



NORD-BRIDGE
SENIORS CENTRE

Nord-Bridge Seniors Centre

1904 13 Ave. N.

Lethbridge Alberta

Phone: 403-329-3222



WINTER PROGRAM 2025

Nord-Bridge Seniors Centre Officers and Staff

Executive Committee

President	Helen Gepneris
Vice - President	Dianne Smith
Treasurer	Tracy Beauchemin
Secretary	Judy Cartwright
Past - President	George Berg

Directors

David Green	Mike Bennett	Randy Butterwick
Alan Stalker	Clay Olsen	Anne Pauls
Lorrie Vos	Bill Hanson	

Staff

Executive Director	David Ng
Financial Administrator	Tracy Beauchemin
Program Coordinator	Ashley Kern
Senior Systems Navigator	Charlene Kocken
Office Administrator	Maria Lisun
Office Administrator/ Outreach	Erin Bates
Dining Room / Kitchen Assistant	Gail Krysak
Kitchen Team Member	Bety Castillo
Kitchen Team Member	Tyler Johnson
Kitchen Team Member	Heather Boychuk
Building Maintenance/ Custodian	Marco Escobar
Newsletter Editor	Cindy Dykstra
Director of Fund Development	Julie Sarich
Go-Friendly Bus Driver	Terry Beauchemin

Nord-Bridge Seniors Centre

"The Friendly Centre"

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

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

Web Page: www.nordbridgeseniors.com

Email: friendly@nordbridgeseniors.com

Find us on Facebook & Twitter!



NORD-BRIDGE SENIORS CENTRE

MISSION OF THE ASSOCIATION

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

GOAL AND MOTTO OF NORD-BRIDGE

To be known as "The Friendly Centre."

HOURS OF OPERATION

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

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

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

MEMBERSHIP

Membership is open to individuals 55 years of age and older. Yearly membership fees are \$60.00 (January 1st - December 31st, 2025). First time members, and lapsed renewals are charged an additional \$3.00 administration fee. For seniors with low income ask about the option of fee assistance through the City of Lethbridge (ask at the front desk for more information).

DUNFORD DINER

Our dining room serves delicious and nutritious hot home cooked meals Monday to Friday 8:00am – 2:00pm. A breakfast buffet is served twice a year on Annual General Meeting Days from 8:30 am– 10:30 am. Lunch hours are 11:00am - 2:00pm. Lunch "specials" are featured daily. All menu items are available for take - out, and coffee is always on.

GIFT BOUTIQUE

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

LIBRARY

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

Program Areas

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

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

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

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

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

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

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

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

Available:

MONDAY THROUGH FRIDAY :



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

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

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

Drop - In Activities

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

Carpet Bowling– Margaret Blais, Convener

Carpet Bowling is a team sport played on an indoor carpet, using bowls and a jack. The object is for the team to gain as many shots as possible by getting their bowls nearer to the jack than their opponents. Our group welcomes new members, and is willing to give instruction if needed. Carpet Bowling is held on **Wednesday & Friday at 10:00 am** in the Multi-Purpose Hall. **Returns Jan. 8. *No class on Mar. 7 & Apr. 2.**

Darts - Carol Doroshenko, Convener

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

Pool - Steve King, Convener

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

Table Shuffleboard - Clay Olsen, Convener

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

Table Tennis - Jerry Mikusek & Dave Bergen, Conveners

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

Floor Shuffleboard - Rhonda Worrall & Heather Schmitt, Conveners

Floor Shuffleboard is a game in which players use a pole - called a cue - to drive a flat, circular disc across the floor to a scoring box. Two people or teams can play floor shuffleboard against one another and try to prevent each other from scoring. This program is played every Thursday at 1:00 pm in the Multi-Purpose Hall. *** Return Jan. 9th. *No class June 5th**

Bocce - Steve King, Convener

Anyone interested in Bocce, should come out to the Nor-Bridge Lions Park at 2:00PM (weather permitting) on **Tuesdays**. Bocce will start once the weather starts to warm up (May or June). For more information refer to our monthly Newsletter.

Golf - Dan Lang & June Perreault, Conveners

Bring your golf clubs on **Tuesdays and Thursdays (weather permitting)** as the group heads to Evergreen Golf Centre once the weather starts to warm up. Watch for more information in the monthly Newsletters as to when the golf program will start.

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

This is a fun game resembling tennis in which players use paddles to hit a perforated plastic ball over a net. This is a great way to meet new people and stay active! Pre-register by calling 403-329-3222. Please wear comfortable indoor running shoes. All equipment is supplied but members are welcome to bring their own paddles and balls as well. This program **every Monday at 6:30pm & Thursday at 5:45 pm** for a drop-in fee of \$2.00 for members and \$5.00 for non members 55+. (Please pre-register through Ashley by calling 403-329-3222.) Please use the NE doors of the building as this is played in the Multi-Purpose Hall. **Returns Jan. 2.**



Cards & Board Games - Open to [Members Only](#), however if you are a non-member, you are welcome to try out the program for a maximum of three times before becoming a member. Cards play throughout the year.

Cribbage - Denis Briand, Alan Stalker & Cheryl Orr, Conveners
Cribbage is played with a regular 52-card deck, by two, three, or four players. The Crib program is played every [Friday at 1:00 pm](#) in the West Community Room.

Beginners Cribbage— Eileen Sawatsky, Convener
New to Cribbage? Come play and learn every [Tuesday afternoon at 1:30pm](#) in the Dunford Diner Annex!

Euchre- Judy Baumann & Marlene Nap, Conveners
Euchre is generally played by four persons, with a pack of 32 cards, consisting of nines through the aces. The Euchre program runs [Wednesdays at 1:00 pm](#). in the Dunford Diner Annex.

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

Contract Bridge - Dianne Smith, Convener
This program meets on [Mondays Thursdays, and Friday in the Dunford Diner Annex at 1:00 pm](#). Anyone wishing to learn the game or wanting to join in, please stop by. ***No class on May 8 & June 5**

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

Texas Hold'em - Mike Bennett, Pino Zucchelli & Marilyn Maloff, Conveners
The subject of many a disagreement in Westerns, was the game Texas Hold'em. Fast forward to present day and minus the saloon / gun fights, Texas Hold'em has become the most popular poker game in North America. Hold'em is a community card game where each player may use any combination of the five community cards and his/her own two hole cards to make a poker hand. This is a fun and easy game to learn. Texas Hold'em is played every [Tuesday at 1:00 pm](#) in the West Community Room. Wins are paid using Gift Cards.

Scrabble - Lucy Graham, Convener
Scrabble is a word game in which two to four players score points by forming words from individual lettered tiles on a game board. The words are formed across/down in a crossword fashion. Players meet on [Tuesday at 1:00 pm](#) in the Craft Room. If you are interested, drop in any Tuesday. ***No class on March 18.**

Social Activities – [Members only unless otherwise stated](#)

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

Music Makers - Gwen Whitt, Convener
The Nord-Bridge Music Makers is a group that gets together weekly to sing. This group's main focus is music and performing at different seniors' health & housing facilities. The group meets weekly at Nord-Bridge in the Dunford Diner Annex on [Tuesday from 10:00 - 11:30 am](#). New singers and acoustic instrumentalists are welcome. [We are currently looking for more singers as well! Contact Gwen if interested!](#)

"New" Comers Meet & Greet - Barb LeClair, Heather Schmitt, & Lauren Palmer, Conveners
Strangers are just friends we haven't met yet. Are you a new member and have trouble going into a room full of people that you would love to have coffee with? Lots of seniors attend Nord-Bridge for exercise, cards, or art, but this group makes that special human connection. Here is your chance to come and meet others as we are always looking for new faces. We meet [the 1st and 3rd Tuesday of every month at 10:00 am in the Dunford Diner Annex. Starting January 7th](#). Every new member will receive a FREE coupon for a treat from our Dunford Diner! Drop in any time that suits you.

Mind Joggers Writing Group - Ted Sillito, Tami Gaudry, & Judy Knox, Conveners

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

Ukulele Circle- Laree Findlay, Convener

Discover the joy of strumming and singing with us! Whether you're a seasoned ukulele pro- or a beginner, all are welcome at this program! Bring your ukulele, tuner, music stand, and let's play together! We play [every Friday from 9:00 –9:30 am is for tuning and learning & 9:30 am-10:45 am](#) is for playing music. Located in the Dunford Diner Annex and is FREE for members only drop in on what ever day works!

Baking/Cooking at the Interfaith Foodbank

In partnership with the Lethbridge Family Centre come and have fun creating and socializing while using fresh ingredients from the Chinook Country Kitchen's garden! Lots of food to take home at the end of the session as well! Please register at Nord-Bridge or call 403-329-3222 and ask for Ashley. For Seniors 55+. We begin [Tuesday, Jan. 28, Feb. 25, Mar. 25, Apr. 29, May 27, & June 26](#) at 1:00 pm — 3:00 pm located at Chinook Country Kitchen (Inside the Interfaith Foodbank) 1103 3 Ave. N. This is FREE for Members and \$15.00 for Non-Members. [Please bring to-go containers to take food home.](#)



Intergenerational Programs

LSKIP– Lethbridge Family Centre

In partnership with the Lethbridge Family Centre, this intergenerational program is with children between the ages 1 – 10 years old. Nord-Bridge Seniors and the children are then partnered up together and participate in crafts, listen to story-telling, and ending off with music and nursery rhymes. We are always looking for more fun Nord-Bridge Senior members to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up. [Upcoming dates: Wednesday, Jan. 29, Feb. 26, Mar. 26, Apr. 23, May 28, & June 25](#) at 3:15 pm- 4:15 pm in the Multi-Purpose Hall of Nord-Bridge.

Intergenerational Game Afternoon- Park Meadows Elementary School

This is an intergenerational program between the Park Meadows Elementary School Grade 5 students and Nord-Bridge Senior members. They play a variety of board games with the seniors followed by a light snack all in just over an hour We are always looking for more fun Nord-Bridge Senior members to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up. This program is FREE to join! [Upcoming Dates: Thursday, Jan. 23, Feb. 13, Mar. 20, Apr. 10, May 22, and June 19](#) at 1:20 pm –2:45 pm in the West Community Room. This is open to anyone 55+ and is free to join!

NEW Park Meadows Shadow Puppet Pilot Project

In partnership with the Park Meadows Elementary School Grade 5 Fine Arts Teacher and Nord-Bridge seniors Mind Joggers Writing Group, they will be partnered up with a child to create and perform a shadow puppet play from the short stories of the seniors. If interested, please contact Ashley at 403-329-3222. We are looking for dedicated, creative, passionate, and knowledgeable seniors. [This pilot program began in November 2024 and tentatively begins in January 2025 with more details will be announced in the monthly newsletter.](#)



Senior Assistance Programs

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

Chinook Foot & Ankle Clinic - Foot Care - 10:00 am - 12:00 pm, **Wednesday** [Jan. 15, Mar. 19, May 21 & July 2 in the craft room](#). This service is available to Nord-Bridge **Members Only**. Appointments are necessary. Please book appointments at the Front Reception Desk. If appointments are all booked - you will be placed on a waitlist and will be given a spot on the next foot clinic date. If you have an appointment and are unable to make it, please call Nord-Bridge to let us know so we can fill your appointment with someone on the wait list. There is now a **\$35.00 per patient fee**, per visit. Please be advised all nail care patients will be required to provide their own towel to place their feet on for nail care appointments.

Lawyers of Huckvale LLP - Legal Consultation is offered the **second Monday of the month** 9:00 am to 11:30 am. The lawyer will be at Nord-Bridge on the following dates: [Jan. 13, Feb. 10, Mar. 10, Apr. 14, May 12, & June 9](#). This service is for Nord-Bridge **Members Only**. Members can sign up at the Reception Desk for a half hour free consultation. These are initial consults only. They will discuss members' needs and offer advice on how best to legally proceed.

Candice and Jake Boldt of Lethbridge Hearing Centre - offer FREE hearing tests and consultations every third Thursday of the month from 10:00 am until Noon to Nord-Bridge **Members Only**. Candice or Jake will be here on [Jan. 16, Feb. 20, Mar. 20, April 17, May 15, & June 19](#). Appointments are necessary. Please book your half hour appointment at the Reception Desk.

NEW Tech Desk Help – Al, a volunteer of Nord-Bridge, will be in to answer any questions you may have about your tablet, smartphone, or laptop device. Appointments are required. Please stop by the Front Reception Desk to make an appointment. Al will be here twice a month on Thursdays from 9:30 am – 2:00 pm in the main corridor of Nord-Bridge. This is a FREE service for members ONLY. Upcoming dates: [Thursdays, January 9 & 23, Feb. 13 & 27, Mar. 13 & 27, Apr. 10 & 24, May 8 & 22, & June 12 & 26](#).

NEW Walker Repair Clinic – Thanks to *Leisters Home Care* technician, Allan, will be in Nord-Bridge's main hallway once every couple months on Wednesdays starting, [Wednesday, Feb. 12, April 16, & June 11](#) at 10:00 am. They will fix and adjust walkers for FREE! To sign up for this clinic please ask at the Front Reception Desk. ***This is for Nord-Bridge Members ONLY.***

Coffee with a Constable, with Lethbridge Police Services - Constable Leanne Christos will sit down and chat with you about any questions you may have regarding law enforcement, and concerns. Constable Christos will be in the diner the [second Wednesday of each month from 10:00 am - 11:30 am](#).

Lethbridge Polytechnic- Massage Therapy Students - If your muscles are sore come in for a free massage! Massages are on a first-come first-served basis. The Polytechnic students will be at Nord-Bridge on [Wednesday, Jan. 22 & Mar. 5 from 10:00 am - noon](#) in the Craft Room. This service is for Nord-Bridge **Members Only**. Please check with the Reception Desk and Monthly Newsletter for more information.

SAIM– Southern Alberta Institute of Massage Students– If your muscles are sore come in for a free massage! Massages are on a first-come first-served basis. They will be here on [Friday, Jan. 17 & Feb. 21 at 9:30 am-11:30 am in the Board Room](#). This service is for Nord-Bridge **Members Only**.

Out and About Coffee and Shopping [POSTPONED UNTIL FURTHER NOTICE. PLEASE CHECK AT THE FRONT DESK FOR MORE UPDATES.](#)

Member Photos with Walter All new members get a free portrait of themselves. Walter will be here the [Third Monday of every month in the Library from 10am-12pm drop in only](#) Upcoming dates: [Jan. 20, Feb. 10, Mar. 17, Apr. 14, May 12, & June 16](#).

Specsavers Optical Technician now at Nord-Bridge! Get your Glasses fixed and ask any related questions [the third Thursday of every month](#) starting at 1:00 pm. This is in the main corridor with Licensed Optician, Andrea Henning. Book your 15 minute appt. today at the Front Reception desk. [Next upcoming dates: Jan. 16, Feb. 20, Mar. 20, April. 17, May 15, & June 19. For Members ONLY.](#)

Manicures with Sylvia [once a month for \\$20 per person](#) come relax and get your nails done, with fresh nail polish and a design followed by a mini hand massage! Located in the Craft Room in the afternoon. 30 minute time slots are available. Please book at the Front Reception Desk today and please pay Sylvia. For Members ONLY. [Upcoming dates: Jan. 8, Feb. 5, Mar. 5, Apr. 2, May 7, & June 4 in the Craft Room.](#)

Seniors Systems Navigators (SSN)-The Seniors System Navigators are specialized branch of the Seniors Community Services Partnership, a collaboration between three older agencies: Lethbridge Family Services, Nord Bridge Seniors Centre, and Lethbridge Senior Citizens Organization. Together, we form a united front dedicated to enhancing the lives of older adults in Lethbridge and surrounding areas. Our mission as Senior System Navigators is to ensure that adults aged 60 and older receive the support they deserve. Whether you require information and referrals, short term case management, or outreach support, we are here to assist you every step of the way. Our team understands the complexities of navigating the systems and services available to older adults. With empathy and understanding, we can help you access the resources and assistance you need. If you have a question and would like to speak to someone you are welcome to contact Maria at the Front Reception Desk of Nord-Bridge or the intake line at (403) 329-1544 and another Navigator will be able to assist you. Professionals are welcome to make referrals directly to our team. To print the SCSP Referral Form please go to www.nordbridgeseniors.com under the Senior Assistance Programs tab.

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

Community Volunteer Income Tax Program - If you are unable to complete your income tax and benefit return by yourself and are unable to pay for assistance, our Community Volunteer Income Tax Program may be for you. Each year volunteers from the community are trained by Canada Revenue to complete simple income tax returns. Volunteers do not complete income tax and benefit returns for deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. Please note volunteers cannot prepare returns for incomes over \$25,000 for a single person and \$30,000 for a couple. [This program is offered from March to April](#), dates will be announced once volunteers are confirmed. No appointments will be allowed however, income taxes can also be dropped off at Nord-Bridge (please make sure all your tax information is included, along with your birth date, marital status, phone number, and social insurance number) between Monday-Friday 9:00 am– 3:00 pm. This is a FREE service.

NEW Service Canada Government Support at Nord-Bridge! -Connie Wyatt is a friendly government representative, who will be available for any general Service Canada inquiries related to their programs, services, or referrals to other appropriate government agencies. Whether you have questions about their programs, services, form completion, applications, understanding correspondence, MSCA, address change or direct deposit, or if you need a referral to other government agencies, she will be able to assist. Please drop in from [9:00 am - 2:00 pm the third Friday of every month. Upcoming dates: Jan. 17, Feb. 28, May 16, & June 20. A Canada Revenue Agency Staff member will also be at Nord-Bridge on these dates above. *No visits in March and April.](#)

NEW Maria's Footworks (Reflexology) -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 reflexologist's 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, migraines, insomnia, arthritis, neuropathy, diabetes, and much more. This is NOT a hand or foot massage. Maria is here once a month for \$45 per visit. Please pay Maria directly. Please book your appointment at the Front Reception Desk for Members ONLY. [Upcoming dates: Wednesdays, Feb. 12, Mar. 12, Apr. 16, May 14, and June 18. from 9:00 am-12:00 pm in the Craft Room.](#)

NEW IG Wealth Management Visits with Carol! -Have you attended one of our many finance events about Retirement Income Optimization, Wealth Transfer and Estate Planning, but gone home and done nothing even though you wanted to? Nord-Bridge is here to help you get it done by aligning with CERTIFIED FINANCIAL PLANNER®, Carol Haayema, CFP®, FMA, CKA®, Senior Financial Consultant with IG Wealth Management in a new drop in info session [the second Tuesday of every month from 10:00 am -1:00 PM.](#) Carol will be onsite at the center each month and welcomes you to stop by her table located in the main corridor of Nord-Bridge to ask questions that are on your mind, receive help and advice if needed, or a referral to someone better suited. This is free. If you and Carol do decide to work together Carol offers a fee for service which will be discussed with you ahead of time. [Upcoming dates: Jan. 14, Feb. 11, Mar. 11, & Apr. 8. No appointment required.](#)

Paid Classes and Special Programs at a Glance:

<input type="checkbox"/>	NEW Abs, Core, & More!	Session 1- Jan. 13- Mar. 3 Session 2- Mar. 10- Apr. 14 Session 3- Apr. 28- June 9	Cost: \$40.00 M Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	Active POUND®	Session 1 – Jan. 15- Mar. 5 Session 2 – Mar. 12- May 7 Session 3 – May 14- July 2	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Advanced Acrylic Paint	Session 1 – Jan. 16- Feb. 27 Session 2 – Mar. 6- Apr. 17 Session 3- Apr. 24- June 12	Cost: \$60.00 M Cost: \$60.00 M Cost: \$60.00 M
<input type="checkbox"/>	Advanced Watercolor	Session 1– Mar. 4- Apr. 22 Session 2– Apr. 29- June 10	Cost: \$50.00 M Cost: \$50.00 M
<input type="checkbox"/>	Animal Features in Pen & Ink	Apr. 9- Apr. 16	Cost: \$30.00 M
<input type="checkbox"/>	Baking/Cooking Interfaith	Jan. 28, Feb. 25, Mar. 25, Apr. 29, May 27, June 26	Cost: FREE M
<input type="checkbox"/>	Beginners Acrylic Paint	Jan. 13- Mar. 3	Cost: \$50.00 M
<input type="checkbox"/>	NEW Beginners Group Dance	Session 1- Jan. 15- Feb. 5 Session 2- Feb. 12- Mar. 5 Session 3- Mar. 12- Apr. 2	Cost: \$40.00 M Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	Begin. Line Dance Mon PM	Jan. 13- Apr. 14	Cost: \$45.00 M
<input type="checkbox"/>	Beginners Tai Chi	Session 1- Feb. 4- Mar. 4 Session 2- Apr. 15- May 13 Session 3- May 20- June 10	Cost: \$30.00 M Cost: \$30.00 M Cost: \$30.00 M
<input type="checkbox"/>	Begin. Water Color	Jan. 14- Feb. 25	Cost: \$50.00 M
<input type="checkbox"/>	Brain Knowledge Mornings	Session 1- Feb. 4- Feb. 25 Session 2- May 13- June 3	Cost: FREE Cost: FREE
<input type="checkbox"/>	Chair Yoga Monday	Session 1 – Jan. 13- Mar. 10 Session 2 – Mar. 17- May 12 Session 3– May 26- July 14	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Chair Yoga Wednesday	Session 1– Mar. 12- Apr. 30 Session 2– May 7- June 25	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Chair Yoga Friday	Session 1 – Jan. 17- Mar. 7 Session 2 – Mar. 14- May 2 Session 3- May 9- June 27	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Clogging (Begin./Intermed./Adv.)	Jan. 14- June 3	Cost: \$45.00 M
<input type="checkbox"/>	NEW Evening Gentle Barre	Session 1 – Jan. 14- Mar. 4 Session 2 – Mar. 11- Apr. 29 Session 3– May 6- June 24	Cost: \$55.00 M Cost: \$55.00 M Cost: \$55.00 M
<input type="checkbox"/>	Exercises with Arthritis	Jan. 21- June 17	Cost: \$60.00 M
<input type="checkbox"/>	Gentle Yoga Monday	Session 1 – Jan. 13- Mar. 10 Session 2 – Mar. 17- May 12 Session 3- May 26- July 14	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Gentle Yoga Wednesday	Session 1– Jan. 15- Mar. 5 Session 2– Mar. 12- Apr. 30 Session 3– May 7- June 25	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Gentle Yoga Friday	Session 1– Jan. 17- Mar. 7 Session 2– Mar. 14- May 2 Session 3– May 9- June 27	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M

<input type="checkbox"/>	NEW Golden Fit	Session 1– Jan. 13- Mar. 10 Session 2– Mar. 17- May 12 Session 3- May 26- July 14	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Guided Meditation (Virtual)	Session 1 – Jan. 22- Mar. 12 Session 2 – Mar. 26- May 14	Cost: \$25.00 M Cost: \$25.00 M
<input type="checkbox"/>	How to Use Watercolor Pencils	Mar. 12- Mar. 19	Cost: \$30.00 M
<input type="checkbox"/>	Intergenerational Game Afternoon	Jan. 23, Feb. 13, Mar. 20, Apr. 10, May 22, June 19	Cost: FREE
<input type="checkbox"/>	NEW Intro to Genealogy	Session 1– Jan. 14- Mar. 4 Session 2– Mar. 11- April 29	Cost: \$35.00 M Cost: \$35.00 M
<input type="checkbox"/>	Keep Fit Cardio Tues	Jan. 14– June 10	Cost: \$60.00 M
<input type="checkbox"/>	NEW Keep Moving with Lori	Session 1-Jan. 16- Mar. 6 Session 2- Mar. 13- May 8 Session 3- May 15- July 10	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Keep Fit Strength Thurs	Jan. 16– June 12	Cost: \$60.00 M
<input type="checkbox"/>	L-SKIP	Jan. 29, Feb. 26, Mar. 26, Apr. 23, May 28, June 25	Cost: FREE
<input type="checkbox"/>	NEW Minds in Motion	Session 1- Jan. 22- Mar. 12 Session 2- Mar. 19- May 21	Cost: \$50.00 M Cost: \$50.00 M
<input type="checkbox"/>	NEW Move Well Feel Well Chair Yoga	Jan. 15- Mar. 5	Cost: \$45.00 M
<input type="checkbox"/>	Pilates	Session 1– Jan. 16- Mar. 6 Session 2– Mar. 13- May 1 Session 3– May 8- June 26	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	NEW Self Care Yoga Wed	Session 1- Jan. 22- Mar. 12 Session 2- Mar. 19- May 7 Session 3- May 14- July 2	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Sketching & Drawing	Session 1- Mar. 10- Apr. 28 Session 2- May 5- June 23	Cost: \$50.00 M Cost: \$50.00 M
<input type="checkbox"/>	Sparkling Waters Using Watercolor	Apr. 23- Apr. 30	Cost: \$30.00 M
<input type="checkbox"/>	NEW Strength, Core & Stretch	Session 1- Jan. 14- Feb. 25 Session 2- Mar. 4- Apr. 29 Session 3- May 6- June 10	Cost: \$40.00 M Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	Ukrainian Easter Egg Painting	March 18	Cost: \$30.00 M
<input type="checkbox"/>	Virtual Cooking Class (Zoom)	Feb. 19, Mar. 19, Apr. 23, May 21, June 25	Cost: \$30.00
<input type="checkbox"/>	NEW Yin & Yoga Nidra Tues	Session 1- Mar. 11- Apr. 29 Session 2- May 6- June 24	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	NEW Yoga Thrive Tues	Jan. 14- Mar. 4	Cost: \$50.00 M
<input type="checkbox"/>	White Animals on Colored Paper	Jan. 22- Jan. 29	Cost: \$30.00 M
<input type="checkbox"/>	Winter Landscapes in Watercolor	Feb. 12- Feb. 19	Cost: \$30.00 M
<input type="checkbox"/>	YMCA Beginners Pickleball	Jan. 15- June 4	Cost: \$120.00 M
<input type="checkbox"/>	Zumba GOLD®	Session 1– Jan. 14- Mar. 4 Session 2– Mar. 11- Apr. 29 Session 3– May 6- June 24	Cost: \$45.00 M Cost: \$45.00 M Cost: \$45.00 M



WINTER 2025 PROGRAM REGISTRATION FORM:

Name & Member Number: _____

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

Member Renewal for 2025: YES or NO (circle one) \$60.00

New Member Fee: YES or NO (circle one) \$63.00

For Reception Staff ONLY: Program Sub-Total: \$ _____

If registering in person, this form MUST be taken and filled out starting on Tuesday, January 7th. Membership Sub-Total \$ _____

TOTAL: \$ _____

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

* * * * *

Important Program Registration Information:

Starting January 7th: We highly recommend registering for all classes online at www.nordbridgeseniors.com or if needed, in person. Please **DO NOT** call in on January 7th, as we will not be able to answer the phones. Participants can register for any art, fitness, special programs, mental health and wellness programs starting on this date.

Registering Online:

We highly encourage members to register and pay online, if you are wanting to pay over the phone, please call us after Jan. 7th and select "Pay Minimum" in payment option. Please follow the steps below of how to register. If you need help, please give us a call **BEFORE** registration begins and we will go through it with you.

Registering in Person:

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

Steps to Register Online:

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



Winter 2025 - Paid Classes & Special Programs

In order to take advantage of Nord-Bridge member price for the programs, a current 2025 membership is required. The course registration fee must be paid in full prior to the start of class.

Arts & Crafts Programs

Beginners Watercolor (No Experience Required)

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

<u>Begins:</u>	Tuesday, Jan. 14	Ends: Feb. 25
<u>Time:</u>	9:30 am – 11:30 am	Location: Craft Room
<u>Instructor:</u>	Denise Savard	Maximum: 8 students
<u>Fee:</u>	Members: \$50.00	Non-Members: \$70.00

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

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

<u>Session 1:</u>	Tuesday, Mar. 4	Ends: Apr. 22 *No class March 18
<u>Session 2:</u>	Tuesday, April 29	Ends: June 10
<u>Time:</u>	9:30 am – 11:30 am	Location: Craft Room
<u>Instructor:</u>	Denise Savard	Maximum: 8 students
<u>Fee:</u>	Members: \$50.00 (for each session)	Non-Members: \$70.00 (for each session)

Beginners Acrylic Painting with Gordon Perret

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

<u>Begins:</u>	Monday, Jan 13	Ends: Mar. 3 *No class Feb. 17
<u>Time:</u>	10:00 am – Noon	Location: Craft Room
<u>Fee:</u>	Members \$50.00	Non-Members: \$70.00

NEW Sketching and Drawing with Gordon Perret

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

<u>Session 1:</u>	Monday, March 10	Ends: April 28 *No class April 21
<u>Session 2:</u>	Monday, May 5	Ends: June 23 *No class May 19
<u>Time:</u>	10:00 am – Noon	Location: Craft Room
<u>Fee:</u>	\$50.00 (for each session)	Non-Members: \$70.00 (for each session)

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

In this acrylic painting class, you will not only learn how to paint with acrylics, but also experiment with color mixing, develop brush stroke techniques, discover how to glaze, and practice composition using still life and photos for reference. The purpose of this class is to improve your painting skills and to have fun! **The participant is required to buy their own supplies before the class. A complete supply list will be given at the time of registration.**

<u>Session 1:</u>	Thursdays, Jan. 16	Ends: Feb. 27
<u>Session 2:</u>	Thursdays, Mar. 6	Ends: April 17
<u>Session 3:</u>	Thursdays, April 24	Ends: June 12 *No class June 5
<u>Location:</u>	Flex Room	Time: 1:00 pm - 3:30 pm
<u>Fee:</u>	Members: \$60.00	Non-Members: \$80.00

NEW Ukrainian Easter Egg Painting - Three Hour Workshop

Back by popular demand we are happy to offer another Ukrainian Easter Egg Painting class. Come learn how to create your own Ukrainian Egg masterpiece just in time for Easter with Janet Tilbe who has many years of experience! All supplies will be provided and no previous experience required. Morning or afternoon option available.

Begins: Tuesday, March 18
Time: 9:00 am - 12:00 pm OR 1:30pm – 4:30 pm
Location: Craft Room
Fee: Members: \$30.00 Non Members: \$50.00

NEW White Animals on Colored Paper - Donna Gallant

We will use colored pencil or soft pastel pencils (your choice) to drawing white animals on colored paper. Such a unique way to work by using the coloured paper as one of our values for creating our animals and their environment. It's almost a reverse way of drawing. The class is two weeks long and will be a great way to start off the New Year. This is for all skill levels. **The participant is required to buy their own supplies before the class. *Please pick up a supply list when registering.***

Begins: Wednesday, Jan. 22
Time: 1:00 pm – 3:00 pm
Fee: Members: \$30.00
 Ends: Jan. 29
 Location: Craft Room
 Non-Members: \$50.00

NEW Winter Landscapes in Watercolor - Donna Gallant

In this two week class, we will use salt and rubbing alcohol techniques to create snowy winter landscapes in watercolour. 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. **The participant is required to buy their own supplies before the class. *Please pick up a supply list when registering.***

Begins: Wednesday, Feb. 12
Time: 1:00 pm– 3:00 pm
Fee: Members: \$30.00
 Ends: Feb. 19
 Location: Craft Room
 Non-Members: \$50.00

NEW How to Use Watercolor Pencils- Donna Gallant

Have you ever wondered how you can make a drawing into a painting? In this two week class you will discover the answer. So many advancements have been created in the last few decades in painting materials and techniques including the use of watercolour pencils. Learn how to use these pencils to create either a painting or just keep it a drawing or a little of both. They are fun and easy, just add water. These are great to work with on location or traveling. This is for all skill levels. **The participant is required to buy their own supplies before the class. *Please pick up a supply list when registering.***

Begins: Wednesday, Mar. 12
Time: 1:00 pm– 3:00 pm
Fee: Members: \$30.00
 Ends: Mar. 19
 Location: Craft Room
 Non-Members: \$50.00

NEW Animal Features in Pen and Ink- Donna Gallant

In this two week class we will concentrate on animal features like eyes, noses, ears and mouths. We will keep it simple by using fine tips felt pens for our ink and colored pencil to fill in the coloured areas. It's more of a close up look at these feature which make up our animal faces. A cat's eye is different than a goats eye. Come and analyze them for yourself. This is for all skill levels. **The participant is required to buy their own supplies before the class. *Please pick up a supply list when registering.***

Begins: Wednesday, Apr. 9
Time: 1:00 pm– 3:00 pm
Fee: Members: \$30.00
 Ends: April 16
 Location: Craft Room
 Non-Members: \$50.00

NEW Sparkling Waters Using Watercolor Techniques- Donna Gallant

Learn several different techniques to create water that sparkles with watercolour in this two week class. Such as brush handling, keeping the white of the paper, how to bring back the white of the paper and mixing other mediums together to create that shimmering waters. Learning these techniques can also transfer to painting other subjects for future projects. This is for all skill levels. **The participant is required to buy their own supplies before the class. *Please pick up a supply list when registering.***

Begins: Wednesday, Apr. 23
Time: 1:00 pm– 3:00 pm
Fee: Members: \$30.00
 Ends: April 30
 Location: Craft Room
 Non-Members: \$50.00

Arts & Crafts Clubs- Members Only

NEW Handy Crafters

Come craft with us! Bring along any craft you enjoy doing. We also create cards together. This is an introduction to card making learning measurements and decorating using a manual dye cutting machine, paper, and embellishments. Some supplies. Some supplies included but please contact Connie for more info. Instruction for card making is provided on Wednesdays and "go at your own pace" classes are on Fridays. This group meets on Wednesdays at 9:00 am in the Flex room & Fridays at 9:00 am in the Craft Room. For information on this Club, please talk to the coordinator Connie Quintin at 403-795-7709. There is a member annual fee of \$20.00 for Wednesday and \$20.00 for Friday classes. [Begins Jan. 3rd.](#)

Art & Soul Watercolor Club

The Watercolor Club is a group of painters who have been meeting on a regular basis, sharing ideas, techniques and resources. While their primary purpose is to paint, it is important that the group retain its friendly, positive, encouraging atmosphere. The group plans occasional one day workshops, and would welcome artists who are willing to teach. The Watercolor Club meets every Tuesday afternoon at 1:00 pm in the new "Flex" room (located beside the pool room). For information on this Club, please talk to the co-coordinator Erika Bosters. There is a \$20.00 fee for members. [Begins Jan. 7th.](#) [This Club is FULL.](#)

NEW Watercolor Club

This is the newest watercolor club similar to the "Art and Soul Watercolor Club" where a group of painters meet on a regular basis, sharing ideas, techniques and resources. The Watercolor Club meets every Friday afternoon at 1:00 pm in the new "Flex" room (located beside the pool room) There will be no club from September– December 2025. For information on this Club, please talk to the co-coordinator, Sandy Nowell. There is a \$20.00 fee for members. [Begins Jan. 10th.](#)

Quilters Krafters

This group of crafters is calling all knitters, crocheters, quilters, and crafters. They invite you to meet with them on a weekly basis for a social get-together. Bring your own work projects to work on, and ideas to share. The Club meets every Monday afternoon in the new Flex Room (located beside the pool room) from 1:00 pm - 3:00 pm. For more information on this club please contact Lois Cicman. [Begins Jan. 6th.](#)

The Card Crafters

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

Woodcarving

In this class you will learn the art of carving wood. You will be able to create your own carved projects. Beginning students who have little or no experience in carving are welcome. Come join in for an adventure in Woodcarving. This class is ongoing so you can register and join anytime on Mondays and Thursdays from 1:00 pm —3:30 pm in the Craft Room. There is a member fee of \$15.00 and a Non Member fee of \$35.00 for both Monday and Thursday classes. [*No class on June 5th.](#)

Education

NEW Intro to Genealogy

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

<u>Session 1 Begins:</u>	Tuesday, January 14	Ends: March 4
<u>Session 2 Begins:</u>	Tuesday, Mar. 11	Ends: Apr. 29
Time:	10:30 am — 11:30 am	Location: Flex Room
Fee: Members:	\$35.00	Non Members: \$55.00
Instructor:	Barbara Dudley	Max. Attendees: 10

Brain Knowledge Mornings with Building Brains Together!

A notable determinant of brain health is executive function. Join the Building Brains team from the University of Lethbridge Neuroscience department to refresh your knowledge about the brain and try some fun activities that enhance and strengthen brain function! [Registration required any time after Jan. 7th.](#) [*Please note session 1 has an earlier time than session 2.](#)

<u>Session 1 Begins:</u>	Tuesday, Feb. 4	Ends: Feb. 25
Time:	9:00 am -10:00 am	Location: Flex Room (beside the pool room)
<u>Session 2 Begins:</u>	Tuesday, May 13	Ends: June 3
Time:	10:00am– 11:00 am	Location: Flex Room (beside the pool room)
Fee:	FREE for anyone 55+	
Instructor:	Vicki Hazelwood	

Fitness Programs

Clogging

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

Begins: Tuesday, January 14 – June 3
Time: 10:30 am ***New 45 min classes (Beginner/ Intermediate)**
 11:15 am ***New 45 min. Classes (Advanced)**
Fee: Members: \$45.00 Non-Members: \$55.00
Drop In Fee: \$6.00 Members \$7.00 Non-Members
Location: West Community Room
Instructor: Sandy Nowell

Line Dancing with Diane

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

Monday AM Improver Class

Begins: Jan. 13 (throughout year) *No class Feb. 17, Apr. 21, & May 19
Location: Multi-Purpose Hall
Time: 10:00 am—11:30 am
Fee: Drop in: \$5.00 Members \$6.00 Non-Members



Monday PM Beginners Class

Begins: Jan. 13 – Apr. 14 *No class Feb. 17
Location: West Community Room
Time: 1:00 pm - 2:00 pm
Fee: \$45.00 for Members \$55.00 Non-Members (no drop ins allowed Max. 12)

Thursday Intermediate Class

Begins: Jan. 16 (throughout year) *No class June 5
Location: Multi-Purpose Hall
Time: 9:00 am – 10:30 am
Fee: Drop in: \$5.00 for members \$6.00 non-members

NEW Beginners Group Dance with Alberta Rose Country Dancers!

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

Session 1 Begins: Wednesday, January 15- February 5
Session 2 Begins: Wednesday, February 12- March 5
Session 3 Begins: Wednesday, March 12- April 2
Time: 5:30 pm- 7:00 pm Location: Multi-Purpose Hall
Fee: Members: \$40.00 (per couple) Non- Members: \$60.00 (per couple)
Instructors: Connelly & Bernice Robichaud *No drop ins allowed

NEW Strength, Core & Stretch with Tracy!

Create core strength in various exercises for 25 minutes, followed by a full body stretch and finishing with some relaxed meditation to carry you through the rest of your day. A variety of equipment will be used and modifications will be given for all fitness levels. Please dress in comfortable workout clothing and indoor footwear. Please bring a yoga mat and a water bottle.

Session 1 Begins: Tuesday, January 14 – Feb. 25
Session 2 Begins: Tuesday, Mar. 4- Apr. 29 *No class Mar. 11 & 18
Session 3 Begins: Tuesday, May 6- June 10
Time: 9:00 am- 9:45 am
Location: West Community Room
Fee: \$40.00 Members \$60.00 Non-Members (for each session)

Keep Fit Cardio with Tracy!

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

Begins: Tuesday, January 14– June 10
Time: 11:00 am- 11:45 am
Location: Multi-Purpose Hall
Fee: \$60.00 Members \$80.00 Non-Members

NEW Abs, Core, & More with Tracy!

Learn how to activate and strengthen your abdominals and core using a variety of techniques. This will including bodyweight exercises, hand weights, bands and other fun equipment to work those muscles. This will include both standing and on the floor work. Bring your indoor shoes, water, and a mat.

Session 1 Begins: Mondays, Jan. 13- Mar. 3 *No class on Feb. 17
Session 2 Begins: Mondays, Mar. 10- April 14
Session 3 Begins: Mondays, April 28- June 9 *No class May 19
Time: 11:45am- 12:30 pm
Location: West Community Room
Fee: \$40.00 Members Non Members \$60.00 (for each session)

Keep Fit Strength with Tracy!

Want to tone and shape your muscles? This class is geared to develop muscular strength and endurance. Enjoy walking & weights together working the lower and upper body with easy to follow and modify exercises, all while working on coordination, balance and flexibility. No impact functional exercises will focus on strengthening independence in daily living activities. Bring your indoor shoes and some water.

Begins: Thursday, January 16– June 12 *No class June 5
Time: 11:00 am- 11:45 am
Location: Multi-Purpose Hall
Fee: \$60.00 Members \$80.00 Non Members

Beginners Tai Chi with Bylinda Mason

Beginners Tai Chi with Bylinda Mason. Tai Chi is mind-body exercise and is gentle flowing and low impact. This is for beginners. Participants will learn the basic steps and hand movements of Tai Chi along with proper warm up and cool down exercises. Participants will learn the Simplified 10 Form Tai Chi Yang Style, along with 8 Pieces Brocade QiGong. By the end of the 5 weeks participants will be able to perform the 10 Form Tai Chi Yang Style with confidence. Many benefits include, increased muscle strength and bone density, lower blood pressure, improved balance, coordination and flexibility, reduced pain and stiffness, increased immunity, stress reduction and mental peace.

Session 1 Begins: Tuesday, February 4- Mar. 4
Session 2 Begins: Tuesday, April 15- May 13
Session 3 Begins: Tuesday, May 20- June 10
Location: Multi-Purpose Hall
Time: 12:15 pm—1:15 pm
Fee: \$30.00 Members \$50.00 Non -Members *No drop ins allowed

YMCA Beginners Pickleball

This is the newest partnership between Nord-Bridge and the Cor Van Ray YMCA on the west side of Lethbridge. This is a recreational group for beginners looking to gain more experience in the game of pickleball. All equipment is provided so come and meet new people while getting some exercise in! No drop ins are allowed so please pre-register for this session starting January 7th online at www.nordbridgeseniors.com or in person at 1904 13 Ave. N.

Begins: Wednesday, January 15 – June 4
Location: **Cor Van Ray YMCA Court # 2 (74 Mauretania Rd. W.)**
Time: 6:00pm - 9:00 pm
Instructor: Patrick Lapointe & Maurice Aubin
Fee: Nord-Bridge Members ONLY: \$120.00 or FREE for YMCA members

Pilates

Lead by Donna Tiefenbach, Pilates is a whole body workout, focusing on core, leg, and arm strength, balance and stability. Modifications always offered. Bring a mat and water bottle.

<u>Session 1 Begins:</u>	Thursday, January 16	Ends: March 6
<u>Session 2 Begins:</u>	Thursday, March 13	Ends: May 1
<u>Session 3 Begins:</u>	Thursday, May 8	Ends: June 26
Time:	8:45 am – 9:30 am <i>*New Time</i>	
Location:	West Community Room	
Fee:	Members: \$45.00	Non Members: \$65.00

ZUMBA GOLD®

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

<u>Session 1 Begins:</u>	Tuesdays, January 14	Ends: March 4
<u>Session 2 Begins:</u>	Tuesdays, March 11	Ends: April 29
<u>Session 3 Begins:</u>	Tuesdays, May 6	Ends: June 24
Time:	9:00 am – 9:45 am	Location: Multi-Purpose Hall
Fee:	Members: \$45.00	Non-Members: \$65.00
Drop in Fees:	Members: \$8.00/class	Non-Members: \$12.00/class

NEW Evening Gentle Barre

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

<u>Session 1 Begins:</u>	Tuesdays, January 14	Ends: March 4
<u>Session 2 Begins:</u>	Tuesdays, March 11	Ends: April 29
<u>Session 3 Begins:</u>	Tuesdays, May 6	Ends: June 24
Time:	5:00 pm – 5:45 pm	Location: Multi-Purpose
Fee:	Members: \$55.00	Non-Members: \$75.00
Drop in Fees:	Members: \$10.00/cl	Non-Members: \$13.00/cl
Instructor:	Sheila Mulgrew	

Active POUND 55+ with Sheila!

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

<u>Session 1 Begins:</u>	Wednesdays, January 15	Ends: Mar. 5
<u>Session 2 Begins:</u>	Wednesdays, March 12	Ends: May 7 *No class Apr. 2
<u>Session 3 Begins:</u>	Wednesdays, May 14	Ends: July 2
Time:	8:45 am – 9:30 am	Location: Multi-Purpose
Fee:	Members: \$45.00	Non-Members: \$65.00
Drop in Fees:	Members: \$8.00/cl	Non-Members: \$12.00/cl
Instructor:	Sheila Mulgrew	

Yoga- We offer a variety of yoga classes at Nord-Bridge. Please see below.

Maximum: 14 Students (Gentle Yoga, Self Care, Yoga Thrive, Yin Yoga) 20 Students (Chair Yoga & Move Well Feel Well)

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

Move Well Feel Well Chair Yoga (For a Limited Time)

Combining Chair and Standing yoga, we will explore ways to keep you flexible and mobile using a range of fun props and items you have at home. This class is only offered for eight weeks.

Gentle Yoga

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

Chair Yoga

A gentle, flowing yoga class for all levels. Poses enhance strength, mobility, range-of-motion, and balance. The chair can be used as a prop, or you may remain sitting for the whole class. Pose options and modifications are available throughout the class. This is a very beneficial class for those looking for a gentle way to lengthen, and strengthen muscles and ligaments. This class will also help bring an overall sense of balance and calmness. Please bring a water bottle, everything else will be provided. Most of these classes use the chair only, due to the difficulty of getting down or up from the floor.

Yin & Yoga Nidra

is a slow-paced, therapeutic style of yoga. Yin postures are more passive postures, held for a few minutes. In this class we will explore the postures in seated, lying down positions as well using the wall for support. **YOGA NIDRA** is a form of guided meditation that allows you to scan your body and tap into a state of consciousness as the mind settles in a place between wakefulness and sleep (15 minutes of Nidra = approx. 1 hour of sleep). We will combine these two to create a more relaxing and releasing yoga practice throughout the body and mind. *** Please bring your own yoga mat to this class***

Self Care Yoga

learn more about self care, breathwork, mindfulness and yoga. In this choice driven trauma informed practice, a grounding mindfulness practice will be introduced ie, body scan, grounding exercise, & breathing exercises. The practice will then move to asana (poses) and pranayama (breath) with variations and modifications being shared. The last 5- 10 minutes will be a shavasna (resting pose) with a mindfulness practice to end the session. No previous yoga experience necessary. **Not sure if you will like this program? Come and try a FREE drop in on Wednesday, January 15th!*** *** Please bring your own yoga mat to this class***

Yoga Thrive

is an evidence informed yoga program for people with cancer, those beyond cancer, and their support persons. This gentle therapeutic yoga program provides a nurturing group environment, while imparting the personalized approach necessary to empower each of its participants. Yoga Thrive aims to enhance participant's overall quality of life by improving mobility, stability, strength, and energy while reducing the pain and side effects of cancer and its treatment. Our students become more relaxed, better able to cope, and comfortable enough to reconnect more deeply to themselves and what is of value to them. Cheris Samuels-Murdoch (Cherry Rock Lifestyle) Tyla Arnason and Dr. Culos-Reed lead the Yoga Thrive Teacher Training Program that equips certified yoga instructors throughout Canada and the U.S. with the skillset necessary to teach within the cancer community. The aim is THRIVING not just SURVIVING!

Please ask for an intake form during registration *** Please bring your own yoga mat to this class***

Prices and dates are on the next page:

Monday Gentle Yoga

<u>Session 1 Begins:</u>	Monday, January 13	Ends: March 10 *No class Feb. 17
<u>Session 2 Begins:</u>	Monday, March 17	Ends: May 12 *No class April 21
<u>Session 3 Begins:</u>	Monday, May 26	Ends: July 14
Time:	9:00 am – 10:00 am	Location: West Community Room
Fee:	Members: \$45.00	Non-Members: \$65.00
Instructor:	Donna Tiefenbach	

Monday Chair Yoga

<u>Session 1 Begins:</u>	Monday, January 13	Ends: March 10 *No class Feb. 17
<u>Session 2 Begins:</u>	Monday, March 17	Ends: May 12 *No class April 21
<u>Session 3 Begins:</u>	Monday, May 26	Ends: July 14
Time:	10:30 am – 11:15 am	Location: West Community Room
Fee:	Members: \$45.00	Non-Members: \$65.00
Instructor:	Donna Tiefenbach	

NEW Tuesday Yoga Thrive

<u>Begins:</u>	Tuesday, January 14	Ends: Mar. 4
Time:	5:45 pm- 6:45 pm	Location: Multi-Purpose Hall
Fee:	Members: \$50.00	Non-Members: \$70.00
Instructor:	Cheris Samuels-Murdoch	

NEW Tuesday Yin & Yoga Nidra

<u>Session 1 Begins:</u>	Tuesday, Mar. 11	Ends: April 29
<u>Session 2 Begins:</u>	Tuesday, May 6	Ends: June 24
Time:	5:45 pm– 6:45 pm	Location: Multi-Purpose Hall
Fee:	Members: \$45.00	Non-Members: \$65.00
Instructor:	Cheris Samuels-Murdoch	

Wednesday Gentle Yoga

<u>Session 1 Begins:</u>	Wednesday, January 15	Ends: March 5
<u>Session 2 Begins:</u>	Wednesday, March 12	Ends: April 30
<u>Session 3 Begins:</u>	Wednesday, May 7	Ends: June 25
Time:	9:00 am – 10:00 am	Location: West Community Room
Fee:	Members: \$45.00	Non-Members: \$65.00
Instructor:	Tamaki Saga	

NEW Wednesday Move Well Feel Well Chair Yoga

<u>Begins:</u>	Wednesday, January 15	Ends: March 5
Time:	10:30 am – 11:15 am	Location: West Community Room
Fee:	Members: \$45.00	Non-Members: \$65.00
Instructor:	Rachel Foster	

Wednesday Chair Yoga

<u>Session 1 Begins:</u>	Wednesday, March 12	Ends: April 30
<u>Session 2 Begins:</u>	Wednesday, May 7	Ends: June 25
Time:	10:30 am – 11:15 am	Location: West Community Room
Fee:	Members: \$45.00	Non-Members: \$65.00
Instructor:	Tamaki Saga	

NEW Wednesday Self Care Yoga

Not sure if you will like this program? Come and try a FREE drop in on Wednesday, January 15th!*

<u>Session 1 Begins:</u>	Wednesday, Jan. 22	Ends: Mar. 12
<u>Session 2 Begins:</u>	Wednesday, Mar. 19	Ends: May 7
<u>Session 3 Begins:</u>	Wednesday, May 14	Ends: July 2
Time:	3:30 pm – 4:30 pm	Location: West Community Room
Fee:	Members: \$45.00	Non-Members: \$65.00
Instructor:	Brandy Tonin	

Friday Gentle Yoga

<u>Session 1 Begins:</u>	Friday, January 17	Ends: March 7
<u>Session 2 Begins:</u>	Friday, March 14	Ends: May 2
<u>Session 3 Begins:</u>	Friday, May 9	Ends: June 27
Time:	9:00 am- 10:00 am	Location: West Community Room
Fee:	Members: \$45.00	Non-Members: \$65.00
Instructor:	Donna Tiefenbach	

Friday Chair Yoga

<u>Session 1 Begins:</u>	Friday, January 17	Ends: March 7
<u>Session 2 Begins:</u>	Friday, March 14	Ends: May 2
<u>Session 3 Begins:</u>	Friday, May 9	Ends: June 27
Time:	10:30 am – 11:15 am	Location: West Community Room
Fee:	Members: \$45.00	Non-Members: \$65.00
Instructor:	Donna Tiefenbach	

NEW Golden Fit with Anna in Partnership with the YMCA!

Experience fitness and functional movements in our Golden Fit class. This class is designed for seniors with focus on functional fitness, strength, balance, and flexibility through the use of various equipment and can be easily modified for all levels.

<u>Session 1 Begins:</u>	Monday, Jan. 13	Ends: Mar. 10	*No class Feb. 17
<u>Session 2 Begins:</u>	Monday, Mar. 17	Ends: May 12	*No class April 21
<u>Session 3 Begins:</u>	Monday, May 26	Ends: July 14	
Time:	5:00 pm – 5:45 pm	Location: Multi-Purpose Hall	
Fee:	Members: \$45.00	Non-Members: \$65.00	

**NEW Keep Moving (Fall prevention Class) with Lori!**

Come join us at the newest "Keep Moving" class at Nord-Bridge! Improve your balance and get stronger with BCRPA Certified Trainer, Lori Gregory! Ideal for those with Osteoporosis, arthritis, MC, stroke Recovery, and other mobility concerns.

<u>Session 1 Begins:</u>	Thursday, Jan. 16	Ends: Mar. 6	
<u>Session 2 Begins:</u>	Thursday, Mar. 13	Ends: May 8	*No class April 10
<u>Session 3 Begins:</u>	Thursday, May 15	Ends: July 10	*No class June 5
Time:	10:30 am- 11:30 am	Location: West Community Room	
Fee:	Members: \$45.00	Non-Members: \$65.00	

Exercises with Arthritis

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

<u>Begins:</u>	Tuesday, January 21 – June 17	
Location:	Multi-Purpose Hall	Location: Multi-Purpose Hall
Time:	3:00 pm - 3:45 pm	Non- Members: \$80.00
Fee:	Members: \$60.00	
Instructor:	Donna Tiefenbach	



Mental Health and Wellness Programs

Hello Monday with the Recovery College

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

Begins: Mondays starting January 6 *No classes on stat holidays*
Time: 9:00 am - 10:00 am ***New time**
Fee: FREE for anyone 55+
Location: Flex Room
Instructor: Darrel Chipman



NEW Monday Morning Check In

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

Begins: Mondays starting January 6 *No classes on stat holidays*
Time: 10:30 am- 11:30 am ***New time**
Fee: FREE for anyone 55+
Location: Flex Room
Instructor: Darrel Chipman

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

Minds in Motion® is a program designed for people with early to mid-stage Alzheimer's disease or another dementia to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment. The client will stay physically active, meet and socialize with others living with dementia, get involved in activities such as board games, bingo, and other cognitive games and have access to info about dementia and support as needed. The client and their friend, family member or care partner are required to attend all sessions together.

Session 1 Begins: Wednesday, January 22 Ends: March 12
Session 2 Begins: Wednesday, March 19 Ends: May 21 ***No class April 9 & 16**
Time: 1:30 pm- 3:30 pm
Fee: \$50.00 for anyone 55 and older (for client and their caregiver)
Location: West Community Room
Instructors: Lori Gregory & Charlene Kocken

COMPASS for the Caregiver Support Group

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

Gaming

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

All members and their friends (over the age of 18) are welcome to attend our weekly bingo program. This popular program is held on Fridays at 1:00 pm in the Multi-Purpose Hall. Contact the Front Reception Desk for more information. Come out & give your luck a try! This is for anyone in the community.

Virtual Classes

Guided Meditation (Virtual)

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

Session 1: Wednesday, Jan. 22- Mar. 12
Session 2: Wednesday, Mar. 26-May 14
 Time: 9:00 – 9:45 am
 Location: ZOOM Video Platform
 Fee: Members: \$25.00 & Non-Members: \$45.00



Cooking via ZOOM with Ashley

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned & dropped off at your door step! Various healthy recipes are explored each month so if you have a suggestion of something you would like to make let Ashley know! ***Please read the monthly newsletters for what we will be cooking each month.**

Date: Wednesday, Feb. 19, Mar. 19, April 23, May 21 & June 25
Time: 11:15 am – 12:15 pm
Fee: \$30.00 for anyone 55+
Location: Virtually- ZOOM video platform

***Never used ZOOM before but have an iPad, tablet, or laptop? We can help just give us a call at 403-329-3222!**



Information Sessions for Winter 2025:

Thursday, January 23 @ 10:00 am- Alzheimer's Awareness Info Session thanks to the Alzheimer's Society (Flex Room)

Thursday, February 6 @ 9:00 am - Financial Information Session thanks to ATB Financial (Flex Room)

Thursday, February 13 @ 9:00 am - Fraud Information Session thanks to ATB Financial (Flex Room)

Wednesday, April 2 @ 9:30 am -Annual General Meeting (Multi-Purpose Hall)

Legend:

***Blue Font Color- Registration required**

***Black Font Color - Registration NOT required**



Fun at Nord-Bridge the last year more photos on the last page of this book!



NORD-BRIDGE SENIORS FITNESS 55 PLUS CLUB

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

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

All Nord-Bridge members are invited to visit the FITNESS 55 CLUB. Prospective Nord-Bridge members are welcome to a free orientation to the Fitness 55 Club by booking an appointment with Cheris Samuels-Murdoch who is a certified AFLCA Fitness Instructor in Group Fitness & Older Adult Resistance Training. **Please book your appointment at the Front Reception Desk, various days of the week are available. Please come ready to work out and always wear indoor shoes for the gym.**



***Membership is available if either you or your spouse is 55 or older.**

FEES

NEW Annual Pass - \$225*

NEW Monthly Pass - \$25*

NEW 20 Visit Pass - \$40*

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

HOURS

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

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



Outreach Program

Nord-Bridge Seniors Outreach Program provides special programs for Seniors 55+. Socials are organized on the **3rd Monday** of each month (**dates adjusted for February, April and May due to stat holiday**). Transportation is available to and from home and also seniors are welcome including members of Nord-Bridge. (Participants requiring only "light hand lift assistance" can book to attend the Centre on the "GO FRIENDLY SHUTTLE" at 403-329-3222. Should you need wheelchair assessable transportation, book with Lethbridge Access-A-Ride at 403-329-6464. To register please contact Erin at 403-329-3222 participants need to register by Thursday the week before at noon. A small monthly program cost of \$3.00 is charged for Outreach Socials. This fee helps with food and related expenses.

January 20, 2025	1:30 pm	Program: Celebrate Robbie Burns- Scottish Style! Entertainment: Celtic Routes
February 10, 2025	1:30 pm	Program: Valentines Cupid Party Fun Entertainment: Accordion Jam
March 17, 2025	1:30 pm	Program: St. Patricks Irish Fling Party Entertainment: Doug & Friends
April 14, 2025	1:30 pm	Program: Put on Your Easter Bonnet Entertainment: TBA
May 12, 2025	1:30 pm	Program: Cinco De Mayo- Off to Mexico on Flight 1904 Entertainment: Doug & Friends

Social / Fundraiser Functions

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

Friday, February 14, 2025	Valentines Day Luncheon (<i>Diner</i>)	11:30 am
Friday, March 7, 2025	In-House Awards Luncheon (<i>Multi-Purpose Hall</i>)	11:00 am
Friday, March 14, 2025	St. Patricks Day Celebration (<i>Diner</i>)	11:00 am
Friday, April 4, 2025	Green Shirt Day (Logan Boulet) (<i>Diner</i>)	11:00 am
Thursday, April 24, 2025	Life Members Luncheon (<i>Annex</i>)	11:00 am
Saturday, April 26, 2025	Under The Northern Lights Gala	6:00 pm
Thursday, May 1, 2025	Volunteer Thank You Drop In (<i>Diner</i>)	2:00 pm
Friday, May 2, 2025	Cinco De Mayo Lunch (<i>Diner</i>)	11:00 am
Friday, May 9, 2025	Mothers Day Luncheon (<i>Diner</i>)	11:30 am
Tuesday, June 3, 2025	Seniors Wk. Pancake Breakfast (<i>Diner</i>)	8:30am
Thursday, June 5, 2025	Seniors Week BBQ Picnic (<i>Rotary Picnic</i>)	11:00 am
Saturday, June 21– 22	Dragon Boat Races (<i>Henderson Lake</i>)	8:00 am
Sunday, June 22, 2025	Third Annual Show & Shine BBQ	11:00 am
Friday, June 27, 2025	Canada Day BBQ Buffet (<i>Diner</i>)	11:00 am

