

NEWSLETTER

March 2025



The Nord-Bridge Seniors Outreach Program provides social programs for isolated seniors in the community. Socials are organized on the 3rd Monday of each month unless otherwise stated. We have tons of fun at these gatherings, with live entertainment, refreshments, and a time of visiting and camaraderie. The cost is \$3 per person and you do not need to be a Nord-Bridge member to attend - all seniors 55+ are welcome to join! Our next event takes place Monday, March 17th and we'll be celebrating St. Patrick's Day! See page 20 of the newsletter for all the details. We are always looking for more volunteers to help out at our Outreach functions - email us at friendly@nordbridgeseniors.com for more information about volunteering!

PRESIDENT'S REPORT

Welcome spring, on Wednesday, March 20!

Another successful luncheon was held in February - our Valentine's luncheon on February 14th. A great big thank you to all our volunteers, our chefs, Bety and Tyler, Gail for the dessert, and to Anne Pauls for the back up music on the piano. A job well done.



A reminder that our Annual General Meeting is being held on Wednesday, April 2 at 9:30am in the Multi-Purpose Hall. There will be an election for three new board members. Nominations have to be in by 4:30pm on Friday, March 14, 2025 at the Front Desk.

Our In-House Tournament Awards Luncheon is being held on Friday, March 7, at 11:30am. Guests are welcome at \$10 per person. Tickets can be purchased at the Front Desk. See you there!

Don't forget, our Under Northern Lights Gala is coming up on Saturday, April 26, 2025 at the Coast Lethbridge Hotel and Conference Centre. See the ad on page 3 of the newsletter for all the details. This such a fun evening out in support of Nord-Bridge. We hope you can join us!



Helen Gepneris,

Board President

Thanks to Sandy Deacon-Rogers for donating this beautiful quilt to our Under Northern Lights Gala! The quilt is named "Aurora Borealis," and will be one of the items in our gala silent auction. Sandy has been a member of Nord-Bridge for 3 years and values the friendships she has made during her visits to our 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.



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

Tricia Grant

Doug Grant

Connie Stella

Ken Britton

Vernon Jarvie

Robert Hryciuk

Irene Shortreed

Shelley Townsend

Debbie Oler

Dianne Perrin

Frank Addison

Denise Jetter

Diane Hunt

Norma Wall

3 Anonymous

Daylight Saving Time begins Sunday, March 9, 2025.
Don't forget to set your clocks ahead one hour!



SPRING
Forward



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.



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

facebook.com/nordbridgeseniorslethbridge

twitter.com/bridgenord

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



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

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

***No Scrabble on March 18th**

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 **LAchef's CATERING**

Live entertainment by **The Bamboo Guppies!**

Wine Plinko and Restaurant Wall!

Candy Table!

Silent Auction ~Items donated by local businesses!

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

Here we grow again... as our membership continues to grow we have added two new staff members to our team. This month, I would like to welcome and introduce Danielle Wiese and Donna Lofstrom-Bell to our Nord-Bridge team! Danielle is a cook that will support our busy kitchen operations. Danielle has over 5 years of cooking experience, and she brings a Level 1 Pastry Arts Certificate to Nord-Bridge. We're looking forward to some fresh baked goods, desserts and breads. In the front office, we have Donna, who will oversee our volunteer portfolio. Donna brings almost 40 years of experience as a Certified Volunteer Administrator. Donna's office is located just across from the Dunford Diner - please stop in to introduce yourself to her if you're a volunteer or interested in volunteering. Please give a friendly Nord-Bridge welcome to Danielle and Donna.



We're not done growing yet. In the summer of 2024, I had the opportunity to meet with then Assistant Deputy Minister, Seniors Division, Seniors, Community and Social Services, Dana Mackie, to discuss senior related issues within our community. Dana took the time to listen and hear where the gaps are in Southern Alberta for senior support services. She directed us to the funding stream for Social Prescribing in their ministry. An application was made in the fall of 2024, and I am pleased to announce we were successful in securing a three year funded position for a Social Prescribing Seniors Systems Navigator. This position will support seniors in our community referred by healthcare professionals, to identify and assist with connecting seniors to the necessary community resources. This position will be posted this month with the hopes of having someone in the position by the end of the month. This position will be located at Nord-Bridge, however the service will operate within the Seniors Community Services Partnership model for intake and case management, thus it is not a direct support service for Nord-Bridge members and requires intake and referrals.

On a non-growth related topic, you will have noticed our tenant Chinook LifeCare's office has been empty and dark. Unfortunately, Chinook LifeCare has made the decision to dissolve their organization. Their lease with Nord-Bridge expired at the end of February. We would like to thank the staff and the board of directors of Chinook LifeCare for their years of services to Nord-Bridge members and seniors in our community. The vacant office space will now become the home of the Social Prescribing Navigator position.

A friendly reminder, the Annual General Membership Meeting will be on **Wednesday, April 2nd at 9:30am** in the Multi-Purpose Hall. Nord-Bridge will elect three (3) new Directors for a three (3) year team to our board. Nomination forms are available at the Front Desk. Nominations will close on Friday, March 14th at 4:30pm. 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.

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
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

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



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.

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!





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 19th or October 12th

Vancouver Island, Victoria and Pacific Rim – May 11th

BC Hot Springs and Nelson Stay Awhile – May 24th

British Columbia Circle – June 2nd

Alaska Midnight Sun – June 7th or July 5th

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

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

Cross Canada by Motorcoach – September 6th



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

48th
Anniversary





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

DAILY 50/50 DRAW

***POSTPONED UNTIL FURTHER NOTICE**

MONTHLY 50/50 TOONIE DRAW

***POSTPONED UNTIL FURTHER NOTICE**

MONDAY JAM 50/50 DRAW

Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.

RECENT WINNERS

February 3: Sandy Fischer \$77
 February 10: Carolyn Steen \$77
 February 17: CLOSED
 February 24: Helen Gepneris \$82 (donated back to Nord-Bridge!)

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

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
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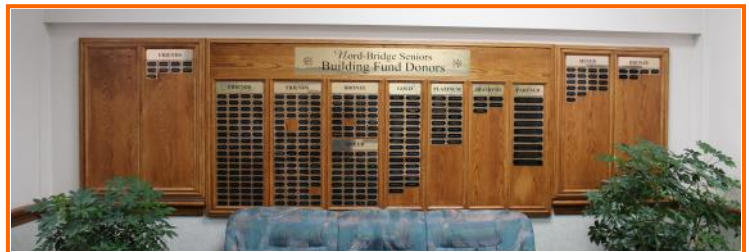
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BUILDING OPERATING FUNDS RECENT DONORS

Ming Jang \$50, in memory of Fred Veres
Helen Gepneris \$80

NORD-BRIDGE IN-HOUSE BINGO

Year to date: \$2840



Many thanks to Jack and his team at
Fairway Plaza Safeway for donating 10 heart-shaped
boxes of chocolate as prizes for our Valentine's Day Bingo!



Jo Ann Kelly
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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: 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
LAW

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



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Specsavers

Volunteers!

Please ensure you are recording your volunteer hours each month and dropping them off to Donna.

This includes: Conveners of programs, tax help, Winners Bingo, newsletter delivery, program set up, etc.

Thank you for hundreds of volunteer hours given each year at Nord-Bridge!

Not sure about your hours?

Please contact Donna at
403-329-3222.



NORD-BRIDGE
SENIORS CENTRE

FREE FOR ANYONE 55+
NO NEED TO REGISTER
DROP INS WELCOME!

**INFORMATION
SESSION: ALL ABOUT LETHBRIDGE
REAL ESTATE!**

DATE: MARCH 20

TIME: 10AM

LOCATION: FLEX ROOM

MEET & GREET

DATE: MARCH 6

TIME: 10AM

LOCATION: MAIN HALLWAY



**DARREN
ATKINS**

ONYX
REALTY



**BRAIN KNOWLEDGE
MORNING**



Tuesdays

May 20, 27, June 3, 10

10:00AM - 11:00AM

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



Happy St. Patrick's Day!

**Receive 17% off over the counter
products all March long at**

The Medicine Shoppe Pharmacy

Located inside

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** Some Exclusions Apply **

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- * Evergreen's Budget Conscious Pricing

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We can help....

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- Selling Unneeded Furniture
- Packing • Arranging Movers • Unpacking
- Estate Home Clearouts

**Call Jody Johnson for your complimentary
in-home consultation and free estimate.**

Cell: 403-330-8389



New Owner/
Operator

Mini Book Sale



**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!

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 \$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.

If you would like to order a Green Shirt Day t-shirt, contact Nord-Bridge at 403-329-3222.

T-shirts are \$25.00, including GST.

Orders are due by March 17.


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 shavasana (resting pose). The focus will be on self care, grounding, and breathing.

Session 1: Wednesdays, March 19 - May 7
Time: 3:30 pm - 4:30 pm
Location: West Community Room
Instructor: Carey Viejou
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: Multi-Purpose Hall
Instructor: Carey Viejou
Who: For anyone 55+

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.




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:
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:
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





As the seasons change, I'm preparing to head back to the Legislature to continue advocating for Lethbridge-East and ensuring your voice is heard.

Your concerns matter to me, and my team and I are always here to listen. Whether it's provincial policies, local issues, or just a friendly conversation, please don't hesitate to reach out.


Let's welcome spring with renewed energy and a shared commitment to building a stronger community together!

Hello Spring

MLA Nathan Neudorf
Lethbridge-East



FREE



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

**LETHBRIDGE PUBLIC LIBRARY
 MAIN BRANCH, 810 5 AVE S
 THEATRE GALLERY**

REGISTER TODAY!

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



Volunteer Services Report

Hi, my name is Donna Lofstrom-Bell and I am the newest staff member here at Nord-Bridge Seniors Centre. I feel so lucky to be part of the team at this super friendly seniors centre.

My main role will be to recruit, screen, plan and lead orientation and training sessions, develop and evaluate volunteer programs, and support and recognize current and new volunteers. It is a new position, and everyone has been so welcoming and patient as we "grow" this important initiative. I have been so impressed with all the programs offered at Nord-Bridge, and all the hard work by the staff to create such amazing opportunities for seniors.



Most of my experience of managing and leading volunteers for almost 40 years has been with health care; both acute care and long term care, and also with community agencies like S.P.C.A. (AB,SK,BC), Alzheimer Society (BC), MADD (SK), and national government programs such as Katimavik and EXPO 86 in Vancouver B.C.

Volunteerism and community involvement were a big part of growing up in smaller communities in British Columbia and Saskatchewan, and were demonstrated consistently by my parents, who showed us that volunteering was fun, rewarding, and a great way to connect with a diverse range of people.

My husband Doug and I live in Coaldale with our two utterly spoiled dogs, Jackson, a big, black Standard Poodle and Sansa, a cuddly Bichon X, along with two rescue Siamese X cats, Haley-Bop and Monte Creek. Our daughter and son-in-law have a hobby farm in Stirling that also helps to keep us busy.

I look forward to learning more about Nord-Bridge Seniors Centre and its members and volunteers. I work part time and my office is right next to the Boardroom and across from the Dunford Diner. I share an office with Erin, who loves to laugh and is showing me how to have fun at work.

Donna Lofstrom-Bell, CVA - Coordinator of Volunteer Services

St. Patty's Day Lunch

Friday,
March 14th
11am - 1pm

For members
and invited
guests



\$15 per person
Choose 1 of 2 Options:
Option 1: Boneless Pork Chops in Irish Whiskey Sauce, with Carrots and Roasted Potatoes
Option 2: Irish Stew with a Bun

***Alcoholic beverages available for an extra cost!**
***Limited menu available**

Live music by Celtic Routes!

For dine-in or take-out, while quantities last!





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!**



March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Hello Monday (Flex) 9:30 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/ Crafters 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 Beginners Pickleball	4 9:00 Pickleball (Pickle Point) ^{10:00} 9:00 Zumba GOLD® 9:30 Strength, Core Stretch 9:30 Advanced 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 Darts (MPH) 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 Massages (Craft Room) 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 1:30 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 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 (MPH) 1:00 Begin. Line Dance (Flex) 1:00 Advanced Acrylic (Flex) 1:00 Woodcarving (Craft) 1:00 Contract Bridge 1:00 Floor Shuffleboard 6:00 Beginners Pickleball 	7 9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 11:00 Fall In-House Awards Luncheon (mpH) *Tickets Required 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge *Daylight Savings Time Begins: Turn Your Clocks Forward One Hour on Sunday Mar. 9th! 
10 9:00 LAWYERS (BR) 9:00 Hello Monday (Flex) 9:30 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line Dance 10:00 Sketching & Drawing 10:30 Chair Yoga 10:30 Monday Morning 11:45 Check In (Flex Room) 1:00 Abs, Core & More 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:00 Darts (MPH) 6:00 Beginners Pickleball 	11 9:00 Pickleball (Pickle Point) ^{10:00} 9:00 Zumba GOLD® 9:30 Advanced Watercolor 10:00 IG Wealth Management Visits with Carol (Board Room) 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 Yin Yoga Nidra (MPH) 6:00 Dry Land Training ^(JPH) 7:15	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 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 How to Use Watercolor Pencils (Craft Room) 1:30 Minds in Motion (WCR) 3:30 FREE Self Care Yoga Drop In (MPH) ^{10:00} 5:30 Begin. Group Dance 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	13 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 (Library) 9:30 Mind Joggers 10:30 Keep Moving Fall Prevention (WCR) 11:00 Keep Fit Strength 1:00 Begin. Line Dance 1:00 Advanced Acrylic 1:00 Woodcarving (Craft) 1:00 Contract Bridge 1:00 Floor Shuffleboard 6:00 Beginners Pickleball	14 9:00 Gentle Yoga 9:00 Ukelele Circle 9:00 Begin. Chess Club 10:00 Carpet Bowling 10:00 Handy Crafters 10:30 Chair Yoga 11:00 St. Patrick's Day Lunch & Music by Celtic Routes! (Dunford Diner) 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage 1:00 Contract Bridge

17 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 FREE Member Portraits (Library) 10:00 Improver Line Dance 10:00 Sketching & Drawing 10:30 Chair Yoga 10:30 Monday Morning 11:45 Check In (Flex Room) 1:00 Abs, Core & More 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:30 Outreach Program 5:00 Golden Fit (MPH) 6:00 Beginners Pickleball	18 9:00 Pickleball (Pickle Point) 9:00 Ukrainian Easter Paint 9:00 Zumba GOLD @ 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 12:45 Canasta/ H & F 1:00 A & S Watercolor Club 1:00 Texas Hold'em 1:30 Ukrainian Easter Paint 1:30 Beginners Crib 3:00 Exercises w/ Arthritis 5:00 Gentle Barre 6:00 Yin Yoga Nidra (MPH) 7:15 Dry Land Training (MPH)	19 8:45 Active POUND® 9:00 Mini Book Sale 9:00 Handy Crafters 9:00 Gentle Yoga 10:00 FOOT CARE (Craft) 10:00 Carpet Bowling 10:30 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 How to Use Watercolor Pencils (Craft Room) 1:30 Minds in Motion (WCR) 3:30 Self Care Yoga (WCR) 5:30 Begin. Group Dance 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	20 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 10:00 Darren Atkins Real-Estate Info Session (Flex Room) 10:30 Keep Moving Fall Prevention (WCR) 11:00 Keep Fit Strength 1:00 Advanced Acrylic 1:00 Woodcarving 1:00 Contract Bridge 1:00 Floor Shuffleboard 1:20 Park Meadows Games (WCR) 6:00 Beginners Pickleball (MPH)	21 9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle 9:00 Begin. Chess Club 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
24 & 31 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line Dance 10:00 Sketching & Drawing 10:30 Chair Yoga 10:30 Monday Morning 11:45 Check In (Flex Room) 1:00 Abs, Core & More 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:30 Outreach Program 5:00 Golden Fit (MPH) 6:00 Beginners Pickleball	25 9:00 Pickleball (Pickle Point) 9:00 Zumba GOLD @ 9:00 Strength, Core Stretch 9:30 Advanced 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 12:45 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 Yin Yoga Nidra (MPH) 7:15 Dry Land Training (MPH)	26 8:45 Active POUND® 9:00 Guided Meditation 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 9:30 Carpet Bowling 10:00 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:15 Virtual Cooking 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 3:15 L-SKIP (MPH) 3:30 Self Care Yoga (WCR) 5:30 Begin. Group Dance 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	27 8:45 Pilates (WCR) 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 9:30 Tech Help w/ AI (Library) 9:30 Mind Joggers 10:00 Info Session with Carol from IG Wealth Management (Flex) 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 (MPH)	28 9:00 Gentle Yoga 9:00 Ukelele Circle 9:00 Begin. Chess Club 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge

Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way. Please note: for fare details please contact front reception desk.

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

• **WINNERS BINGO WEDNESDAY: MAR. 5, 12, 19, 26**

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

• **LOCATION: CRAFT ROOM UPCOMING DATES, MAY 21**



• **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!**

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

• **GREEN SHIRT DAY CHANGED TO MONDAY, APRIL 7TH AT 11AM IN THE DINER, REFRESHMENTS PROVIDED.**

• **UNDER THE NORTHERN LIGHTS GALA FUNDRAISER ON SATURDAY, APRIL 26TH GET YOUR TICKETS NOW!**

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, March 3, 2025
Monday, March 10, 2025
Monday, March 17, 2025
Monday, March 24, 2025
Monday, March 31, 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



Pilates

Session 2: Thursdays, March 13 - May 1
Time: 8:45am - 9:30am
Location: West Community Room
Cost: \$45 Members \$65 Non-Members
Instructor: Donna Tiefenbach

Pilates is a whole body workout, focusing on core, leg, and arm strength, as well as balance and stability. Modifications are always offered. Please bring a mat and water bottle.

Abs, Core, and More with Tracy

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

Session 2: Mondays, March 10 - April 14
Time: 11:45am - 12:30pm
Location: West Community Room
Fee: \$40 Members \$60 Non-Members



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!**



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

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, March 3, 2025 - Topic TBD by class
Monday, March 10, 2025 - Topic TBD by class
Monday, March 17, 2025 - Topic TBD by class
Monday, March 24, 2025 - Topic TBD by class
Monday, March 31, 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



Every Monday
(excluding holidays)

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



Jammers

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





Seniors System Navigator

Volunteering can provide health benefits for seniors. It can offer a senior physical, social, emotional, cognitive, and brain benefits. It can help a senior become social instead of being isolated. Did you know that non-profit organizations like Nord-Bridge rely on older volunteers to provide continuity and leadership? Seniors are looking at a variety of places to volunteer where they can see the value and impact of contributing to their community. There are a variety of ways to volunteer as a way to transfer or gain new skills. Many seniors want to be engaged and active in their communities, such as participating and being involved at Nord-Bridge.



The following are 10 potential benefits of volunteering: (Source: Queensbury Senior Citizens, NY12804)

1. **Provides you with a sense of purpose** - You may be able to find your purpose through volunteering and becoming part of something greater than yourself. For instance, if you're retired, unexpectedly unemployed, or have lost a loved one, helping others can give your life new meaning and keep you mentally stimulated.
2. **Provides a sense of community** - Volunteering can help you feel connected to those you are helping in the community. This experience may make you want to get involved with other aspects of your community, such as local politics or advocating for programs you believe are important.
3. **Help you meet new friends** - Volunteering is a great way to meet new friends, as well as strengthen existing connections with friends, family, or coworkers. As a volunteer, you'll typically interact with people from diverse backgrounds, which allows you to learn other perspectives. When you choose an organization or cause to volunteer for, consider the people you're volunteering alongside as well. Sharing a common interest will help you build closer relationships with those around you.
4. **Increase your social skills** - Volunteering gives you a chance to talk to new people and sharpen your social skills. By spending a lot of time working with others and using social skills, like active listening and relationship management, you'll have the opportunity to develop your future personal and business relationships.
5. **Improves self esteem** - Volunteering may boost your self esteem and self confidence. When you do something you feel is worthwhile and valuable for your community, it gives you a sense of accomplishment that may help you feel more fulfilled about your life and any future goals.
6. **Teaches you valuable skills** - The training and hands-on experience you gain through volunteering can help you learn new skills as well as build upon ones you already have. For example, if you advocate and raise awareness or funding for a cause that interests you, you'll gain valuable communication, public speaking, marketing, and other hard and soft skills. You can then put these skills on your resume to show employers how you build relationships outside of work in addition to any personal interests that can set you apart from the other candidates.
7. **Provides job prospects** - Along with acquiring valuable skills and experience, you may also meet people while volunteering who can become your mentors or at least a part of your professional social network. If you choose to pursue a career in the field you're volunteering in, the connections you make also may help increase your job prospects.
8. **Brings fun into your life** - Many people use volunteering as a way to pursue their hobbies while making a difference. For example, if you're interested in the outdoors, you might volunteer at your community garden or help out a children's summer camp. Volunteering for organizations or causes also may provide you with a renewed sense of creativity and motivation that carries over into your personal and professional life.
9. **Can help you be happier** - It often feels good to contribute to projects and organizations that mean something to you. These good feelings can help lessen the effects of stress, anger, or anxiety in your life. Volunteering may provide you with the tools you need to be a happy and well-rounded individual. Building bonds and connections with people you volunteer with also may counteract any social isolation. Many volunteer opportunities also may involve physical labor to keep you active and reduce stress.
10. **Gets you out of your comfort zone** - Through volunteer work, you may overcome the personal challenges of leaving your comfort zone and doing something new with people you may not know. You may be faced with various problems to solve as a volunteer that require you to exercise critical thinking skills that aid your own personal development.

If you are interested in volunteering at Nord-Bridge, please call Donna Lofstrom-Bell, our new Coordinator of Volunteer Services, at 403-329-3222.

Charlene Kocken, BA, BSW, RSW, Seniors System Navigator

Animal Features in Pen and Ink



**Dates: Wednesdays,
April 9 & April 16
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



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



Member Photos

by Walter Kerber

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

Upcoming Dates:
March 17, April 14, May 12, June 16

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



HERE TO *Serve*



RACHAEL THOMAS
MEMBER OF PARLIAMENT

[f](#) [t](#) [i](#) [v](#) @RachaelThomasMP

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

Condolences to...

...the Theissen family, on the passing of Iva
...the Zalesak family, on the passing of Dianne

Get Well Wishes to...

Everett Arkinstall, who is in the hospital



DARREN ATKINS



403-894-4122



darren.reddooryql@gmail.com



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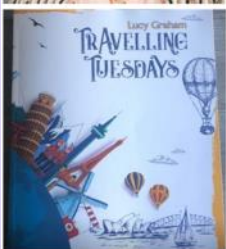
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www.generationsfh.ca

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.

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+)**



Programmer's Report



Hard to believe it's March already! I will be taking a quick trip to Victoria BC from March 17th - 21st so watch for some photos in the next write up!

I wanted to remind some of our members who use the Fitness 55+ gym at Nord-Bridge to ensure you bring an extra pair of shoes, as outdoor shoes can be hard on the gym equipment and flooring. As well, please make sure to continue to wipe down all equipment after each use. Please don't spray directly onto the screens of the treadmills/ellipticals, rather, spray onto the cloth and then wipe the equipment down. Our gym has been getting busier so you might have seen Cheris, our gym orientation instructor, three days a week. If you are looking for a refresher in the group, please reach out to us and book an appointment with Cheris. We also appreciate the members' patience in our gym when there was minimal heat in the facility last month and we needed to contact maintenance to fix our heating system.

This month Nord-Bridge will be a busy place (as usual). We have officially started our Annual Community Volunteer Income Tax Program which is for low-income residents (not just for seniors). This is a free service from Monday to Friday between the hours of 9:00am and 3:00pm. I am always amazed at how smoothly this program runs with our volunteers - we are now up to 18 volunteers on various days between tax filing and scheduling. If you have any questions on this program please talk to one of our knowledgeable tax volunteers right outside of the tax office.

The Fall In-House Awards Luncheon is coming up on Friday, March 7th at 11:00am. This is for players who were in the floor shuffleboard, pool, and darts tournaments in fall of 2024. If you participated in the tournament, no tickets are needed, however if you have a guest you would like to bring, tickets are available at the front desk for \$10.00 per person. **Please note, on this day there will be NO Carpet Bowling. In-House Bingo patrons, please note you will not be able to access the Multi-Purpose Hall until 12:30pm on this day as we will need time to clean up after the luncheon.**

Cancelled programs this month: no Scrabble or Advanced Watercolor Painting with Denise in the Craft Room on Tuesday, March 18th due to Ukrainian Easter Egg Painting. There will also be NO optical repairs from Specsavers this month or in April, and Manicures with Sylvia have been postponed for this month and will resume in April. Please note for Tracy Simons classes: there are still Tuesday and Thursday Keep Fit classes on March, 11th, 13th, and 18th at 11:00am however, there is no Strength, Core and Stretch on Tuesday, March 11th and 18th at 9:00am (classes have already been adjusted in the schedule for this).

We are currently looking for more strong and dedicated dragon boat paddlers for Nord-Bridge's Sea 'N Oars dragon boat team. Dry-land training for conditioning begins on Tuesday, March 11th at 7:15 pm in the Multi-Purpose Hall. If you are interested in being on the team, please contact me at 403-329-3222 or email Cheris at cherryrocklifestyle@gmail.com.

Here are some programs we need more participants for: Abs, Core, and More with Tracy starting March 10th at 11:45am, Evening Gentle Barre with Sheila starting March 11th at 5:00pm, Golden Fit with Anna starting March 17th at 5:00 pm, Virtual Guided Meditation with yours truly starting March 26th at 9:00am, Intro to Genealogy with Barbara starting March 11th at 10:30am, Pilates with Donna starting March 13th at 8:45am, Ukrainian Easter Egg Painting on March 18th at either 9:00am or 1:30pm, What is Palliative Care info session on March 13th at 9:00am, and Yin & Yoga Nidra with Cheris starting March 11th at 6:00pm.

We also have a NEW session of Self Care Yoga starting on Wednesday, March 19th at 3:30pm. Not sure if you will like it? Try a free drop-in class on Wednesday, March 12th at 3:30pm in the Multi-Purpose Hall. Please bring your own yoga mat and a water bottle, and wear something comfortable. This is open to anyone 55+ and most of the poses will be done on the floor. If you enjoy this class, you are welcome to sign up for the new sessions for \$45.00.

Friday, March 14th from 11:00am-1:00pm is our annual St. Patrick's Day event in our Dunford Diner. There will be live entertainment by Celtic Routes, amazing prizes, green beer, and delicious Irish inspired food for \$15.00 per person! Come down for a great time!

Green Shirt Day is coming up next month on April 7th. If you are a senior and would like an official Green Shirt Day t-shirt for this event, inspired by the Logan Boulet Effect, please call 403-329-3222 and leave your name and number along with your t-shirt size at the front desk as I will be ordering a bunch together. **The deadline to order is March 17th.** Shirts are \$25.00 per person. Our Green Shirt Day event will be on Monday, April 7th at 11:00am in the Dunford Diner. There will be information pamphlets on organ donation, along with cake and refreshments.

Lastly, thank you to our sponsors for the Valentine's Day luncheon last month, Marquis Flower Shop and Gail Krysak. The prizes for this were so nice!

Until next month, stay happy and healthy!

~Ashley Kern - Program Coordinator



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

Friday, March 7:

Roast Beef with Mashed Potatoes, Veggies, and Gravy

Friday, March 14

St. Patty's Day Lunch // \$15 per person

Choose 1 of 2 options:

Option 1: Boneless Pork Chops in Creamy Irish Whiskey Sauce with Carrots and Roasted Potatoes

Option 2: Irish Stew with a Bun

Friday, March 21:

NEW! Omelette Bar & Mimosas

Friday, March 28

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 20 & 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 March or April due to lack of space.



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 March 11 and 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!

Investments • Retirement • Insurance • Tax Strategies • Estate Planning



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

Consent Health Palliative Institute

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



Fundraising Report

They say March comes in like a lion and goes out like a lamb...I have to say that I am looking forward to this!

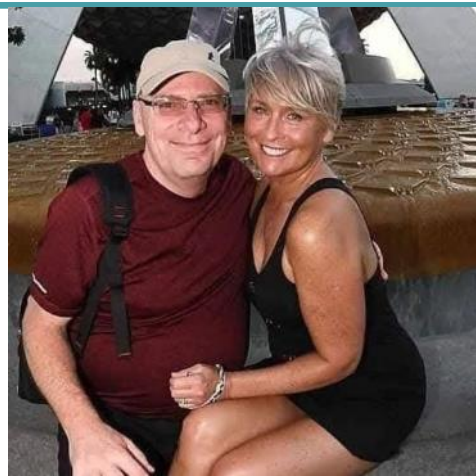
There is so much turmoil in the news and world events ~ I miss our Happy Place. I have stepped aside from social media and mainstream media for a while – all to bring back the peace I enjoy so much. I also appreciate the face-to-face interactions with all of you at the centre - I'm so lucky to have you around. I encourage you to laugh and I am always open to a HUG.

So many things are happening in our fundraising area right now. We are applying for grants, finalizing gala fun, prepping for the Dragon Boat Festival, celebrating St. Patty's Day, working on renos and expansion options, working to get new buses, organizing a Jennie Ogilvie – Canada's Unconventional Medium show, and more!

I am also focused on creating a label – Senior Is Not a Swearword. We will be completing a t-shirt campaign with this in mind! We will keep you posted in the coming months. It's not t-shirt weather right now! LOL

For now – keep being kind to each other. The moments are fleeting – enjoy every one of them!

Julie Sarich - **Director of Fund Development**



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



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: 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.

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 calzones!

Wednesday, March 26
Time: 11:15am - 12:15pm
Fee: \$30 for anyone 55+



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

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

What's not to love about March? My boys are both March babies, we get to celebrate the Irish, and spring is right around the corner. Last month I was lucky enough to take some time for myself and my family.

Welcome Donna! You may notice that I have a new roommate. Donna is our new Coordinator of Volunteer Services. Are you volunteering at Nord-Bridge? We love our volunteers. Thank you for all you do for the centre. We could not do it without you! If this is something that you would like to do, please let us know. Also, do not forget to hand your monthly volunteer hours in to Donna.

St. Patrick's Day at Nord-Bridge Seniors Centre is always a hit. Live music, delicious food, and laughter. Three of the best things life gives us. Join us for our St. Patrick's Day lunch on Friday, March 14th!

We are working on a few Rosebud Theatre trips for 2025. Just a reminder that we need to have a minimum of 40 people signed up for these trips to make them happen. If you would like to attend a live performance at Rosebud, please sign up at the front desk. Details on these trips will be posted in upcoming monthly newsletters.

Have a safe and happy month.

Life's Short. Eat Cake.

~Erin Bates



Echoes of My Cat

Mind Joggers

Midnight prowls my cat
for a mouse in a vent.
Catch it before I scream,
before it skitters under the counter
But it will come now that you're gone
because it delights
in your passing.
I don't have your speed.

Old age took you.
None of us outlive it.
Even with nine lives
it stalked you all along.
Your snuggles and purrs
I feel them, hear them still.
Meal companion and watchdog,
you ruled our sanctuary.

The house echoes
with your ghostly call
and will haunt me until I'm done.
Why don't mice ever age?

~ Rick Jantz



Nord-Bridge Outreach Irish Leprechaun Party!

Monday, March 17

1:30pm to 3:00pm

Nord-Bridge Multi-Purpose Hall

\$3 per person

RSVP by Monday, March 12

*Come and celebrate
St. Patrick's Day with
live entertainment by
Doug & Friends, along with
door prizes and refreshments!*

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!



Restoring
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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
- ♥ Partial Dentures including flexible non-breakable
- ♥ Implant Supported Dentures-removable / fixed
- ♥ Same day Relines ♥ Nightguards / Retainers
- ♥ Emergency Repairs

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

403-327-6331

Golden Fit with Anna from the Cor Van Raay YMCA



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

Session 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

ATTENTION CURRENT SESSION 1 GOLDEN FIT PARTICIPANTS

**There will be no Golden Fit class on
Monday, March 10 at 5:00pm in the
Multi-Purpose Hall.**



**We apologise for any
inconvenience this
may cause!**



**Thank you to our Valentine's Day Luncheon sponsors,
Gail Krysak, and Marquis Flower Shop!**



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,

March 12, April 16, May 14, June 18

Appointment times between 9am and 12pm

***FULL HOWEVER, PUT YOUR NAME ON A WAIT LIST**

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

As we begin to welcome the month of March, along with it comes the promise of new beginnings. Each passing day grows longer, the air feels warmer, and with it comes a sense of hope and optimism. Regardless of whether you enjoy watching the snow melt away and the foliage slowly begin to emerge or the warmer temperatures, March is the perfect time to take a breather and set your sights on new goals.

Unfortunately, for many seniors, the promise of new beginnings can be outweighed by the stress of managing finances, especially while on a fixed income, accounting for possible health expenses, and planning for the future. As such, it is important to make sure to give yourself some time, even if it's just a little bit, to review your finances. Financial planning is a powerful tool that can regulate stress and maintain stability. By setting time aside to review current financial situations, set goals, and explore available resources in the community, you can make smarter decisions about your money, as well as protect your own peace of mind.

To help with navigating this topic, we are very excited to share with you the return of the *Financial Literacy Series*, which is a workshop specifically designed to equip seniors with the information they need to comfortably manage their finances. Regardless if you're new to the world of finances, or just need a quick little refresher, this series will address a variety of important topics, including estate planning, joint accounts, assets, the role of the Office of the Public Guardian and Trustee, considerations around capacity, and many more. This series is set to run every Wednesday from 1:00pm to 3:00pm, starting March 26th, until April 23rd, and will be hosted at the LSCO stage area. To register for the series, please call 403-394-0306. We look forward to this opportunity to gather with you and learn as a community.

Tyler Andersen

LEARN
Case Manager



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

Upcoming Dates:
April 2, May 7, June 4
(Cancelled for March)
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.



Nord-Bridge Card Crafters

Thank you to our loyal Card Crafter donors and card shoppers! We recently celebrated our 13th anniversary as a Nord-Bridge program.

As with everything else, our basic costs have gone up for card stock, glue, tape, etc. As of Monday, March 3, 2025, a Card Crafter greeting card will be \$1.50. The price for the more detailed cards will also be rising. Please note all the profits from the Card Crafter program go directly to the Nord-Bridge Seniors Centre and always have.



Please be patient with the Boutique volunteers as they adjust to our new pricing.

Thank you for your continued support and understanding at this time.

~Pat Kincaide, convener,
and all the gals at Card Crafters

CRA's Community Volunteer Income Tax Program

Begins Monday, March 3

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!**



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



Tech Desk Help with AI

**IN THE LIBRARY FOR MARCH & APRIL*

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, March 13 & 27; April 10 & 24

Time: 9:30am - 2:00pm

Cost: FREE - for Nord-Bridge members only

***Appointments are required.**

Visit the front reception desk to book!



Dragon Boat Dry Land Practices For The Sea 'N Oars!

These cardio training sessions will help to prepare you for upcoming Dragon Boat Team practices on Henderson Lake for the Nord-Bridge Seniors team!

Tuesdays, starting March 11th

**at 7:15 pm in the Multi-Purpose Hall
at Nord-Bridge (1904 13 Ave. N)**

***All levels of experience welcome. 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!**



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

Alzheimer Society
ALBERTA AND
NORTHWEST TERRITORIES



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 neighbor near or far.

If you are supporting someone experiencing challenges related to: health, age, family dynamics, mental health, pressures generated by "sandwich generation" responsibilities and/or distance.

We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead.

March 4, 11, 18 & 25

Tuesdays from 1:30pm - 3:30pm

**Location: LSCO Room A/B
\$55 Registration Fee**

**Contact SCSP Intake at 403-329-1544 to register
LSCO - 500 11 Street South**



caregiversalberta.ca | 780.453.5088
office@caregiversalberta.ca | 1.877.453.5088 (toll-free)

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.**



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Lethbridge, Alberta

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

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