



Nord-Bridge Seniors Centre

1904 13 Ave. N.

Lethbridge Alberta

Phone: 403-329-3222

Email: friendly@nordbridgeseniors.com

The background of the lower half of the poster is a photograph of a tall palm tree against a clear blue sky. The top of the image is heavily blurred with a warm, orange and yellow light, suggesting a sunset or sunrise. The text "SUMMER PROGRAM 2025" is overlaid in large, bold, yellow capital letters.

SUMMER PROGRAM 2025

Program Areas

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

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

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

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

Travel Programs - Day excursions within Lethbridge are no longer available however extended trips out of town are offered to various attractions and Southern Alberta venues. Stop by our front desk for updates on trips or talk to Maria or Erin at the Front Reception desk for more information.

Volunteer Programs - Volunteers are the mainstay of the Nord-Bridge Seniors Centre. Offering volunteer service helps put knowledge and experience back into the community. If you would like a volunteer opportunity at Nord-Bridge, please stop by and chat with our Coordinator of Volunteer Services, Donna Lofstrom-Bell.

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

Available:

MONDAY THROUGH FRIDAY : ALL DAY SERVICE 8:00 a.m. to 3:30 p.m.

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



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

Nord-Bridge Seniors Centre

"The Friendly Centre"

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

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

Web Page: www.nordbridgeseniors.com

Email: friendly@nordbridgeseniors.com

Find us on Facebook, X (Formerly Twitter) & Instagram

MISSION OF THE ASSOCIATION

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

GOAL AND MOTTO OF NORD-BRIDGE

To be known as "The Friendly Centre."

HOURS OF OPERATION

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

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

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

MEMBERSHIP

Membership is open to individuals 55 years of age and older. Yearly membership fees are \$60.00 (January 1st - December 31st). First time members, and lapsed renewals are charged an additional \$3.00 administration fee.

DUNFORD DINER

Our dining room serves delicious and nutritious hot home cooked meals Monday to Friday 8:00am – 2:00pm. Breakfast is served all day and Lunch hours are 11:00am - 2:00pm. Lunch "specials" are featured daily. All menu items are available for take-out, and coffee is always on.

GIFT BOUTIQUE

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

LIBRARY

Our library is always growing, and content changes as members donate books and puzzles. Choose from a wide variety of genres (mystery, biographies, history, romance, non-fiction and popular fiction). The Library operates on an honor system with no late fees. Check out the great selection of regular and large print books, local references, and puzzles. We also have occasional book sales check out our monthly newsletter for more information!

Paid Classes and Special Programs at a Glance:

<input type="checkbox"/>	Baking/ Cooking at Interfaith	Tues, July 29 & Aug. 26	Cost: FREE M
<input type="checkbox"/>	Beginners Watercolor- Horizons	Wed, Aug. 13, 20, & 27	Cost: \$35.00 M
<input type="checkbox"/>	Brain Games	Thurs, July 10- Aug. 14	Cost: FREE
<input type="checkbox"/>	Chair Yoga Monday	Mon, July 21 - Aug. 25	Cost: \$30.00 M
<input type="checkbox"/>	Chair Yoga Wednesday	Wed July 9- Aug. 27	Cost: \$40.00 M
<input type="checkbox"/>	Chair Yoga Friday	Fri July 11- Aug 29	Cost: \$45.00 M
<input type="checkbox"/>	Evening Gentle Barre	Tues July 8- July 29	Cost: \$30.00 M
<input type="checkbox"/>	Gentle Yoga Monday	Mon July 21- Aug. 25	Cost: \$30.00 M
<input type="checkbox"/>	Gentle Yoga Friday	Fri July 11- Aug 29	Cost: \$45.00 M
<input type="checkbox"/>	Intergenerational Craft & Music	Wed. July 23 & Aug. 26	Cost: FREE
<input type="checkbox"/>	Intergenerational Park & Play	Tues July 15	Cost: FREE
<input type="checkbox"/>	Intro to Kayaking	Session 1: Thurs July 17- Aug. 7 Session 2: Wed Aug. 6- Aug. 27	Cost: \$150.00 M Cost: \$150.00 M
<input type="checkbox"/>	Menopause Wellness Workshop	July 23, 24, 28, 29	Cost: \$10.00 M
<input type="checkbox"/>	Outdoor Walking with Lori	Fri July 11- Aug. 29	Cost: \$40.00 M
<input type="checkbox"/>	Paint Your House	Wed July 9 & 16	Cost: \$30.00 M
<input type="checkbox"/>	Self Care Yoga Wednesday	Wed July 16- Aug. 27	Cost: \$35.00 M
<input type="checkbox"/>	Summer Flowers Line & Watercolor	Wed July 23 & 30	Cost: \$30.00 M
<input type="checkbox"/>	Summer Nature Walking Club	Tues See Page 10 for dates	Cost: FREE
<input type="checkbox"/>	Zumba Gold Toning	Tues July 8- July 29	Cost: \$25.00 M

**Please refer to the next page of this booklet for
Registration Form to print and fill out starting
Thursday, July 3rd.**

SUMMER 2025 PROGRAM REGISTRATION FORM:

Name & Member Number: _____

Program Name:

Program Cost:

Session # / Dates

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

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

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

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

Membership Sub-Total \$ _____

TOTAL: \$ _____

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

**If registering in
person, this form
MUST be taken
and filled out
starting
Thursday, July 3**

Summer Indoor Exercises

Monday and Friday Gentle Yoga with Donna!

This is a functional, gentle yoga class. The intention of this class is to enhance mobility, and flexibility through slow gentle movement. Some poses will be flowing; moving one pose gently into another. Other poses will be still, allowing for strength and stretch. This class is for any level, and modifications will be offered for any pose that simply is not feeling right. Some of the poses will be standing, some on the floor, or on a chair. ***Please bring a yoga mat to class. *Please refrain from wearing any scented products during exercise class. *No class Monday, August 4**

Begins: Monday, July 21
Time: 9:00 am – 10:00 am
Fee: Members: \$30.00

Ends: Monday, August 25
Location: West Community Room
Non-Members: \$50.00

Begins: Friday, July 11
Time: 9:00 am – 10:00 am
Fee: Members: \$45.00

Ends: Friday, August 29
Location: West Community Room
Non-Members: \$65.00

Monday and Friday Chair Yoga with Donna!

A gentle, flowing yoga class for all levels. Poses enhance strength, mobility, range-of-motion, and balance. The chair can be used as a prop, or you may remain sitting for the whole class. Pose options and modifications are available throughout the class. This is a very beneficial class for those looking for a gentle way to lengthen, and strengthen muscles and ligaments. This class will also help bring an overall sense of balance and calmness. Please bring a water bottle, everything else will be provided. **Please refrain from wearing any scented products during exercise class. *No class August 4**

Begins: Monday, July 21
Time: 10:30 am – 11:15 am
Fee: Members: \$30.00

Ends: Monday, August 25
Location: West Community Room
Non-Members: \$50.00

Begins: Friday, July 11
Time: 10:30 am – 11:15 am
Fee: Members: \$45.00

Ends: Friday, August 29
Location: West Community Room
Non-Members: \$65.00

NEW Wednesday Self Care Yoga with Carey!

Learn more about self care, breathwork, mindfulness and yoga. In this choice driven trauma informed practice, a grounding mindfulness practice will be introduced ie, body scan, grounding exercise, & breathing exercises. The practice will then move to asana (poses) and pranayama (breath) with variations and modifications being shared. The last 5- 10 minutes will be a shavasna (resting pose) with a mindfulness practice to end the session. No previous yoga experience necessary. **Not sure if you will like this program? Come and try a FREE drop in on Wednesday, July 9th!*** **Please refrain from wearing any scented products during exercise class.**

Begins: Wednesday, July 16
Time: 9:00 am – 10:00 am
Fee: Members: \$35.00

Ends: Wednesday, August 27
Location: West Community Room
Non-Members: \$55.00

NEW Wednesday Chair Yoga with Carey!

A gentle, flowing yoga class for all levels. Poses enhance strength, mobility, range-of-motion, and balance. The chair can be used as a prop, or you may remain sitting for the whole class. Pose options and modifications are available throughout the class. This is a very beneficial class for those looking for a gentle way to lengthen, and strengthen muscles and ligaments. This class will also help bring an overall sense of balance and calmness. Please bring a water bottle, everything else will be provided. **Please refrain from wearing any scented products during exercise class.**

Begins: Wednesday, July 9
Time: 10:30 am – 11:15 am
Fee: Members: \$40.00

Ends: Wednesday, August 27
Location: West Community Room
Non-Members: \$60.00

Indoor Fitness Classes Continued

NEW Beginners Line Dance with Diane Drop In Workshops

Line Dancing is a relaxed and fun afternoon with a variety of music and is an excellent exercise for both body and mind. This class is meant for anyone who has not taken line dance before. Please wear non marking footwear and bring your water bottle. Please come and join us in the fun on these dates!

Dates: **Thursday**, August 7 & 14
Location: Multi-Purpose Hall
Time: 1:00 pm- 2:00 pm
Fee: FREE for Members FREE for Non-Members

NEW ZUMBA GOLD Toning ®

Join Sheila Mulgrew as she leads you through 45 minutes of Zumba Gold TONING®! Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, and atrophy. Walk in ready to have a blast and tone up, leave exhilarated and empowered!

Begins: Tuesdays , July 8	Ends: July 29
Time: 9:00 am – 9:45 am	Location: Multi-Purpose Hall
Fee: Members: \$25.00	Non-Members: \$45.00
Drop in Fees: Members: \$8.00/class	Non-Members: \$10.00/class

Evening Gentle Barre

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

Begins: Tuesdays , July 8	Ends: July 29
Time: 5:00 pm – 6:00 pm	Location: Multi-Purpose Hall
Fee: Members: \$30.00	Non-Members: \$50.00
Drop in Fees: Members: \$10.00/cl	Non-Members: \$12.00/cl
Instructor: Sheila Mulgrew	

NEW Beginners Pickleball for Seniors 55+ at Pickle Point Centre Lethbridge

This is a new partnership between Nord-Bridge Seniors and Pickle Point Centre on the north side of Lethbridge! This is a fun game resembling tennis in which players use paddles to hit a perforated plastic ball over a net. This is a great way to meet new people and stay active! Pre-register by calling Diego at 403- 635- 7953 or stop by their centre at 1820 31 St. N. Unit # 3. Please wear comfortable indoor running shoes. All equipment is supplied but members are welcome to bring their own paddles and balls as well.

Begins: Ongoing Every Tuesday	
Time: 9:00 am – 11:00 am	Location: 1820 31 St. N. Unit # 3
Fee: Nord-Bridge Members ONLY : \$60.00 for a 10 Punch Pass	



Senior Assistance Programs

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

NEW Maria's Footworks (Reflexology) - There are nerve endings in the hands and feet that are connected to different parts, organs and glands in the body. When they are stimulated by reflexologist's finger tips, it encourages the body to heal itself naturally. It can help with hundreds of physical and emotional health issues such as pain, stress, anxiety, depression, migraines, insomnia, arthritis, neuropathy, diabetes, and much more. This is NOT a hand or foot massage. Maria is here once a month for \$45 per visit. Please pay Maria directly. Please book your appointment at the Front Reception Desk for Members ONLY. Upcoming dates: Wednesday, July 16 & August 13 with 1.5 hour appointments in the Craft Room.

NEW Service Canada and Canada Revenue Agency Government Support at Nord-Bridge! - Connie Wyatt is a friendly government representative, who will be available for any general Service Canada inquiries related to their programs, services, or referrals to other appropriate government agencies. Whether you have questions about their programs, services, form completion, applications, understanding correspondence, MSCA, address change or direct deposit, or if you need a referral to other government agencies, she will be able to assist. Please drop in from 9:00 am - 2:00 pm the third Friday of every month. Upcoming dates: July 18 & August 15. Canada Revenue Agency Representative, Judy Wild will also be at Nord-Bridge on these dates above.

Tech help with Peter! - If you have questions about your laptop, tablet, or smart phone, our volunteer, Peter, will be at Nord-Bridge to assist you! *Must be a Nord-Bridge member to access service. Upcoming dates: Thursday, July 24 and August 21 from 9am-2pm in the hallway of Nord-Bridge.

Special Summer Events

Dragon Boat Races - Friday, June 27- Sunday, June 29th race times to be announced. Come cheer on the Nord-Bridge Sea N' Oars celebrating their 21st year as the only older adult team in the Dragon Boat races at Henderson Lake on Saturday and Sunday! Everyone is welcome, more details in the monthly newsletter.

Canada BBQ - Friday, June 27 from 11:00 am - 1:00 pm in the Dunford Diner - Come enjoy delicious food & live entertainment, while celebrating Canada Day!

NEW Fathers Day Show & Shine BBQ - Sunday, July 6th from 11:00 am - 3:00 pm in the parking lot of Winston Church Hill Highschool at 1605 15 Ave. N. - Please bring a non perishable food item, come take in the sights of beautiful classic vehicles, enjoy delicious food with various food trucks, & maybe win a prize! Open to all. Extra cost for food at event.

Whoop Up Days Parade - Tuesday, August 19 at 9:00 am - Come cheer on Nord-Bridge Seniors Centre who will have a float in this parade! More details to come in the monthly newsletter. Please call 403-329-3222 and ask Donna or Ashley as we are always looking for volunteers to help decorate and be on the float!

Whoop Up Days Toonie Pancake Breakfast - Wednesday, August 20 at 8:00 am - 11:00 am in the Multi-Purpose Hall. Come enjoy live music, great food, and socialize all for only \$2.00 per person! Open to all!



Photos from earlier this year!



Outdoor Activities

Introduction to Kayaking at Park Lake Provincial Park

Come join us for an intro to kayaking course in partnership with High Level Canoes and Kayaks for seniors 55+! All equipment is provided, learn gear safety, boat design, techniques for paddling, and so much more! Gain confidence & self esteem! You may get wet so please wear proper attire. For all skill levels, everyone can learn something. Please note: each session is a repeat of the previous session. **Upon registration please pick up a waiver form and photo consent form.**

Session 1 Begins: Thursday, July 17 - August 7

Session 2 Begins: Wednesday August 6 - August 27

Location: Park Lake Provincial Park (meet at the North Boat Launch)

Time: 1:00pm – 4:00 pm

Fee: Members & Non Members: \$150.00



NEW Outdoor Walking with Lori!

Join us for a fun walking group with fitness concepts along the way. No drop-ins allowed. We learn proper walking patterns and bring awareness to how we carry our bodies as we build cardio. Bring water and make sure to dress for outdoor conditions. ***No class July 18**

Begins: Friday, July 11

Time: 10:00 am - 11:00 am

Fee: Members: \$40.00

Ends: Friday, August 29

Location: Outside meet at front doors

Non- Members: \$60.00

NEW Summer Nature Walking Club

Grab a friend and join the Nature Centre, Nord-Bridge Seniors Centre, LSCO, and Nature Lethbridge for our Summer Nature Walking Club where we visit a new park in Lethbridge each week. Transportation is also provided! ***Please register directly through Nature Lethbridge at 403-320-3064 NOT through Nord-Bridge. This program is now FULL but please call and add your name to the wait list!**

Dates: Tuesday, June 10, 24, July 8, 22, Aug. 5, & 26 FULL

Time: 8:30 am (Pick up at Nord-Bridge) - 10:30 am

Fee: Members: FREE

Location: various parks around the city

Non- Members: FREE

Intergenerational Park & Play at Chinook Lake Park (Uplands North)

This is a partnership between Nord-Bridge, Lethbridge Family Centre, and Building Brains Together. This is a fun outdoor Senior and Child program at Chinook Lake Park where both are partnered up to play various games while working on brain knowledge in a fun and friendly atmosphere! Free snacks and refreshments will be provided! ***Please grab a map of the location at the Front Desk when registering.**

Date: Tuesday, July 15

Time: 9:30 am- 11:30 am (Light snacks and refreshments will be provided!)

Location: Uplands Chinook Lake Park (North entrance of the lake along Kodiak Blvd. N.)

Fee: Members: FREE & Non-Members: FREE

NEW Wheelchair Biking AHS

A new partnership between Nord-Bridge and Community Therapeutic Recreation bring an evidenced based psychosocial program which uses a specially designed duet bike that reduces symptoms of mild to moderate depression. Participants enjoy a ride on the duet bike with staff and then a reminiscing and social group discussion. If interested contact Community Therapeutic Recreation for an assessment. Allied Health Lethbridge Community Therapeutic Recreation: 403-388-6766. **Clients must be referred and assessed before participating in this program.**



Date: Tuesdays & Thursdays (dates and times will be given to approved clients)

Location: Outdoors and in the Board Room of Nord-Bridge

Gaming

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

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

Mental Health and Wellness Classes

NEW Menopause Wellness Workshop Series

Join Cheris Samuels, certified Menopause Champion and Executive Member thru Menopause Experts (R). Join her for an hour of everything on Menopause at Nord-Bridge! Each night is a different topic and you don't have to sign up for all four classes. **Please use SW doors of the building.*

Upcoming Dates:

	Wednesday, July 23	
Topic:	Understanding Menopause- The Things Your Mom Didn't Talk About	
	Thursday, July 24	
Topic:	Symptoms & Management	
	Monday, July 28	
Topic:	Lifestyle Management	
	Tuesday, July 29	
Topic:	Mental Health & the Social and Emotional Impact	
Time:	6:00 pm - 7:00 pm	Instructor: Cheris Samuels
Fee:	Members: \$10.00 (for each class) Non-Members: \$30.00 (for each class)	
Location:	West Community Room	

NEW Brain Games with Building Brains Together

In partnership with Building Brains Together a program developed within the U of L Neuroscience department, is an hour of brain building games for older adults. As we age, members always ask how to keep their brain healthy and what games they can play to help with this. Well- here is your chance and its FREE for anyone 55+!

Begins:

	Thursday, July 10-Aug. 14	Location: Flex Room
Time:	10:00 am - 11:00 am	Instructor: Sally Sade
Fee:	Members: FREE	Non-Members: FREE

Hello Monday with the Recovery College

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

Begins:

	Once a week on Mondays	<i>*No classes on stat holidays*</i>
Time:	9:00 am - 10:00 am	
Fee:	FREE for anyone 55+	
Location:	Flex Room	

NEW Monday Morning Check In

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

Begins:

	Once a Week on Mondays	<i>*No classes on stat holidays*</i>
Time:	10:30 am- 11:30 am	
Fee:	FREE for anyone 55+	
Location:	Flex Room	

Art Classes & Clubs

NEW Paint Your House with Donna Gallant

Don't be afraid by the title. This two week class will show you how to use a tracing methods to draw your house and then we will use watercolour to paint it in. You can draw your house, a dream house, past house you may have lived in or someone else's house - your choice. We will trace, then ink the drawing, then paint it in. You will learn how to mix shading colours to help define the light and dark areas of your house and we will use our lines to define textures. Come and join us to paint your house. ***Please pick up a supply sheet upon registration.**

Begins: **Wednesday, July 9 & 16**

Location: Craft Room

Time: 1:00 pm - 3:00 pm

Instructor: Donna Gallant

Fee: Members: \$30.00

Non-Members: \$50.00

NEW Summer Flowers with Line & Watercolor Pencils with Donna Gallant

In this two week class we will draw and paint our summer flowers. With this technique you can draw flowers using a combination felt pen and watercolour pencils. Then add water and see the magic. It's such a unique way of mixing it up and creating some interesting works. It's really about line and colour. ***Please pick up a supply sheet upon registration**

Begins: **Wednesday, July 23 & 30**

Location: Craft Room

Time: 1:00 pm - 3:00 pm

Instructor: Donna Gallant

Fee: Members: \$30.00

Non-Members: \$50.00

NEW Beginners Watercolor- Horizons with Donna Gallant

In this three week class, we will study the effects of the changing light on horizons. Whether flat prairies, mountains ranges or seascapes, they all are quite different depending on the sun's location. You will learn about atmospheric lighting and perspective and how to mix the right colours. A great class for beginners because the shapes will be simple and our subject doesn't need much detail. ***Please pick up a supply sheet upon registration**

Begins: **Wednesday, August 13, 20, & 27**

Location: Craft Room

Time: 1:00 pm - 3:00 pm

Instructor: Donna Gallant

Fee: Members: \$35.00

Non-Members: \$55.00

Woodcarving

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

Watercolor Club

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

Quilters Krafters

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

Drop - In Activities

Drop in activities are open to **Members Only**. However, if you are a **Non-member**, you can try the activity for a maximum of three times before you need to become a member (*excluding the pool room). You do not need to sign-up for the following programs once you are a member. These programs continue throughout the summer months.

Darts - Carol Doroshenko, Convener

Darts is an indoor game in which players take turns throwing darts. Players start at a set score of usually 501 and win by reducing their score to zero. There are ten dart boards in the Multi-Purpose Hall. Darts is played every **Monday and Wednesday at 1:00 pm**. New and novice players are welcome. ***No class on Wed. Aug. 20**

Pool - Vacant, Convener

The Veres Family Games Room is open **daily 8:00 am - 4:30 pm** and has three pool tables: One Eight / Nine Ball regulation table for both men & ladies, and two twelve-foot tables suitable for pool golf and snooker. *Please be advised, a user fee is required for this program. An annual fee of \$50.00 or an alternate drop-in fee of \$2.00 per day to play can be paid at the drop box located at the entrance of the Veres Family Games room.

Table Shuffleboard - Clay Olsen, Convener

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

Table Tennis - Jerry Mikusek & Dave Bergen, Conveners

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

Bocce - Steve King, Convener

Anyone interested in Bocce, should come out to the Nor-Bridge Lions Park at 2:00PM (weather permitting) on **Tuesdays**. To sign up or for more info contact Steve for more information at 403-715-7150. All levels welcome!

Golf - June Perreault & Dan Lang, Conveners

Bring your golf clubs on **Tuesdays and Thursdays (weather permitting) at 10:00 am (please come 30 minutes early to check in)** as the group heads to Evergreen Golf Centre. For more information and to register please contact either convener at **j_dper@hotmail.com**; 403 598 1761 or 403 327 3303.

Line Dancing- Diane Holstine, Instructor

Line Dancing is a relaxed and fun afternoon with a variety of music and is an excellent exercise for both body and mind. These classes are meant for more intermediate or advanced levels (please see below). Please wear non marking footwear and bring your water bottle. Please come and join us in the fun every week! Drop ins ONLY. We dance every **Monday (Improver) at 10:00 am in the Multi-Purpose Hall and every Thursday (Intermediate) at 9:00 am in the Multi-Purpose Hall**. Drop in fee of \$5.00 for Members and \$6.00 for Non Members.

Beginners Ukulele Workshop- Laree Findlay, Convener

Discover the joy of strumming and singing with us! This is for beginners only. Please **contact Laree Findlay at 403-894-8865 for more details**. We play **every Second and Fourth Tuesday in July and August in the Diner Annex**.

Cards & Board Games- *Please do not set up for game sooner than 15 minutes before start time of program.

Open to **Members Only**, however if you are a non-member, you are welcome to try out the program for a maximum of three times before becoming a member. **Programs continue throughout the summer.**

Cribbage - Denis Briand, Allan Stalker & Cheryl Orr, Conveners

Cribbage is played with a regular 52-card deck, by two, three, or four players. The Crib program is played every **Friday at 1:00 pm** in the West Community Room.

Beginners Cribbage- Eileen Sawatsky, Convener

New to Cribbage? Come play and learn every **Tuesday afternoon at 1:30pm** in the Dunford Diner Annex!

Euchre - Judy Baumann & Marlene Nap, Convener

Euchre is generally played by four persons, with a pack of 32 cards, consisting of nines through the aces. The Euchre program runs **Wednesdays at 1:00 pm** in the Dunford Diner Annex.

NEW Norwegian Whist- Dianne Smith, Convener

Norwegian Whist is a game where players use high hands or low hands. There is no bidding and no trump. High hands take the majority of the tricks and the opposition take the majority of the low hands. Come and play every **Thursday afternoon at 1:00 pm in the Dunford Diner Annex**.

Cards & Board Games Continued

Bid Euchre - Sharon VandenHengel & Judy Workman , Conveners

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

Contract Bridge - Dianne Smith, Convener

This program meets on [Monday, Thursday and Friday in the Dunford Diner Annex at 1:00 pm](#). Anyone wishing to learn the game or wanting to join in, please stop by.

Canasta - Gail Petrie, Convener

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

Texas Hold'Em - Mike Bennett, Pino Zucchelli & Marilyn Maloff, Conveners

The subject of many a disagreement in Westerns was the game Texas Hold'em. Fast forward to present day and minus the saloon / gun fights, Texas Hold'em has become the most popular poker game in North America. Hold'em is a community card game where each player may use any combination of the five community cards and his/her own two hole cards to make a poker hand. This is a fun and easy game to learn. There is a small weekly fee to play the game. Texas Hold'em is played every [Tuesday at 1:00 pm](#) in the West Community Room.

Scrabble - Lucy Graham, Convener

Scrabble is a word game in which two to four players score points by forming words from individual lettered tiles on a game board. The words are formed across/down in a crossword fashion. Players meet on [Tuesday at 1:00 pm](#) in the Craft Room. If you are interested, drop in any Tuesday.

NEW Beginners Bridge- Laree Findlay, Convener

Come learn how to play Bridge in a fun and social atmosphere! [These are set up as lessons the Third Tuesday in July and August and participants need to sign up with Laree at 403-894-8865. They play at 10:00 am in the Diner Annex](#) and need a minimum of four for the program to run.

NEW Beginners Chess Club- Cliff Helm, Convener

Have you always wanted to learn how to play chess? Join us for this new program on [Friday mornings from 8:30 am-12:00 pm in the Craft Room](#) to learn the rules and play a few friendly games!

Social

Baking/ Cooking at the Interfaith Chinook Country Kitchen!

In partnership with the Lethbridge Family Centre come and have fun creating and socializing while using fresh ingredients from the Interfaith Garden! Lots of food to take home at the end of the session as well! Please register at Nord-Bridge or call 403-329-3222. For Seniors 55+.

Date: [Tuesday, July 29 & August 26](#) *spaces fill up fast so please register as soon as possible.

Time: 9:30 am - 11:30 am (New Summer Times)

Location: Chinook Country Kitchen (Inside the Interfaith Foodbank) 1103 3 Ave. N.

Fee: FREE for Members \$10.00 for Non-Members

Maximum Participants: 6

Intergenerational Craft and Music Afternoon with Lethbridge Family Centre

In partnership with the Lethbridge Family Centre (LSKIP), this intergenerational program is with children between the ages of 0 – 12 years old. Nord-Bridge Seniors and the children are then partnered up together and interact in craft activities followed by live nursery rhymes on the piano! We are currently looking for more fun Nord-Bridge Senior members to volunteer in this program. For anyone 55+!

Date: [Wednesday, June 25, July 23 & August 27](#) There will also be a game park and play which is planned for [Tuesday, July 15 at Uplands Chinook Lake!](#) Go to page 10 of this booklet for more information.

Location: Multi-Purpose Hall at 3:15pm - 4:15pm

"New" Comers Meet & Greet - Barb LeClair, Heather Schmitt, & Laureen Palmer, Conveners

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



NORD-BRIDGE SENIORS FITNESS 55 PLUS CLUB

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

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

All Nord-Bridge members are invited to visit the FITNESS 55 CLUB. Prospective Nord-Bridge members are welcome to a free orientation to the Fitness 55 Club by booking an appointment with Cheris Samuels who is a certified Older Adult Personal Trainer & Resistance Trainer. **Please book your appointment at the Front Reception Desk, various days of the week are available. Please come ready to work out and always wear indoor shoes for the gym.** **Please note: Nord-Bridge Seniors Centre is a scent-free environment. We ask that you not wear any scented products such as perfume, lotion, or aftershave when attending the gym.*



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

NEW now offering Personal Training Sessions with Cheris Samuels. For further information on cost and times please contact Ashley at 403-329-3222 or stop by the front desk.

FEES

NEW Annual Pass - \$225*

NEW Monthly Pass - \$25*

NEW 20 Visit Pass - \$40*

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

HOURS

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