

# June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>SENIORS' WEEK</div> <div>9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line Dance 10:00 Sketching &amp; Drawing 10:30 Chair Yoga 10:30 Monday Morning Check In (Flex Room) 11:45 Abs, Core &amp; More 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Fun Dart Tourney (MPH) 5:00 Golden Fit (MPH) 6:00 Beginners Pickleball</div> <div>Happy Seniors' Week!</div>	<div>3</div> <div>8:30 Toonie Pancake Breakfast (Dunford Diner)</div> <div>9:00 Pickleball (Pickle Point) 9:00 Zumba GOLD ® 9:30 Advanced Watercolor 10:00 Begin. Ukelele Workshop Golf (Evergreen) 10:00 Brain Knowledge (Flex) 10:00 New Comers Meet &amp; Greet 10:30 Clogging Intermediate 10:30 Armchair Travel (Flex Room) 11:00 Keep Fit Cardio (MPH) 11:15 Clogging Advanced 12:15 Begin. Tai Chi (MPH) 12:45 Canasta/ H &amp; F 1:00 A &amp; S Watercolor Club 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em (WCR) 1:00 Beginners Crib (Annex) 1:30 Bocce Ball (Lions Park) 3:00 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 6:00 Dry Land Dragon Boat</div>	<div>4</div> <div>8:45 Active POUND® 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:45 WINNERS BINGO</div> <div>11:00 am Seniors Week BBQ Picnic at Rotary Picnic Shelter (Map and Directions at Front Desk) *Tickets Required</div> <div>*Nord-Bridge CLOSED by 11:00 am Today.</div>	<div>5</div> <div>8:45 Pilates (WCR) 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 10:00 Golf (Evergreen) 10:30 Keep Moving Fall Prevention (WCR) 11:00 Keep Fit Strength (MPH) 1:00 Mobile Food Support (Food Bank) (NB Main Parking Lot) 1:00 Advanced Acrylic (Flex) 1:00 Woodcarving (Craft) 1:00 Norwegian Whist (Annex) 1:00 Contract Bridge 6:00 Beginners Pickleball</div>	<div>6</div> <div>9:00 Gentle Yoga (WCR) 9:00 Ukulele Circle 9:00 NEW Begin. Chess Club 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo with Prizes for Seniors Week! (Multi-Purpose Hall) 1:00 Cribbage (WCR &amp; Annex) 1:00 Contract Bridge</div> <div>Tomorrow June 7th Jennie Ogilvie Show at German Canadian Club Get your Tickets at Nord-Bridge!</div>
<div>9</div> <div>9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line Dance 10:00 Sketching &amp; Drawing 10:30 Chair Yoga 10:30 Monday Morning Check In (Flex Room) 11:45 Abs, Core &amp; More 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 5:00 Golden Fit (MPH) 6:00 Beginners Pickleball</div> <div></div>	<div>10</div> <div>9:00 LAWYERS (BR) *New Day 9:00 Pickleball (Pickle Point) 9:00 Zumba GOLD ® 9:30 Advanced Watercolor 10:00 Beginners Bridge (Annex) 10:00 Golf (Evergreen) 10:00 IG Wealth w/ Carol 10:00 Brain Knowledge (Flex) 10:30 Shape Alberta Walk (Main Doors of Nord-Bridge) 10:30 Clogging Intermediate 11:00 Keep Fit Cardio (MPH) 11:15 Clogging Advanced 12: 15 Begin. Tai Chi (MPH) 12:45 Canasta/ H &amp; F 1:00 A &amp; S Watercolor Club 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em (WCR) 1:00 Beginners Crib (Annex) 1:30 Bocce Ball (Lions Park) 2:00 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 6:00 Dry Land Dragon Boat (MPH)</div>	<div>11</div> <div>8:45 Active POUND® 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 9:30 Board Meeting 10:00 Walker Repairs (Hallway) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Basics of Drawing 3:00 Self Care Yoga 7:30 Table Tennis (MPH)</div> <div></div>	<div>12</div> <div>8:45 Pilates (WCR) 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 9:30 Tech Help (Main Corridor) 9:30 Mind Joggers 10:00 Golf (Evergreen) 10:30 Keep Moving Fall Prevention (WCR) 11:00 Keep Fit Strength 1:00 Woodcarving (Craft) 1:00 NEW Norwegian Whist (Annex) 1:00 Contract Bridge 6:00 Beginners Pickleball</div> <div>TECH HELP</div>	<div>13</div> <div>9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 NEW Begin. Chess Club (Craft) 10:00 WEAD Talent Show (MPH)</div> <div>WORLD ELDER ABUSE AWARENESS DAY</div> <div>10:00 Handy Crafters 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage 1:00 Contract Bridge</div> <div></div>
<div>16</div> <div>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 &amp; Drawing 10:30 Chair Yoga 10:30 Monday Morning Check In (Flex Room) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 5:00 Golden Fit (MPH) 6:00 Beginners Pickleball</div> <div></div>	<div>17</div> <div>9:00 Pickleball (Pickle Point) 9:00 Zumba GOLD ® 10:00 Golf (Evergreen) 10:00 New Comers Meet &amp; Greet 10:30 Clogging Intermediate 11:15 Clogging Advanced 12:45 Canasta/ H &amp; F 1:00 A &amp; S Watercolor Club 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Bocce Ball (NB Lions Park) 2:00 Exercises w/ Arthritis 3:00 Gentle Barre 5:00 Dry Land Dragon Boat (MPH)</div> <div></div>	<div>18</div> <div>8:45 Active POUND ® 9:00 Reflexology (Craft Rm) 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 Basics of Drawing 3:00 Self Care Yoga (WCR) 6:00 Sour Dough Workshop (West Community Room) 7:30 Table Tennis (MPH)</div> <div></div>	<div>19</div> <div>8:45 Pilates (WCR) 9:00 FREE Hearing Tests (Library) 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 10:00 Nagel Tours Travel Presentation (Flex Room) 10:30 Golf (Evergreen) 10:30 Keep Moving Fall Prevention (WCR) 1:00 Woodcarving (Craft Room) 1:00 NEW Norwegian Whist (Annex) 1:00 Contract Bridge 1:20 Park Meadows Games 6:00 Beginners Pickleball (MPH)</div> <div>Lethbridge HEARING CENTRE</div>	<div>20</div> <div>9:00 Gentle Yoga 9:00 CRA/Service Canada Visits (Lab) 9:00 Ukulele Circle 9:00 NEW Begin. Chess Club 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR &amp; Annex) 1:00 Contract Bridge</div> <div>**Fathers Day Show and Shine THIS SUNDAY, June 22nd at 11am in the WCHS Parking Lot!</div> <div></div>
<div>23* &amp; 30</div> <div>9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line Dance 10:00* Sketching &amp; Drawing 10:30 Chair Yoga 10:30 MM Check in (Flex Room) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 5:00 Golden Fit (MPH) 6:00 Beginners Pickleball</div> <div>*Summer Program Guide Released June 23rd!</div>	<div>24</div> <div>9:00 Pickleball (Pickle Point) 9:00 Zumba GOLD ® 10:00 Begin. Ukelele Workshop (Annex) 10:00 Golf (Evergreen) 10:30 Clogging Intermediate 11:15 Clogging Advanced 12:45 Canasta/ H &amp; F 1:00 Cooking @ Interfaith 1:00 A &amp; S Watercolor Club 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em (WCR) 1:30 Beginners Crib (Annex) 2:00 Bocce Ball (NB Lions Park) Gentle Barre (MPH) 5:00 Dry Land Dragon Boat (MPH) 6:00</div>	<div>25</div> <div>9:00 Mini Book Sale (Main Corridor)</div> <div>8:45 Active POUND® 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Basics of Drawing 3:15 L-SKIP (MPH) 3:00 Self Care Yoga (WCR) 7:30 Table Tennis (MPH)</div>	<div>26</div> <div>9:00 Mini Book Sale (Main Corridor)</div> <div>8:45 Pilates (WCR) 9:00 Card Crafters 9:00 Inter. Line Dance (MPH) 9:30 Tech Help (Main Corridor) 9:30 Mind Joggers 10:00 Golf (Evergreen) 10:30 Keep Moving Fall Prevention (WCR) 1:00 Woodcarving (Craft) 1:00 NEW Norwegian Whist (Annex) 1:00 Contract Bridge 6:00 Beginners Pickleball (MPH)</div>	<div>27</div> <div>9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 NEW Begin. Chess Club 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 11:00 Canada DayBBQ Lunch (Diner) 1:00 Watercolor Club 1:00 In- House Bingo 1:00 Cribbage (WCR) 1:00 Contract Bridge</div> <div>*Dragon Boat Festival Begins this weekend (June 27th -29th) at Henderson Lake. Come Cheer on the Nord-Bridge Sea N' Oars Team!</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: JUNE 4, 11, 18, & 25

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES, JULY 2

SUMMER REGISTRATION FOR PROGRAMS BEGINS ON THURSDAY, JULY 3 AT 8:30 AM EITHER ONLINE OR IN PERSON.

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

WHOOOP-UP DAYS EVENTS: PARADE AUG. 19th & TOONIE PANCAKE BREAKFAST AUG. 20th DETAILS TBA!

MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT ON THE FOLLOWING DATES: JUNE 5 MORE TO COME & OPEN TO ALL!