



## **Nord-Bridge Seniors Centre**

1904 13 Ave. N.

Lethbridge Alberta

Phone: 403-329-3222



# **FALL PROGRAM 2025**

## Nord-Bridge Seniors Centre Officers and Staff

### **Executive Committee**

Interm President	Dianne Smith
Vice - President	Vacant
Treasurer	Tracy Beauchemin
Secretary	Judy Cartwright
Past - President	George Berg

### **Directors**

Randy Butterwick	David Green	Mike Bennett
Donalda Stock	Alan Stalker	Clay Olsen
Tom Ivins	Lorrie Vos	Bill Hanson

### **Staff**

Executive Director	David Ng
Financial Administrator	Tracy Beauchemin
Program Coordinator	Ashley Kern
Senior Systems 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
Newsletter Editor	Cindy Dykstra
Director of Fund Development	Julie Sarich
Coordinator of Volunteer Services	Donna Lofstrom-Bell
Go-Friendly Bus Driver	Terry Beauchemin

### **Nord-Bridge Seniors Centre**

"The Friendly Centre"

1904 - 13<sup>th</sup> Ave. North Lethbridge, AB T1H 4W9  
Phone [403] 329-3222 Fax [403] 329-8824

Web Page: [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)

Email: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

Find us on Facebook, Twitter, and 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. For seniors with low income ask about the option of fee assistance through the City of Lethbridge (ask at the front desk for more information). Pro-rated rates for new members begin in September of \$93.00 for the rest of 2025 and all of 2026. This rate can not be paid partially.

## **DUNFORD DINER**

Our dining room serves delicious and nutritious hot home cooked meals Monday to Friday 8:00am – 2:00pm. A breakfast buffet is served on November 5th for the AGM from 8:30 am– 10:30 am (we no longer offer monthly buffets). Lunch hours are 11:00am - 1:00pm. 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. 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 more! [We are not accepting puzzles donations at this time.](#)

## **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, 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.

**Monthly Outreach Program** - The Outreach Program organizes socials and in-reach activities geared for isolated seniors. The Outreach committee coordinates its activities with housing and assisted living facilities, so transportation is available to Nord-Bridge for its monthly social. Hospital visits, get well cards, calls, and bereavement support for members is also provided as part of the Outreach Program. Please see the back of this booklet for dates of Outreach socials.

**Travel Programs** - Larger Extended trips are offered to various attractions and Southern Alberta venues. Stop by our Travel Board for updates on trips or talk to Maria at the Front Reception desk for more information. Smaller trips around Lethbridge have been cancelled until further notice.

**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 make an appointment with our new Coordinator of Volunteer Services, Donna.

**Go Friendly Shuttle Service** - This door-to-door transportation service between member homes and Nord-Bridge it 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 :** SCHEDULED PICK UPS & DROP OFFS  
8:00 a.m. to 3:00 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 Breeze Cards are also available  
at the front desk but are separate from  
the Go-Friendly Shuttle\**

## **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 start the second week of September unless otherwise specified.**

**Carpet Bowling**— Margaret Blais & Bev Pickell, Conveners

Carpet Bowling is a team sport played on an indoor carpet, using bowls and a jack. The object is for the team to gain as many shots as possible by getting their bowls nearer to the jack than their opponents. Our group welcomes new members, and is willing to give instruction if needed. Carpet Bowling is held on **Wednesday & Friday at 10:00 am** in the Multi-Purpose Hall. **Returning on Wednesday, Sept. 3rd. No class on Oct, 10, Nov. 5, & Dec. 5.**

**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. **Darts is cancelled on 3rd Monday of each month or the Monday on which it falls to accommodate the Outreach Program.**

**Pool** - Steve King, 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 Sundays 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.

**Floor Shuffleboard** - Rhonda Worrall, Convener

Floor Shuffleboard is a game in which players use a pole - called a cue - to drive a flat, circular disc across the floor to a scoring box. Two people or teams can play floor shuffleboard against one another and try to prevent each other from scoring. This program is played **every Thursday at 1:00 pm in the Multi-Purpose Hall. Begins Sept. 11th. No class Nov. 27 & Dec. 11th.**

**NEW Nord-Bridge Beginners Pickleball for Seniors 55+** - Casey Nap, Convener

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 403-329-3222. Please wear comfortable indoor running shoes. All equipment is supplied but members are welcome to bring their own paddles and balls as well. This program runs **every Monday at 6:00pm & Thursday at 6:00 pm** for a drop-in fee of \$2.00 for members and \$5.00 for non members 55+. (Please pre-register through Ashley by calling 403-329-3222.) Please use the NE doors of the building as this is played in the Multi-Purpose Hall. **We will begin Sept. 8th.**

## **Cards & Board Games**

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. Cards play throughout the year.

**Cribbage** - Denis Briand, Alan 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 and overflow is in the Craft Room. **No program on Oct. 17th.**

**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, Conveners

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.

## **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 [Mondays, Thursdays & Fridays in the Dunford Diner Annex at 1:00 pm](#). Anyone wishing to learn the game or wanting to join in, please stop by. Players must be Nord-Bridge members. **\*Currently looking for more participants\*** [No program on Friday, Dec. 12th.](#)

**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](#).

**NEW Whist Program-** Dianne Smith, Convener

The classic game of trick taking known for its simple rules and strategic game play where the goal is to win the most tricks. This is for four players in fixed partnerships. Rules are simple, and there are several variants of the game. We play regular whist at Nord-Bridge on [Thursdays at 1:00 pm in the Diner Annex.](#)

**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. Texas Hold'em is played every [Tuesday at 1:00 pm](#) in the West Community Room. Wins are paid using gift cards.

**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 this is for all levels.

**NEW Chess Club-** Cliff Helm, Convener

Have you always wanted to learn how to play chess? Join us for this new program on [Friday mornings at 8:30 am - 12:00 pm in the Board Room](#) to learn the role and play a few friendly games! **Cancelled on Friday, Oct. 17, 24, and Nov. 7.**

## **Social Activities**

**Members only unless otherwise stated.**

**Jammers** - Roy Swidinsky, Convener

Monday Jammers is one of the Centre's most popular programs. If you enjoy music (playing or listening) stop by to be part of this jam, or sit back and enjoy the music. The Jammers meet in the Dunford Diner & Dunford Diner Annex each [Monday from 9:30 am - 12:00 pm](#). As seating is limited, there is a \$3.00 fee for Non-Members to attend this program. Begins after the September Long Weekend. **\*No program on holidays.**

**Music Makers** - Laree Findlay & Gwen Whitt, Conveners

The Nord-Bridge Music Makers is a group that gets together weekly to sing. This group's main focus is music and performing at different seniors' health & housing facilities. The group meets weekly at Nord-Bridge in the Dunford Diner Annex on [Tuesday from 10:00 - 11:30 am](#). New singers and acoustic instrumentalists are welcome. [Begins September 9th.](#)

**"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.



### **Baking/Cooking at the Interfaith Foodbank**

In partnership with the Lethbridge Family Centre come and have fun creating and socializing while using fresh ingredients from the Interfaith Garden of the Chinook Country Kitchen! Lots of food to take home at the end of the session as well! Please register at Nord-Bridge or call 403-329-3222 and ask for Ashley. For Seniors 55+. We begin Tuesday, Sept. 23, Oct. 28, Nov. 25, & Dec. 9 at 1:00 pm — 3:00 pm located at Chinook Country Kitchen (Inside the Interfaith Foodbank) 1103 3 Ave. N. This is FREE for Members and \$15.00 for Non-Members. **Please bring to-go containers to take food home in.**

### **Mind Joggers Writing Group** - Ted Sillito, Tami Gaudry, & Judy Knox, Conveners

The Mind Joggers Writers Group is a casual, friendly group that is always looking for new members. Each person has memories that are important to record for future generations. This group is here to offer encouragement and support as you get started in writing. You will be pleasantly surprised at how easy it is to write, once you get over the initial fear. Drop-in to the Berlando Boardroom on Thursdays at 9:30 am to see if this program is for you. You may want to just listen or join the discussions. \*Begins September 11th.

### **Ukulele Circle-** Laree Findlay, Convener

Discover the joy of strumming and singing with us! Whether you're a seasoned ukulele pro— or a beginner, all are welcome at this program! Bring your ukulele, tuner, music stand, and let's play together! We play every Friday from 9:00 –9:30 am is for tuning and learning & 9:30 am-10:45 am is for playing music. Located in the Dunford Diner Annex and is FREE for members only drop in on what ever day works for you!



## **Intergenerational Programs**

### **LSKIP— Lethbridge Family Centre**

In partnership with the Lethbridge Family Centre, this intergenerational program is with children between the ages 1 – 10 years old. Nord-Bridge Seniors and the children are then partnered up together and participate in crafts, listen to story-telling, and ending off with music and nursery rhymes. We are always looking for more fun Nord-Bridge Senior members to participate in this program. Please talk to Ashley if you have any questions or would like to sign up. Upcoming dates: Wednesday, Sept. 24, Oct. 22, and Nov. 26 at 3:15 pm - 4:15 pm in the Multi-Purpose Hall of Nord-Bridge.



### **NEW Park Meadows Shadow Puppet Pilot Project**

In partnership with the Park Meadows Elementary School Grade 5 Fine Arts Teacher and Nord-Bridge seniors Mind Joggers Writing Group, they will be partnered up with a child to create and perform a shadow puppet play from the short stories of the seniors. If interested, please contact Ashley at 403-329-3222. We are looking for dedicated, creative, passionate, and knowledgeable seniors. This pilot program began in November 2024 and tentatively begins in October 2025 with more details will be announced in the monthly newsletter.





# Photos From Earlier This Year!









## **Senior Assistance Programs**

On a monthly basis, professionals and post secondary students will provide their services to assist seniors with **legal consultations, foot care, hearing consultations & massages**. Also, during the income tax season, community volunteers help seniors complete their **income tax returns**. Year round, volunteer seniors as part of Nord-Bridge's **Seniors Helping Seniors Program**, are on hand to help fill out government forms and counsel on financial assistance programs. For further details on all programs please see below.

**Chinook Foot & Ankle Clinic - Foot Care** - 10:00 am - 12:00 pm, **Wednesday** Sept. 3, Nov. 5 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.

**Lawyers of Huckvale LLP - Legal Consultation** is offered the **second Tuesday of the month** 9:00 am to 11:30 am. The lawyer will be at Nord-Bridge on the following dates: Sept. 9, Oct. 14, Nov. 18, Dec. 9. **This service** is for Nord-Bridge Members Only. Members can sign up at the Reception Desk for a half hour free consultation. These are initial consults only. They will discuss members' needs and offer advice on how best to legally proceed.

**Candice and Jake Boldt of Lethbridge Hearing Centre** - offer FREE hearing tests and consultations every third Thursday of the month from 10:00 am until Noon to Nord-Bridge **Members Only**. Candice or Jake will be here on Oct. 16, Nov. 20, Dec. 18 (none in Sept.). Appointments are necessary. Please book your half hour appointment at the Reception Desk.

**NEW Tech Desk Help** – Peter, a volunteer of Nord-Bridge, will be in to answer any questions you may have about your tablet, smartphone, or laptop device. Appointments are required. Please stop by the Front Reception Desk to make an appointment. Peter will be here once a month on Thursdays from 9:30 am – 2:00 pm in the main corridor of Nord-Bridge. This is a FREE service for members ONLY. Upcoming dates: Thursday, Sept. 25, Oct. 23, & Nov. 13 & Dec. 11 (December only has been moved to Library).

**Walker Repair Clinic** – Thanks to *Leisters Home Care* technician, Allan, will be in Nord-Bridge's main hallway once every couple months on Wednesdays starting, Wednesday, Sept. 24 & Nov. 19 at 10:00 -11:00 am. They will fix and adjust walkers for FREE! To sign up for this clinic please ask at the Front Reception Desk.  
\*This is for Nord-Bridge Members ONLY.\*

**Coffee with a Constable -Lethbridge Police Services** - Constables Dana Holland will sit down and chat with members about any questions they may have regarding law enforcement, and concerns. Constable Holland will be in the diner the second Wednesday of each month from 10:00 am - 11:30 am.

**Lethbridge Polytechnic - Massage Therapy Students** - If your muscles are sore come in for a free massage! Massages are on a first-come first-served basis. The Polytechnic students will be at Nord-Bridge on Wednesday, October 1 & Nov. 26 at 10:00 am - noon in the Craft Room. This service is for Nord-Bridge Members Only. Please check with the Reception Desk and Monthly Newsletter for more information.

**SAIM– Southern Alberta Institute of Massage Students**– If your muscles are sore come in for a free massage! They will be here on Friday, Oct. 24 & Nov. 7 at 9:30 am-11:30 am in the Board Room. This service is for Nord-Bridge Members only no appt. required.

**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 as appointments fill up fast. If you are unable to get an appointment please add your name to the wait list. Upcoming dates: Wednesdays, Sept. 17, Oct. 15, Nov. 12, & Dec. 10 from 9:00 am-12:00 pm in the Craft Room.



### **Seniors Systems Navigators (SSN)**

The Seniors System Navigators are a specialized branch of the Seniors Community Services Partnership, a collaboration between three older adult agencies: Lethbridge Family Services, Nord Bridge Seniors Centre, and Lethbridge Senior Citizens Organization. Together, we form a united front dedicated to enhancing the lives of older adults in Lethbridge and surrounding areas. Our mission as Seniors System Navigators is to ensure that adults aged 60 and older receive the support they deserve. Whether you require information and referrals, short term case management, or outreach support, we are here to assist you every step of the way. Our team understands the complexities of navigating the systems and services available to older adults. With empathy and understanding, we can help you access the resources and assistance you need. If you have a question and would like to speak to someone you are welcome to call the Intake Line at (403) 329-1544 and a Navigator will be able to assist you. Professionals are welcome to make referrals directly to our team. To print the SCSP Referral Form please go to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the Senior Assistance Programs tab.

### **University of Lethbridge - Nursing Education In Southwestern Alberta**

Nord-Bridge welcomes the University of Lethbridge third and fourth year nursing students, who attend the Centre on [Thursday and Friday through the months of September - December](#). The students attend to observe, learn, participate with, and assist seniors as a part of their Community Health Studies portfolio. The student's primary objective is to research member needs in the areas of Health Promotion, Health Protection, and Injury Prevention. From their research, they program and implement different learning series / information sessions, and organize an annual Health Fair planned for [Thursday, November 27th \(tentative\)](#) to address the needs and interests of Nord-Bridge's membership. Please give the students and their instructor a warm welcome when you see them around the building and watch for specific times of presentations in the coming months.

**Seniors Helping Seniors Tax and Form Assistance** - The "Seniors Helping Seniors" program at Nord-Bridge is staffed by a team of knowledgeable volunteers [Wednesday and Thursday mornings](#) year round. The team includes eight tax preparers during the tax season of March-April and during the balance of the year, "Seniors Helping Seniors" volunteers assist with filing of late returns, and help seniors qualify, or re-qualify, for benefits available under the Provincial Alberta Seniors Benefits. Special Needs Assistance Programs for Seniors; Federal Old Age Security; Guaranteed Income Supplement; and Canada Pension Plan benefits. Please phone the Reception Desk at 403-329-3222 to set up an appointment with one of our tax volunteers on Wednesday & Thursday mornings.

**NEW Specsavers Optical Technician now at Nord-Bridge!** Get your Glasses fixed and ask any related questions [on Thursday, October 16th](#) starting at 1pm. This is in the main corridor with a Licensed Optician. Book your 15 minute appt. today at the Front Reception desk.

**NEW Service Canada Government Support at Nord-Bridge! -Trish York** 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: Sept. 19, Oct. 17, Nov. 21, & Dec. 19.](#) A Canada Revenue Agency Staff member, Bonnie McIntyre will also be at Nord-Bridge on [these dates above](#).

**NEW IG Wealth Management Visits with Carol!** -Have you attended one of our many finance events about Retirement Income Optimization, Wealth Transfer and Estate Planning, but gone home and done nothing even though you wanted to? Nord-Bridge is here to help you get it done by aligning with CERTIFIED FINANCIAL PLANNER®, Carol Haayema, CFP®, FMA, CKA®, Senior Financial Consultant with IG Wealth Management in a new drop in info session [once a month from 10:00 am -12:00 PM.](#) Carol will be onsite at the center each month and welcomes you to stop by her table located in the main corridor of Nord-Bridge to ask questions that are on your mind, receive help and advice if needed, or a referral to someone better suited. This is free. If you and Carol do decide to work together Carol offers a fee for service which will be discussed with you ahead of time. [Upcoming dates: Sept. 9, Oct. 14, Nov. 18, & none in December. No appointment required.](#)

**NEW Member Photos with Walter** All new members get a free portrait of themselves. Walter will be here the [Third Monday of every month in the Library from 10:00 am-12:00 pm drop in only. Upcoming dates: Sept. 15, Oct. 20, Nov. 17, & Dec. 15.](#)

**Manicures with Sylvia** [once a month on Wednesdays for \\$20 per person](#) come relax and get your nails done for 30 minutes, with a fresh application of Color Street nail strips, which are made of 100% real nail polish, and a mini hand massage in the Craft Room. [This program is no longer available.](#)

## **Paid Classes and Special Programs at a Glance:**

<input type="checkbox"/>	<b>NEW Abs, Core &amp; More Monday</b>	Session 1- Sept. 8- Oct. 27 Session 2- Nov. 3- Dec. 8	Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	<b>Active POUND Wednesday</b>	Session 1 – Sept. 10- Oct. 29 Session 2 – Nov. 12 - Dec. 17	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>Advanced Acrylic Painting Thurs</b>	Session 1 – Sept. 11- Nov. 6 Session 2 – Nov. 13- Dec. 18	Cost: \$60.00 M Cost: \$60.00 M
<input type="checkbox"/>	<b>Advanced Watercolor Tuesday</b>	Tues, Nov. 4 - Dec. 16	Cost: \$50.00 M
<input type="checkbox"/>	<b>NEW Autumn Leaves &amp; Berries</b>	Wed. Oct. 8- Oct. 15	Cost: \$30.00 M
<input type="checkbox"/>	<b>Baking/ Cooking Interfaith</b>	Tues, Sept. 23, Oct. 28, Nov. 25 & Dec. 9	Cost: FREE M
<input type="checkbox"/>	<b>Beginners Acrylic Paint Mon</b>	Mon. Sept. 8 - Oct. 27	Cost: \$50.00 M
<input type="checkbox"/>	<b>NEW Begin. Group Dance Wed PM</b>	Session 1- Sept. 10- Oct. 1 Session 2- Oct. 8- Oct. 29 Session 3- Nov. 5- Nov. 26	Cost: \$40.00 M Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	<b>Begin Line Dance Mon PM</b>	Mon. Sept. 15 - Dec. 15	Cost: \$45.00 M
<input type="checkbox"/>	<b>Begin Water Color Tuesday</b>	Tues. Sept. 9 - Oct. 21	Cost: \$50.00 M
<input type="checkbox"/>	<b>Brain Knowledge Mornings Tues</b>	Session 1- Sept. 9 - Oct. 14 Session 2- Nov. 18- Dec. 9	Cost: FREE Cost: FREE
<input type="checkbox"/>	<b>Chair Yoga Monday</b>	Session 1 – Sept. 8- Oct. 27 Session 2 – Nov. 3 - Dec. 15	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>Chair Yoga Tuesday Afternoon</b>	Session 1- Sept. 9- Oct. 21 Session 2- Oct. 28- Dec. 16	Cost: \$35.00 M Cost: \$35.00 M
<input type="checkbox"/>	<b>Chair Yoga Wednesday</b>	Session 1- Sept. 10 - Oct. 22 Session 2- Oct. 29 - Dec. 10	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>Chair Yoga Friday</b>	Session 1 – Sept. 12- Oct. 31 Session 2 – Nov. 7- Dec. 19	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>Clogging (Begin./Intermed./Adv.) Tues</b>	Tues. Sept. 9 - Dec. 2	Cost: \$45.00 M
<input type="checkbox"/>	<b>Evening Gentle Barre Tuesday</b>	Session 1 – Sept. 9- Oct. 28 Session 2 – Nov. 4 - Dec. 16	Cost: \$55.00 M Cost: \$55.00 M
<input type="checkbox"/>	<b>Exercises with Arthritis Tues</b>	Tues. Sept. 9 - Dec. 16	Cost: \$50.00 M
<input type="checkbox"/>	<b>NEW Falling Snow Wednesday</b>	Wed. Dec. 10- Dec. 17	Cost: \$30.00 M
<input type="checkbox"/>	<b>NEW Fit ball Tuesday</b>	Session 1- Sept. 9- Oct. 21 Session 2- Oct. 28- Dec. 9	Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	<b>Genealogy- Family History Wed.</b>	Wed. Sept. 24- Nov. 12	Cost: \$35.00 M
<input type="checkbox"/>	<b>Gentle Yoga Monday</b>	Session 1 – Sept. 8- Oct. 27 Session 2 – Nov. 3- Dec. 15	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>Gentle Yoga Wednesday</b>	Session 1– Sept. 10- Oct. 22 Session 2– Oct. 29- Dec. 10	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>Gentle Yoga Friday</b>	Session 1– Sept. 12- Oct. 31 Session 2– Nov. 7- Dec. 19	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>Guided Meditation Monday</b>	Mon. Sept. 22- Nov. 24	Cost: \$25.00 M
<input type="checkbox"/>	<b>Keep Fit Cardio (Tuesday AM)</b>	Tues. Sept. 9 - Dec. 9	Cost: \$50.00 M
<input type="checkbox"/>	<b>Keep Fit Strength (Thursday AM)</b>	Thurs. Sept. 11- Dec. 11	Cost: \$50.00 M



## **Paid Classes & Special Programs Continued**

<input type="checkbox"/>	<b>Keep Moving Fall Prevention Thurs</b>	Session 1- Sept. 11- Oct. 30 Session 2- Nov. 6- Dec. 18	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>NEW Meandering Artist Book Wed</b>	Wed. Sept. 10- Sept. 24	Cost: \$30.00 M
<input type="checkbox"/>	<b>Minds In Motion Wednesday</b>	Wed. Sept. 10 - Oct. 29	Cost: \$50.00 M
<input type="checkbox"/>	<b>Nordic Pole Walking Saturday</b>	Saturday, Sept. 20, Oct. 18	Cost: \$10.00 M
<input type="checkbox"/>	<b>Outdoor Walking with Lori Fri</b>	Fri, Sept. 12- Oct. 24	Cost: \$30.00 M
<input type="checkbox"/>	<b>Paint &amp; Sip Night Thursday</b>	Thurs. October 30	Cost: \$55.00 M
<input type="checkbox"/>	<b>Pilates Thursday</b>	Session 1- Sept. 11- Oct. 30 Session 2- Nov. 6 - Dec. 18	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>NEW Shading Wednesday</b>	Wed. Oct. 22- Nov. 19	Cost: \$40.00 M
<input type="checkbox"/>	<b>NEW Sketching &amp; Drawing Mon</b>	Mon. Nov. 3- Dec. 15	Cost: \$50.00 M
<input type="checkbox"/>	<b>NEW Strength, Tone &amp; Stretch Tues</b>	Session 1- Sept. 9- Oct. 21 Session 2- Oct. 28- Dec. 9	Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	<b>Tai Chi Yang Style 16 Form Tuesday</b>	Session 1- Sept. 9 - Oct. 28 Session 2- Nov. 4 - Dec. 16	Cost: \$30.00 M Cost: \$30.00 M
<input type="checkbox"/>	<b>Virtual Cooking Class Wednesday</b>	Wed. Oct. 15, Nov. 19, & Dec. 10	Cost: \$30.00 M
<input type="checkbox"/>	<b>NEW Who-Ville Trees Craft Wed.</b>	Wed. Nov. 26	Cost: \$55.00 M
<input type="checkbox"/>	<b>Yin &amp; Yoga Nidra Evening Tues</b>	Tues. Sept. 9- Oct. 28	Cost: \$45.00 M
<input type="checkbox"/>	<b>Yoga Thrive Evening Tuesday</b>	Tues. Nov. 4- Dec. 16	Cost: \$50.00 M
<input type="checkbox"/>	<b>Zumba GOLD Toning Combo Tues</b>	Session 1- Sept. 9- Oct. 28 Session 2- Nov. 4- Dec. 16	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>NEW 15 15 15 Wednesday</b>	Session 1- Sept. 10- Oct. 22 Session 2- Oct. 29- Dec. 10	Cost: \$45.00 M Cost: \$45.00 M

### **Important Program Registration Information:**

Starting September 4th: We highly recommend registering for all classes online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or if needed, in person. Please DO NOT call in on September 4, as we will not be able to answer the phones. Participants can register for any art, fitness, special programs, mental health and wellness | programs starting on this date.

#### Registering Online:

We highly encourage members to register and pay online, if you are wanting to pay over the phone, please call us after Sept. 4th and select "Pay Minimum" in payment option. Please follow the steps below of how to register. If you need help, please give us a call BEFORE registration begins and we will go through it with you.

#### Registering in Person:

If you decide to come in person we will be handing out numbers at 8:00 am and registration will begin at 8:30 am. Once you have your number you will be welcome to sit in the dining room. We will make sure everyone can hear the numbers being called. To make the registration process smoother, you will be required to **fill out the tear out registration form on page 14** and bring with you on registration day. Please disregard this if you are registering online. Each person will only be allowed to register for one absentee registrant and no more this goes for online as well. Electronic copies of this form will be provided online to print out at home on our website: [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the *Recreation Programs > Online Registration* tab.

#### **Steps to Register Online:**

1. Go to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)
2. Click on "Online Registration" under the "Recreation Programs" tab and follow prompts from there
3. Go to LOGIN (Top left hand corner of page) and login to your Nord-Bridge account with e-mail ONLY (please make sure this is the current email that Nord-Bridge has on file or you will not receive the member discount.)
4. Click CATALOG (top left hand corner of page)
5. Select classes then add to order
6. Scroll to top of page and select CHECK OUT & NEXT STEP
7. Select PAY IN FULL and enter payment information (if not comfortable paying online, select "PAY MINIMUM")
8. Hit BOOK COURSES and your courses are registered!

**Fall 2025 Program Registration Form:**

**Name & Member Number:** \_\_\_\_\_

<b>Program Name:</b>	<b>Program Cost:</b>	<b>Session # / Dates</b>
1 _____	_____	_____
2 _____	_____	_____
3 _____	_____	_____
4 _____	_____	_____
5 _____	_____	_____
6 _____	_____	_____
7 _____	_____	_____
8 _____	_____	_____
9 _____	_____	_____

**New Member for Rest of 2025 and All of 2026: YES or NO (circle one) \$93.00**

**Already a 2025 member and paying for 2026? YES or NO (Circle one) \$60.00**

**If registering in person,  
this form **MUST** be  
taken and filled out  
starting on Thursday,  
September 4th.**

**Program Sub-Total:    \$ \_\_\_\_\_**

**Membership Sub-Total \$ \_\_\_\_\_**

**TOTAL:                    \$ \_\_\_\_\_**

**Paid by (cash, debit, credit, cheque): \_\_\_\_\_**



## Fall 2025 - Paid Classes & Special Programs

In order to take advantage of Nord-Bridge member price for the programs, a current 2025 membership is required unless otherwise specified. The course registration fee must be paid in full prior to the start of classes.

### Arts & Crafts Programs

#### **Beginners Watercolor (No Experience Required)**

If you are one of many beginners who think they cannot paint or draw, this is the watercolor class for you. It will calm all your fears. You will be guided through different techniques and textures such as bubble wrap, facial tissue and salt, and show you how to properly use your brushes and mix color on your paper. By the end of seven sessions, you will have the confidence in your ability to paint on your own and to have lots of paintings to show your family. The first class will be an introduction to the world of watercolor. **The participant is required to buy their own supplies before the class. Please pick up the supply list when registering.**

<u>Begins:</u>	Tuesday, Sept. 9	Ends: Oct. 21
<u>Time:</u>	9:30 am – 11:30 am	Location: Craft Room
<u>Instructor:</u>	Denise Savard	Maximum: 8 students
<u>Fee:</u>	Members: \$50.00	Non-Members: \$70.00

#### **NEW Advanced Watercolor (Minimum of 4 years previous experience required)**

This class is for those who have more experience in painting by themselves with proper paints and brushes and are able to paint with minimal supervision. We will be layering grass, defining color swatch of real flowers and compound strokes. **The participant is required to buy their own supplies before the class. Please pick up the supply list when registering.**

<u>Begins:</u>	Tuesday, Nov. 4	Ends: Dec. 16
<u>Time:</u>	9:30 am – 11:30 am	Location: Craft Room
<u>Instructor:</u>	Denise Savard	Maximum: 10 students
<u>Fee:</u>	Members: \$50.00	Non-Members: \$70.00

#### **Advanced Acrylic Painting (Min. of 5 years previous experience)**

Those registering must have at least 5 years experience and knowledge of skills used in acrylic paint. The instructor gives suggestions to improve skills in color and details of composition. **The participant is required to buy their own supplies before the class. A complete supply list will be given at the time of registration.**

<u>Session 1:</u>	Thursdays, Sept. 11	Ends: Nov. 6 *No class Oct. 9, 16, & 23
<u>Session 2:</u>	Thursdays, Nov. 13	Ends: Dec. 18
<u>Location:</u>	West Community Room	Time: 1:00 pm - 3:30 pm
<u>Fee:</u>	Members: \$60.00	Non-Members: \$80.00
<u>Instructor:</u>	Karina Mak	

#### **Beginners Acrylic Painting with Gordon Perret**

Experiment with various techniques and styles used in acrylic painting. We will learn basic techniques in acrylic painting, such as blending, mixing colors, use of washes, dry brushing, and creating textures. We will also design elements important in painting like composition, use of line and texture and the use of color in painting using basic color theory, atmospheric perspective, color and mood. We will use the topics of still life and landscape to learn these skills. **The participant is required to buy their own supplies before the class. \*Please pick up a supply list when registering.\***

<u>Begins:</u>	Monday, Sept. 8	Ends: Oct. 27 *No class Oct. 13
<u>Time:</u>	10:00 am – Noon	Location: Craft Room
<u>Fee:</u>	\$50.00	Non-Members: \$70.00

#### **NEW Sketching and Drawing with Gordon Perret**

Drawing is an art form in itself but is a basic skill that really helps you be more successful in most media in art and crafts like painting, print making, sculpture, weaving, batik, etc. Basically anything where you are working from some kind of image. In this six week class while learning how to best use these drawing materials you will learn; Proportion in objects, people and animals, Use of line; contour, cross hatching etc. Composition (use of space), Shading and contrast. Perspective or depth in a drawing. We will be drawing from real objects, photos and your imagination. **The participant is required to buy their own supplies before the class. \*Please pick up a supply list when registering.\***

<u>Begins:</u>	Monday, Nov. 3	Ends: Dec. 15
<u>Time:</u>	10:00 am – Noon	Location: Craft Room
<u>Fee:</u>	\$50.00	Non-Members: \$70.00

## **Paid Art Classes Continued:**

### **NEW Meandering Artist Books - Donna Gallant**

Meandering artist books - this class is a little different. Out of one sheet of paper you will learn how to create an artist's book. Fun and so easy. It will take **two weeks**, the first week we will create our page and the next week, we will assemble the book by folds and snips and glue. We will even create a cover for it. No experience necessary.

**The participant is required to buy their own supplies before the class. \*Please pick up a supply list when registering.\***

Begins: Wednesday, Sept. 10  
Time: 1:00 pm – 3:00 pm  
Fee: Members: \$30.00

Ends: Sept. 24 **\*No class Sept. 17**  
Location: Craft Room  
Non-Members: \$50.00

### **NEW Autumn Leaves & Berries - Donna Gallant**

This **two week** class we will investigate fall leaves and berries using line and wash (watercolor and ink). We will learn about overlapping shapes, shadows and highlights. Great fall color mixing to create vibrant fall colors. No experience necessary. **The participant is required to buy their own supplies before the class. \*Please pick up a supply list when registering.\***

Begins: Wednesday, Oct. 8  
Time: 1:00 pm– 3:00 pm  
Fee: Members: \$30.00

Ends: Oct. 15  
Location: Craft Room  
Non-Members: \$50.00

### **NEW Shading - Donna Gallant**

In this **four week** class we will unfold the effects of lightning and creating depth when we draw. Shadows and highlights create a realistic form. We will cover different types of shading and learn the basics of how to shade whether using strokes, blending, or erasing, you will learn effective shading techniques. **The participant is required to buy their own supplies before the class. \*Please pick up a supply list when registering.\***

Begins: Wednesday, Oct. 22  
Time: 1:00 pm – 3:00 pm  
Fee: Members: \$40.00

Ends: Nov. 19 **\*No class Nov. 5**  
Location: Craft Room  
Non-Members: \$60.00

### **NEW Falling Snow - Donna Gallant**

Let's paint some snowy effects in the landscape with acrylics. Some simple painting techniques will help the illusion of snow falling and atmospheric lighting. No experience necessary but if you have some painting experience in acrylics, it will benefit your painting application and color mixing. This class is only **2 weeks** long. **The participant is required to buy their own supplies before the class. \*Please pick up a supply list when registering.**

Begins: Wednesday, Dec. 10  
Time: 1:00 pm – 3:00 pm  
Fee: Members: \$30.00

Ends: Dec. 17  
Location: Craft Room  
Non-Members: \$50.00

## **Special Art Classes for a Limited Time!**

### **NEW Who-Ville Grinch Tree Afternoon with Blooms Flowers**

Come and create grinch trees! This is a fun afternoon workshop in partnership with Blooms Flowers. This is a great gift for friends or just as a decoration for the holidays! All supplies will be provided in a step-by-step format.

Begins: Wednesday, November 26  
Time: 1:00 pm - 3:00 pm  
Location: Craft Room  
Fee: \$55.00 for Nord-Bridge Members ONLY

### **NEW Paint and Sip Night!**

Thanks to Smudge Art Studio we will create art over cocktails at Nord-Bridge guided by a professional artist. Grab your friends and spend two hours sipping, laughing and flexing your creative muscle. There is no experience needed and we will provide all the supplies so you don't have to worry about a thing (except having a great time!). Must be 18+. This is for members and invited guests only. **Alcohol may be purchased for an extra fee at the event with cash payment only. Please enter through the south-west doors. We will be painting the photo on the right.**

Begins: Thursday, October 30  
Time: 6:00 pm - 8:00 pm  
Location: West Community Room  
Fee: \$55.00 for Nord-Bridge Members & Non- Members





## **Arts & Crafts Clubs- Members Only**

### **NEW Handy Crafters**

Come craft with us! Bring along any craft you enjoy doing. We also create cards together. This is an introduction to card making learning measurements and decorating using a manual dye cutting machine, paper, and embellishments. Some supplies included but please contact Connie for more info. Instruction for card making is provided on Wednesdays and "go at your own pace" classes are on Fridays. This group meets on Wednesdays at 9:00 am in the Flex room & Fridays at 9:00 am in the Craft Room. For information on this Club, please talk to the coordinator Connie Quintin at 403-795-7709. There is a member annual fee of \$20.00 for Wednesday and \$20.00 for Friday classes.

### **Art & Soul Watercolor Club**

The Watercolor Club is a group of painters who have been meeting on a regular basis, sharing ideas, techniques and resources. While their primary purpose is to paint, it is important that the group retain its friendly, positive, encouraging atmosphere. The group plans occasional one day workshops, and would welcome artists who are willing to teach. The Watercolor Club meets every Tuesday afternoon at 1:00 pm in the new "Flex" room (located beside the pool room). For information on this Club, please talk to the co-coordinator Erika Bosters. There is a \$20.00 fee for members. This program is now FULL.

### **NEW 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 1:30 pm in the new "Flex" room (located beside the pool room) There will be no club from September– December 2024. For information on this Club, please talk to the co-coordinator, Sandy Nowell. There is a \$20.00 fee for members. \*Temporarily CANCELLED for Fall 2025 ONLY we will return in January of 2026.

### **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.

### **The Card Crafters**

We have so much fun, you should really join us every Thursday morning (9:00 am in the Craft Room) as we make new creations from donated greeting cards. Our cards are then sold in the Gift Boutique as a fund-raiser for Nord-Bridge Seniors Centre. No special skills required except a good sense of humor and the ability to cut and paste and create. For more information, please talk with the coordinator, Pat Kincaide.

### **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 is a go at your own pace class and instruction will not be given. This is 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.



## **Fitness Programs**

### **Clogging**

Clogging is an American folk dance that is similar to tap dancing. Clogging is done to almost any kind of upbeat music. Country and traditional bluegrass music are the most popular types of music for clogging. The activity is a great form of exercise, so come out and try this form of dance.

Begins: Tuesday, Sept. 9 – Dec. 2  
Time: 10:30 am \***New 45 min classes (Beginner/ Intermediate)**  
Time: 11:15 am \***New 45 min. Classes (Advanced)**  
Fee: Members: \$45.00 Non-Members: \$55.00  
Drop In Fee: \$6.00 Members \$7.00 Non-Members  
Location: West Community Room  
Instructor: Sandy Nowell

### **Line Dancing with Diane**

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 all levels (please see below). Please wear non marking footwear and bring your water bottle. Please come and join us in the fun every week!

#### Monday AM Improver Class

Begins: Sept. 8 (throughout year) \***No class Oct. 6, 13 & Nov. 10**  
Location: Multi-Purpose Hall  
Time: 10:00 am —11:30 am  
Fee: Drop in: \$5.00 Members \$6.00 Non-Members

#### Monday PM Beginners Class

Begins: Sept. 15- Dec. 15 \***No class Oct. 13 & Nov. 10**  
Location: West Community Room  
Time: 1:00 pm - 2:00 pm  
Fee: \$45.00 for Members \$55.00 Non-Members **(no drop ins allowed Max. 12)**

#### Thursday Intermediate Class

Begins: Sept. 11 (throughout year) \* **No class Nov. 27**  
Location: Multi-Purpose Hall  
Time: 9:00 am – 10:30 am  
Fee: Drop in: \$5.00 for members \$6.00 non-members

### **NEW Strength, Tone & Stretch with Tracy!**

Create core strength in various exercises for 25 minutes, followed by a full body stretch and finishing with some relaxed meditation to carry you through the rest of your day. A variety of equipment will be used and modifications will be given for all fitness levels. Please dress in comfortable workout clothing and indoor footwear. **Please bring a yoga mat and a water bottle.**

Session 1 Begins: Tuesday, Sept. 9 – Oct. 21  
Session 2 Begins: Tuesday, Oct. 28 - Dec. 9 \***No class Nov. 11**  
Location: West Community Room  
Time: 9:00 am- 9:45 am  
Fee: \$40.00 Members \$60.00 Non-Members

### **NEW Beginners Group Dance with Alberta Rose Country Dancers!**

Come learn country style dance with a variety of music as they go through everything from the Waltz to the Rumba with the first session on the Triple Two Step. This is for all ages and all levels as we intend to have fun, socialize, and gain confidence in your dance knowledge and etiquette. Singles are welcomed but partners are highly recommended. Participants must be flexible and in good shape. No outside footwear on the dance floor so please bring indoor dance shoes to class. Pre-register as limited spaces are available. **Prices are per couple.**

**\*Please fill out a waiver form upon registration.**

Session 1 Begins: Wednesday, Sept. 10- Oct. 1  
Session 2 Begins: Wednesday, Oct. 8- Oct. 29  
Session 3 Begins: Wednesday, Nov. 5- Nov. 26  
Time: 5:30 pm- 7:00 pm Location: Multi-Purpose Hall  
Fee: Members: \$40.00 (per couple) Non- Members: \$60.00 (per couple)  
Instructors: Connely & Bernice Robichaud **\*No drop ins allowed**



**Keep Fit Cardio with Tracy!**

This energetic fitness class is designed to work your cardiovascular system, improve overall fitness and challenge your coordination and balance at the same time. We will do a variety of exercises incorporating low impact aerobics, boxing drills, and tabata (timed exercise). Come and have fun! Wear comfortable exercise clothes, indoor shoes and bring your water bottle. All fitness levels welcomes as modifications will be offered.

Begins: Tuesday, Sept. 9 - Dec. 9 \*No class Nov. 11  
Time: 11:00 am- 11:45 am  
Location: Multi-Purpose Hall  
Fee: \$50.00 Members \$70.00 Non-Members

**NEW Abs, Core, & More with Tracy!**

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

Session 1 Begins: Mondays, Sept. 8- Oct. 27 \*No class Oct. 13  
Session 2 Begins: Mondays, Nov. 3- Dec. 8  
Time: 11:30am- 12:15 pm  
Location: West Community Room  
Fee: \$40.00 Members Non Members \$60.00

**Keep Fit Strength with Tracy!**

Using weights combine lower and upper body exercises that are easy to follow. Improve coordination, balance, and flexibility. Low impact functional exercises will focus on strengthening independence in daily living activities. Bring your indoor shoes and some water.

Begins: Thursday, Sept. 11- Dec. 11 \*No class on Nov. 27  
Time: 11:00 am- 11:45 am  
Location: Multi-Purpose Hall  
Fee: \$50.00 Members \$70.00 Non Members

**NEW Fit Ball with Tracy!**

Whether your new to fitness or experienced, this class offers a unique and challenging way to strengthen your core, increase stability and improve overall strength. Fitball also known as a Swiss ball or stability ball, is a large, inflatable ball that incorporates a variety of toning exercise such as cardio, core, and balance. Bring your own fit-ball or use the one provided. Please bring a mat and water and we will see you there!

Session 1 Begins: Tuesday, Sept. 9 - Oct. 21  
Session 2 Begins: Tuesday, Oct. 28 - Dec. 9 \*No class Nov. 11  
Time: 10:00 am- 10:45 am  
Location: Multi-Purpose Hall  
Fee: \$40.00 Members Non Members \$60.00 (for each session)

**Tai Chi Yang Style 16 Form with Bylinda Mason**

Tai Chi is mind-body exercise and is gentle flowing and low impact. It is recommended that participants have the beginners Tai Chi. Along with warm up and cool down exercises, participants will learn the Tai Chi Yang Style 16 Form. By the end of the 7 weeks participants will be able to perform the 16 Form Tai Chi Yang Style with confidence. Many benefits include, increased muscle strength and bone density, lower blood pressure, improved balance, coordination and flexibility, reduced pain and stiffness, increased immunity, stress reduction and mental peace. Max. of 30 participants in each session.

Session 1 Begins: Tuesday, Sept. 9- Oct. 28 \* No class Sept. 23  
Session 2 Begins: Tuesday, Nov. 4- Dec. 16 \*No class Nov. 11  
Location: Multi-Purpose Hall  
Time: 12:15 pm—1:15 pm  
Fee: \$30.00 Members \$50.00 Non -Members \*No drop ins allowed

**Exercises with Arthritis**

This is a group exercise class focusing on individuals with osteo-arthritis. The instructor will increase "range of movement" exercises. Along with the exercises, an education component will be taught to help participants manage their chronic condition.

Begins: Tuesday, Sept. 9- Dec. 16 \*No class Nov. 11  
Location: Multi-Purpose Hall  
Time: 3:00 pm - 3:45 pm  
Fee: Members: \$50.00  
Instructor: Donna Tiefenbach  
 Location: Multi-Purpose Hall  
 Non- Members: \$70.00

### Pilates

Lead by Donna Tiefenbach, Pilates is a whole body workout, focusing on core, leg, and arm strength, balance and stability. Modifications always offered. Bring a mat and water bottle.

Session 1 Begins: Thursday, Sept. 11  
Session 2 Begins: Thursday, Nov. 6  
 Time: 8:45 am – 9:30 am  
 Fee: Members: \$45.00

Ends: Oct. 30 \*No class Oct. 16  
 Ends: Dec. 18  
 Location: West Community Room  
 Non Members: \$65.00

### NEW ZUMBA® Gold -Toning Combo

Zumba Gold Toning is a low impact modified Zumba class, designed for every BODY, active older adults and beginners. It combines the fun, dance-fitness party atmosphere of Zumba Gold with the muscle-sculpting benefits of Zumba Toning, using lightweight toning sticks (or dumbbells) to add resistance and enhance muscle strength. It is low to moderate intensity compared to regular Zumba, it targets major muscle groups, helping to prevent muscle loss, increase bone density, endurance, joint mobility, posture, balance, and coordination. In essence, Zumba Gold-Toning offers a way to combine the enjoyment of dance with the benefits of strength training, making it a great option for those looking to stay active and build strength in a fun and engaging way.

Session 1 Begins: Tuesdays, Sept. 9  
Session 2 Begins: Tuesdays, Nov. 4  
 Time: 9:00 am – 9:45 am  
 Fee: Members: \$45.00  
 Drop in Fees: Members: \$8.00/class

Ends: Oct. 28 \*No class Sept. 23  
 Ends: Dec. 16 \*No class Nov. 11  
 Location: Multi-Purpose Hall  
 Non-Members: \$65.00  
 Non-Members: \$12.00/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.**

Session 1 Begins: Tuesdays, Sept. 9  
Session 2 Begins: Tuesdays, Nov. 4  
 Time: 5:00 pm – 6:00 pm  
 Fee: Members: \$55.00  
 Drop in Fees: Members: \$10.00/cl  
 Instructor: Sheila Mulgrew

Ends: Oct. 28 \*No class Sept. 23  
 Ends: Dec. 16 \*No class Nov. 11  
 Location: Multi-Purpose  
 Non-Members: \$75.00  
 Non-Members: \$13.00/cl

### Active POUND 55+ with Sheila!

This energizing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements from a chair or standing. POUND® 55+, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. This work out is easily modifiable and appeals to all ages and abilities. **Please bring your own yoga mat for all POUND classes and wear indoor shoes. Rip Stix will be provided.**

Session 1 Begins: Wednesdays, Sept. 10  
Session 2 Begins: Wednesdays, Nov. 12  
 Time: 8:45 am – 9:30 am  
 Fee: Members: \$45.00  
 Drop in Fees: Members: \$8.00/cl  
 Instructor: Sheila Mulgrew

Ends: Oct. 29 \*No class Sept. 24  
 Ends: Dec. 17  
 Location: Multi-Purpose  
 Non-Members: \$65.00  
 Non-Members: \$12.00/cl

### NEW Keep Moving (Fall Prevention Class) with Lori!

Come join us at the newest "Keep Moving" class at Nord-Bridge! Improve your balance and get stronger with BCRPA Certified Trainer, Lori Gregory! Ideal for those with Osteoporosis, arthritis, MC, stroke Recovery, and other mobility concerns.

Session 1 Begins: Thursday, Sept. 11  
Session 2 Begins: Thursday, Nov. 6  
 Time: 10:30 am- 11:30 am  
 Fee: Members: \$45.00

Ends: Oct. 30 \*No class Oct. 16  
 Ends: Dec. 18  
 Location: West Community Room  
 Non-Members: \$65.00

### NEW 15 15 15 (warm up, cardio, strength, cool down) with Gabrielle Dumont!

Enjoy an exciting and balanced workout with 15/15/15. We will spend the first 15 minutes warming up and working through some cardio movement for heart health. Our next 15 is strength, using different equipment each week we will work through major muscle groups to stay strong and capable. We will finish off the class with 15 minutes of balance and stretching. Leave this 45 minutes class feeling strong and refreshed. This can also be done seated!

Session 1 Begins: Wednesday, Sept. 10  
Session 2 Begins: Wednesday, Oct. 29  
 Time: 11:45 am- 12:30 pm  
 Fee: Members: \$45.00

Ends: Oct. 22  
 Ends: Dec. 10  
 Location: West Community Room  
 Non-Members: \$65.00



## **Yoga- We offer a variety of yoga classes at Nord-Bridge. Please see below.**

**Maximum: 14 Students (Gentle Yoga, Yoga Thrive, Yin Yoga) & 25 Students (Chair Yoga)**

**\*\*Please refrain from wearing perfume or any scented products during any exercise class\*\***

### **Gentle Yoga**

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.**

### **Chair Yoga**

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. Most of these classes use the chair only, due to the difficulty of getting down or up from the floor.

### **Yin & Yoga Nidra**

is a slow-paced, therapeutic style of yoga. Yin postures are more passive postures, held for a few minutes. In this class we will explore the postures in seated, lying down positions as well using the wall for support. **YOGA NIDRA** is a form of guided meditation that allows you to scan your body and tap into a state of consciousness as the mind settles in a place between wakefulness and sleep (15 minutes of Nidra = approx. 1 hour of sleep). We will combine these two to create a more relaxing and releasing yoga practice throughout the body and mind. **\*Please bring your own yoga mat to this class\***

### **Yoga Thrive**

is an evidence informed yoga program for people with cancer, those beyond cancer, and their support persons. This gentle therapeutic yoga program provides a nurturing group environment, while imparting the personalized approach necessary to empower each of its participants. Yoga Thrive aims to enhance participant's overall quality of life by improving mobility, stability, strength, and energy while reducing the pain and side effects of cancer and its treatment. Our students become more relaxed, better able to cope, and comfortable enough to reconnect more deeply to themselves and what is of value to them. Cheris Samuels-Murdoch (Cherry Rock Lifestyle) Tyla Arnason and Dr. Culos-Reed lead the Yoga Thrive Teacher Training Program that equips certified yoga instructors throughout Canada and the U.S. with the skillset necessary to teach within the cancer community. The aim is THRIVING not just SURVIVING! **\*Please ask for an intake form during registration\*** **Please bring your own yoga mat to this class\***

### **Monday Morning Gentle Yoga**

Session 1 Begins: Monday, Sept. 8  
Session 2 Begins: Monday, Nov. 3  
Time: 9:00 am – 10:00 am  
Fee: Members: \$45.00  
Instructor: Donna Tiefenbach

Ends: Oct. 27 **\*No class Oct. 13**  
 Ends: Dec. 15  
 Location: West Community Room  
 Non-Members: \$65.00

### **Monday Morning Chair Yoga**

Session 1 Begins: Monday, Sept. 8  
Session 2 Begins: Monday, Nov. 3  
Time: 10:30 am – 11:15 am  
Fee: Members: \$45.00  
Instructor: Donna Tiefenbach

Ends: Oct. 27 **\*No class Oct. 13**  
 Ends: Dec. 15  
 Location: West Community Room  
 Non-Members: \$65.00

### **NEW Tuesday Afternoon Chair Yoga**

Session 1 Begins: Tuesday, Sept. 9  
Session 2 Begins: Tuesday, Oct. 28  
Time: 1:45 pm- 2:30 pm  
Fee: Members: 35.00  
Instructor: Carey Viejou

Ends: Oct. 21  
 Ends: Dec. 16 **\*No class Nov. 11**  
 Location: Multi-Purpose Hall  
 Non- Members: \$55.00

### **NEW Tuesday Evening Yin & Yoga Nidra**

Begins: Tuesday, Sept. 9  
Time: 6:30 pm– 7:30 pm  
Fee: Members: \$45.00  
Instructor: Cheris Samuels-Murdoch

Ends: Oct. 28 **\*No class Sept. 30**  
 Location: Multi-Purpose Hall  
 Non-Members: \$65.00

**NEW Tuesday Evening Yoga Thrive (For Those with and Beyond Cancer)**

<u>Begins:</u>	Tuesday, Nov. 4	Ends: Dec. 16
<u>Time:</u>	6:30 pm– 7:30 pm	Location: Multi-Purpose Hall
<u>Fee:</u>	Members: \$50.00	Non-Members: \$70.00
<u>Instructor:</u>	Cheris Samuels-Murdoch	

**Wednesday Morning Gentle Yoga**

<u>Session 1 Begins:</u>	Wednesday, Sept. 10	Ends: Oct. 22
<u>Session 2 Begins:</u>	Wednesday, Oct. 29	Ends: Dec. 10
<u>Time:</u>	9:00 am – 10:00 am	Location: West Community Room
<u>Fee:</u>	Members: \$45.00	Non-Members: \$65.00
<u>Instructor:</u>	Tamaki Saga	

**Wednesday Morning Chair Yoga**

<u>Session 1 Begins:</u>	Wednesday, Sept. 10	Ends: Oct. 22
<u>Session 2 Begins:</u>	Wednesday, Oct. 29	Ends: Dec. 10
<u>Time:</u>	10:30 am – 11:15 am	Location: West Community Room
<u>Fee:</u>	Members: \$45.00	Non-Members: \$65.00
<u>Instructor:</u>	Tamaki Saga	

**Friday Morning Gentle Yoga**

<u>Session 1 Begins:</u>	Friday, Sept. 12	Ends: Oct. 31 <b>*No class Oct. 17</b>
<u>Session 2 Begins:</u>	Friday, Nov. 7	Ends: Dec. 19
<u>Time:</u>	9:00 am– 10:00 am	Location: West Community Room
<u>Fee:</u>	Members: \$45.00	Non-Members: \$65.00
<u>Instructor:</u>	Donna Tiefenbach	

**Friday Morning Chair Yoga**

<u>Session 1 Begins:</u>	Friday, Sept. 12	Ends: Oct. 31 <b>*No class Oct. 17</b>
<u>Session 2 Begins:</u>	Friday, Nov. 7	Ends: Dec. 19
<u>Time:</u>	10:30 am – 11:15 am	Location: West Community Room
<u>Fee:</u>	Members: \$45.00	Non-Members: \$65.00
<u>Instructor:</u>	Donna Tiefenbach	

**YMCA Beginners Pickleball**

This is a partnership between Nord-Bridge and the Cor Van Ray YMCA on the west side of Lethbridge. This is a recreational group for seniors who are beginners looking to gain more experience in the game of pickleball. All equipment is provided so come and meet new people while getting some exercise in! No drop ins are allowed so please pre-register online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or in person at 1904 13 Ave. N.

<u>Begins:</u>	Wednesday, Sept. 10	Ends: Dec. 17
<u>Location:</u>	<b>Cor Van Ray YMCA Court # 3 (74 Mauretania Rd. W.)</b>	
<u>Time:</u>	6:30 pm - 9:00 pm <b>*New Start Time</b>	
<u>Fee:</u>	Nord-Bridge Members ONLY: \$80.00 or FREE for YMCA members	

## **Outdoor Fitness Classes:**

**NEW Nordic Pole Walking (Outdoors) with Cheris!**

Take your walking to the next level and turn a simple walk around the block into an effective, efficient, aerobic total body workout - all while walking smarter, not harder. Learn about the benefits of pole walking, all while being kinder to your body. Join us for a low impact activity, increase your cardio and burn more calories. Anyone can walk with poles! This class is suitable for all levels. Keen Fit walking poles are provided if needed.

<u>Begins:</u>	Saturday, Sept. 20 & Oct. 18	
<u>Time:</u>	9:00 am– 11:00 am	
<u>Location:</u>	Meet at West Parking lot of Legacy Park (13 St. N, & Blackwolf Blvd. N) Map available if needed.	
<u>Fee:</u>	Members: \$10.00	Non– Members: \$30.00

**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.

<u>Begins:</u>	Friday, Sept. 12	Ends: Oct. 24
<u>Time:</u>	10:00 am– 11:00 am	
<u>Location:</u>	Front doors of Nord-Bridge	
<u>Fee:</u>	Members: \$30.00	Non– Members: \$50.00



## **Mental Health and Wellness Programs**

### **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:** Every Monday \*No classes on stat holidays\*  
**Time:** 9:00 am - 10:00 am  
**Fee:** FREE for anyone 55+  
**Location:** Flex Room

**Instructor:**

### **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 sessions will take topics identified by attendees or covered in Hello Monday, and explore them more in-depth. In Monday Morning Check In, participants will continue to build on skills about the importance of staying well. 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:** Every Monday \*No classes on stat holidays\*  
**Time:** 10:30 am- 11:30 am  
**Fee:** FREE for anyone 55+  
**Location:** Flex Room

**Instructor:**

### **NEW Minds in Motion® for Clients with Alzheimer's and Their Caregivers**

Minds in Motion® is a program designed for people with early to mid-stage Alzheimer's disease or another dementia to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment. The client will stay physically active, meet and socialize with others living with dementia, get involved in activities such as board games, bingo, and other cognitive games and have access to info about dementia and support as needed. The client and their friend, family member or care partner are required to attend all sessions together.

**Begins:** Wednesday, Sept. 10 **Ends:** Oct. 29  
**Time:** 1:30 pm- 3:30 pm  
**Fee:** \$50.00 for anyone 55 and older (for client and their caregiver)  
**Location:** West Community Room  
**Instructors:** Lori Gregory & Charlene Kocken



### **Guided Meditation Now In Person!**

Feeling stressed by life's unpredictable events? Stress no more in this Guided Meditation with Ashley Kern, Program Coordinator at Nord-Bridge Seniors Centre! We will be working on progressive relaxation, guided imagery, tapping, and mindfulness. Newcomers welcome to join, no experience required. This class will be done seated in a chair for 45 minutes, please wear comfortable clothing. My hope for the end is to feel rejuvenated, relaxed, and at peace. **\*Please pick up a consent form when registering.**

**Begins:** Monday, Sept. 22 **Ends:** Nov. 24 **\*No class Oct. 13, 20, & 27**  
**Time:** 9:00 – 9:45 am **Location:** Board Room **\*New location**  
**Fee:** Members: \$25.00 **Non-Members:** \$45.00

### **NEW Pet Therapy Visits with Charlene!**

This newest program is now at Nord-Bridge offering trained animals to enhance a personal social, emotional, physical, and cognitive well-being. Members will interact with dogs (various breeds) in order to cope with stress. Nord-Bridge's staff member, Charlene, Senior Systems Navigator (Social Worker) will have her dog the second Monday of the month from 11:00 am - 12:00 pm in Charlene's office (located beside Salon Nineteen 04.) The first date will be Monday, Sept. 8th and future dates may be planned depending on the response.

## Education

### **NEW Genealogy- Family History Class**

Want to know more about where to begin building your own family tree? Come with us while we explore different methods of organizing and recording our family lines, how to access millions of online records, where to find additional help – online and locally. We will be introducing you to *FamilySearch* to assist you in preserving and archiving your treasured family photos, stories and documents. Discover fun activities to share your family history with your family. Join us for an 8-week course as we explore these topics. **\*Laptop or tablet required in this course & must be computer literate.**

<u>Begins:</u>	Wednesday, Sept. 24	Ends: Nov. 12
<u>Time:</u>	2:00 pm- 3:00 pm	Location: Flex Room
<u>Fee: Members:</u>	\$35.00	Non Members: \$55.00
<u>Instructor:</u>	Barbara Dudley	Max. Attendees: 10

### **Brain Knowledge Mornings with Building Brains Together!**

A note table determinant of brain health is executive function. Join the Building Brains team from the University of Lethbridge Neuroscience department to refresh your knowledge about the brain and try some fun activities that enhance and strengthen brain function! **Registration required any time after Sept. 4th and is open to anyone 55 and older.**

<u>Session 1 Begins:</u>	Tuesday, Sept. 9	Ends: Oct. 14
<u>Session 2 Begins:</u>	Tuesday, Nov. 18	Ends: Dec. 9
<u>Time:</u>	10:30am– 12:00 pm	Location: Flex Room (beside the pool roo
<u>Fee:</u>	FREE for anyone 55+	

### **Cooking via ZOOM with Ashley**

Explore and learn ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned & dropped off at your door step! Suggestions for new recipes are always open! You also do not need to be a member of Nord-Bridge to take this class or have any previous cooking experience as the recipes are step-by-step over zoom. Recipes are announced the month before in the monthly newsletters. **\*Never used ZOOM before but have an iPad, tablet, or laptop? We can help just give us a call at 403-329-3222!**

<u>Date:</u>	Wednesday, October 15, Nov. 19, & Dec. 10
<u>Time:</u>	11:15 am– 12:15 pm
<u>Fee:</u>	\$30 for anyone 55+
<u>Location:</u>	ZOOM Video Platform
<u>Instructor:</u>	Ashley Kern









## **Gaming**

**In House Bingo** - Clay Olsen, Randy Butterwick, David Green, & 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. The Go Friendly Shuttle service is available for this program, for members only. Contact the Front Reception Desk for more information. Come out & give your luck a try! This is for anyone in the community. **\*Please do not come sooner than 12:30pm due to set up time required. \*BINGO CANCELLED on Friday, October 10th and December 5th.**



## **Information Sessions for Fall 2025 (drop in unless specified):**

**Tuesday, September 16 @ 9:00 am - Coulee Home Care Info Session (*Flex Room*)**

**Tuesday, September 23 & 30 @ 9:00 am- Financial Info Sessions (*Helping the Kids & Grandkids, & Getting the Most out of Life & Your Wealth*) with Carol H. from IG Wealth Management (*Flex Room*)**

**Friday, Oct. 3 & 10 @ 10:00 am -1:00 pm Essential Connection Massage & Re-Zen Medical Esthetics Information Booth (*Hallway*)**

**Monday, October 6 @ 10:00 am- Meet & Greet with Municipal Candidates (*Multi-Purpose Hall*)**

**Thursday, Oct. 16 & Friday, Oct. 17- Medicine Shoppe & Nursing Students Flu Clinics (*West Community Room*)**

**Wednesday, November 5 @ 9:30 am - General Member Meeting (*Multi-Purpose Hall*)**

**Thursday, November 27 @ 9:30am - Annual Nursing Health Fair (*Multi-Purpose Hall*)**

**\*Please watch in our Monthly newsletters for various University of Lethbridge Nursing presentations this fall at Nord-Bridge as part of their community health experience. They are always looking for more participants to sign up for these!**



University of  
Lethbridge

**Nord-Bridge Seniors Centre**  
**1904 13 Avenue North, Lethbridge**  
**Phone: 329-3222**



## **Outreach Program**

Nord-Bridge Seniors Outreach Program provides special programs for Seniors 55+. Socials are organized on the **3<sup>rd</sup> Monday** of each month (dates will be adjusted if lands on a stat holiday). Transportation is available to and from home and also seniors are welcome including members of Nord-Bridge. (Participants requiring only "light hand lift assistance" can book to attend the Centre on the "GO FRIENDLY SHUTTLE" at 403-329-3222.) Should you need wheelchair accessible transportation, book with Lethbridge Access-A-Ride at 403-329-6464 although prequalification is required. To register please contact Erin at 403-329-3222. A small monthly program cost of \$3.00 is charged for Outreach Socials. This fee helps with food and related expenses.

September 15, 2025	1:30 pm	Program: Celebrate Canada Entertainment: NB Ukulele Group
October 20, 2025	1:30 pm	Program: Fabulous Fall Hallowed Halloween Entertainment: Bryce Gray & Friends
November 17, 2025	1:30 pm	Program: Celebrate Favourite Sports Team Wear Your Favourite Sports Jersey! Entertainment: Ed Vogel & Lena- Karaoke Music
December 8, 2025	1:30 pm	Program: Come Ring Bells for Christmas! Entertainment: TBA

## **Social / Fundraiser Functions**

Come out and enjoy companionship and good food at the same time. Everyone is welcome to attend these events. (Please note events highlighted in **BLUE** require tickets can be purchased at the Front Reception Desk, events highlighted in **RED** are buffet style and don't require tickets to be purchased). **BLACK** are for a special event and registration is not required. Dates are as follows:

<b>Saturday, September 13, 2025</b>	<b>Country Celtic Barn Dance</b> ( <i>The Venue of New Hope</i> )	<b>6:30 pm</b>
<b>Friday, October 3, 2025</b>	<b>Oktoberfest Buffet</b> ( <i>DINER</i> )	<b>11:00 am</b>
<b>Friday, October 10, 2025</b>	<b>Thanksgiving Luncheon</b> ( <i>*New location MPH</i> )	<b>11:30 am</b>
<b>Saturday, October 18, 2025</b>	<b>Craft/ Bake Sale</b> <i>*Call Nord-Bridge for more info</i>	<b>9:00 am</b>
<b>Friday, October 31, 2025</b>	<b>Halloween Photo Shoot Fundraiser</b> ( <i>HALL</i> )	<b>1:00 pm</b>
<b>Monday, November 17, 2025</b>	<b>25 Days of Christmas Tickets Begin</b> ( <i>HALL</i> )	<b>9:00 am</b>
<b>Friday, December 5, 2025</b>	<b>Christmas Luncheon</b> ( <i>*New location MPH</i> )	<b>11:30 am</b>
<b>Saturday, December 6, 2025</b>	<b>Pancake Breakfast with Santa</b> ( <i>DINER</i> )	<b>9:00 am</b>
<b>Thursday, December 11, 2025</b>	<b>Sock It To Em Collection Day</b> ( <i>MPH</i> )	<b>1:00 pm</b>
<b>Friday, December 12, 2025</b>	<b>Winter Wonderland Walk Through</b> ( <i>HALL</i> )	<b>1:00 pm</b>



## 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 either Cheris Samuels who is a certified AFLCA Fitness Instructor in Group Fitness & Older Adult Resistance Training or Tracy Simons who is a certified Older Adult Fitness Leader. Please book your appointments 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\*

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