESIDENT'S REPORT



We had a good turn-out for the July 1st Canada Day BBQ - we enjoyed hamburgers, hot dogs, and salads, and cake for dessert. We also had some dignitaries present. Mayor Blaine Hyggen and Member of Parliament, Rachael Thomas were in attendance.

Coming up in August is our Whoop Up Days Toonie Pancake and Sausage Breakfast on Wednesday, Aug. 21 from 8:00am to 11:00am in the Multi-Purpose Hall. Entertainment will be provided by the Nord-Bridge Jammers.

Nord-Bridge will also have a float in the Whoop Up Days Parade on Tuesday, August 20. The parade begins at 9am. Please come and see us in the parade and cheer us on!

On Saturday, September 7th at 6pm, our Under Northern Lights Gala will be held at the Coast Hotel. Entertainment will be provided by Cal and Anna Dueling Pianos. These two are amazing - you won't want to miss them! Tickets are available at Nord-Bridge for \$100 per person.

On Saturday, September 21, Elvis Presley is coming to Nord-Bridge! There will be two showings - a matinee at 1:30pm and an evening show at 7:00pm, both in the Multi-Purpose Hall. Bruce Stewart has been here as Elvis a number of times and he puts on a great show! Tickets are available now - phone 403-329-3222 or stop by Nord-Bridge to get yours. Hope to see you there!

Helen Gepneris, 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

WELCOME

Welcome to 17 New Members!
We are happy to have you here!

Helen Chartrand

Susan Walters

Efrain Pona

Fabiola Pona

Dick Wells

Mary Shields

Brian Aulenback

Craig Rumer

Doug Van Winkle

June Dick

Greg Dick

Lorraine Birch

Robyn Melling

3 Anonymous

Barb James-McCallum

Hans and Louise Kochan
are moving!

Come and join us on
August 8th between
1:30pm and 3:30pm in the
Dunford Diner Annex for a
chance to bid them good
wishes and a fond farewell.

Best wishes

Nord-Bridge will be closed
Monday, August 5 for
Heritage Day



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

Nord-Bridge is a proud Member of the



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



nordbridgeseniors.com



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

Many of our **DROP IN AND SENIORS ASSISTANCE** programs are taking a break during July and August, and will return in September. Please see the list below!

- Beginners Pickleball (YMCA)
- Beginners Pickleball (Nord-Bridge)
- Floor Shuffleboard
- Beginners Bridge
- Monday Music Jams
- Music Makers
- New Comers Meet and Greet
- Mind Joggers
- Nord-Bridge Ukulele Circle
- Free Lawyer Consults
- Free Hearing Tests
- Free Optical Repairs
- Manicures
- Tech Help with AI
- Walker Repair Clinic
- Coffee with a Constable
- Free Member Portraits with Walter
- Intergenerational Craft and Music Afternoons (LSKIP)
- Clogging
- Evening Line Dance with Karen
- Hello Monday
- Fitness Workshops in the Fitness 55 Plus Gym
- Outreach Program



EXECUTIVE DIRECTOR'S REPORT



Summer time is a time to play catch up around our building with maintenance and cleaning. Last month, Marco was in the parking lot repainting the lines in the parking stalls and handicap stalls. We added 4 additional parking spots at the west end of the parking lot at the end of the row. Marco also put a fresh coat of blue paint on the handicap stalls that clearly marks the designated parking stalls. Thank you Marco for completing this task during the heat wave.

Our resident busy bee, Ashley took it upon herself to clean out some rooms and cupboards and inventory supplies, sorting items that are still needed and those that could be donated or disposed of. Ashley was able to find a lot of new homes for many items that we were storing and no longer had any use for. Other items that were no longer useful were hauled to the thrift store and city dump courtesy of volunteers Dianne and Joe Smith. We greatly appreciate the numerous trips they made to help us dispose / repurpose items that we no longer needed.

Bety, Tyler and Marco were busy cleaning the hood fan canopies last month as well. We hire professional cleaners twice a year to clean these, however given how busy our grill has been over the spring, the grease build up formed sooner and couldn't wait until our scheduled fall cleaning. The above mentioned three teamed up one afternoon and degreased and cleaned all the canopies and backsplashes to a sparkling shine where you could see your reflection!

Thank you to all staff and volunteers who continue to help make our place look amazing!

Update: The Fitness 55+ Club, Medicine Shoppe and Chinook LifeCare share one HVAC (Heating, Ventilation, Air Conditioning) unit that has been failing. We have purchased a new unit and are awaiting delivery and installation. We apologize for the inconvenience to those attending the fitness room and above mentioned tenants who endured weeks with no air conditioning. A temporary patch / fix has been keeping the rooms cool until the new unit arrives this month.

David Ng, Executive Director



Executive Committee

President: Helen Gepneris
Vice-President: Dianne Smith
Treasurer: Tracy Beauchemin
Secretary: Anne Pauls
Past President: George Berg

Board of Directors:

First year

David Green
Alan Stalker
Lorrie Vos

Second Year

Mike Bennett
Clay Olsen
Bill Hanson

Third Year

Randy Butterwick
Judy Cartwright
Anita Hamilton

Nord-Bridge Meeting Reminders

Monthly

Outreach Committee :

First Mon. (Sept. - May) 1:30pm

Directors Meetings:

Second Wed. 9:30am

Finance Committee Meeting:

Last Wed. in 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 Manager	Bety Castillo
Cook	Tyler Johnson
Kitchen Team Member	Heather Boychuk
Building Maintenance/Custodian	Marco Escobar
Newsletter Editor	Cindy Dykstra
Director of Fund Development	Julie Sarich



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Shaw) Go



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

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

Any questions? [Please](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

June Winner: **Rose Hamilton \$610.75**

July Winners: **Belinda Mason \$51**
Murielle Nikles \$83.75

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

June: **Gail Petrie \$461**

July: **Lauren Palmer \$278**

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

No Monday Jams in July or August!
Check out our September winners in the October Newsletter!

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

Attention Dunford Diner Patrons:

Beginning in **September, 2024**, all special event luncheons, buffets and Friday lunch specials hosted in the Dunford Diner will undergo a small price increase.

New Buffet Price: \$15 per person

New Special Event Luncheon Price: \$15 per person

New Friday Lunch Special Price: \$12 per person



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UPCOMING TOURS

FLY – Atlantic Canada & Newfoundland – **September 8th**

Minot Norsk Hostfest – **September 23rd**

Victoria Stay Awhile – **October 13th**

Branson Show Tour – **November 2nd**

Reno/Northern Nevada Sightseeing – **November 3rd**

Christmas in Victoria – **December 21st**

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***No appointments at Nord-Bridge
in August.
We will return in September!**

Lethbridge HEARING CENTRE

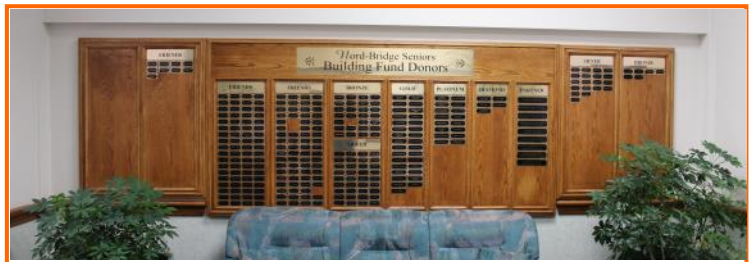
FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

403-329-3222

***We will be taking a break from appointments in July/August and will return in September!**



BUILDING OPERATING FUNDS RECENT DONORS

Sharon Sorensen \$100
Eva Deringer \$250
Les Herrington, In Memory of Dorothy \$500
Deborah Morgan \$50

NORD-BRIDGE IN-HOUSE BINGO

Year to Date: \$8753.25



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SEPT 10 - 13, 2024
DBLE OCCP - \$585.00 PP



MOOSE JAW

OCTOBER 28TH - 31, 2024
DBLE OCCP - \$590.00PP



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& RESORT**

NOV. 25 - 29, 2024
DBLE OCCP - \$755.00 PP



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jodie.hiebert@gmail.com



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**



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:

Aug 21 (pm); Sept 3 (am);

Oct 16 (pm); Nov 5 (am); Dec 18 (pm)

Upcoming Dates at LSCO: 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



Support For Seniors

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Contact the Seniors System Navigators

403-329-1544

intake@lethseniors.com

Laptop, tablet, smart phone questions?
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TECH HELP WITH AI!



***Tech Help will be taking a break in July and August and will return in September**



colorSTREET

Manicures at Nord-Bridge

No appointments in July or August
Manicure appointments will return in September!



***For Nord-Bridge members only**

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VOLUNTEERS!

PLEASE MAKE SURE YOU ARE RECORDING YOUR
VOLUNTEER HOURS EACH MONTH AND DROP OFF TO ERIN

THIS INCLUDES: CONVENERS OF PROGRAMS, TAX HELP, WINNERS
BINGO, NEWSLETTER DELIVERY, PROGRAM SET UP, ETC.

*Not sure about your hours? Please contact Erin at 403-329-3222!

THANK YOU FOR 100'S OF VOLUNTEER HOURS PLACED EACH YEAR AT NORD-BRIDGE!



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Notice for Cards Set Up



~If program start time is 1:00pm,
please set up no sooner than 12:45pm.

~If program start time is 12:45pm,
please set up sooner sooner than 12:30pm.

This will ensure that we are sharing the dining
room with the rest of our lunch patrons.

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(lg)
 - 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 (Bottled) \$1.50
- Bottled Water & Juice Boxes \$1.00

**WHOOP-UP DAYS
TOONIE PANCAKE
AND SAUSAGE
BREAKFAST**

Date: Wednesday, August 21
Time: 8am-11am
Location: 1904-13 Ave N
Nord-Bridge Multi-Purpose Hall
Cost: \$2 per person

Open to all!

LIVE MUSIC BY THE
NORD-BRIDGE
JAMMERS!

**We have a float in the
Whoop-Up Days Parade!**

**Come on out
and cheer us on!**

**Tuesday, August 20th
9:00am**

**Beginning at Park Place Mall, the
parade route travels along
3rd Ave and 13 St N, ending at
Galbraith Elementary School**

***We are in need of volunteers!*
If you are interested in volunteering
to help us decorate our parade
float, contact Ashley at
403-329-3222!**

Book an eye exam online
or drop by and see us



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Fall
2024

Nord-Bridge Seniors Centre **NEW**
PRESENTS

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



Steps to
Register Online:

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

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



DARREN ATKINS



403-894-4122

darren.reddooryql@gmail.com



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Nord-Bridge Golf Program

**For members who are interested
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*Tuesday and Thursday mornings
at Evergreen Golf Centre
Tee Time: 10:00am*



For more info, contact your 2024 Golf Conveners:
June Perreault: j_dper@hotmail.com, Cell: 403-598-1761
Dan Lang: Phone: 403-327-3303





The Fall Program Guide will be released on Thursday, Aug. 29th!

Registration for all fall programs begins Wednesday, Sept. 4th at 8:30am both in-person at Nord-Bridge (1904-13 Ave N), and online at www.nordbridgeseniors.com. Once registration is open, you can sign up for classes any time while spaces last.

Nord-Bridge Outreach Program

Summer has finally arrived, and a rather hot one at that! As we attempt to stay “cool” I’m looking forward to September when our team of volunteers will again greet our guests who join us for music, laughter, a snack and yes, door prizes!







Our Outreach program runs from September through May on the 3rd Monday each month, and has a “theme” which is depicted in the decorations and snacks. Everyone aged 55+ is invited to join us, with invitations being sent to senior lodges and long term care homes as an outing for residents. The cost is \$3.00 per person which helps offset the cost of decorations and food. Please ensure you’ve stopped by or phoned the Front Desk to have your name added to the list of attendees so we know the amount of food and beverages required for our guests.









Our team of volunteers looks forward to seeing you in September!

~Judy Cartwright, Outreach volunteer



August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>Nord-Bridge CLOSED TODAY for Heritage Day. Have a great long weekend!</p>  <p>HERITAGE DAY</p>	<p>6</p> <p>Gentle Yoga (WCR) Chair Yoga (WCR) Canasta/H & F 1:00 KONA ICE Truck (Parking Lot) Art & Soul Watercolor Club (Flex Room) Scrabble (Craft Room) Texas Hold'em Beginners Crib Indoor Walks (MPH) Bocce Ball (Nord-Bridge Lions Park)</p> 	<p>7</p> <p>9:00 Chair Yoga (WCR) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:45 WINNERS BINGO 1:00 Gentle Pilates 1:00 Birds & Butterflies in Watercolor Craft 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:00 Yoga in the Park (Legacy Park North Map at Nord-Bridge) 6:15 Nordic Pole Walking (Meet at west parking lot of Legacy Park Map at Nord-Bridge) 7:30 Table Tennis</p>	<p>1</p> <p>9:00 Gentle Yoga (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (MPH) 1:00 Intro to Kayaking (Park Lake meet at North Boat Launch) 1:00 Woodcarving 1:00 Duplicate Bridge 3:30 Give it a Try Event Darts in Multi-Purpose Hall (registration not required)</p> 	<p>2</p> <p>9:00 Gentle Yoga (WCR) 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:30 Chair Yoga (WCR) 1:00 Cribbage (WCR & Annex) 1:00 In-House Bingo Contract Bridge NEW Watercolor Club (Flex Room)</p> 
			<p>8</p> <p>9:00 Gentle Yoga (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 1:00 Intro to Kayaking (Park Lake meet at North Boat Launch) 1:00 Woodcarving 1:00 Duplicate Bridge 3:30 Give it a Try Event Table Tennis in Multi-Purpose Hall (registration not required)</p> 	<p>9</p> <p>10:00 Paper Tole/ Handy Crafters (Craft Room) 1:00 Cribbage (WCR & Annex) 1:00 In House Bingo Contract Bridge (Annex) NEW Watercolor Club (Flex Room)</p> 

<p>12</p> <p>9:00 Gentle Yoga (WCR) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH)</p> 	<p>13</p> <p>8:30 Gentle Yoga (WCR) 11:30 Chair Yoga (WCR) 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 1:30 Indoor Walks (MPH) 2:00 Bocce Ball (Nordic Lions Park)</p> 	<p>14</p> <p>9:00 Chair Yoga (WCR) 10:00 Carpet Bowling 10:00 Paper Tole (Flex) 10:45 WINNERS BINGO 1:00 Gentle Pilates 1:00 Birds & Butterflies in Watercolor (Craft)</p> <p>Darts Euchre Bid Euchre Table Tennis (MPH)</p> 	<p>15</p> <p>9:00 Gentle Yoga (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 1:00 Intro to Kayaking (Park Lake meet at North Boat Launch) 1:00 Woodcarving 1:00 Duplicate Bridge</p> 	<p>16</p> <p>9:00 Gentle Yoga (WCR) 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:30 Chair Yoga (WCR) 1:00 Cribbage (WCR & Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:30 NEW Watercolor Club (Flex Room)</p> 
<p>19 & 26</p> <p>9:00 Gentle Yoga (WCR) 10:00 Intermediate Line Dance (MPH) 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH)</p> 	<p>20* & 27*</p> <p>8:30 Gentle Yoga (WCR) 9:00* Whoop-Up Days 11:30 Parade-Come Cheer Us On! 12:45 Chair Yoga (WCR) 1:00* Canasta/ H & F 1:00 Baking at Interfaith 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft) 1:00 Texas Hold'em 1:30 Beginners Crib 1:30* Indoor Walks (MPH) 2:00 Bocce Ball (Nordic Lions Park)</p>	<p>21* & 28*</p> <p>8:00* Whoop-Up Pancake Breakfast (MPH) 9:00 Chair Yoga (WCR) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:45 WINNERS BINGO 1:00 Gentle Pilates 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:00* Yoga in the Park (No class 21st) 6:15* Nordic Pole Walking (Legacy Park North) 7:30 Table Tennis (MPH)</p>	<p>22 & 29*</p> <p>*Fall Program Guide Released Today! *29th</p> <p>9:00 Gentle Yoga (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (MPH) 1:00 Intro to Kayaking (Park Lake meet at North Boat Launch) 1:00 Woodcarving 1:00 Duplicate Bridge</p>	<p>23* & 30</p> <p>9:00 Gentle Yoga 10:00 Paper Tole 10:30 Chair Yoga (WCR) 1:00 Cribbage (WCR & Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:30 NEW Watercolor Club (Flex Room)</p>  <p>*MONTHLY TOONIE DRAW* 23</p>
<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.</p> <ul style="list-style-type: none"> LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE. FALL PROGRAM REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 4TH REGISTER EITHER ONLINE OR IN PERSON STARTING AT 8:30 AM MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT ON THE FOLLOWING DATE: OCTOBER 16 & OPEN TO ALL 		<p>WINNERS BINGO WEDNESDAY: AUG. 7, 14, 21, & 28</p> <p>WINNERS</p>  <p>FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON SEPT. 25, & NOV. 20 (NOW \$35) LOCATION: CRAFT ROOM</p> <p>OUT AND ABOUT COFFEE AND SHOPPING TO WAL-MART NOW THE FIRST WEDNESDAY OF EVERY MONTH</p> <p>UNDER THE NORTHERN LIGHTS GALA SATURDAY, SEPTEMBER 7TH AT THE COAST HOTEL TICKETS ONLINE OR IN PERSON!</p> <p>ELVIS SHOW IN THE MULTI-PURPOSE HALL OF NORD-BRIDGE SATURDAY, SEPTEMBER 21ST TICKETS ONLINE OR IN PERSON</p>		

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



Bocce Ball at Nor-Bridge Lions Park

Tuesdays at 2pm (weather-permitting)
If you are interested in signing up, please find the sign-up sheet at the Nord-Bridge Front Desk.

*Nord-Bridge Members Only



ye haw

SADDLE UP! YOU'RE INVITED TO
MLA NATHAN NEUDORF'S
WHOOOP UP BBQ

20 AUGUST | 6:00 PM

KPC BUILDING
550 W.T. HILL BLVD S
BACK PARKING LOT

SEE YOU THERE!

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
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
Wednesday, October 16 2024	

COMING BACK ... SOON

Hello Monday will be returning to Nord-Bridge Senior's Centre in September 2024!

Hello Monday offers different wellness topics every class. You will be given prompts to plan for your week, set intentions, focus on being positive, and gain a sense of support and wellbeing.

This learning series is provided by CMHA, Lethbridge's Wellness Centre & Recovery College

STAY TUNED FOR MORE INFORMATION - FALL 2024

Under Northern Lights 2024



Under Northern Lights Gala 2024
Saturday, September 7, 2024 at 6pm
Coast Lethbridge Hotel and Conference Centre
526 Mayor Magrath Dr. S.
Semi-formal attire

Tickets: \$100 per person
Available at www.eventbrite.com or
at Nord-Bridge Seniors Centre (1904-13 Ave N)

Entertainment by Cal & Anna Dueling Pianos



***Thank You to our
Diamond Sponsors!***



****Wine Wall***

****Silent Auction***

****Champagne
Hospitality Welcome***

****Cash Bar***

****Live Auction***

***Sponsored by
Neudorf Plumbing***

****Restaurant Gift Card Wall***

****All proceeds go towards
Nord-Bridge Seniors Centre***

****Meal catered by LA Chefs***

FREE PANCAKE BREAKFAST



FREE PANCAKES AND SAUSAGES
FUN FOR THE WHOLE FAMILY!

AUG. 19TH
7:30 AM - 10 AM

PiP International Inc.

4085 2 AVENUE SOUTH, LETHBRIDGE
(BY THE LETHBRIDGE CASINO)



RACHAEL THOMAS
MEMBER OF PARLIAMENT

@RachaelThomasMP

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

Condolences to...

- ...the Ellingson family, on the passing of Joyce
- ...the Beresnack family, on the passing of Margaret
- ...the Shank family, on the passing of Carol

Get Well Wishes to...

- ...Rudy Grams, who is in the hospital
- ...Donna Takeda, who is in the hospital



Please Note:



Our breakfast buffet will now run twice a year on the days of our Annual General Meeting (1st Wednesday in April, and our General Member Meeting (1st Wednesday in November), rather than on a monthly basis.



INTRO TO KAYAKING FOR SENIORS 55+

Session 2 Dates: August 15 - September 5
Time: 1pm - 4pm
Location: Park Lake Provincial Park
***Meet at the Boat Launch at the North end of the lake**
Fee: \$150 per person (ages 55+)

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

Please pick up a photo consent and waiver form upon registration!



In partnership with



This class is for all skill levels and all equipment will be provided. You will learn about gear, safety, boat design, paddling techniques, and much more, while gaining confidence and self-esteem! Please wear proper attire - you will get wet!

CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME

Family Focused
Family Operated

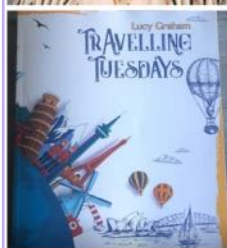
703 13 STREET NORTH, LETHBRIDGE



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.

Programmer's Report



It's been nice to enjoy the summer with some extra time to organize a few items throughout our building. Of course, the paper work is never done but it was nice last month to have some down time to work on this. I also got away to BC for some swimming and hiking!

This month we are ramping back up for Whoop Up Days! Our Whoop Up Days Pancake Breakfast will be on Wednesday August 21st at 8:00 am- 11:00am and we will also have a Nord-Bridge float in this years Whoop Up Days Parade on Tuesday, August 20th at 9:00am! If you are interested in being a volunteer to help us decorate the float or be in the parade, please let me know at 403-329-3222.

Our Fall Program Guide will be released on Thursday, August 29th. Registration for all programs will begin on Wednesday, September 4th at 8:30 am MST. As usual we highly recommend registering online through our website www.nordbridgeseniors.com but you are also welcome to register in person. Please find the list of steps for how to register online on page 10 of this newsletter. For online: please make sure both your membership and email address are updated so you receive the membership discount on classes. If you are signing up in person, you will receive a number. Please make sure to fill out the "Fall Registration Form" which will be on our website at www.nordbridgeseniors.com as well as in the Fall Program Guide. This will help us register all members faster. Please do not call on September 4th to register as we will not be able to answer the phones. If you have any questions on fall programs or registration, please do not hesitate to contact me at 403-329-3222.

Please note the following programs have been cancelled for Wednesday, August 21st: Carpet bowling and Darts, due to the Whoop Up Pancake Breakfast.

Looking towards next month, we have quite a few new programs and special events beginning so make sure you check out next month's newsletter. I am also excited to let our members know the University of Lethbridge Nursing students will be with us once again twice a week on Thursdays and Fridays starting on September 5th. The students learn, observe, participate with, and assist seniors as part of their Community Health Studies Portfolio. The student's primary objective is to research member needs in the areas of Health Promotion, Health Protection, and Injury Prevention. From their research, they program and implement different learning series/ information sessions and organize an annual "Health Fair" held in November to address the needs and interests of Nord-Bridge membership. Please give the students a warm welcome when you see them around the building and watch for specific times of presentations in the coming months.

Until next month, stay happy and healthy!

~Ashley Kern - Program Coordinator



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

Friday, August 2:

BBQ Pork Tenderloin, Mashed Potatoes, and Veggies

Friday, August 9:

Veal Cutlets, Roasted Potatoes, Veggies, and Gravy

Friday, August 16:

BBQ Beef on a Bun with Baked Potatoes, and Taber Corn

Friday, August 23:

Roast Beef with Mashed Potatoes, Broccoli, and Gravy

Friday, August 30

Liver and Onions with Mashed Potatoes, Veggies, and Gravy

Available from 11am to 1pm, while quantities last



We are looking for a new Convener of Euchre for Wednesdays at 1:00pm. Responsibilities include set-up and helping to lead the program.

If you are interested, please contact Ashley at 403-329-3222



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
No August dates - will return in September!
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.



OUT AND ABOUT COFFEE AND SHOPPING

Shopping trips to Walmart North followed by a social coffee time at McDonalds!

PLEASE NOTE: OUR AUGUST TRIP HAS BEEN CANCELLED.

STAY TUNED FOR UPCOMING DATES IN THE FALL!



Walmart



Time: 10:00am

Fee: \$5 per person (for the coffee and back)

Get your grocery list ready! One followed by a social coffee at McDonalds. Please bring cash and reusable bags for your purchases





Whew – What a month July has been!

The Under Northern Lights Gala is fast approaching and has certainly kept me on my toes this month. I've been busy popping into local restaurants, collecting gift cards for our amazing restaurant wall, working with the Coast Hotel to make sure we have the perfect space for our Gala, planning for our delicious Tuscan feast, planning for the live auction and ensuring we have ample silent auction items. Check out our Event Brite Page to purchase tickets to this amazing event... <https://www.eventbrite.ca/e/934741826967?aff=oddtcreator> or reach out to Tracy or myself if you would like to purchase a full table and receive a 10% discount!

Nord-Bridge continues to focus on growing our major sponsors, which I must send a shout out to: McCain Foods, South Country Co-op (Taber), Wholesale Club, Safeway (Fairway Plaza), and No Frills North. They have been so wonderful to our organization and continue to offer support! For our Show and Shine event, Canada Day BBQ and of course our BBQ during Seniors Week, they have been instrumental in helping to make these events a success. Thank you!

We have some amazing opportunities for our members to continue their legacy with Nord-Bridge, so if you would like to chat about this more, please don't hesitate to reach out to me - even if it's just for information.

I love taking time to chat with our beautiful members in the Dunford Diner! I really appreciate the time everyone has taken to get to know me and to allow me to get to know you as well.

I took some time in July to go on a cruise to Boston, which took me up the Canadian east coast. What a wonderful adventure! I'm look forward to seeing you all in August!

Keep Happy!

Julie Sarich ~ **Director of Fund Development**



Working together to bring Government of Canada services to you.

Join us to find out more about...

- Canada Pension Plan/ Old Age Security
- Canada Pension Plan disability benefits
- Passport services
- Support for apprentices
- Social Insurance Number (SIN)*
- What benefits and credits are available
- How benefit payments are calculated based on your tax return
- How and when to apply for benefit payments
- CRA services that might be available to you

Representatives from Service Canada and the Canada Revenue Agency will be in your community...

2024/10/18 at 9:00 am
Nord-Bridge Senior Centre
1904 13 Ave N., Lethbridge

* If you need a SIN, please bring your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

Beginners Bridge with Laree Findlay

**Taking a break for the months of June, July and August!*

Dates: Thursdays
Beginning: Sept 12, 2024
Time: 1:30pm-3:00pm
Location: Dunford Diner
Register at Nord-Bridge in the fall.
More details to come!

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



NEW Optical

Repairs & Adjustments Now at 

with Licensed Optician, Andrea Henning of Specsavers!

***No optical repairs in July & August. Returning in September!**



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



Roaming Retirees

Welcome August!

Our trip to Rosebud Theatre on the 25th of July was an adventure. Though it did not go as planned, we did have some great feedback and a nice meal. The next trip will be September 5, 2024, to watch the Spruce Meadows Masters. Sign up now, seats are going fast. We will also be traveling back to Rosebud to see Christmas on the Air on Thursday, November 21, 2024. The cost of this trip is \$160.00 for members and \$180.00 for non-members. Please stop by the front desk to sign up for either of these trips.

Whoop-Up Days is coming, and so is the parade - it's my absolute favorite day of the year. Pull up a seat and come watch the parade as it tours through the streets of Lethbridge on Tuesday, August 20. On Wednesday, August 21 Nord-Bridge Seniors Centre will be having our Toonie Pancake and Sausage Breakfast at 8am. See the posters on page 9 of this newsletter for more info!

Get out there and enjoy your last few weeks of the sunshine.

Make memories!

~Erin Bates - Sun Chaser



SPRUCE MEADOWS

Masters Day Trip

DATE - Thursday, September 5
DEPARTURE TIME - 7:30am from Nord-Bridge
COST - Members: \$55 Non-Members: \$75
***Payment is due upon sign up**
(Deadline to sign up is August 5)

To register, please contact Nord-Bridge at 403-329-3222!

Christmas on the Air

written & compiled by
Lucia Frangione

Holiday Radio Antics

A chaotic and hilarious "on-air" Christmas unfolds in front of a live studio audience.



Trip to

Rosebud Theatre

**Thursday,
November 21**
Departure from Nord-Bridge at 8am
\$160 Members
\$180 Non-Members
***Payment due upon sign-up**
(Deadline to sign up is October 21)

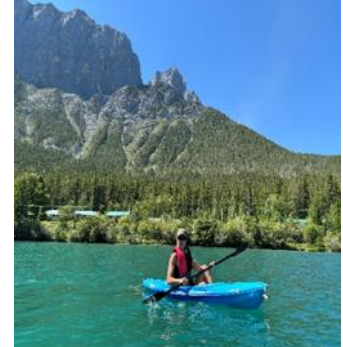


Wellness Coordinator/Outreach

Big, big hugs and thank you to everyone who reached out and for everyone's blessings while I was away! It is so good to be back and teaching again.

When I returned in July, I was able to slide in a couple of Yoga classes and an inside walking, balance, and mobility class. I cannot wait to return in the fall with our full programs.

As always, I jumped right back into my climbing. It was great to head up to the beautiful Canmore area, where I rock climbed Mount Norquay, hiked to the beautiful Boom Lake and finished the day off kayaking the Canmore Reservoir.



Another great area we hiked was South Fork Lakes in Castle. It was a super HOT day so it was nice to cool off at the top lakes. We even managed to join 3 other climbers to head to the peak of Anderson Mountain in Waterton. This was the hardest climb yet!! WOW!



Mid-month, 6 of us girls headed out into Kalispel, Montana on our motor bikes for the weekend. From Kalispel we headed down Flathead Lake to Missoula and then rode back up Seeley, stopping for a dip in Flathead lake to resume the ride back to Kalispel. After a night at Moose's Saloon and a walk through the city, we planned our route home, riding through Whitefish, Port Of Roosville and Fernie.

Outreach - Starts Sept. 23, 2024 with our Back to School Theme. Everyone is welcome to attend the entertainment. There are door prizes and a snack provided. Please register by Thursday, September 19th.

See you at the Whoop Up Days Parade and our Whoop-Up Days pancake breakfast!

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

Nord-Bridge Seniors Centre is a Scent-Free Zone



Scented products such as perfumes, aftershave, and creams, can worsen symptoms for people with asthma, allergies, and other conditions.

Please help us to maintain a scent-free environment for all members, guests, and staff. When visiting Nord-Bridge, we ask that you please refrain from wearing perfume, cologne, and other fragrances and choose unscented products instead.



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!



FREE AND FOR ALL AGES

Give it a TRY

EXPERIENCE NEW SPORTS

at Nord-Bridge Seniors Centre

DARTS
AUGUST 1
3:30 - 4:30



Hosted by



TABLE TENNIS
AUGUST 8
3:30 - 4:30



In partnership with



lethbridgesportcouncil.ca/programs/give-it-a-try

THIS PROGRAM IS FUNDED BY THE PROVINCE OF ALBERTA EVERY KID CAN PLAY GRANT, AND IS AN INITIATIVE OF THE LETHBRIDGE SPORT COUNCIL.

Lethbridge Elder Abuse Response Network

This month, let's talk about safety planning! LEARN Case Management services will always include the development and implementation of a safety plan. Do you know what a safety plan is?

A safety plan is a personalized, proactive strategy designed to help individuals cope with difficult or crisis situations that put them at risk of harm. Every safety plan should be personalized to fit your specific circumstances and needs. Seeking guidance from professionals experienced in elder abuse and safety planning can provide additional support and resources. A safety plan may include:

- Identifying safe areas within your home where you can go to feel secure and be out of reach
- Escape routes from different areas of the home in case of immediate danger
- Packing a to-go bag with toiletries, medication and a change of clothes that is easily accessible to you in case you need to leave abruptly
- Establishing a code word or signal to discreetly indicate to trusted individuals that you need help
- Keeping essential documents (e.g., identification, financial records, health insurance information) in a safe place accessible only to you
- Carrying your phone with you at all times in case you need to call 911

Being proactive about planning for your safety in situations where you feel you could be at risk or in harm's way can make a difference. If you think you would benefit from developing a safety plan, contact LEARN for support and guidance!

~Amy Cook

LEARN
Case Manager



BUILDING HEALTHY RELATIONSHIPS AS WE AGE

8 WEEK PSYCHO-SOCIAL GROUP

INFORMATION • RESOURCES • PEER SUPPORT

Every Tuesday
Sept 17. - Nov. 5
10AM-12PM
LSCO Board Room
No cost

For more information or to register contact the LEARN Case Manager at 403-394-0306 or learn@lethseniors.com

Topics include:
Boundaries
Communication
Relationship challenges
Addiction/mental health
Elder abuse



Lethbridge Family Services
2018-2019
Counselling, Outreach & Education





"Back by Popular Demand"

"CASH BAR"

ELVIS

A Tribute to the KING
featuring:

BRUCE ANDREW STEWART

"multi-award winning ELVIS tribute artist"

2 SHOWS
Matinee & Evening
1:30 pm & 7 pm

Tickets/Info
403.329.3222



SEP 21, 2024

TICKETS: \$40
\$35 early bird rate
(Jul 15 - Aug 01)

Nord-Bridge Seniors Centre

1904 - 13 Ave. N,
Lethbridge, AB



with ~the lovely Blaze~ as
"Marilyn Monroe & Miss Hawaii"



Intergenerational Craft and Music Afternoons with Lethbridge Family Centre! See the Fall Program guide for upcoming fall dates - released on August 29th!



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