

NEWSLETTER

December 2024



*Wishing you all the best this holiday season!
Merry Christmas and Happy New Year
from the staff at Nord-Bridge Seniors Centre!*

Thank you all for such a wonderful, fun-filled year! We are excited to ring in 2025 with exciting new programming and events. Watch for the Winter Program Guide, coming out on Thursday, December 19th! Winter registration will begin on Tuesday, January 7th at 8:30am both in person at Nord-Bridge and online on our website, www.nordbridgeseniors.com. Until then, have a safe and happy holiday season everyone!

PRESIDENT'S REPORT

December is a busy month here at Nord-Bridge Seniors Centre!

The Golden Giving Tree - Nord-Bridge and LSCO are collecting gifts for those seniors who are isolated and/or facing financial struggles. The trees are in the front entrances of Nord-Bridge, LSCO, and London Drugs. Pick a tag from the tree, purchase the gift on the tag, and return it unwrapped in a bag along with the tag to either Nord-Bridge or LSCO by December 13.

Greeting Cards - Our wonderful card ladies use old greeting cards and refurbish them into new cards! They do a fabulous job remaking these cards, which are sold in our Boutique for only \$1.00. Stop in and check them out!

Christmas Luncheon - Friday, December 6th in the Multi-Purpose Hall, tickets required! If you don't have a ticket, there will be a soup and sandwich option in the Dunford Diner.

Pancake Breakfast with Santa - Saturday, December 7 from 9:00am to 11:00am in the Dunford Diner. This is our first Christmas pancake breakfast fundraiser! The cost is \$8 per plate. Children 5 and under will be charged \$5 per plate. Santa will be there to greet you and there will be coloring activities for the kids.

Christmas Carols - Thursday, December 12 in the Dunford Diner at 11:00am. Join us for the "Sing a Song That's Yours Vocal Studio" students singing Christmas carols with vocal instructor Bridgette Yarwood!

Sock it to 'Em - The collection box is in the front entrance of Nord-Bridge. SOCKS! SOCKS! SOCKS! Any size, shape, or form. Let's fill the box with donations of new socks and get ready for our Sock Mountain day on Thursday December 12 in the Multi-Purpose Hall where they will be distributed to local charities for those in need.

Winter Wonderland Walkthrough - Friday, December 13 from 1:00pm to 3:30pm. Entry fee is a donation of a non-perishable food item for the food bank. There will be pictures with Santa, and you can enjoy some hot cocoa or apple cider. Everyone is welcome!

A Very Merry Christmas to all!

Helen Gepneris,

Board President



Nord-Bridge Membership Fees:

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

Membership Renewal: \$60

New Memberships: \$63



Welcome to 24 New Members!
We are happy to have you here!

Linda Prinz

Wayne Hahn

Laurie Thibert

Walt Strand

Shirley Arndt

Michelle Berezowski

Jackie Byers

Laurel Weed

Delores McMurren

John McMurren

Peter George

Louise George

Neil Hinatsu

Rose Gyorfi

Marjorie Scheurkogel

Dick Scheurkogel

**Nola
Gould-Hawke**

**Andrew
Gould-Hawke**

**Ray
Van Schouwen**

**Darlene
Van Schouwen**

Julie Kovac

3 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.

facebook.com/nordbridgeseniorslethbridge

twitter.com/bridgenord

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



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

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

Holiday Hours
Nord-Bridge will be closed for the holidays on:
Wednesday, December 25
Thursday, December 26
Wednesday, January 1
**We will also be closed at 12:00pm on December 24 & 31*

EXECUTIVE DIRECTOR'S REPORT

Happy Holidays!



The festive season is upon us. Christmas trees are up and volunteers are busy decorating the 30+ trees in the hallways of Nord-Bridge. We have numerous events that will take place in the month of December to celebrate the holiday season - please refer to the calendar on pages 12 and 13 for all the key dates and times of these special events. The one I would like to highlight is our first ever Pancake Breakfast with Santa on Saturday, December 7th from 9am - 11am in the Dunford Diner. Please see the ad on page 7 of this newsletter for the details. This is a great event for members and their families; especially those with grandchildren. Santa will be at this event and there will be lots of games and fun activities for children.

Late last month, an Alberta Gaming, Liquor and Cannabis inspector visited Nord-Bridge to review some of our programs and activities. The inspector highlighted a few areas of concern and educated us on some rules and regulations. Some of the key areas addressed were that all card games (ie. Crib and Texas Hold'em) cannot issue cash as prize money. Instead, donated prizes or gift cards must be used for prizes. Other areas addressed were some of our 50/50 draws which have been postponed for the next few weeks in order for a new license to be issued. Our In-House Bingo was also affected by some licensing issues; however, they have been resolved and Friday In-House Bingo will resume on December 13th.

Last month we also had the opportunity to welcome Alberta Premier Danielle Smith to Nord-Bridge for a conversation session with Lethbridge West UCP candidate John Middleton-Hope. Premier Smith and Middleton-Hope answered questions from members of Nord-Bridge and provided updates on some key issues. The Lethbridge West by-election has been called and will take place on December 18th. At the time of this month's newsletter being published, there have been no candidate forums or meet and greets planned. If we are able to plan anything we will be sure to post around Nord-Bridge. We will also have a table set aside for any candidates to leave information and/or resources for members.

This year I am extra excited to spend time with family. We get to have my oldest son home for the holidays. I hope everyone has a great holiday season with family and friends. Wishing all our members a Merry Christmas and Happy New Year from my family to yours.

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



Give the perfect gift this year!

Gift Vouchers

- ~Nord-Bridge Memberships
- ~Dunford Diner Gift Certificates
- ~Gym passes
- ~Recreation and fitness classes
- ~Cooking classes
- ~Meditation

We would be happy to help you at the front desk!

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

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

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

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



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

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



(Shaw Cable subscribers see left)

DAILY 50/50 DRAW

***POSTPONED UNTIL FURTHER NOTICE**

RECENT WINNERS

Nov. 14: Judy Willis \$601.75

MONTHLY 50/50 TOONIE DRAW

***POSTPONED UNTIL FURTHER NOTICE**

RECENT WINNERS

Nov. 14: Maria Fix \$255

MONDAY JAM 50/50 DRAW

***POSTPONED UNTIL FURTHER NOTICE**

RECENT WINNERS

Nov. 4: Doreen Smid \$57 Pat Waddle \$57

Nov. 11 - CLOSED

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, Dec. 12 & 19

Time: 9:30am - 2pm

Cost: FREE - for Nord-Bridge members only

*Appointments are required.

Visit the front reception desk to book!



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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

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

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

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

Victoria Stay Awhile – **April 19th**

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

Seattle Baseball – **May 7th**

Alaska Midnight Sun – **June 7th or July 5th**

Vancouver Island, Victoria and Pacific Rim – **May 11th**

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resoffice@nageltours.com

47th Anniversary



3-inch Tarts from Bootsma Bakery



\$4 each or \$20 for 6
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email: kellyjg08@gmail.com

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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: December 9

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

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

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established 1906



Free Hearing Tests

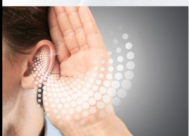
at Nord-Bridge Seniors Centre with

Lethbridge HEARING CENTRE



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

Please book your half-hour appointment at the Nord-Bridge reception desk
Upcoming Dates: December 19



BUILDING OPERATING FUNDS RECENT DONORS

- Tim and June Greenlee \$100
- Elisabeth Hunka \$90
- Stephan Prokop \$500
- Helen Gepneris \$1000
- Faye Ward \$60
- Eva Deringer, in Memory of Dan Deringer \$200
- Roberta Svennes, in Memory of Diane Bennett \$50
- Bridget Pastoor, in Memory of Diane Bennett \$25

NORD-BRIDGE IN-HOUSE BINGO

Year to Date: 13,554.50



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Specsavers

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 / 7 11:30 am
Nord-Bridge Multi-Purpose Hall

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 Diner Grill will be temporarily closed at 10:00am in order to prepare for the luncheon

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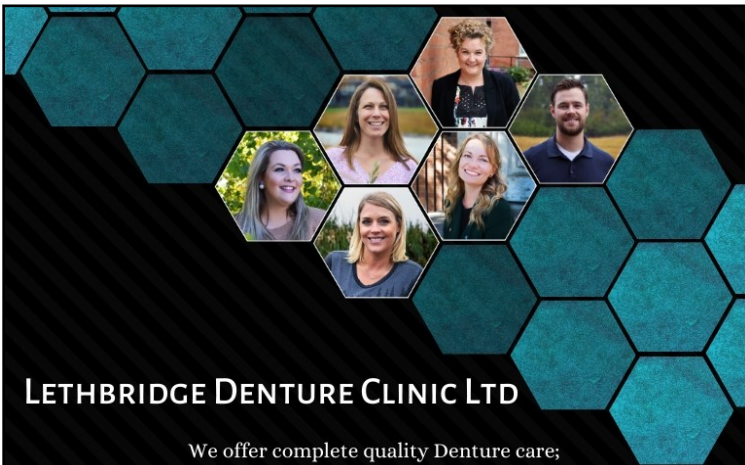
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**Nord-Bridge Seniors Centre
is in need of gently used
Christmas trees and
decorations for our Winter
Wonderland Walkthrough!**

**We will be accepting
donations, as space permits.
Thank you for your help!**

**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

New Comers Meet and Greet

Join us for a morning of socialization with Conveners in the Dunford Diner!

This is great for new members wanting to connect with new people and have fun!

**There will be no Newcomers meetings in December. Check the January newsletter for 2025 dates!*



Nord-Bridge Music Makers

Did you know, singing can put you in a good mood? It releases endorphins, which are natural chemicals that the body produces to reduce stress and anxiety!

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!



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:
December 18 (pm)

Upcoming Dates at LSCO:
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



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!

DARREN ATKINS



403-894-4122



darren.reddooryql@gmail.com



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Intergenerational Craft & Music Afternoon (L-SKIP)

***No program in December
Check the January
newsletter for 2025 dates!**

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 for this program!



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LIVE *Cooking Classes Via*

For Seniors 55+!

Wednesday, Dec. 18 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 Hearty Lentil
Soup with Baked Buns!

Sign up today!

www.nordbridgeseniors.com

Or visit us in person
at 1904 13 Ave. N.



*With a little
something extra
for Christmas!*







**NORD-BRIDGE
SENIORS CENTRE**

Paint and Sip Night with Smudge Art Studio!



December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Monday Morning Check In (Flex Room) Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Sketching & Drawing Intermediate Line Dance (Multi-Purpose Hall) 10:30 Chair Yoga (WCR) 10:30 Hello Monday (Flex) 1:00 Quilters/Krafters 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)	3 9:00 Zumba GOLD® 9:00 Strength & Stretch 9:30 Advanced Watercolor 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 & F 1:00 Cooking at Interfaith 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:00 COMPASS for Caregiver 1:30 Beginners Crib 3:00 Exercise w/ Arthritis 5:00 Evening Gentle Barre	4 8:45 Active POUND® 9:00 Gentle Yoga (WCR) 10:00 Carpet Bowling 10:00 Handy Crafters (Flex) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 MANICURES (CRAFT) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 3:30 Self Care Yoga (WCR) 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH) 	5 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 Floor Shuffleboard 5:45 Beginners Pickleball 	6 9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 11:00 Christmas Luncheon (Multi Purpose Hall) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge *No Carpet Bowling or In House Bingo Today! TOMORROW is Holiday Pancake Breakfast with Santa (Dunford Diner) at 9:00 am! 
9 9:00 LAWYERS (BR) *Appt. Required 9:00 Monday Morning Check In (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Sketching & Drawing Intermediate Line Dance (Multi-Purpose Hall) 10:30 Chair Yoga (WCR) 10:30 Hello Monday (Flex) 1:00 Quilters/Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:00 Darts (MPH) 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball (MPH)	10 9:00 Zumba GOLD® 9:00 Strength & Stretch 9:30 Advanced Watercolor 10:00 IG Wealth Management Visits with Carol (Hallway) 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 & F 1:00 Tech Know Course (Tax Office) 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	11 8:45 Active POUND® 10:00 Carpet Bowling 10:00 Handy Crafters (Flex) 10:00 Coffee with a Cop 10:45 WINNERS BINGO 1:00 MANICURES (CRAFT) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 3:30 Self Care Yoga (WCR) 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH) 	12 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Tech Help w/ AI (Library) 9:30 Mind Joggers 11:00 Bridgette Yanwood Live Christmas Music (Dunford Diner) 1:00 Sock It To 'Em Sock Mountain Collection Day (Multi-Purpose Hall) 1:00 Woodcarving 1:00 Advanced Acrylic (WCR) 1:00 Contract Bridge 5:45 Beginners Pickleball *No Floor Shuffleboard Today!	13 9:00 Gentle Yoga 9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Winter Wonderland Walk Through (Main Corridor) 1:00 In- House Bingo (MPH) 1:00 Cribbage *No Contract Bridge Today!

16 9:00 Monday Morning Check In (Flex Room) Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 FREE Member Photos (Library) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:30 Chair Yoga (WCR) 10:30 Hello Monday (Flex) 1:00 Quilters/Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:30 Outreach Program 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball (MPH)	Zumba GOLD® Music Makers OUT Clogging Intermediate Clogging Advanced Canasta/ H & F 1:00 Tech Know Course (Tax Office) 1:00 Art & Soul Water-color Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 5:00 Evening Gentle Barre	17 8:45 Active POUND® 10:00 Carpet Bowling 10:45 WINNERS BINGO 11:15 Virtual Cooking 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 3:30 Self Care Yoga (WCR) 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	18 8:45 Active POUND® 10:00 Carpet Bowling 10:45 WINNERS BINGO 11:15 Virtual Cooking 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 3:30 Self Care Yoga (WCR) 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)
19 Winter 2025 Program Guide Published Today! 9:00 FREE Hearing Tests (Library) 9:00 Card Crafters 9:30 Advanced Line Dance (Multi-Purpose Hall) 9:30 Tech Help w/ AI (Board Room) 1:00 Woodcarving 1:00 Contract Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball	19 Winter 2025 Program Guide Published Today! 9:00 FREE Hearing Tests (Library) 9:00 Card Crafters 9:30 Advanced Line Dance (Multi-Purpose Hall) 9:30 Tech Help w/ AI (Board Room) 1:00 Woodcarving 1:00 Contract Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball	19 Winter 2025 Program Guide Published Today! 9:00 FREE Hearing Tests (Library) 9:00 Card Crafters 9:30 Advanced Line Dance (Multi-Purpose Hall) 9:30 Tech Help w/ AI (Board Room) 1:00 Woodcarving 1:00 Contract Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball	20 9:00 CRA & Service Canada Visits (Tax Office) 9:00 Ukelele Circle (Annex) 10:00 Carpet Bowling 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge



23 & 30 9:00 Monday Morning Check In (Flex Room) 9:30 Jammers (Annex) 10:30 Hello Monday (Flex) 1:00 Quilters/Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 6:30 Begin. Pickleball (MPH)	26* 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge	23 & 30 OPEN ALL DAY ON DEC. 23rd & 30th	26* *CLOSED FOR BOXING DAY
24* & 31* *DECEMBER 24th & 31. CLOSED AT NOON	25* CLOSED FOR CHRISTMAS DAY	24* & 31* *DECEMBER 24th & 31. CLOSED AT NOON	25* CLOSED FOR CHRISTMAS DAY
27 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge	27 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge	27 OPEN ALL DAY TODAY	27 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge



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: DEC. 4, 11, & 18**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)**
- LOCATION: CRAFT ROOM UPCOMING DATES TBA**

WINTER 2025 PROGRAM GUIDE RELEASED THURSDAY, DECEMBER 19TH IN PERSON AND ONLINE.

PROGRAM 2025 REGISTRATION BEGINS 8:30 AM ON TUESDAY, JANUARY 7TH EITHER ONLINE OR IN PERSON

NEW COMERS MEET AND GREET GROUP MEETS IN THE DINER THE FIRST AND THIRD TUESDAY OF EVERY MONTH!

MUSIC MAKERS CHOIR LOOKING FOR MORE SINGERS COME TRY IT OUT 10AM ON TUESDAYS IN THE ANNEX.

CLOSED JANUARY 1ST OPEN JANUARY 2ND.



ATTENTION GO FRIENDLY BUS RIDERS

For your safety, please wear your seatbelt at all times while on the bus.

Please also book the shuttle no sooner than one week before booking date. If it is any further in advance we will decline your booking.

*Thank you for your understanding,
~Nord-Bridge Administration*



**Great news Bingo players!
In-House Bingo will return
Friday, December 13!**

**December Bingo Dates:
December 13, 20, 27**

Merry Christmas

THE NEUDORF FAMILY
CHRISTMAS 2024

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, Dec 2, 2024 - Holiday Stress Less
Monday, Dec 9, 2024 - Holiday Stress Less
Monday, Dec 16, 2024 - Holiday Stress Less
Monday, Dec 23, 2024 - Holiday Stress Less
Monday, Dec 30, 2024 - Holiday Stress Less

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.



HOLLY JOLLY

Christmas Party

Join MLA Nathan Neudorf and his family for a family friendly Christmas movie.

DECEMBER
14
SATURDAY AT 12:00 PM

*A Christmas Carol (2009)
Popcorn and pop included.*

The Movie Mill
1710 Mayor Magrath Dr S

RVSP by December 6 to:
lethbridge.east@assembly.ab.ca

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.



**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!



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, December 2, 2024 - Topic to be determined by class
Monday, December 9, 2024 - Topic to be determined by class
Monday, December 16, 2024 - Topic to be determined by class
Monday, December 23, 2024 - Topic to be determined by class
Monday, December 30, 2024 - Topic to be determined by class

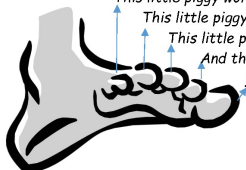
Time: 9:00am to 10:00am

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

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



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 School Division

U of L Nursing Students

Hello, everyone! It's us again, the third-year U of L nursing students from the Nord-Bridge Senior Centre! We had such an incredible time with all of you and can't thank you enough for your warm welcome and enthusiastic participation in our health promotion activities and health fair. You made our time at Nord-Bridge truly special! As the holiday season approaches, don't forget to stay warm, wash your hands, watch out for black ice, and take care of yourselves. Have an amazing Christmas filled with joy and cheer; we'll miss you all!






University of Lethbridge



MERRY
Christmas



RACHAEL THOMAS
MEMBER OF PARLIAMENT





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

Condolences to...
 ...the Bennett family, on the passing of Diane
 ...the Brown family, on the passing of Marla

Get Well Wishes to...
 ...Diane Reid, who broke her arm
 ...Alan Rose, who is in the hospital
 ...Rolanda Richard, who is in the hospital
 ...Shirley Hall, who is in the hospital



Attention Members!
 If you have photos of yourself enjoying programming at Nord-Bridge, please email them to us at friendly@nordbridgeseniors.com in a JPEG format, to be featured in upcoming newsletters!



CHRISTENSEN SALMON
 GENERATIONS FUNERAL HOME

*Family Focused
 Family Operated*


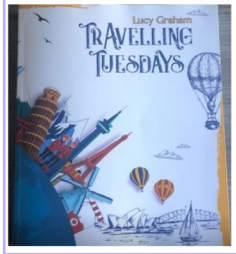
703 13 STREET NORTH, LETHBRIDGE

Phone: 403.382.3601
www.generationsfh.ca

A division of the Caring Group Corp.



Working together to bring Government services to you.

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.

Date: December 20, 2024

Time: 9:00 am - 2:00 pm

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

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.)

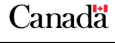
ID requirements are based on the service offering requested. Please bring a piece of Government issued photo ID.

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

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


 Government of Canada / Gouvernement du Canada



Programmer's Report



How are we already at the end of 2024?! Crazy! Here are some photos from an abnormally warm November. ☺ Last month was a blur to say the least - ha-ha. We hosted the Annual Health Fair on Friday, November 29th thanks to the U of L nursing students, as part of their community health experience. They had over 20 health vendors from various companies based off of survey results from members in October. Thank you to all the nursing students for putting this on, the members who came out to support them, and the sponsors who donated door prizes! Our members always look forward to this every year. I also want to give a farewell to the nursing students as their last day was also on November 29th. Good luck with everything and we look forward to possibly seeing some of you again in the future!



This month we have started to decorate for the Winter Wonderland Walk Through with over 30 Christmas trees throughout our hallways. At the time of writing this, we are still accepting tree donations and half will be donated to those less fortunate before Christmas. The Winter Wonderland event is scheduled for Friday, December 13th from 1:00pm-3:30pm in the hallways of Nord-Bridge and in our diner but if you can't make it on this day come whenever works for you starting the second week of December!

New for this year is a Holiday Pancake Breakfast with Santa on Saturday, December 7th from 9:00am-11:00am in the Dunford Diner. The cost is \$8.00 for adults and \$5.00 for children 5 years old and younger - this is open to all! There will be pancakes, sausages, and scrambled eggs with coffee or juice while quantities last.

Of course, I can't forget to mention the Christmas Luncheon which will once again be in the Multi-Purpose Hall of Nord-Bridge on Friday, December 5th from 11:30am-1:00pm for \$15.00 per person. These tickets went on sale November 25th and if my predictions are right, they may already be sold out. Just as a friendly reminder, the doors of the Multi-Purpose Hall open at 11:00am sharp with the lunch starting at 11:30am. Please note: The diner grill is temporarily closed early on this day at 10:00am to prepare for the luncheon, HOWEVER, please still come for breakfast this day as the entire dining room is not closed (there has been some misconception on this). Then, starting at 11:00am, Gail will be serving soup and sandwiches out of the Dunford Diner (while quantities last) for those who do not have a ticket for the luncheon.

Make sure to mark your calendar for a couple more events including special guest Bridgette Yarwood's choir students from Sing a Song That's Yours Vocal Studio on Thursday, December 12th from 11:00am-1:00pm in the Dunford Diner. They will be singing Christmas songs for all to enjoy. Then, that afternoon, please stop by the Multi-Purpose Hall to see the Sock Mountain set-up for our annual Sock It To 'Em Campaign. For more details on these events go to page 15 of the newsletter.

Lastly, if you are wondering when the Winter 2025 Program Guide will be released, it will be on Thursday, December 19th with copies being available at Nord-Bridge or online at our website www.nordbridgeseniors.com. If you are a member of Nord-Bridge a copy will also be e-mailed to you. Registration begins on Tuesday, January 7th at 8:30am online or in person. If you have a credit on your account from previous classes and you are registering online, please give me a call and I can let you know how to work around this. As a refresher for online registration please go to page 21 for a full list of steps on how to register. If you have any further questions on winter programs or registration please don't hesitate to give me a call at 403-329-3222.

Cancelled programs for this month include: Carpet Bowling & In House Bingo on Friday, December 6th, Floor Shuffleboard on Thursday, December 12th, and Contract Bridge on Friday, December 13th.

Until next month, stay happy and healthy!

~Ashley Kern - Program Coordinator



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

Friday, December 6:

Christmas Luncheon: Tickets required - \$15 per person

11:30am to 1:00pm // Multi-Purpose Hall

Turkey with Mashed Potatoes, Veggies, Gravy, and Dessert

**For those who do not purchase a ticket, there will be a soup and sandwich option available in the Dunford Diner*

Friday, December 13:

Available from 11am to 1pm, while quantities last

Spaghetti and Meat Sauce with Caesar Salad and Garlic Toast

Friday, December 20:

Liver and Onions with Mashed Potatoes, Veggies, and Gravy

**Please note, we are serving liver and onions one week early this month!*

Friday, December 27

No Lunch Special



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

With a licensed optician from **SpecSavers!** **No optical repair dates in December* **Please check the January newsletter for upcoming 2025 dates!**

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

**For Nord-Bridge Members Only!*



Specsavers



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

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

No Foot Care dates in December* **Check the January newsletter for 2025 dates!



**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!

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: December 11th

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.



Fundraising Report

Hey Elves, Santa Buddies, Scrooges, Grinches & Nutcrackers alike!

With the holidays fast approaching I want to take a moment to wish you the very best of the holiday season! We have welcomed new friends and said sad farewells to forever friends. *Jack Frost* is nipping at our noses as we jingle all the way into the holiday season!

We appreciate everyone who has purchased tickets for our 25 Days of Christmas fundraiser! Don't be a *Bad Santa* and miss your chance to win! Draw dates in December are the 6th, the 13th and the final chance on December 20th. Watch for our list of winners and their amazing gifts!

Our sold out Christmas luncheon is December 6th in the Multi-Purpose Hall at 11:30am! The very next day, we have Santa coming to Nord-Bridge on the 7th of December for our first annual Pancake Breakfast with Santa in the Dunford Diner! It's also time to deck the halls for our beautiful Winter Wonderland Walkthrough which takes place on December 13! Jump on the *Polar Express* with us! The entry fee is just a non-perishable food item to donate to the food bank! Don't stay *Home Alone* ~ get out and get festive...photos with Santa, hot chocolate, apple cider and so much more. *All I Want for Christmas* is for you all to be happy.

As the new year approaches, so do our fundraising efforts! 2025 will be a year to remember, and I look forward to sharing it with all of you!

My husband Jeff and I are celebrating 30 years of marriage on December 31st! That's quite an accomplishment in this day and age...he is still my boyfriend! *Its a Wonderful Life!*

Merry Christmas ~ Happy Holidays ~ Happy New Year to you all. Enjoy your Christmas vacation!

Julie Sarich ~ Jazzy Tinsel Toes



Photos from
November
Outreach!

Join us on
Monday,
December 16
for our
Christmas
themed
event.
Details on
page 20!



Roaming Retirees

It's the most wonderful time of the year!

On November 21, our Roaming Retirees enjoyed the day at the Rosebud Theater, watching "Christmas on the Air." We had a full bus. Thank you to everyone who signed up. This trip was a success! If you have any ideas for a fun, exciting trip, please stop by the front desk and talk to Erin.

December is always exciting at Nord-Bridge. We have our 1st Annual Pancake Breakfast with Santa on Saturday, December 7. On Friday, December 13, the Christmas trees in the halls of Nord-Bridge will be lit up for the Winter Wonderland Walkthrough. There will be music, chocolate, and everything Christmas. Come and join us!

From my home to yours, Merry Christmas!

~Erin Bates - The Star on Your Tree



Nord-Bridge Outreach: Bells, Bows, and Santa Claus *Join us to ring the bells of Christmas!*

**Christmas-themed
refreshments
will be served!**



Date: Monday, December 16
Time: 1:30pm to 3:00pm
Cost: \$3 per person
**Location: Nord-Bridge
Multi-Purpose Hall**
**Entertainment:
Evergreen Melodies -
music and dancing!**

Please RSVP by
Monday, December 9:
call 403-329-3222



The Nord-Bridge Seniors Outreach Program provides social programs for Seniors 55+. Socials are organized on the 3rd Monday of each month. Join us and enjoy some good entertainment and company!



Nord-Bridge Seniors Centre
 1904 13 Ave. N.
 Lethbridge Alberta
 Phone: 403-329-3222

WINTER PROGRAM 2025

**Published Thursday, December 19th.
 Register for all programs starting
 Tuesday, January 7th at 8:30 am either
 online or in person.**

Winter 2025

Nord-Bridge Seniors Centre PRESENTS

NEW

ONLINE REGISTRATION

Available January 7!

ENROLL ONLINE AT:
WWW.NORDBRIDGESENIORS.COM

**OR CALL
 403-329-3222
 AFTER
 JAN. 7 TO
 REGISTER**



Steps to Register Online:

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



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

The Quilters Krafters Koffee Klub was happy to present the Veterans Association Food Bank with these handmade Christmas stockings. We are so appreciative of the hard work and generosity shown by this club!



*\$3 cover charge for non-members



Jammers

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

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



Mind Joggers: 'Tis the Season

'Tis the season
So they say
The before and after
Of Christmas Day

'Tis time to spend
With those who care
With food and drinks
And gifts to share

'Tis time to give
to those with less
Cause it's the right thing
Not just to impress

'Tis time to sing
or be sung to
Caroling is something
we all should do

'Tis time for pics
of family and all
or at least the kids
with Santa at the mall

'Tis time for pics
of family and all
or at least the kids
with Santa at the mall

'Tis time for parties
But please don't drive
Let the designate do it
And get home alive

'Tis time for sleds
and fun in the snow
Skiing as well
if you can go

'Tis time for sleigh rides
and jingle bells
Candy canes, gingerbread,
and other great smells

'Tis time for stockings
hung on the hearth
And to truly wish
for peace on earth

'Tis time to find
yourself a church
A prayer and a pew
On which to perch

'Tis time to forgive
To let the past go
Enjoy today
And tomorrow

'Tis time for all
of this and more
'Cause that's what
Holidays are for

It "'Tis the Season"
So please have fun
Happy Holidays
Everyone

By Tami Gaudry

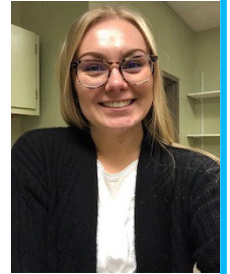
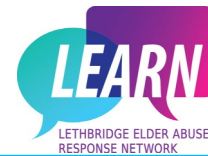
Lethbridge Elder Abuse Response Network

Hi everyone!

As we near the new year, we are also coming up on some significant changes at LSCO! One of those being my position and transition into the Support Services Manager role. As of January 2, I will become the new Amy Labossiere and will be overseeing the LEARN Program, the SCSP and our In-Home supports. This means you can now find me on the main floor of LSCO with the other support services staff. This also means there will be a new face representing LEARN for the next 18 months, who you will all be introduced to shortly. I look forward to supporting our staff and members in a new capacity!

~Amy Cook

LEARN
Case Manager



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*



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.

The Medicine Shoppe
PHARMACY

HOLIDAY HOURS
DEC 24TH 9AM - 1PM
DEC 25TH CLOSED
DEC 26TH CLOSED
DEC 31ST 9AM - 1PM
JAN 1ST CLOSED

HAPPY HOLIDAYS!





"I wasn't able to untangle the lights. Hopefully, no one will notice."

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.



colorSTREET Manicures at Nord-Bridge

Upcoming Dates:

Dec. 4, Dec. 11

Beginning at 1pm
in the Craft Room

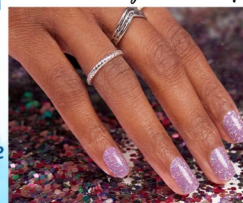
*Book appointments at the Front Reception Desk



*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.



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



Member Photos by Walter Kerber

3rd Monday of every month beginning at 10am!

Upcoming Dates:
December 16



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

I'M TELLING YOU, THERE'S NOTHING WORSE THAN BEING STUFFED WITH CANDY AND HUNG ON A MANTEL.



MARK PARISI

12-4 MarkParisi@aol.com
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offthemark.com

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