



NORD-BRIDGE  
SENIOR CITIZENS ASSOCIATION

**NORD-BRIDGE SENIORS**

# NEWSLETTER

## November 2024



We are the University of Lethbridge Nursing Students who are at Nord-Bridge on Thursdays and Fridays for our community health practicum experience. Please watch for upcoming presentations and posters throughout this month regarding health promotion and illness prevention, along with our Health Fair on Friday, November 29<sup>th</sup>! We hope to see you all around the centre this month!



**NORD-BRIDGE**  
SENIORS CENTRE  
*Inclusivity lives here*

***“The Friendly Centre”***

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

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

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

E-mail: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

## PRESIDENT'S REPORT

### *Remembering the Loved Ones We Have Lost*

When we love someone they become an indelible force in our lives. Even after they're gone, we remember the way they told a joke, wore their hair, and walked into a room



The littlest things will trigger memories of the sound of their voice, their scent, and the time we spent with them. We recall how they dealt with hard situations, when we are faced with the same things.

We think about them for no reason at all; what would they say right now? We always wonder, are they watching over us? Do they know how much we miss them?

Even though we'll never see loved ones who have passed on walk through the front door again, I hope you find peace with the knowledge that you'll always have a part of them with you.

When we love someone, their spirit lives forever in our hearts!

*Helen Gepneris,*

Board President

## Nord-Bridge Membership Fees:

Membership is open to all seniors age 55 plus. Associate Membership for younger individuals whose spouse is over 55 and a member.

Membership Renewal: \$60

New Memberships: \$63



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

# WELCOME

## Welcome to 16 New Members! We are happy to have you here!

**Deana Felstead**

**Robert Felstead**

**Bev Smith**

**Kathy Hegedes**

**Art Stott**

**June Dick**

**Grant Forsythe**

**Melvin Sundquist**

**Bronwyn Freeze**

**Nellie Kadijk**

**Carolyn Coutts**

**Lori Gregory**

**3 Anonymous**

**Alvina Huber**



## GENERAL MEMBER MEETING

Wednesday, November 6th, 2024

9:30am // Multi-Purpose Hall

Visit [nordbridgeseniors.com](http://nordbridgeseniors.com) for program information, photos, videos, newsletters, and more.

[facebook.com/nordbridgeseniorslethbridge](https://facebook.com/nordbridgeseniorslethbridge)

[twitter.com/bridgenord](https://twitter.com/bridgenord)

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



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.



# EXECUTIVE DIRECTOR'S REPORT



Greetings Members,

In July's newsletter I wrote about Nord-Bridge applying for the Community Wellbeing Call for Proposals under the FCSS funding stream for two years of funding. The FCSS funding parameters look for service providers who offer innovative programs and services that advance community wellbeing and safety outcomes by addressing needs and gaps in our community. On October 1st, the City advised through a public disclosure that 37 proposed programs from 25 different community organizations submitted proposals for funding; the total amount of annual funding requested was \$9,084,232 and the budgeted awarded amount the City has available was \$5,028,676. Proposals were evaluated by a 12 person panel from the Community Wellbeing Advisory Board, City Administration, Lethbridge Housing Authority and a representative from a community based organization. Nord-Bridge's application was approved to proceed into contract negotiations. However, Nord-Bridge did not receive its full requested funded amount. In fact, Nord-Bridge received **\$43,094** less than 2024's funded amount. Some background on what Nord-Bridge gets FCSS funding for and how much we have received in the past 6 years: Nord-Bridge receives funding for Social Inclusion Programming, Seniors Population Supports Navigation, Tax and Form Assistance and the Go Friendly Shuttle service. Social Inclusion programs include providing wellness, education and life-skills programs, volunteer opportunities, and support services for free legal consultations, health awareness and prevention, elder abuse awareness, hearing clinics, and inter/multi-generational programs to name a few. There is also Keep In-Touch and Outreach programming where personalized contact with members is made with either phone calls or in-person visits, and the monthly Outreach program. Seniors Populations Supports Navigator funding provides a staff that assists members and seniors in the community support for finding and maintaining housing, advocacy with landlords and securing income sources for seniors. Tax and Form Assistance program funding assists members in our community for tax/benefit assistance programs. The last six years of FCSS funding has gone up and down.

2019	\$216,850	2020	\$229,464
2021	\$229,464	2022	\$229,464
2023	\$209,592	2024	\$216,941
2025	\$173,820		

So what does this mean for Nord-Bridge? A slight reduction in some key support services and shifting of resources to strategically to use FCSS funds in the most efficient manner. A reduction in funding is never an easy pill to swallow; however we will look to maximize the dollars we have been granted to the best of our ability.

The Go Friendly Shuttle program is also funded by FCSS and provides transportation service for seniors in the community to access FCSS eligible activities at Lethbridge Senior Citizens Organization and Nord-Bridge. The funding

for Go Friendly also covers maintenance and fuel for the program. The Go Friendly Shuttle program received an increase in funding this year moving up from \$95,000 to \$110,000. We were successful securing additional funds for the Go Friendly Shuttle Service as ridership increased over the past few years and demand for services has expanded to all ends of the city. Expenses for this program have increased significantly mostly due to the maintenance required for the aging shuttle busses and rising costs of fuel and insurance. LSCO Executive Director Rob Miyashiro and I have met with the General Manager of the Community and Social Development Department to discuss the funding possibilities of purchasing a new shuttle bus for the Go Friendly program. Discussions are ongoing and we will keep members posted on the progression of this possible funding opportunity.

Last month Melanie Hillaby, our Wellness and Outreach Coordinator resigned. Melanie started as a contract fitness instructor in the Fall of 2013 and joined the staff full time in 2021. Melanie was an incredible asset to our fitness programming and will be missed. We wish Melanie all the best in her future endeavors.

Nord-Bridge Seniors Centre was nominated this spring for the Rachael Thomas Member of Parliament Community Builders Award. The award celebrates those who go above and beyond to make a positive impact in our community. This year, the selection committee, comprised of a panel of community members, selected Nord-Bridge to receive the Lifetime Achievement Community Builders Award in recognition of our selfless dedication to bettering our community by serving others over four decades. I had the honor of attending the awards ceremony with some staff and board members as we were presented the Lifetime Achievement Community Builders Award. Thank you to MP Rachael Thomas, the selection committee, and staff for hosting a wonderful event.



Finally, Nord-Bridge's General Membership Meeting will be held Wednesday, November 6 at 9:30am in the Multi-Purpose Hall.

*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
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](http://www.nordbridgeseniors.com) to register!

## Eat anything you want... anytime, anywhere...

with the help of implant supported dentures.

Call us today for your complete denture care needs



Giving you something to smile about!

604 - 6 Street South • Lethbridge  
(403) 327-7244 • Toll Free 1-877-467-2251

**Shaw) Go**



Available here.

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

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

Any questions? [Please 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**

**NEW**



**FREE WiFi**



(Shaw Cable subscribers see left)

**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, Nov 14 & 28  
Time: 9:30am - 2pm

Cost: FREE - for Nord-Bridge members only  
\*Appointments are required.  
Visit the front reception desk to book!

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

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

**IN ORDER TO PARTICIPATE YOU MUST:**

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

**RECENT WINNERS**  
**Check back next month for our latest winner!**

**MONTHLY 50/50 TOONIE DRAW**

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

**NAGEL TOURS LTD.**

**ESCORTED MOTORCOACH HOLIDAYS**

*Our motorcoach tours are a worry-free way to visit your dream destinations to visit your dream destinations in Canada and the United States. All trip details, transportation, lodging and sightseeing excursions are handled with just one call.*

*The journey is not only about the destination – time spent on the road provides an opportunity to share experiences with new friends and form happy memories.*



**UPCOMING TOURS**

Christmas in Victoria – December 21 <sup>st</sup>
Palm Springs Desert Oasis – January 19 <sup>th</sup>
Arizona Desert and Canyons – February 10 <sup>th</sup>
Deep South Texas and Louisiana – March 3 <sup>rd</sup>
Victoria Stay Awhile – April 19 <sup>th</sup>
California Redwoods and San Francisco – April 30 <sup>th</sup>
Seattle Baseball – May 7 <sup>th</sup>
Alaska Midnight Sun – June 17 <sup>th</sup> or July 5 <sup>th</sup>

Visit us online at  
[www.nageltours.com](http://www.nageltours.com)  
toll free: 1-800-562-9999  
[resoffice@nageltours.com](mailto:resoffice@nageltours.com)

**47<sup>th</sup> Anniversary**



**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 WINNERS**  
**September 27: Sharon Kormos \$430**  
**October 25: Shirley Hall \$339**

**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. 30: Daphne Higgins \$70 Karl Roesler \$70**  
**Oct. 7: Ernie Woodgate \$53 Jim Hahn \$53**  
**Oct. 14: CLOSED**  
**Oct. 21: Ken Thares \$56 Fay Stebenton \$56**  
**Oct. 28: Gordon Vaselenak \$66**  
**Daphne Higgins \$66**

**Thanks Jammers, volunteers and patrons.**  
**Thanks also to Cheryl Orr for selling tickets at Monday Jams.**

# Lethbridge HEARING CENTRE

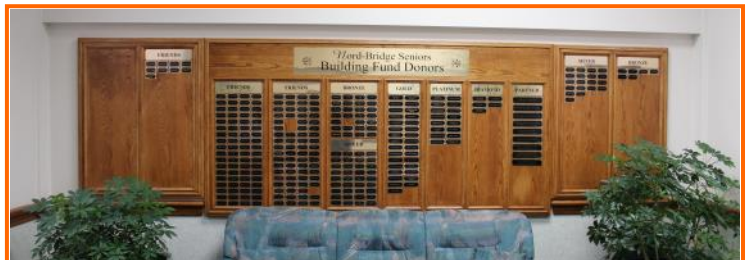
Call 403-320-6000 to make your personal complimentary consultation today!

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



**403.320.6000**  
www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S. Candice Elliott-Boldt, BC-HIS Jake Boldt, BC-HIS  
Lethbridge, AB Registered Hearing Aid Practitioners



## BUILDING OPERATING FUNDS RECENT DONORS

Bernie Schnell \$100  
Lucy Graham \$50

## NORD-BRIDGE IN-HOUSE BINGO

Year to Date: \$12,367.50



**Jo Ann Kelly**  
REALTOR®

sutton group - lethbridge  
1010-3 Avenue South  
Lethbridge, AB. T1J 0J4

office: 403.320.6411  
email: kellyjg08@gmail.com

**Over 29 Years Experience**



## Lawyers of Huckvale Free Initial Legal Consultation

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

Time: 9:00am to 11:30am

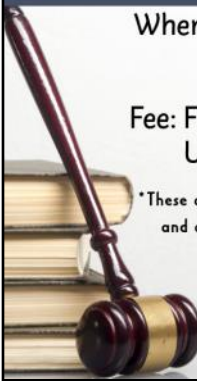
Fee: FREE (Nord-Bridge members only)

Upcoming Dates: Nov. 4, Dec. 9

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

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

**HUCKVALE** LLP  
established 1906



## Free Hearing Tests

at Nord-Bridge Seniors Centre with

**Lethbridge**  
HEARING CENTRE



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: Nov. 21, Dec. 19**



**mb** Martin Brothers  
Funeral Chapels Ltd.

*The greatest gift  
you can leave behind  
is the gift of being prepared.*

For more information please call 403.328.2361 or visit our website www.mbfunerals.com

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



**Park Place Mall**  
Lethbridge  
(587) 388-0563

**Specsavers**

## Notice for Cards Set Up

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

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

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



# 25 Days of Christmas



**Tickets on sale Nov. 18 through Dec. 20**

All prizes will be donated by local businesses and the community!

## How to Participate:

1. Purchase your tickets from the front reception desk or the table beside the Dunford Diner Annex. Tickets are \$5 each, or purchase 3 tickets for \$10! Your name will be put in the draw for each ticket you purchase.
  2. If your name is drawn, choose a number from the advent calendar to win the gift associated with that number!
  3. If you win, your ticket will NOT be put back in the draw box.
- However, you can purchase more than one ticket and have multiple chances to win!

**5 draws every Friday at noon!**

All proceeds will go towards the purchase of a new Go Friendly Bus!  
Thank you for your support!



**Draw Dates:**  
Friday, Nov. 22  
Friday, Nov. 29  
Friday, Dec. 6  
Friday, Dec. 13  
Friday, Dec. 20

the 1st annual charity fundraiser

# PANCAKE

BREAKFAST with SANTA!  
**Saturday, December 7th**  
9-11 AM, \$8 a plate &  
\$5 for Kids 5 & Under!

First come first served



Dunford Diner of Nord-Bridge  
1904 13 Ave. N.

Bring your whole family for this fun breakfast fundraiser with games and coloring for the kids!



# Christmas Luncheon

Friday, December 6 // 11:30am  
Nord-Bridge Multi-Purpose Hall  
Tickets: \$15 each  
**On sale November 25 at 8:30am**

**Menu:**  
Turkey, Mashed Potatoes,  
Veggies, Stuffing, Gravy,  
and a Side Salad, with  
Dessert by Gail!

Open to all, with live entertainment  
by Yvonne Nelson

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

# SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS  
WITH NO PUFFS OR DROPS.



1011 - 3RD AVENUE S.  
LETHBRIDGE, AB T1J 0J3  
[www.southernoptical.ca](http://www.southernoptical.ca)

PHONE: 403-327-4145  
FAX: 403-320-1181

Rick Miller  
Licensed Contact Lens Practitioner

Fred Miller  
Registered Optician



## SHOEBOX

SCANNING

"Preserving Your Family's Legacy"

Don't let your precious photos and videos  
be damaged due to elements, aging, or pests.

Digitize them today and share your  
life story with your family and friends.



Mitchell Hall  
Owner



403.382.1250

info@shoebbox-scanning.com  
www.shoebbox-scanning.com



## EVERGREEN

Funeral Home  
and Cremation Services

403-329-4934

Give us a call regarding ...

- \* Affordable Pre-arrangement Options
- \* Evergreen's Budget Conscious Pricing

*Because Cost  
Is An Option*

*We lessen the expense,  
Not the care*

A Division of the Caring Group Corp.



## LETHBRIDGE DENTURE CLINIC LTD

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

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

## roost 2 roost LIMITED

Downsizing Dilemma?  
Need to move on?



New Owner/  
Operator

We can help....

- Sorting • Organizing
- Selling Unneeded Furniture
- Packing • Arranging Movers • Unpacking
- Estate Home Clearouts

Call Jody Johnson for your complimentary  
in-home consultation and free estimate.

Cell: 403-330-8389

## LIBRARY NEWS

Beginning November 1, we will be  
accepting donations of gently used books  
of various genres for our library, as space  
permits. If you have any books to donate,  
please take them to the front desk.  
No magazines please! Thank you!



**Nord-Bridge Seniors Centre  
is in need of gently used  
Christmas trees and  
decorations for our Winter  
Wonderland Walkthrough!**

*We will be accepting donations  
starting Friday, November 22nd,  
as space permits.*

To donate, call  
Ashley at  
403-329-3222





## Breakfast

### Full Breakfast \$8.50

2 Eggs, Bacon or Sausage or Ham, Hashbrowns, Toast & Coffee

### Eggs Benedict \$8.75

Toasted English Muffin, Poached Eggs, Ham, Hollandaise Sauce, Hashbrowns & Coffee

Half Order \$6.50

### Bacon Temptation Omelette \$8.50

Bacon & Cheese, Tomato slices, Hashbrowns, Toast & Coffee

### Spinach Omelette \$8.50

Spinach, Mushrooms, Green Onions, Peppers, Cheese, Hashbrowns, Toast & Coffee

### Spanish Omelette \$8.50

Peppers, Green Onions, Ham, Mushroom, Cheese, Hashbrowns, Toast & Coffee

### Ham & Cheese Omelette \$8.00

Hashbrowns, Toast & Coffee

### Small Full Breakfast \$6.50

One Egg, Bacon or Sausage or Ham, Hashbrowns, One Toast & Coffee

### Small Pancake/French Toast Breakfast \$6.75

One Pancake or One Slice French Toast, One Egg, Bacon or Sausage or Ham, & Coffee

### Pancakes \$6.00

### French Toast \$6.00

### Breakfast Burrito \$6.50

Sausage, Peppers, Mushroom, Green Onions, Cheese

### Egg Muffin Sandwich \$5.00

Toasted Egg Muffin with Bacon or Ham or Sausage

### Add \$3.75

Bacon or Ham or Sausage

## Lunch

### Philly Cheesesteak Sandwich \$9.00

Sliced Steak with Peppers, Onions on a Hoagie Bun with Fries

### Beef Dip Sandwich \$9.00

Roast Beef, A'ujus on a Hoagie Bun with Fries

### Rueben Sandwich \$7.50

Corned Beef, Swiss Cheese, Sauerkraut on Rye Bread

### Deluxe Hot Hamburger & Poutine \$9.25

Beef Patty on a slice of bread with gravy, onions and Poutine

### Hot Hamburger & Fries \$8.50

Beef Patty on a slice of bread with gravy and Fries

### Build Your Burger:

#### Beef or Chicken \$7.00

Add Swiss or Cheddar Cheese \$1.00 Add Bacon \$1.50 Add Mushrooms \$1.00

### Fish & Chips \$10.00 (2 piece) \$8.00 (1 piece)

### Fish Tacos in a Corn Tortilla with Fries \$9.00

### Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$6.25

Grilled Ham & Cheese \$5.75

Grilled Cheese \$4.50

### BLT \$5.75

### Nord-Bridge Club Sandwich \$7.75

Chicken, Ham, Bacon, Tomato, Lettuce, Cheese, on two slices of bread

### Denver Sandwich \$6.25

### Chicken Caesar Wrap \$6.75

### Chicken Fingers & Fries \$7.75

### Chicken or Ground Beef Quesadillas \$8.50

## Salad

### Taco Salad with beef \$8.25

Add Refried Beans \$1.00

### \*Chef Salad \$9.50

### \*Caesar Salad \$6.50

### \*Garden Salad \$6.50

\*Add Grilled or Breaded Chicken \$3.50

## Fries & Sides

### Poutine \$6.25

Fries \$3.50(sm) \$5.00(lg)

### Onion Rings \$5.00

### Sweet Potato Fries \$5.50

Add Ons: Salsa, Sour Cream, Dressing, Mayo, or Gravy \$0.75

## Soup & Sandwich

### Soup & Sandwich \$7.00

### Soup \$4.00

### Sandwich \$4.00

## Beverages

Coffee, Tea, Hot Choc. \$1.00

Pop & Juice (Bottled) \$1.50

Bottled Water & Juice Boxes \$1.00

## ADVERTISE HERE



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

Contact us at [editor@nordbridgeseniors.com](mailto:editor@nordbridgeseniors.com) for information about our advertising rates!

**\*Advertisements must be specific to seniors**



## 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!

**Date: Wed. 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



## 5th Annual Winter Wonderland Walkthrough

Friday, December 13th

1:00pm-3:30pm

Nord-Bridge Main Corridor

Entry Fee: Donation of a non-perishable food item for the Food Bank

Enjoy photos with Santa, Christmas carols, hot cocoa, and hot apple cider!

Open to all!

Located at 1904-13Ave N

Call 403-329-3222 for more information



## 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:**  
November 5 (am); December 18 (pm)

**Upcoming Dates at LSCO:**  
November 20 (pm); December 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



## Sing a Song That's Yours Vocal Studio



**Christmas Performance Featuring Vocal Students of Bridgette Yarwood!**

**Date: Thursday, December 12**

**Time: 11:00am to 1:00pm**

**Location: Nord-Bridge Dunford Diner**



**Join us for some great Christmas music and get into the holiday spirit!**



## Library Book Sale

**Dates: November 20 to November 22**

**Time: 9:00am to 2:30pm**

**Location: 1904 13 Ave N**

**Cost: \$0.50 per book**



Please bring your own re-usable bags for carrying your purchases. Payment can be made at the front reception desk. Cash only please!



## Support For Seniors



**403-329-1544**

**Call Now**

**We can help**

Identify your needs

Connect you with resources

Provide emotional support

Offer community outreach

Advocate within complex systems

Offer education



Contact the Seniors System Navigators



403-329-1544



intake@lethseniors.com

**Empathy.  
Assistance.  
Advocacy.**

## 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!

## 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: 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.



**LETHBRIDGE POLICE SERVICE**



# Coffee With Council

Join City of Lethbridge Councillors and Mayor Blaine Hyggen for coffee and conversation in our Dunford Diner.



**Date: Thurs, Nov. 28**  
**Time: 10:00am - 11:30am**

This is an opportunity to make Council aware of any issues, and ask any questions you may have!



**DAYLIGHT SAVING TIME ENDS SUNDAY, NOVEMBER 3RD AT 1:00AM! DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR!**



# YOGA THRIVE



**Dates: Tuesdays, Nov. 5 - Dec 17**  
**Time: 5:30pm - 6:30pm**  
**Location: West Community Room**  
**Cost: \$50 for anyone 18+**  
**Led by: Cheris Samuels-Murdoch**

Yoga Thrive is an evidence informed yoga program for people with cancer, those beyond cancer, and their support persons. This gentle therapeutic yoga program provides a nurturing group environment while imparting the personalized approach necessary to empower each of its participants. It enhances participants overall quality of life by improving mobility, stability, strength, and energy while reducing the pain and side effects of cancer and its treatment. Our students become more relaxed, better able to cope, and comfortable enough to reconnect more deeply to themselves and what is of value to them. The aim is Thriving NOT JUST Surviving!



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



# 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!

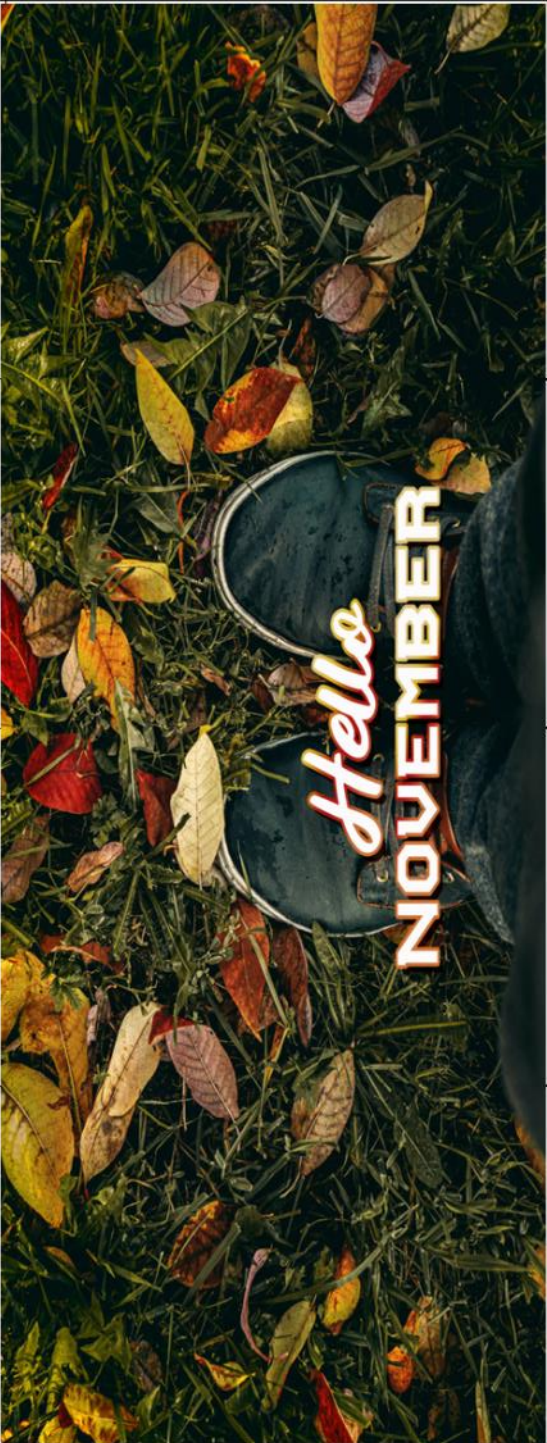


**We are looking for a new Convener of Euchre for Wednesdays at 1:00pm.**  
**Responsibilities include set-up and helping to lead the program.**

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



# November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b> 9:00 <b>LAWYERS (BR)</b> *Appt. Required Monday Morning Check In (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Sketching &amp; Drawing 10:00 Intermediate Line Dance (Multi-Purpose Hall) 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 (MPH)</p>	<p><b>5</b> 9:00 Zumba GOLD® 9:00 Strength &amp; Stretch 9:30 Advanced Watercolor 10:00 <b>New Comers Meet</b> 10:00 Music Makers 10:30 Clogging Intermediate 11:00 Tabata for Seniors 11:15 Clogging Advanced 12:15 Begin. Tai Chi 12:45 Canasta/H &amp; F 1:00 <b>COMPASS for the Caregiver (Board Room)</b> 1:00 Art &amp; 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 5:30 Yoga Thrive (WCR)</p>	<p><b>6</b> 9:00 <b>Annual General Meeting (Multi-Purpose Hall)</b> 9:00 Virtual Guided Meditation (Zoom) 9:00 Gentle Yoga (WCR) 10:00 Handy Crafters (Flex) 10:30 Chair Yoga (WCR) 10:45 <b>WINNERS BINGO</b> 1:00 <b>MANICURES (CRAFT)</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 3:30 Self Care Yoga (WCR) 5:30 Group Dance (MPH) 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)</p>	<p><b>7</b> 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><b>8</b> 9:00 Gentle Yoga 9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 <b>Cribbage (WCR &amp; Annex)</b> 1:00 <b>In-House Bingo</b> 1:00 Contract Bridge (Annex)</p>
				
<p><b>1</b> 9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle 9:30* <b>FREE Messages (Members ONLY) (Board Room)</b> 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 <b>Cribbage (WCR &amp; Annex)</b> 1:00 <b>In-House Bingo</b> 1:00 Contract Bridge</p> <p style="text-align: right;">  </p>				<p><b>1</b> 9:00 Gentle Yoga 9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 <b>Cribbage (WCR &amp; Annex)</b> 1:00 <b>In-House Bingo</b> 1:00 Contract Bridge (Annex)</p> <p style="text-align: right;">  </p>

11

Today we are  
**CLOSED**



Let's We Forget

12

9:00 Zumba GOLD®  
 9:00 Strength & Stretch  
 9:30 Advanced Watercolor  
 10:00 IG Wealth Management  
 10:00 Music Makers  
 10:30 Clogging Intermediate  
 11:00 Tabata for Seniors (MPH) <sup>EST</sup>  
 11:15 Clogging Advanced  
 12:15 Begin. Tai Chi  
 12:45 Canasta/ H & F  
 1:00 COMPASS for the Care-giver (Board Room)  
 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  
 5:30 Yoga Thrive (WCR) <sup>EST</sup>

13

8:45 Active POUND®  
 9:00 Gentle Yoga (WCR)  
 10:00 Coffee with a Cop  
 10:00 Carpet Bowling  
 10:00 Handy Crafters (Flex)  
 10:30 Chair Yoga (WCR)  
 10:45 WINNERS BINGO  
 1:00 Paint Your House  
 1:00 Darts  
 1:00 Euchre  
 1:00 Bid Euchre  
 3:30 Self Care Yoga <sup>EST</sup>  
 5:30 Group Dance (MPH)  
 6:00 Begin. Pickleball (YMCA)  
 7:30 Table Tennis (MPH)

14

9:00 Pilates (WCR)  
 9:00 Card Crafters  
 9:00 Advanced Line Dance (Multi-Purpose Hall)  
 9:30 Tech Help w/ AI  
 9:30 Mind Joggers (Board)  
 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  
 5:45 Beginners Pickleball



15

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



18\* & 25\*

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 Sketching & Drawing  
 10:00 Intermediate Line  
 10:00 Dance (MPH)  
 10:30 Chair Yoga (WCR)  
 10:30 Hello Monday (Flex Room)  
 1:00 Quilters/ Crafters  
 1:00 Woodcarving  
 1:00 Contract Bridge  
 1:00 Darts (MPH) None on 18  
 1:00 Begin. Line Dance (WCR)  
 1:30 Outreach (MPH) \*18  
 5:00 Golden Fit (MPH)  
 6:30 Begin. Pickleball (MPH)

19\* & 26\*

9:00 Zumba GOLD®  
 9:00 Strength & Stretch  
 9:30 Advanced Watercolor  
 10:00 New Comers Meet  
 10:00 Music Makers  
 10:30 Clogging Intermediate  
 11:00 Tabata for Seniors (MPH) <sup>EST</sup>  
 11:15 Clogging Advanced  
 12:15 Begin. Tai Chi  
 12:45 Canasta/ H & F  
 1:00 COMPASS (Board)  
 1:00 Baking @ Interfaith  
 1:00 A & S Watercolor Club  
 1:00 Scrabble (Craft)  
 1:00 Texas Hold'em  
 1:30 Beginners Crib  
 3:00 Exercise w/ Arthritis  
 5:00 Evening Gentle Barre  
 5:30 Yoga Thrive (WCR) <sup>EST</sup>

20\* & 27\*

8:45 Active POUND®  
 9:00 Gentle Yoga  
 10:00 FREE Messages  
 10:00 WALKER REPAIRS  
 10:00 FOOT CARE (Craft)  
 10:00 Carpet Bowling  
 10:00 Handy Crafters (Flex)  
 10:30 Chair Yoga (WCR)  
 10:45 WINNERS BINGO  
 11:15 Virtual Cooking  
 1:00 Who-ville Grinch  
 1:00 Paint Your House  
 1:00 Darts  
 1:00 Euchre  
 1:00 Bid Euchre  
 3:15 LSKIP (MPH)  
 3:30 Self Care Yoga (WCR) <sup>EST</sup>  
 5:30 Group Dance (MPH)  
 6:00 Begin. Pickleball (YMCA)  
 7:30 Table Tennis (MPH)

21\* & 28\*

9:00 Pilates (WCR)  
 9:00 Card Crafters  
 9:00 Advanced Line Dance (MPH)  
 9:30 Mind Joggers  
 9:30 Tech Help with AI  
 10:00 FREE HEARING APPT. (MPH)  
 11:00 Keep Fit Strength (MPH)  
 1:00 SpecSavers (Hall)  
 1:00 Woodcarving  
 1:00 Advanced Acrylic  
 1:00 Contract Bridge  
 1:00 Beginners Bridge  
 1:00 Floor Shuffleboard  
 5:45 Beginners Pickleball  
 6:00 Paint & Sip Night (WCR)

22\* & 29\*

9:00 Service Canada (Computer Lab)  
 9:00 Gentle Yoga  
 9:00 Ukelele Circle  
 9:00 Nursing Health Fair  
 9:30 FREE Messages (Members ONLY) (Board Room)  
 10:00 Carpet Bowling  
 10:00 Handy Crafters  
 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.

WINNERS BINGO WEDNESDAY: NOV. 6, 13, 20, 27  
 FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCAL TION: CRAFT ROOM UPCOMING DATES TBA



BOOK SALE WEDNESDAY, NOVEMBER 20- FRIDAY, NOVEMBER 22 BRING OWN BAGS AND PAY AT FRONT DESK

CHRISTMAS LUNCHEON FRIDAY, DECEMBER 6TH IN THE MULTI-PURPOSE HALL TICKETS ON SALE NOV. 25TH AT FRONT DESK

PANCAKE BREAKFAST WITH SANTA OPEN TO PUBLIC ON SATURDAY, DECEMBER 7TH FROM 9AM-11AM IN THE DUNFORD DINER.

BRIDGETTE YARWOOD CHOIR SINGING CHRISTMAS CAROLS IN DINER ON THURSDAY, DECEMBER 12TH FROM 11AM-1PM

WINTER WONDERLAND WALK THROUGH FRIDAY, DECEMBER 13TH FROM 1PM-3:30PM



**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.

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

**JOIN US TO LEARN MORE!**

**When:** Monday, Nov 4, 2024 - Alone but not Lonely  
 Monday, Nov 11, 2024 - No class due to Remembrance Day  
 Monday, Nov 18, 2024 - Self Esteem - Taming Your Inner Critic  
 Monday, Nov 25, 2024 - Corestones of a Balanced Lifestyle

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

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

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

**MLA Nathan Neudorf**  
**Lethbridge-East**

**11 NOVEMBER**  
*Lest we forget*



**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.



<b>Nord Bridge Seniors Centre</b> 1904 13 Ave N Lethbridge 1:00 - 3:00 PM	<b>LSCO Seniors Centre</b> 500 11th St. S Lethbridge 4:00 - 6:00 PM
---	---

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

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

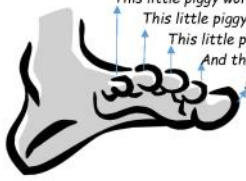



Join us in the  
Multi-Purpose Hall on  
Thursday, December 12 at  
1pm for the Sock It To 'Em  
**SOCK MOUNTAIN!**  
We'll be creating a huge sock  
mountain with all of the  
donated socks and distributing  
them to local charities for  
those in need.




*Seniors System Navigator*

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  
**24<sup>th</sup> 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 School Division

*Charlene Kocken*  
BA, BSW, RSW, Seniors System Navigator

**University of Lethbridge Nursing Students**

Hello! Here are some tips for staying healthy and flu-free this fall:

- Try to avoid people who are sick
- Wash your hands frequently
- Keep surfaces clean
- Stay home if you are not feeling well
- Get your annual flu shot




**Common symptoms of the flu include:**

- Comes on suddenly!
- Cough
- Fever
- Sore throat
- Headache
- Stuffy nose

**GET YOUR FLU SHOT**

*Watch for nursing-student led activities coming up in  
November, including our Health Fair on November 29!!  
Keep your eyes open for posters and other advertisements.  
Please don't hesitate to say hello to us and ask any questions!*

**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, November 4, 2024 - Topic to be determined by class  
Monday, November 11, 2024 - No class due to Thanksgiving  
Monday, November 18, 2024 - Topic to be determined by class  
Monday, November 25, 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 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\***

**Darts:** November 6, \*11, 13, \*18, 20, 25 & 27 (Tournament play will be scheduled during regular Mondays and Wednesdays at 1pm) \*No tournament on Nov. 11 or 18 - due to Stat Holiday & Outreach Program

**Pool (8 Ball, 9 Ball, Snooker, Pool Golf):** Pool tournaments will start on November 12 and run through to the end of December.

**Table Shuffleboard:** November 12, 19, & 26 ((See Clay for tournament schedule)

**Floor Shuffleboard:** November 14, 21, & 28 (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**





**We Will  
Remember  
Them.**



**RACHAEL THOMAS**  
MEMBER OF PARLIAMENT

@RachaelThomasMP

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

## Condolences to...

- ...the Dunn family, on the passing of Claudia
- ...the Molyneux family, on the passing of Elaine
- ...the Johnson family, on the passing of Don
- ...the Ludwig family, on the passing of Kathy

## Get Well Wishes to...

- ...Diane Bennett
- ...Alan Rose

### Lethbridge Polytechnic 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

Date: Wednesday, Nov. 27

Time: 10:00am to 12:00pm

Location: Craft Room

\*Massages offered on a first-come, first-served basis!

Lethbridge  
Polytechnic



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*

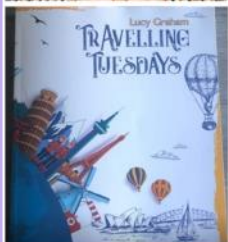
703 13 STREET NORTH, LETHBRIDGE



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.

## 75 or older? RSV now available



**Did you know?**

Your personal pharmacist can provide **Immunizations & Injections.**

**The Medicine Shoppe's**  
PHARMACY



# Programmer's Report



As promised last month, here are some photos from our trip to Arizona! We went to Sedona, the Grand Canyon, Tucson and Phoenix! We got to go hiking, swimming, and golfing, and enjoyed the hot, hot weather with my husband and parents!

Last month was a crazy busy month to say the least! I want to thank all of our members for their patience in the absence of Melanie, our Wellness Coordinator, as there were quite a few class and instructor changes. I also want to say a farewell to Melanie and wish her all the best in the future. The amount of passion and dedication she had was astounding to our members and she will be missed. As we roll into new sessions this month, please let me know if there are any questions or feedback on the changing classes I am always happy to help and support in any way I can. There will be new classes in the works for January, 2025 so keep an eye out for that!

I also want to thank the staff for helping me out while I was on holidays, specifically at the Oktoberfest lunch and the Thanksgiving luncheon (I don't think I will be allowed to go away at this busy time again, ha-ha!). I came back just in time for the annual Craft and Bake Sale and it was a hit with more community members attending and supporting our local vendors. A huge thank you to our bakeries and local Nord-Bridge members for the baked good donations! Its always heartwarming to know so many people are willing to donate to this bake sale each year!

The Fall In-House Tournaments for Floor Shuffleboard, Table Shuffleboard, Darts, and Pool (snooker, 8 ball, 9 ball etc.), will begin throughout this month at regular programming times. Please see page 15 for a full list of dates and times. These tournaments are for Nord-Bridge members ONLY and a one-time \$15.00 fee is required to play in any of these tournaments. When registering, please let the front desk know which tournaments you are registering for. Payment goes towards our annual Awards Luncheon next year.

There will be no Carpet Bowling and Active Pound on Wednesday, November 6<sup>th</sup> due to the Annual General Meeting. However, darts will still run.

Mark your calendars for the annual Nursing Health Fair on Friday, November 29<sup>th</sup> from 9:00am- 12:00pm in the Multi-Purpose Hall - open to all and free entry! Please go to page 23 of this newsletter for more information. This is a great event to showcase all senior health related vendors in the community. Please note there will be no Carpet Bowling on this day. In-House Bingo will run at 1:00pm however - we just ask to please be patient as we will need time to take down after the health fair is over. Also, there will be no Contract Bridge in the diner annex on this day. due the health fair vendor lunch

I have also had some questions regarding donations of Christmas trees and decorations for our annual Winter Wonderland Walk Through. We will be accepting donations the last week of November and items must be dropped off to Nord-Bridge as we will not be able to pick them up. If you have any further questions related to Christmas, please contact me at 403-329-3222.

Until next month, stay happy and healthy!

*~Ashley Kern - Program Coordinator*



## NEW! Tabata for Seniors



A combination of cardio type moves to help improve your cardiovascular health and fitness. We will do 20 seconds of cardio work followed by a 10 second rest, for a total of 8 rounds. We will end the class with a full stretching and relaxation component. Modifications will be given to adjust your intensity level. Come out and have some fun!



**Dates:** Tuesdays,  
Oct. 29 - Dec. 10  
**Time:** 11:00am to 11:45am  
**Location:** Multi-Purpose Hall  
**Fee:** \$40 Members  
\$60 Non-Members

## 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](http://www.nordbridgeseniors.com)  
Please pick up a supply sheet upon registration.

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

## Friday, November 1:

Available from 11am to 1pm,  
while quantities last

Roast Beef with Mashed Potatoes, Veggies, and Gravy

## Friday, November 8:

Lasagne with Caesar Salad and Garlic Bread

## Friday, November 15:

Pork Chops with Mashed Potatoes, Veggies, and Mushroom Gravy

## Friday, November 22:

Chicken Fettuccini Pasta with Alfredo Sauce,  
Caesar Salad, and Garlic Bread

## Friday, November 29:

Liver and Onions with Mashed Potatoes, Veggies, and Gravy



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

With a licensed  
optician from  
SpecSavers!

Upcoming Dates:  
Thursday, 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 program begins in 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, CMA  
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

The winds of change are upon us!

So much has happened in October – the leaves have changed, valued members have passed along, staffing is changing and has changed ~ all of this comes with stresses that we are growing with and managing. I appreciate that everyone has experienced different types of stress during these changes, and know that with them, there is an opportunity to grow.

We continue to work towards the future of Nord-Bridge, and each day I am here I appreciate the benefits of working at this amazing centre. I truly enjoy everyone who visits us and cherish the smiles and laughter that continue to spread daily. The Friendly Centre is alive and well.

We have some very exciting meetings with the Mayor and the City of Lethbridge – to ensure there is constant support of our centre and to be sure we have a voice in the community. We want to be a household name...to continue to help us grow. Our fundraising focus for the next few months is raising funds for a new Go Friendly Bus, our Building Operating Fund and continued planning for our Under Northern Lights Gala in April, 2025! We will be holding our 25 Days of Christmas event with the first draw on November 22, as well as starting our Winter Wonderland decorating! If you have any Christmas trees or decorations to donate, we would be very grateful! Chat with Ashley for more information on this.

We also have our Health Fair coming up on November 29 from 9:00am to 12:00pm. This is put on by the University of Lethbridge Nursing Students. There will be lots of community vendors to talk to and prizes to be won. Come and check it out!

I appreciate you all – and look forward to celebrating the positive changes we are working on.


Feel free to stop me and chat anytime! I genuinely grow from my time with you!

Keep Smiling!


*Julie Sarich* ~ **Director of Fund Development**

**Nord-Bridge was honoured to host a Powwow on September 28. Thank you to The Honouring Traditions and Reconciliation Society, Alberta Health, Recovery Alberta, Elder Christina Fox, and Drummer Troy Delaney for making this possible! This was an amazing display of Blackfoot heritage and culture and was enjoyed by all in attendance.**

### Evening Gentle Barre with Sheila Mulgrew



**Session 2: Tuesdays, Nov. 5 - Dec. 17**  
**Time: 5:00pm-5:45pm**  
**Location: Multi-Purpose Hall**  
**Fee: Members \$55 Non-Members \$75**  
**Drop-In Fee: Members \$10/class**  
**Non-Members \$13/class**



**Gentle Barre is a low-impact fitness class that targets the smaller muscle groups using a combination of light hand-held weights, resistance bands, and other equipment, to improve strength, flexibility, balance, and mobility. This class is suitable for all fitness levels and movements can be easily modified!**

**Call 403-329-3222 or visit [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) to register!**

### Active POUND 55+ with Sheila!

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



**Session 2: Wednesdays, Nov. 13 to Dec. 18**  
**Time: 8:45am - 9:30am**  
**Location: Multi-Purpose Hall**  
**Fee: Members \$45 Non-Members \$65**  
**Drop-In Fee: Members \$8/class Non-Members \$12/class**




# Roaming Retirees

What an amazing month October was: birthday bashes, Thanksgiving dinners, and more music.

November has a couple of fun adventures, starting with Outreach on the 18<sup>th</sup>. Carry a tune with us, and okie dokie, let the good times roll. There is a \$3.00 charge to attend this event. There will be karaoke, dancing and refreshments. Please R.S.V.P by November 12, 2024, at the front desk.

On November 21, 2024, the Nord-Bridge Seniors will be loading a bus and heading to Rosebud to see Christmas on the Air. There is still room on the Getaway Travel bus for anyone who is interested in joining us. The cost of this is \$160.00 for members and \$180.00 for non members. Please sign up at the front desk by November 8th.

As we honor Remembrance Day this month, please take a few moments and thank a veteran for your freedom.

~Erin Bates - Thank you



## 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

## 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

## Nord-Bridge Outreach October 21, 2024

Join us for our next event on **November 18, 2024!**

RSVP by **November 12** to join in the fun!

## Nord-Bridge Outreach Event

**DATE:** Monday November 18, 2024  
**TIME:** 1:30pm-3:00pm  
**LOCATION:** Multi Purpose Hall  
**THEME:** Lest We Forget: We Remember Them

Entertainment by Gwen Witt and Friends, with Karaoke and dancing!

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!

**COST:** \$3.00 each Refreshments will be served

Please R.S.V.P by November 12, 2024 by calling 403-329-3222

**Wear your poppy!**



**Huge thanks to Ray's No Frills for donating all the turkeys for our Thanksgiving Luncheon on October 11!**



## Working together to bring Government services to you.

**Date:** November 22, 2024

**Time:** 9:00 am - 2:00 pm

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

ID requirements are based on the service offering requested. Please bring a piece of Government issued photo ID.  
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.  
If you are unable to meet with us during this visit, you can request information and assistance through the Outreach Support Centre from 8:30-4:00, Mon-Fri: 1-877-631-2657

**Service Canada**

- Get a Social Insurance Number (SIN)
- Receive a PAC access code to sign up for My Service Canada
- Canadian Dental Care Plan (CDCP)
- Employment Insurance (EI)
- Pension information for Canada Pension Plan (CPP) and Old Age Security (OAS)
- Passport Information
- General Government of Canada information

**Canada Revenue Agency (CRA)**

- Tax Slip information (T4, T5007, T4A-Pension, T4A-OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, direct deposit, etc.)

Presented by Service Canada and the Canada Revenue Agency with the support and assistance of Nord-Bridge

## Beginners Group Dance with Alberta Rose Country Dancers

Come learn different styles of dance with a variety of music - this class will 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 dance knowledge and etiquette.

Session 3: Wednesdays, Nov 6 - Nov. 27

Time: 5:30pm - 7:00pm

Location: Multi-Purpose Hall

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

NORD-BRIDGE  
SENIORS CENTRE

# Member Photos by Walter Kerber



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



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

## Tech Know - Doing Digital Better

**Dates: Nov. 12 & 26; Dec. 10 & 17  
Jan. 7 & 21; Feb. 4 & 18**

**Time: 1:00pm**

**Location: Computer Lab**  
*Seniors Helping Seniors Tax Office*

**\*Register while spaces last by calling  
403-379-3222!**

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.



## Mind Joggers Lest We Forget -Edward Sillito

Every year at this time my thoughts inevitably belong to November 11, Remembrance Day. This year I found those thoughts drifting to my own personal life, and it has opened up a whole new perspective on war, the humanity of humans, and, above all, the capacity we have for forgiveness.

I became a soldier in the Canadian Army in September of 1959 and retired with distinction and full pension in July 1985. I am proud to have served my country for 26 years and am grateful for all they gave and taught me.

My biological father (Leroy Sillito) served in the Royal Canadian Armed Forces and my step father (Nick Martinuk) served in the Royal Canadian Navy (both during the Second World War). A significant number of my relatives on my father's side, my step father's side, my mother's side, and my wife's side have also served in the military and deserve our recognition for their service.

I celebrate Remembrance Day by remembering, and paying homage to all the friends and family I knew who have served in the military. While I was active in the services, I always volunteered to be on the detail that formed the parade that was part of the local Remembrance Day program. Then when I retired and moved to Lethbridge I attended every November 11 ceremony I could, both at the cenotaph and then later when it was moved to the pavilion at the Lethbridge Exhibition Grounds.

While writing this, my thoughts drifted to my wife, whose father also fought in the second world war...but on the opposite side as all of ours. It made me realize what amazing creations us humans are. So much so that not 100 years later, or even 50 years later, it took just one generation after a war for a Canadian soldier on a posting to Germany to meet, fall in love, have 2 children and bring them all back to Canada. Despite our cultural, ideology, and custom differences, we found a way to remain together and committed to each other for 60 years.

So my thoughts about our small personal story opened up a whole new perspective on war, the humanity of humans, and above all, our ability to forgive. It brought home to me how powerful our commitment to freedom and peace are. It turned a country whose leader invoked immeasurable horror on the world, into a peaceful democracy and a valued ally. It also reminded me that our Western allies assisted Germany in their rebuilding, and by doing so, understood and forgave them.  
"God works in mysterious ways."

So, "lest I forget," this Remembrance Day, I will open up my heart, shift things around a little, and make room for this much revered lesson I have learned today; of all the gifts God has allowed us to keep, the most important is the capacity to forgive everyone, everything, every time.

## Lethbridge Elder Abuse Response Network

November is Family Violence Prevention Month; a time to highlight the importance of raising awareness about this important issue. Family violence affects individuals of all ages, backgrounds, and circumstances, manifesting in various forms, including physical, emotional, sexual, and financial abuse.

Many people may not recognize the signs of family violence, which makes awareness vital. Understanding harmful behaviors helps individuals realize that they deserve safe and healthy relationships.

Family violence can have serious consequences for individuals and families. Abusers often isolate their victims from friends and family, leading to feelings of loneliness and helplessness. This violence takes a toll on both physical and mental health, leaving individuals vulnerable to further abuse. Feelings of helplessness can make it much harder for victims to seek help, especially if they can't see a way out. So, what can you do to help? You can light a path for those in need. Open conversations about family violence create a supportive environment where individuals feel safe discussing their experiences and seeking help. Take the time to learn about the signs of abuse and share this knowledge within your community. Understanding the issue is the first step toward combating it.

You have the power to engage in these important discussions and foster an environment where people feel comfortable speaking out. Encourage friends and family to support those who may be experiencing family violence in silence. Family violence has no place in our relationships. If you or someone you know is experiencing family violence, there are resources available in our community, such as the YWCA and the Chinook Sexual Assault Centre. As always, if you are an older adult experiencing family violence please know that support is available. You can contact LEARN by phone: **403-394-0306** or by email: [learn@lethseniors.com](mailto:learn@lethseniors.com)

~Marissa Hardy

**LEARN  
Case Manager**



**Every Monday  
(excluding holidays)**



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



**Jammers**

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

# ♪ Nord-Bridge Music Makers

Did you know, singing daily for 10 minutes can reduce stress, clear the sinuses, and improve posture?  
Music has an amazing, positive effect on the brain!

Join the Nord-Bridge Music Makers! This group meets weekly to sing, and also performs at different seniors' health and housing facilities once a month throughout the year.

Meeting Days: Tuesdays  
Time: 10:00am to 11:30am  
Location: Dunford Diner Annex  
Open to all those 55+ who love to sing!



## 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!



# Health Fair

Date: Friday November 29th, 2024  
Place: Nord-Bridge Seniors Center in the Multipurpose Hall  
Time: 9:00 - 12:00

*What is it?*



The annual health fair is an event organized by the University of Lethbridge nursing students. It is a way for you to connect with and learn about health resources in the community.

*What to expect?*

There will be door prizes, snacks/coffee, and multiple vendors to talk with about healthy living and the services they offer.

The vendors include but are not limited to:

- HiTech Bracing
- Lethbridge Hearing Centre
- Nurse Next Door
- Fire Department
- Alzheimer's Society
- The Reflexologist
- Learn

Our annual Craft and Bake Sale fundraiser was a huge success! Many thanks to our vendors and patrons, and to these local businesses for their generous donations:



## LIVE Cooking Classes Via zoom

For Seniors 55+!

Wednesday, Nov. 27 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.

Sign up today!  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
Or visit us in person at 1904 13 Ave. N.



## colorSTREET Manicures at Nord-Bridge

Upcoming Dates:  
Nov. 6, Dec. 4, Dec. 11  
Beginning at 1pm in the Craft Room

\*Book appointments at the Front Reception Desk

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

\*For Nord-Bridge members only





**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](http://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](mailto:friendly@nordbridgeseniors.com)



**“The Friendly Centre”**

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

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