



NORD-BRIDGE
SENIORS CENTRE

Nord-Bridge Seniors Centre

1904 13 Ave. N.

Lethbridge Alberta

Phone: 403-329-3222



FALL PROGRAM 2024

Nord-Bridge Seniors Centre Officers and Staff

Executive Committee

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

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Alan Stalker	Clay Olsen	Judy Cartwright
Lorrie Vos	Bill Hanson	Anita Hamilton

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Wellness Coordinator/ Outreach	Melanie Hillaby
Office Administrator/ Outreach	Erin Bates
Dining Room / Kitchen Assistant	Gail Krysak
Kitchen Team Member	Bety Castillo
Kitchen Team Member	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

Nord-Bridge Seniors Centre

"The Friendly Centre"

1904 - 13th Ave. North Lethbridge, AB T1H 4W9

Phone [403] 329-3222 Fax [403] 329-8824

Web Page: www.nordbridgeseniors.com

Email: friendly@nordbridgeseniors.com

Find us on Facebook, Twitter, and Instagram!



NORD-BRIDGE SENIORS CENTRE

MISSION OF THE ASSOCIATION

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

GOAL AND MOTTO OF NORD-BRIDGE

To be known as "The Friendly Centre."

HOURS OF OPERATION

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

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

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

MEMBERSHIP

Membership is open to individuals 55 years of age and older. Yearly membership fees are \$60.00 (January 1st - December 31st). First time members, and lapsed renewals are charged an additional \$3.00 administration fee. For seniors with low income ask about the option of fee assistance through the City of Lethbridge (ask at the front desk for more information). Pro-rated rates for new members begin in September of \$93.00 for the rest of 2024 and all of 2025. This rate can not be paid partially.

DUNFORD DINER

Our dining room serves delicious and nutritious hot home cooked meals Monday to Friday 8:00am – 2:00pm. A breakfast buffet is served on November 6th for the AGM from 8:30 am– 10:30 am (we no longer offer monthly buffets). Lunch hours are 11:00am - 2:00pm. Lunch "specials" are featured daily. All menu items are available for take– out, and coffee is always on.

GIFT BOUTIQUE

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

LIBRARY

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

Program Areas

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

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

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

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

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

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

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

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

Available:

MONDAY THROUGH FRIDAY :



SCHEDULED PICK UPS & DROP OFFS
8:00 a.m. to 3:30 p.m.

COST: \$3.00 per one-way trip (CASH)...or...
\$21.00 for 10 ride Go Friendly Bus Pass...or...
\$28.00 for monthly Go Friendly Bus Pass

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

Drop - In Activities

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

Carpet Bowling— Margaret Blais, Convener

Carpet Bowling is a team sport played on an indoor carpet, using bowls and a jack. The object is for the team to gain as many shots as possible by getting their bowls nearer to the jack than their opponents. Our group welcomes new members, and is willing to give instruction if needed. Carpet Bowling is held on **Wednesday & Friday at 10:00 am** in the Multi-Purpose Hall. **Returning on Fridays starting Sept. 6th.**

Darts - Carol Doroshenko, Convener

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

Pool - Steve King, Convener

The Veres Family Games Room is open **daily 8:00 am - 4:30 pm** and has three pool tables: One Eight / Nine Ball regulation table for both men & ladies, and two twelve-foot tables suitable for pool golf and snooker. *Please be advised, a user fee is required for this program. An annual fee of \$50.00 or an alternate drop-in fee of \$2.00 per day to play can be paid at the drop box located at the entrance of the Veres Family Games room.

Table Shuffleboard - Clay Olsen, Convener

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

Table Tennis - Jerry Mikusek & Dave Bergen, Conveners

This activity is located in the Multi-Purpose Hall on **Wednesday evenings at 7:30 pm and Sundays at 7:00 pm**, and includes open play, singles & doubles. New members are welcome and instruction is available if required. Non-Members pay a \$2.00 nightly drop-in fee.

Floor Shuffleboard - Heather Schmitt, Convener

Floor Shuffleboard is a game in which players use a pole - called a cue - to drive a flat, circular disc across the floor to a scoring box. Two people or teams can play floor shuffleboard against one another and try to prevent each other from scoring. This program is played **every Thursday at 1:00 pm in the Multi-Purpose Hall.** *No class on September 26th due to special event.

NEW Nord-Bridge Beginners Pickleball for Seniors 55+ - Margaret Blais, Convener

This is a fun game resembling tennis in which players use paddles to hit a perforated plastic ball over a net. This is a great way to meet new people and stay active! Pre-register by calling 403-329-3222. Please wear comfortable indoor running shoes. All equipment is supplied but members are welcome to bring their own paddles and balls as well. This program **every Monday at 6:30pm & Thursday at 5:45 pm** for a drop- in fee of \$2.00 for members and \$5.00 for non members 55+. (Please pre-register through Ashley by calling 403-329-3222.) Please use the NE doors of the building as this is played in the Multi-Purpose Hall. **We will begin Sept. 5th.**

Cards & Board Games

Open to **Members Only**, however if you are a non-member, you are welcome to try out the program for a maximum of three times before becoming a member. Cards play throughout the year.

Cribbage - Jo-Anne Cairns, Convener

Cribbage is played with a regular 52-card deck, by two, three, or four players. The Crib program is played every **Friday at 1:00 pm** in the West Community Room and overflow is in the Diner Annex.

Beginners Cribbage— Eileen Sawatsky, Convener

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

Euchre- Vacant, Convener

Euchre is generally played by four persons, with a pack of 32 cards, consisting of nines through the aces. The Euchre program runs **Wednesdays at 1:00 pm.** in the Dunford Diner Annex.

Cards & Board Games Continued

Bid Euchre - Sharon VanDenHengel & Judy Workman , Conveners

Bid Euchre is played every [Wednesday afternoon at 1:00 pm](#) in the Dunford Diner Annex. 32 cards are dealt (double deck from Ace to Jack) Eight cards per person. Game is finished when all players have dealt twice. Play with partners same as regular Euchre. Each player bids once starting with the person to the left of the dealer, highest bidder leads, if you win the bid you only count the number of tricks bid, not the number of tricks taken. There is a \$3.00 per day fee for members.

Contract Bridge - Dianne Smith, Convener

This program meets on [Mondays & Friday in the Dunford Diner Annex at 1:00 pm](#). Anyone wishing to learn the game or wanting to join in, please stop by. Players must be Nord-Bridge members. ***Currently looking for more participants***

NEW Beginners Bridge – Laree Findlay, Convener

Learn to play Bridge for Beginners! Come play on [Thursdays at 1:30pm-3:00 pm](#) in the Dunford Diner Annex. Single are welcome– bring a partner if possible.

Canasta - Gail Petrie, Convener

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

Whist Program

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

Military Whist - Vacant, Convener

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

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

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

Scrabble - Vacant, Convener

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

Social Activities

Members only unless otherwise stated.

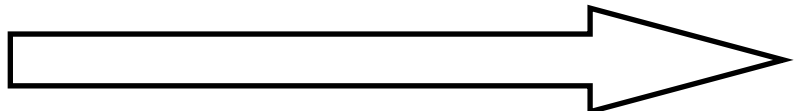
Jammers - Doug Youngren, Convener

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

Music Makers - Gwen Whitt, Convener

The Nord-Bridge Music Makers is a group that gets together weekly to sing. This group's main focus is music and performing at different seniors' health & housing facilities. The group meets weekly at Nord-Bridge in the Dunford Diner Annex on [Tuesday from 10:00 - 11:30 am](#). New singers and acoustic instrumentalists are welcome. **Begins September 10th.**

Social programs continue on next page....



NEW "New" Comers Meet & Greet - Barb LeClair, Heather Schmitt, & Laureen Palmer, Conveners
Strangers are just friends we haven't met yet. Are you a new member and have trouble going into a room full of people that you would love to have coffee with? Lots of seniors attend Nord-Bridge for exercise, cards, or art, but this group makes that special human connection. Here is your chance to come and meet others as we are always looking for new faces. We meet the 1st and 3rd Tuesday of every month at 10:00 am in the Dunford Dunford Diner starting Sept. 17. Every new member will receive a FREE coupon for a treat from our Dunford Diner! Drop in any time that suits you.

Baking/Cooking at the Interfaith Foodbank

In partnership with the Lethbridge Family Centre come and have fun creating and socializing while using fresh ingredients from the Interfaith Garden of the Chinook Country Kitchen! Lots of food to take home at the end of the session as well! Please register at Nord-Bridge or call 403-329-3222 and ask for Ashley. For Seniors 55+. We begin Tuesday, Sept. 24, Oct. 29, Nov. 19, & Dec. 3 at 1:00 pm — 3:00 pm located at Chinook Country Kitchen (Inside the Interfaith Foodbank) 1103 3 Ave. N. This is FREE for Members and \$15.00 for Non-Members. **Please bring to-go containers to take food home in.**

NEW Ukulele Circle

Discover the joy of strumming and singing with us! Whether you're a seasoned ukulele pro— or a beginner, all are welcome at this program! Bring your ukulele, tuner, music stand, and let's play together! We play every **Friday starting September 6.**
Time: 9:00 –9:30 am is for tuning and learning & 9:30 am-10:45 am is for playing music.
Location: Dunford Diner Annex
Fee: FREE for members only drop in on what ever day works!
Convener: Laree Findlay



Intergenerational Programs

LSKIP— Lethbridge Family Centre

In partnership with the Lethbridge Family Centre, this intergenerational program is with children between the ages 1 – 10 years old. Nord-Bridge Seniors and the children are then partnered up together and participate in crafts, listen to story-telling, and ending off with music and nursery rhymes. We are always looking for more fun Nord-Bridge Senior members to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up. ***Special performer will be in Sept. 25th! Make sure you stop by and bring your grandchildren no need to register on this day!**
Date: Wednesday, **Sept. 25***, Oct. 23, & Nov. 27 at 3:15 pm- 4:15 pm



NEW Park Meadows Shadow Puppet Oral History Project

In partnership with the Park Meadows Elementary School Grade 5 Fine Arts Teacher, Nord-Bridge's seniors will be partnered up with a child to learn about each others history and in turn create and perform a shadow puppet show. If interested, please contact Ashley at 403-329-3222. We are looking for dedicated, creative, passionate, and knowledgeable seniors. This pilot program begins in October and goes until December with a possibility of extending into 2025.



Education

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

The Mind Joggers Writers Group is a casual, friendly group that is always looking for new members. Each person has memories that are important to record for future generations. This group is here to offer encouragement and support as you get started in writing. You will be pleasantly surprised at how easy it is to write, once you get over the initial fear. Drop-in to the Berlando Boardroom on [Thursdays at 9:30 am](#) to see if this program is for you. You may want to just listen or join the discussions. Begins September 12th.

Genealogy with Linda and Grant Harker!

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

[POST-PONED UNTIL 2025.](#)

Brain Knowledge Mornings with Building Brains Together!

A notable determinant of brain health is executive function. Join the Building Brains team from the University of Lethbridge Neuroscience department to refresh your knowledge about the brain and try some fun activities that enhance and strengthen brain function! Registration required any time after Sept. 4th.

[Session 1 Begins: Tuesday, September 10 - October 1](#)

[Session 2 Begins: Tuesday, October 8 - October 29](#)

[Session 3 Begins: Tuesday, November 5 - November 26](#)

Time: 10:00 am -11:00 am

Location: Flex Room (beside the pool room)

Fee: FREE for anyone 55+



NEW Tech Know-Doing Digital Better

Improve your lifestyle and wellbeing by learning micro-courses on all things technology. This will boost self-confidence and empower you to embrace technology without fear. In partnership with Corporate Training Solutions funded by the Government of Canada's Age Well at Home Initiative, and Volunteer Lethbridge learn about staying secure, current, staying connected, and social through your laptop or smart phone in a structured and safe learning environment. [*Bringing your own device is recommended but not required, this is ideal for beginners.](#)

[Dates To Be Announced](#)

Time: TBA

Location: Nord-Bridge's Computer lab (Seniors Helping Seniors Office)

Cost: FREE for Nord-Bridge members ONLY

NEW IG Wealth Management Visits with Carol!

Have you attended one of our many finance events about Retirement Income Optimization, Wealth Transfer and Estate Planning, but gone home and done nothing even though you wanted to? Nord-Bridge is here to help you get it done by aligning with CERTIFIED FINANCIAL PLANNER®, Carol Haayema, CFP®, FMA, CKA®, Senior Financial Consultant with IG Wealth Management in a [new monthly drop in program Tuesdays from 10:00 am -1:00 PM.](#) Carol will be onsite at the center each month and welcomes you to stop by her table located in the main corridor of Nord-Bridge to ask questions that are on your mind, receive help and advice if needed, or a referral to someone better suited. There is no charge for these types of consults. If you and Carol do decide to work together Carol offers a fee for service which will be discussed with you ahead of time.

[Upcoming dates: Sept. 10, Oct. 8, Nov. 12, & Dec. 10. No appointment required.](#)



Helping you grow and sustain wealth for generations to come.



CAROL HAAYEMA, CFP®, FMA, CKA
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Photos From Earlier This Year!



Senior Assistance Programs

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

Chinook Foot & Ankle Clinic - Foot Care - 10:00 am - 12:00 pm, **Wednesday** Sept. 25, & Nov. 20 in the craft room. This service is available to Nord-Bridge **Members Only**. Appointments are necessary. Please book appointments at the Front Reception Desk. If appointments are all booked - you will be placed on a waitlist and will be given a spot on the next foot clinic date. If you have an appointment and are unable to make it, please call Nord-Bridge to let us know so we can fill your appointment with someone on the wait list. There is now a **\$35.00 per patient fee**, per visit. Please be advised all nail care patients will be required to provide their own towel to place their feet on for nail care appointments.

Lawyers of Huckvale LLP - Legal Consultation is offered the **second Monday of the month** 9:00 am to 11:30 am. The lawyer will be at Nord-Bridge on the following dates: Sept. 16, Oct. 7, Nov. 4, Dec. 9. **This service** is for Nord-Bridge Members Only. Members can sign up at the Reception Desk for a half hour free consultation. These are initial consults only. They will discuss members' needs and offer advice on how best to legally proceed.

Candice and Jake Boldt of Lethbridge Hearing Centre - offer FREE hearing tests and consultations every third Thursday of the month from 10:00 am until Noon to Nord-Bridge **Members Only**. Candice or Jake will be here on Sept. 19, Oct. 17, Nov. 21, Dec. 19. Appointments are necessary. Please book your half hour appointment at the Reception Desk.

NEW Tech Desk Help – Al, a volunteer of Nord-Bridge, will be in to answer any questions you may have about your tablet, smartphone, or laptop device. Appointments are required. Please stop by the Front Reception Desk to make an appointment. Al will be here once a month on Thursdays from 9:30 am – 2:00 pm in the main corridor of Nord-Bridge. This is a FREE service for members ONLY. Upcoming dates: Thursday, Sept. 12, Sept. 26, Oct. 10, Oct. 24. For more dates please refer to the monthly newsletter.

NEW Walker Repair Clinic – Thanks to *Leisters Home Care* technician, Allan, will be in Nord-Bridge's main hallway once every couple months on Wednesdays starting, Wednesday, Sept. 18 & Nov. 20 at 10:00 am. They will fix and adjust walkers for FREE! To sign up for this clinic please ask at the Front Reception Desk. *This is for Nord-Bridge Members ONLY.*

Coffee with a Constable, Les Vonkeman & Leanne Christos with Lethbridge Police Services - Constables Les Vonkeman & Leanne Christos will sit down and chat with you about any questions you may have regarding law enforcement, and concerns. Constable Vonkeman & Christos will be in the diner the second Wednesday of each month from 10:00 am - 11:30 am. Upcoming dates: Sept. 11, Oct. 9, Nov. 13, & Dec. 11.

Lethbridge College - Massage Therapy Students - If your muscles are sore come in for a free massage! Massages are on a first-come first-served basis. The College students will be at Nord-Bridge on Wednesday, Oct. 16 & Nov. 27 at 10:00 am - noon in the Craft Room. This service is for Nord-Bridge Members Only. Please check with the Reception Desk and Monthly Newsletter for more information.

NEW SAIM– Southern Alberta Institute of Massage Students– If your muscles are sore come in for a free massage! They will be here on Friday, Nov. 1 & 29 at 9:30 am-11:30 am in the Board Room. **This service is for Nord-Bridge Members only no appt. required.**

Out and About Coffee and Shopping

Back by popular demand is monthly shopping trips to Wal-Mart North starting the first Wednesday of the month at 10am. Bring cash, reusable bags and get your monthly grocery shopping done followed by a social coffee at Tim Hortons or McDonalds. Sign up today by contacting Maria at 403-329-3222 or stop by the Front Reception Desk. This is for members only. There is a \$5.00 fee for the bus ride there and back. Next upcoming dates: Sept. 12, Oct. 2, Nov. 6, and Dec. 4.

NEW Member Photos with Walter All new members get a free portrait of themselves. Walter will be here the Third Monday of every month in the Library from 10am-12pm drop in only Upcoming dates: Sept. 9, Oct. 21, Nov. 18, & Dec. 16 *Please note September date change*

Seniors Systems Navigators (SSN)

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

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

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

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

Charlene is in and out of the office, so please call 403-329-3222 to arrange a time to speak with her. If you have a question and would like to speak to someone you are welcome to contact the intake line at (403) 329-1544 and another Navigator will be able to assist you. Professionals are welcome to make referrals directly to our team. To print the SCSP Referral Form please go to www.nordbridgeseniors.com under the Senior Assistance Programs tab.

University of Lethbridge - Nursing Education In Southwestern Alberta

Nord-Bridge welcomes the University of Lethbridge third and fourth year nursing students, who attend the Centre on [Thursday and Friday through the months of September - December](#). The students attend to observe, learn, participate with, and assist seniors as a 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 planned for [Thursday, November 28th](#) to address the needs and interests of Nord-Bridge's membership. Please give the students and their instructor a warm welcome when you see them around the building and watch for specific times of presentations in the coming months.

Seniors Helping Seniors Tax and Form Assistance - The "Seniors Helping Seniors"

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

NEW 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, she will be able to assist. Please drop in from [9:00 am - 2:00 pm once a month on Friday, Sept. 20, Oct. 18, Nov. 22, & Dec. 20](#). A Canada Revenue Agency Staff member will also be at Nord-Bridge on [October 18th, 2024 and January 17, 2025](#).

NEW Specsavers Optical Technician now at Nord-Bridge! Get your Glasses fixed and ask any related questions [the third Thursday of every month](#) starting at 1pm. This is in the main corridor with a Licensed Optician. Book your 15 minute appt. today at the Front Reception desk. Next upcoming dates: [Sept. 19 Oct. 17,, & Nov. 21](#).

NEW Manicures with Sylvia [once a month on Wednesdays for \\$20 per person](#) come relax and get your nails done for 30 minutes, with a fresh application of Color Street nail strips, which are made of 100% real nail polish, and a mini hand massage in the Craft Room. Please book your appointment at the Front Reception Desk today and please pay Sylvia. [Upcoming dates: Sept. 11, Oct. 2, Nov. 6, Dec. 4, & Dec 11 starting at 1:00 pm](#).

Paid Classes and Special Programs at a Glance:

<input type="checkbox"/>	Active POUND Wednesday	Session 1 – Sept. 18– Oct. 30 Session 2 – Nov. 13– Dec. 18	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Advanced Acrylic Painting	Session 1 – Sept. 19– Oct. 24 Session 2 – Nov. 7 – Dec. 12	Cost: \$60.00 M Cost: \$60.00 M
<input type="checkbox"/>	Advanced Watercolor Tuesday	Oct. 29- Dec. 10	Cost: \$50.00 M
<input type="checkbox"/>	Pilates Thursday	Session 1– Sept. 12– Oct. 24 Session 2– Oct. 31– Dec. 5	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Baking/ Cooking Interfaith	Sept. 24, Oct. 29, Nov. 19 & Dec. 3	Cost: FREE M
<input type="checkbox"/>	Beginners Acrylic Paint Monday	Sept. 9 – Oct. 21	Cost: \$50.00 M
<input type="checkbox"/>	NEW Begin. Group Dance PM	Session 1- Sept. 11- Oct. 2 Session 2- Oct. 9- Oct. 30	Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	NEW Sketching & Paint Monday	Oct. 28- Dec. 9	Cost: \$50.00 M
<input type="checkbox"/>	Begin Line Dance Mon PM	Sept. 9 – Dec. 16	Cost: \$45.00 M
<input type="checkbox"/>	Begin. Tai Chi Tuesday	Sept. 10- Dec. 10	Cost: \$30.00 M
<input type="checkbox"/>	Begin Water Color Tuesday	Sept. 10– Oct. 22	Cost: \$50.00 M
<input type="checkbox"/>	Brain Knowledge Mornings Tues	Session 1- Sept. 10- Oct. 1 Session 2- Oct. 8- Oct. 29 Session 3- Nov. 5- Nov. 26	Cost: FREE M Cost: FREE M Cost: FREE M
<input type="checkbox"/>	NEW Cardio Crush Tuesday	Session 1-Sept. 10– Oct. 22 Session 2- Oct. 29- Dec. 10	Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	Chair Yoga Monday	Session 1 – Sept. 9– Oct. 28 Session 2 – Nov. 4– Dec. 16	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Chair Yoga Wednesday	Session 1- Sept. 11- Oct. 23 Session 2- Oct. 30- Dec. 4	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Chair Yoga Friday	Session 1 – Sept. 13– Oct. 25 Session 2 – Nov. 1– Dec. 13	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Clogging (Begin./Intermed./Adv.) Tues	Sept. 10– Dec. 3	Cost: \$45.00 M
<input type="checkbox"/>	COMPASS for the Caregiver	TBA	Cost: \$55.00
<input type="checkbox"/>	Evening Gentle Barre Tuesday	Session 1 – Sept. 17- Oct. 29 Session 2 – Nov. 5- Dec. 17	Cost: \$55.00 M Cost: \$55.00 M
<input type="checkbox"/>	Exercises with Arthritis Tues	Sept. 17– Dec. 10	Cost: \$50.00 M
<input type="checkbox"/>	NEW Fall Bouquets in Pencil	Oct. 2 & Oct. 9	Cost: \$30.00 M
<input type="checkbox"/>	NEW Fall Sunsets Painting wed	Sept. 11 & Sept. 18	Cost: \$30.00 M
<input type="checkbox"/>	Gentle Yoga Monday	Session 1 – Sept. 9– Oct. 28 Session 2 – Nov. 4– Dec. 16	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Gentle Yoga Wednesday	Session 1– Sept. 11– Oct. 23 Session 2– Oct. 30– Dec. 4	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Gentle Yoga Friday	Session 1– Sept. 13– Oct. 25 Session 2– Nov. 1– Dec. 13	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	NEW Golden Fit Monday	Session 1- Sept. 16– Nov. 4 Session 2- Nov. 18- Dec. 16	Cost: \$45.00 M Cost: \$45.00 M

Paid Classes & Special Programs Continued

<input type="checkbox"/>	Keep Fit Strength (Thursday AM)	Sept. 12- Dec. 12	Cost: \$50.00 M
<input type="checkbox"/>	Keep Fit Combo (Tuesday PM)	Sept. 10- Dec. 10	Cost: \$50.00 M
<input type="checkbox"/>	LSKIP (Intergenerational)	Sept. 25, Oct. 23, Nov. 27	Cost: FREE
<input type="checkbox"/>	Oral History Project	TBA	Cost: FREE
<input type="checkbox"/>	Paint & Sip Night	Thursday, November 21	Cost: \$55.00
<input type="checkbox"/>	NEW Self Care Yoga Wednesday	Session 1- Sept. 18- Oct. 30 Session 2- Nov. 6- Dec. 18	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Somatics Wednesday	Session 1- Sept. 11- Oct. 23 Session 2- Oct. 30- Dec. 4	Cost: \$50.00 M Cost: \$50.00 M
<input type="checkbox"/>	NEW Strength, Core & Stretch	Session 1- Sept. 10- Oct. 22 Session 2- Oct. 29- Dec. 10	Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	Tech Help - Course	TBA	Cost: FREE M
<input type="checkbox"/>	Virtual Cooking Class Wed	October 23, Nov. 27, & Dec. 18	Cost: \$30.00 M
<input type="checkbox"/>	Virtual Guided Meditation Wed	Sept. 18- Nov. 6	Cost: \$25.00 M
<input type="checkbox"/>	NEW Who-Ville Trees Craft	November 27	Cost: \$55.00 M
<input type="checkbox"/>	Zumba GOLD Tuesday	Session 1- Sept. 17- Oct. 29 Session 2- Nov. 5- Dec. 17	Cost: \$45.00 M Cost: \$45.00 M

Important Program Registration Information:

Starting September 4th: We highly recommend registering for all classes online at www.nordbridgeseniors.com or if needed, in person. Please DO NOT call in on September 4, as we will not be able to answer the phones. Participants can register for any art, fitness, special programs, mental health and wellness programs starting on this date.

Registering Online:

We highly encourage members to register and pay online, if you are wanting to pay over the phone, please call us after Sept. 4th and select "Pay Minimum" in payment option. Please follow the steps below of how to register. If you need help, please give us a call BEFORE registration begins and we will go through it with you.

Registering in Person:

If you decide to come in person we will be handing out numbers at 8:00 am and registration will begin at 8:30 am. Once you have your number you will be welcome to sit in the dining room. We will make sure everyone can hear the numbers being called. To make the registration process smoother, you will be required to **fill out the tear out registration form on page 12** and bring with you on registration day. Please disregard this if you are registering online. Each person will only be allowed to register for one absentee registrant and no more this goes for online as well. Electronic copies of this form will be provided online to print out at home on our website: www.nordbridgeseniors.com under the *Recreation Programs > Online Registration* tab.

Steps to Register Online:

1. Go to www.nordbridgeseniors.com
2. Click on "Online Registration" under the "Recreation Programs" tab and follow prompts from there
3. Go to LOGIN (Top left hand corner of page) and login to your Nord-Bridge account with e-mail ONLY (please make sure this is the current email that Nord-Bridge has on file or you will not receive the member discount.)
4. Click CATELOG (top left hand corner of page)
5. Select classes then add to order
6. Scroll to top of page and select CHECK OUT & NEXT STEP
7. Select PAY IN FULL and enter payment information (if not comfortable paying online, select "PAY MINIMUM")
8. Hit BOOK COURSES and your courses are registered!

FALL 2024 PROGRAM REGISTRATION FORM:

Name & Member Number: _____

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

Member Renewal for Rest of 2024 and All of 2025: YES or NO (circle one) \$88.00
Already a 2024 member and just paying for 2025? YES or NO (Circle one) \$60.00

**If registering in person,
 this form MUST be
 taken and filled out
 starting on Wednesday,
 September 4th.**

Program Sub-Total: \$ _____
Membership Sub-Total \$ _____
TOTAL: \$ _____

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

Fall 2024 - Paid Classes & Special Programs

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

Arts & Crafts Programs

Beginners Watercolor (No Experience Required)

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

<u>Begins:</u>	Tuesday, Sept. 10	Ends: Oct. 22
<u>Time:</u>	9:30 am – 11:30 am	Location: Craft Room
<u>Instructor:</u>	Denise Savard	Maximum: 8 students
<u>Fee:</u>	Members: \$50.00	Non-Members: \$70.00

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

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

<u>Begins:</u>	Tuesday, Oct. 29	Ends: Dec. 10
<u>Time:</u>	9:30 am – 11:30 am	Location: Craft Room
<u>Instructor:</u>	Denise Savard	Maximum: 10 students
<u>Fee:</u>	Members: \$50.00	Non-Members: \$70.00

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

Those registering must have at least 5 years experience and knowledge of skills used in acrylic paint. The instructor gives suggestions to improve skills in color and details of composition. **The participant is required to buy their own supplies before the class. A complete supply list will be given at the time of registration.**

<u>Session 1:</u>	Thursdays, Sept. 19	Ends: Oct. 24
<u>Session 2:</u>	Thursdays, Nov. 7	Ends: Dec. 12
<u>Location:</u>	West Community Room	Time: 1:00 pm - 3:30 pm
<u>Fee:</u>	Members: \$60.00	Non-Members: \$80.00
<u>Instructor:</u>	Karina Mak	

Beginners Acrylic Painting with Gordon Perret

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

<u>Begins:</u>	Monday, Sept. 9	Ends: Oct. 21 *No class Oct. 14
<u>Time:</u>	10:00 am – Noon	Location: Craft Room
<u>Fee:</u>	\$50.00	Non-Members: \$70.00

NEW Sketching and Drawing with Gordon Perret

Drawing is an art form in itself but is a basic skill that really helps you be more successful in most media in art and crafts like painting, print making, sculpture, weaving, batik, etc. Basically anything where you are working from some kind of image. In this six week class while learning how to best use these drawing materials you will learn; Proportion in objects, people and animals, Use of line; contour, cross hatching etc. Composition (use of space), Shading and contrast. Perspective or depth in a drawing. We will be drawing from real objects, photos and your imagination. **The participant is required to buy their own supplies before the class. *Please pick up a supply list when registering.***

<u>Begins:</u>	Monday, Oct. 28	Ends: Dec. 9 *No class Nov. 11
<u>Time:</u>	10:00 am – Noon	Location: Craft Room
<u>Fee:</u>	\$50.00	Non-Members: \$70.00

Paid Art Classes Continued:

NEW Fall Sunsets in Watercolor - Donna Gallant

Sunsets in the fall can be so dramatic and breathtaking and painting them in watercolour is much easier and faster than most mediums. You will learn how to layer watercolours to get that deep intense colour 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. **The participant is required to buy their own supplies before the class. *Please pick up a supply list when registering.***

Begins:	Wednesday, Sept. 11	Ends: Sept. 18
Time:	1:00 pm – 3:00 pm	Location: Craft Room
Fee:	Members: \$30.00	Non-Members: \$50.00

NEW Fall Bouquets in Colored Pencil - Donna Gallant

The last flowers of summer mixed with the late blooming flowers of fall and 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 coloured pencil to create a bouquet of warm colour. Coloured pencil 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 so easy to learn. This is for all skill levels. **The participant is required to buy their own supplies before the class. *Please pick up a supply list when registering.***

Begins:	Wednesday, Oct. 2	Ends: Oct. 9
Time:	1:00 pm– 3:00 pm	Location: Craft Room
Fee:	Members: \$30.00	Non-Members: \$50.00

Special Art Classes for a Limited Time!

NEW Who-Ville Grinch Tree Afternoon with Blooms Flowers

Come and create grinch trees! This is a fun afternoon workshop in partnership with Blooms Flowers. This is a great gift for friends or just as a decoration for the holidays! All supplies will be provided in a step-by-step format.

Begins:	Wednesday, November 27
Time:	1:00 pm - 3:00 pm
Location:	Craft Room
Fee:	\$55.00 for Nord-Bridge Members ONLY



NEW Paint and Sip Night!

Thanks to Smudge Art Studio we will create art over cocktails at Nord-Bridge guided by a professional artist. Grab your friends and spend two hours sipping, laughing and flexing your creative muscle. There is no experience needed and we will provide all the supplies to you don't have to worry about a thing (except having a great time!). Must be 18+. This is for members and invited guests only. **Alcohol may be purchased for an extra fee at the event with cash payment only. Please enter through the south-west doors. We will be painting a Christmas Gnome (photo on the right)**

Begins:	Thursday, November 21
Time:	6:00 pm - 8:00 pm
Location:	West Community Room
Fee:	\$55.00 for Nord-Bridge Members and \$55.00 for Non-Members



More Photos From This Year!



Arts & Crafts Clubs- Members Only

NEW Paper Tole / Handy Crafters

The Paper Tole group takes multiple copies of a printed piece of art, and then cut, shape, mold and elevate the artwork to make three dimensional prints. More recently this group now creates new cards together. This is an introduction to card making, learning measurements, and decorating using a *Cricut* machine and paper. Some supplies included but please contact Connie for more info. Instruction for card making is provided on Wednesdays and "go at your own pace" classes are on Fridays. This group meets on Wednesdays & Fridays at 10:00 am in the Flex Room & Fridays in the Craft Room. For information on this Club, please talk to the coordinator Connie Quintin at 403-795-7709. There is a member annual fee of \$20.00 for Wednesday and \$20.00 for Friday classes. ***No afternoon class on October 23rd.**

Art & Soul Watercolor Club

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

NEW Watercolor Club

This is the newest watercolor club similar to the "Art and Soul Watercolor Club" where a group of painters meet on a regular basis, sharing ideas, techniques and resources. The Watercolor Club meets every Friday afternoon at 1:30 pm in the new "Flex" room (located beside the pool room) There will be no club from September– December 2024. For information on this Club, please talk to the co-coordinator, Sandy Nowell. There is a \$20.00 fee for members. ***Temporarily CANCELLED for Fall 2024 ONLY we will return in January of 2025.**

Quilters Krafters Koffee Klub

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

The Card Crafters

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

Woodcarving

In this class you will learn the art of carving wood. You will be able to create your own carved projects. Beginning students who have little or no experience in carving are welcome. Come join in for an adventure in Woodcarving. This class is ongoing so you can register and join anytime on Mondays and Thursdays from 1:00 pm —3:30 pm in the Craft Room. There is a member fee of \$20.00 and a Non Member fee of \$40.00 for both Monday and Thursday classes.



Fitness Programs

Clogging

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

Begins: Tuesday, Sept. 10 – Dec. 3
Time: 10:30 am ***New 45 min classes (Beginner/ Intermediate)**
Time: 11:15 am ***New 45 min. Classes (Advanced)**
Fee: Members: \$45.00 Non-Members: \$55.00
Drop In Fee: \$6.00 Members \$7.00 Non-Members
Location: West Community Room
Instructor: Sandy Nowell

Line Dancing with Diane

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

Monday AM Intermediate Class Begins: Sept. 9 - Dec. 16 ***No class Oct. 14 & Nov. 11**

Location: Multi-Purpose Hall
Time: 10:00 am -11:30 am
Fee: Drop in: \$5.00 Members \$6.00 Non-Members

Monday PM Beginners Class Begins: Sept. 9 – Dec. 16 ***No class Oct. 14 & Nov. 11**

Location: West Community Room
Time: 1:00 pm - 2:00 pm
Fee: \$45 for Members \$55 Non-Members **(no drop ins allowed Max. 12)**

Thursday Advanced Class Begins: Sept. 12- Dec. 19

Location: Multi-Purpose Hall
Time: 9:00 am – 10:30 am
Fee: Drop in: \$5 for members \$6 Non-Members

NEW Strength, Core & Stretch with Tracy!

Create core strength in various exercises for 25 minutes, followed by a full body stretch and 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. Please dress in comfortable workout clothing and indoor footwear. **Please bring a yoga mat and a water bottle.**

Session 1 Begins: Tuesday, Sept. 10– Oct. 22
Session 2 Begins: Tuesday, Oct. 29 - Dec. 10
Location: West Community Room
Time: 9:00 am- 9:45 am
Fee: \$40.00 Members \$60.00 Non-Members

NEW Cardio Crush with Tracy!

This high energy fitness class is designed to give you an exhilarating work out! Participants will perform a variety of timed exercises that will be challenging (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). **Wear comfortable exercise clothes, indoor shoes and bring your water bottle.** Modifications will be offered.

Session 1 Begins: Tuesday, Sept. 10– Oct. 22
Session 2 Begins: Tuesday, Oct. 29 - Dec. 10
Location: Multi-Purpose Hall
Time: 11:00 am- 11:45 am
Fee: \$40.00 Members \$60.00 Non-Members

Evening Line Dancing with Karen

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

Begins: Tuesday, October 8 *CANCELLED UNTIL FURTHER NOTICE*
Location: Multi-Purpose Hall
Time: 7:00 pm
Instructor: Karen Hooper
Fee: \$6.00 drop in fee per night

NEW Exercises with Arthritis

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

Begins: Tuesday, Sept. 17
Time: 3:00 pm - 3:45 pm
Fee: Members Members: \$50.00
Instructor: Donna Tienfenbach
Ends: Dec. 10
Location: Multi-Purpose Hall
Non-Members: \$70.00

Keep Fit – Tuesday Afternoon Combo

Keep Fit Combo is a combination that starts our first 20 minutes with our traditional fun and gentle aerobic class that can be done standing or from the chair. We then transition into 20 minutes of our strength and tone phase which may be using weights or bands but is adaptable to individual needs. Our final fabulous 20 minute phase brings together the gentle movements and releases of yoga. With balance, gentle stretches, and focused breathing we finish this class in a relaxed savasana state. You will need comfortable clothing and proper running shoes. Please bring a water bottle to stay hydrated.

Begins: Tuesday, Sept.10
Time: 1:30 pm
Fee: \$50.00
Ends: Dec. 10 *No class Sept.17
Location: Multi-Purpose Hall
Instructor: Melanie Hillaby

Keep Fit Strength & Toning Thursday Morning

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

Begins: Thursday, Sept. 12
Time: 11:00 am
Fee: \$50.00
Ends: Dec. 12 *No class Sept. 19 & Nov. 21
Location: Multi-Purpose Hall
Instructor: Melanie Hillaby

This class is for Members Only with no drop-ins. Please note: participants will have the option to use ZOOM online for Thursday morning only. Please let us know when registering if it is for in-person or online.

Somatics Stretch & Release with Melanie!

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

Session 1 Begins: Wednesday, September 11
Session 2 Begins: Wednesday, October 30
Time: 11:45 am - 12:30 pm
Fee: \$50.00
Ends: October 23 *No class Sept. 18
Ends: December 4
Location: West Community Room
Non-Members: \$70.00

Pilates with Melanie!

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

<u>Session 1 Begins:</u>	Thursday, September 12	Ends: October 24 *No class Sept. 19
<u>Session 2 Begins:</u>	Thursday, October 31	Ends: Dec. 5
Time:	9:00 am – 9:45 am	Location: West Community Room
Fee:	Members: \$45.00	Non-Members: \$65.00

ZUMBA GOLD®

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

<u>Session 1 Begins:</u>	Tuesdays, Sept. 17	Ends: Oct. 29
<u>Session 2 Begins:</u>	Tuesdays, Nov. 5	Ends: Dec. 17
Time:	9:00 am – 9:45 am	Location: Multi-Purpose Hall
Fee:	Members: \$45.00	Non-Members: \$65.00
Drop in Fees:	Members: \$8.00/class	Non-Members: \$12.00/class

Evening Gentle Barre

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

<u>Session 1 Begins:</u>	Tuesdays, Sept. 17	Ends: Oct. 29
<u>Session 2 Begins:</u>	Tuesdays, Nov. 5	Ends: Dec. 17
Time:	5:00 pm – 5:45 pm	Location: Multi-Purpose Hall
Fee:	Members: \$55.00	Non-Members: \$75.00
Drop in Fees:	Members: \$10.00/cl	Non-Members: \$13.00/cl
Instructor:	Sheila Mulgrew	

Active POUND® 55+ with Sheila!

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

<u>Session 1 Begins:</u>	Wednesdays, Sept. 18	Ends: Oct. 30
<u>Session 2 Begins:</u>	Wednesdays, Nov. 13	Ends: Dec. 18
Time:	8:45 am – 9:30 am	Location: Multi-Purpose
Fee:	Members: \$45.00	Non-Members: \$65.00
Drop in Fees:	Members: \$8.00/cl	Non-Members: \$12.00/cl
Instructor:	Sheila Mulgrew	

Beginners Tai Chi with Bylinda Mason

Tai Chi is mind-body exercise and is gentle flowing and low impact. This is for beginners. Participants will learn the basic steps and hand movements of Tai Chi along with proper warm up and cool down exercises. Participants will learn the Simplified 10 Form Tai Chi Yang, along with Qigong 18 Form (Shi Ba Sh). By the end of the 14 weeks participants will be able to perform the 10 Form Tai Chi Yang Style with confidence. Many benefits include, increased muscle strength and bone density, lower blood pressure, improved balance, coordination and flexibility, reduced pain and stiffness, increased immunity, stress reduction and mental peace.

<u>Begins:</u>	Tuesday, Sept. 10	Ends: Dec. 10
Location:	Multi-Purpose Hall	
Time:	12:15 pm —1:15 pm *New Time	
Fee:	\$30.00 Members \$50.00 Non-Members *No drop ins allowed	

Yoga with Melanie Hillaby

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

***Offered in person ONLY.**

Chair Yoga

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

*Please find session prices below:

Session 1

Monday Class: Gentle Yoga (6 weeks)

Begins: Monday, Sept. 9 Ends: Oct. 28 Time: 9:00 am *No class Sept. 16 & Oct. 14

Monday Class: Chair Yoga (6 Weeks)

Begins: Monday, Sept. 9 Ends: Oct. 28 Time: 10:30 am *No class Sept. 16 & Oct. 14

Wednesday Class: Gentle Yoga (6 Weeks)

Begins: Wednesday, Sept. 11 Ends: Oct. 23 Time: 9:00 am *No class Sept. 18

Wednesday Class: Chair Yoga (6 Weeks)

Begins: Wednesday, Sept. 11 Ends: Oct. 23 Time: 10:30 am *No class Sept. 18

Session 2

Monday Class: Gentle Yoga (6 weeks)

Begins: Monday, Nov. 4 Ends: Dec. 16 Time: 9:00 am *No class Nov. 11

Monday Class: Chair Yoga (6 weeks)

Begins: Monday, Nov. 4 Ends: Dec. 16 Time: 10:30 am *No class Nov. 11

Wednesday Class: Gentle Yoga (6 Weeks)

Begins: Wednesday, Oct. 30 Ends: Dec. 4 Time: 9:00 am

Wednesday Class: Chair Yoga (6 Weeks)

Begins: Wednesday, Oct. 30 Ends: Dec. 4 Time: 10:30 am

PRICES FOR YOGA CLASSES ARE BELOW

PRICES FOR EACH YOGA SESSION & Maximum Students Allowed are:

6 Week Fee – Members: \$45.00 Non– Members: \$65.00

Maximum: 14 Students (Gentle Yoga) 20 Students (Chair Yoga)

****Please refrain from wearing perfume or any scented products during any exercise class****

NEW YMCA Beginners Pickleball

This is the newest partnership between Nord-Bridge and the Cor Van Ray YMCA on the west side of Lethbridge. This is a recreational group for beginners looking to gain more experience in the game of pickleball. All equipment is provided so come and meet new people while getting some exercise in! No drop ins are allowed so please pre-register for this session starting September 4th online at www.nordbridgeseniors.com or in person at 1904 13 Ave. N.

Begins: Wednesday, September 11 Ends: December 18
Location: ***Cor Van Ray YMCA Court # 2 (74 Mauretania Rd. W)***
Time: 6:00pm - 9:00 pm
Fee: Nord-Bridge Members ONLY: \$80.00 OR FREE for YMCA Members
Instructors: Patrick Lapointe & Maurice Aubin

NEW Golden Fit with Anna in Partnership with the YMCA!

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

Session 1 Begins: Monday, Sept. 16 Ends: Nov. 4 *No class Oct. 14
Session 2 Begins: Monday, Nov. 18 Ends: Dec. 16
Time: 5:00 pm – 5:45 pm Location: Multi-Purpose Hall
Fee: Members: \$45.00 Non-Members: \$65.00

NEW Gentle Yoga with Donna!

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

Session 1 Begins: Friday, Sept. 13 Ends: Oct. 25
Session 2 Begins: Friday, Nov. 1 Ends: Dec. 13
Time: 9:00 am – 10:00 am Location: West Community Room
Fee: Members: \$45.00 Non-Members: \$65.00

NEW Chair Yoga with Donna!

A gentle, flowing yoga class for all levels. Poses enhance strength, mobility, range-of-motion, and balance. The chair can be used as a prop, or you may remain sitting for the whole class. Pose options and modifications are available throughout the class. This is a very beneficial class for those looking for a gentle way to lengthen, and strengthen muscles and ligaments. This class will also help bring an overall sense of balance and calmness. Please bring a water bottle, everything else will be provided. **Please refrain from wearing any scented products during exercise class.**

Session 1 Begins: Friday, Sept. 13 Ends: Friday, Oct. 25
Session 2 Begins: Friday, Nov. 1 Ends: Dec. 13
Time: 10:30 am – 11:15 am Location: West Community Room
Fee: Members: \$45.00 Non-Members: \$65.00

NEW Self Care Yoga with Brandy Tonin

Would you like to learn more about self care, breathwork, mindfulness and yoga? In this choice driven trauma informed practice, a grounding mindfulness practice will be introduced ie, body scan, grounding exercise, & breathing exercises. The practice will then move to asana (poses) and pranayama (breath) with variations and modifications being shared. The last 5- 10 minutes will be a shavasna (resting pose) with a mindfulness practice to end the session. No previous yoga experience necessary. **Not sure if you will like this program? Come and try a FREE drop in on Wednesday, Sept. 11th!**

***Please bring a yoga mat to class. Please refrain from wearing any scented products during exercise class.**

Session 1 Begins: Wednesday, Sept. 18 Ends: Wednesday, Oct. 30
Session 2 Begins: Wednesday, Nov. 6 Ends: Wednesday, Dec. 18
Time: 3:30 pm – 4:30 pm Location: West Community Room
Fee: Members: \$45.00 Non-Members: \$65.00

Mental Health and Wellness Programs

Hello Monday with the Recovery College

This course is for participants who have NOT taken any Hello Monday courses in the past. Hello Monday is all about you and the importance of staying well. Join us to feel energized and empowered by exploring different wellness topics every class. You will be given prompts to plan for your week, set intentions, focus on being positive, and gain a sense of support and wellbeing. We will offer handouts, discussion, self-reflection, and action ideas for you to try at home. There is no charge for this class and everyone 55+ is welcome. ***No registration required, drop in for the discussion topic that works for you!**

Begins: Mondays starting September 9 ***No classes on stat holidays***
Time: 10:30 am - 11:30 am ***New time**
Fee: FREE for anyone 55+
Location: Flex Room
Instructor: Darrel Chipman

NEW Monday Morning Check In

This class is for those who HAVE taken Hello Monday classes in the past. Looking to stay connected after having attended Hello Monday Sessions? Want to explore what you have already learned? This class is designed for you! These session will take topics identified by attendees or covered in Hello Monday, and explore them more in-depth. In Monday Morning Chick In, participants will continue to build on skills about the importance of staying well. Participants are encouraged to bring handouts and discussion items to the group. There is no charge for this class, and everyone 55+ is welcome.

***No registration required, drop in for the discussion topic that works for you!**

Begins: Mondays starting September 9 ***No classes on stat holidays***
Time: 9:00 am- 10:00 am
Fee: FREE for anyone 55+
Location: Flex Room
Instructor: Darrel Chipman

Minds in Motion® for Clients with Alzheimer's and Their Caregivers

Minds in Motion® is a program designed for people with early to mid-stage Alzheimer's disease or another dementia to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment. **Nord-Bridge no longer offers this program but if interested, please contact Colleen Beck at the Alzheimer's Society at 587-787-1529 as there is an in person program available on site.**

COMPASS for the Caregiver Support Group

COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, child, grandchildren, extended family close friend, or neighbour near or far. If you are supporting someone experiencing challenges related to: health, age, family dynamics, mental health, pressures generated by "sandwich generation" responsibilities and or distance. We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead. **Dates to be announced.**

Guided Meditation Via ZOOM

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

Begins: Wednesday, Sept. 18 **Ends:** Nov. 6 ***No class Oct. 9**
Time: 9:00 – 9:45 am **Location:** ZOOM
Fee: Members: \$25.00 **Non-Members:** \$45.00

New Program For a Limited Time:

NEW Beginners Group Dance with Alberta Rose Country Dancers!

Come learn country style dance with a variety of music as they go through everything from the Waltz to the Rumba. This is for all ages and all levels as we intend to have fun, socialize, and gain confidence in your dance knowledge and etiquette. Singles are welcomed but partners are highly recommended. Participants must be flexible and in good shape. No outside footwear on the dance floor so please bring indoor dance shoes to class. Pre-register as limited spaces are available. **Prices are per couple.**

***Please fill out a waiver form upon registration.**

<u>Session 1 Begins:</u>	Wednesday, September 11	Ends: October 2
<u>Session 2 Begins:</u>	Wednesday, October 9	Ends: October 30
Time:	5:30 pm- 7:00 pm	Location: Multi-Purpose Hall
Fee:	Members: \$40.00 (per couple)	Non- Members: \$60.00 *No drop ins allowed
Instructors:	Connelly & Bernice Robichaud	

Virtual Classes

Guided Meditation Via ZOOM

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

<u>Begins:</u>	Wednesday, Sept. 18	Ends: Nov. 6 *No class Oct. 9
Time:	9:00 – 9:45 am	Location: ZOOM
Fee:	Members: \$25.00	Non-Members: \$45.00

Cooking via ZOOM with Ashley

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned & dropped off at your door step! Suggestions for new recipes are always open! You also do not need to be a member of Nord-Bridge to take this class or have any previous cooking experience as the recipes are step-by-step over zoom. Recipes are announced the month before in the monthly newsletters. ***Never used ZOOM before but have an iPad, tablet, or laptop? We can help just give us a call at 403-329-3222!**

<u>Date:</u>	Wednesday, Oct. 23, Nov. 27, & Dec. 18	
Time:	11:15 am– 12:15 pm	
Fee:	\$30 for anyone 55+	
Location:	ZOOM	
Instructor:	Ashley Kern	

Keep Fit ZOOM – Thursday Strength & Toning

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

Thursday Strength & Toning

<u>Begins:</u>	Thursday, Sept. 12	Ends: Dec. 12 *No class Sept. 19 & Nov. 21
Time:	11:00 am	Location: Multi-Purpose Hall
Fee:	\$50.00	Instructor: Melanie Hillaby



Gaming

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

All members and their friends (over the age of 18) are welcome to attend our weekly bingo program. This popular program is held on Fridays at 1:00 pm in the Multi-Purpose Hall. The Go Friendly Shuttle service is available for this program, for members only. Contact the Front Reception Desk for more information. Come out & give your luck a try! This is for anyone in the community. ***No program on Friday, October 11th, December 6th and Dec. 27th!**



Information Sessions for Fall 2024 (drop in unless specified):

Tuesday, September 24 & Wednesday, September 25 @ 10:00 am - Van Arbor Maintenance Home Services (Main Corridor)

Wednesday TBA - Snow Assistance Services with City of Lethbridge Info Session (Main Corridor)

Wednesday, October 23, 2024 @ 1:30 pm - Financial Info Session with Epiphany Financial Group (Flex Room)

Wednesday, November 6, 2024 @ 9:30 am - General Member Meeting (Multi-Purpose Hall)

Thursday, November 28, 2024 @ 9:30am - Annual Nursing Health Fair (Multi-Purpose Hall)

***Please watch out in our Monthly newsletters for various University of Lethbridge Nursing presentations this fall at Nord-Bridge as part of their community health experience. They are always looking for more participants to sign up for these!**



NORD-BRIDGE SENIORS FITNESS 55 PLUS CLUB

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

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

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



FEES

NEW Annual Pass - \$225*

NEW Monthly Pass - \$25*

20 Visit Pass - \$40*

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



HOURS

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

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



Outreach Program

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

September 23, 2024	1:30 pm	Program: Back to School Colour Contest Entertainment: Celtic Routes
October 21, 2024	1:30 pm	Program: Halloween with Costumes Entertainment: Doug & Friends
November 18, 2024	1:30 pm	Program: Thanksgiving Entertainment: James Moore
December 16, 2024	1:30 pm	Program: Winter Wonderland– Santa Elves Entertainment: James Moore

Social / Fundraiser Functions

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

Saturday, September 7, 2024	Under The Northern Lights Gala (Coast Hotel)	6:00 pm
Saturday, September 21, 2024	Elvis A Tribute to the King	1:30 pm & 7:00 pm
Thursday, September 26, 2024	Indigenous Pow Wow Afternoon (MPH)	1:00 pm
Friday, October 4, 2024	Oktoberfest Buffet	11:00 am
Friday, October 11, 2024	Thanksgiving Luncheon (*New location MPH)	11:30 am
Saturday, October 19, 2024	Craft/ Bake Sale *Call Nord-Bridge for more info	9:00 am
Saturday, October 26, 2024	NEW Halloween Evening Party!	5:00 pm
Thursday, October 31, 2024	Halloween Photo Shoot Fundraiser	1:00 pm
Friday, December 6, 2024	Christmas Luncheon (*New location MPH)	11:30 am
Thursday, December 12, 2024	Sock It To Em Campaign	1:00 pm
Friday, December 13, 2024	Winter Wonderland Walk Through	1:00 pm

