



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

NORD-BRIDGE SENIORS

NEWSLETTER

October 2024



This fun group of Nord-Bridge seniors travelled to Calgary on Thursday, September 5 to watch the Spruce Meadows Masters Tournament! There was a great turnout and all enjoyed the horse-jumping, shopping and camaraderie! Our next trip is coming up in November, when we will be travelling to Rosebud Theatre to watch their production of Christmas on the Air. See page 20 of the newsletter for more information!



**NORD-BRIDGE
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1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

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

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

E-mail: friendly@nordbridgeseniors.com

PRESIDENT'S REPORT



On Saturday, September 7th, our Under Northern Lights Gala was held at the Coast Hotel. It was a great success! We had a sold out event, and the dinner and entertainment were excellent.

On September 21, the Elvis show featuring Bruce Andrew Stewart and his wife Blaze was held at Nord-Bridge. He does a great job impersonating Elvis. We had a good crowd for both the matinee and evening shows and great time was had by all. Thanks as well to Elvis who brought in his Elvis Themed Motorcycle to display at the entrance of the show!

The annual Nord-Bridge Craft and Bake Sale is on Saturday, October 19, from 9am to 2pm in the Multi-Purpose Hall. Please join us - there will be lots of crafts and homemade baking to purchase.

We are now going to have our Thanksgiving Luncheon in the Multi-Purpose Hall, as it has a higher seating capacity. The luncheon is on Friday, October 11, starting at 11:30am (seating begins at 11:00am). Tickets go on sale Tuesday, October 1 at 8:30am, for \$15 each. Hope to see you there.

Nord-Bridge will be closed on Monday, October 14th due to the Thanksgiving holiday.

On Thursday, October 31, which is Halloween night, it's time for the little ghosts and goblins to come to your door for trick or treat! Please watch out for all the little people that are out for Halloween.

Ladies, don't forget we have a lady doing nail manicures here at the centre on Wednesday, October 2 beginning at 9am in the craft room. A 30 minute session costs \$20 per person, and you can book your appointment at the front desk.

Helen Gepneris,

Board President



GENERAL MEMBER MEETING
Wednesday, November 6th, 2024
9:30am // Multi-Purpose Hall

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

W E L C O M E

Welcome to 44 New Members!
We are happy to have you here!

Joanne Vloedbeld

Garry Vloedbeld

Neil Hansen

Joan Curran

Cindy Ruchkall

Geoff Ruchkall

Elaine Stickel

Antal Lou

Linda Guenther

Graham Johnson

Loretta Marcotte

Andrea Tinordi

Jacquis Pierson

Sue Frank

Vera Gebhardt

Gordon Gebhardt

Sian Townsend

Phillip Rosenzweig

Roberto Zucchelli

Connie Zucchelli

Debbie Gemmell

Barb Fujikawa

Wendy Weerstra

Janice Henderson

Gloria April

Fred Gardner

Harold Magnuson

Norma Magnuson

Lyle Grover

Joanne Boessenkool

Timothy Thompson

Mary Thompson

Marlene Tanaka

Brad Norm

10 Anonymous

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

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



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

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



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Nord-Bridge will be closed
Monday, October 14
for Thanksgiving



Thanksgiving Luncheon

Friday, October 11 // 11:30am
Seating begins at 11:00am

Tickets: \$15 each, on sale Tues. Oct 1 at 8:30am

Location: Nord-Bridge Multi-Purpose Hall

*Tables will be assigned with ticket purchase

Menu:

Turkey, Mashed Potatoes, Gravy, Stuffing, Vegetables, Salad, and a Dessert by Gail

*A Soup and Sandwich option will be available in the Dunford Diner for those who do not purchase a ticket

Open to all, with live entertainment by Yvonne Nelson.

*The Diner will be closed at 10am Oct. 11 to prepare for the luncheon

*In-House Bingo and Carpet Bowling are cancelled Oct. 11 due to the luncheon

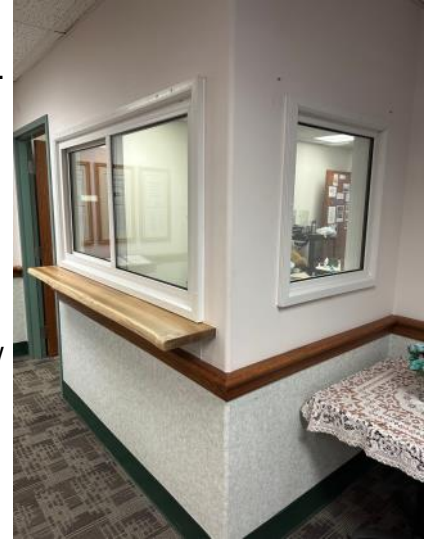


EXECUTIVE DIRECTOR'S REPORT



Just a quick follow up from my article last month; I completely jinxed us! No sooner had I submitted my September newsletter article, was I swarmed by wasps outside around my neighborhood. I have learned my lesson and will not underestimate those pesky wasps again.

Last month we completed a small renovation project at our front reception desk. If you haven't noticed, we've added two new windows in the office directly across from the front reception desk. This renovation was much needed to accommodate the busy front reception area. As many of you know our little centre is growing and becoming busier everywhere, mostly in the dining room, registered programs, parking lot and the front desk. The front desk layout will currently accommodate two to three staff and



volunteers to service members and guests. As we have steadily grown over the last three years we have experienced more challenges with a log jam of people at the front desk; someone taking cash, another person registering a member for classes, someone receiving a phone call and then one more person greeting members and guests as they sign in. All this traffic at times feels like a subway station in downtown New York. By shifting a staff member to the new office, we will be able to relieve some of the congestion and traffic at the front desk. Please keep in mind this will not solve the problem completely but it will enhance our ability to serve members and guests more efficiently.

Last month Board Secretary Anne Pauls resigned from the executive after 8 years. As per our by-laws we filled the vacant secretary position with Board Member Judy Cartwright, and Anne moved into fill Judy's remaining 7 month term as a third year director. Anne, thank you so much for your years of dedication to our board and executive. I've appreciated working with you for the past 8 years since I became the Executive Director.

David Ng,

Executive Director



Executive Committee

President: Helen Gepneris
Vice-President: Dianne Smith
Treasurer: Tracy Beauchemin
Secretary: Judy Cartwright
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
Anne Pauls
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



Paint & Sip Night with

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.

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

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

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

Any questions? [Please call 1-888-472-2222](tel: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

Sept. 24: Cheryl Orr \$633.25

MONTHLY 50/50 TOONIE DRAW

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month. Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming.

TO PLAY:

1. Fill out an envelope at the draw desk in the Dunford Diner.
2. Drop \$2.00 into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!

RECENT WINNER

Check back next month for our latest winners!

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

Sept. 2: CLOSED

Sept. 9: Ellen Koenen \$46 Pat Santa \$46

Sept. 16: Gail Krysak \$58 Gordon Vaselenak \$58

Sept. 23: Helen Gepneris \$46 Gladys Hagen \$46

Thanks Jammers, Volunteers and Patrons.
Thanks also to Cheryl Orr for selling tickets at Monday Jams.



BRAIN KNOWLEDGE MORNINGS



Tuesdays
October 8 - 29
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



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UPCOMING TOURS

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

Alaska Midnight Sun – June 17th or July 5th

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47th
Anniversary



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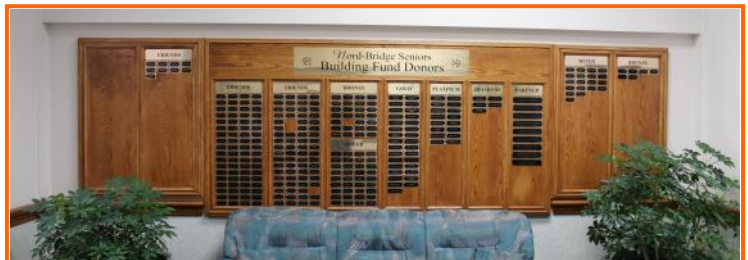
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BUILDING OPERATING FUNDS RECENT DONORS

Edith Deane \$160
Alice Mehlhaff \$250, In Memory of Fred Mehlhaff
Mathilde Reichel \$1000

NORD-BRIDGE IN-HOUSE BINGO

Year to Date: \$10,767.50



Jo Ann Kelly
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Third Thursday of every month *For Nord-Bridge members only
*Appointments are necessary

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

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



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Lawyers of Huckvale
Free Initial Legal Consultation

When: Second Monday of every month (unless otherwise stated)
Time: 9:00am to 11:30am
Fee: FREE (Nord-Bridge members only)
Upcoming Dates: 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.

HUCKVALE established 1906

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



Under Northern Lights Gala 2024



Thank you to our Under Northern Lights Gala sponsors!



Picture Butte, Coaldale,
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Colleen Bates



Protex Canada
Wild Bros Meats
Nail & Hammer
Cathy Boychuk
Galaxy Bowling
Legends Pub & Grill

Canadian Tire South
Teresa & Alan Stalker
Red Beard Drafting
Savers Liquor
High-Level Kayak
Cattleman's Chop House

Italian Table
Boston Pizza
Moxies
Hudson's
Princess Auto
El Dorado RV

Pizza Hut
Tony Romas
Blanco Cantina
Flamingo Lounge
The Onion Bar and Grill
Brown's Social House

Gail Krysak

Mayor Blaine Hyggen

Bear Tracks Environmental Services

Travel Agent Next Door - Jeff Sarich

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Grassroots Realty

Bridge Land and Energy Services

Royal Lepage South Country Realty

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! 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!



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 than 12:30pm.

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

Thank you!

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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
from 9:00am to 12:00pm.
Please contact Ashley at
403-329-3222 if you have any
questions regarding baking
donations!



ANNUAL NORD-BRIDGE CRAFT AND BAKE SALE

SATURDAY, OCTOBER 19TH
9AM TO 2PM // FREE ENTRY!

1904 13 AVE NORTH
NORD-BRIDGE MULTI-PURPOSE HALL
*PLEASE ENTER THROUGH NE DOORS

More than 20 vendors to choose
from! All proceeds go towards
Nord-Bridge's recreation
programs for seniors 55+!

Open
to all!



If you are interested in being a sponsor for this
event, please call Ashley or Julie 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



Thank you to these sponsors of our year end golf tournament at Evergreen Golf Centre!





Intergenerational Craft & Music Afternoon (L-SKIP)

This program partners seniors with pre-school aged children to participate in a variety of crafts, stories, and music. We are always looking for more fun Nord-Bridge Senior members to volunteer in this program!

Dates: Wednesdays
Oct. 23 & Nov. 27
Time: 3:15pm - 4:15pm
Location: Multi-Purpose Hall



*All seniors 55+ are welcome to register. Please call 403-329-3222 or stop by Nord-bridge and ask for Ashley.



IN PARTNERSHIP WITH




Oktoberfest Lunch

Friday, October 4th
11:00am - 1:00pm
\$15 per person
For members and invited guests

Choose one of two options:

Option A: Beef Rouladen with Mashed Potatoes and Braised Red Cabbage

Option B: Sheet Pan Bratwurst with Roasted Potatoes and Veggies

*Limited diner menu available



Enjoy live entertainment by Alice Tinordi

Alcohol available for an extra fee



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

Upcoming Dates at LSCO:
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



ADVERTISE HERE



Looking to get the word out about your senior-related business, services, or event?

Contact us at editor@nordbridgeseniors.com for information about our advertising rates!

***Advertisements must be specific to seniors**



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.

Not sure about your hours?

Please contact Erin at 403-329-3222.



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

MOOSE JAW

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



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



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DBLE OCCP - \$1519.00 PP
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HOTELS - DOUBLETREE BY HILTON - DOWNTOWN MONTREAL
HOTEL MANOIR VICTORIA - QUEBEC CITY

EDMONTON RIVER CREE

JAN. 19 - 22, 2025
DBLE OCCP - \$585.00 PP



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Offer community outreach

Advocate within complex systems

Offer education



Contact the Seniors System Navigators

403-329-1544

intake@lethseniors.com

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COMPASS for the Caregiver



COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend, or neighbor 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.

Nov. 12, 19, 26, & Dec. 3

Tuesdays from 1:30pm - 3:30pm

Location: Nord-Bridge Seniors Centre
\$55 registration fee

Contact Nord-Bridge at 403-329-3222 to register
Nord-Bridge Seniors Centre • 1904 - 13th Ave North •
403-329-3222



caregiversalberta.ca office@caregiversalberta.ca 780.453.5088 1.877.453.5088 (toll-free)



Date: October 31, 2024
Time: 1:00pm
Location: Main Corridor of Nord-Bridge
Cost: Donation (proceeds go towards Nord-Bridge activities!)

Bring your family and friends for a group photo!
If you don't have your own costume, feel free to use one of ours!
Photos will be emailed to you

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, 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!



NEW! Cardio Crush with Tracy



This high energy fitness class is designed to give you an exhilarating workout! 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. *Modifications will be offered.

FREE DROP IN CLASS
Oct. 22nd! Anyone welcome!

Session 2: Tuesdays,
Oct. 29 - Dec. 10

Time: 11:00am to 11:45am

Location: Multi-Purpose Hall

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



Walker Repair Clinic

*for Nord-Bridge members only

Wednesday, November 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!







CONTRACT BRIDGE TOURNAMENT
SATURDAY, OCTOBER 19, 2024

NORD-BRIDGE SENIORS CENTRE
IN THE DUNFORD DINER
1904 13TH AVENUE NORTH
LETHBRIDGE, AB
(Main Entrance)

Register by October 9, 2024

Registration fee: \$25.00 per person (includes lunch)
Registration: 9:00 am
Play begins: 9:30 am
To register, contact
Dianne Smith (403) 915-7442
e-mail: diannsmith@shaw.ca

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 9:00 LAWYERS (BR) *Appt. Required Monday Moming Check In (Flex) 9:30 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:00 Beginners Acrylic 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) 1:00 Darts (MPH) 1:30 Outreach Meeting 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball</p>	<p>1 9:00 Zumba GOLD® 9:00 Strength & Stretch 10:00 Music Makers 10:00 Brain Knowledge (Flex Room) 10:30 Clogging Intermediate 11:15 Clogging Advanced 12:00 Begin. Tai Chi 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 3:00 Exercise w/ Arthritis 5:00 Evening Gentle Barre</p>	<p>2 8:45 Active POUND® 9:00 Manicures (Craft) 9:00 Gentle Yoga (WCR) 9:00 Virtual Guided Meditation (Zoom) 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 Bouquets (Craft) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:30 Group Dance (MPH) 7:30 Table Tennis (MPH)</p>	<p>3 9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 11:00 Keep Fit Strength 1:00 Woodcarving 1:00 Advanced Acrylic (WCR) 1:00 Contract Bridge 1:00 Beginners Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball</p> 	<p>4 9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Paper Tole/Handy Crafters (Craft Room) 10:30 Chair Yoga 11:00 Oktoberfest Buffet (Dunford Diner) 1:00 Cribbage (WCR & Annex) 1:00 In-House Bingo 1:00 Contract Bridge</p>
<p>7 9:00 LAWYERS (BR) *Appt. Required Monday Moming Check In (Flex) 9:30 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:00 Beginners Acrylic 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) 1:00 Darts (MPH) 1:30 Outreach Meeting 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball</p>	<p>8 9:00 Zumba GOLD® 9:00 Strength & Stretch 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 12:00 Begin. Tai Chi 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 1:30 Keep Fit Combo (MPH) 3:00 Exercise w/ Arthritis 5:00 Evening Gentle Barre</p>	<p>9 8:45 Active POUND® 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 Bouquets (Craft) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:30 Group Dance (MPH) 7:30 Table Tennis (MPH)</p> 	<p>10 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 11:00 Keep Fit Strength 1:00 Woodcarving 1:00 Advanced Acrylic (WCR) 1:00 Contract Bridge 1:00 Beginners Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball</p> 	<p>11 9:00 Gentle Yoga 9:00 Ukelele Circle 10:00 Paper Tole/Handy Crafters (Craft Room) 10:30 Chair Yoga 11:30 Thanksgiving Luncheon *Tickets Required* (Multi-Purpose Hall) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge (Annex) Carpet Bowling & In-House Bingo CANCELLED TODAY</p>

14

Closed for
Thanksgiving

15

9:00 Zumba GOLD®
9:00 Strength & Stretch
9:00 Music Makers
10:00 New Comers Meet
10:00 Brain Knowledge (Flex)
10:30 Clogging Intermediate
11:15 Clogging Advanced
12:00 Begin. Tai Chi
12:45 Canasta/H & F
1:00 Art & Soul Watercolor
Club (Flex Room)
1:00 Scrabble (Craft Room)
1:00 Texas Hold'em
1:30 Beginners Crib
1:30 Keep Fit Combo (MPH)
3:00 Exercise w/ Arthritis
5:00 Evening Gentle Barre

16

8:45 Active POUND®
9:00 Gentle Yoga (WCR)
9:00 Virtual Guided
Meditation (Zoom)
10:00 FREE Massages
(Members ONLY) (Craft Room)
10:00 Carpet Bowling
10:00 Paper Tole (Flex)
10:30 Chair Yoga (WCR)
10:45 WINNERS BINGO
11:45 Somatics (WCR)
1:00 Darts
1:00 Euchre
1:00 Bid Euchre
5:30 Group Dance (MPH)
7:30 Table Tennis (MPH)

17

9:00 Pilates (WCR)
9:00 Card Crafters
9:00 Advanced Line Dance
(Multi-Purpose Hall)
9:30 Mind Joggers (Board)
10:00 FREE HEARING APPT.
11:00 Keep Fit Strength (MPH)
1:00 Woodcarving
1:00 Advanced Acrylic
(WCR)
1:00 Contract Bridge
1:00 Beginners Bridge
1:00 SpecSavers (Hall)
1:00 Floor Shuffleboard
5:45 Beginners Pickleball

18

9:00 Service Canada
(Computer Lab)
9:00 Bake Sale
Donations Accepted (Front Desk)
9:00 Gentle Yoga (WCR)
9:00 Ukelele Circle (Annex)
10:00 Carpet Bowling
10:00 Paper Tole/
Handy Crafters (Craft Room)
10:30 Chair Yoga (WCR)
1:00 Cribbage (WCR
& Annex)
1:00 In-House Bingo
1:00 Contract Bridge

**Craft & Bake Sale
TOMORROW from 9am-
2pm in the Multi-Purpose
Hall Open to All!**

21* & 28*

9:00 Monday Morning
9:00 Check In (Flex Room)
9:00 Gentle Yoga (WCR)
9:30 Jammers (Annex)
10:00 Member Photos (Library)
10:00 Beginners Acrylic Paint
10:00 Sketching & Drawing
10:00 Intermediate Line
Dance (MPH)
10:30 Chair Yoga (WCR)
10:30 Hello Monday (Flex Room)
1:00 Quilters/Krafters
1:00 Woodcarving
1:00 Contract Bridge
1:00 Darts (MPH) None on 21
1:00 Begin. Line Dance
(WCR)
1:30 Outreach (MPH) *21
5:00 Golden Fit (MPH)
6:30 Begin. Pickleball

22 & 29*

9:00 Zumba GOLD®
9:00 Strength & Stretch
9:30 Advanced Watercolor
10:00 Music Makers OUT
10:00 Brain Knowledge (Flex)
10:30 Clogging Intermediate
10:30 Clogging Advanced
11:15 Cardio Crush (MPH)
11:00 Canasta/H & F
12:45 Begin. Tai Chi
12:00 Baking @ Interfaith
1:00 A & S Watercolor Club
1:00 Scrabble (Craft)
1:00 Texas Hold'em
1:30 Beginners Crib
1:30 Keep Fit Combo (MPH)
3:00 Exercise w/ Arthritis
5:00 Evening Gentle Barre

23* & 30

8:45 Active POUND®
9:00 Virtual Guided Meditation
9:00 Gentle Yoga
10:00 Carpet Bowling
10:00 Paper Tole/ Handy Craft-
ers (Flex Room)
10:30 Chair Yoga (WCR)
10:45 WINNERS BINGO
11:15 Virtual Cooking
11:45 Somatics (WCR)
1:30 Financial Info (Flex Room)
1:00 Darts
1:00 Euchre
1:00 Bid Euchre
1:00 Autumn Leaves (Craft)
3:15 LSKIP (MPH)
3:30 Self Care Yoga (WCR)
5:30 Group Dance (MPH)
7:30 Table Tennis (MPH)

24* & 31*

9:00 Pilates (WCR)
9:00 Card Crafters
9:00 Advanced Line
Dance (MPH)
9:30 Mind Joggers
9:30 Tech Help with AI
11:00 Keep Fit Strength (MPH)
1:00 Woodcarving
1:00 Advanced Acrylic (WCR)
1:00 Contract Bridge
1:00 Beginners Bridge
1:00 Floor Shuffleboard
1:00 Halloween Photo Shoot
5:45 Beginners Pickleball

25

9:00 Gentle Yoga
9:00 Ukelele Circle (Annex)
10:00 Carpet Bowling
10:00 Paper Tole
10:30 Chair Yoga (WCR)
1:00 Cribbage (WCR
& Annex)
1:00 In-House Bingo
1:00 Contract Bridge



*MONTHLY
TOONIE
DRAW

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.
- HEALTH FAIR MULTI-PURPOSE HALL NOVEMBER 28TH 930AM-12PM
- MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT ON THE FOLLOWING DATE: OCTOBER 16 & OPEN TO ALL

WINNERS BINGO WEDNESDAY: OCT. 2, 9, 16, 23, 30



• FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON NOV. 20 (NOW \$35) LOCATION: CRAFT ROOM
• GENERAL MEMBER MEETING WEDNESDAY, NOVEMBER 6TH AT 9:30AM

- COMPASS FOR THE CAREGIVER BEGINS NOV. 5TH AT 1PM!
- PAINT AND SIP NIGHT NOVEMBER 21ST AT 6PM FOR \$55 PER PERSON
- FALL IN HOUSE TOURNAMENTS START BEGINNING OF NOVEMBER

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 is all about you and the importance of staying well.

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

When: Monday, October 7: Topic: **Building Better Boundaries**
 Monday, October 14, 2024 - No class due to Thanksgiving
 Monday, October 21, 2024 - Topic: **Coping with Change and Loss**
 Monday, October 29 - Topic: **Motivation**

Time: 10:30am to 11:30am

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.


JOIN US TO LEARN MORE!






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**



HAPPY Thanksgiving

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
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Monday, February 5 2024
Wednesday, April 3 2024
Monday, June 3 2024
Wednesday, August 7 2024
Wednesday, October 16 2024

Monday, March 4 2024
Wednesday, May 1 2024
Wednesday, July 3 2024
Monday, September 23 2024



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, Oct 7, 2024 - Topic to be determined by class
 Monday, Oct 14, 2024 - No class due to Thanksgiving
 Monday, Oct 21, 2024 - Topic to be determined by class
 Monday, Oct 28, 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.



Nord-Bridge Seniors Centre is a Scent-Free Zone



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

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



Thank you to all the members and community for donating fresh veggies from their gardens throughout the summer! We appreciate it so much!



Nord-Bridge Fall 2024 In-House Tournaments

Nord-Bridge will be hosting our annual Fall In-House Tournaments. You can sign up for any or all of the tournaments. **The entry fee is \$15.00, and payable at the Reception Desk by November 4, 2024.** The entry fee includes entry to participate in all tournaments and an awards luncheon on March 7, 2025. ***For Nord-Bridge Members ONLY***



Carpet Bowling: TBA (Tournament play will be scheduled during regular Wednesday and Friday program times)



Darts: TBA (Tournament play will be scheduled during regular Monday and Wednesday program times)



Pool (8 Ball, 9 Ball, Snooker, Pool Golf): TBA (Tournament play will be scheduled throughout the week)



Table Shuffleboard: TBA (Tournament play will be scheduled during regular Tuesday program times)



Floor Shuffleboard: TBA (Tournament play will be scheduled during regular Thursday program times)



To register, please see Front Reception Desk
 All entry fees are due by
Monday, November 4, 2024

colorSTREET Manicures at Nord-Bridge

Upcoming Dates:

Oct. 2 *9am-12pm, Nov. 6, Dec. 4, Dec. 11
 Beginning at 1pm in the Craft Room

*Book appointments at the Front Reception Desk

*October 2nd appointments ONLY are from 9:00am to 12:00pm



*For Nord-Bridge members only



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.



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: 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.



HAPPY Thanksgiving

RACHAEL THOMAS
MEMBER OF PARLIAMENT

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

Condolences to...

- ...the Carefoot family, on the passing of Lloyd
- ...the Grams family, on the passing of Rudy
- ...the Matthews family, on the passing of Gord
- ...the Kish family, on the passing of Peter
- ...the Dillabough family, on the passing of Joe

Get Well Wishes to...

- ...Denise Cole
- ...Don Johnson

Lethbridge College Massage Therapy Students at Nord-Bridge!

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

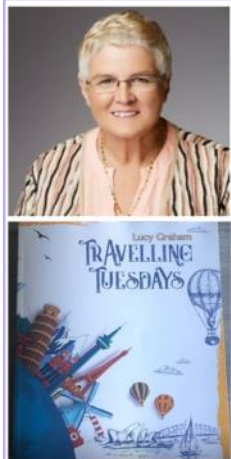
Location: Nord-Bridge Craft Room
 Dates: Wednesdays, Oct 16 & Nov. 27
 Time: 10:00am to 12:00pm
 Location: Craft Room
 *Massages offered on a first-come, first-served basis!



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.

It's flu season

APPOINTMENTS AND WALK INS AVAILABLE

Get your
FLU SHOT
HERE



Visit your personal pharmacist today.
TERRY or JOSH
 STARTING TUESDAY OCTOBER 15th

medicineshoppe.ca



30 YEARS OF CARE

Programmer's Report



So, we said goodbye to the summer months. I am always surprised as to how fast the warmer months go by! I want to send a big thank you to all the volunteers and staff during our busy summer from the Fathers Day Show and Shine in June to the Whoop Up Days Pancake Breakfast in August. Without all of you these events wouldn't be possible!

On September long weekend I got to see Pink in concert in Edmonton for the first time with my sisters and my mom! She was AMAZING and I would love to go see her again!

We started off September with fall registration which was another busy one offering new fitness and mental health and wellness programs, and a few fundraisers that were so much fun including the Under Northern Lights Gala on September 7th and the Rockin' with Elvis Show on September 21st! Both events were well attended so thank you to the members and community for continuing to support Nord-Bridge Seniors!



Upcoming this month is our yearly Oktoberfest Lunch on Friday, October 4th from 11am-1pm in the Dunford Diner with live music, prizes, and delicious German food. More information on this on page 9. Next is our annual Thanksgiving Luncheon on Friday, October 11th. Just a few notes on this. We have moved this to the Multi-Purpose Hall of Nord-Bridge instead of the Dunford Diner in order to accommodate more patrons. Tickets go on sale October 1st at 8:30am at the front desk of Nord-Bridge, and we will not hold tickets without payment. The Dunford Diner will be closed on October 11th by 10am to prepare for this luncheon and will re-open for a soup and sandwich option at 11:00am for non ticket holders. Seating in the Multi-Purpose Hall for the luncheon will open to ticket holders at 11:00am. Please do not come earlier as all seating is assigned and you will not be allowed into this room before this. All tables will be numbered so please respect where you have been placed as we have tried our best to accommodate as many people as possible. See page 3 for more information!

Then on Saturday, October 19th from 9am-2pm is our annual Fall Craft & Bake Sale at Nord-Bridge in the Multi-Purpose Hall. This is open to all with free entry! We are looking for donated baked goods from members and the community to be dropped off at Nord-Bridge on Friday, October 18th at 9:00 am for the bake sale portion of this event. Please stop at the front desk and make sure an ingredient list is attached to your item. More details on page 8 of this newsletter.

Cancelled programs for this month include: **No carpet bowling or In-House Bingo on Friday, October 11th due to the Thanksgiving luncheon.**

We are looking for more participants in Self Care Yoga on Wednesday afternoons, Cardio Crush on Tuesday mornings (try a FREE drop in class on October 22!), Paint & Sip Night next month and our Intergenerational Craft and Music Afternoon on Wednesdays! More information on these in this newsletter!

One last note, the U of L Nursing students have started their community health practicum at Nord-Bridge. Please read on page 22 of this newsletter for their introduction write up along with upcoming presentations happening very soon. I am very impressed already with the group engaging with various participants in exercises, art, and card programs. We are very fortunate to have this continued partnership at Nord-Bridge on Thursdays and Fridays!

I am off to Arizona from October 3-14th where we will be hiking and sightseeing. More photos in the next newsletter! Until next month, stay happy and healthy!

~Ashley Kern - Program Coordinator

Autumn Leaves in Colored Pencil and Watercolour

Don't you love this time of year when all the leaves are changing colours? From green, to yellow, to orange and red. The trees are vibrant with colour and they dance around in the wind. In this 2 week class we will study and render our beautiful leaves with coloured pencil and watercolour washes. You will learn some compositional design elements to make your art work stand out. You may bring in leaves from your yard to do some rubbing techniques with your pencils and watercolours. Wax crayons can also be used for a different leaf texture, but it's optional. We will keep it simple, so this class is suitable for any level.



**Dates: Wednesdays,
October 22 & 30**

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.



Paint Your House - Line and Wash



**Dates: Wednesdays,
November 13 & 20**
Time: 1:00pm - 3:00pm
**Fee: Members \$30,
Non-Members \$50**
Location: Craft Room
Instructor: Donna Gallant

Home sweet home. Have you ever wanted to try and draw and paint your house, this two week class is just what you are looking for. Now, maybe you would rather do your childhood home, or maybe design your dream home, it's your choice. The first week will be learning to draw your house, then the next week we will paint them. Just something a little different but creative. You will need to bring some photos.



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



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

Friday, October 4:

Oktoberfest Lunch // \$15 each (no tickets required):

Option A: Beef Rouladen with Mashed Potatoes and Braised Red Cabbage

Option B: Sheet Pan Bratwurst with Roasted Potatoes and Veggies

**Limited Diner menu available (Diner temporarily closed at 10am to prepare)*

Friday, October 11:

Thanksgiving Luncheon in the Multi-Purpose Hall - 11:30am

Seating begins at 11:00am; Tickets on sale Oct. 1 at 8:30am

Turkey, Mashed Potatoes, Gravy, Stuffing, Vegetables, Salad, and Dessert by Gail

**Soup and sandwich option in the Dunford Diner for those without a ticket*

(Diner temporarily closed at 10am to prepare)

Friday, October 18:

Veal Cutlets with Roasted Potatoes, Carrots, and Gravy

Friday, October 25:

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, 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



Shadow Puppet Storytelling with Park Meadows School

Are you a senior who loves storytelling, is creative, and dedicated and loves the younger generation? This may be for you! We are looking for seniors to participate in a storytelling shadow puppet play with grade 5 students from Park Meadows Elementary School! This starts mid October to December so if interested, please contact Ashley at 403-329-3222 today!



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:
Wednesday, November 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



Helping you grow and sustain wealth for generations to come.



CAROL HAAYEMA, 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!



Fundraising Report

Fall is upon us, and as mornings become cooler and the leaves start to change, I reflect on the past 90 days as the Director of Fund Development here at Nord-Bridge Seniors Centre. Changing my personal world from that of retirement to running full speed ahead to meet the ever-growing financial needs of our beautiful centre has certainly kept me busy...what a summer it was!

There was much planning and preparation for the Seniors Week BBQ, Father's Day Show and Shine, Canada Day BBQ, Golf Wind Up, Under Northern Lights Gala, and Elvis - A Tribute to the King fundraiser. To keep things moving forward, our upcoming Oktoberfest lunch and Thanksgiving luncheon are well under way. I was also lucky enough to fit in two amazing travel adventures during all this FUN!

My role enables me to visit with all of you in the Dunford Diner; THANK YOU! It has also opened the door to meetings with the Mayor, attending local events, such as the Firefighters 9-11 Memorial March, and creating strong connections within our community! Being able to connect with local businesses who have been so supportive of our organization has been the key to our success! We have Savers Convenience & Liquor - they have been such a strong supporter of our centre! South Country Co-Op, Fairway Plaza Safeway, No Frills, McCain Foods, Rocky Mountain Equipment, Lethbridge Hearing Centre, Davis Auto Group, Martin Brothers Funeral Chapel, Home Hardware (Picture Butte, Nanton and Taber), Cornerstone Funeral Home, Servus Credit Union, Southern Irrigation, The Property Twins (Whitney & Kirby Maronda), Bear Tracks Environmental Services, Canadian Tire South, El Dorado RV, Nail & Hammer, Royal LePage South Country Realty, Red Beard Drafting, The Travel Agent Next Door (Jeff), Bridge Land and Energy Services, Wild Bros Meats, and Mayor Blaine Hyggen have been amazing sponsors for our organization. What an amazing city we live in!

Make sure to see our list of restaurant wall sponsors on page 7 of the newsletter! These local establishments generously donated gift cards for our gala. Thank you all so much for your support. ☺

We have moved our next Under Northern Lights Gala to April 26, 2025. We will be working to build a Gala Committee of four additional people to help spread our reach in the community! It's going to be wonderful, and I look forward to sharing the excitement with you all!


Thanks for always being so kind - I appreciate the smiles and hugs...Keep happy!

Julie Sarich ~ **Director of Fund Development**

Self Care Yoga

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.

Wednesdays, Oct. 23 - Dec. 11
Time: 3:30 pm - 4:30 pm
Location: West Community Room
Instructor: Brandy Tonin
Cost: \$45 Members \$65 Non Members

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

OUT AND ABOUT COFFEE AND SHOPPING

Shopping trips to Walmart North followed by a social coffee time at McDonalds on the first Wednesday of each month.

CANCELLED

Fee: \$5 per person (for the bus ride there and back)





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





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, Jan. 28, Feb. 25, Mar. 25, Apr. 15, May 27





Roaming Retirees

September flew by and fall is here.

Our Roaming Retirees went to Spruce Meadows on September 5th. The day was filled with horse jumping, good food, and shopping. Thank you to all the attendees who helped make this trip a success.

The next trip will be to Rosebud Theater on November 21, 2024, to watch the Christmas on the Air play. A 1940s family-run radio station is moments from going live with their annual Christmas Eve broadcast full of familiar holiday carols and yuletide stories. In the booth, young love sparks between Kitty, the weather reporter, and Danny, the sound effects operator, but Kitty has a secret that could put her job in jeopardy. All of this unfolds under the watchful eyes of Danny's parents, owners of the radio station, and a live studio audience, resulting in a chaotic and hilarious "on-air" Christmas. Please sign up for this trip at the front desk. Members \$160, and non-members \$180.

Nord-Bridge had their annual Under Northern Lights Gala as well last month. What a fun event! Thank you to all the sponsors, donors, members, friends and staff who attended. I am looking forward to the next one.

Enjoy October and all it has to offer.

~Erin Bates - Loving Libra



The Nord-Bridge Seniors Golf Crew spent the summer playing every Tuesday and Thursday morning at Evergreen Golf Centre, with more players than ever before! An end-of-season wind-up event was held on Tuesday, September 3rd, also with record attendance. The weather was perfect, and a great time was had by all!



Cardio Crush with Tracy

FREE drop in class on October 22 at 11am!

All are welcome - come and check out this NEW high-energy class and if you love it, sign up for our next session, which begins October 29! See the poster on page 11 of this newsletter for more info!



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)

INTERESTED IN CREATING PASSIVE INCOME FROM REAL ESTATE INVESTING?

Please join us and learn how Wednesday, October 23rd at 1:30pm

Location: Flex Room
Free attendance for anyone 55+
Registration starts September 4, 2024

legacy INVESTMENT

Fall Festival

Nord-Bridge Spooky Outreach Event

DATE: Monday Oct 21, 2024

TIME: 1:30pm-3:00pm

LOCATION: Multi Purpose Hall

THEME: Halloween and Scarecrows

COST: \$3.00 each
Refreshments will be served

Music by Doug and Friends

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!



R.S.V.P by Oct 17/2024 to Melanie at 403.329-3222 or

E-Mail

melanie@nordbridgeseniors.com





Wellness Coordinator/Outreach

Here is a picture of one of many tunnels on my mountain biking trip over the Hiawatha Trail. I took a road trip down through Bonners Ferry, stopped at a flea market, and continued into the town of Sandspit, where the beaches were full of sunseekers. I was able to pull out my paddle board in Coeur D'Alene and again just outside of Wallace. The next day, I started off to the Hiawatha start point, where I mountain biked along the trail where the train used to run. With dark tunnels and bridges, I would stop along the way to read about the history and adventures the train gangs lived.



Finally after a cancellation, I got to see the talented and beautiful PINK in concert at the Rogers Stadium in Vancouver. It was like watching a circus play. Not only was her voice amazing, but she would spin, fly and sing upside down. What an amazing performer.



To finish the summer off, my mom and I headed to Toronto where we had a wonderful time reconnecting with family. We visited the Ripley Aquarium, CN Tower, and Toronto Zoo, and took a trip to Niagara Falls. I also had a wonderful

surprise when four travelers I had met in Vietnam, met me for a paddle boarding day along the Toronto Harbor.



Our fall classes began in September. We are off and running! On October 31, we will be doing our annual Halloween photo shoot. After the Thursday Keep Fit class, we will open the booth in the main corridor to our members and their friends and families to have their pictures done. Dress up in your costumes (or use one of ours!) and put on your spooky smiles for an opportunity to have a great group photo! We ask for donations that will be put back into activities and prizes happening throughout the year at Nord-Bridge.

Outreach - October 21, 2024 with our Halloween 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. We ask that you register no later than Thursday, October 17th.

*If you are interested in helping out at our Outreach events (3rd Monday afternoon of the month), please contact Melanie at 403-329-3222



55+ Fitness Gym - If you are looking to join, I am here to help you and 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.

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

C.J.S BUS TOURS
 All seniors are welcome to join us for a day of fun and games at casinos in Calgary on the last Tuesday of every month! For more information, phone Mary at 587-425-5138, or Arleen at 403-327-1813

Pick Up Times / Itinerary:
 7:50am pick up: Casino Lethbridge
 8:15am pick up: Park Place Mall
 8:35am pick up: Monarch
 8:55am pick up: Senior Manor Fort McLeod
 10:30am: Arrive in Calgary
 3:40pm: Load bus for departure

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 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

Every Monday (excluding holidays)

**\$3 cover charge for non-members*

Jammers

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

NORD-BRIDGE SENIORS CENTRE

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

NORD-BRIDGE SENIORS CENTRE



Boutique News

Attention Consignees:

Winter items will be accepted starting October 10th.
Christmas crafts will be accepted starting November 7th.

The Boutique is currently looking for volunteers to work on a casual basis (1 to 2 shifts per month).
If you are interested, drop by the Boutique on Thursday or Friday mornings.



"I TAKE the TIME to HELP YOU get TOP DOLLAR for your home!"







South Country Real Estate
403-327-2111

Keith Pushor
Senior Real Estate Specialist (SRES)



Go to keithpushor.ca for a "Hands-On Approach" to Real Estate

Mind Joggers

SPIDERS ARE OUR FRIENDS

Spiders are our friends,
That's what my Grandpa says.
That's why there is little webs
Underneath my bed.
They help get rid of flies,
Mosquitoes, wasps, and hornets,
Beetles, bees, and crickets,
And little brothers...well sort of.
And even though they're very quiet,
I can still hear them all right.
On their icky, sticky legs,
In the middle of the night.
They tip toe to the ceiling,
Just before I fall asleep.
Then climb down a single strand,
And crawl upon my cheek!
And these aren't skinny, scrawny weaklings,
I can brush away with a broom.
They've got honkin' hairy bodies,
As big as my whole room!
They crawl up on my bed,
And look me in the eye.
Open up their slimy mouth,
And I'm so scared I think I'll die!
A scream then wakes me up,
I've been asleep it seems.
But if spiders are my friends,
What are they doing in bad dreams?
But when mommy wakes me in the morning,
And the sun comes shining through,
I still don't want them for my friends!
How about you? ~Edward Sillito

Lethbridge Elder Abuse Response Network

Have you heard of Week Without Violence? The Week Without Violence is a global movement among YWCAs across the country and around the world to end violence against women and girls. YWCA is a part of the LEARN Coordinated Community Response Network. They share the values and goals of LEARN, as we all work towards a world without gender-based violence, including elder abuse. Although this seems like a steep goal, we firmly believe family and domestic violence are completely preventable.

Not all violence is acknowledged or responded to equally. For more than 20 years, YWCAs across Canada have been setting aside one week in October to raise awareness and elevate survivor's voices. This year, Week Without Violence is from October 16-21.

The purpose is to increase public understanding that violence takes many forms and can happen anywhere, including in the home, in schools, in relationships and in the community. Week Without Violence also hopes to empower people to advocate for a violence-free community and speak up when witnessing violence, as well as bring awareness to how you can be an advocate for a violence-free world and the resources available to support those experiencing violence.

This month, watch out for opportunities through YWCA here in Lethbridge to get involved and amplify the voices of those who have experienced or been impacted by violence!

~Amy Cook

LEARN
Case Manager



University of Lethbridge Nursing Students

Hello, we are the third-year U of L nursing students assigned to Nord-bridge. We are a group of 11 students that will be here every Thursday and Friday until the end of November. If you see us around please feel free to stop and talk to us. We are here to work with you to provide health promotion and illness prevention. Throughout our time here we will be arranging a variety of activities so please stay tuned for any future announcements from us. Thank you for the warm welcome. We are looking forward to spending the next few months with you!



LIVE
Cooking Classes Via
For Seniors 55+!




Wednesday, Oct. 23 at 11:15 am for \$30

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned and dropped off at your door step. We will be making Crispy Pepperoni Pizza Chicken!

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

Member Photos
by Walter Kerber



3rd Monday of every month beginning at 10am!
Upcoming Dates:
Oct. 16, Nov. 20, Dec. 18



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

Tech Know - Doing Digital Better






Corporate Training Solutions

Improve your lifestyle and wellbeing through micro-courses on all things technology. In partnership with Volunteer Lethbridge and Corporate Training Solutions, learn about staying secure, current, connected, and social through your laptop or smart phone in a structured and safe learning environment.

DATES TO BE ANNOUNCED!

Watch for more information at the end of October, on how to register for this new, informative course!

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 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



This little piggy wore Argyll,
This little piggy wore tube socks,
This little piggy wore woollies,
And this little piggy dressed in style.
But this little piggy ... HAD NONE!

It's time for 24th ANNUAL OPERATION: SOCK IT TO 'EM

From November 1 to December 11, 2024
Nord-Bridge Seniors Centre, the Caretakers, Maintenance & Support staff in Lethbridge & Area schools are collecting **NEW SOCKS** to be donated to local charities and those less Fortunate for Christmas.
Please join them and make Someone's Christmas a little bit warmer!
To donate, contact any Custodial staff at your local school.

QUESTIONS?
Call Gail Petrie (403) 327-6520
Charlene Kocken (403) 329-3222

- Nord-Bridge Seniors Centre
- Lethbridge School Division
- Holy Spirit School
- Palliser Regional School



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