

NEWSLETTER

April 2025



The staff at Nord-Bridge Seniors Centre are united against bullying, and always strive to promote kindness. This photo captures the spirit of Pink Shirt Day back in February, but our commitment to creating a safe and inclusive environment extends beyond just one day. We believe that awareness and action against bullying should be a year-round effort. Every day, our dedicated staff work to foster a culture of respect, empathy, and support. Let's continue to champion kindness and stand up against bullying - not just on Pink Shirt Day, but every day. Together, we can make a difference.

PRESIDENT'S REPORT

I got this poem from a dear friend of mine. She included a spool of thread with it. Here is the poem:

Threads of a Friendship That Will Never Break

Thank you for the laughter,
the good times that we share.
Thanks for always listening
and for trying to be fair.
Thank you for your comfort
when things are going bad.
Thank you for your shoulder
to cry on when I'm sad.
This gift is a reminder that
all my lifetime through
I'll be thankful for the
threads of friendship that are
as strong as my friendship is for you.

Easter arrives on Sunday, April 20th.
I wish all of you a happy Easter!

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

Karen Kay

Linda Bridge

Richard Hay

Joan Oldenburger

Jessica Sanders

Harry Boessenkool

David Brownridge

Kandis Brownridge

Jan Robinson

Rob Thibert

Terry Fox

Phris Koshman

Betty-Ann Newman

Laine Findlay

Irene Caldwell

Denise Gugala

Connie Schulz

6 Anonymous

Holiday Hours

**Nord-Bridge will
be closed April 18
for Good Friday,
and April 21 for
Easter Monday**



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.



Easter Egg Contest!

Guess the total number of Easter eggs
throughout this newsletter and enter to win
1 of 2 gift cards to the Dunford Diner!

The deadline to enter is April 17.
You must be a Nord-Bridge
member to participate!

Three ways to enter:

email:

akern@nordbridgeseniors.com

In person:

Nord-Bridge Front Reception Desk

Phone:

403-329-3222 and ask for Ashley



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



**The Mother's Day
Luncheon is
Friday, May 9 in the
Dunford Diner.
Tickets go on sale
Tuesday, April 29th at
8:30am at Nord-Bridge
More details to follow!**



UNDER NORTHERN LIGHTS GALA
APRIL 26, 2025

*Enjoy a
fun-filled
evening in
support of*



Coast Lethbridge Hotel & Conference Centre

6:00pm - Champagne Welcome

7:00pm - Dinner by **LAUREN'S**



Live entertainment by
The Bamboo Puppies!

**Wine Plinko
and
Restaurant Wall!**

Live Auction
~Items donated by
local businesses!

P Live auction by **Perlich Bros**
~Items include B.C. vacation
getaways and a limo pub crawl!

Full cash bar, including 2 Signature Drinks:
Aurora Splash Cocktail & Mystic Skies Mocktail

Tickets: \$100 each (10% discount for table of 8)
Available at Nord-Bridge Seniors Centre: 1904-13 Ave N
or online at www.eventbrite.com (fees apply)

EXECUTIVE DIRECTOR'S REPORT



Big announcement! Nord-Bridge is partnering with the Calgary Flames and expanding our facility to build a state of the art hockey arena on the north side! **APRIL FOOLS...** Wouldn't that be great though; our very own hockey rink. This is how rumors start; something that isn't a rumor however, is the fact that Nord-Bridge and its board of directors are exploring possible options for our future. Nord-Bridge has been working with Alvin Fritz and his architect team to explore options of expansion. Before everyone gets too excited, there are no concrete formalized plans for expansion or purchases of a new building or land. Simply put, our board has started some conversation to see what some of the possibilities are and what might be attainable for Nord-Bridge to accommodate the growth we have been experiencing. The proposed expansion is just one avenue that can be explored; however we need to ensure a lot of things fall into place before we even commit to an expansion. Feasibility studies to ensure Nord-Bridge is able to sustain an expansion will be a priority. The scope of a seniors centre is always evolving and we need to make sure we stay on top of what seniors in our community need in the future whether it's fitness, education, nutrition, housing, support services or just a place for social interaction. A survey will go out to the membership this month seeking interest level and community impact. If you would like more details or to discuss this topic, I am happy to chat.

This month I wanted to thank Anne Pauls for her years of service on our executive as our board secretary and most recently board of directors. Anne served as our board secretary from 2017 - 2024, and as director for the last 6 months. Anne was a tremendous asset to our board of directors and to me through my infancy as an executive director. Anne will remain active at Nord-Bridge as she will continue to entertain us through her musical talents of playing the piano, her volunteering in the library, and in-house Bingo. Thank you, Anne.

Last month I wrote about the Seniors Systems Navigator Social Prescribing position. I am please to report we have hired Bonnie Jensen for the position. Bonnie started last month and will be in and out of the office for the first few weeks training at LSCO. Bonnie is no stranger to Nord-Bridge as she worked as a pharmacy assistant for the Medicine Shoppe a few years back. Please give a friendly Nord-Bridge welcome to Bonnie.

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



Nord-Bridge Meeting Reminders

Monthly

Outreach Committee :

First Mon. (Sept. - May) 1:30pm

Directors Meetings:

Second Wed. 9:30am

Finance Committee Meeting:

Last Wed. in Feb, May, Sept, Nov

Annually

Annual General Meeting:

First Wed. of April 9:30am

General Member Meeting:

First Wed. of November 9:30am

Administration Staff

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



Breakfast Buffet

1904 - 13 Ave N

Date: Wednesday, April 2
Time: 8:30am to 10:30am
Location: Nord-Bridge Dunford Diner
Cost: \$15 per person
Open to all!





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Available here.

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

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

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

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



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

User ID: NBSC_Guest
Password: Friendly@55

(Shaw Cable subscribers see left)



FREE WiFi

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!



NAGEL TOURS

ESCORTED MOTORCOACH HOLIDAYS

Our motorcoach tours are a worry-free way to visit your dream destinations. 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.

Victoria Stay Awhile – April 19th or October 12th

Seattle Baseball – May 7th

Yukon & Alaska – June 7th

Saskatchewan Spa Experience – July 27th

Yellowstone, Mt. Rushmore & Medora Musical – August 9th

FLY – Atlantic Canada & Newfoundland – September 2nd or 8th

Cross Canada by Motorcoach – September 6th

FLY – Eastern Canada & Maritimes Fall Foliage – September 11th

FLY – Newfoundland & Best of Maritimes – September 14th

Okanagan Splendour – September 14th



Visit us online at www.nageltours.com

Contact your Travel Agent or toll free: 1-800-562-9999

resoffice@nageltours.com

48th Anniversary




NORD-BRIDGE 2025 AGM

WEDNESDAY, APRIL 2, 2025 @ 9:30 AM

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).

*Absentee ballots to vote for the directors are available at the front desk with the Office Administrators (Maria and Erin) or Executive Director (David). Members must personally request an absentee ballot for themselves only, stating the reason for the member's need to obtain the ballot. Ballots must be returned to the Nord-Bridge by 9:30am on Tuesday, April 1, 2025.



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BUILDING OPERATING FUNDS RECENT DONORS

Heather Todd \$500
Eva Deringer \$200
Gail Krysak \$25
Chinese Opera Society \$500
Bid Euchre \$30
Crib \$841 YTD

NORD-BRIDGE IN-HOUSE BINGO

Year to date: \$4235.25



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email: kellyjg08@gmail.com

Over 30 Years Experience



Lawyers of Huckvale Free Initial Legal Consultation

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

Time: 9:00am to 11:30am

Fee: FREE (Nord-Bridge members only)

Upcoming Dates: 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: April 17, May 15, June 19



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or drop by and see us



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Specsavers

Beginners Group Dance with Alberta Rose Country Dancers

Learn different styles of dance with a variety of music - this class will go through everything from the Waltz to the Rumba. This is for all ages and all levels as we intend to have fun, socialize, and gain confidence in dance knowledge and etiquette.

Session 4: Wednesdays, April 9 - 30

Session 5: Wednesdays, May 7 - 28

Time: 5:30pm - 7:00pm

Location: Multi-Purpose Hall

Fee: Members \$40 per couple

Non-Members \$60 per couple

Instructors: Connelly & Bernice Robichaud



BRAIN KNOWLEDGE MORNING



Tuesdays

May 20, 27, June 3, 10

10:00AM - 11:30AM

Nord-Bridge Flex Room

1904 13 AVE N

Join us for a short presentation on brain health and engage in fun activities that enhance and strengthen brain function!

Pre-registration required

Call 403-329-3222, or stop by Nord-Bridge!

FREE FOR ANYONE 55+!

www.buildingbrains.ca

buildingbrainstogether@gmail.com

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.



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**FUNDRAISING EVENT FOR
NORD-BRIDGE SENIORS CENTRE**

JUNE 7, 2025

7:00PM



**German Canadian Club
Lethbridge, AB**



**TICKETS: DIRECTLY AT NORD-BRIDGE SENIORS CENTRE
OR ONLINE**

WWW.JENNIEOGILVIE.COM

Jennie Ogilvie is coming to Lethbridge! See her live on June 7th 2025. There will be a delicious appetizer buffet for only \$20 (available to purchase at the door), and a cash bar! Doors open at 5:30pm with Nord-Bridge 55+ Community hosting at the The German Canadian Club of Lethbridge and D&N Kitchen. Tickets are \$65 each. Visit www.jennieogilvie.com, www.eventbrite.ca, or stop by Nord-Bridge to purchase. Don't miss out!



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:

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:

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**



Evening Cookie Decorating Class

Join us for this spring-themed cookie decorating class where you'll learn the art of transforming cookies into beautiful, edible masterpieces!

Whether you're a beginner or have some experience, this class is perfect for all skill levels.

Date: Monday, April 28

Time: 6pm to 9pm

Cost: \$50 per person

**Location: Nord-Bridge
West Community Room**

Open to anyone in the community!



Instructor Jenn Baczuk of Little Bunny Bakeshop, will guide you step-by-step through various decorating techniques. All materials, cookies, and icing will be provided.

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CINCO de MAYO LUNCH

FRIDAY, MAY 2 | 11:00AM TO 1:00PM

Choose 1 of 2 options for \$15 per person

**Option 1: Chimichanga with Rice, Salad,
and Pico de Gallo**

**Option 2: Chicken Taquitos Topped with Cabbage,
with Pico de Gallo**

For members and invited guests
Alcohol available for extra purchase

roost roost

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Have you or a loved one been
touched by organ donation?
Your journey can inspire hope
and change lives.

If you'd like to share your story
in an interview, contact Ashley
at 403-329-3222.

By sharing your experiences,
you can help others understand
the profound impact of organ
donation and encourage them
to become donors.

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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 \$9

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 \$3.5

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



April 7th, Wear Green



IN HONOUR OF THE LOGAN BOULET EFFECT



REGISTER
TELL YOUR FAMILY
BE INSPIRED

REGISTER ONLINE
GreenShirtDay.ca



In Partnership with
Kidney Canada's Organ and Tissue Donation Community



NORD-BRIDGE
SENIORS CENTRE

Green Shirt Day Event

Date: Monday, April 7

Time: 11:00am

Location: Dunford Diner

Join us in honoring the legacy of Logan Boulet, and learn about registering to become an organ and tissue donor. All are welcome! There will be refreshments and snacks.

Working together to bring Government services to you.



Date: May 16, 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.



Wishing all the members at Nord-Bridge a joyful and peaceful Easter season. May this time of renewal bring happiness, hope, and special moments with loved ones.

Thank you for the warmth and wisdom you bring to our community.

HAPPY EASTER!



MLA Nathan Neudorf
 Lethbridge-East

Park Meadows Game Afternoon!



FREE

BUILDING BRAINS TOGETHER

STRENGTHENING THE AGING BRAIN

Presentation by:
DR. ROBBIN GIBB
 Neuroscience Professor
 University of Lethbridge

*In this **free** presentation, we will explore how stress, diet, physical activity, and sleep influence our adult brains, while uncovering straightforward strategies to support a healthy brain as we age.*

1:30PM - 3:00PM

WEDNESDAY, APRIL 9, 2025

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 MAIN BRANCH, 810 5 AVE S
 THEATRE GALLERY**

REGISTER TODAY!

Call SCSIP Intake: 403-329-1544
 or email: intake@lethseniors.com



Volunteer Services Report



Happy Spring, Happy Easter and later this month; Happy National Volunteer Week!

In Canada, National Volunteer Week (NVW) originated in 1943, to celebrate the contributions to the war effort made by Canadian women on the home front. That was over 80 years ago and observed in September. In 1987, Canada Post even issued a special volunteer stamp to recognize the week. More recently in 1990, Volunteer Canada, a registered charity with over 1,100 organizational members, declared that National Volunteer Week would be held in the month of April, in all communities across Canada.

In Canada, NVW is typically celebrated in the third week of April, but not during the week of Easter. This means sometimes NVW might be closer to the middle of April or like this year in 2025, it lands at the very end of April, unlike other countries which observe a constant date. This is just part of what makes Canadian National Volunteer Week unique.

The International Year of Volunteers was designated for 2001 by the United Nations General Assembly. The initiative highlighted an increased recognition and promotion of volunteering and the achievements of millions of volunteers globally. This year we recognize and celebrate the approximately 13 million volunteers in Canada who volunteered at charities or non-profits, or about 41% of Canadians eligible to volunteer.

So now you know the *why* and *when*, but what about the *how*?

How National Volunteer Week is celebrated depends on many things, but there is lots of room for creativity and initiative in how a non-profit agency like Nord-Bridge Seniors Centre decides to honour their volunteers. This year our Volunteer Appreciation at Nord-Bridge Seniors Centre will take place on the afternoon of Thursday, May 1st. Watch for more information coming your way soon. Hope to see you there.

Donna Lofstrom-Bell, CVA - Coordinator of Volunteer Services



Thank you so much to our
St. Patty's Day lunch sponsors!



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Serving Lethbridge and area

Phone: 403-399-9415

Email: prairiealberta@gmail.com

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,
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



April 2025

Monday	Tuesday	Wednesday	Thursday	Friday				
<div><div><div>WELCOME</div><div>April</div></div><div><div>11:00 am - Dunford Diner</div><div>GREEN SHIRT DAY- LOGAN BOULET EFFECT</div><div>WEAR GREEN!</div></div><div><div>9:00 Hello Monday (Flex)</div><div>9:00 Gentle Yoga</div><div>9:30 Jammers (Annex)</div><div>10:00 Improver Line Dance</div><div>10:00 Sketching & Drawing</div><div>10:30 Chair Yoga</div><div>10:30 Monday Morning</div><div>11:45 Abs, Core & More</div><div>1:00 Quilters/ Crafters</div><div>1:00 Woodcarving</div><div>1:00 Contract Bridge</div><div>1:00 Begin. Line Dance(WCR)</div><div>1:00 Darts (MPH)</div><div>1:30 Outreach Meeting</div><div>5:00 Golden Fit (MPH)</div><div>6:00 Beginners Pickleball</div></div></div>	<div><div>1</div><div><div>Pickleball (Pickle Point) ^{WCR}</div><div>Zumba GOLD ®</div><div>Strength, Core Stretch</div><div>Advanced Watercolor</div><div>Music Makers (Annex)</div><div>10:00 New Comers Meet</div><div>Intro to Genealogy</div><div>Clogging Intermediate</div><div>Keep Fit Cardio (MPH)</div><div>11:15 Clogging Advanced</div><div>Canasta/ H & F</div><div>1:00 A & S Watercolor Club</div><div>1:00 Scrabble (Craft Room)</div><div>1:00 Texas Hold'em (WCR)</div><div>1:30 Beginners Crib (Annex)</div><div>3:00 Exercises w/ Arthritis</div><div>5:00 Gentle Barre (MPH)</div><div>6:00 Yin Yoga Nidra (MPH) ^(JSPH)</div><div>7:15 Dry Land Training</div></div><div><div>IG</div><div>WEALTH MANAGEMENT</div></div></div>	<div><div>2</div><div><div>9:00 AGM (Multi-Purpose Hall)</div><div>Guided Meditation</div><div>Handy Crafters (Flex)</div><div>Gentle Yoga (WCR)</div><div>10:30 Chair Yoga (WCR)</div><div>10:45 WINNERS BINGO</div><div>1:00 Manicures with Sylvia (Craft Room)</div><div>Darts (MPH)</div><div>Euchre</div><div>Bid Euchre</div><div>Minds in Motion (WCR)</div><div>Self Care Yoga (WCR)</div><div>Begin. Group Dance</div><div>6:00 Begin. Pickleball (YMCA)</div><div>7:30 Table Tennis (MPH)</div></div><div></div></div>	<div><div>3</div><div><div>8:45 Pilates (WCR)</div><div>9:00 Card Crafters</div><div>9:00 Intermediate Line Dance</div><div>Dance (Multi-Purpose Hall)</div><div>9:30 Mind Joggers</div><div>10:00 Brain Games (Flex Room)</div><div>10:30 Keep Moving Fall</div><div>Prevention (WCR)</div><div>11:00 Keep Fit Strength ^(MPH)</div><div>11:15 Estate Planning Info (Flex Room)</div><div>Begin. Line Dance</div><div>1:00 Advanced Acrylic ^(Flex)</div><div>1:00 Woodcarving (Craft)</div><div>1:00 Contract Bridge</div><div>1:00 Floor Shuffleboard</div><div>6:00 Beginners Pickleball</div></div></div>	<div><div>4</div><div><div>9:00 Gentle Yoga (WCR)</div><div>9:00 Ukulele Circle</div><div>9:00 Begin. Chess Club</div><div>10:00 Handy Crafters ^(Craft Room)</div><div>10:30 Chair Yoga</div><div>1:00 Watercolor Club</div><div>1:00 In- House Bingo ^(MPH)</div><div>1:00 Cribbage (WCR & Annex)</div><div>1:00 Contract Bridge</div></div><div></div></div>	<div><div>8</div><div><div>9:00 Pickleball (Pickle Point) ^{WCR}</div><div>Zumba GOLD ®</div><div>Strength, Core Stretch</div><div>Advanced Watercolor</div><div>10:00 IG Wealth Management Visits with Carol (Board Room)</div><div>10:00 Music Makers (Annex)</div><div>10:30 Intro to Genealogy</div><div>10:30 Clogging Intermediate</div><div>11:00 Keep Fit Cardio (MPH)</div><div>11:15 Clogging Advanced</div><div>12:45 Canasta/ H & F</div><div>1:00 Scrabble (Craft Room)</div><div>1:00 Texas Hold'em (WCR)</div><div>1:30 Beginners Crib (Annex)</div><div>3:00 Exercises w/ Arthritis</div><div>5:00 Gentle Barre (MPH)</div><div>6:00 Yin Yoga Nidra (MPH) ^(JSPH)</div><div>7:15 Dry Land Training</div></div><div><div>IG</div><div>WEALTH MANAGEMENT</div></div></div>	<div><div>9</div><div><div>8:45 Active POUND®</div><div>Guided Meditation</div><div>Handy Crafters (Flex)</div><div>Gentle Yoga (WCR)</div><div>10:00 Coffee with a Cop</div><div>10:00 Carpet Bowling</div><div>10:30 Chair Yoga (WCR)</div><div>10:45 WINNERS BINGO</div><div>1:00 Darts (MPH)</div><div>Euchre</div><div>Bid Euchre</div><div>Animal Features in Pen & Ink (Craft Room)</div><div>Self Care Yoga (WCR)</div><div>Begin. Group Dance</div><div>Begin. Pickleball(YMCA)</div><div>7:30 Table Tennis (MPH)</div></div><div></div></div>	<div><div>10</div><div><div>8:45 Pilates (WCR)</div><div>9:00 Card Crafters</div><div>9:00 Intermediate Line Dance</div><div>(Multi-Purpose Hall)</div><div>9:30 Tech Help w/ Sjoerd (Library)</div><div>9:30 Mind Joggers</div><div>10:00 Brain Games (Flex Room)</div><div>11:00 Keep Fit Strength ^(Flex Room)</div><div>1:00 Advanced Acrylic</div><div>1:00 Woodcarving (Craft)</div><div>1:00 Contract Bridge</div><div>1:00 Floor Shuffleboard</div><div>1:20 Park Meadows Games</div><div>6:00 Beginners Pickleball</div></div><div></div></div>	<div><div>11</div><div><div>9:00 Gentle Yoga</div><div>9:00 Ukulele Circle</div><div>9:00 Begin. Chess Club</div><div>10:00 Carpet Bowling</div><div>10:00 Handy Crafters</div><div>10:30 Chair Yoga</div><div>1:00 Watercolor Club</div><div>1:00 In- House Bingo ^(MPH)</div><div>1:00 Cribbage</div><div>1:00 Contract Bridge</div></div><div><div>Bingo!</div><div></div><div></div></div></div>

<div>14</div> <div>9:00</div> <div>LAWYERS (BR)</div> <div>Hello Monday (Flex)</div> <div>Gentle Yoga</div> <div>Jammers (Annex)</div> <div>FREE Member</div> <div>Portraits (Library)</div> <div>Improver Line Dance</div> <div>Sketching & Drawing</div> <div>Chair Yoga</div> <div>Monday Morning</div> <div>Check In (Flex Room)</div> <div>Abs, Core & More</div> <div>Quilters/ Crafters</div> <div>Woodcarving</div> <div>Contract Bridge</div> <div>Begin. Line Dance(WCR)</div> <div>Darts (MPH)</div> <div>Outreach Program</div> <div>Golden Fit (MPH)</div> <div>Beginners Pickleball</div>	<div>15</div> <div>9:00</div> <div>Pickleball (Pickle Point)</div> <div>Zumba GOLD ®</div> <div>Strength, Core Stretch</div> <div>Advanced Watercolor</div> <div>New Comers Meet</div> <div>Music Makers</div> <div>Intro to Genealogy</div> <div>Clogging Intermediate</div> <div>Keep Fit Cardio</div> <div>Clogging Advanced</div> <div>Begin. Tai Chi (MPH)</div> <div>Canasta/ H & F</div> <div>A & S Watercolor Club</div> <div>Scrabble (Craft Room)</div> <div>Texas Hold 'em</div> <div>Beginners Crib</div> <div>Exercises w/ Arthritis</div> <div>Gentle Barre</div> <div>Yin Yoga Nidra (MPH)</div> <div>Dry Land Training (MPH)</div>	<div>16</div> <div>8:45</div> <div>Active POUND®</div> <div>Paillearn Session (BR)</div> <div>Reflexology (Craft Rm)</div> <div>Guided Meditation</div> <div>Handy Crafters</div> <div>Gentle Yoga (WCR)</div> <div>Carpet Bowling</div> <div>Chair Yoga (WCR)</div> <div>WINNERS BINGO</div> <div>Darts</div> <div>Euchre</div> <div>Bid Euchre</div> <div>Animal Features in Pen & Ink (Craft Room)</div> <div>Self Care Yoga (WCR)</div> <div>Begin. Group Dance</div> <div>Begin. Pickleball (YMCA)</div> <div>Table Tennis (MPH)</div>	<div>17</div> <div>8:45</div> <div>Pilates (WCR)</div> <div>FREE Hearing Tests (Library)</div> <div>Card Crafters</div> <div>Intermediate Line Dance (Multi-Purpose Hall)</div> <div>Mind Joggers</div> <div>Brain Games (Flex Room)</div> <div>Keep Moving Fall Prevention (WCR)</div> <div>Keep Fit Strength</div> <div>Begin. Line Dance</div> <div>Advanced Acrylic</div> <div>Woodcarving</div> <div>Contract Bridge</div> <div>Floor Shuffleboard</div> <div>Beginners Pickleball (MPH)</div> <div>Lethbridge HEARING CENTRE</div>	<div>18</div> <div>CLOSED FOR GOOD FRIDAY!</div> <div></div>
<div>21* & 28*</div> <div>9:00*</div> <div>Hello Monday (Flex)</div> <div>Gentle Yoga</div> <div>Jammers (Annex)</div> <div>Improver Line Dance</div> <div>Sketching & Drawing</div> <div>Chair Yoga</div> <div>Monday Morning</div> <div>Check In (Flex Room)</div> <div>Abs, Core & More</div> <div>Quilters/ Crafters</div> <div>Woodcarving</div> <div>Contract Bridge</div> <div>Golden Fit (MPH)</div> <div>Beginners Pickleball</div>	<div>22 & 29*</div> <div>9:00</div> <div>Pickleball (Pickle Point)</div> <div>Zumba GOLD ®</div> <div>Strength, Core Stretch</div> <div>Advanced Watercolor</div> <div>Music Makers (Annex)</div> <div>Intro to Genealogy</div> <div>Clogging Intermediate</div> <div>Keep Fit Cardio (MPH)</div> <div>Clogging Advanced</div> <div>Begin. Tai Chi (MPH)</div> <div>Canasta/ H & F</div> <div>Cooking @ Interfaith</div> <div>A & S Watercolor Club</div> <div>Scrabble (Craft Room)</div> <div>Texas Hold 'em (WCR)</div> <div>Beginners Crib (Annex)</div> <div>Exercises w/ Arthritis</div> <div>Gentle Barre (MPH)</div> <div>Yin Yoga Nidra (MPH)</div> <div>Dry Land Training (MPH)</div>	<div>23* & 30</div> <div>8:45</div> <div>Active POUND®</div> <div>Paillearn Session (BR)</div> <div>Guided Meditation</div> <div>Handy Crafters (Flex)</div> <div>Gentle Yoga (WCR)</div> <div>Carpet Bowling</div> <div>Chair Yoga (WCR)</div> <div>WINNERS BINGO</div> <div>Virtual Cooking</div> <div>Darts (MPH)</div> <div>Euchre</div> <div>Bid Euchre</div> <div>Sparkling Waters Art</div> <div>Minds in Motion (WCR)</div> <div>L-SKIP (MPH)</div> <div>Self Care Yoga (WCR)</div> <div>Begin. Group Dance</div> <div>Begin. Pickleball (YMCA)</div> <div>Table Tennis (MPH)</div>	<div>24</div> <div>8:45</div> <div>Pilates (WCR)</div> <div>Card Crafters</div> <div>Intermediate Line Dance (Multi-Purpose Hall)</div> <div>Tech Help w/ Sjoerd</div> <div>Mind Joggers</div> <div>Brain Games (Flex Room)</div> <div>Keep Moving Fall Prevention (WCR)</div> <div>Life Members Luncheon (Diner Annex)</div> <div>Keep Fit Strength (MPH)</div> <div>Begin. Line Dance (WCR)</div> <div>Advanced Acrylic (Flex)</div> <div>Woodcarving (Craft)</div> <div>Contract Bridge</div> <div>Floor Shuffleboard (MPH)</div> <div>Beginners Pickleball (MPH)</div>	<div>25</div> <div>9:00</div> <div>Gentle Yoga</div> <div>Ukulele Circle</div> <div>Begin. Chess Club</div> <div>Carpet Bowling</div> <div>Handy Crafters (Craft Room)</div> <div>Chair Yoga</div> <div>Watercolor Club</div> <div>In- House Bingo (MPH)</div> <div>Cribbage (WCR & Annex)</div> <div>Contract Bridge</div> <div>*Under the Northern Lights Gala Tomorrow Night! *Tickets Required*</div>
<div>21* & 28*</div> <div>9:00*</div> <div>Hello Monday (Flex)</div> <div>Gentle Yoga</div> <div>Jammers (Annex)</div> <div>Improver Line Dance</div> <div>Sketching & Drawing</div> <div>Chair Yoga</div> <div>Monday Morning</div> <div>Check In (Flex Room)</div> <div>Abs, Core & More</div> <div>Quilters/ Crafters</div> <div>Woodcarving</div> <div>Contract Bridge</div> <div>Golden Fit (MPH)</div> <div>Beginners Pickleball</div>	<div>22 & 29*</div> <div>9:00</div> <div>Pickleball (Pickle Point)</div> <div>Zumba GOLD ®</div> <div>Strength, Core Stretch</div> <div>Advanced Watercolor</div> <div>Music Makers (Annex)</div> <div>Intro to Genealogy</div> <div>Clogging Intermediate</div> <div>Keep Fit Cardio (MPH)</div> <div>Clogging Advanced</div> <div>Begin. Tai Chi (MPH)</div> <div>Canasta/ H & F</div> <div>Cooking @ Interfaith</div> <div>A & S Watercolor Club</div> <div>Scrabble (Craft Room)</div> <div>Texas Hold 'em (WCR)</div> <div>Beginners Crib (Annex)</div> <div>Exercises w/ Arthritis</div> <div>Gentle Barre (MPH)</div> <div>Yin Yoga Nidra (MPH)</div> <div>Dry Land Training (MPH)</div>	<div>23* & 30</div> <div>8:45</div> <div>Active POUND®</div> <div>Paillearn Session (BR)</div> <div>Guided Meditation</div> <div>Handy Crafters (Flex)</div> <div>Gentle Yoga (WCR)</div> <div>Carpet Bowling</div> <div>Chair Yoga (WCR)</div> <div>WINNERS BINGO</div> <div>Virtual Cooking</div> <div>Darts (MPH)</div> <div>Euchre</div> <div>Bid Euchre</div> <div>Sparkling Waters Art</div> <div>Minds in Motion (WCR)</div> <div>L-SKIP (MPH)</div> <div>Self Care Yoga (WCR)</div> <div>Begin. Group Dance</div> <div>Begin. Pickleball (YMCA)</div> <div>Table Tennis (MPH)</div>	<div>24</div> <div>8:45</div> <div>Pilates (WCR)</div> <div>Card Crafters</div> <div>Intermediate Line Dance (Multi-Purpose Hall)</div> <div>Tech Help w/ Sjoerd</div> <div>Mind Joggers</div> <div>Brain Games (Flex Room)</div> <div>Keep Moving Fall Prevention (WCR)</div> <div>Life Members Luncheon (Diner Annex)</div> <div>Keep Fit Strength (MPH)</div> <div>Begin. Line Dance (WCR)</div> <div>Advanced Acrylic (Flex)</div> <div>Woodcarving (Craft)</div> <div>Contract Bridge</div> <div>Floor Shuffleboard (MPH)</div> <div>Beginners Pickleball (MPH)</div>	<div>25</div> <div>9:00</div> <div>Gentle Yoga</div> <div>Ukulele Circle</div> <div>Begin. Chess Club</div> <div>Carpet Bowling</div> <div>Handy Crafters (Craft Room)</div> <div>Chair Yoga</div> <div>Watercolor Club</div> <div>In- House Bingo (MPH)</div> <div>Cribbage (WCR & Annex)</div> <div>Contract Bridge</div> <div>*Under the Northern Lights Gala Tomorrow Night! *Tickets Required*</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.

LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL DONNA AT 403-329-3222 TO ARRANGE.

WINNERS BINGO WEDNESDAY: APRIL 2, 9, 16, 23, 30

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)

LOCATION: CRAFT ROOM UPCOMING DATES, MAY 21



VOLUNTEER APPRECIATION EVENT- MAY 1ST AT 2PM IN THE DINER PLEASE ASK DONNA FOR MORE INFORMATION.

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

CINCO DE MAYO FRIDAY MAY 2ND IN THE DINER MORE INFO IN THE MAY NEWSLETTER

PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!

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 topics for this month will be Acceptance and Meaning

When: Monday, April 7 2025
Monday, April 14, 2025
Monday, April 21, 2025 - NO CLASS DUE TO EASTER
Monday, April 28, 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



She worked her whole life for this party!

Please join us for a **come & go** celebration for



Connie's Retirement

Saturday, May 3rd

2:00 - 4:00pm

Nordbridge Seniors Centre
(please use South-West entrance)

DARREN ATKINS



403-894-4122



darren.reddooryql@gmail.com



ONYX REALTY

HELPING YOUR NEXT MOVE WITH CARE AND CONFIDENCE.
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Estate Planning Information Session With Austyn Anderson of Richard A. Low & Company, LLP

Date: Thursday, April 3

Time: 11:15am

Location: Nord-Bridge Flex Room

Free for anyone 55+

No registration required

This session will help you navigate the complexities of estate planning with confidence. Topics will include wills and trusts, power of attorney, healthcare directives, beneficiary designations, and tax implications.



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, April 7, 2025 - Topic TBD by class
Monday, April 14, 2025 - Topic TBD by class
Monday, April 21, 2025 - No class due to Easter
Monday, April 28, 2025 - Topic TBD 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

Nord-Bridge Seniors Centre is offering support for adults filing their income tax return. This is for those who have a lower income and a simple tax return. The tax volunteers will electronically file income tax returns which will speed up the process. The tax volunteers can assist you in filing your simple income tax returns but cannot give you tax advice. If you require tax advice, please call the CRA at 1-800-959-8281. Just a reminder, please respect Nord-Bridge staff and tax volunteers as they look through your taxes for 2024. It is important to file your taxes to potentially receive a refund every year. The benefits of filing taxes will ensure that you receive a possible tax refund, access to tax benefits and credits, and most of all you might be eligible for certain government programs.

When dropping off your taxes please fill out 2 forms and put your slips in a brown envelope. There are two tax volunteers located in the front hallway. They will check your brown envelope to ensure all the documents are there that are required to file your taxes. Once your taxes have been electronically filed, a Nord-Bridge tax volunteer will give you a phone call.

You can drop off your taxes at Nord-Bridge 9:00am till 3:00pm until April 30, 2025. We are using a drop off service and do not require appointments. There is no fee for the use of this service and it is open to anyone in the community.

Charlene Kocken, BA, BSW, RSW

Seniors System Navigator



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+)



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- Companion Care
- Consistent Caregivers
- Flexible Scheduling

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Phone: (403) 393-2949

Email: info@bridgehomecare.ca

www.bridgehomecare.org



Member Photos

by Walter Kerber

3rd Monday of the month
beginning at 10:00am!

Upcoming Dates:
April 14, May 12, June 16

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



NEW!

JOIN US FOR...

BRAIN GAMES!



JOIN US FOR AN
HOUR OF BRAIN
BUILDING GAMES,

**THURSDAYS FROM
10-11AM!**

APRIL 3, 10, 17, & 24

NORD-BRIDGE FLEX
ROOM
1904 13 AVE NORTH

FREE FOR ANYONE 55+

**PRE-REGISTRATION
REQUIRED**

CALL 403-329-3222 OR
STOP BY NORD-BRIDGE



buildingbrains.ca

Condolences to...

...the May family, on the passing of Gerda
...the Arkinstall family, on the passing of Everett
...the Hanna family, on the passing of Pat

Get Well Wishes to...

Maxine Hart
Bill Conners
Shirley Zeh
Frances Wallace

Self Care Yoga

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

Session 2: Wednesdays, May 14 - July 2

Time: 3:30pm - 4:30pm

Location: West Community Room

Instructor: Carey Viejou

Cost: \$45 Members \$65 Non Members



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

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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.

LETHBRIDGE EMERGENCY
MANAGEMENT AGENCY

EMERGENCY PREPAREDNESS

*Learn how to strengthen your
resilience and be better prepared
for disasters.*

**Nord-Bridge Seniors Centre Main Corridor
Friday, May 9 // 9am - 11am**



Know Your Risks

Information on hazards for
the Lethbridge area



Make a Plan

Learn how to properly
prepare yourself and your
family



Build A Kit

Checklist on what to have in
your kit

**ENTER FOR A
CHANCE TO WIN
A 72-HOUR KIT**

Be prepared. Know your risks.



CITY OF
Lethbridge

lethbridge.ca

Programmer's Report



I had a fantastic time in Victoria, BC last month! Here are a couple photos from while I was there. We did some hiking, shopping, and ate at delicious restaurants.

Last month we hosted our annual Fall In-House Awards Luncheon for all the winners and participants in the fall 2024 carpet bowling, floor shuffleboard, darts, and pool tournaments. Congrats to all the winners and thank you to all the volunteer servers for helping, along with our amazing kitchen staff for making a great meal!

We also got to host our annual St. Patrick's Day lunch in the Dunford Diner on Friday, March 14th, and it was a blast. I always look forward to this event, as it's so much fun with the prizes, live music by Celtic Routes, and delicious Irish food prepared by our kitchen! Thank you to Celtic Routes for always putting on a great performance and donating a CD for a Nord-Bridge member to enjoy. Thanks also to Blue Fox Association and Lethbridge Folk Club for donating prizes!

This month we have our annual Green Shirt Day in honor of the Logan Boulet Effect and organ and tissue donation awareness on Monday, April 7th at 11:00am in the diner. Please note the date has changed from Friday, April 4th. Please come join us with your green! If you don't already have a green shirt, please go online to www.greenshirtday.ca. If you are a current registered organ or tissue donor, please give me a call at 403-329-3222 as we have something special planned on this day. There will also be refreshments, cake, and handouts on this topic.

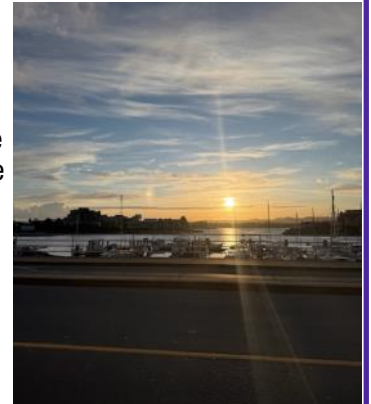
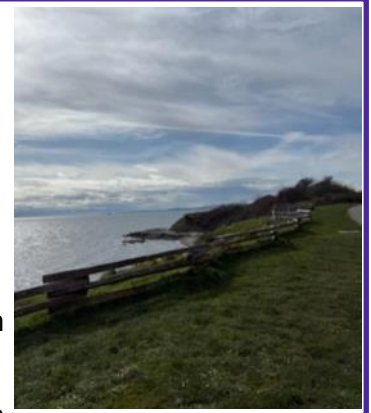
Watch for upcoming Seniors Week events in the May newsletter. We will have a couple new events added this year. Also in the May newsletter, watch for the Summer Program Guide release date!

Our new Coordinator of Volunteer Services, Donna, has been busy planning our annual Volunteer Appreciation event at Nord-Bridge for Thursday, May 1st from 2:00pm-3:00pm in the Dunford Diner. For more information on this please contact Donna.

Cancelled for this month on Wednesday April 2nd is Active POUND and Carpet Bowling due to the Annual General Meeting in the Multi-Purpose Hall.

Until next month, stay happy and healthy!

~Ashley Kern - Program Coordinator



Nord-Bridge Seniors Golf at Evergreen Golf Centre

Approximate start:
1st week of May

*Weather permitting

For Nord-Bridge members only

Tuesday and Thursday mornings

Contact Conveners for tee time information

June Perreault

email: j_dper@hotmail.com

call or text: 403-598-1761

Dan Lang

phone: 403-327-3303



Sparkling Waters Using Watercolor Techniques



Dates: Wednesdays,
April 23 & April 30
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



Learn how to create water that sparkles with watercolor in this two-week class. Techniques include 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 water. Learning these techniques can also transfer to painting other subjects for future projects. This is for all skill levels.

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

Friday, April 4:
Chicken Fettucine Pasta with
Caesar Salad and Garlic Toast

Friday, April 11:
Veal Cutlets with Mashed
Potatoes, Veggies, and Gravy

Friday, April 18:
Closed for Good Friday

Friday, April 25
Liver and Onions with Mashed
Potatoes, Veggies, and Gravy



Available from 11am to 1pm,
while quantities last

Optical Repairs at Nord-Bridge
With a licensed optician from Specsavers!

Upcoming dates:
Thursdays, May 15 & June 19
Time: Beginning at 1:00pm
Fee: FREE

**For Nord-Bridge members only!*

Specsavers

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

**Please note! There will be no Optical Repairs in April due to lack of space.*



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.

Facilitated by:
Melissa DeBoer, RN and
Christine Vanderberg, RN

Wednesday, April 16, 2025
9:00am - 11:00am
Nord-Bridge Seniors Centre Board Room
***Registration is required, either at Nord-Bridge or online at www.nordbridgeseniors.com**

FREE
basic course for all members of the community



For more information contact
friendly@nordbridgeseniors.com

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

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

IG Wealth Management
Visits with Carol

***Carol will be set up in the Board Room on April 8.**

Carol Haayema is a Senior Financial Consultant with IG Wealth Management. She will be at Nord-Bridge every second Tuesday from 10am - 1pm 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!



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



Investments • Retirement • Insurance • Tax Strategies • Estate Planning

Fundraising Report

Hello spring! I love this time of year – everything is new and fresh!

April showers bring May flowers...It's our Gala month! Under Northern Lights is finally upon us ~ and we are ready! This event is our biggest fundraiser of the year and we anticipate a big success. There will be dancing, food, socializing, candy, and more!

Jennie Ogilvie, psychic medium, will be at the German Canadian Club on June 7, and we will benefit from her visit to Lethbridge. She will be sharing special messages, insights, and perspective on life, death and everything in between – with a comedic flair that is second to none.

Our amazing Nord-Bridge dragon boat team, the Sea 'N Oars, have begun dryland training to prepare for their practices on Henderson Lake, and we are working to get t-shirts made! We want to say thank you to our dragon boat sponsors: Lethbridge Hearing Centre, The Medicine Shoppe, and Salon Nineteen04.

All of this has kept me very busy over the last few months, so you have not seen me in the dining room as much as I would like. I miss our visits...and look forward to resuming them regularly.

I appreciate you all! Remember, "You're only here for a short visit. Don't hurry. Don't worry, and be sure to smell the flowers along the way."

Thank you for being you – Have a Friendly Day!

Julie Sarich - **Director of Fund Development**



Palliative care education for everyone



Your role in a Compassionate Community

Your Role in a Compassionate Community Compassionate Communities are networks of support around people experiencing serious illness, death and grief. Gain information and ideas about how to nurture Compassionate Communities near you.

Facilitated by:

Christine Vanderberg, RN
Palliative nurse consultant

Wednesday, April 23, 2025
9:00am - 11:00am

Nord-Bridge Seniors Centre Board Room

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

FREE
basic course for all members of the community



For more information contact
friendly@nordbridgeseniors.com

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: April 9, May 14, June 11
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.



Live Cooking Classes Via ZOOM for Seniors 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 Creamy Tuscan Chicken Meatballs!



Wednesday, April 23
Time: 11:15am - 12:15pm
Fee: \$30 for anyone 55+

Call 403-329-3222
or visit
www.nordbridgeseniors.com
to sign up today!

Roaming Retirees

Spring has sprung and Easter is almost here!

We have been very busy here at Nord-Bridge and so has Ter-bear. I would like to remind all our members and non-members that ride our Go Friendly bus to the seniors centres, to ensure they are booking by 3pm the day before. Our bus has been booking up fast and we can only take a limited number of riders per time slot. Please be patient with us as we are doing the best we can.

We had a fantastic crowd for our Outreach program in March. Put on your dancing shoes and cowboy hats, and join us for this month's Accordion Cowboy Jam happening Monday, April 14! How much fun will this be? I am sure excited; I'm going to have to think of a reason to leave my desk and wander the halls. Please make sure you sign up at our front desk.

Last month we were discussing trips. There will be an interest sheet on the table by the front desk. This is NOT a sign-up sheet. We need to know how many are interested in going before we book. We need a minimum of 40 people.



~Erin Bates "Spring is a lovely reminder of how beautiful change can be."



From the Desk of Val Arkinstall...

Hello members,

Spring is coming and everybody needs a road trip to get out of town. We are thinking of the following trips. If you are interested in any of these, fill out the interest sheet at the front desk so we know if we would have enough people to book the trip. We need 40 or more to make the outing happen.

1. Rose Bud Dinner Theatre - Thursday, June 12th - A New Canadian Musical - A true story
2. Jubilee Theatre Calgary - Thursday, July 31 - Lion King (This is a must to see)
3. Rosebud Dinner Theatre -Thursday, Nov. 20th - Christmas show, Miracle on 34th Street

Costs will be issued as soon as we get enough interest. If trips are booked, the deadline to sign up is one month before trip departure.

I hope April brings each and every one flowers and not showers.

~Val Arkinstall

Mind Joggers



Jet Trails

I love to see the jet trails
as they streak across the sky
I often sit and wonder
about the "where" and "why"
Of everyone who travels
In those wondrous jets so high.

Is that one off to Alaska
For gold in streams to pan?
Or is it on to China
to ride in a sampan?
That is certainly the direction
From this jet trail that I scan.

~ Kathleen Sanderson

Is that one off to London
For relatives to see?
Or is it going farther,
Perhaps to gay Paris?
Or maybe on to Spain
To bathe in warm warm seas?

The criss-cross of those jet trails
Across the blue, blue sky
Feeds my imagination
And poetry I try.

I hope you too will ponder
And ask the "where" and "why"
The next time you encounter
Those jet trails 'cross the sky.

Nord-Bridge Outreach Cowboy Accordion Jam!



Monday, April 14

1:30pm to 3:00pm



Nord-Bridge Multi-Purpose Hall

\$3 per person

RSVP by Monday, April 7!

Call 403-329-3222

Come and enjoy a good old fashioned hoedown with
live entertainment by Alice Tinordi, and Bryce & gang,
along with door prizes and refreshments!

Wear your favorite cowboy hat
or Easter bonnet to celebrate
spring time on the prairies. Lots
of fun and dancing and a
yeehaw good time!



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

Restoring
Smiles with
Quality
Dentures

Southern Denture Clinic



Now doing intraoral scanning!
No more messy
uncomfortable impressions!

Offering
Home Visits
call for more info

- ♥ Complete and Immediate Dentures
- ♥ Digital Dentures
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- ♥ Implant Supported Dentures-removable / fixed
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Free no pressure Consultations ♥ No Referral Needed

259 12C St N, Lethbridge
www.southerndenture.ca

403-327-6331

The month of May is Sexual Violence
Awareness month.

Visit the Lethbridge Family Services
booth at Nord-Bridge Seniors Centre
on May 16th from 10am to 1pm.
We will be sharing service information
and community resources.

Join us for a presentation on
Healthy Relationships by Lethbridge
Family Services Outreach & Education
on May 22 from 10am to 11:30am

Lethbridge Family Services

Since 1910



St Patty's Day Outreach!
Sign up to attend our next
event - a Cowboy Accordion
Jam on Monday, April 14th.
Call 403-329-3222 to RSVP!



Yin & Yoga Nidra

This is a combined class that takes elements from Yin Yoga - a slow-paced therapeutic style of yoga with postures that are more passive and held for a few minutes, and Yoga Nidra - 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. Just 15 mins. of Nidra = 1 hour of sleep!

Session 2: Tuesdays, May 6 - June 24

Time: 6:00pm - 7:00pm

Location: Multi-Purpose Hall

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

Instructor: Cheris Samuels

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



Virtual Guided Meditation

Wednesdays, 9:00am - 9:45am via ZOOM

Session 2: April 2 - May 21

Members \$25; Non-Members \$45

Please register at the front desk
and pick up a consent form



This class will focus on progressive relaxation,
guided imagery, tapping, and mindfulness.
Newcomers are welcome to join.

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

Empathy.
Assistance.
Advocacy.

Contact the Seniors System Navigators



403-329-1544



intake@lethseniors.com



Lethbridge Elder Abuse Response Network

Connection is one of the most important aspects of a happy and fulfilling life. Whether it's meeting new friends or strengthening existing relationships, taking the time to engage with others can make all the difference in our well-being. This month, LEARN is excited to highlight two fantastic opportunities designed to help you foster meaningful connections:

Be Fast Friends

Friday April 25, 1:30 – 3:00 PM (Doors open at 1:00 PM)

Location: LSCO Stage Area

Making new friends can feel intimidating, but it doesn't have to be! Join us for **Be Fast Friends**, a speed-friending event designed to make meeting new people easy and fun. In a relaxed setting, you'll have the opportunity to chat with others for a few minutes before moving on to the next conversation. This is a perfect opportunity for those who may feel a little nervous about socializing but are looking to develop new friendships. Come with an open mind, and you may just leave with a new friend or two! To register, call SCSP Intake at 403-329-1544.

Building Healthy Relationships

8-Week Group Program: April 22 - June 10, 10:00 a.m.- 12 p.m.

Location: LSCO Boardroom

Healthy relationships are key to a happy life, and learning how to nurture them is a skill that benefits everyone. **Building Healthy Relationships** is an 8-week group program focused on improving communication, setting boundaries, and exploring ways to create stronger, healthier connections in all areas of life. This group will be hosted by LEARN in partnership with Lethbridge Family Services and our LEARN volunteer! There is no cost to participate. To register, contact LEARN at 403-394-0306.

Both of these events are wonderful opportunities to build connections in a supportive environment. We encourage you to step out of your comfort zone and give them a try - you never know what friendships and growth may come from it!

Marissa Hardy

LEARN
Case Manager



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,
April 16, May 14, June 18

Appointment times between 9am and 12pm

Location: Craft Room



*ALL APPOINTMENTS ARE FULL
YOU CAN PUT YOUR NAME ON A WAIT LIST!



Every Monday
(excluding holidays)

*\$3 cover charge for
non-members



Jammers

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



colorSTREET Manicures with Sylvia
*For Nord-Bridge members only

Upcoming Dates:
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.



**"I TAKE the TIME to HELP YOU
get TOP DOLLAR for your home!"**



Keith Pushor
Senior Real Estate
Specialist (SRES)



South Country Real Estate
403-327-2111

Go to keithpushor.ca for a "Hands-On Approach" to Real Estate

CRA's Community Volunteer Income Tax Program

Now Open Until April 30!

Drop your tax documents off at Nord-Bridge (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!**



Tech Desk Help with Sjoerd

**IN THE LIBRARY FOR APRIL APPOINTMENTS*

If you have questions about your laptop, tablet, or smart phone, our volunteer, Sjoerd, will be at Nord-Bridge twice in April to assist you!

Upcoming Dates:

Thursdays, April 10 & 24; May 8 & 22

Time: 9:30am - 2:00pm

Cost: FREE - for Nord-Bridge members only

***Appointments are required.**

Visit the front reception desk to book!



Bocce Ball at Norbridge Lions Park

Beginning Tuesday, May 6th at 2pm
(weather permitting)

If you are interested in signing up, please find the sign up sheet at the Nord-Bridge Front Desk

***For Nord-Bridge members only**



BUILDING HEALTHY RELATIONSHIPS AS WE AGE

8 WEEK PSYCHO-SOCIAL GROUP

BOUNDARIES • COMMUNICATION • REFLECTION

Every Tuesday
April 22 - June 10
10AM-12PM
LSCO Board Room
No cost

To register or
for more information,
contact the LEARN Case
Manager at
learn@lethseniors.com
or 403-394-0306



Lethbridge Family Services
Since 1950
Counselling, Outreach & Education



Third Annual Olai Egeland Memorial Contract Bridge Tournament

Saturday, April 26, 2025
Nord-Bridge Seniors Centre
1904 - 13th Avenue North
Lethbridge, AB T1H 4W9

Registration Deadline: Friday, April 11, 2025

Cost: \$25.00 per person (meal included)

To register your team: contact
Dianne Smith 403-915-7442 or
e-mail: diannesmith@shaw.ca

Registration starts 9:00 am
Play begins at 9:30 am

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
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“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