



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

NORD-BRIDGE SENIORS

NEWSLETTER

January 2025

Happy New Year from the staff at
Nord-Bridge Seniors Centre!
We wish you all the best in 2025!



Happy 2025! We are excited to ring in the new year with lots of new programming and activities. Registration for winter programs begins on Tuesday, January 7 at 8:30am both in person at Nord-Bridge, and online at www.nordbridgeseniors.com. Steps for registering online can be found on page 21 of this newsletter. You can view the Winter Program Guide on our website or pick up a copy at Nord-Bridge - we're offering more fitness, yoga and art classes, along with more seniors assistance and wellness programs. There's something for everyone - we hope to see you in the new year!



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

PRESIDENT'S REPORT

Happy New Year!

On Friday, December 6, we had our annual Christmas luncheon in the Multi-Purpose Hall. We had great attendance. Thank you to Neudorf Plumbing, Savers, Gordon Foods, and Wholesale Club for donating turkeys. Also a big thank you to our chefs and volunteers that made this dinner so successful, and to Anne Pauls for playing beautiful music on the piano.



On Saturday, December 7, we had our 1st Annual Pancake Breakfast with Santa. Many children came with their parents and grandparents. All that attended had a great time.

The Sock It To 'Em mountain of socks was on display in the Multi-Purpose Hall on Thursday, December 12. Approximately 6500 pairs of socks were distributed to different local charities. Good job!

The Winter Wonderland Walkthrough was also a great success on Friday, December 13. Pictures were taken with Santa and we had a good turn out.

Registration for Winter Programs starts on Tuesday, January 7 at 8:30am both online and in person. See you there!

Happy Holidays everyone. Let's hope the year 2025 is going to be another good year!

See you soon,

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 22 New Members!
We are happy to have you here!

Jerry Ooms

Dennis Watt

Sharon Anderson

Clint Anderson

Kari Van Elswyk

Ron Van Elswyk

Jody Tiegen

Scott Schultz

Colleen Dixson

Shirley Strukoff

Lillian Roberts

Ingrid Oseen

Rick Naso

Linda Naso

Gale Lessard

Diane Tinnish

Carmen Bankonin

Gail Griffin

Gary Hodge

Glenda Hodge

**Sherry
VanderGriendt**

1 Anonymous

Newcomers Meet & Greet

Join us for a morning of socialization with Conveners every first and third Tuesday of the month at 10:00am in the Dunford Diner! This is a great opportunity for new members wanting to make connections with new people.



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



Valentine's Luncheon

Tickets on sale at Nord-Bridge on Tuesday, February 4th at 8:30am
Cost: \$15 per person
More details to follow!

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](https://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!

January is Alzheimer's Awareness Month.
Join Colleen Beck of the Alzheimer Society of Alberta and NWT for an information session at Nord-Bridge.

Date: Thursday, January 23, 2025
Time: 10:00am
Location: Nord-Bridge Flex Room
No registration required
Free and open to all!



EXECUTIVE DIRECTOR'S REPORT

Happy New Year!

I hope all our members were able to enjoy time with family and friends over the holiday season. I was able to spend time with family and friends where many laughs and memories were made, with our bellies filled and hearts full of love.



I didn't think it was possible that we could reach another membership high for a second consecutive year. Somehow we blew the doors off of 2023's record year of 1580. At the time of writing this article (December 27) a total of 1730 members were current for the 2024 year. 150 new members joined in 2024, contributing to our record breaking year. Thank you to members new and old (no pun intended), who once again chose to make Nord-Bridge a part of their social connections and their destination for senior support services.

Some highlights of 2024:

- In January, Nord-Bridge installed new recycling, waste and organics receptacles to fall in line with the City of Lethbridge recycling, waste, and organics program.
- Savers Liquor Store opened in late spring.
- In June, the Dunford Diner kitchen purchased two brand new stoves. The stoves were purchased through the Community Priorities Fund grant from the Community Foundation of Lethbridge and Southwestern Alberta.
- In late summer, we purchased a new HVAC unit that services the Fitness 55+ Club, Medicine Shoppe, and Chinook LifeCare.
- Nord-Bridge was selected by Rachael Thomas to receive the Lifetime Achievement Community Builders Award for our selfless dedication to bettering our community by serving other over four decades.



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

The Nord-Bridge Outreach Program is looking for volunteer musicians to provide live entertainment for our monthly socials!

If interested, call us at 403-329-3222!

What we're looking for:

- Enthusiastic and friendly individuals
- Ability to play any musical instrument or sing
- Willingness to engage and entertain!

Why Join Us?

- Share your love of music
- Make a positive impact on the lives of seniors
- Be part of a supportive and joyful community



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

with the help of implant supported dentures.

Call us today for your
complete denture care needs

Hosack
DENTURE CLINIC LTD.

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](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

NEW



FREE WiFi

(Shaw Cable subscribers see left)

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

Dates: Friday, Jan. 17 & Feb 21
Time: 9:30am - 11:30am
Location: Nord-Bridge Board Room

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

**For Nord-Bridge Members only*





DAILY 50/50 DRAW
***POSTPONED UNTIL FURTHER NOTICE**

MONTHLY 50/50 TOONIE DRAW
***POSTPONED UNTIL FURTHER NOTICE**

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

December 23 - Charlie Lippa \$125
December 30 - Jim Hahn \$105

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

NAGEL TOURS LTD.

ESCORTED MOTORCOACH HOLIDAYS

Our motorcoach tours are a worry-free way 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

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

Victoria Stay Awhile – **April 19th**

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

Seattle Baseball – **May 7th**

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

BC Hot Springs and Nelson Stay Awhile – **May 22nd**

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

Maritimes by Motorcoach – **several tours to choose from**

Visit us online at www.nageltours.com
toll free: 1-800-562-9999
resoffice@nageltours.com

48th Anniversary



Working together to bring Government services to you.



Date: January 17, 2025

Time: 9:00 am - 2:00 pm

Location:

Nord-Bridge Seniors Centre
1904 - 13 Ave N,
Lethbridge, AB, T1H 4W9

Service Canada:

- Get a Social Insurance Number (SIN)
- Canadian Dental Care Plan (CDCP)
- Employment Insurance (EI)
- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- help understand Service Canada letters

Canada Revenue Agency (CRA):

- print Notice of Assessment (NOA)
- change of address or telephone
- change direct deposit information
- print tax slips (T4, T4A, T4A(P), T4A (OAS), T5007, etc.)
- determine what tax years need to be filed
- help understand CRA letters

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.




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



NBC HIS 403.320.6000
www.lethbridgehearing.ca

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



BUILDING OPERATING FUNDS RECENT DONORS

- Garry Thomas,
In Memory of Karen Thomas \$500
Sharon Van Den Hengel,
In Memory of Diane Bennett \$100
Eveline Polczer \$300
Douglas Cole \$150
Michael Bennett,
In Memory of Diane Bennett \$300
Kathleen Filkowski,
In Memory of Diane Bennett \$200
Stephen King \$200
Harry Mueller \$50
Frances Janecke \$100
Willy Holz,
In Memory of Hildegard Holz \$100
Alan Rose \$2000
Gordon Vaselenak \$200
Joe and Dianne Smith,
In Memory of Diane Bennett \$100
3 anonymous donors of \$100, \$1500, \$100

NORD-BRIDGE IN-HOUSE BINGO

Jan. - Dec. 2024: \$14,495.50



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: Jan. 13, Feb. 10, March 10,
April 14, May 12, June 9

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

HUCKVALE
SINCE 1998

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



Free Hearing Tests

at Nord-Bridge Seniors Centre with



Lethbridge
HEARING CENTRE

*For Nord-Bridge members only

Third Thursday of every month

*Appointments are necessary

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

Upcoming Dates: Jan. 16, Feb. 20, March 20



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**



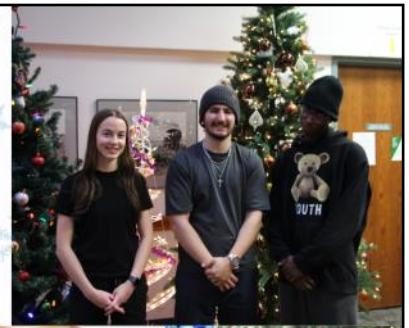
Park Place Mall
Lethbridge
(587) 388-0563

Specsavers



Winter Wonderland Walkthrough

Thank you to everyone who donated Christmas trees and food items - we collected 215 pounds of food for the Interfaith Food Bank! A huge thank you to our volunteers for helping us decorate 30 trees! Cornerstone Funeral Home, Winston Churchill High School, and Volunteer Lethbridge - we couldn't have done this without all of you!



We had a great turnout for our last Intergenerational Craft and Music Afternoon of 2024 with Lethbridge Family Centre!



Join us for our next session on Wednesday, January 29! Details on page 10 of the newsletter!

MINDS in MOTION

What is Minds in Motion?

Minds in Motion is a program designed for people with early to mid-stage Alzheimer's disease or another dementia, to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment.

At Minds in Motion® a client will...

- Stay physically active
- Meet and socialize with others living with dementia and care partners
- Get involved in activities such as board or word games, bingo, and other cognitive games
- Have access to information about dementia and support, as needed

Who is Minds in Motion® for?

Minds in Motion is designed for people with early to mid-stage symptoms of Alzheimer's disease or another dementia. Symptoms may include memory loss, confusion, communication difficulties, and changes in mood and behavior.

Minds in Motion is intended to be enjoyed with a friend, family member, or care partner. The person living with dementia and the care partner need to be able to participate in the same room together during the program sessions, to support one another.

What can I expect?

The 2-hour program is divided into the following two components:

1. The class starts with a certified fitness instructor leading a low impact fitness class.
2. For the second part of the program, trained facilitators engage participants in social and cognitive activities

How to register:

Minds in Motion for winter 2025 is being offered at Nord-Bridge Seniors Centre

Call 403-329-3222 to register

Session 1:
Wednesdays,
January 22 - March 12
1:30pm - 3:30pm

Location:
Nord-Bridge Seniors Centre,
West Community Room
1904 13 Ave. N

Instructors:
Charlene Kocken, and
Lori Gregory

Fee: \$50, for anyone 55+
(Per Pair)

For general information on the Minds in Motion Program contact Charlene: 403-329-3222

charlene@nordbridgeseniors.com

Alzheimer Society

ALBERTA AND NORTHWEST TERRITORIES



NORD-BRIDGE SENIORS CENTRE

SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS
WITH NO PUFFS OR DROPS.



1011 - 3RD AVENUE S.
LETHBRIDGE, AB T1J 0J3
www.southernoptical.ca

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

Rick Miller
Licensed Contact Lens Practitioner

Fred Miller
Registered Optician



"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.

403.382.1250
info@shoebox-scanning.com
www.shoebox-scanning.com



Mitchell Hall
Owner



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

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!



Beginners Group Dance with Alberta Rose Country Dancers

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 1: Wednesdays, Jan. 15 - Feb. 5

Time: 5:30pm - 7:00pm

Location: Multi-Purpose Hall

Fee: Members \$40 per couple

Non-Members \$60 per couple

Instructors: Connelly & Bernice Robichaud



*Register beginning
Tuesday, January 7
at 8:30am!



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**

1st Annual Pancake Breakfast with Santa!

Thank you to our sponsors:





Bridge Home Care

Your care, your way

Caring for clients of all ages, in the comfort of your own home

- Skilled Nursing
- Home Support Services
- Companion Care
- Consistent Caregivers
- Flexible Scheduling

Serving Lethbridge and area

Phone: (403) 393-2949

Email: info@bridgehomecare.ca

www.bridgehomecare.org

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!

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**



DARREN ATKINS



403-894-4122



darren.reddooryql@gmail.com



ONYX
REALTY

HELPING YOUR NEXT MOVE WITH CARE AND CONFIDENCE.
PROFESSIONAL REAL ESTATE SOLUTIONS FOR SENIORS.

Intergenerational Craft and Music Afternoon

In partnership with the Lethbridge Family Centre, this intergenerational program is with children between the ages 1 - 10 years old. Nord-Bridge Seniors and the children are then partnered up together and participate in crafts, listen to story-telling, and ending off with music and nursery rhymes. We are always looking for more fun Nord-Bridge Senior members to volunteer in this program. Please call Ashley at 403-329-3222 to ask any questions or to sign up!

Date: Wed. Jan. 29

Time: 3:15pm - 4:15pm

Location: Multi-Purpose Hall



ATB

ATB Financial Information Sessions at Nord-Bridge

Financial Information Session

Date: Thursday, February 6

Time: 9:00am

Location: Nord-Bridge Flex Room

Fraud Information Session

Date: Thursday, February 13

Time: 9:00am

Location: Nord-Bridge Flex Room

FREE for anyone 55+
No need to register - drop in and learn important information regarding finances and fraud.





Week 1 Winners

- Jo-Anne Cairns won Ben's Beef Jerky, an Onion Bar & Grill gift card, a Backstreet West gift card, and a hair cut
- Judy Knox won a foot bath, a Browns Social House gift card, and WHIPS Caramels
 - Judy Willis won a Christmas gift basket
- Cheryl Peel won a Specsavers gift card, a Nord-Bridge gift card, and a Backstreet West gift card.
- Vern Hinton won a John Krampf nature calendar, a Nikka Yuko Japanese Garden season pass, and After 8 chocolates



Thank you to all who purchased tickets for our 25 Days of Christmas prize draws in December, and to all our volunteers for selling tickets!

Week 2 Winners

- Marion McEntee won a hair cut, a gift card to Specsavers, and a gift card to Original Joe's.
- Colleen Bates won a Ghirardelli gift basket, a gift card to The Onion Bar & Grill, and WHIPS Caramels.
- Jim Hahn won gift cards to Pops Taphouse, Backstreet West, and Original Joes, and Ben's Beef Jerky.
- Rob Caya won Belgian chocolates, a men's robe, a mug, salted caramels, and a men's haircut.
 - Shirley Zeh won a blanket, a bath bomb, and a Nikka Yuko season pass.



Week 4 Winners

- Dave Slovak won a Shoppers Drug Mart gift basket and a gift card to Pops Taphouse
- Kit Sanders won a Savers liquor basket
- Pat Shenton won pyjamas, a candle, a brush and gift card from Brio Salon, and Bath and Body Works items
- Irene Revelle won a candle, a cookbook, an ornament box, towels, a Spec Savers gift card, and Cookies by Gail
- Jim Sanders won a faucet and a Gas King gift card

Week 3 Winners

- Helen Ruaben won a ladies robe, a mug, chocolates, and a gift card to Love Cheese Shop.
- Bill McTighe won a cutting board, a candle, towels, a gift card to Original Joes, and a haircut.
 - Al Martin won a cookbook, an ornament box, a candle, towels, and Bath and Body Works items.
 - Silke Sodeman won a blanket, a gnome, a mug, a Santa house, and a gift card to Pops Taphouse.
 - Margaret Kadlupricki won a Savers gift basket.



Week 5 Winners

- Rosemary Howard won a Shoppers Drug Mart gift basket, a gift card to Pops Taphouse, and Cookies by Gail
- Bryan Bradfield won a Shoppers Drug Mart gift basket, a gift card to Pops Taphouse, and Cookies by Gail
- Leonard Sanderson won salted caramels, a mug, Bens Beef Jerky, a gift card to Original Joes, a gift card to Pop's Taphouse, and WHIPS Caramels
 - Karen Trainor won Belgian chocolates, a mug, a Santa house, a hair cut, a gift card to Backstreet West, and Cookies by Gail
- Darlene McLean won a City of Lethbridge swag bag, WHIPS Caramels, and a gift card to Nord-Bridge

JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Hello Monday (Flex) Jammers (Annex) Monday Morning Check In (Flex Room) Outreach Meeting Quilters/ Crafters Woodcarving Contract Bridge Darts (MPH) Begin. Pickleball (MPH)</p> <p>7</p> <p>8:30 Winter 2025 Program Registration Begins Online & In Person Today! 10:00 Music Makers 10:00 New Comers Meet 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib</p> 	<p>1</p> <p>HELLO JANUARY</p> <p>8</p> <p>9:00 Handy Crafters (Flex) 10:00 Carpet Bowling 10:00 Coffee with a Cop 10:45 WINNERS BINGO (CRAFT) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:30 Table Tennis (MPH)</p> 	<p>2</p> <p>9:00 Card Crafters 1:00 Woodcarving 1:00 Contract Bridge 5:45 Beginners Pickleball</p> <p>9</p> <p>9:00 Card Crafters 9:30 Tech Help w/ AI (Library) 9:30 Mind Joggers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball</p> 	<p>3</p> <p>9:00 Ukelele Circle 10:00 Handy Crafters (Craft Room) 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge</p> <p>10</p> <p>9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage 1:00 Contract Bridge</p>  	

13 9:00 LAWYERS (BR) *Appt. Required Hello Monday (Flex) Gentle Yoga (WCR) Jammers (Annex) Improver Line Dance Begin. Acrylic Paint Chair Yoga (WCR) Monday Morning Check In (Flex Room) Abs, Core & More Quilters/ Crafters Woodcarving Contract Bridge Darts (MPH) Begin. Line Dance Golden Fit (MPH) Begin. Pickleball	Zumba GOLD® Strength, Core Stretch Begin. Watercolor 10:00 IG Wealth Management Visits with Carol (Hallway) Music Makers Intro to Genealogy Clogging Intermediate Keep Fit Cardio Clogging Advanced Canasta/ H & F Art & Soul Watercolor Club (Flex Room) Scrabble (Craft Room) Texas Hold'em Beginners Crib Gentle Barre Yoga Thrive (MPH)	14 9:00 9:00 9:30 10:00 10:00 10:30 10:30 11:15 12:45 1:00 1:00 1:00 1:30 5:00 5:45	15 8:45 9:00 9:00 10:00 10:00 10:30 10:45 1:00 1:00 1:00 5:30 6:00 7:30	Active POUND® Handy Crafters Gentle Yoga FOOT CARE (Craft) Carpet Bowling Move Well Feel Well Chair Yoga WINNERS BINGO Darts Euchre Bid Euchre Begin. Group Dance Begin. Pickleball (YMCA) Table Tennis (MPH)	16 8:45 9:00 9:00 9:30 9:30 Dance (Multi-Purpose Hall) 10:30 11:00 1:00 pairs with Spec Savers (Hallway) 1:00 1:00 1:00 1:00 5:45	Pilates (WCR) FREE Hearing Tests (Library) Card Crafters Mind Joggers Intermediate Line Keep Moving Fall Prevention (WCR)	17 9:00 CRA & Service Canada Visits (Tax Office) 9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle 9:30 MASSAGE (Board Room) 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In-House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge
20* & 27* 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00* Member Portraits 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning Check In (Flex Room) Abs, Core & More 1:30* Outreach Program 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:00* Darts (MPH) *None on 20 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball	Zumba GOLD® Strength, Core Stretch Begin. Watercolor Music Makers (Annex) 10:00* New Comers Meet 10:30 Intro to Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio (MPH) 11:15 Clogging Advanced 12:45 Canasta/ H & F 1:00* Cooking @ Interfaith 1:00 A & S Watercolor Club 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em (WCR) 1:30 Beginners Crib (Annex) 3:00 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 5:45 Yoga Thrive (MPH)	21* & 28* 9:00 9:00 9:30 10:00 10:00 10:30 11:00 11:15 12:45 1:00* 1:00 1:00 1:30 3:00 5:00 5:45	22* & 29* 8:45 9:00 9:00 9:00 10:00 10:00 10:30 10:45 1:00 1:00 1:00 1:00 3:15 3:30 5:30 6:00 7:30	Active POUND® Guided Meditation (Zoom) Handy Crafters (Flex Room) Gentle Yoga (WCR) MASSAGES (Craft Room) Carpet Bowling Move Well Feel Well Chair Yoga (WCR) WINNERS BINGO Darts Euchre Bid Euchre Minds in Motion (WCR) White Animals Paint L-SKIP (MPH) Self Care Yoga (WCR) Begin. Group Dance Begin. Pickleball (YMCA) Table Tennis (MPH)	23* & 30 8:45 9:00 9:30* 9:30 9:30 10:00* 10:30 11:00 1:00 1:00 1:00 1:00 1:20* 5:45	Pilates (WCR) Card Crafters Tech Help w/ AI (Board Room) Mind Joggers Intermediate Line Dance (Multi-Purpose Hall) 10:00* Alzheimer's Session (New) 10:30 Keep Moving Fall Prevention (WCR) Keep Fit Strength (MPH) Advanced Acrylic (Flex) Woodcarving (Craft) Contract Bridge Floor Shuffleboard (MPH) Park Meadows Games Beginners Pickleball	24 & 31 9:00 Gentle Yoga 9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In-House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge

20* & 27* 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00* Member Portraits 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning Check In (Flex Room) Abs, Core & More 1:30* Outreach Program 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:00* Darts (MPH) *None on 20 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball	Zumba GOLD® Strength, Core Stretch Begin. Watercolor Music Makers (Annex) 10:00* New Comers Meet 10:30 Intro to Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio (MPH) 11:15 Clogging Advanced 12:45 Canasta/ H & F 1:00* Cooking @ Interfaith 1:00 A & S Watercolor Club 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em (WCR) 1:30 Beginners Crib (Annex) 3:00 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 5:45 Yoga Thrive (MPH)	21* & 28* 9:00 9:00 9:30 10:00 10:00 10:30 11:00 11:15 12:45 1:00* 1:00 1:00 1:30 3:00 5:00 5:45	22* & 29* 8:45 9:00 9:00 9:00 10:00 10:00 10:30 10:45 1:00 1:00 1:00 1:00 3:15 3:30 5:30 6:00 7:30	Active POUND® Guided Meditation (Zoom) Handy Crafters (Flex Room) Gentle Yoga (WCR) MASSAGES (Craft Room) Carpet Bowling Move Well Feel Well Chair Yoga (WCR) WINNERS BINGO Darts Euchre Bid Euchre Minds in Motion (WCR) White Animals Paint L-SKIP (MPH) Self Care Yoga (WCR) Begin. Group Dance Begin. Pickleball (YMCA) Table Tennis (MPH)	23* & 30 8:45 9:00 9:30* 9:30 9:30 10:00* 10:30 11:00 1:00 1:00 1:00 1:00 1:20* 5:45	Pilates (WCR) Card Crafters Tech Help w/ AI (Board Room) Mind Joggers Intermediate Line Dance (Multi-Purpose Hall) 10:00* Alzheimer's Session (New) 10:30 Keep Moving Fall Prevention (WCR) Keep Fit Strength (MPH) Advanced Acrylic (Flex) Woodcarving (Craft) Contract Bridge Floor Shuffleboard (MPH) Park Meadows Games Beginners Pickleball	24 & 31 9:00 Gentle Yoga 9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 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: JAN. 1, 8, 15, 22, & 29**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)**
- LOCATION: CRAFT ROOM UPCOMING DATES MAR. 19, MAY 21**

NEW REFLEXOLOGY \$45 WITH MARIA'S FOOTWORKS STARTING FEB. 12 ONCE A MONTH BOOK YOUR APPT. AT THE FRONT DESK!

BRAIN KNOWLEDGE SESSIONS ARE BACK STARTING TUESDAY FEB. 4 AT 9AM FOR ANYONE 55+! REGISTRATION REQUIRED.

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. TICKETS ON SALE FOR VALENTINES DAY LUNCHEON ON TUESDAY, FEBRUARY 4TH AT 8:30 AM.



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!

Topics for this month will be "What the New Year means to Us", topics will include exploring and setting some personal goals, identifying areas that we may need some support in and examining ways "To lift yourself Up"

When: Monday, January 6, 2025
Monday, January 13, 2025
Monday, January 20, 2024
Monday, January 27, 2024

Time: 9:00am to 10:00am - 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.



Congratulations to Evelyn Krysovaty on getting a perfect 29 Cribbage hand at Nord-Bridge!



The odds are 1 in 216,580!

Happy New Year

2025

Wishing you and your loved ones health, happiness, and prosperity in the year ahead. May 2025 bring continued growth and success to our community.

MLA Nathan Neudorf
Lethbridge-East



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, January 6, 2025 - Topic to be determined by class
Monday, January 13, 2025 - Topic to be determined by class
Monday, January 20, 2025 - Topic to be determined by class
Monday, January 27, 2025 - Topic to be determined by class

Time: 10:30am to 11:30am - New Time

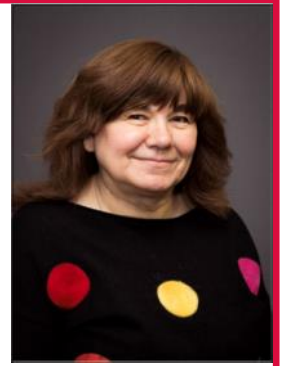
Where: Nord-Bridge Seniors Centre - "Flex Room" (Located next to the pool table room)

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



Seniors System Navigator

I would like to wish you all a Happy New Year! My hope for you all at Nord-Bridge is that you will be happy and healthy, and have a prosperous year. The staff at Nord Bridge this year will provide lots of activities, great meals cooked by Bety and Tyler, and a whole lot of loving care from Maria and Erin.



During the winter months many seniors like to go on holidays, and I want to share tips on how beneficial travel is for seniors. Traveling has many benefits:

- Physical health - Traveling can help seniors stay active and reduce stress which prevents heart disease and other illnesses.
- Cognitive health - Traveling improves cognitive function and memory retention. Exploring new places stimulates the brain and can help neuroplasticity. Neuroplasticity is the brain's ability to change and adapt to new experiences.
- Mental health - Traveling can reduce stress, combat depression, and lower dementia. It helps seniors feel less disconnected to their environment.
- Social engagement - Travel can help seniors meet new people and make new friends.
- Sense of purpose - Traveling can give many seniors a renewed sense of purpose.
- New experiences - Seniors experience new sponsorship and new foods with friends.

Just recently, I met Jeff Sarich, who is a travel agent and the husband of Julie, our Director of Funds Development. The following are tips that Jeff suggests for a worry-free journey:

- Consult with your doctor, especially if you have any health issues. Your doctor can provide advice on vaccinations, medications, and any health risks.
- Pack light and have a suitcase that has wheels to avoid heavy lifting.
- Get travel insurance to cover all medical emergencies, trip cancellations, and lost luggage.
- Keep an eye on your belongings, especially in very crowded cities. Purchase a fanny pack or a secure travel wallet to keep your valuables and passport safe.
- Take your cell phone with you wherever you go and turn on international roaming, so you are connected with your family or loved ones.
- Look for hotels that that are accessible and have elevators or ramps.

As a senior, try and follow these tips and enjoy the freedom and excitement of travel. Remember, listen to your body and take it easy. Jeff, who owns The Travel Agent Next Door, always tells seniors HAPPY TRAVELS. If you require more information, please call Jeff at 403-894-9445 or email jsarich@ttand.com

Charlene Kocken BA, BSW, RSW, Seniors System Navigator

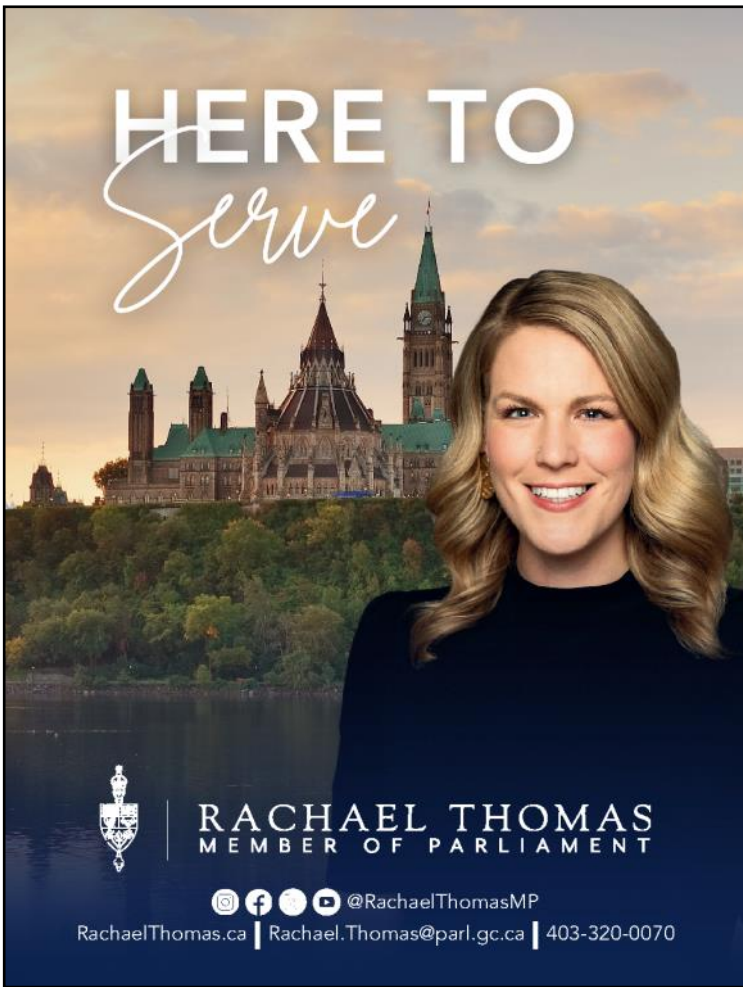
24th Annual Sock It To 'Em Campaign




Approximately 6500 pairs of socks were collected and distributed to local charities this year! Thank you to Gail Petrie, Charlene Kocken, and Lethbridge School Division for organizing this important initiative!



HERE TO *serve*

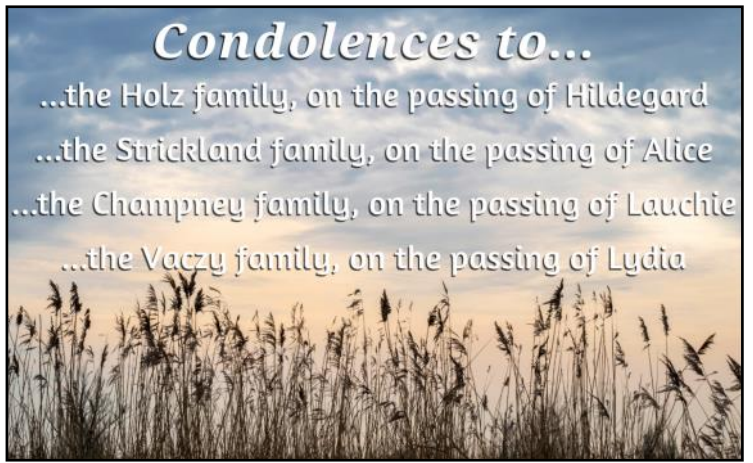


RACHAEL THOMAS
MEMBER OF PARLIAMENT

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

Condolences to...

...the Holz family, on the passing of Hildegard
 ...the Strickland family, on the passing of Alice
 ...the Champney family, on the passing of Lauchie
 ...the Vaczy family, on the passing of Lydia



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.




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.

Lethbridge Polytechnic Massage Therapy Students at Nord-Bridge!


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

Location: Nord-Bridge Craft Room
Date: Wednesday, Jan. 22 & March 5
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 sign up at the front desk or call 403-329-3222 for more information.






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.


Every Monday (excluding holidays)



Jammers

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

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



Programmer's Report



Well, we made it into 2025! I was on holidays between Christmas and New Years and it was lovely! I got to do some skiing and relaxing with family.

We have so many great new programs being offered at Nord-Bridge this time around, from a new Yoga Thrive class for those with and beyond cancer, to a new Keep Moving fall-prevention class. If you have any questions on any of these programs do not hesitate to reach out to me. If you are planning to register online on January 7th, please make sure you have paid up your 2025 membership to get that discount on programs. If you don't renew your membership before you register online, you will not receive the member discount on any classes. For a full list of how to register online, registration day questions, etc. please read page 12 and 13 of the Winter 2025 Program Guide which was released on December 19th.

If you have not been receiving emails from us and are a paid member, please reach out to our Front Desk and let them know so we can update our database.

I would like to welcome a few new fitness instructors who will be or have already started teaching here at Nord-Bridge. Rachel Foster is a certified Yoga instructor who has taught for many years and is currently teaching for a limited time on Wednesday mornings for our Move Well Feel Well Chair Yoga class. Then we have Tracy Simons who is a certified fitness instructor specializing in senior fitness and who now teaches an Abs, Core, & More class, and a Strength Core and Stretch Class, as well as the very popular Tuesday and Thursday Keep Fit classes. Tamaki Saga is also teaching a new Wednesday Gentle and Chair Yoga class and is a certified Yoga instructor who has worked with older adults in the past throughout the community. Brandy Tonin, who is a Recreation Therapist in the Addiction and Mental Health Outreach Department of Recovery Alberta (formerly AHS), also teaches a new Self-Care Yoga once a week. Lori Gregory is now teaching a Keep Moving fall-prevention class and has a background in Personal Training for Seniors along with much knowledge on the Minds in Motion program for those with Alzheimer's and their caregivers. And finally, Alberta Rose Country Dance instructors, Connelly and Bernice Robichaud who teach a Couples Dance class for beginners and have a wealth of knowledge on dance of all types! So please give them all a warm welcome if you have not already met - they all have a wealth of knowledge and would love to have you in their classes!

Speaking of new instructors, you might also see a new face in our gym (Fitness Club 55+) giving orientations to new members. Cheris Samuels-Murdoch is here two to three times a week around lunch time and has a background in Older Adult Strength Training & Senior Yoga. She is also teaching two Yoga programs including Yoga Thrive and Yin Yoga in the evenings and is the dry land instructor for our Nord-Bridge dragon boat team, the Sea N' Oars!

I am always so appreciative to find such knowledgeable instructors to offer a wide variety of programs to the older adult population.

Lastly, we have our annual Valentines Day Luncheon on Friday, February 14th in the Dining Room. Tickets will go on sale on Tuesday, February 4 at 8:30am. See next month's newsletter for more information!

Have a great 2025 everyone and stay happy and healthy!

~Ashley Kern - Program Coordinator

White Animals on Colored Paper



Dates: Wednesdays,
January 22 & 29
Time: 1:00pm - 3:00pm
Instructor: Donna Gallant
Location: Craft Room
Fee: Members \$30
Non-Members \$50
*Please pick up a supply
list upon registration
Call 403-329-3222 to sign up!

We will use colored pencil or soft pastel pencils (your choice) to draw white animals on colored paper. This is such a unique way to work, by using the colored paper as one of our values for creating our animals and their environment. It's almost a reverse way of drawing. This class is two weeks long and will be a great way to start off the New Year.

Winter Landscapes in Watercolor



In this two week class, we will use salt and rubbing alcohol techniques to create snowy winter landscapes in watercolor. Some hints of colour from leftover remnants of leaves and cool shadows will help define depth and form. We will also use wet into wet techniques to create those soft edges. These will be your winter wonderland paintings.

This is for all skill levels.

Dates: Wednesdays,
Feb. 12 & Feb. 19
Time: 1:00pm - 3:00pm
Fee: Members \$30
Non-Members \$50
Location: Craft Room
Instructor: Donna Gallant

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

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

Friday, January 3:

Ham and Scalloped Potatoes with Broccoli and Cauliflower

Friday, January 10:

Salisbury Steak with Mashed Potatoes, Gravy, and Green Beans

Friday, January 17:

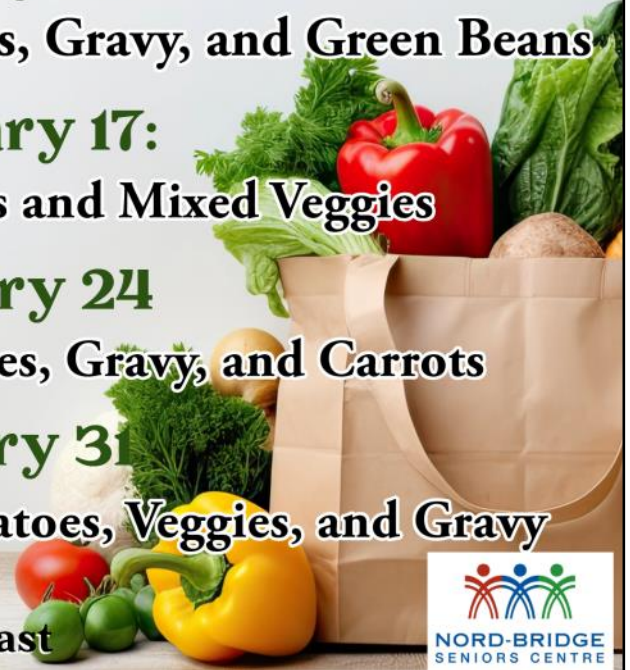
Meatloaf with Roasted Potatoes and Mixed Veggies

Friday, January 24

Veal Cutlets with Mashed Potatoes, Gravy, and Carrots

Friday, January 31:

Liver and Onions with Mashed Potatoes, Veggies, and Gravy



Available from 11am to 1pm, while quantities last



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

With a licensed optician from Specsavers!

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

Upcoming dates:

Jan. 16, Feb. 20, March 20,
April 17, May 15, June 19

Time: Beginning at 1:00pm

Fee: FREE

*For Nord-Bridge Members Only!



Coffee with a Constable

Constable Leanne Christos with Lethbridge Police Service, will be visiting the Dunford Diner on the second Wednesday of each month!

Upcoming Dates: Jan. 8, Feb. 12, March 12

Time: 10:00am - 11:30am



Constable Christos will sit down and chat with you about any questions or concerns you may have regarding law enforcement.



Helping you grow and sustain wealth for generations to come.

IG Wealth Management Visits with Carol



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



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!

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

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

Upcoming Dates:

Wednesdays,
Jan. 15, March 19, May 21, July 2

Time: 10:00am to 12:00pm

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

Fundraising Report

Nord-Bridge Seniors Centre is gearing up for a prosperous new year, filled with exciting events, engaging activities, and a renewed sense of community. Here's what you can look forward to:

- **Thriving programs:** Nord-Bridge's diverse range of programs will continue to flourish, offering seniors opportunities to stay active, engaged, and connected. From fitness classes and art workshops to educational lectures and social gatherings, there's something for everyone.
- **Community partnerships:** The centre is committed to strengthening its partnerships with local organizations to provide even more valuable resources and services to seniors. Collaborations with healthcare providers, volunteer groups, and businesses will enhance the overall well-being of the community.
- **Enhanced Facilities:** Nord-Bridge is dedicated to creating a welcoming and accessible environment for all seniors. Plans are underway to modernize certain areas of the facility, ensuring comfort and convenience for visitors and members.



Nord-Bridge Seniors Centre is more than just a facility; it's a vibrant hub of activity and a place where our members can continue to thrive. As we embark on a new year, the centre remains committed to its mission of fostering independence, self-worth, and a sense of community pride among the senior population of Lethbridge and surrounding areas.

Julie Sarich - Director of Funds Development



Christmas Luncheon 2024

Thanks so much to these sponsors for donating turkeys!



And many thanks to these sponsors for donating door prizes!

Corner Cafe & Catering



Roaming Retirees

Welcome 2025!!!

The halls of Nord-Bridge Seniors Centre were busy in the month of December. We had an amazing Christmas dinner, pancake breakfast with Santa, and our Winter Wonderland Walkthrough. Thank you to everyone who helped make December so successful.

Nord-Bridge Seniors and Getaway Travel teamed up to tour the Christmas lights of Lethbridge. We enjoyed hot chocolate and looking at the lights. If you have any travel ideas, come to the front desk and talk to Erin.

Our Christmas Outreach program was a success. The students from Park Meadows Elementary School joined our seniors to help sing Christmas carols. The next Outreach will be on Monday, January 20, 2025 - put on your dancing shoes and have some fun with Celtic Routes. The program is \$3.00 per person, and you must register at the front desk. See the poster below for more details.

We are looking for accordion players for our February Outreach. If you play or know someone who would like to play their accordion at our Outreach program, please have them contact Val Arkininstall at Nord-Bridge Seniors Centre.

I hope 2025 brings health, wealth, and all the happiness. Happy New Year!

~Erin Bates



NORD-BRIDGE
SENIORS CENTRE

Nord-Bridge Outreach Celebrating Robbie Burns Day!



Date: Monday, January 20

Time: 1:30pm to 3:00pm

Cost: \$3 per person

Location: Nord-Bridge Multi-Purpose Hall

Entertainment: Celtic Routes

Call 403-329-3222 to
RSVP by Tuesday, Jan. 14
if you plan to attend

Enjoy light refreshments!
Win door prizes!

Wear your tartan, a Scottish beret, or even come dressed in a kilt, for a fun time dancing the Highland Fling! If you have toured Scotland, bring a photo or item for Show and Tell.

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!



BRAIN KNOWLEDGE MORNINGS



Tuesdays
February 4, 11, 18, 25
9:00AM - 10:00AM
Nord-Bridge Flex Room
1904 13 AVE N



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

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

www.buildingbrains.ca buildingbrainstogether@gmail.com

Winter 2025

Nord-Bridge Seniors Centre **NEW**
 PRESENTS

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


Member Photos by Walter Kerber



3rd Monday of the month beginning at 10am!

Upcoming Dates:
Jan. 20, Feb. 10, March 17, April 14, May 12, June 16

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



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.

This single-session counselling program is here when you are ready. The counselling team will support you, drawing upon your own strengths and abilities, and provide you with information that can help you create a plan for the change you most want in your life. They will also direct you to other services that are available in our community for longer term support if needed.

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 Tuesday of the month from 12:30pm - 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:
Jan. 7 (am), Feb. 18 (pm), March 4 (am), April 15 (pm), May 6 (am), June 17 (pm), Aug. 19 (pm), Sept. 2 (am), Oct. 21 (pm), Nov. 4 (am), Dec. 16 (pm)

Upcoming Dates at LSCO:
Jan. 21 (pm), Feb. 4 (am), March 18 (pm), April 1 (am), May 20 (pm), June 3 (am), July 15 (pm), Aug. 5 (am), Sept. 16 (pm), Oct. 7 (am), Nov. 18 (pm), Dec. 2, (am)



Contact the SCSP Seniors System Navigation Team Intake Worker at 403-329-1544 for more information






Golden Fit with Anna

from the Cor Van Raay YMCA

Experience fitness and functional movements in our Golden Fit class with Anna from the Cor Van Raay YMCA. This class takes place at Nord-Bridge, and is designed for seniors with a focus on functional fitness, strength, balance, and flexibility through the use of various equipment and can be easily modified for all levels.

Session 1: Mondays, Jan. 13 - March 10
Time: 5:00 pm to 5:45 pm *No Class Feb. 17
Location: Nord-Bridge Multi-Purpose Hall
Fee: Members \$45 Non-Members \$65



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!



Mind Joggers *By Tami Gaudry*

Mind joggers are defined as "things and/or essences that stimulate one's memory and/or mental acuity." That has certainly proved true for me in my two years thus far experience with the Nord-Bridge Mind Joggers group. I look forward to Thursday mornings.

I attend Mind Joggers
Though I am not sure I am one.
It's the talent of the others in the room
That makes it so much fun.

There's fictitious stories
As well as biographical prose.
And there are different kinds of poetry.
Some of the cornier stuff
Was written by me.
I do hope this group grows.

Sometimes a famous author piece
A group member will share
That speaks of things or ideas
About which they care

Sometimes a member might read
What they wrote ten years past
But the humour or moral
Still makes it a blast.

Once I'd been here for a while,
Each person feels like a friend,
As their stories they share,
And support they do extend.

So if you have things to say,
And you want somewhere to go,
Come, join Mind Joggers,
And help our group grow.



Lethbridge Elder Abuse Response Network

Hello, my name is Tyler Andersen, and I am the new LEARN Case Manager who will be temporarily filling in for Amy Cook. I am a recent University of Calgary graduate, having now obtained my Bachelor of Social Work. Since late August, I have had the pleasure of working at the Lethbridge Senior Citizens Organization (LSCO) as a Senior Systems Navigator – Housing Specialist, which has been an incredible opportunity with many different learning opportunities. Come January, I am excited to be stepping into this new role and to be able to receive the opportunity to provide support, prevention and education surrounding elder abuse in our community.

During my free time, I like to engage in numerous different hobbies including spending time with my partner, going out to explore what Lethbridge has to offer, tending to my plants, playing different video games and playing with my dog. Additionally, I also love getting the opportunity to meet and chat with new people, so if you see me around, please feel free to stop me for a conversation.

I wish you all a safe and prosperous New Year!

Tyler Andersen

**LEARN
Case Manager**



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.**

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**

colorSTREET

Manicures with Sylvia
**For Nord-Bridge members only*

Upcoming Dates:
Jan. 8, Feb. 5, March 5,
April 2, May 7, June 4
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.

Fitness 55+ Club

Have you had a chance to check out the fitness centre at Nord-Bridge? Book your free orientation at the Front Reception Desk! (Orientations by appointment only).

Fees:

Annual Pass - \$225

Monthly Pass - \$25

20 Visit Pass - \$40

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

*See pg. 26 of the Winter 2025 Program Guide for more information



Hours:

Monday - Friday
8:00am - 4:30pm

*A current year paid-in-full Nord-Bridge membership is required to access the Fitness 55+ Club



Walker Repair Clinic

*for Nord-Bridge members only

Wednesday, Feb. 12, April 16, June 11
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!



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, Jan. 9 & 23, Feb. 13 & 27

Time: 9:30am - 2:00pm

Cost: FREE - for Nord-Bridge members only

*Appointments are required.

Visit the front reception desk to book!



FREE drop in class on Wednesday, Jan. 15!

Self Care Yoga



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

Session 1: Wednesdays, Jan. 22 - March 12

Time: 3:30pm - 4:30pm

Location: West Community Room

Instructor: Brandy Tonin

Cost: \$45 Members \$65 Non Members



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

NEW! Reflexology at Nord-Bridge

with Maria's Footworks and Health Solutions

There are nerve endings in the hands and feet that are connected to different parts, organs and glands in the body. When they are stimulated by reflexologists' finger tips, it encourages the body to heal itself naturally. It can help with hundreds of physical and emotional health issues such as pain, stress, anxiety, depression, arthritis, neuropathy, diabetes, and much more.

Dates: Wednesdays,

Feb. 12, March 12, April 16, May 14, June 18

Appointment times between 10am and 12pm

*Initial appointments are 90 minutes long

Location: Craft Room

Call 403-329-3222 to book your appointment. Space is limited!



BUY 10, GET 1 FREE!

Option+ COLLECTOR CARD

EARN 5% OFF FOR A FREE PRODUCT!

Come into The Medicine Shoppe and start collecting on OTC purchases today!



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