

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>Nord-Bridge CLOSED TODAY for Labor Day.</div> <div><div>Happy long weekend!</div><div></div></div>	<div>2</div> <div>9:00 Pickleball <i>(Pickle Point)</i> 9:00 Golf Wind Up <i>(Evergreen Golf)</i> 10:00 New Comers Meet & Greet <i>(Diner)</i> 12:45 Canasta/ H & F 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em <i>(WCR)</i> 1:30 Beginners Crib <i>(Annex)</i></div> <div></div>	<div>3</div> <div>9:00 Handy Crafters <i>(Flex)</i> 10:00 Carpet Bowling 10:00 FOOT CARE <i>(Craft)</i> 10:45 WINNERS BINGO 1:00 Darts <i>(MPH)</i> 1:00 Euchre 1:00 Bid Euchre 7:30 Table Tennis <i>(MPH)</i></div> <div></div>	<div>4</div> <div><div>*Fall Registration Begins at 8:30 am!</div><div>8:30 Spruce Meadows Trip 9:00 Card Crafters 1:00 Woodcarving <i>(Craft)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge</div><div></div></div>	<div>5</div> <div>8:30 Begin. Chess Club <i>(Board R)</i> 9:00 Ukulele Circle 10:00 Carpet Bowling 10:00 Handy Crafters <i>(Craft Room)</i> 1:00 In- House Bingo 1:00 Cribbage <i>(WCR)</i> 1:00 Contract Bridge</div> <div></div>
<div>8</div> <div>9:00 Hello Monday <i>(Flex)</i> 9:00 Gentle Yoga 9:30 Jammers <i>(Annex)</i> 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning Check In 11:00 Pet Therapy Visits <i>(SSN Office)</i> NEW 11:30 Abs, Core & More 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <i>(MPH)</i> 1:30 Outreach Meeting <i>(Board Room)</i> 6:00 Begin. Pickleball <i>(MPH)</i></div>	<div>9</div> <div>9:00 LAWYERS <i>(BR)</i> 9:00 Pickleball <i>(Pickle Point)</i> 9:00 Strength, Tone & Stretch 9:00 Zumba Gold Toning 9:30 Begin. Watercolor <i>(Craft)</i> 10:00 Fit Ball <i>(MPH)</i> NEW 10:00 Music Makers <i>(Annex)</i> 10:00 IG Wealth Management Visits with Carol H. <i>(Hall)</i> 10:30 Brain Knowledge <i>(Flex Rm)</i> 10:30 Clogging Intermediate 11:00 Keep Fit <i>(Cardio)</i> 11:15 Clogging Advanced 12:15 Tai Chi Yang Style 12:45 Canasta/ H & F 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em <i>(WCR)</i> 1:30 Beginners Crib <i>(Annex)</i> 1:45 Chair Yoga <i>(MPH)</i> 3:00 Exercises with Arthritis 5:00 Gentle Barre 6:30 Yin & Yoga Nidra <i>(MPH)</i></div>	<div>10</div> <div>8:45 Active Pound 55+ 9:00 Handy Crafters <i>(Flex)</i> 9:00 Gentle Yoga 10:00 Coffee with a Cop 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 10:30 WINNERS BINGO 10:45 15 15 15 <i>(WCR)</i> NEW 11:45 Darts <i>(MPH)</i> 1:00 Euchre 1:00 Bid Euchre 1:00 Artist Books <i>(Craft)</i> 1:30 Minds in Motion <i>(WCR)</i> 5:30 Begin. Group Dance <i>(MPH)</i> 6:30 Begin. Pickleball @ YMCA West 7:30 Table Tennis <i>(MPH)</i></div>	<div>11</div> <div>8:45 Pilates <i>(WCR)</i> 9:00 Card Crafters 9:00 Intermediate Line Dance <i>(Multi-Purpose Hall)</i> 9:30 Mind Joggers <i>(BR)</i> 10:30 Keep Moving <i>(WCR)</i> 11:00 Keep Fit <i>(Strength)</i> <i>MPH</i> 1:00 Floor Shuffleboard <i>(MPH)</i> 1:00 Advan. Acrylic Paint <i>(WCR)</i> 1:00 Woodcarving <i>(Craft)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge 6:00 Begin. Pickleball <i>(MPH)</i></div> <div></div>	<div>12</div> <div>8:30 Begin. Chess Club <i>(Board R)</i> 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters 10:00 NEW Outdoor Walking 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 1:00 In- House Bingo <i>(MPH)</i> 1:00 Cribbage <i>(WCR)</i> 1:00 Contract Bridge</div> <div><div>6:30 pm TOMORROW (13th) Barn Dance at The Venue of New Hope <i>(Get Your Tickets at the Front Desk and ask for directions)</i></div><div></div></div>
<div>15</div> <div>9:00 Hello Monday <i>(Flex)</i> 9:00 Gentle Yoga 9:30 Jammers <i>(Annex)</i> 10:00 Member Photos <i>(Library)</i> 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning Check In <i>(Flex Room)</i> 11:30 Abs, Core & More 1:00 Begin. Line Dance 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach <i>(MPH)</i> 6:00 Begin. Pickleball <i>(MPH)</i></div>	<div>16</div> <div>9:00 Coulee Home Care 9:00 Pickleball <i>(Pickle Point)</i> 9:00 Strength, Tone & Stretch 9:00 Zumba Gold T. 9:30 Begin. Watercolor <i>(Craft)</i> 10:00 Fit Ball <i>(MPH)</i> NEW 10:00 Music Makers <i>(Annex)</i> 10:00 New Comers Meet & Greet <i>(Diner)</i> 10:30 Brain Knowledge 10:30 Clogging Intermediate 11:00 Keep Fit <i>(Cardio)</i> 11:15 Clogging Advanced 12:15 Tai Chi Yang Style 12:45 Canasta/ H & F 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em 1:30 Beginners Crib 1:45 Chair Yoga <i>(MPH)</i> 3:00 Exercises w/ Arthritis 5:00 Gentle Barre 6:30 Yin & Yoga Nidra</div>	<div>17</div> <div>8:45 Active Pound 55+ 9:00 Board of Directors Meeting <i>(Board Room)</i> 9:00 Reflexology <i>(Craft R)</i> 9:00 Handy Crafters <i>(Flex Room)</i> 9:00 Gentle Yoga <i>(WCR)</i> 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 10:30 WINNERS BINGO 10:45 15 15 15 <i>(WCR)</i> NEW 11:45 Darts 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion <i>(WCR)</i> 5:30 Begin. Group Dance 6:30 Begin. Pickleball @ YMCA West 7:30 Table Tennis <i>(MPH)</i></div>	<div>18</div> <div>8:45 Pilates <i>(WCR)</i> 9:00 Card Crafters 9:00 Intermediate Line Dance <i>(MPH)</i> 9:30 Mind Joggers <i>(BR)</i> 10:30 Keep Moving <i>(WCR)</i> 11:00 Keep Fit <i>(Strength)</i> <i>MPH</i> 1:00 Floor Shuffleboard <i>(MPH)</i> 1:00 Advan. Acrylic Paint 1:00 Woodcarving <i>(Craft Room)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge 6:00 Begin. Pickleball <i>(MPH)</i></div>	<div>19</div> <div>8:30 Begin. Chess Club <i>(Board R)</i> 9:00 Gentle Yoga 9:00 CRA/Service Canada Visits 9:00 Ukulele Circle 9:00 Handy Crafters <i>(Craft Room)</i> 10:00 NEW Outdoor Walking 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In- House Bingo <i>(MPH)</i> 1:00 Cribbage <i>(WCR)</i> 1:00 Contract Bridge</div> <div><div>9:00 Nordic Pole NEW Walking tomorrow Sept. 20th! *Call Nord-Bridge to Register!</div></div>
<div>22 & 29</div> <div>9:00 Hello Monday <i>(Flex)</i> 9:00 Guided Meditation <i>(BR)</i> 9:00 Gentle Yoga 9:30 Jammers <i>(Annex)</i> 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning Check in <i>(Flex Room)</i> 11:30 Abs, Core & More 1:00 Begin. Line Dance 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <i>(MPH)</i> 6:00 Begin. Pickleball <i>(MPH)</i></div>	<div>23* & 30*</div> <div>9:00 Financial Literacy <i>(Flex)</i> *23 & 30 9:00 Pickleball <i>(Picklepoint)</i> 9:00 Strength, Tone & Stretch 9:00* Zumba Gold T *None on 23 9:30 Begin. Watercolor <i>(Craft)</i> 10:00 Fit Ball <i>(MPH)</i> NEW 10:00 Music Makers <i>(Annex)</i> 10:30 Brain Knowledge <i>(Flex Room)</i> 10:30 Clogging Intermediate 11:00 Keep Fit <i>(Cardio)</i> 11:15 Clogging Advanced 12:15* Tai Chi Yang Style *None on 23 12:45 Canasta/ H & F 1:00* Cooking @ Interfaith <i>(23)</i> 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em 1:30 Beginners Crib 1:45 Chair Yoga <i>(MPH)</i> 3:00 Exercises with Arthritis <i>(MPH)</i> 5:00* Gentle Barre *None on 23 6:30* Yin & Yoga Nidra *None on 30</div>	<div>24</div> <div>9:00 Handy Crafters <i>(Flex)</i> 9:00 Gentle Yoga <i>(WCR)</i> 10:00 WALKER REPAIRS 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> 10:30 WINNERS BINGO 10:45 15 15 15 <i>(WCR)</i> NEW 11:45 Darts <i>(MPH)</i> 1:00 Euchre 1:00 Bid Euchre 1:00 Artist Books <i>(Craft)</i> 1:30 Minds in Motion <i>(WCR)</i> 2:00 Genealogy- Family History 3:15 L-SKIP <i>(MPH)</i> 5:30 Begin. Group Dance 6:30 Begin. Pickleball <i>(YMCA)</i> 7:30 Table Tennis <i>(MPH)</i></div>	<div>25</div> <div>8:45 Pilates <i>(WCR)</i> 9:00 Card Crafters 9:00 Inter. Line Dance <i>(MPH)</i> 9:30 Tech Help <i>(Hallway)</i> 9:30 Mind Joggers <i>(BR)</i> 10:30 Keep Moving <i>(WCR)</i> 11:00 Keep Fit <i>(Strength)</i> <i>MPH</i> 1:00 Floor Shuffleboard <i>(MPH)</i> 1:00 Advan. Acrylic Paint 1:00 Woodcarving <i>(Craft)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge 6:00 Begin. Pickleball <i>(MPH)</i></div>	<div>26</div> <div>8:30 Begin. Chess Club 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters <i>(Craft Room)</i> 10:00 NEW Outdoor Walking 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In- House Bingo 1:00 Cribbage <i>(WCR)</i> 1:00 Contract Bridge</div> <div><div></div><div>*MONTHLY TOONIE DRAW</div></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: SEPTEMBER 3, 10, 17 & 24
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES: NOV. 5



- CRAFT SALE TABLES ON SALE SEPTEMBER 15TH CALL ASHLEY
- PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!
- THANKSGIVING LUNCHEON TICKETS ON SALE SEPT. 30 AT FRONT DESK.
- MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT CHECK OUT MONTHLY NEWSLETTER FOR MORE INFORMATION!
- LETHBRIDGE POLYTECHNIC MESSAGES BACK ON WED., OCT. 1ST!