

NEWSLETTER

February 2025



We love our monthly Intergenerational Board Game Afternoons with grade 5 students from Park Meadows Elementary! Our next event takes place Thursday, February 13 - come and join us for an afternoon of games and snacks! This is a great opportunity to connect with the younger generation. We also have a monthly Intergenerational Craft and Music Afternoon in partnership with the Lethbridge Family Centre. This program brings seniors together with children aged 1-10 for an hour of crafts, music and story-telling. Our next date is Wednesday, February 26. We are always looking for more volunteers in both of these intergenerational programs. If you have any questions, call 403-329-3222 or drop by Nord-Bridge and ask for Ashley!

PRESIDENT'S REPORT

Welcome February!

Don't forget the Valentine's luncheon on Friday, February 14 at 11:30am in the Dunford Diner. Tickets go on sale Tuesday, February 4 at 8:30am, for \$15 per person.

A big thank you to all the volunteers that helped to take down all the Christmas trees and decorations. A job well done.

Another big thank you to Doug Youngren for the many volunteer hours putting on the Monday Morning Jams, the Friday Evening Jams and Dance in the Multi-Purpose Hall, and entertaining at Outreach events on Monday afternoons. He has spent 20 years doing all of this volunteering for Nord-Bridge Seniors Centre. Thank you again Doug - you will be missed.

Don't forget Coffee with a Constable on Wednesday, February 13 from 10:00am to 11:30am, with Constable Leanne Christos of the Lethbridge Police Service. Hope to see you there.

If you want your picture taken as a new member, come in and see Walter Kerber on Monday, February 10th at 10:00am in the Library. Free portraits for new members!

Free hearing tests at Nord-Bridge, performed by Lethbridge Hearing Centre, take place on Thursday, February 20. Appointments are necessary - book your appointment at the Front Reception Desk.

Come and enjoy free massages by students from the Southern Alberta Institute of Massage, on Friday, February 21 from 9:30am to 11:30am in the Nord-Bridge Board Room. This is on a first come, first served basis.

Have a great month everyone!

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

Roxanne Cooke

Gayle Oliver

Jean-Noe Ouimet

Leanne McMillan

Marlo Griffin

Neil Tinnish

Shirley Hill

Nicholas Lokhoret

Dianne Mandell

Rosalee Dorosh

Valerie Taylor

Cal Piotrowski

Zola Schacher

Judy Dawson

Lorelei Parker

Wendy McLaren

James Miles

Sheila Linn

May Olshaski

Wanda Korevaar

Marilynn Barnes

Kurt Yucytus

Douglas Huff

Janice Vucurevich

Gladys Nemeth

Bonita Ouimet

Ivan Bering

MaryAnn Fuller

Douglas Creig

Mildred Rinke

Jeannette Chase

Marion West

James McKinstry

Orest Dorosh

Mel Perry

Johanne Reid

Walter Melvin

Doug McLaren

Terry Sutton

Shan Simpson

Lowell Davidson

Lorne Burnett

Dawn Baumann

Joe Watson

David Barnes

Bruce Byers

Faye Hamilton

Rick Sera

13 Anonymous

Nord-Bridge Seniors Centre is a Scent-Free Environment

SCENTED PRODUCTS SUCH AS PERFUMES, AFTERSHAVE, AND LOTIONS, 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.



NORD-BRIDGE
SENIORS CENTRE

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

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



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

facebook.com/nordbridgeseniorslethbridge

twitter.com/bridgenord

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



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

**Nord-Bridge Seniors Centre will be
closed on Monday, February 17
for Family Day**



Valentine's Day Luncheon

*Friday, February 14
Nord-Bridge Dunford Diner
Seating at 11:00am
Lunch served at 11:30am*

Menu

*Marry Me Chicken, in a Parmesan
Cream Sauce, with Mashed Potatoes,
and Roasted Brussels Sprouts*

**Tickets on sale at Nord-Bridge:
Tuesday, February 4 at 8:30am
\$15 per person**

**Tables assigned at time of purchase*



EXECUTIVE DIRECTOR'S REPORT

A friendly reminder, the Annual General Membership Meeting will be on **Wednesday, April 2nd at 9:30 am** in the Multi-Purpose Hall. Nord-Bridge will elect three (3) new Directors for a three (3) year team to our board. Nomination forms will be available at the Front Desk starting on Wednesday, February 12th. Nominations will close on Friday, March 14th at 4:30 pm. For more details please see the notice on page 5 of this month's Newsletter. If you would like more information please ask to speak with me at the Front Desk.



This month I am finally able to share some news with our membership. In February 2023, Anne Chudobiak, a member of Nord-Bridge, passed away. Anne was a member of Nord-Bridge from 2015 until her passing. Anne participated in Keep Fit classes, Meditation, and Euchre every Wednesday afternoon. Anne also enjoyed Monday Jam Sessions, where her and a group of others who nicknamed themselves the "Back Table Bandits," would play Yahtzee and other board games while they listened to music. Anne also frequently signed up for our Mystery Day Trip Outings, where members would sign up and board our bus to an unknown destination. Mystery destinations included Park Lake for a picnic lunch and ice cream, Nanton's candy store and antique shops, and a Hutterite Colony to tour their shops and enjoy a hearty meal. Anne would also participate in many of our special events such as the Canada Day BBQ, special luncheons, and our Seniors Week activities. When Anne passed away, we were informed that she had chosen to leave her entire estate to be divided equally between Nord-Bridge and the Alberta Birds of Prey Foundation in Coaldale. This came as a big surprise to both organizations. Colin Weir, co-founder and managing director of Alberta Birds of Prey, and I became the executors of Anne's Estate. Last month, we finally received the final documents to finalize the estate. In total, Anne's estate generously gifted Nord-Bridge and Birds of Prey \$103,139.75 each. The Board of Directors will be finalizing a legacy recognition of naming a room after Anne for her kind and generous donation. Nord-Bridge will forever be able to honor and recognize Anne Chudobiak.



If you are considering leaving a gift for Nord-Bridge in your will, consider doing this through an endowment fund at the Community Foundation of Lethbridge and Southwestern Alberta. With an endowment fund, your gift is invested and professionally managed, and Nord-Bridge receives the income from the endowment fund as an annual grant in support of our ongoing operations. This means your gift is a permanent and sustainable source of support for Nord-Bridge. For more information, you can talk to Charleen Davidson at the Community Foundation, cdavidson@cflsa.ca or 403-328-5297, or to myself. You can also visit this link for more information <https://cflsa.ca/donate/>.

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

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 a 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

NORD-BRIDGE SENIORS CENTRE

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



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

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

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

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



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

User ID: NBSC_Guest
Password: Friendly@55

(Shaw Cable subscribers see left)



FREE WiFi



2025 membership renewals are now due!

Please stop by the front desk at Nord-Bridge to renew your membership.



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

| |
|---|
| Victoria Stay Awhile – April 19 th or October 12 th |
| California Redwoods and San Francisco – April 30 th |
| Seattle Baseball – May 7 th |
| Vancouver Island, Victoria and Pacific Rim – May 11 th |
| BC Hot Springs and Nelson Stay Awhile – May 24 th |
| Alaska Midnight Sun – June 7 th or July 5 th |
| Maritimes by Motorcoach – several tours to choose from |
| Yellowstone, Mt. Rushmore & Medora Musical – August 9 th |

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

48th
Anniversary



NORD-BRIDGE 2025 AGM


WEDNESDAY, APRIL 2, 2025 @ 9:30 AM

NOMINATION NOTICE FOR BOARD & EXECUTIVE POSITIONS

At the Association's upcoming Annual General Meeting, scheduled for April 2, 2025, at 9:30am, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually. Executive Officers can serve a maximum of 3 years in the same position, exceptions for the Treasurer and Board Secretary, who can be elected for extended terms. In 2025 our membership will minimally elect (or re-elect) the President and Vice-President. Members will also be asked to vote on the Treasurer and Board Secretary. The By-Laws outline that (where possible) nominations for Executive positions are made from individuals who have served on the most recent Board, and have been a Director on the Board for a period of at least one year.

In addition, at least 3 Directors are elected to the Board annually. Directors on the Board are elected from members of the Society in "good standing," per By-Law Item 7.1.4. Directors can serve up to two terms of 3 years each (consecutive).

If you would like to serve on the Executive or Board of Directors, please see the By-Laws in the Library or at the Front Reception Desk; or speak with a member of the Nominations Committee, chaired by Past-President George Berg, or with Executive Director David Ng. You might also wish to speak with a current member of the Board to learn of their duties and experiences. Nomination forms are available at the Front Reception Desk as of February 12th with nominations being accepted at the Front Reception desk until 4:30 pm on Friday, March 14, 2025.



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your personal complimentary
consultation today!

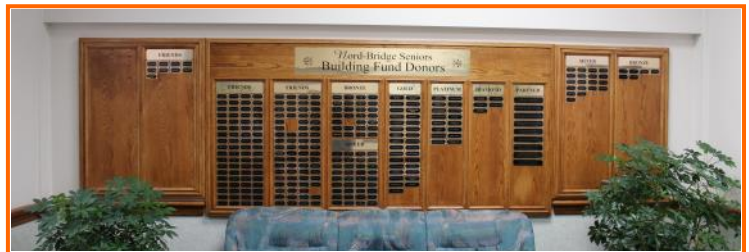
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BUILDING OPERATING FUNDS RECENT DONORS

Heather Boychuk \$30
Michael Bennett,
in Memory of Fred Veres \$100

NORD-BRIDGE IN-HOUSE BINGO

Year to date: \$1,460.75



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office: 403.320.6411
email: kellyjg08@gmail.com

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Lawyers of Huckvale Free Initial Legal Consultation

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

Time: 9:00am to 11:30am

Fee: FREE (Nord-Bridge members only)

Upcoming Dates: 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

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: Feb. 20, March 20, April 17, May 15, June 19



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or visit our website www.mbfunerals.com

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UNDER NORTHERN LIGHTS GALA

APRIL 26, 2025



Coast Lethbridge Hotel & Conference Centre

6:00pm - Champagne Reception

7:00pm - Plated dinner served by L.A. Chefs

**Tickets: \$100 each - available at
Nord-Bridge Seniors Centre: 1904-13 Ave N
or online at www.eventbrite.com (fees apply)**

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Ukrainian Easter Egg Painting Workshop



Dates: Tuesday, March 18

Time: 9:00am - 12:00pm OR

1:30pm - 4:30pm

Location: Nord-Bridge Craft Room

Fee: Members \$30 Non-Members \$50



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. All supplies will be provided, and no previous experience is required.

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

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DUNFORD DINER MENU



NORD-BRIDGE

BREAKFAST

Full Breakfast \$10

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

Eggs Benedict \$10

Toasted English Muffin, Poached Eggs, Ham, Hollandaise, Hashbrowns & Coffee
Half order \$8

Huevos Rancheros \$10

2 Eggs on tortilla with tomato sauce, Hashbrowns, Bacon/Sausage/Ham & Coffee

Bacon Lovers Omelette \$9.5

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

Spinach Omelette \$9.5

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

Spanish Omelette \$9.5

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

Ham & Cheese Omelette \$8

Hashbrowns, Toast & Coffee

Small Breakfast \$8

1 Egg, Bacon/Sausage/Ham, Hashbrowns, 1 Toast & Coffee

Small Pancake/French Toast Breakfast \$8

1 Pancake or 1 French Toast, 1 Egg, Bacon/Sausage/Ham & Coffee

Pancakes \$7.5

French Toast \$6.5

Breakfast Burrito \$8(Sm) \$10(Lg)

Sausage, Peppers, Mushrooms, Green Onions, Cheese & Coffee (Sm 1 egg, Lg 2 egg)

Egg Muffin Sandwich \$5.5

Toasted English Muffin, Egg with Bacon/Sausage/Ham

LUNCH

Philly Cheesesteak \$10.5

Sliced Steak with Peppers, Onions on bun with Fries

Beef Dip \$10

Roast Beef, A'ujus on a bun with Fries

Rueben Sandwich \$8.5

Corned Beef, Swiss Cheese, Sauerkraut on Rye Bread

Deluxe Hot Hamburger & Poutine \$11

Beef Patty on a slice of bread with gravy onions & Poutine

Hot Hamburger & Fries \$9.5

Beef Patty on a slice of bread with gravy onions & Fries

Burger - Beef or Chicken \$7.5

Add Cheese (Swiss or Cheddar) \$1 Add Bacon \$1.5
Add Mushrooms \$1 Add side of Fries \$2

Fish & Chips \$12(2pc) \$10(1pc)

Fish Tacos & Fries \$10

2 Corn Tortilla Fish Tacos with Fries

Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$7

Grilled Ham & Cheese \$6.5

Grilled Cheese \$5.5

B L T \$7

Nord-Bridge Club Sandwich \$9

Chicken, Ham, Bacon, Tomato, Lettuce, Cheese, 2 slices of bread

Denver Sandwich \$7

Chicken Caesar Wrap \$8

Chicken Fingers & Fries \$8.5

Chicken or Ground Beef Quesadillas \$10

SALAD

Taco Salad with Beef \$9

Add Refried Beans \$1.5

*Chef Salad \$10.5

*Caesar Salad \$7.5

*Garden Salad \$7.5

*Add Grilled or Breaded Chicken \$3.5

FRIES & SIDES

Poutine \$7.5

Fries \$4.5(Sm) \$6(Lg)

Onion Rings \$6

Sweet Potato Fries \$6.5

with Dill Dip

Add Ons: extra \$1

Salsa, Sour Cream, Dressing, Gravy

SOUP & SANDWICHES

Soup & Sandwich \$7.5

Soup \$4.25

Sandwich \$4.25

BEVERAGES

Coffee \$1

Pop & Juice \$1.5

Bottled Water \$1

New Menu Prices

Starting February 3rd

Please note that there will be small increases in menu prices due to increasing costs of supplies.

We would like to take this opportunity to thank you for your ongoing support and loyalty.



Information Session at Nord-Bridge

Dos and Don'ts of Giving Inheritance Money Early

Date: Thursday, March 27

Time: 10:00am - 11:00am

Location: Nord-Bridge Flex Room

Join Carol Haayema, CERTIFIED FINANCIAL PLANNER®, with teammate Tyrel McClelland, CERTIFIED FINANCIAL PLANNER®, of IG Wealth Management Lethbridge, in the conversation about helping your kids and grandkids with financial gifts without negative consequences.

Agenda:

- Welcome
- Seniors Helping Seniors Program - Wealth Management
- Financial don'ts due to tax, OAS, and estate impact
- Financial options that could mean leaving more to your family
- Questions
- Thank you and DOOR PRIZE!



**FREE drop in
class on
Wednesday,
March 12!**

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, March 19 - May 7

Session 2: Wednesdays, May 14 - July 2

Time: 3:30 pm - 4:30 pm

Location: West Community Room

Instructor: Brandy Tonin

Cost: \$45 Members \$65 Non Members

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




Self Care Yoga

**Come and try a
FREE drop-in
Wednesday,
Mar. 12th!**

Time: 3:30 pm - 4:30 pm
Location: West Community Room
Instructor: Brandy Tonin
Who: For anyone 55+

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.



Dragon Boat Dry Land Practices

These cardio training sessions will help to prepare you for upcoming Dragon Boat Team practices on Henderson Lake!

**Tuesdays, starting March 11th at
7:15 pm in the Multi-Purpose Hall
at Nord-Bridge**

If interested, contact Ashley at 403-329-3222

***For anyone 55+ - you do not need to be a member of Nord-Bridge to join the team!**




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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.**





Working together to bring Government services to you.



Date: February 28, 2025

Time: 9:00 am - 1:30 pm

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

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

If you need a SIN, please bring: your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

If you are unable to meet with us during this visit, you can request information and assistance through the Outreach Support Centre from 8:30-4:00, Mon-Fri: 1-877-631-2657

Service Canada:

- Get a Social Insurance Number (SIN)
- 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

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

 **Government of Canada** **Gouvernement du Canada**



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!



Live Cooking Classes Via ZOOM for Seniors 55+!



Wednesday, February 19
Time: 11:15am - 12:15pm
Fee: \$30 for anyone 55+



Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned and dropped off at your door step. We will be making Chorizo Potato Kale Soup!

Visit www.nordbridgeseniors.com or call 403-329-3222 to sign up today!



CRA's Community Volunteer Income Tax Program

Begins Monday, March 3

Drop your tax documents off at 1904-13 Ave N, either in person or through the main front door mail slot with name, date of birth, address, marital status, and phone number.

***No appointments allowed - drop offs only!**



Run by
Nord-Bridge
Volunteers
18th year
in a row!



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:

**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:

**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



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: Wednesday, February 26








Time: 3:15pm - 4:15pm

Location: Multi-Purpose Hall



February 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 3 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning 11:45 Check In (Flex Room) 1:00 Abs, Core & More 1:00 Quilters/Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:00 Darts (MPH) 1:30 Outreach Meeting (BR) 5:00 Golden Fit (MPH) 6:00 Begin. Pickleball | 4 9:00 Pickleball (Pickle Point)  9:00 Brain Knowledge (Flex) 9:00 Zumba GOLD® 9:00 Strength, Core Stretch 9:30 Begin. Watercolor 10:00 Music Makers (Annex) 10:00 New Comers Meet 10:30 Intro to Genealogy 10:30 Clogging Intermediate 10:30 Keep Fit Cardio (MPH) 11:00 Clogging Advanced 11:15 Begin. Tai Chi (MPH) 12:15 Canasta/H & F 12:45 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) 6:00 Yoga Thrive (MPH) | 5 8:45 Active POUND® 9:00 Guided Meditation 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:00 Carpet Bowling 10:30 Move Well Feel Well 10:45 WINNERS BINGO 1:00 Manicures (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 5:30 Begin. Group Dance 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)  | 6 8:45 Pilates (WCR) 9:00 ATB Financial Info 9:00 Session (Flex Room) 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 10:30 Mind Joggers 10:30 Cornerstone Funeral- Funeral Pre-Planning Session (Flex Room) 10:30 Keep Moving Fall 10:30 Prevention (WCR) 11:00 Keep Fit Strength (MPH) 1:00 Begin. Line Dance (WCR) 1:00 Advanced Acrylic (Flex) 1:00 Woodcarving (Craft) 1:00 Contract Bridge 1:00 Floor Shuffleboard (MPH) 6:00 Beginners Pickleball | 7 9:00 Gentle Yoga (WCR) 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  |
| 10 9:00 LAWYERS (BR) 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Member Portraits (Library) 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning 11:45 Check In (Flex Room) 1:00 Abs, Core & More 1:00 Quilters/Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:30 Outreach Program 5:00 Golden Fit (MPH) 6:00 Begin. Pickleball | 11 9:00 Pickleball (Pickle Point)  9:00 Brain Knowledge (Flex) 9:00 Zumba GOLD® 9:00 Strength, Core Stretch 9:30 Begin. Watercolor 10:00 IG Wealth Manage- ment Visits with Carol (Hallway) 10:00 Music Makers (Annex) 10:30 Intro to Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio (MPH) 11:15 Clogging Advanced 12:15 Begin. Tai Chi (MPH) 12:45 Canasta/H & F 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) 6:00 Yoga Thrive (MPH) | 12 8:45 Active POUND® 9:00 Reflexology (Craft Rm) 9:00 Guided Meditation 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:00 Coffee with a Cop 10:00 Walker Repairs (Hall) 10:00 Carpet Bowling 10:30 Move Well Feel Well 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Winter Landscapes 1:30 Minds in Motion (WCR) 5:30 Begin. Group Dance 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)  | 13 8:45 Pilates (WCR) 9:00 ATB Fraud Info 9:00 Session (Flex Room) 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 9:30 Tech Help w/ AI (Hallway) 9:30 Mind Joggers 10:30 Keep Moving Fall 10:30 Prevention (WCR) 11:00 Keep Fit Strength (MPH) 1:00 Advanced Acrylic (Flex) 1:00 Woodcarving (Craft) 1:00 Contract Bridge 1:00 Floor Shuffleboard (MPH) 1:20 Park Meadows Games 6:00 Beginners Pickleball ATB Financial™ | 14 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 Handy Crafters 10:30 Chair Yoga <div style="border: 2px solid red; padding: 5px; text-align: center;"> 11:30 Valentines Day Luncheon (Dunford Diner) *Tickets Required* </div> 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage 1:00 Contract Bridge |

| | | | | |
|---|--|--|---|--|
| <div>17</div> <div>CLOSED FOR FAMILY DAY HAVE A GREAT LONG WEEKEND!</div> <div></div> | <div>18</div> <div>9:00 Pickleball (Pickle Point)  9:00 Brain Knowledge (Flex) 9:00 Zumba GOLD® 9:00 Strength, Core Stretch 9:30 Begin. Watercolor 10:00 New Comers Meet 10:00 Music Makers 10:30 Intro to Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio 11:15 Clogging Advanced 12:15 Begin. Tai Chi (MPH) 12:45 Canasta/ H & F 1:00 A & S Watercolor Club 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 3:00 Exercises w/ Arthritis 5:00 Gentle Barre 6:00 Yoga Thrive (MPH)</div> | <div>19</div> <div>8:45 Active POUND® 9:00 Mini Book Sale (Main Corridor) 9:00 Guided Meditation 9:00 Handy Crafters 9:00 Gentle Yoga 10:00 Carpet Bowling 10:30 Move Well Feel Well Chair Yoga 10:45 WINNERS BINGO 11:15 Virtual Cooking 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 Winter Landscapes 1:30 Minds in Motion (WCR) 5:30 Begin. Group Dance 6:00 Begin. Pickleball (YMCA)</div> | <div>20</div> <div>8:45 Pilates (WCR) 9:00 FREE Hearing Tests (Library) 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 10:30 Keep Moving Fall Prevention (WCR) 11:00 Keep Fit Strength Begin. Line Dance 1:00 FREE Optical Re- pairs with Spec Savers (Halfway) 1:00 Advanced Acrylic Woodcarving 1:00 Contract Bridge 1:00 Floor Shuffleboard 6:00 Beginners Pickleball</div> | <div>21</div> <div>9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle 9:30 MASSAGES (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</div> <div></div> |
| <div>24</div> <div>9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning Check In (Flex Room) 11:45 Abs, Core & More 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:00 Darts (MPH) 1:30 Golden Fit (MPH) 5:00 Begin. Pickleball 6:00</div> | <div>25</div> <div>9:00 Pickleball (Pickle Point)  9:00 Brain Knowledge (Flex Room) 9:00 Zumba GOLD® 9:00 Strength, Core Stretch 9:30 Begin. Watercolor 10:00 Music Makers (Annex) 10:30 Intro to Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio (MPH) 11:15 Clogging Advanced 12:15 Begin. Tai Chi (MPH) 12:45 Canasta/ H & F 1:00 Cooking @ Interfaith 1:00 A & S Watercolor Club 1:00 Scrabble (Craft Room) 1:30 Texas Hold'em (WCR) 1:30 Beginners Crib (Annex) 3:00 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 6:00 Yoga Thrive (MPH)</div> | <div>26</div> <div>8:45 Active POUND® 9:00 Guided Meditation 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:00 Carpet Bowling 10:30 Move Well Feel Well Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 3:15 L-SKIP (MPH) 5:30 Begin. Group Dance 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)</div> | <div>27</div> <div>8:45 Pilates (WCR) 9:00 What is Palliative Care with Covenant Health (Flex Room) 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 9:30 Tech Help w/ AI (Halfway) 9:30 Mind Joggers 10:30 Keep Moving Fall Prevention (WCR) 11:00 Keep Fit Strength (MPH) 1:00 Begin. Line Dance (WCR) 1:00 Advanced Acrylic (Flex) 1:00 Woodcarving (Craft) 1:00 Contract Bridge 1:00 Floor Shuffleboard (MPH) 6:00 Beginners Pickleball</div> | <div>28</div> <div>9:00 CRA & Service Canada Visits (Tax Office) 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</div> |
| <div>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.</div> <ul style="list-style-type: none">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: Feb. 5, 12, 19, 26FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)LOCATION: CRAFT ROOM UPCOMING DATES MAR. 19, MAY 21 <div><div></div><div></div></div> <div><div>DARREN ATKINS WILL BE AT NORD-BRIDGE ON MAR. 6 AT 10AM TO CHAT WITH MEMBERS ON HIS UPCOMING INFO SESSION AT NORD-BRIDGE ON MARCH 20TH, COME AND CHAT!</div><div>NEW COMERS MEET AND GREET GROUP MEETS IN THE DINER THE FIRST AND THIRD TUESDAY OF EVERY MONTH!</div><div>CVTIP BEGINS MARCH 3. GET YOUR TAXES DONE!</div><div>IG WEALTH MANAGEMENT INFO SESSION WITH CAROL ON THURSDAY MARCH 27TH AT 10AM IN THE FLEX ROOM, NO SIGN UP REQUIRED AND OPEN TO ALL.</div></div> <div></div> | | | | |

HELLO MONDAY



Hello Monday is all about you and the importance of staying well.

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

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.

JOIN US TO LEARN MORE!

The topic for this month will be "10 Keys to Happiness." The 10 Keys that will be discussed are: Giving, Relating, Exercising, Awareness, Trying Out, Direction, Resilience, Emotions, Acceptance, and Meaning. We will be covering the 10 Keys over the months of February and March.

When: Monday, February 3, 2025

Monday, February 10, 2025

Monday, February 17, 2025 - No class due to Family Day

Monday, February 24, 2025

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



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

Scrabble

Come join a fun game of Scrabble on Tuesday afternoons at 1:00pm in the Craft Room! We are not competitive and play for fun and to socialize.

***For Nord-Bridge members only**

Intergenerational Board Game Afternoon

This fun intergenerational program pairs Grade 5 Park Meadows Elementary School students and Nord-Bridge Seniors Centre Members! Play board games together and enjoy a light snack!

Upcoming Dates: Thursdays,
Feb. 13, March 20, April 10, May 22, June 10
Time: 1:20pm - 2:45pm
Location: West Community Room

We are always looking for more seniors 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!

Every Monday (excluding holidays)

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

Jammers

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

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.

PARTICIPANTS SHOULD HAVE ATTENDED HELLO MONDAY PRIOR TO MONDAY MORNING CHECK-IN

JOIN US TO LEARN MORE!

When: Monday, February 3, 2025 - Topic to be determined by class
Monday, February 10, 2025 - Topic to be determined by class
Monday, February 17, 2025 - No class due to Family Day
Monday, February 24, 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

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





Seniors System Navigator

The days are starting to get longer, however the temperatures are still cool. The flu season is still upon us. The month of February is all about prevention, symptoms, and tips to keep you stay healthy until spring. Here is some advice for staying healthy, from Active Aging Canada.

Charlene Kocken

BA, BSW, RSW,

Seniors System Navigator



**STOP THE SPREAD BY
STAYING HOME WHEN SICK**

What seniors need to know to stay protected during flu season

Influenza (the flu) is a respiratory infection caused by influenza viruses. Respiratory infections are infections of parts of the body involved in breathing, such as the sinuses, throat, airways or lungs. Respiratory viruses increase in the fall and winter.

Respiratory viruses spread in several ways. The Public Health Agency of Canada recommends various tips¹ to reduce your risk of getting and spreading viruses including:

- 1 Clean your hands often**
- 2 Avoid touching your face with unclean hands**
- 3 Improve indoor ventilation, when possible, by opening a window or door**
- 4 Cover your coughs and sneezes with a tissue or the bend of your arm**
- 5 Clean and disinfect high-touch surfaces and objects frequently**

During flu season, you do everything you can to avoid getting sick. You wash your hands, eat healthy foods, are physically active, get your flu shot. Pre-covid, adults aged 65 years and older usually accounted for almost half of positive lab-tested flu cases in Canada each year². As we age, our immune system declines. Our bodies have fewer immune cells, and they don't work as well³. So, if we get sick, the illness may be more severe⁴. Recovery can take longer and we may not respond as well as younger people do to vaccines⁵. What's more, the standard flu vaccine is 50% less effective in adults over the age of 65 than it is for the rest of the population⁶. That means for seniors, getting a standard flu shot each year may not be enough protection from influenza. **The good news is that our National Advisory Committee on Immunization (NACI) has recommended a higher dose flu vaccine for older adults.** The higher-dose flu vaccine has four times as many antigens (the substance that induces the immune response in the body) than the regular flu vaccine. This high dose formulation provides 24% greater protection than the standard flu shot and is recommended for older adults⁷. Talk to your healthcare provider about the higher dose vaccine. To find out if it is covered in your province, contact your Public Health department. And remember, no vaccine provides 100% protection. Nor can a vaccine help to treat influenza or its complications if you get sick.

More information on flu vaccines for seniors

Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2024-2025
<https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-statement-seasonal-influenza-vaccine-2024-2025.html>

www.activeagingcanada.ca

1-800-549-9799

Supported by an educational grant from Sanofi Pasteur



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

How to Use Watercolor Pencils

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 watercolor 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.



**Dates: Wednesdays,
 March 12 & 19**

Time: 1:00pm - 3:00pm

Fee: Members \$30

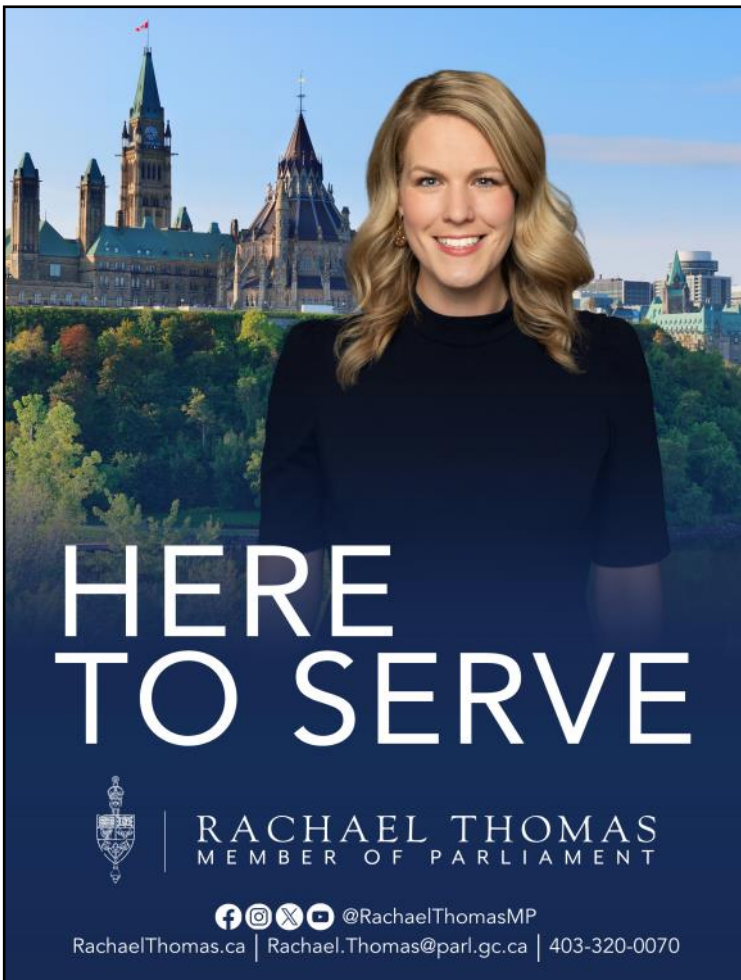
Non-Members \$50

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





HERE TO SERVE

 **RACHAEL THOMAS**
MEMBER OF PARLIAMENT

 @RachaelThomasMP

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




CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME

Family Focused
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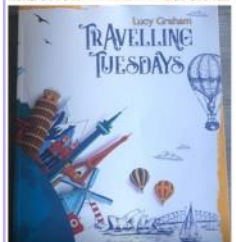
703 13 STREET NORTH, LETHBRIDGE

 Phone: 403.382.3601
www.generationsfh.ca

A division of the Caring Group Corp.



Lucy Graham, one of our members, is now a published author! She wrote a book called *Travelling Tuesdays*. In it, Lucy shares stories about many of the countries she has been able to visit all over the world. See which adventure brought her too close to a hippo and where she enjoyed a ride in a hot air balloon.



Find out what is the only country that starts with the letter Q, O or W. Yes - Lucy has been to each of these countries too!

Lucy is selling her book for \$50 USD or \$60 CAD. She will make a donation of \$5 for each book sold here at Nord-Bridge.

Condolences to...

...the Ackerman family, on the passing of Vince
...the Veres family, on the passing of Fred
...the DeWitt family, on the passing of Joyce
...the Lambert family, on the passing of David

Get Well Wishes to...

...Sharon Vanwyck, who is in the hospital
...Wally Ellingson, who is in the hospital
...Pat Veres, who is recovering at home
...Everett Arkinstall, who is in the hospital
...Helen Ruston, who is in the hospital

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, March 5
Time: 10:00am to 12:00pm
Location: Craft Room
*Massages offered on a first-come, first-served basis!

 **Lethbridge Polytechnic**

 **NORD-BRIDGE SENIORS CENTRE**

This service is for Nord-Bridge members only. Please sign up at the front desk or call 403-329-3222 for more information.

New Pickleball Opportunity for Nord-Bridge Members!

What is it?
Play pickleball for various levels at the new Pickle Point Centre on the North side of Lethbridge

Who can register?
Any Nord-Bridge member, 55 years or older

How to register:
1. Either call Ashley at 403-329-3222 or add your name to the interest sheet on the TeamReach application using the **Team Code: picklepoint2025**
2. Contact Diego at Pickle Point Centre to set up your account, book your times, and pay at 403-635-7953

Cost:
\$60 for a senior 10 punch pass (Nord-Bridge members 55+)

 **NORD-BRIDGE SENIORS CENTRE**

 **PICKLE POINT**

Programmer's Report



Happy 2025 and into February already! Here is a photo from January up at Moyie Falls in BC where I got to spend time with family for New Years!

It was a very busy month last month with new programs and registrations starting. We are still looking for more participants in an intergenerational program on Wednesdays at 3:15pm in partnership with the Lethbridge Family Centre. Our seniors are partnered up with children from ages 1-10 years old where we participate in crafts, listen to stories, and sing nursery rhymes! This is a great time to connect with the younger generations for an hour once a month. The next date will be on Wednesday, February 26th at 3:15 pm and the theme will be Teddy Bear Picnic. Stop by and check it out!



The Valentine's Day luncheon tickets go on sale Tuesday, February 4th at 8:30am at the Nord-Bridge Front Desk for \$15.00 per person. Please note we will not hold tickets for anyone and it is first come, first served. If you are buying tickets for a larger group, please have the patron's names ready for the tickets as this will help us at the doors for seating on the day of the luncheon. Please also keep in the mind this luncheon is in the Dunford Diner, NOT the Multi-Purpose Hall. *Please note, there will be no Ukulele Circle on February 14th due to the luncheon.

Tax season will soon be upon us! Our Community Volunteer Income Tax Program will start up on Monday, March 3rd and run until April 30th for drop offs only, with no appointments allowed. This is a free service for low income residents. If you have any further questions on the tax document drop off process, please find more information on page 11 of this newsletter or contact our Front Desk at 403-329-3222 and ask for Maria or Erin. Please note, this service is not available until March 3rd. We cannot file taxes earlier than this time and appreciate your patience.

The Fall In-House Awards Luncheon is also coming up on Friday, March 7th. This is for any member who participated in the Fall 2024 In-House Tournament for Pool, Table Shuffleboard, Floor Shuffleboard, or Darts. Guests of members are welcome to attend this luncheon for \$10.00 per person. Tickets are available now at the Front Reception Desk. Members who played in the tournament last fall have already paid for this awards luncheon. Please ask me if you are unsure.

Our dragon boat team, the Sea N' Oars are back once again to participate in the annual Lethbridge Dragon Boat Festival in June! We will be starting dryland training for paddlers next month at Nord-Bridge once a week in the evenings. If you are interested in being on the team please contact Ashley at 403-329-3222, as space can fill up fast.

There have been questions regarding the Moonlight Run this year and if Nord-Bridge will have a team. Unfortunately, no, however I am willing to help our members sign up individually online for this event, which is planned for Saturday, March 22nd.

As always please do not hesitate to reach out to me either in person, over the phone or through email if you have any questions, concerns or suggestions regarding programs - I am happy to help.

Until next month, stay happy and healthy!

~Ashley Kern - Program Coordinator

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!

Did you know:

"Senior" is not a swear word!

We are vibrant and friendly ~ and will all be classics one day.
Embrace the senior in all of us! Thank you for being our members & friends! #seniorisnotaswearword #friendlycentre



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

Friday, February 7:

Spaghetti and Meatballs with Garlic Toast and Caesar Salad

Friday, February 14:

Valentine's Day Luncheon in the Dunford Diner

Tickets Required: \$15 each, on sale Tuesday, Feb. 4 at 8:30am

**Marry-Me Chicken in a Parmesan Cream Sauce,
with Mashed Potatoes and Roasted Brussels Sprouts**

Seating at 11:00am; Lunch served at 11:30am

Friday, February 21:

Roast Beef with Mashed Potatoes, Gravy, and Honey Glazed Carrots

Friday, February 28

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:
Feb. 20, March 20, April 17, May 15, June 19

Time: Beginning at 1:00pm

Fee: FREE

***For Nord-Bridge members only!**





IG Helping you grow and
sustain wealth for
generations to come.

**IG Wealth Management
Visits with Carol**


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


 **IG WEALTH MANAGEMENT**
Investments • Retirement • Insurance • Tax Strategies • Estate Planning

 **NORD-BRIDGE
SENIORS CENTRE**

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!

**Palliative care education for
everyone**






What is palliative care?

What is Palliative Care? Palliative care is
more than you think. Learn what palliative
care is and why it's important in clear
language that you can share with the people
around you.

**Thursday, February 27, 2025
9:00 - 11:00 AM
Nord-Bridge Seniors Centre
In the Flex Room**


***Registration is required,
either in person at Nord-Bridge or
online at www.nordbridgeseniors.com**

FREE basic-level
course for all
members of the
community



For more information contact
friendly@nordbridgeseniors.com

Course facilitators: Melissa de Boer & Chris Vanderberg, palliative nurse consultants

 Covenant Health
Palliative Institute

Pallilearn course material was developed for use in Alberta by the Covenant Health
Palliative Institute in collaboration with Palliative Care South Australia.

Fundraising Report

Happy February – I must say we love what we are able to do because of amazing members like you!

2025 continues to provide us extra friendships, challenges, and ongoing changes here at the centre. Don't feel like you need to stay away because you may not feel the same way about a conversation with someone – it's ok for all of us to think differently! I miss the days when we could chat about everything without fear of offending someone. My heart goes out to anyone who is struggling to fit in, not feeling good about themselves, or just sad. It's ok – it's that time of year that we should be embracing each other and our differences. Growing stronger together – we are the Friendly Centre!

Fundraising events are in full swing – and our Under Northern Lights Gala, set for April 26, 2025 is going to be so awesome! We have the Bamboo Guppies performing for us, and we will be hosted by the Coast Hotel again for this 6th annual event. Last year's event was very successful – increasing our profits substantially. This year I hope to double that! Maria has been a great support and our sweet friend Erin is a great source of positive resources during the challenges that come with any fundraiser! We have some wonderful people supporting us as sponsors and cannot thank them enough. If you know anyone who would like to be a gala sponsor, please send them my way!

I am very passionate about my role here at Nord-Bridge and am working to ensure everyone knows that “Seniors” is not a swearword!

Keep Happy – Keep Hugging – and Keep Harmonious!

Julie Sarich - Director of Funds Development



Palliative care education for everyone



What Matters Most? Knowing what matters most helps us live well now and in the future. Learn how to identify and share what matters to you in your life and in your care as well as how to find out and support what matters to the people close to you.

**Thursday, March 13, 2025
9:00 - 11:00 AM
Nord-Bridge Seniors Centre
In the Flex Room**

***Registration is required,
either in person at Nord-Bridge or
online at www.nordbridgeseniors.com**

FREE basic-level
course for all
members of the
community



For more information contact

friendly@nordbridgeseniors.com

Course will be facilitated by Christine Vanderberg, RN, palliative nurse consultant



PalliaLearn course material was developed for use in Alberta by the Covenant Health Palliative Institute in collaboration with Palliative Care South Australia.

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: Feb. 12, March 12, April 9
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.

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,
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**



Roaming Retirees

Happy New Year Friends!

2025 came fast and January went even faster. It was a busy month, but it has been wonderful. I was able to spend time with my kids, family, and friends. I even got to meet my all-time favorite singer, Corb Lund! If you haven't ever heard his music, look it up and you can thank me later. Thank you to the coolest Uncle for the surprise.

We have a new convener for the Monday Morning Jam Session. Thank you Roy Swidinsky, for taking this amazing program over and a big thank you to Doug Youngren for all the music and smiles you have given us over the years. We appreciate you.

February is the month of love, as well as half priced chocolate on the 15th. I will be celebrating Valentine's Day in Fernie, attending Ponies and Planks. Our Valentine's luncheon will be on Friday, February 14th this year, and tickets will be going on sale Tuesday, February 4th at 8:30am at the Front Desk. Please have the names of your guests as well as phone numbers ready to help you and your party be seated easier and faster.

Our first Outreach program of the year was a success. We danced the afternoon away with Celtic Routes. The Valentine Outreach program theme on Monday, February 10th is Love, with 20th Century piano music by James Moore.

Unfortunately, we do not have any travel coming up this month, but we are still taking suggestions for outings around the city, and nearby communities. If you have any travel ideas, please see Erin.

Be Kind. Be Grateful. Be You.

~Erin Bates



Mind Joggers

A Valentine Rose

They are elegant and beautiful,
These flowers of red.
With a history of romance,
Of which much has been said.

But soon they will wrinkle,
Looking sad and forlorn.
To handle them now,
Means a handful of thorns.

So we men prefer something,
That lasts a little longer.
Like possibly...a drill,
or a sander, or a router.

But most of you ladies,
Young, mid, and old,
Covet this flower,
Of which millions are sold.

So I bow to the pressure,
And state in this prose;
"may you never again say,
I never gave you a rose."



Happy Valentine's Day ~Edward L. Sillito

Nord-Bridge Outreach

Date: Monday, February 10

Time: 1:30pm to 3:00pm

Cost: \$3 per person

Location: Nord-Bridge
Multi-Purpose Hall

Theme: Love - wear red!

Please call
403-329-3222
to RSVP by
Monday, Feb. 3
if you plan to
attend



We're celebrating Valentine's Day
with popular music of the 20th century,
performed by James Moore on the piano!

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



Bridge Home Care

Your care, your way

Client Directed Home Care

At Bridge Home Care, our clients enjoy flexible schedules, consistent caregivers, as well as freedom and choice when it comes to their care.

Bridge Home Care is now an approved vendor with Client Directed Home Care Program. This means, you can have your care your way and save. Under the Client Directed Home Care Program, you don't need to submit claims to Alberta Blue Cross, we'll do it for you!

The program provides Alberta residents who qualify, a set amount of funding for home care services. To qualify, you must meet the requirements determined by an Alberta Health Services case manager.

To request an assessment, call 811. If you already receive home care services through Alberta Health Services, ask your case manager about the Client Directed Home Care Program.

Have Questions? Call Now

403-393-2949

info@bridgehomecare.ca

Golden Fit with Anna

from the Cor Van Raay YMCA



YMCA of
Lethbridge



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 2: Mondays, March 17 - May 12

Time: 5:00 pm to 5:45 pm **No Class April 21*

Location: Nord-Bridge Multi-Purpose Hall

Fee: Members \$45 Non-Members \$65

Member Photos by Walter Kerber



**3rd Monday
of the month
beginning at 10am!**

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

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

Mini Book Sale



**Wednesday,
February 19th
&**

**Wednesday,
March 19th**

**9:00am - 2:00pm
\$0.50 per book**



**Payment can be made at the front desk*

**Please bring your own
reusable bags for your purchases!**

Funeral Pre-Planning Session

*Please join Fay Braden, Pre-Need
Counsellor from Cornerstone
Funeral Home, for a one hour,
interactive information session.*



Topics include:

- How to prepare your executor
- Cremation, traditional, or green burial?
- Average cost of today's funeral

Date: Thursday, February 6

Time: 10:30am - 11:30am

**Location: Nord-Bridge Seniors Centre
1904 - 13 Ave N, in the Flex Room**

Open to all - no registration required

Refreshments will be provided



CORNERSTONE
FUNERAL HOME Inc.

Honoured to Serve



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.**

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 9am and 12pm

***Initial appointments are 90 minutes long**

Location: Craft Room

Call 403-329-3222 to book your appointment.

Space is limited!



NEW! Intro to Genealogy

Enhance your knowledge of online and local
resources to help you grow your family tree.

Session 2:

Dates: Tuesdays,

March 11 - April 29

Time: 10:30am - 11:30am

Location: Flex Room

Fee: \$35 Members \$55 Non-members

Instructor: Barbara Dudley

Register online at www.nordbridgeseniors.com
or call 403-329-3222

***A laptop or tablet is required for this course, and
participants must be computer literate.**



Lethbridge Elder Abuse Response Network

Happy February everyone! The month of February can be a cold time; often the weather may deter folks from wanting to leave the house unless they have to. Often, this can lead to feelings of loneliness and isolation. I thought this month would be a great time to reflect on self-care and the importance of taking care of yourself and your emotional and physical wellbeing.

Taking care of yourself is important no matter your age, but it's especially important as you get older. Life can bring unique challenges like changes in health, new routines, or feeling a bit isolated, but focusing on self-care can make all the difference. It's never too late to build habits that help you feel better and enjoy life to the fullest. Staying active, even with simple exercises like walking or gentle yoga, can boost your energy and keep you moving comfortably. Eating nourishing foods and staying on top of your healthcare helps you feel strong and ready for anything.

Don't forget about your mental and emotional well-being - they're just as important as your physical health! Doing things that challenge your mind, like puzzles or learning something new, keeps you sharp. Connecting with others, whether it's family, friends, or community groups, can bring joy and remind you that you're never alone. Taking up hobbies, volunteering, or simply spending time on activities you love can give you a renewed sense of purpose.

Remember, taking time for yourself isn't selfish - it's essential. When you care for your own well-being, you're better able to support the people you care about. Little steps like staying active, eating well, getting enough rest, and finding moments to be grateful can make every day brighter.

Marissa Hardy

**LEARN
Case Manager**



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

Upcoming Dates:

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.



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, Feb. 13 & 27, March 13 & 27

Time: 9:30am - 2:00pm

Cost: FREE - for Nord-Bridge members only

***Appointments are required.**

Visit the front reception desk to book!



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!



Prairie Alberta Renovations

Whether you're needing some repairs done around the house, updating a room, or completing a full renovation, our skilled team delivers top-quality results on time and within budget.

Let us bring your vision to life today!

Our services include repairs, kitchen and bathroom upgrades, painting, basement development, and more!

Serving Lethbridge and area

Phone: 403-399-9415

Email: prairiealberta@gmail.com



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

Next Date: Friday, February 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*



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 2:

Wednesdays,

March 19 - May 21

1:30pm - 3:30pm

***No class April 9 & 16**

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



Compass for the Caregiver



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

March 4, 11, 18 & 25 | 1:30-3:30

LSCO | Room A/B

\$55 Registration Fee



Contact SCSP Intake at 403-329-1544 to register
Lethbridge Senior Citizens Organization • 500 11 Street South

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



“The Friendly Centre”

1904—13th Ave. North

Lethbridge, Alberta

403-329-3222

friendly@nordbridgeseniors.com

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

www.nordbridgeseniors.com