

NEWSLETTER

August 2025



The Nord-Bridge Sea 'N Oars Dragon Boat Team had a fantastic time competing at the Lethbridge Rotary Dragon Boat Festival this July! This spirited team of older adults, ranging in age from 55 to 85, brought energy, teamwork, and enthusiasm to the water, showing that age is no barrier to adventure and camaraderie. A heartfelt thank you goes out to team manager Cheris Samuels, whose dedication and leadership helped make the experience memorable. Special thanks to our generous sponsors, Lethbridge Hearing Centre, Salon Nineteen04, The View at Lethbridge, and Medicine Shoppe #338, for their support. We also sincerely appreciate the volunteers and spectators who cheered us on and helped make the event a success!



PRESIDENT'S REPORT

July has come and gone – where did it go? I'm still working on the beginning of summer. Our garden has flourished – and so have the weeds. They both have loved the heat and rain. The Father's Day Car Show took place at Winston Churchill High School – even though it was a few weeks after Father's Day due to the weather. Thanks to all those who chose to show off their treasured vehicles and to those who took the time to check them out. Once again, our volunteers did an exceptional job. The trip to Calgary for the Lion King was certainly worth it. What a wonderful show. Be sure to check out future trips being planned. You won't be sorry.

Summer registration took place on July 3rd for a fewer number of programming sessions. Even instructors need a break. Keep an eye out for our fall programming guide coming out on Monday, August 25th.

Preparations are underway for the annual Whoop Up Days events - the parade, pancake breakfast, and bingo. Be sure to check out our float in the parade which is on Tuesday, August 19. Come out and cheer on Nord-Bridge's entry. On Wednesday, August 20 we have our Toonie Pancake Breakfast in the Multi-Purpose Hall. Bring all your friends and family for good eats.

Check out the information rack by our lounge area. You will find our upcoming events and special announcements on display.

In a world where you can be anything, BE KIND.

Dianne Smith,

Interim Board President



Public Guardian Representative:
Brayden Sharp-Chrunik, BSc.
brayden.sharp-chrunik@gov.ab.ca



Seniors, Community and Social Services
Office of the Public Guardian and Trustee

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.



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 13 New Members!

We are happy to have you here!

Ruth Yeryk

Frank Kryskow

Jim Labadie

Daniel Wolfsberg

Kay Steele

Terry Doerksen

David Roberts

Dragutin Pavlovic

Marion Bird

Greg Gibson

1 Anonymous

Leonard Yaremchuk

Mary Anne Yaremchuk



Be *Scent*sitive to others

Please help to achieve
a scent-reduced
environment and
avoid the use of
scented products.



We Share the Air!

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



Nord-Bridge members, please refrain from parking in the staff parking stalls at the back of the building. These spaces are reserved for employees only. Thank you for your cooperation!

Whoop-Up Days Toonie Pancake Breakfast

Date: Wednesday, August 20

Time: 8:00am-11:00am

Location: 1904-13 Ave N

Nord-Bridge Multi-Purpose Hall

Cost: \$2 per person



Open to all!



**Live music by
the Nord-Bridge
Jammers!**



EXECUTIVE DIRECTOR'S REPORT



I trust everyone is having as great of a summer as I am. I was fortunate to get away on two small trips to Fernie and Whitefish with my family. Amazing how things change as my kids get older. Gone are the days where I have to pack bikes, scooters, toys, baseball gloves, soccer balls etc...these days packing the car for holidays is a breeze! A soccer ball, their phones and a lot of snacks for two growing teenage boys.

Speaking of teenagers, last month you would have seen a few of them around Nord-Bridge. Prior to having a Coordinator of Volunteer staff we were unable to take on the high school students that needed to fulfill volunteer hours for credits. We just didn't have the staff resources to oversee the students during the 40 hours of volunteering they required. Donna was able to take on two high school students (Ethan and Dion) who helped with several tasks in and around our building. One of those tasks was helping Marco replace some of the old parking blocks in our parking lot. They also volunteered at our car show and Bulls baseball games. We wish both boys all the best in their grade 12 year this fall. We hired Shayla as a casual part-time cashier in the dining room to cover for Gail while she was away on holidays. Shayla, a high school student, was looking for some summer employment and we were able to give her a couple weeks worth of work. Shayla quickly learned the computer cash register and brought a friendly smile to the dining room. Thank you Shayla for helping cover our busy dining room!

Last month Ashley and I had the opportunity to tour Dr. Sayeh Zielke (Executive Chair of Assisted Living Alberta, Medical Director and Cardiologist in Lethbridge) around Nord-Bridge. Dr. Zielke wanted to see what we had to offer to seniors and was very impressed with all the programs and services we offer to older adults in the Lethbridge community. Dr. Zielke is an amazing advocate for seniors health in Lethbridge and we are looking forward to connecting with her on key senior issues in the future.



David Ng,

Executive Director

Executive Committee

Interim President: Dianne Smith

Vice-President: Vacant

Treasurer: Tracy Beauchemin

Secretary: Judy Cartwright

Past President: George Berg

Board of Directors:

First year

Randy Butterwick

Donalda Stock

Tom Ivins

Second Year

David Green

Alan Stalker

Lorrie Vos

Third Year

Mike Bennett

Clay Olsen

Bill Hanson

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

Beginners Drop-In Chess Club

Date/Time: Fridays, 8:30am - 12:00pm

Location: Craft Room

Convener: Cliff Helm

Cost: Free!



NEW!

Have you always wanted to learn how to play Chess? Join Cliff Helm for this new program on Friday mornings to learn the rules and play a few friendly games!

**For Nord-Bridge members only*



Eat anything you want...

anytime, anywhere...

with the help of implant supported dentures.


Call us today for your
complete denture care needs

Hosack
DENTURE CLINIC LTD.

Giving you something to smile about!

604 - 6 Street South • Lethbridge
(403) 327-7244 • Toll Free 1-877-467-2251





Available here.

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

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

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

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



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

User ID: NBSC_Guest
Password: Friendly@55

(Shaw Cable subscribers see left)



FREE WiFi

New Comers Meet and Greet

Join us for a morning of socialization with Conveners every 1st and 3rd Tuesday of the month in the Dunford Diner! This is a great opportunity for new members wanting to connect with new people.

All new members who attend will receive a free treat from the Dunford Diner!

**There will be no Newcomers meeting on Tuesday, August 19 due to the Whoop Up Days Parade*




MONTHLY 50/50 TOONIE DRAW

Nord-Bridge holds a monthly 50/50 toonie draw on the third or fourth Friday of each month. Members do not need to be present to win. The Nord-Bridge share of the proceeds is dedicated to programming.

TO PLAY:

1. Fill out an envelope at the draw desk in the Dunford Diner.
2. Drop \$2.00 into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!

RECENT WINNER

June 27 - Lawrence Velker \$168.00
July 25 - Ruth Bates \$201.00

MONDAY JAM 50/50 DRAW

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

***No Monday Jams in July & August. Check the October newsletter for September winners!**

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

NAGEL TOURS

ESCORTED MOTORCOACH HOLIDAYS

Our motorcoach tours are a worry-free way to visit your dream destinations. All trip details, transportation, lodging and sightseeing excursions are handled with just one call.

The journey is not only about the destination – time spent on the road provides an opportunity to share experiences with new friends and form happy memories.



Fairmont Hot Springs – September 22 nd or October 27 th
Minot Norsk Hostfest – September 22 nd
Nashville, Branson & Memphis – September 29 th
Nashville, Branson & Dollywood – October 8 th
Victoria Stay Awhile – October 12 th
Reno/Northern Nevada Sightseeing – November 2 nd
Christmas in Victoria – December 21 st
Palm Springs Desert Oasis – January 18 th
Arizona Desert and Canyons – February 9 th

Visit us online at
www.nageltours.com
Contact your Travel Agent
or toll free: **1-800-562-9999**
resoffice@nageltours.com

48th
Anniversary



Outreach Volunteer Recruitment Meeting



Date: Monday, August 11
Time: 1:30pm



The Nord-Bridge Outreach Program is in need of volunteers for serving, door hosting, taking payment, food preparation, decorating, and assisting the convener. Volunteers are not expected to help out every month - it is a shared commitment. Please join us if you are interested in volunteering!




Lethbridge HEARING CENTRE

Call 403-320-6000 to make
your personal complimentary
consultation today!

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



403.320.6000
www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S. Lethbridge, AB
Candice Elliott-Boldt, BC-HIS Jake Boldt, BC-HIS
Registered Hearing Aid Practitioners

Free Hearing Tests

at Nord-Bridge Seniors Centre with

Lethbridge
HEARING CENTRE

3rd Thursday of each month
beginning in October!
Upcoming Dates:
Oct. 16, Nov. 20, Dec. 18



Book your half-hour appointment at the
Nord-Bridge reception desk
*For Nord-Bridge members only



Jo Ann Kelly
REALTOR®

sutton group - lethbridge
1010-3 Avenue South
Lethbridge, AB. T1J 0J4

office: 403.320.6411
email: kellyjg08@gmail.com

Over 30 Years Experience



Martin Brothers
Funeral Chapels Ltd.

*The greatest gift
you can leave behind
is the gift of being prepared.*

For more information please call 403.328.2361
or visit our website www.mbfunerals.com



BUILDING OPERATING FUNDS RECENT DONORS

Check back next month!

NORD-BRIDGE IN-HOUSE BINGO

Year to date: \$10,154.75

CRIB

Year to date: \$1,539.00



We have a QR code for our website! You'll find this QR code at our Newsletter stands in various locations such as London Drugs and Save-On Foods North. To scan this code, open the built-in camera app on a smart phone and point the camera at the QR code. Tap the banner that appears on the screen and you will be transferred to the Nord-Bridge website, where you can access our monthly newsletters under the About > Newsletters tab. See the Nord-Bridge Front Desk for more information!

Intergenerational Craft and Music Afternoon

In partnership with the Lethbridge Family Centre, this intergenerational program is with children between the ages of 1 - 10 years old. Nord-Bridge Seniors and the children are partnered up together to participate in crafts and listen to story-telling, ending off with music and nursery rhymes. We are always looking for more seniors and children for this event!

If interested please contact Ashley (seniors) or Lethbridge Family Centre (kids).

Dates: Wednesday, August 27

Time: 3:15pm - 4:15pm

Location: Multi-Purpose Hall



Nord-Bridge has a float in the Whoop-Up Days Parade!



Date: Tuesday, August 19

Time: 9:00 am

Parade Route:

Beginning at Park Place Mall, the traditional parade route travels south along 3rd St S, east on 3rd Ave S, north on 13th St N, then east on 9th Ave N, dispersing at the Galbraith Elementary School.



We are in need of volunteers!
If you are interested in helping us decorate our parade float, contact Ashley at 403-329-3222

TECH DESK HELP WITH PETER

If you have questions about your laptop, tablet, or smart phone, our volunteer, Peter, would be happy to assist you!



Dates: Thursdays, Aug. 21 & Sept. 25

Time: 9:30 am - 2:00 pm

Location: Nord-Bridge Main Corridor

Cost: FREE

Appointments are required.

Visit the front reception desk to book!

**for Nord-Bridge members only*



Member Photos

by Walter Kerber



3rd Monday of every month

Time: 10:00 am to 12:00 pm

Location: Nord-Bridge Library

Upcoming Dates:

September 15, October 20

November 17, December 15

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

PANCAKE BREAKFAST



MONDAY, AUGUST 18, 2025

PIP INTERNATIONAL

4085 2 AVE S, LETHBRIDGE

7:30-10:00AM

Free!



RACHAEL THOMAS
LETHBRIDGE ALBERTA MP

X f i y @RachaelThomas.ab

RachaelThomas.ca

403-320-0070



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:

**Aug. 19 (pm), Sept. 2 (am),
Oct. 21 (pm), Nov. 4 (am), Dec. 16 (pm)**

Upcoming Dates at LSCO:

**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**



SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS
WITH NO PUFFS OR DROPS.



Rick Miller
Licensed Contact Lens Practitioner

**1011 - 3RD AVENUE S.
LETHBRIDGE, AB T1J 0J3**
www.southernoptical.ca

**PHONE: 403-327-4145
FAX: 403-320-1181**



Fred Miller
Registered Optician



SHOEBOX

SCANNING

"Preserving Your Family's Legacy"

Don't let your precious photos and videos
be damaged due to elements, aging, or pests.

Digitize them today and share your
life story with your family and friends.



403.382.1250

info@shoebox-scanning.com
www.shoebox-scanning.com



Mitchell Hall
Owner



EVERGREEN

Funeral Home
and Cremation Services

403-329-4934

Give us a call regarding ...

- * Affordable Pre-arrangement Options
- * Evergreen's Budget Conscious Pricing

*Because Cost
Is An Option*

*We lessen the expense,
Not the care*

A Division of the Caring Group Corp.

MOBILE FOOD SUPPORT

LETHBRIDGE
FOOD BANK
FEED THE NEED

August Dates 2025

August 7th - 1pm

Nord Bridge Seniors Centre - 1904 13 Ave N

August 14th - 1pm

LSCO - 500 11th Street S

August 21st - 4pm

University Drive Alliance Church - 55 Columbia
Blvd W

August 28th - 4pm

All Saints Roman Catholic Parish -
2405 12 Ave S



roost2roost LIMITED

**Downsizing Dilemma?
Need to move on?**

We can help....

Sorting • Organizing
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

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, Sept. 3 & Nov. 5
Time: 10:00am to 12:00pm
Location: Craft Room
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**



LETHBRIDGE DENTURE CLINIC LTD

We offer complete quality Denture care;
a result of intention, effort and professional skill.

#2 - 1718 3 AVE S, LETHBRIDGE AB 403-381-4142 WWW.LETHBRIDGEDENTURECLINIC.COM

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



Nord-Bridge Stamp Collectors Group

If you are interested in joining a stamp collecting group at Nord-Bridge, please give Ashley a call at 403-329-3222!



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+)



Every Monday
(excluding holidays)

Jammers

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

\$3 cover charge
for non-members

Returning after the
Sept. long weekend!




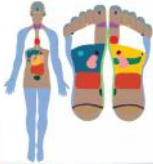


NEW! Reflexology at Nord-Bridge
with Maria's Footworks and Health Solutions

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.

Date: Wednesday, August 13
Appointment times
between 9am and 12pm
Location: Craft Room

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

FALL PROGRAM 2025

Available Monday, August 25
*Fall registration begins
Thursday, September 4 at 8:30am
both in person at Nord-Bridge, and
online at www.nordbridgeseniors.com!



Nord-Bridge Seniors Centre
1904 13 Ave. N.
Lethbridge Alberta
Phone: 403-329-3222



WHOOOP UP DAYS

Join me at this years' Whoop Up Days parade, as we celebrate our Hometown Heroes!

AUG 19 | 9:00 AM

MLA Nathan Neudorf
Lethbridge-East
403-320-1011




Fall 2025

Nord-Bridge Seniors Centre PRESENTS **ONLINE REGISTRATION**
Available September 4!

ENROLL ONLINE AT:
WWW.NORDBRIDGESENIORS.COM

OR CALL
403-329-3222
AFTER
SEPT. 4 TO
REGISTER

Steps to Register Online:

1. Go to www.nordbridgeseniors.com
2. Click on "Online Registration" under the "Recreation Programs" tab & follow prompts
3. Go to LOGIN (top left hand corner) & login to your account with e-mail ONLY
4. Click CATALOG (top left hand corner)
5. Select classes then add to order
6. Scroll to top of page and select CHECK OUT & NEXT STEP
7. Select PAY NOW and enter payment info (if applicable)
8. Your courses are booked!






Need help registering? Call and ask for Ashley at 403-329-3222



Volunteer Services Report



Well, it seems that I am getting into a bit of a rut with my newsletter article; it tends to start off with a weather report, but I don't think this July has been typical Alberta weather either. Nevertheless, everything is so lush and green and when the sun does come out, it is so appreciated. Pretty sure the "heat" is coming in August though.

I'm getting ready for my very first Whoop Up Days and as usual, Nord-Bridge Seniors Centre is getting involved with so many fun activities. I have already started to contact member volunteers about the Toonie Pancake Breakfast on Wednesday, August 20th in the Multi Purpose Hall (MPH). As this tasty event is open to the community, it will be especially busy. We are looking for help from about 25 member volunteers and there are some spots still available, about 5 or 6, so let me know if you have some time to give.

Nord-Bridge has had three Grade 12 students visiting in July. Two came to Nord-Bridge to complete a school program initiative and I think they have gone away with a deeper understanding of how important caring connections are for seniors in the community. Good luck Ethan and Dion with your last year of high school and thank you for your volunteer time with Nord-Bridge. I think our 3rd student Aaryan will be here until the end of summer. Aaryan is really learning his way around the Dunford Diner and making many new friends. Thank you Doreen, for taking him under your kind wing.



Many of our Nord-Bridge member volunteers will be supporting a special Alzheimer's event at the end of July and I will give a report in August once we have some results. I will try to keep the weather out of it.

Donna Lofstrom-Bell, CVA - Coordinator of Volunteer Services

Notice for Cards Set Up

~If the program start time is 1:00pm,
please set up no sooner than 12:45pm.

~If the program start time is 12:45pm,
please set up no sooner than 12:30pm.

This will ensure that we are sharing the dining
room with the rest of our lunch patrons.

Thank you!



Coulee Players

No experience, no problem, just a desire to entertain seniors in their care facilities and independent living condos. Engage with seniors on the small stage in comedy skits and make a positive impact on the lives of seniors. Be part of a supportive and fun volunteer team.

Contact: couleeplayers@gmail.com

Look forward to hearing from you!

Working together to bring Government services to you.

Dates: August 15, September 19
Time: 9:00 am - 2:00 pm

Location:

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

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

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

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

Service Canada:

- Get a Social Insurance Number (SIN)
- Canadian Dental Care Plan (CDCP)
- Employment Insurance (EI)
- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- help understand Service Canada letters

Canada Revenue Agency (CRA):

- print Notice of Assessment (NOA)
- change of address or telephone
- change direct deposit information
- print tax slips (T4, T4A, T4A(P), T4A (OAS), T5007, etc.)
- determine what tax years need to be filed
- help understand CRA letters

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

Thank you to the Members and Supporters of the Nord-Bridge Library & Book Sale

When considering donating books, please use these guidelines:

- **Books should be copyright 2000 or newer.**
Note: Copyright 2010 - 2025 goes into current collection
Copyright 2000 - 2009 stored for next book sale (limited storage space)

Exception - books which are large print or western genres can be any copyright if they are in good condition.



- **DVD, CD and cassettes are not part of the library, however we will sell them in upcoming book sales**



- **We do not accept magazines, encyclopedias or textbooks**

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>www.foxtrout.com</p>				
<p>4</p> <p>CLOSED TODAY FOR STAT HOLIDAY!</p>	<p>5</p> <p>8:30 Nature Walks (Sign up Required)</p> <p>9:00 Wheelchair Biking</p> <p>9:00 Pickleball (Pickle Point)</p> <p>10:00 New Comers Meet & Greet</p> <p>10:00 Golf (Evergreen)</p> <p>12:45 Canasta/H & F</p> <p>1:00 Scrabble (Craft Room)</p> <p>1:00 Texas Hold'em (WCR)</p> <p>1:30 Beginners Crib (Annex)</p> <p>2:00 Bocce Ball (Lions Park)</p>	<p>6</p> <p>9:00 Handy Crafters (Flex)</p> <p>9:00 Self Care Yoga</p> <p>10:30 Chair Yoga (WCR)</p> <p>10:45 WINNERS BINGO</p> <p>1:00 Intro to Kayak (Park Lake)</p> <p>1:00 Darts (MPH)</p> <p>1:00 Euchre</p> <p>1:00 Bid Euchre</p> <p>1:00 Paint Your House</p> <p>7:30 Table Tennis (MPH)</p>	<p>7</p> <p>9:00 Wheelchair Biking</p> <p>9:00 Card Crafters</p> <p>9:00 Intermediate Line Dance (Multi-Purpose Hall)</p> <p>10:00 Brain Games (Flex Room)</p> <p>10:00 Golf (Evergreen)</p> <p>1:00 Woodcarving (Craft)</p> <p>1:00 Whist (Annex)</p> <p>1:00 Contract Bridge</p>	<p>8</p> <p>8:30 Begin. Chess Club (Craft)</p> <p>9:00 Gentle Yoga</p> <p>9:00 Ukulele Circle</p> <p>10:00 Handy Crafters</p> <p>10:30 Chair Yoga (WCR)</p> <p>1:00 Watercolor Club</p> <p>1:00 In-House Bingo (MPH)</p> <p>1:00 Cribbage (WCR)</p> <p>1:00 Contract Bridge</p>
				<p>1</p> <p>8:30 Begin. Chess Club</p> <p>9:00 Ukulele Circle</p> <p>9:00 Gentle Yoga</p> <p>10:00 Handy Crafters (Craft Room)</p> <p>10:30 Chair Yoga (WCR)</p> <p>1:00 Watercolor Club</p> <p>1:00 In-House Bingo</p> <p>1:00 Cribbage (WCR)</p> <p>1:00 Contract Bridge</p>

<div>11</div> <div>9:00 Hello Monday (Flex) 9:00 Gentle Yoga 10:00 Improver Line Dance 10:30 Chair Yoga 10:30 Monday Morning Check In (Flex Room) 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 1:30 Outreach Meeting (Board Room)</div> <div></div>	<div>12</div> <div>9:00 Wheelchair Biking 9:00 Pickleball (Pickle Point) 10:00 Beginners Bridge (Annex) 10:00 Golf (Evergreen) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Bocce Ball (NB Lions Park)</div> <div></div>	<div>13</div> <div>9:00 Reflexology (Craft) 9:00 Handy Crafters (Flex Room) 9:00 Self Care Yoga (WCR) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Intro to Kayak (Park Lake)  1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 Watercolor Horizons 7:30 Table Tennis (MPH)</div> <div></div>	<div>14</div> <div>9:00 Wheelchair Biking 9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 10:00 Brain Games (Flex Room) 10:00 Golf (Evergreen) 1:00 Woodcarving (Craft Room) 1:00 Whist (Annex) 1:00 Contract Bridge</div> <div></div>	<div>15</div> <div>8:30 Begin. Chess Club 9:00 Gentle Yoga 9:00 CRA/Service Canada Visits 9:00 Ukulele Circle 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR) 1:00 Contract Bridge</div> <div></div>	<div>21* & 28</div> <div>9:00 Wheelchair Biking 9:00 Card Crafters 9:00 Inter. Line Dance (MPH) 9:30* Tech Help (Hallway) 10:00 Golf (Evergreen) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge</div> <div></div>	<div>22 & 29</div> <div>8:30 Begin. Chess Club 9:00 Gentle Yoga 9:00 Ukulele Circle 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo 1:00 Cribbage (WCR) 1:00 Contract Bridge</div> <div> *MONTHLY TOONIE DRAW *29TH</div>
<div>18 & 25*</div> <div>9:00 Hello Monday (Flex) 9:00 Gentle Yoga 10:00 Improver Line Dance 10:30 Chair Yoga 10:30 MM Check in (Flex Room) 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH)</div> <div></div>	<div>19* & 26*</div> <div>8:30* Helen Schuler Nature Walks (Sign up Required) 9:00* Whoopie Lip Days Parade Come Cheer Us on! 9:00 Wheelchair Biking 9:00 Pickleball (Picklepoint) 9:30* Cooking @ Interfaith 10:00 Golf (Evergreen) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Bocce Ball (NB Lions Park)</div> <div></div>	<div>20* & 27*</div> <div>8:00* Whoopie Lip Days Toonie Pancake Breakfast (Multi-Purpose Hall) *20th 9:00 Handy Crafters (Flex) 9:00 Self Care Yoga (WCR) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Intro to Kayak (Park Lake)  1:00* Darts (MPH) *27th 1:00 Euchre 1:00 Bid Euchre 1:00 Watercolor Horizons 3:15* L-SKIP (MPH) *27th 7:30 Table Tennis (MPH)</div> <div></div>	<div>21* & 28</div> <div>9:00 Wheelchair Biking 9:00 Card Crafters 9:00 Inter. Line Dance (MPH) 9:30* Tech Help (Hallway) 10:00 Golf (Evergreen) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge</div> <div></div>	<div>22 & 29</div> <div>8:30 Begin. Chess Club 9:00 Gentle Yoga 9:00 Ukulele Circle 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo 1:00 Cribbage (WCR) 1:00 Contract Bridge</div> <div> *MONTHLY TOONIE DRAW *29TH</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: AUGUST 6, 13, 20, & 27
FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)
LOCATION: CRAFT ROOM UPCOMING DATES SEE FALL PROGRAM



FALL PROGRAM GUIDE OUT AUGUST 25TH REGISTER FOR ALL PROGRAMS STARTING AT 8:30 AM ON SEPT. 4TH.

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

LOTS OF NEW UPCOMING FALL PROGRAMS WATCH OUT IN THE FALL PROGRAM GUIDE!

MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT CHECK OUT MONTHLY NEWSLETTER FOR MORE INFORMATION!

Beginners Ukulele Workshop

Discover the joy of strumming and singing with us! For beginners only - register with Laree Findlay at 403-894-8865

Dates: Tuesdays, August 12 & 26

Time: 10:00am

Location: Diner Annex

Fee: FREE for Nord-Bridge members interested in learning to play the ukulele!



NEW! Beginners Bridge

Come and learn how to play Bridge in a fun and social atmosphere!

Date: Tuesday, August 19

Time: 10:00am

Location: Diner Annex

Fee: FREE for Nord-Bridge members interested in learning the rules of Bridge!

Players **MUST** register with Laree by calling 403-894-8865



Mind Joggers - 'Having Fun'

-by Jack Simmons

Thursday mornings if we are able,
We sit around a row of tables,
Our minds are stretched a little bit,
As with this fine group we do sit.

The purpose of these gatherings,
Are not to play or to even sing,
We'll laugh at funny stories told,
That to us are as pure as gold.

People think we are not stable,
But we will write when we are able,
For we are Mind Joggers you see,
We are not just here to have some tea.

One will write a good horse type tale,
Another relates what came by mail,
A poem recited on the breeze,
There is discourse on the largest sneeze.

There are funny stories that are told,
Of bold experiences both new and old,
They jog our minds about what we've done,
Some bring tears to the eyes of everyone.

We end the meeting with raves all around,
See you all again we're homeward bound,
We have told a tale and jogged the mind,
So another great story we will find.



Live Cooking Classes Via ZOOM for Seniors 55+!



**Taking a break for summer!
Classes will resume in October.**

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned and dropped off at your door step.



DARREN ATKINS



403-894-4122



darren.reddooryql@gmail.com



ONYX REALTY

HELPING YOUR NEXT MOVE WITH CARE AND CONFIDENCE.
PROFESSIONAL REAL ESTATE SOLUTIONS FOR SENIORS.

Restoring
Smiles with
Quality
Dentures



Offering
Home Visits
call for more info

**Southern
Denture Clinic**

Now doing intraoral scanning!
No more messy
uncomfortable impressions!

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

Direct Insurance Billing ♥

Accepting Canadian Dental Care Plan

Free no pressure Consultations ♥ No Referral Needed

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

403-327-6331



Seniors System Navigator

Depression

Depression at times can be related to worry and anxiety. If you are struggling with depression and feel very sad, not interested in your usual activities, and have feelings of hopelessness, the following are tips to help reduce symptoms:



Try having a shower.

Get in a shower and use water as hot or as cold as you like. You don't need to scrub your whole body. Just get in the shower and let the water run over you for awhile. If need be, find a shower chair and sit on it for awhile.

Moisturize your whole body.

Use whatever lotion you have available. Go to the dollar store and purchase unscented or scented lotion. Get lotion that you will enjoy all over your body.

Dress in clean comfortable clothing.

Use clothes that are loose fitting like yoga pants. Undergarments can be luxurious or can be ridiculous. You might have received boxers with snowmen on them last Christmas. Just put them on and feel relaxed.

Drink ice cold water.

Get an ice cold glass of water and add mint or lemon slices. This will give the water a nice flavour. It will encourage you to drink more water.

Listen to music.

Try and listen to something that is upbeat and music you can dance too. Find songs you can sing and dance to at the same time. Sing to it, dance to it, just get up and move.

Make food.

Don't grab something quick to eat; try and take the time to make a snack. Even try to make ramen soup and add veggies or make a boiled egg for a quick snack. If you take the time to prepare your own food, it will taste great because you accomplished something.

Go outside and enjoy nature.

Take a walk to your favourite park. Sit on the grass and look at the clouds. Smell the flowers and fresh cut grass. Place your hands in the sand and feel the coolness against your skin.

Make something.

Get a scribbler and create a short story or poem, draw or colour a picture, crochet or knit, whittle a piece of wood, play with clay. Just create something.

Call someone.

Try and call a friend, close family member, or someone in your community. Have a conversation and listen to someone's voice. If you are not able to call, text, or email, find a way to join a group and interact with another person. If you don't have much to say or offer in the conversation just listen.

Cuddle a pet.

If you have a pet or know of one give them a cuddle. Take pictures of them and talk to them. Tell your pet how you feel, or the next movie you want to see.

Most of all, find something to be grateful for each day.

If these strategies are not helping, it's a good idea to get professional help.

This is a list of places that you can call:

Distress Line of Southwest Alberta 24/7: 403-327-2880 toll free 1-888-787-2880

Alberta Mental Health Help Line: 1-877-303-2642

Crisis Line: 1-800-784-2433

Mental Health Support: 310-6789

Source: *Uplifting Each Other* MistiDawn Kingdom Koachin



Charlene Kocken, BA, BSW, RSW Seniors System Navigator

Many of our **DROP IN AND SENIORS ASSISTANCE** programs are taking a break during July and August, and will return in September. Please see the list below!



Jammers
Tech Help
Music Makers
Walker Repairs
Carpet Bowling
Coffee with a Cop
Outreach Program
Floor Shuffleboard
Huckvale Lawyer Sessions
Specsavers Optical Repairs
Mind Joggers Writing Group
Member Photos with Walter
New Comers Meet and Greet
Beginners Pickleball at YMCA
Evening Pickleball at Nord-Bridge
IG Wealth Management Visits with Carol
Lethbridge Hearing Centre Hearing Tests

Condolences to...

...the McDermid family, on the passing of Sharon
...the Christensen family, on the passing of Ken
...the Hinton family, on the passing of Vern
...the Hamabata family, on the passing of Nadine

Get Well Wishes to

Stu Inkster

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.

Not sure about your hours?

Please contact Donna at

403-329-3222.

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



CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME

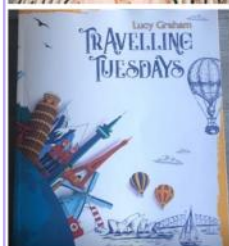
*Family Focused
Family Operated*

703 13 STREET NORTH, LETHBRIDGE

Phone: 403.382.3601

www.generationsfh.ca

A division of the Caring Group Corp.



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

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

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



Seniors Community Services Partnership
SENIORS SYSTEM NAVIGATORS

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.**

Programmer's Report



The end of summer already! As I write this, I am looking forward to my annual family trip to the mountains of the Kootenays in BC! I will be gone the August long weekend from August 1st - 6th and will share photos upon my return!

The beginning of last month was busy with our Show and Shine Car Show - we had a great turnout from the community and the weather (somewhat) cooperated with us. Thanks to all our sponsors and to the principal at WCHS for letting us use their parking lot! If you would like a custom made t-shirt, please stop by the boutique for \$30.00 each!



Since this summer has been slower at Nord-Bridge it has been nice to catch up on paperwork and plan for Whoop Up Days and the Fall Program Guide, out Monday, August 25th! We have many classes for our members this time around with more Chair Yoga classes being offered than ever before, along with some new classes sprinkled in. This includes but is not limited to Fit Ball, Combo Zumba Gold Toning and more! I am so grateful for the amazing talent we have in Lethbridge to teach all these classes from art, fitness, mental health, and wellness, to cooking and language classes! We want to make sure our older adults are aging in their homes for as long as possible by staying active in all the wellness domains (physical, social, cognitive, emotional, and spiritual).

Whoop Up Days is soon approaching and if you haven't already heard we are in the parade once again on Tuesday, August 19th! **Please go to page 7** of this newsletter for more information, and talk with myself or Donna if you are curious about volunteering during this time. The following day we are hosting our annual Toonie Pancake Breakfast on Wednesday, August 20th from 8:00 am - 11:00 am in the Multi-Purpose Hall of Nord-Bridge. This is open to the public so bring your family and come down to enjoy the delicious food, company, and music! Thank you to our sponsors who always make these events feasible!

Next month, I am excited to have the University of Lethbridge Nursing students back at Nord-Bridge from September to December on Thursdays and Fridays in the Flex Room, as part of their community health experience. They will also be partnering with the Medicine Shoppe for flu clinics in October. Please watch out for more information on this once we get closer. Please make sure to give the students a warm, friendly welcome when they arrive September 18th as they can't wait to get to know all our members!

Fall program registration will begin at 8:30 am on Thursday, September 4th, both online at www.nordbridgeseniors.com and in person at Nord-Bridge. For a full list of steps to register online **please go to page 10** of this newsletter. As always please make sure to have your membership paid and make sure to give us your most current email for our files. Because your email is attached to your member ID, this will ensure you receive the membership discount on classes especially if you are registering online. Please contact me if you have any questions on this process.

Lastly, cancelled programs for this month include: No Newcomers Meet & Greet on Tuesday, August 19, due to the Whoop Up Days Parade, and no darts on Wednesday, August 20th due to the Toonie Pancake Breakfast in the Multi-Purpose Hall.

Until next month, stay happy and healthy!

~Ashley Kern - Program Coordinator

Whist

Day & Time: Thursdays, 1pm - 3pm

Location: Diner Annex

All levels welcome!

Must be a current Nord-Bridge member



Whist is a classic trick-taking card game known for its simple rules and strategic gameplay, where the goal is to win the most tricks. There are several variants of the game - all are easy and fun to play!



Walker Repair Clinic

*for Nord-Bridge members only

Wednesdays, September 24 & November 19
10:00 am - 11:00 am // Nord-Bridge Main Corridor



To sign up, visit the Nord-Bridge front desk

Thank you to Leisters Home Care for providing this FREE service to Nord-Bridge members!



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

Friday, August 1:

Veal Cutlet with Scalloped Potatoes, Mixed Veggies, and Gravy

Friday, August 8:

Beef & Cottage Cheese Lasagna with Caesar Salad and Garlic Toast

Friday, August 15:

BBQ Beef on a Bun with Taber Corn and Roasted Potatoes

Friday, August 22:

Chimichanga with Rice, Pico de Gallo, and Salad

Friday, August 29:

Liver & Onions with Mashed Potatoes, Veggies, and Gravy



Available from 11 am to 1 pm, while quantities last

Checkers

If you are interested in playing Checkers at Nord-Bridge, please contact Ashley at 403-329-3222!



Helping you grow and sustain wealth for generations to come.



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



Investments • Retirement • Insurance • Tax Strategies • Estate Planning

IG Wealth Management Visits with Carol

Upcoming Dates:
Sept. 9, Oct. 14, Nov. 18
Time: 10am - 12pm
Location: Nord-Bridge Main Corridor

Carol Haayema is a Senior Financial Consultant with IG Wealth Management. Carol will be at Nord-Bridge once a month from Sept. to Nov. 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!

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



Keith Pushor
Senior Real Estate Specialist (SRES)



South Country Real Estate
403-327-2111

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

Lethbridge Scottish Country Dance Club

Join us for some FUN Wednesday evenings, beginning September 3, from 7pm to 9pm!

Location: St. Andrews Presbyterian Church Hall
1818 5th Avenue South

Fee: \$30 for September to May

Contact: Pam Vogt at 403-332-1208

Dance some traditional Jigs, Reels and Strathspeys to live music. Learn specialized steps and formations that keep you active while having fun in our social group. No partner needed to join. No special clothing required.

***NOT Highland Dancing**





Fundraising Report

Whew! What a whirlwind of planning on the fundraising side of Nord-Bridge.

I first want to say thank you to everyone that smiles, hugs and shares a story! You make coming to work every day very enjoyable. I truly appreciate working with you!

We are super busy with some awesome fundraising efforts – as we need to expand our dining room! Our membership continues to grow – and we also accept those who just want to come in for a coffee or a bite to eat! This means we are getting close to capacity! Time to expand the space, get new flooring, tables and chairs, as well as make a few adjustments within our centre and the awesome services we provide. We understand that transitioning can be challenging – and sure do appreciate your patience during this process!

We need to raise funds to make this happen! We will be looking for sponsors ~ donations ~ holding raffles/giveaways ~ bowling nights ~ Happy Appy Hours ~ a Country/Celtic Barn Dance ~ Chamber Mix & Mingle Events ~ and so much more! We are working to expand our reach ~ ensuring everyone knows who we are, and why we are here!

Our motto is "Senior is not a Swearword." I am spreading this message far and wide! Only the lucky ones get to be seniors! Congratulations!

Thank you for your support! HUGS

Julie Sarich - **Director of Fund Development**



HELLO MONDAY

Hello... Monday

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

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

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!

Topics that may be covered this month: ~In groups and out groups - how do we fit in our society? ~Can digital devices improve my cognitive function? ~Memory - what is it really, and what can we do to keep it working for us? ~Ageing - making the most of what you have and giving honor to what has passed. ~How do you stay hopeful or optimistic about the future? ~What helps you through challenging times?

When: Monday, August 4, 2025 - **No class due to Heritage Day**
 Monday, August 11, 2025
 Monday, August 18, 2025
 Monday, August 25, 2025

Time: 9:00am to 10:00am

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

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. Participants will continue to build on skills related to the importance of staying well, and are encouraged to bring handouts and discussion items to this group

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

JOIN US TO LEARN MORE!

When: Monday, August 4, 2025 - **No class due to Heritage Day**
 Monday, August 11, 2025 - Topic TBD by class
 Monday, August 18, 2025 - Topic TBD by class
 Monday, August 25, 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

Roaming Retirees

July came in hot - like "don't touch the car seat" hot - and I wasted no time diving into the best parts of summer: music, adventure, and raspberry-stained fingers.

I kicked off the month kicking up my heels to the sweet harmonies of The Washboard Union, where the good vibes were louder than the amps. If toe-tapping were a sport, I'd have gold medals by now.

Next stop: a paddle-powered escape in the hidden gem that is Jaffray. There's nothing quite like gliding across calm waters in a paddle boat, sun on your shoulders, and zero cell reception. It was peaceful, picturesque, and proof that leg day doesn't always happen at the gym.

But the real cherry on top (or should I say raspberry?) was making homemade jam with my dad. There's something pretty magical about turning summer fruit into sticky jars of happiness - especially when I get to hang out with my favorite person, Lyle.

And let's not forget the mane event - The Lion King Live. What a roaring success! It was a circle-of-life-sized hit with our Nord-Bridge crew, complete with goosebumps, standing ovations, and a few tears (looking at you, Valerie).

Now, as we ride this summer high into August, it's time to start dreaming about our next grand outing:



Spruce Meadows Masters – it's back and better than ever!

Date: Thursday, September 4

Fee: \$70 for members | \$90 for non-members

(plus entry fee if under 65)

Payment due August 16

We need 38 people to saddle up!

Trust me - you do not want to miss this. Horses, high jumps, and high society picnic vibes? Yes, please. Let's gallop into fall with flair.

So, here's to July - where raspberries, rhythm, and recreation reigned supreme. August, you've got big boots to fill.

~ *Erin Bates* "If you want the rainbow, you've got to put up with the rain"



Nord-Bridge Trip to the Spruce Meadows Masters



Experience the Thrill of World-Class Show Jumping!

Join us for an unforgettable day at the Spruce Meadows Masters - one of the most prestigious equestrian events in the world! Whether you're a long-time fan or new to the sport, this trip promises excitement, camaraderie, and a chance to witness elite competition in a stunning setting.

Date: Thursday, September 4

Departure Time: 8:30am from the Nord-Bridge parking lot

Fee: \$70 members; \$90 non-members
(if under 65, an additional entry fee will be charged at the gate)

Payment Due: August 16

***38 paid passengers required for the trip to go ahead**

Nord-Bridge Outreach

Monday, September 15th

1:30pm to 3:00pm

Nord-Bridge Multi-Purpose Hall

\$3 per person

RSVP by Monday, Sept. 8!

Call 403-329-3222



Let's Celebrate Canada!

~Proud to Appreciate Canada's Beauty~

Entertainment by the Nord-Bridge Ukulele Group

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

Our Annual Show & Shine event was a huge success! Thanks to all of the participants, everyone who came out to see the cars, the local food trucks for providing delicious lunch and snacks, and our sponsors for making this day possible!



CITY OF
Lethbridge

KERN MEDIA CO.

SOUTH COUNTRY CO-OP
West Lethbridge

BRIDGE CITY
CHRYSLER DODGE JEEP RAM



BERT & MAC'S
Source
for sports.

PROTEX

RME **ROCKY MOUNTAIN EQUIPMENT**

NEUDORF
403.328.2533 Plumbing

TOLLESTRUP
Construction Inc.

BIG AL'S
Auto Repair

Red Beard
Drafting

DAVIS
AUTO GROUP

KIRKS TRAILTIRE

CANADIAN TIRE
South Lethbridge

BACKSTREET
West

ULTIMATE
THUNDER AUTO CARE

Pop's
TAPHOUSE & GRILL

BEN'S BEEF JERKY
JERKY FOR PEOPLE

**Thank you to our
Show & Shine
sponsors!**

HOUSE OF CARS
SALES / SERVICE / FINANCE

Elrich
TIRE AND AUTOMOTIVE

SAVERS
Convenience

STARBUCK
HARDWARE

GARYMOE
MAZDA LETHBRIDGE

Vanee
Farm Centre Inc.



GasKing

SUBARU | **Subaru of Lethbridge**

SILVER
AUTOMOTIVE LTD.

KMC
Studio.

Eldorado RV

GREAT CANADIAN OIL CHANGE

SAFeway
Fairway Plaza

LETHBRIDGE
BOXING CLUB

CLARKE'S
TIRES

ORIGINAL JOE'S
RESTAURANT • BAR
North Lethbridge

Lethbridge Elder Abuse Response Network

Continuing to invest in and uphold connections to your community, friends and family is a crucial aspect to maintaining your own wellness, especially with changes that may accompany aging – either expected or unexpected. Life changes like retirement, moving to a different location, mobility limitations, or the loss of a loved one, to name a few, can all lead to and exacerbate isolation. Isolation can also increase a senior's risk of becoming depressed, cognitive decline, and in some cases, an earlier death.

Remaining socially active also has you continuing to engage in different enriching activities that can prevent isolation from becoming an issue. Emotionally, the effort you put into your socialization will help to reduce feelings of loneliness, improve your overall mood, or even provide you with a sense of purpose. Socialization also protects your mental health by continuing to keep your brain active, which also lowers the risk of possible cognitive problems. Believe it or not, but continuing to seek out socialization has also been an effective way for seniors to maintain their own physical health, as it also encourages us to remain active, or continue to go to our regular check-in appointments with specialists.

Fortunately, continuing to stay connected with others does not require significant changes, and you can often see the results you desire with small changes. For example, becoming a member of your local senior centre, or another group, video calling with family, volunteering, or adopting a pet can all have a meaningful impact.

For those who are interested in exploring available socialization opportunities, LEARN will be hosting several different events during the Fall of 2025, which you can find more information on below:

Building Healthy Relationships

Who? YOU!

What? A multiple-week workshop around building and maintaining healthy relationships.

When? September 16th - November 4th, 2025.

Where? LSCO Boardroom.

Why? Because you deserve fulfilling relationships!

Be Fast Friends

Who? YOU!

What? A speed friending-style event where you meet new people.

When? September 26th, 2025

Where? LSCO Stage Area

Why? Because you can never have enough good friends!

Remember that socialization is a key part to healthy aging, and by continuing to invest in this area, you will see a higher quality of life!



~ Tyler Anderson,
LEARN Case
Manager



INTRO TO KAYAKING FOR SENIORS 55+

Session 1 Dates: **CANCELLED**

Session 2 Dates: Wednesday, Aug. 6- Aug. 27

Time: 1pm - 4pm

Location: Park Lake Provincial Park

*Meet at the Boat Launch at the
North end of the lake

Fee: \$150 member/non-members (ages 55+)

Call 403-329-3222 or visit
www.nordbridgeseniors.com
to register. Please pick up a
photo consent and waiver
form upon registration!



In partnership with



This class is for all skill levels and all equipment will be provided. You will learn about gear, safety, boat design, paddling techniques, and much more, while gaining confidence and self-esteem! Please wear proper attire - you will get wet!

Lawyers of Huckvale Free Initial Legal Consultation

When: Second Tuesday of every month

(unless otherwise stated)

**New dates!*

Time: 9:00am to 11:30am

**Taking a break
for July & August!*

Fee: FREE (Nord-Bridge members only)

Upcoming Dates: Sept. 9, Oct 14, Nov. 18, Dec. 9

*These are initial consults only. Members' needs will be assessed and advice will be offered on how best to legally proceed.

HUCKVALE
established 1987

Members can sign up at the
Nord-Bridge Reception Desk
for a half-hour consultation.



Optical Repairs and Adjustments at Nord-Bridge!

With a licensed optician from Specsavers!

Specsavers



Date: October 16

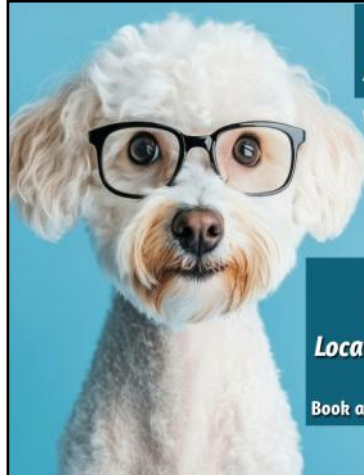
Time: Beginning at 1:00pm

Location: Nord-Bridge Main Corridor

Fee: Free

Book appointments at the Nord-Bridge reception desk!

**For Nord-Bridge Members Only!*



Country/Celtic Barn Dance

Enjoy a family friendly evening of live music, dancing, and community fun in support of Nord-Bridge Seniors Centre programming!



Date: Saturday, September 13, 2025

Time: 6:30pm - 10:00pm

Location: The Venue of New Hope

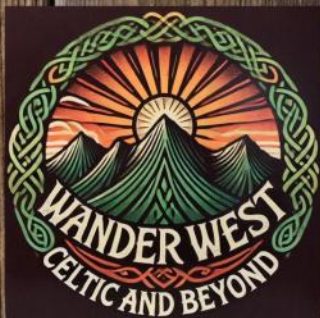
100043 Range Rd 22-3

2km south of Park Lake Provincial Park

Cost: \$15 per person (under 18 years, FREE)

**Tickets available August 6 at Nord-Bridge Seniors Centre:
1904 13 Ave N (limited tickets for purchase at event)**

**Featuring performances
by two local bands!**



*** CLOVER *
OVERBOARD**



Door prizes and 50/50 draw!

**Ice cream, snacks, and
non-alcoholic refreshments
available for purchase!**

Did you know Nord-Bridge has

ROOMS *For* **RENT**



On Weekends for Special events?

***Multi-Purpose Hall : \$750.00 for weekend or Hourly
\$125.00 (Min. 3 hours)**

***West Community Room: \$200.00 for Weekend or Hourly
\$35.00 (Min. of 3 hours)**

Damage deposit not included in this price

***For booking inquiries please call Maria at 403-329-3222. Please
book a minimum of one month in advance. Please go to
www.nordbridgeseniors.com under the About >
Facilities > Rentals tab for more information about these rooms.**



NORD-BRIDGE
SENIORS CENTRE
Inclusivity lives here

1904—13th Ave. North
Lethbridge, Alberta
403-329-3222
friendly@nordbridgeseniors.com



“The Friendly Centre”

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

www.nordbridgeseniors.com