

September 2024



Nord-Bridge had such a great time participating in this year's Whoop-Up Days Parade on Tuesday, August 20th with our very own float! This was our fourth year in the parade. Thanks to all our volunteers and staff for making this a possibility - a great time was had by all! Check out more Whoop-Up Days photos on page 11 of this newsletter!

PRESIDENT'S REPORT

Fall begins on Sunday, September 22, 2024. Where has the summer gone? Time sure goes by fast as you get older. The whole year seems to go by faster and faster as we age. September means kids go back to school - new outfits, runners, lunch baskets, books, etc.



Registration for the fall programs will begin on Wednesday, September 4th at 8:30am both in person at Nord-Bridge and online at www.nordbridgeseniors.com.

Remember our Under Northern Lights Gala on Saturday, September 7th at 6:00pm at the Coast Hotel and Conference Centre. Thank you to everyone who has purchased tickets for this sold out event!

The Monday Morning Jam Sessions will return on Monday, September 9th from 9:30am to 12:00pm in the Dunford Diner Annex. Welcome back Jammers!

Elvis is coming back to Nord-Bridge on Saturday, September 21 in the Multi-Purpose Hall at Nord-Bridge. There will be two shows - a matinee at 1:30pm and an evening show starting at 7:00pm. Tickets can be purchased at the Nord-Bridge front desk for \$40 each. This is a great show and it is back by popular demand! Hope to see you all there.

Board members - don't forget our board meeting that is coming up on the second Wednesday of the month, which is September 11th at 9:30am 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 9 New Members!
We are happy to have you here!

Joan Sperling

Clarence Belter

Susan Eaves

Richard Merrick

Richard Simmons

Sherry Fruson

3 Anonymous

Pro-Rated Membership Fee for New Members!

If you are thinking of becoming a member of Nord-Bridge, come and see us about our pro-rated membership fee! Beginning September 3, pay \$88, which includes the remainder of 2024, plus all of 2025.

Visit the front desk to sign up!

*Please note: this applies to new members only!



NORD-BRIDGE WILL BE CLOSED

MONDAY, SEPTEMBER 2 FOR THE LABOUR DAY LONG WEEKEND.



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

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



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



We have a QR code for our website! You'll find this QR code at our Newsletter stands in various locations such as London Drugs and Save-On Foods North. To scan this code, open the built-in camera app on a smart phone and point the camera at the QR code. Tap the banner that appears on the screen and you will be transferred to the Nord-Bridge website, where you can access our monthly newsletters under the About > Newsletters tab. See the Nord-Bridge Front Desk for more information!

facebook.com/nordbridgeseniorslethbridge



twitter.com/bridgenord



[nordbridgeseniors](http://nordbridgeseniors.com)



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

Paint & Sip Night with

Register by calling
403-329-3222!



Date: Thursday, November 21
Time: 6:00pm - 8:00pm
Location: Nord-Bridge
West Community Room
Cost: \$55 (must be 18+)

*For members and invited guests only
*Alcohol available for extra purchase
(cash only please)



Gather your friends and spend an evening painting this cute Christmas gnome, guided by a professional artist! No experience is required and all supplies will be provided.

EXECUTIVE DIRECTOR'S REPORT



I hope I don't jinx us for the month of September, but I am very pleased to say this summer I wasn't pestered by millions of mosquitoes and wasps. Each summer, I feel we're actively swatting and dodging the mosquitoes and wasps that are circling around us; however this summer I don't recall feeling under attack by the pesky flying vampires and stingers! This has made sitting outside on the patio and golfing much more enjoyable.

Programming will kick off in the first few weeks of September which will start driving people back into Nord-Bridge. We will start to see more traffic in the building and the parking lot. As we get busier, this is a friendly reminder about parking. Please refrain from parking in front of the storefront tenants' parking spaces. These stores include The Medicine Shoppe, Chinook LifeCare, Salon Nineteen04, Savers Convenience Store and Savers Liquor Store. Also, many members are parking along the surrounding residential streets when the parking lot is full. For those who are parking along the street, please ensure that you are not blocking the driveways of the residential houses. We have received a few phone calls from houses in our neighborhood advising us their driveways have been blocked by parked vehicles of those attending Nord-Bridge.

If you're looking to avoid the hassle of driving and finding a parking space at Nord-Bridge, consider taking the Go Friendly Shuttle service. The Go Friendly is a door-to-door pickup and drop off service where the shuttle will pick passengers up from their homes and drop them off directly at either Nord-Bridge or LSCO. The service is based on scheduled pickup and drop off times, where we try to accommodate passengers' requirements as best we can. The Go Friendly is a great option for those who don't have access to any other forms of transportation, or to those looking for transportation options. We have many riders who still drive their own vehicles during the spring, summer and fall months but opt to ride the Go Friendly during the icy and snowy winter months. If you would like more information or to schedule a ride please see Maria or Erin at the Front Desk.

Were you one of the 950 guests we served at our annual Whoop-Up Days pancake breakfast? If you were...you were a part of history! 950 was a record breaking attendance number for our pancake breakfast. The previous record was recorded in 2011 with 837 plates served. A big thanks to all those who came out to support the breakfast and to all the volunteers who made the breakfast a success. Thank you also to Mayor Blaine Hyggen, Councillor John Middleton-Hope and Member of Parliament Rachael Thomas' staff for lending a hand to volunteer as well!

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
Go-Friendly Bus Driver	Terry Beauchemin



Attention Dunford Diner Patrons:

Beginning this month, 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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Shaw) Go



Available here.

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

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

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

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



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

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



(Shaw Cable subscribers see left)

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

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

IN ORDER TO PARTICIPATE YOU MUST:

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

RECENT WINNERS

[Check back next month for our latest winners!](#)

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

[August 26th - Gail Hornberger \\$323](#)

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

[Monday Jams took a break over the summer. Watch for September winners in the October Newsletter!](#)

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



BRAIN KNOWLEDGE MORNINGS



Tuesdays
Sept. 10 - Oct. 1
10:00AM - 11:00AM
Nord-Bridge Flex Room
1904 13 AVE N



You are invited to participate in a 4 week Research Study with the Building Brains team from the University of Lethbridge Neuroscience department. Participants will engage in fun activities that enhance and strengthen brain function!

Pre-registration required.
Call 403-329-3222, or stop by Nord-Bridge!
FREE for anyone 55+!

www.buildingbrains.ca

buildingbrainstogether@gmail.com



ESCORTED MOTORCOACH HOLIDAYS

Our motorcoach tours are a worry-free way to visit your dream destinations 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 – **October 13th, April 9th**

Branson Show Tour – **November 2nd**

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

Christmas in Victoria – **December 21st**

Palm Springs Desert Oasis – **January 19th**

Arizona Desert and Canyons – **February 10th**

Deep South Texas and Louisiana – **March 3rd**

California Redwoods and San Francisco – **April 30th**

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When: Second Monday of every month
(unless otherwise stated)

Time: 9:00am to 11:30am

Fee: FREE (Nord-Bridge members only)

Upcoming Dates: Sept. 16, Oct. 7, Nov. 4, Dec. 9

*These are initial consults only. Members' needs will be assessed and advice will be offered on how best to legally proceed.

Members can sign up at the Nord-Bridge Reception Desk for a half-hour consultation.

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established 1906



Free Hearing Tests

at Nord-Bridge Seniors Centre with

Lethbridge
HEARING CENTRE

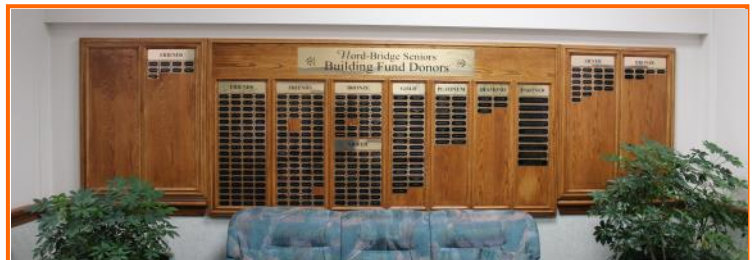


Third Thursday of every month

*Appointments are necessary

Please book your half-hour appointment at the Nord-Bridge reception desk

Upcoming Dates: Sept. 19, Oct. 17, Nov. 21, Dec. 19



BUILDING OPERATING FUNDS RECENT DONORS

Helen Gepneris \$800; Bushing Club \$50
Steve Prokop, in Memory of Evelyn and Bob \$500
Mike and Dianne Bennett \$55

NORD-BRIDGE IN-HOUSE BINGO

Year to Date: \$10,120.00



Tech Desk Help with AI

If you have questions about your laptop, tablet, or smart phone, our volunteer AI will be at Nord-Bridge twice a month to assist you!

Upcoming Dates:

Thursdays, Sept. 12, Sept. 26, Oct 10 & Oct 24

Time: 9:30am - 2pm

Cost: FREE - for Nord-Bridge members only

*Appointments are required.

Visit the front reception desk to book!



VOLUNTEERS!

Please ensure you are recording your volunteer hours each month and dropping them off to Erin.

This includes: Conveners of programs, tax help, Winners Bingo, newsletter delivery, program set up, etc.

Thank you for hundreds of volunteer hours given each year at Nord-Bridge!

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



Senior Homeowners Wanted!

Van Arbor Homes is looking to provide free seasonal home checkups for senior homeowners or anyone who may need a little extra help.

Please join us at our information session at Nord-Bridge Seniors Centre.

Building staff will be available to answer your home related questions.

When

September 24 & 25
10:00am — 1:30pm

Where

Nord-Bridge Seniors Centre
Team Information Booth
1904 13Ave N Lethbridge



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:

Sept 3 (am); Oct 16 (pm); Nov 5 (am); Dec 18 (pm)

Upcoming Dates at LSCO:

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



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!



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.

Attention Carpet Bowlers:



Beginning September 4th, Carpet Bowling will go back to running twice a week: Wednesdays and Fridays at 10:00am in the Nord-Bridge Multi-Purpose Hall.



Walker Repair Clinic

*for Nord-Bridge members only

Wednesday, Sept. 18 and Nov. 20
10:00am // Main corridor of Nord-Bridge



To sign up, visit the Nord-Bridge front desk

Thank you to Leisters Home Care for providing this FREE service to Nord-Bridge members!



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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*



ANNUAL NORD-BRIDGE CRAFT AND BAKE SALE

SATURDAY, OCTOBER 19TH
9AM TO 2PM

NORD-BRIDGE MULTI-PURPOSE HALL

*PLEASE ENTER THROUGH NE DOORS

Open to all!
Vendor Tables:
Members \$20
Non-Members \$35



If you are interested in
being a sponsor for
this event, please call
Ashley at
403-329-3222!

Vendors can pre-register starting
September 16th by calling Ashley
at 403-329-3222



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

Nordbridge Seniors

POW WOW

RECONCILIATION MONTH

September 26

100-230

Join us for traditional dancing and drumming and celebrate Blackfoot culture! Light refreshments provided!

Every Monday (excluding holidays)

*\$3 cover charge for non-members

Jammers

9:30am - 12:00pm in the Dunford Diner

We are accepting donations of various baked goods towards our annual craft and bake sale!

*Ingredient list required for each item

The drop-off date for baking is **Friday, October 18th.** Please contact Ashley at 403-329-3222 if you have any questions regarding baking donations!

NORD-BRIDGE SENIORS CENTRE

Strength, Core, and Stretch with Tracy

Create core strength in various exercises for 25 minutes, followed by a full body stretch, finishing with some relaxed meditation to carry you through the rest of your day. A variety of equipment will be used and modifications will be given for all fitness levels.

Session 1: Tuesdays, Sept. 10 - Oct. 22
Session 2: Tuesdays, Oct. 29 - Dec. 10
Time: 9:00am - 9:45 am
Location: West Community Room
Fee: \$40 Members \$60 Non-Members

NORD-BRIDGE SENIORS CENTRE

DARREN ATKINS



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Fall
2024

Nord-Bridge Seniors Centre **NEW**
PRESENTS

ONLINE REGISTRATION

Available Sept. 4!

ENROLL ONLINE AT:
WWW.NORDBRIDGESENIORS.COM

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



Attention In-House Bingo Players!

In-House Bingo will be cancelled on the
following dates throughout the fall and winter:

October 11, December 6, December 27



Book an eye exam online
or drop by and see us



Park Place Mall
Lethbridge
(587) 388-0563

Specsavers



The Fall Program Guide is Now Available!

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.


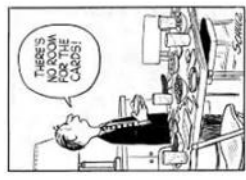





Thank you so much to Savers Convenience for sponsoring our Whoop-Up Days pancake breakfast, where we served 950 people!




Thanks also to all our volunteers for the pancake breakfast, decorating our parade float, and participating in the Whoop Up Days parade with us!



September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Nord-Bridge CLOSED TODAY for Labor Day.</p> <p>Happy long weekend!</p> 	<p>3</p> <p>9:00 Golf Wind Up (Evergreen Golf) Canasta/ H & F Art & Soul Water-color Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib</p> 	<p>4</p> <p>*Fall Registration Begins Today!</p> <p>10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:30 Table Tennis (MPH)</p> 	<p>5</p> <p>9:00 Card Crafters 1:00 Woodcarving 1:00 Contract Bridge 5:45 Beginners Pickleball</p> 	<p>6</p> <p>9:30 Ukelele Circle (Annex) 10:00 Carpet Bowling 10:00 Paper Tole/Handy Crafters (Craft Room) 1:00 Cribbage (WCR & Annex) 1:00 In-House Bingo 1:00 Contract Bridge</p> 
<p>9</p> <p>9:00 Monday Morning Check In (Flex) 9:30 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:00 Beginners Acrylic Member Photos (Library) 10:30 Chair Yoga (WCR) 10:30 Hello Monday (Flex) 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:30 Darts (MPH) 6:30 Outreach Meeting Begin. Pickleball</p>	<p>10</p> <p>9:00 Strength & Stretch 9:30 Begin. Watercolor 10:00 Music Makers 10:00 Brain Knowledge (Flex Room) 10:00 IG Wealth Management Booth Drop In (Hall) 10:30 Clogging Intermediate 11:15 Clogging Advanced 11:00 Cardio Crush (MPH) 12:45 Canasta/ H & F 12:15 Begin. Tai Chi 1:00 Art & Soul Water-color Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 1:30 Keep Fit Combo (MPH)</p>	<p>11</p> <p>9:00 Gentle Yoga (WCR) 10:00 Coffee with a Cop 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 Fall Sunsets Paint 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 Manicures (Craft) 3:30 FREE Drop In 5:30 Self Care Yoga 7:30 Group Dance (MPH) Table Tennis (MPH)</p>	<p>12</p> <p>9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 9:30 Tech Help w/ AI 10:00 Wal-Mart Trip 11:00 Keep Fit Strength 1:00 Woodcarving 1:00 Contract Bridge 1:00 Beginners Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball</p> 	<p>13</p> <p>9:00 Gentle Yoga 9:30 Ukelele Circle 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Cribbage (WCR & Annex) 1:00 In House Bingo 1:00 Contract Bridge (Annex)</p> 

<p>16 9:00</p> <p>Monday Morning Check In (Flex Room)</p> <p>9:30 9:30 10:00 10:00 10:00 10:30 10:30 1:00 1:00 1:00 1:00</p> <p>Service Canada (Computer Lab) Gentle Yoga (WCR) Ukelele Circle (Annex) Carpet Bowling Paper Tole/ Handy Crafters (Craft Room) Chair Yoga (WCR) 1:00 1:00</p> <p>Service Canada (Computer Lab) Gentle Yoga (WCR) Ukelele Circle (Annex) Carpet Bowling Paper Tole/ Handy Crafters (Craft Room) Chair Yoga (WCR) 1:00 1:00</p>	<p>17 9:00 9:00 9:30 10:00 10:00 10:30 11:15 12:45 12:15 1:00 1:00 1:30 3:00 5:00</p> <p>Zumba GOLD® Strength & Stretch Begin. Watercolor Music Makers New Comers Meet Brain Knowledge (Flex) Clogging Intermediate Clogging Advanced Cardio Crush (MPH) Canasta/ H & F Begin. Tai Chi Club (Flex Room) Scrabble (Craft Room) Texas Hold'em Beginners Crib Exercise w/ Arthritis Evening Gentle Barre</p>	<p>18 8:45 9:00 10:00 10:00 10:00 10:45 1:00 1:00 1:00 1:00 3:30 5:30 7:30</p> <p>Active POUND® Virtual Guided Meditation (Zoom) Carpet Bowling Paper Tole (Flex) WALKER REPAIRS FALL SUNSETS PAINT Darts Euchre Bid Euchre Self Care Yoga (WCR) Group Dance (MPH) Table Tennis (MPH)</p>	<p>19 9:00 9:00 9:30 10:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00 5:45</p> <p>Card Crafters Advanced Line Dance (Multi-Purpose Hall) Mind Joggers (Board) FREE HEARING APPT. Woodcarving Advanced Acrylic (WCR) Contract Bridge Beginners Bridge SpecSavers (Hall) Floor Shuffleboard Beginners Pickleball</p>	<p>20 9:00 9:00 9:30 10:00 10:00 10:30 1:00 1:00</p> <p>Service Canada (Computer Lab) Gentle Yoga (WCR) Ukelele Circle (Annex) Carpet Bowling Paper Tole/ Handy Crafters (Craft Room) Chair Yoga (WCR) 1:00 1:00</p> <p>Service Canada (Computer Lab) Gentle Yoga (WCR) Ukelele Circle (Annex) Carpet Bowling Paper Tole/ Handy Crafters (Craft Room) Chair Yoga (WCR) 1:00 1:00</p>	<p>21 9:00 9:00 9:30 10:00 10:00 10:30 1:00 1:00</p> <p>Gentle Yoga Ukelele Circle (Annex) Carpet Bowling Paper Tole Chair Yoga (WCR) Cribbage (WCR & Annex) In-House Bingo Contract Bridge</p>
<p>23* & 30* 9:00 9:00 9:30 10:00 10:00 10:30 1:00 1:00 1:00 1:00 5:00 6:30</p> <p>Monday Morning Check In (Flex Room) Gentle Yoga (WCR) Jammers (Annex) Beginners Acrylic Intermediate Line Dance (Multi-Purpose Hall) 10:30 Quilters/ Krafters Woodcarving Contract Bridge Darts (MPH) Begin. Line Dance (WCR) Golden Fit (MPH) Begin. Pickleball</p>	<p>24 9:00 9:00 9:30 10:00 10:00 10:30 11:15 11:00 12:45 12:15 1:00 1:00 1:00 1:00 1:30 3:00 5:00</p> <p>Zumba GOLD® Strength & Stretch Begin. Watercolor Van Arbor Homes Music Makers Brain Knowledge Clogging Intermediate Clogging Advanced Cardio Crush (MPH) Canasta/ H & F Begin. Tai Chi Baking @ Interfaith A & S Watercolor Club Scrabble (Craft) Texas Hold'em Beginners Crib Keep Fit Combo (MPH) Exercise w/ Arthritis Evening Gentle Barre</p>	<p>25 8:45 9:00 9:00 10:00 10:00 10:00 10:30 10:45 11:45 1:00 1:00 1:00 1:00 3:15 3:30 5:30 7:30</p> <p>Active POUND® Virtual Guided Med. Gentle Yoga Van Arbor Homes FOOT CARE (Craft) Carpet Bowling Paper Tole/ Handy Crafters (Flex Room) Chair Yoga (WCR) WINNERS BINGO Somatics (WCR) Darts Euchre Bid Euchre LSKIP (MPH) Self Care Yoga (WCR) Group Dance (MPH) Table Tennis (MPH)</p>	<p>26 9:00 9:00 9:00 9:30 9:30 11:00 1:00 1:00 1:00 1:00 1:00 5:45</p> <p>Pilates (WCR) Card Crafters Advanced Line Dance (MPH) Mind Joggers Tech Help with AI Keep Fit Strength (MPH) Pow Wow (MPH) Woodcarving Advanced Acrylic (WCR) Contract Bridge Beginners Bridge Beginners Pickleball</p>	<p>27 9:00 9:30 10:00 10:00 10:30 1:00 1:00</p> <p>Gentle Yoga Ukelele Circle (Annex) Carpet Bowling Paper Tole Chair Yoga (WCR) Cribbage (WCR & Annex) In-House Bingo Contract Bridge</p>	<p>*MONTHLY TOONIE DRAW</p> 
<p>16 9:00</p> <p>Monday Morning Check In (Flex Room)</p> <p>9:30 9:30 10:00 10:00 10:00 10:30 10:30 1:00 1:00 1:00 1:00</p> <p>Service Canada (Computer Lab) Gentle Yoga (WCR) Ukelele Circle (Annex) Carpet Bowling Paper Tole/ Handy Crafters (Craft Room) Chair Yoga (WCR) 1:00 1:00</p> <p>Service Canada (Computer Lab) Gentle Yoga (WCR) Ukelele Circle (Annex) Carpet Bowling Paper Tole/ Handy Crafters (Craft Room) Chair Yoga (WCR) 1:00 1:00</p>	<p>17 9:00 9:00 9:30 10:00 10:00 10:30 11:15 12:45 12:15 1:00 1:00 1:30 3:00 5:00</p> <p>Zumba GOLD® Strength & Stretch Begin. Watercolor Music Makers New Comers Meet Brain Knowledge (Flex) Clogging Intermediate Clogging Advanced Cardio Crush (MPH) Canasta/ H & F Begin. Tai Chi Club (Flex Room) Scrabble (Craft Room) Texas Hold'em Beginners Crib Exercise w/ Arthritis Evening Gentle Barre</p>	<p>18 8:45 9:00 10:00 10:00 10:00 10:45 1:00 1:00 1:00 1:00 3:30 5:30 7:30</p> <p>Active POUND® Virtual Guided Meditation (Zoom) Carpet Bowling Paper Tole (Flex) WALKER REPAIRS FALL SUNSETS PAINT Darts Euchre Bid Euchre Self Care Yoga (WCR) Group Dance (MPH) Table Tennis (MPH)</p>	<p>19 9:00 9:00 9:30 10:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00 5:45</p> <p>Card Crafters Advanced Line Dance (Multi-Purpose Hall) Mind Joggers (Board) FREE HEARING APPT. Woodcarving Advanced Acrylic (WCR) Contract Bridge Beginners Bridge SpecSavers (Hall) Floor Shuffleboard Beginners Pickleball</p>	<p>20 9:00 9:00 9:30 10:00 10:00 10:30 1:00 1:00</p> <p>Service Canada (Computer Lab) Gentle Yoga (WCR) Ukelele Circle (Annex) Carpet Bowling Paper Tole/ Handy Crafters (Craft Room) Chair Yoga (WCR) 1:00 1:00</p> <p>Service Canada (Computer Lab) Gentle Yoga (WCR) Ukelele Circle (Annex) Carpet Bowling Paper Tole/ Handy Crafters (Craft Room) Chair Yoga (WCR) 1:00 1:00</p>	<p>21 9:00 9:00 9:30 10:00 10:00 10:30 1:00 1:00</p> <p>Gentle Yoga Ukelele Circle (Annex) Carpet Bowling Paper Tole Chair Yoga (WCR) Cribbage (WCR & Annex) In-House Bingo Contract Bridge</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.**
- WATCH OUT FOR U OF L NURSING STUDENTS PRESENTATIONS ON HEALTH PROMOTION & ILLNESS PREVENTION THROUGHOUT FALL**
- MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT ON THE FOLLOWING DATE: OCTOBER 16 & OPEN TO ALL**

WINNERS BINGO WEDNESDAY: SEPT. 4, 11, 18, 25


FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON NOV. 20 (NOW \$35) LOCATION: CRAFT ROOM

OUT AND ABOUT COFFEE AND SHOPPING TO WALMART NOW THE FIRST WEDNESDAY OF EVERY MONTH (NOT INCLUDING SEPTEMBER)

OKTOBERFEST BUFFET FRIDAY, OCTOBER 4TH FROM 11AM-1PM

THANKSGIVING LUNCHEON FRIDAY, OCTOBER 11TH TICKETS ON SALE OCT. 1ST AT FRONT DESK *NEW ROOM: MULTI-PURPOSE HALL.

CRAFT & BAKE SALE SATURDAY, OCTOBER 19TH OPEN TO ALL!



Feeling stressed?
**Come in for a FREE massage from the
 SAIM massage students!**

Dates: Friday, Nov. 1 - Board Room
Friday, Nov. 29 - Craft Room
Time: 9:30am - 11:30am

*Massages are offered on a
 first come, first served basis*




***For Nord-Bridge Members only**



New Comers Meet and Greet

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!

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




HELLO MONDAY



Hello...
Monday

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

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

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

JOIN US TO LEARN MORE!


When: Monday, Sept 2, 2024 - NO CLASS due to Labor Day
 Monday, Sept 9, 2024 -
 Monday, Sept 16, 2024 -
 Monday, Sept 23, 2024 -
 Monday, Sept 30, 2024 -

Time: 10:30am to 11:30am - Notice the change in time

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

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



Wishing you a warm and joyful autumn as we head into the fall season!

MLA Nathan Neudorf

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 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



Seniors System Navigator

Back to School for Seniors

As a senior we never stop learning. Every day brings the opportunity to look beyond or learn about history or be proficient in trivia. I was once told that learning changes the world.

There are many ways that seniors can attend educational opportunities. For a small fee, older students can enroll in a wide range of courses. Please look at the new Nord Bridge Fall Program Guide for some ideas. There is also a variety of courses that exist at colleges and universities, and community and senior centers.

I was told that learning keeps seniors young at heart. Being with your peers is essential when picking up a new skill. Another way to keep up with lifelong learning is to volunteer at a food bank, YWCA, Meals on Wheels or at your local thrift store. As a senior these are stepping stones to understanding diverse cultures in our community.

The following are the benefits of lifelong learning:

- Create new friendships
- Classes often bring people, together all of whom have common interests
- Improve mental well being
- Attending classes helps seniors to not feel isolated and promotes happiness
- Encourages community participation
- Seniors that are lifelong learners feel a part of something bigger



Charlene Kocken

BA, BSW, RSW, Seniors System Navigator

MONDAY MORNING CHECK IN



Monday Morning Check In is all about you and the importance of staying well.

Looking to stay connected after having attended Hello Monday? Want to explore what you have already learned? This class is designed for you! These sessions will take topics identified by attendees or covered in Hello Monday, and explore them more in-depth. In Monday Morning Check-In participants will continue to build on skills about the importance of staying well that they have learned through the previous class. Individuals are encouraged to bring handouts and discussion items to the group

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

PARTICIPANTS SHOULD HAVE ATTENDED HELLO MONDAY PRIOR TO MONDAY MORNING CHECK-IN

JOIN US TO LEARN MORE!

When: Monday, Sept 2, 2024 - NO CLASS due to Labour Day

Monday, Sept 9, 2024 - Topic to be determined by class
Monday, Sept 16, 2024 - Topic to be determined by class
Monday, Sept 23, 2024 - Topic to be determined by class
Monday, Sept 30, 2024 - Topic to be determined by class

Time: 9:00am to 10:00am

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

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



Coffee with a Constable

Constables Les Vonkeman and Leanne Christos with Lethbridge Police Services, will be visiting the Dunford Diner on the second Wednesday of each month!

Upcoming Dates: Sept. 11, Oct. 9, Nov. 13, Dec. 11
Time: 10:00am - 11:30am

Constables Vonkeman & Christos will sit down and chat with you about any questions and concerns you may have regarding law enforcement.



colorSTREET[®]

Manicures at Nord-Bridge

*Book appointments at the Front Reception Desk

Upcoming Dates:

Sept. 11, Oct. 2, Nov. 6, Dec. 4, Dec. 11
Beginning at 1pm in the Craft Room



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

*For Nord-Bridge members only



HERE TO
serve

RACHAEL THOMAS
MEMBER OF PARLIAMENT

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

Condolences to...

- ...the Barry family, on the passing of Patrick
- ...the Sorensen family, on the passing of Sharon
- ...the Young family, on the passing of Ken
- ...the Carroll family, on the passing of Hazel
- ...the Cain family, on the passing of Faye

Get Well Wishes to...

- ...David Vasek, who is in the hospital



Lethbridge College Massage Therapy Students at Nord-Bridge!

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

Location: Nord-Bridge Craft Room
 Dates: Wednesdays, Oct 16 & Nov. 27
 Time: 10:00am to 12:00pm
 Location: Craft Room
 *Massages offered on a first-come, first-served basis!



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

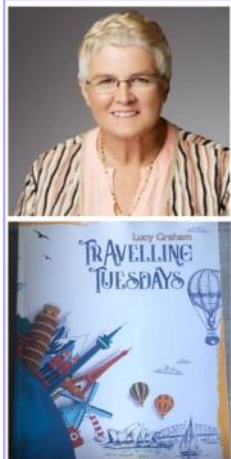
CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME

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.

The Medicine Shoppe
PHARMACY

New patients always welcome
Prescribing and vaccination services
available

Come see if your vaccines are to update

September Savings:

Ensure and Boost \$ 11.99

Poise Max long \$ 29.99 (64 pack)

Take advantage of **15%** off reg. price items and **50%** select items.

OTC Reward Card

1904 – 13 Ave. North Nord-Bridge seniors' location only.

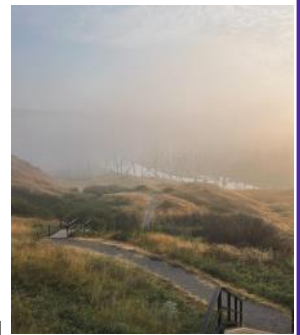
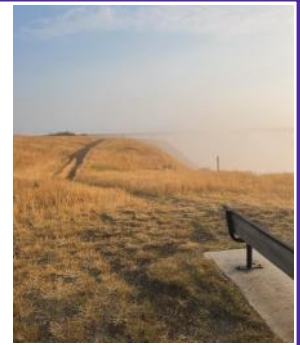
Programmer's Report



It's hard to believe the summer months are now behind us! I got a chance to get outside for walks in the coulees - here are some photos of one foggy morning in early August.

Our building will be busy once again with all fall programs beginning so just as a reminder, please make sure to not park in RESERVED PARKING at the back of our building as this is reserved for staff.

Last month we had a blast participating in the annual Whoop-Up Days Parade on August 20th. Thanks to all volunteers for helping to decorate the float, as well as Melanie and her band of volunteers to give our float a western "artistic" vibe and as always, our driver, Randy Butterwick and Lyle Bates for lending us his shop and trailer. This is a great opportunity to be visible in the community. Speaking of community, we had such a great turnout for our Whoop-Up Toonie Pancake Breakfast on August 21st! I am always so impressed not only by our dedicated volunteers every year but also the Lethbridge community for attending this pancake breakfast and supporting Nord-Bridge. Thank you to Savers Convenience for their sponsorship! Pictures of the parade and breakfast are on page 11 of this newsletter.



September is a busy one so make sure to check out the NEW Fall Program Guide which lists everything from art classes and fitness to special events and information sessions. Registration for all programs will begin on Wednesday, September 4th at 8:30am 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 on 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 and will invited to relax in the diner until your number is called. 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 and at Nord-Bridge. 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. I am excited to offer a few new programs for our members this fall such as a new Self Care Yoga, a Strength and Core class, and an Evening Beginners Couples Dance so please make sure to check out that program guide!

As I mentioned in last month's write up, the U of L Nursing students will once again be at Nord-Bridge twice a week from the beginning of September until December as part of their Community Health Practicum focusing on member needs in the areas of Health Promotion, Health Protection, and Injury Prevention. Please give them all a warm welcome when you see them around Nord-Bridge and keep an eye out for their monthly newsletter write ups on upcoming information sessions! We are always so grateful for this continued partnership.

Please note the Thanksgiving Luncheon planned for October 11th will be in the Multi-Purpose Hall for the first time ever to accommodate more people. So please watch out for more information on this and tickets in next month's newsletter.

Speaking of October, we also will be hosting our Annual Craft & Bake sale on Saturday, October 19th in the Multi-Purpose Hall of Nord-Bridge. To reserve your table as a vendor please contact me starting September 16th at 403-329-3222. More information can be found on pages 8 and 9 of this newsletter.

Until next month, stay happy and healthy!

~Ashley Kern - Program Coordinator

Fall Sunsets in Watercolor

Sunsets in the fall can be so dramatic and breathtaking, and painting them in watercolor is much easier and faster than most mediums. You will learn how to layer watercolors to get the deep intense color needed to portray those glowing scenes, especially in October. We will concentrate on our local prairie sunsets with wonderful grassy silhouettes. This is for all skill levels.

Dates: Wednesdays,
September 11 & 18
Time: 1:00pm - 3:00pm
Fee: Members \$30
Non-Members \$50
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.

Fall Bouquets in Colored Pencil



The last flowers of summer mixed with the late blooming flowers of fall and the fall leaves, are stunning and beautiful - just one last look at colour before a blanket of snow covers all. Let's try our hand at using colored pencil to create a bouquet of warm color. Colored pencils are easy to use and not at all messy. Learn some blending techniques, some color theory, and the best way to use a colored pencil to get different types of textures (rough, smooth, soft, etc.) Colored paintings have become so popular lately and they are so easy to learn.

Dates: Wednesdays, October 2 & 9
Time: 1:00pm - 3:00pm
Fee: Members \$30
Non-Members \$50
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



September \$12 Lunch Specials for Dine-in or Take-out

Friday, September 6:

Chimichangas with Rice, Sour Cream, and Salad

Friday, September 13:

Roasted Ham with Scalloped Potatoes and Veggies

Friday, September 20:

**Chicken Cordon Bleu with Parmesan Cream Sauce,
Mashed Potatoes, and Green Beans**

Friday, September 27:

Liver and Onions with Mashed Potatoes, Veggies, and Gravy

Available from 11am to 1pm, while quantities last



Optical Repairs and Adjustments at Nord-Bridge! Third Thursday of every month in the main corridor

With a licensed
optician from
SpecSavers!

Upcoming Dates:
Thursdays, Sept. 19, Oct. 17, Nov. 21
Time: Beginning at 1pm
Cost - FREE!

**Appointments
are required.
Visit the front
reception desk
to book!*

**For Nord-Bridge Members Only!*



Specsavers

Foot Care at Nord-Bridge with Chinook Foot and Ankle Clinic

***Appointments MUST be booked ahead by
calling 403-329-3222 while spaces last!**

**Upcoming Dates: Wednesdays,
Sept. 25, Nov. 20**

Time: 10:00am to 12:00pm

Location: Nord-Bridge Craft Room

Fee: \$35 per patient per visit



***For Nord-Bridge
Members Only**



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

OUT AND ABOUT COFFEE AND SHOPPING

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

UPCOMING DATES:

SEPT. 12, OCT. 2, NOV. 6, DEC. 4

***PLEASE NOTE DATE CHANGE FOR SEPTEMBER**



Walmart



Time: 10:00am
Fee: \$5 per person

(for the bus ride there and back)

***Nord-Bridge members only**

Get your monthly grocery shopping done followed
by a social coffee at McDonalds!
Please bring cash and reusable bags





Hurry, hurry, rush, rush, rush...Where has the summer gone?

August was busy with finalizing the Under Northern Lights Gala. Our 5th annual event will be full of fun, laughter and dancing. The Coast Hotel and Conference Centre is helping us host this amazing event, with a fab Tuscan-inspired dinner, Cal and Anna Dueling Pianos, and wine and restaurant walls, along with live and silent auctions. The night will begin with a champagne reception at the entrance of our gorgeous event space. With the planning came lots of running around to collect gift cards, wine, silent auction items and sponsors. We have been very blessed to have such a supportive community! I am very thankful to work with Maria, Erin, Tracy, Ashley & David – they do so much to help make this event a BIG success!

Ashley, Tyler, Cindy, Heather, Melanie & I all went bowling with Volunteer Lethbridge. What a great night. Pizza, bowling, and bebies! Tyler has a mean spin on his ball leading to great strikes. He came in 1st! We gals did a great job; however, the gutter really liked to take our ball on occasion. We had tons of fun!

We also have our Golf Wind Up, coming up right after the long weekend on Tuesday, September 3rd at Evergreen Golf Centre, which means more collecting of amazing give aways.

We held our parade decorating morning which was so much fun – I am lucky to work with such hard-working people! It's the first time I walked from the mall to Nord-Bridge Seniors Centre in the parade – and I loved it! Thanks to all those who came out to watch the Whoop-Up Days parade, waving and smiling back at us.

Our Whoop-Up Days pancake breakfast was a HUGE success this year. We had a record breaking attendance of 950 people! I love seeing everyone come out to support Nord-Bridge – and a BIG thanks to **Savers Convenience & Liquor** for supplying us with the pancake mix, sausages & syrup...WOW! Let's make sure we are supporting them back when we are in the area! Thank you, thank you, thank you! We could not do it without you.

I am just about to head out to Puerto Vallarta (Aug 30 to Sept 9) where I plan to work on my Spanish, my tan, my friendship skills, and have a big siesta. I love travelling – and I cannot wait to see you all when I am back.

Keep Happy – Hasta Luego

Julie Sarich ~ **Director of Fund Development**

Self Care Yoga

Come and try a FREE drop-in class on Wednesday, Sept. 11!

This class begins with a grounding mindfulness practice and moves on to asana (poses), pranayama (breath), and shavasna (resting pose). The focus will be on self care, grounding, and breathing.

Session 1: Wednesdays, Sept. 18 - Oct. 30
 Session 2: Wednesdays, Nov. 6 - Dec. 18
 Time: 3:30 pm - 4:30 pm
 Location: West Community Room
 Instructor: Brandy Tomlin

Visit www.nordbridgeseniors.com to register beginning Sept. 4!

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

Service Canada Government Support at Nord-Bridge

Connie Wyatt is a friendly government representative, who will be available for any general Service Canada inquiries related to their programs, services, or referrals to other appropriate government agencies. Whether you have questions about their programs, services, form completion, applications, understanding correspondence, MSCA, address change or direct deposit, or if you need a referral to other government agencies, Connie will be able to assist.

FREE Drop-in Dates:
Fridays, Sept. 20, Oct. 18, Nov. 22, Dec. 20
Time: 9:00am - 2:00pm

Nord-Bridge Music Makers

The Nord-Bridge Music Makers is a group that gets together weekly to sing. This group's main focus is music and performing at different seniors' health & housing facilities. The group meets weekly at Nord-Bridge in the Dunford Diner Annex on Tuesdays from 10:00am - 11:30 am. New singers are always welcome!

Please note: The Music Makers will be performing away from Nord-Bridge on the following dates:
Oct. 22 & 29, Nov. 19 & 26, Dec. 17

Roaming Retirees

Hello September!

This summer was packed with sunshine, music and smiles. Thank goodness we still have a few more weeks to have fun.

Nord-Bridge entered a float in the Whoop Up Days Parade. Although my feet are sore, it was a great time. Thank you to all the volunteers and staff for your help. We could not have done it without you.

Our members will be heading to Spruce Meadows on September 5th to watch the Masters.

We also have another Rosebud Theatre trip coming up on November 21st to see Christmas on The Air.

Tickets are \$160.00 for members and \$180.00 for non-members. You can sign up at the front desk.



~Erin Bates -
Chasing Summer

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)**

Sketching and Drawing with Gordon Perret

Drawing is a basic skill that helps you to be more successful with most arts and crafts media. This six week class will teach proportion, use of line, contour, cross-hatching, composition, shading, contrast, and perspective.

Dates: Mondays, Oct. 28 - Dec. 9

Time: 10:00am - 12:00pm

Location: Craft Room

Fee: Members \$50 Non-Members \$70

***No class Nov. 11**

Visit www.nordbridgeseniors.com
to register beginning Sept 4!

***Please pick up a supply sheet upon registration**



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.

Dates: Mondays, Sept. 9 - Oct. 21

Time: 10:00am - 12:00pm

Location: Craft Room

Fee: Members \$50 Non-Members \$70

***No class Oct. 14**

Visit www.nordbridgeseniors.com
to register beginning Sept 4!

***Please pick up a supply sheet upon registration**

**Outreach
Back to
School**
Nord-Bridge Multi Purpose Hall

**Celtic Routes
\$3.00
Snacks
and
Door
Prizes!**

**Monday, Sept 23rd 2024
1:30-3:00pm**

Register at the Front Desk by calling
403-329-3222 or email
melanie@nordbridgeseniors.com no later than
12:00pm on Thursday, September 19th.

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!



Wellness Coordinator/Outreach

What a great month! We are back and ready to regroup, move forward and, with a lot of laughs, sneak a little fitness in!

August flew by with our Whoop-Up Days parade and pancake breakfast. We had such a great time sharing it with everyone. A **HUGE** shout out to all of our amazing volunteers (some didn't know what they were in for 😊) who took the time to help out. Here are some pictures of our busy bee artists, who painted and created our parade float animals.



Registration for fall programs starts Wednesday, September 4, beginning at 8:30am both in person at Nord-Bridge and online at our website, www.nordbridgeseniors.com. Please make sure your membership and email are current before registering. If programs are full, be sure to put your name on program waiting lists in order for us to meet your needs to the best of our ability.

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 with a fee of \$3.00. We take registration ahead of time at the front desk. Please register by Thursday, September 19 if you wish to attend. ****If you are interested in helping at our outreach events (3rd Monday afternoon of the month) please contact Melanie at 403-329-3222.***

55+ Fitness Gym - In August, we were excited to install a new A/C unit. Thank you to all our members for your understanding during disruption it may have caused with your workouts. We appreciate your support as we hope to improve your experience in the gym. If you are looking to join, I am here to help you and will provide an orientation to familiarize you with the equipment. Or if you need a refresher or check in, please do not hesitate to give me a call so we can book a time. ******I will be away the week of Sept 16th - 20th so my classes will not be running on those days. But have no worry - the sessions have already been adjusted for this. My classes will resume the following week.******

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

Exercises with Arthritis

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



Dates: Tuesdays, Sept. 17 - Dec. 10
Time: 3:00pm - 3:45pm
Location: Multi-Purpose Hall
Fee: Members \$50 Non-Members \$70

Visit www.nordbridgeseniors.com to register beginning September 4th!

Virtual Guided Meditation

Dates: Wednesdays, Sept. 18 - Nov. 6

*No class October 9

Time: 9:00am to 9:45am via ZOOM

Members \$25; Non-Members \$45

Please register at the front desk beginning Sept. 4 and pick up a consent form



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

Member Photos by Walter Kerber



**3rd Monday
of every month
beginning at 10am!**
***Date change in
September to Sept. 9**

**All new members receive a FREE portrait.
Drop-in only (first come, first served)**



Beginners Bridge

with Laree Findlay

Beginning September 12!

**When: Thursdays
Time: 1:30pm-3:00pm
Location: Dunford Diner**
Learn the basics of Bridge! This is a drop-in program for those new to the game. Singles are welcome, or bring a partner if possible!

Mind Joggers

It's My Turn

~Edward Sillito

I've listened to music Most of my life. And adored my heroes Under the lights. No one knew my name As I watched from afar. And sang all the songs With my air guitar.	So now it's my turn Before life passes me by. To get up on stage And give it a try. So hand me that guitar And give me some ground. Move to the rear And turn up the sound.
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I wanna use my voice,
I wanna feel the beat.
I wanna take my turn,
I can handle the heat.
I wanna dance the dance,
I wanna sing the song.
I wanna show the world,
It's where I belong.
I wanna go the distance,
No matter how far.
I wanna climb that mountain,
I want to be a

Star!

Lethbridge Elder Abuse Response Network

Before I get into this month's topic, I wanted to spotlight our upcoming group this month: Building Healthy Relationships As We Age. In partnership with Lethbridge Family Services and a volunteer with the LEARN Program, LEARN is delivering a psycho-social group to address Healthy Relationships. The group will be held every Tuesday starting September 17th to November 5th from 10:00am to 12:00pm in the Boardroom at LSCO. You do not have to be a member of LSCO or Nord-Bridge to attend, and it is free of charge! Please reach out to LEARN by phone at 403-394-0306 or by email at learn@lethseniors.com if you have any questions or would like to attend.

This month, I wanted to emphasize the importance of planning ahead and making decisions now to ensure preparedness for any obstacles we may face in the future. As we navigate life, making informed long-term decisions can significantly impact our safety and well-being. Here are some key areas to consider:

- **Healthcare Planning:** Review and update your healthcare plan/goals of care regularly. Choose a trusted healthcare provider, keep up with routine check-ups, and discuss any changes in your health or preferences.
- **Financial Management:** Organize your financial affairs with future needs in mind. This includes setting up a budget, planning for retirement, and understanding your insurance coverage.
- **Legal Preparedness:** Update your legal documents, such as wills, trusts, and advanced directives. These documents are crucial for guiding decisions about your health and finances if you become unable to make them yourself.
- **Emergency Plans:** Develop a comprehensive emergency plan that includes contacts, medical information, and an evacuation strategy. Share this plan with family members and caregivers to ensure they have the most up to date information.
- **Social Connections:** Foster and maintain strong social connections. A supportive network of friends and family can provide emotional support and practical assistance, enhancing your overall quality of life.

Taking these steps today can help ensure that your later years are as safe, comfortable, and fulfilling as possible!

~Marissa Hardy

**LEARN
Case Manager**





Helping you grow and sustain wealth for generations to come.



CAROL HAAHEMA, CFP®, FMA, CKA
Senior Financial Consultant
Investors Group Financial Services Inc.
403.308.5220
Carol.Haayema@ig.ca
ig.ca

IG Wealth Management Visits with Carol



Investments • Retirement • Insurance • Tax Strategies • Estate Planning

Carol Haayema is a senior financial consultant with IG Wealth Management. She will be at Nord-Bridge every second Tuesday from 10am - 1pm in the main corridor to answer questions and offer advice on financial matters such as retirement income optimization, wealth transfer, and estate planning. This is a free service for Nord-Bridge members!

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



Intergenerational Craft and Music Afternoon

In partnership with the Lethbridge Family Centre, this intergenerational program pairs Nord-Bridge Seniors with children ages 1-10 years old to participate in crafts, music and stories.

This program returns Wednesday, Sept. 25, with a special performer! Constance M. Douglas of K.I.C.K. Start for Kids will be performing a storytime puppet show about kindness. There is no need to register on this day. Bring your grandchildren and enjoy the entertainment!

Wednesday, Sept. 25 at 3:15 pm



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.

Session 1: Mondays, Sept. 16 - Nov. 14

Session 2: Mondays, Nov. 18 - Dec. 16

Time: 5:00 pm to 5:45 pm

Location: Nord-Bridge Multi-Purpose Hall

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

*No class October 14

ELVIS

A Tribute to the KING
featuring:
BRUCE ANDREW STEWART
"multi-award winning ELVIS tribute artist"

Nord-Bridge Seniors Centre
1904 - 13 Ave. N,
Lethbridge, AB

SEP 21, 2024

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

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

Tickets/Info
403.329.3222

"Back by Popular Demand"

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

"CASH BAR"

Lethbridge HEARING CENTRE

CHRISTENSEN SALMON Generations FUNERAL HOME



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.



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