

# NEWSLETTER

# October 2025



**We thoroughly enjoyed partnering with Helen Schuler Nature Centre and Nature Lethbridge for Summer Nature Walks! These guided experiences have offered a wonderful opportunity to connect with the natural beauty of our region and enjoy time outdoors within our community. We are looking forward to next summer when we can collaborate with these two local organizations again for more outdoor programming!**





## PRESIDENT'S REPORT

I am very proud to be a member of Nord-Bridge and take great pride in the presentation of our building, our members, staff and visitors. However, I have some concerns. There have been instances where plates, bowls, glasses, cups and refreshment containers have just been left out in the lobby areas. Please take just a couple of minutes to take your dishes back to the diner and put recyclables or garbage in the

bins that are conveniently placed throughout the building. Also, in the past few months, there have been instances of mischief in the ladies washroom by the Multi-Purpose Hall, such as stacks of paper towels in toilets, and soap smeared on mirrors. This does not reflect well on our organization when members or visitors come upon these situations. If you see any anything of this sort, please let a staff member know. This is our building, our organization and, to some, a second home. We need to treat our building as we would treat our own home.

On a lighter note, the trip to Spruce Meadows went off without a hitch. The weather was a bit chilly, but the travelers found a myriad of things to do and see. The horses are quite magnificent to see in person. They are so regal. Our next big trip is to Rosebud Theatre on November 20, 2025 for "Miracle on 34<sup>th</sup> Street." You can sign up for this trip at the front desk. Non-members are also welcome to come on the trip for a slight rate increase.

Our fall programs have started and the centre is once again a hive of activity. Please remember to watch out for people in the parking lot who are coming into or leaving the building.

The monthly Outreach Program has started. Our next get together is Monday, October 20, 2025 from 1:30 to 3:30 pm in our Multi-Purpose Hall for a cost of \$3.00 per person. This month's theme is "Fabulous Fall". Wear autumn colours or put on your scary face. There will be live entertainment by Bryce Gray & Friends and refreshments will be served. Everyone is welcome. Contact the front desk to reserve your seat.

And let's not forget our annual Craft and Bake Sale taking place on Saturday, October 18<sup>th</sup> in our Multi-Purpose Hall. Contact the front desk for more information.

*Doing a random act of kindness makes two people happy. If half of the world did a random act of kindness for the other half – imagine the possibilities.*

*Dianne Smith,*

Interim Board President



**Public Guardian Representative:**  
**Brayden Sharp-Chrunik, BSc.**  
**[brayden.sharp-chrunik@gov.ab.ca](mailto: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 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

*\*Pro-rated memberships available for \$93!*

*This covers the remainder of 2025 and all of 2026.*

*New members only - see the front desk for details.*



**Welcome to 31 New Members!**  
**We are happy to have you here!**

**Danica Brown**

**Fred Ford**

**Pauline Holyoak**

**Ann Marra**

**Paul Duplantis**

**Millie Duplantis**

**Diana Hulstein**

**Karen Brown**

**Maureen Lamarre**

**Lori Leavitt**

**Mary Opyr**

**David Churko**

**Terry Whitehead**

**Craig Whitehead**

**Lorie Jacobsen**

**Donna Walton**

**Marilyn Pocock**

**Karen Minkus**

**Willie DeCoste**

**Darlene Wong**

**Loretta Tetzlaff**

**Debbie Coolidge**

**9 Anonymous**



Thank you to the German  
Canadian Club of Lethbridge  
and D&N Kitchen for your  
generous donation towards our  
Nord-Bridge Oktoberfest Lunch!



German Canadian Club Lethbridge



Visit [nordbridgeseniors.com](http://nordbridgeseniors.com) for program information, photos, videos, newsletters, and more.

[facebook.com/nordbridgeseniorslethbridge](https://facebook.com/nordbridgeseniorslethbridge)

[x.com/bridgenord](https://x.com/bridgenord)

[nordbridgeseniors](https://nordbridgeseniors.com)



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TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER

*Nord-Bridge will be closed  
Monday, October 13  
for Thanksgiving*



## Thanksgiving Luncheon

**Friday, October 10 // 11:30am**

**Seating begins at 11:00am**

**Tickets: \$15 each - On sale now!**

**Location: Nord-Bridge Multi-Purpose Hall**

*\*Tables will be assigned with ticket purchase*

### Menu:

**Turkey, Mashed Potatoes, Gravy, Stuffing,  
Carrots, Salad, Pumpkin Cheesecake**

*\*A soup and sandwich option will be available in the  
Dunford Diner for those who do not purchase a ticket*

*Open to all, with live entertainment by Anne Pauls*

**\*The Diner grill will be  
closed at 10am Oct. 10 to  
prepare for the luncheon**

**\*In-House Bingo and Carpet  
Bowling are canceled on  
Oct. 10 due to the luncheon**



## EXECUTIVE DIRECTOR'S REPORT

Every year when the irrigation company calls to schedule our winterization, I know cooler temperatures are around the corner. As we transition from watering and mowing the lawns to snow removal season, we have always been very attentive to our snow removal contractors. This winter season we are in the process of securing a new contractor for snow removal. Thank you to Wuerfs Yard Services for the many years of clearing our parking lot and keeping it safe for our members during the winter and keeping our grass green and healthy in the spring and summer. Snow removal is very important for Nord-Bridge and its membership, thus finding the right contractor to provide the service is our top priority.



Have you noticed all the signs on the front boulevard? It can only mean one thing; it's time for an election. As mentioned in last month's newsletter, we are hosting a Meet and Greet for all candidates running for Mayor and Councilor positions in the 2025 Municipal Election. The official list of candidates is now set; with a total of 18 candidates putting their name forward for eight available seats and 4 candidates running for the mayor's seat. A full list of the candidates (and school trustee candidates) along with information on where to vote can be found on the elections table or you can ask for a copy at the Front Desk. With so many candidates we encourage all our members and the community to attend our Meet and Greet (or any other forums and meet and greets) to become informed and ask the candidates questions you may have or just to hear/listen to the candidates' platforms.

Last month, the Minister of Assisted Living and Social Services, Jason Nixon, was invited to Nord-Bridge by Dr. Sayeh Zielke, Cardiologist and Executive Chair of Assisted Living Alberta. Minister Nixon was very impressed with Nord-Bridge and the programs and services we offer. The Minister took the time to hear about our successes and the pressure points we face with rising operating expenses and funding issues. Programs and services such as Alberta Supports, FCSS, Seniors Financial Assistance Programs, AISH, Assisted Living Alberta and the Office of the Public Guardian and Trustee fall under the umbrella of the Ministry of Assisted Living and Social Services. Minister Nixon was able to see first-hand what Nord-Bridge provides from FCSS funding and how our Seniors Helping Seniors program assists seniors in the community to access seniors financial assistance programs that allow them to live and age well in their homes. On behalf of Nord-Bridge and our Board of Directors, I would like to thank Minister Nixon for taking the time to tour our centre. Also, a great big thank you to Dr. Zielke for her continued support and advocacy for seniors in our community.

*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
Seniors System Navigator	Breylin McNeil
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:** Board Room (Fall only)

**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!*

**\*No program on Oct. 17, 24, & Nov. 7**

\*For Nord-Bridge members only

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**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**



# GENERAL MEMBER MEETING

**Date:**  
Wednesday,  
November 5, 2025

**Time:** 9:30 am

**Location:**  
Multi-Purpose Hall

## 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 – 4 days, October 27 <sup>th</sup>
Christmas in Victoria – 9 days, December 21 <sup>st</sup>
Palm Springs Desert Oasis – 14 days, January 18 <sup>th</sup>
Arizona Desert and Canyons – 16 days, February 9 <sup>th</sup>
Deep South Texas and Louisiana – 24 days, March 9 <sup>th</sup>
Victoria Stay Awhile – 9 days, April 18 <sup>th</sup>
Portugal's Coastal Gems – 10 days, May 31 <sup>st</sup>
Northwest Territories and Yukon – 18 days, July 4 <sup>th</sup>
Winnipeg Wonders – 8 days, July 4 <sup>th</sup>



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[info@nageltours.com](mailto:info@nageltours.com)

**48<sup>th</sup>**  
*Anniversary*



## 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!

**September 26 - Bylinda Mason \$247**

### MONDAY JAM 50/50 DRAW

**September 1 - CLOSED**  
**September 8 - Shirley Hall \$60**  
**September 15 - Terry Legg \$77.50**  
**September 22 - Gail Krysak \$72.50**

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

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

**Hi! We are the nursing students here this fall. We are excited to get to know the Nord-Bridge community and increase our knowledge as community health nurses. We will be doing a flu clinic October 23 and 24, and of course stay tuned for our annual health fair at the end of the season!**





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



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



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**Mimi Edwards \$2000**

## NORD-BRIDGE IN-HOUSE BINGO

Year-to-date: \$13,586.75



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**NO  
PARKING**



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!



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Investment Group Financial Services Inc.  
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ig.ca



## IG Wealth Management Visits with Carol

**Upcoming Dates:**  
**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!



## 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,  
Oct. 23, Nov. 13, Dec. 11  
**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:**  
October 20, November 17, December 15

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

# HAPPY Thanksgiving

**RACHAEL THOMAS**  
MEMBER OF PARLIAMENT

@RachaelThomas.ab

RachaelThomas.ca | Rachael.Thomas@parl.gc.ca | 403-320-0070

## 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 at 403-329-3222 (seniors) or Lethbridge Family Centre (kids).

**Dates:** Wednesdays,  
October 22 & November 26  
**Time:** 3:15pm - 4:15pm  
**Location:** Multi-Purpose Hall



## 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:**  
Oct. 21 (pm), Nov. 4 (am), Dec. 16 (pm)

**Upcoming Dates at LSCO:**  
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**





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# MOBILE FOOD SUPPORT

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**October Dates 2025**

**October 2<sup>nd</sup> - 1pm**

Nord Bridge Seniors Centre - 1904 13 Ave N

**October 9<sup>th</sup> - 1pm**

LSCO - 500 11<sup>th</sup> Street S

**October 16<sup>th</sup> - 1pm**

University of Lethbridge - 4401 University Dr W

**October 23<sup>rd</sup> - 4pm**

Lethbridge Polytechnic - 3000 College Dr S

**October 30<sup>th</sup> - 4pm**

Westminster Outdoor Pool - 411 16<sup>th</sup> St N



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New Owner/  
Operator

## SAIM Massages at Nord-Bridge

*\*for Nord-Bridge members only*

**Feeling sore? Students from the Southern Alberta  
Institute of Massage will be at Nord-Bridge this  
fall to help take away your tension!**

**Dates: Fridays,**

**October 24 & November 7**  
**Time: 9:30 am to 11:30 am**

**Location: Board Room**  
**\*No appointment required**



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# 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

## ELECT TIFFANY HILL LETHBRIDGE SCHOOL DIVISION TRUSTEE

SUPPORT STUDENTS  
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## 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 Date:  
Wednesday, 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

## NEW All Skill Level Pickleball at Pickle Point for Older Adults!

**What is it?:** Opportunity for Nord-Bridge members  
and non members to play Pickleball at the new  
Pickle Point centre in North Lethbridge!

**Day/Time:** Tuesdays & Thursdays  
from 9:00 am to 11:00 am

### Getting Started:

Drop in Tues. or Thurs. at  
1820 31 St. N. Unit #3

### Cost:

\$10 for 2 hours drop-in  
(Anyone 55+)

No Registration Required!





## Be *Scent*sitive to others

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DAY**  
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**It's flu season**  
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**FLU SHOT  
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Get your flu vaccine starting October 20th!

Or join us at the flu clinic on October 23rd and 24th,  
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**Nov. 18, 25,  
Dec. 2, & 9th**  
Tuesdays 10:30AM - 12PM  
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**FREE  
FOR ANYONE  
55+**





## Volunteer Services Report



Happy Autumn Everyone! I hope you enjoy the lovely weather and everything that comes with my favourite time of the year! Crisp autumn walks as the leaves explode with colour, Thanksgiving dinners as families and friends gather together, and of course, the fun and excitement of Halloween for the young at heart. Also, a busy time of year here as Nord-Bridge fall programs begin. Once again Ashley has organized such awesome programs, and staff worked very hard to register many members and community people.

A quick update about the 45th Anniversary Terry Fox Run/Walk on Sunday, September 14th at Legacy Park. It was a small but mighty group of Nord-Bridge members, Marlene N., Judy B., and myself, who showed up to "Finish It" for Terry this year. The Terry Fox Trotters goal was \$200.00, and we raised \$210.00. The fundraising goal for Lethbridge was \$7,900.00 and at last tally (donations were still coming in) the local Terry Fox group raised over \$17,000, so that was amazing. I was also honored to meet Terry's uncle and namesake, Terry Fox Sr., who lives right here in Lethbridge. It was a wonderful day, and I so appreciated Marlene and Judy for taking the time to walk with me. We had a "shout out" from the organizers and received special certificates and ribbons too.

As Nord-Bridge gears up for this busy time of the year, I will be reaching out to Nord-Bridge members who wish to volunteer at the many special events in October, November & December. Upcoming events like the Thanksgiving Luncheon on Friday October 10th (YUMM), and the Annual Fall Craft/Bake Sale on October 18th, would not happen without the dedicated service of Nord-Bridge member volunteers.

Currently, we are just putting the final tweaks on the Nord-Bridge Crib Tournament on Saturday, September 27th, where players will be coming from other cities and towns in Southern Alberta for some competitive cribbage. So many dedicated Nord-Bridge members and community volunteers stepped up to ensure this fundraiser had the support it needed to succeed. So a huge "Thank You!" to Crib Tournament Conveners Cheryl O. & Alan S. and their helpers; Val, Linda, and Laureen (registration), Herve and Doug (50/50), Diane, Judy, Arlene, Doreen, Dar and Helen (prep and serving), Darrel, Joe, Alan and Casey (set-up and take-down). Hopefully I have not forgotten anyone but as you can see, it takes an army of volunteers for these large events. Good luck to all the crib players!

**Donna Lofstrom-Bell, CVA - Coordinator of Volunteer Services**



# SAM WOODRUFF

**Smart Spending. Stronger Futures.**

SCHOOL BOARD TRUSTEE






ON OCTOBER 20, 2025

RE-ELECT

# Belinda

CROWSON

COUNCILLOR


CITY OF LETHBRIDGE

f Belinda4Council    ✉ mcrowson@telus.net

MIND JOGGERS

Sonnet ~by Tami Gaudry

It is with a smile that I meet each day  
 As we age our perspective tends to change  
 But I think to smile is the only way  
 As we age our molecules rearrange.  
 Sometimes aging hurts and we need some meds  
 Poor circulation can cause swelling too,  
 The bones get weaker and arthritis spreads,  
 So what is a person to do?  
 I think a person is supposed to smile  
 And live life to the fullest each new day.  
 Even if we're only here for a little while  
 To do what we can and to have our say.  
 Each new sunrise gives me reason to smile  
 Even if I am only here for a little while.







## Annual Nord-Bridge Craft and Bake Sale

**Saturday, October 18th**  
**9:00am to 2:00pm**  
**FREE ENTRY!**

**Nord-Bridge Multi-Purpose Hall**  
**\*Please enter through NE doors**

**Open to all!**

Over 25 craft vendors to choose from!  
All proceeds go towards Nord-Bridge  
recreation programming for seniors 55+.

*If you are interested in being a sponsor for this event,  
please call Julie or Ashley at 403-329-3222!*

## Oktoberfest Lunch

**Friday, October 3rd**  
**11:00 am - 1:00 pm**

**\$15 per person**

For members and invited guests

**Choose one of two options:**

**Option A:** Sheet Pan Bratwurst with  
Roasted Potatoes and Veggies

**Option B:** Chicken Schnitzel with Carrots  
and Sweet & Sour Braised Red Cabbage

*\*Limited diner menu available*

Enjoy live  
entertainment with  
Alice Tinordi on the  
accordion!



Alcohol  
available for  
an extra fee



**YOGA THRIVE**



**Dates:** Tuesdays, November 4 - December 16

**Time:** 6:30pm - 7:30pm

**Location:** Multi-Purpose Hall

**Cost:** \$50 for anyone 18+

**Led by:** Cheris Samuels-Murdoch

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. It enhances participants 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. The aim is Thriving NOT JUST Surviving!

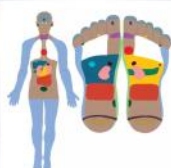
## **NEW!** Reflexology at Nord-Bridge

*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:** Wednesdays,  
**Oct. 15, Nov. 12, Dec. 10**  
**Appointment times**  
**between 9:00am and 12:00pm**  
**Location:** Craft Room



Restoring  
Smiles with  
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Offering  
Home Visits  
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**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 ♥

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Free no pressure Consultations ♥ No Referral Needed

259 12C St N, Lethbridge  
[www.southerndenture.ca](http://www.southerndenture.ca)

**403-327-6331**



## Seniors System Navigator

Hello Nord-Bridge!

My name is Breylin McNeil, and I am the newest member of the Seniors Systems Navigation Team! I want to quickly thank the wonderful team at Nord-Bridge for welcoming me with open arms and allowing me to be part of such an amazing team. I also want to thank the team over at LSCO for helping me find my footing in this new role and showing me what it means to be a Systems Navigator!

The last couple of months have been a whirlwind of change - in a good way! I graduated from university with a degree in social work, and I was lucky enough to land a job that is unlike anything I've ever done, in the best way possible.

I look forward to getting to know all of you so please do not hesitate to stop me in the halls to introduce yourself or just simply say hello.

*Breylin McNeil,*

**BSW, RSW Seniors System Navigator**



## DARREN ATKINS



**403-894-4122**



**darren.reddooryql@gmail.com**



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HELPING YOUR NEXT MOVE WITH CARE AND CONFIDENCE.  
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## NEW! Shading



In this four week class we will unfold the effects of lightening 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.

**Dates: Wednesdays, Oct. 22 - Nov. 19**

**Time: 1:00pm - 3:00pm**

**Fee: Members \$40**

**Non-Members \$60**

**Location: Craft Room**

**Instructor: Donna Gallant**

To register,  
call 403-329-3222 or visit  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
Please pick up a supply sheet  
upon registration

**\*No  
class  
Nov. 5**

*free event*  
**SCAM PREVENTION**

Learn to recognize Scams and other threats before they happen. We'll cover common threats targeting Lethbridge, tips to spot them, what to do if something feels 'off' and more.

November 18<sup>th</sup>, 2025    Start at 1:30 pm    Nord-Bridge Seniors Centre Board Room

[www.ynottechservices.com](http://www.ynottechservices.com)  
**(403) 915-8574**

Lethbridge's newest Flower Shop offering:

- Custom Florals for all Occasions
- Plants and Giftware
- Flower Subscriptions
- Workshops
- Weddings and Event Florals
- Shop Dog Cuddles
- Locally Owned and Operated

**622 13<sup>TH</sup> STREET NORTH**  
**403-593-8974**

OPEN AT 9:00 AM  
MONDAY - SATURDAY

[ROSEANDTHISTLEFLOWERSHOP.CA](http://ROSEANDTHISTLEFLOWERSHOP.CA)

## Falling Snow


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.

To register, call 403-329-3222 or visit [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
Please pick up a supply sheet upon registration


**Dates: Wednesdays, Dec. 10 & Dec. 17**  
**Time: 1:00pm - 3:00pm**  
**Fee: Members \$30**  
**Non-Members \$50**  
**Location: Craft Room**  
**Instructor: Donna Gallant**



# October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Welcome October!</i></p> 				
<b>6</b> 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) <b>10:00 Meet &amp; Greet with Municipal Candidates</b> <b>Open House</b> (Multi-Purpose Hall) 10:30 Chair Yoga 10:30 Monday Morning Check In 1:00 Begin. Line Dance 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) <b>1:30 Outreach Meeting</b> (Board Room) 2:30 Guided Meditation 6:00 Begin. Pickleball (MPH)	<b>7</b> <b>9:00 Empower Me Energy Savings Workshop</b> (Flex) 9:00 Strength, Tone & Stretch 9:00 Zumba Gold Toning 9:30 Begin. Watercolor (Craft) <b>10:00 Charge Into Fire Safety</b> <b>Lithium Ion Batteries Booth</b> (Hallway) <b>10:00 New Comers Meet &amp; Greet</b> (Diner) 10:00 Music Makers (Annex) 10:30 Brain Knowledge (Flex Rn) 10:30 Clogging Intermediate 11:00 Keep Fit (Cardio) 11:15 Tai Chi Yang Style 12:15 Canasta/ H & F 12:45 Scrabble (Craft Room) 1:00 Texas Hold 'em (WCR) 1:30 Beginners Crib (Annex) 1:45 Chair Yoga (MPH) 3:00 Exercises with Arthritis 5:00 Gentle Barre	<b>1</b> 8:45 Active Pound 55+ 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) <b>10:00 FREE MASSAGE</b> (Craft Room) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) <b>10:45 WINNERS BINGO</b> 11:45 15 15 15 (WCR) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 2:00 Genealogy (Flex) 5:30 Begin. Group Dance (MPH) 6:30 Begin. Pickleball @ YMCA West 7:30 Table Tennis (MPH)	<b>2</b> 9:00 Chair Yoga (WCR) 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (BR) 10:30 Keep Moving (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (WCR) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH)	<b>3</b> 8:30 Begin. Chess Club (Board R) 9:00 Ukulele Circle 9:00 Gentle Yoga (WCR) 9:00 Handy Crafters <b>10:00 Essential Connection Massage Info Booth</b> (Hallway) 10:00 Carpet Bowling 10:00 Outdoor Walking <b>11:00 OKTOBERFEST LUNCH WITH LIVE MUSIC! DUNFORD DINER</b> 1:00 In- House Bingo 1:00 Cribbage (WCR) 1:00 Contract Bridge
<b>6</b> 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) <b>10:00 Meet &amp; Greet with Municipal Candidates</b> <b>Open House</b> (Multi-Purpose Hall) 10:30 Chair Yoga 10:30 Monday Morning Check In 1:00 Begin. Line Dance 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) <b>1:30 Outreach Meeting</b> (Board Room) 2:30 Guided Meditation 6:00 Begin. Pickleball (MPH)	<b>7</b> <b>9:00 Empower Me Energy Savings Workshop</b> (Flex) 9:00 Strength, Tone & Stretch 9:00 Zumba Gold Toning 9:30 Begin. Watercolor (Craft) <b>10:00 Charge Into Fire Safety</b> <b>Lithium Ion Batteries Booth</b> (Hallway) <b>10:00 New Comers Meet &amp; Greet</b> (Diner) 10:00 Music Makers (Annex) 10:30 Brain Knowledge (Flex Rn) 10:30 Clogging Intermediate 11:00 Keep Fit (Cardio) 11:15 Tai Chi Yang Style 12:15 Canasta/ H & F 12:45 Scrabble (Craft Room) 1:00 Texas Hold 'em (WCR) 1:30 Beginners Crib (Annex) 1:45 Chair Yoga (MPH) 3:00 Exercises with Arthritis 5:00 Gentle Barre	<b>8</b> 8:45 Active Pound 55+ 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) <b>9:30 Board of Directors Meeting</b> (Board Room) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) <b>10:45 WINNERS BINGO</b> 11:45 15 15 15 (WCR) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre <b>1:00 Autumn Leaves</b> 2:00 Genealogy (Flex) 5:30 Begin. Group Dance (MPH) 7:30 Table Tennis (MPH)	<b>9</b> <b>8:30 Coffee with a Cop</b> (Dunford Diner) 9:00 Chair Yoga (WCR) 9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 9:30 Mind Joggers (BR) 10:30 Keep Moving (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (WCR) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH)	<b>10</b> 8:30 Begin. Chess Club (Board R) 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters <b>10:00 Re-Zen</b> <b>Esthetics Info Booth</b> (Hallway) 10:00 Outdoor Walking 10:30 Chair Yoga (WCR) <b>11:30 Thanksgiving Luncheon</b> (Tickets Required) Multi-Purpose Hall 1:00 Cribbage (WCR) 1:00 Contract Bridge



<div> <div>13</div>  <div> <div>CLOSED FOR</div> <div>THANKSGIVING.</div> <div>ENJOY YOUR LONG WEEKEND!</div> </div> </div>	<div> <div>14</div> <div> <div>9:00</div> <div>LAWYERS (Board R)</div> <div>Strength, Tone &amp; Stretch</div> </div> <div> <div>9:00</div> <div>Zumba Gold Toning</div> <div>Begin. Watercolor (Craft)</div> </div> <div> <div>9:30</div> <div>Music Makers (Annex)</div> <div>IG Wealth Management</div> </div> <div> <div>10:00</div> <div>Visits with Carol H. (M)</div> <div>Brain Knowledge</div> </div> <div> <div>10:30</div> <div>Clogging Intermediate</div> <div>Keep Fit (Cardio)</div> </div> <div> <div>11:00</div> <div>Clogging Advanced</div> <div>Tai Chi Yang Style</div> </div> <div> <div>11:15</div> <div>Canasta/ H &amp; F</div> <div>Scrabble (Craft Room)</div> </div> <div> <div>12:15</div> <div>Texas Hold'em</div> <div>Beginners Crib</div> </div> <div> <div>12:45</div> <div>Chair Yoga (MPH)</div> <div>Exercises w/ Arthritis</div> </div> <div> <div>1:00</div> <div>Gentle Barre</div> </div> </div>	<div> <div>15</div> <div>8:45</div> <div>Active Pound 55+</div> </div> <div> <div>9:00</div> <div>Reflexology (Craft R)</div> <div>Handy Crafters</div> </div> <div> <div>9:00</div> <div>Gentle Yoga (WCR)</div> <div>Carpet Bowling</div> </div> <div> <div>10:00</div> <div>Chair Yoga (WCR)</div> <div>WINNERS BINGO</div> </div> <div> <div>10:45</div> <div>VIRTUAL COOKING (M)</div> <div>15 15 15 (WCR)</div> </div> <div> <div>11:15</div> <div>Darts</div> <div>Euchre</div> </div> <div> <div>1:00</div> <div>Bid Euchre</div> <div>Autumn Leaves (Craft)</div> </div> <div> <div>1:00</div> <div>Genealogy (Flex)</div> <div>Begin. Group Dance</div> </div> <div> <div>5:30</div> <div>Table Tennis (MPH)</div> </div>	<div> <div>16</div> <div>9:00</div> <div>Chair Yoga (WCR)</div> </div> <div> <div>9:00</div> <div>Card Crafters</div> <div>Intermediate Line</div> </div> <div> <div>9:00</div> <div>Dance (MPH)</div> <div>HEARING TESTS</div> </div> <div> <div>9:30</div> <div>(Library) by Appt.</div> <div>Mind Joggers (BR)</div> </div> <div> <div>9:30</div> <div>Keep Moving (WCR)</div> <div>Keep Fit (Strength) (M)</div> </div> <div> <div>11:00</div> <div>SpecSavers Optical</div> <div>Repairs (Hallway)</div> </div> <div> <div>1:00</div> <div>Floor Shuffleboard</div> <div>Advan. Acrylic Paint</div> </div> <div> <div>1:00</div> <div>Woodcarving (Craft Room)</div> <div>Whist (Annex)</div> </div> <div> <div>1:00</div> <div>Contract Bridge (Annex)</div> <div>Begin. Pickleball</div> </div> <div> <div>6:00</div> <div>(MPH)</div> </div>	<div> <div>17</div> <div>9:00</div> <div>Accepting Donations of Baked Goods TODAY! (Board Room)</div> </div> <div> <div>9:00</div> <div>Gentle Yoga</div> <div>CRA/Service</div> </div> <div> <div>9:00</div> <div>Canada Visits</div> <div>Ukulele Circle</div> </div> <div> <div>9:00</div> <div>Handy Crafters</div> <div>(Craft Room)</div> </div> <div> <div>10:00</div> <div>Outdoor Walking</div> <div>Carpet Bowling</div> </div> <div> <div>10:00</div> <div>Chair Yoga</div> <div>In- House Bingo</div> </div> <div> <div>1:00</div> <div>(MPH)</div> <div>Cribbage (WCR)</div> </div> <div> <div>1:00</div> <div>Contract Bridge</div> <div>Craft &amp; Bake Sale</div> </div> <div> <div>9:00</div> <div>Tomorrow Oct. 18th in the Multi-Purpose Hall!</div> </div>
<div> <div>20* &amp; 27</div> <div>9:00</div> <div>Hello Monday (Flex)</div> </div> <div> <div>9:00</div> <div>Gentle Yoga</div> <div>Jammers (Annex)</div> </div> <div> <div>9:30</div> <div>Improver Line Dance</div> <div>Member Photo</div> </div> <div> <div>10:00</div> <div>Portraits (Library) *20</div> <div>Chair Yoga</div> </div> <div> <div>10:30</div> <div>Monday Morning</div> <div>Check in (Flex Room)</div> </div> <div> <div>11:00</div> <div>Pet Therapy Visits (SSW Office) *20</div> <div>Begin. Line Dance</div> </div> <div> <div>1:00</div> <div>Quilters/ Crafters</div> <div>Woodcarving</div> </div> <div> <div>1:00</div> <div>Contract Bridge</div> <div>Darts (MPH) *27th</div> </div> <div> <div>1:30</div> <div>Outreach Program *20</div> <div>Begin. Pickleball (MPH)</div> </div> <div> <div>6:00</div> </div>	<div> <div>21* &amp; 28*</div> <div>9:00</div> <div>Strength, Tone &amp; Stretch</div> </div> <div> <div>9:00</div> <div>Zumba Gold Toning</div> <div>Begin. Watercolor</div> </div> <div> <div>9:30</div> <div>New Comers M &amp; G</div> <div>Music Makers (Annex)</div> </div> <div> <div>10:00</div> <div>Clogging Intermediate</div> <div>Keep Fit (Cardio)</div> </div> <div> <div>10:30</div> <div>Clogging Advanced</div> <div>Tai Chi Yang Style</div> </div> <div> <div>11:15</div> <div>Canasta/ H &amp; F</div> <div>Cooking @ Interfaith</div> </div> <div> <div>12:45</div> <div>Scrabble (Craft Room)</div> <div>Texas Hold'em</div> </div> <div> <div>1:00</div> <div>Beginners Crib</div> <div>Chair Yoga (MPH)</div> </div> <div> <div>1:45</div> <div>Exercises with Arthritis</div> <div>Gentle Barre</div> </div> <div> <div>5:00</div> </div>	<div> <div>22* &amp; 29*</div> <div>8:45</div> <div>Active Pound 55+</div> </div> <div> <div>9:00</div> <div>Handy Crafters (Flex)</div> <div>Gentle Yoga (WCR)</div> </div> <div> <div>9:30</div> <div>Coffee with Police</div> <div>Chief (Diner) *29</div> </div> <div> <div>10:00</div> <div>Carpet Bowling</div> <div>Chair Yoga (WCR)</div> </div> <div> <div>10:30</div> <div>WINNERS BINGO</div> <div>15 15 15 (WCR)</div> </div> <div> <div>10:45</div> <div>Darts (MPH)</div> <div>Euchre</div> </div> <div> <div>1:00</div> <div>Bid Euchre</div> <div>Shading Art (Craft)</div> </div> <div> <div>1:00</div> <div>Minds in Motion (WCR)</div> <div>Genealogy- Family History</div> </div> <div> <div>2:00</div> <div>L-SKIP (MPH) *22</div> <div>Begin. Group Dance</div> </div> <div> <div>3:15</div> <div>Begin. Pickleball (M/GA)</div> <div>Table Tennis (MPH)</div> </div> <div> <div>5:30</div> <div>6:30</div> <div>7:30</div> </div>	<div> <div>23* &amp; 30*</div> <div>9:00</div> <div>Flu Immunization Clinic (West Com. Rm) 23rd &amp; 24th!</div> </div> <div> <div>9:00</div> <div>Chair Yoga (WCR) *30</div> <div>Card Crafters</div> </div> <div> <div>9:00</div> <div>Inter. Line Dance</div> <div>(MPH)</div> </div> <div> <div>9:30</div> <div>Tech Help (Hallway)*23</div> <div>Mind Joggers (BR)</div> </div> <div> <div>9:30</div> <div>Keep Moving (WCR) *30</div> <div>Keep Fit (Strength) (M)</div> </div> <div> <div>10:30</div> <div>Floor Shuffleboard (MPH)</div> <div>Advan. Acrylic Paint *30</div> </div> <div> <div>1:00</div> <div>Woodcarving (Craft)</div> <div>Whist (Annex)</div> </div> <div> <div>1:00</div> <div>Contract Bridge</div> <div>Begin. Pickleball (MPH)</div> </div> <div> <div>6:00</div> <div>Paint &amp; Sip Night (WCR) *30</div> </div>	<div> <div>24* &amp; 31*</div> <div>8:30</div> <div>Begin. Chess Club *31</div> </div> <div> <div>9:30</div> <div>FREE MASSAGE (Board Room) *24</div> <div>Gentle Yoga *31</div> </div> <div> <div>9:00</div> <div>Ukulele Circle</div> <div>Handy Crafters</div> </div> <div> <div>9:00</div> <div>(Craft Room)</div> <div>Outdoor Walking</div> </div> <div> <div>10:00</div> <div>Carpet Bowling</div> <div>Chair Yoga *31</div> </div> <div> <div>10:30</div> <div>Halloween Photos</div> <div>In- House Bingo</div> </div> <div> <div>1:00</div> <div>Cribbage (Annex on 24th)</div> <div>Contract Bridge</div> </div> <div> <div>1:00</div> <div>(Board Room *24)</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: OCTOBER 1, 8, 15, 22, & 29**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)**
- LOCATION: CRAFT ROOM UPCOMING DATES: NOV. 5**

**NURSING HEALTH FAIR ON NOVEMBER 27TH AT NORD-BRIDGE**

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

**YOGA THRIVE FOR THOSE WITH AND BEYOND CANCER STARTS NOV. 4TH AT 630PM FOR \$50 PER PERSON!**

**GENERAL MEMBER MEETING ON NOVEMBER 5TH AT 930AM**

**FALL IN HOUSE TOURNAMENTS (VARIOUS) BEGINS IN NOVEMBER**

**WATCH IN NEWSLETTER FOR MORE INFO!**





## Charge into **fire safety**

Stop by, meet our team and get fire safety tips!

Join us at community outreach events during Fire Prevention Week!

**Oct 7:** Nord-Bridge (10am-2pm)  
**Oct 8:** Park Place Mall (10am-8pm)  
**Oct 9:** LSCO (10am-2pm)



### Condolences to

*The Cox family, on the passing of Bud*  
*The Molnar family, on the passing of Tibor*  
*The Baker family, on the passing of Margaret*  
*The Wilson family, on the passing of Phil*  
*The Tarr family, on the passing of Bonita*

### Get Well Wishes to

*Jim Swanton*  
*Carolyn Steen*

### 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](http://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.

## Support For Seniors

**403-329-1544**

**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](mailto:intake@lethseniors.com)

**Empathy.**  
**Assistance.**  
**Advocacy.**



# Programmer's Report



September FLEW by! I got out while the weather was warm for my morning walks in the coulees - here is a photo I took! It was a busy month with the start of all fall programs, and U of L Nursing students starting their community health practicum (now here on Thursdays and Fridays).

On September 30<sup>th</sup>, the Thanksgiving luncheon tickets (planned for October 10<sup>th</sup>) went on sale, so get yours before they're sold out! Just a reminder this luncheon is back in the Multi-Purpose Hall with seating at 11:00 am and food service beginning at 11:30 am. **Carpet Bowling and Bingo will be cancelled this day.** Please also note, patrons will need to buy their tickets in person and seating will be assigned with a maximum of 6 people at a table. Our dining room (The Dunford Diner) will be closed temporarily at 10:00 am to prepare, then will re-open at 11:00 am for a soup and sandwich option for those who did not get a ticket for the luncheon.



NEW this year is Influenza immunization clinics with the U of L Nursing students and the Medicine Shoppe Pharmacy. These will run for two days only, on Thursday, October 23<sup>rd</sup> and Friday, October 24<sup>th</sup> in the West Community Room (on the west end of our building). This will be from 9:00 am -4:00 pm on a first come, first served basis. During these days the following classes will be **cancelled: Thursday morning Chair Yoga, Keep Moving with Lori, Advanced Acrylic Paint, and Friday morning Gentle and Chair Yoga.** If you are in **Cribbage** on Fridays, please note we have moved the group just for this day to the Diner Annex starting at 1:00 pm. If you are in **Contract Bridge** in the annex on Fridays, we have moved the group instead to the Board Room (across from the Diner). **Speaking of cancelled classes, there will also be no Advanced/Improver Line Dance in the MPH on Monday, October 6<sup>th</sup> due to the meet & greet with the municipal election candidates HOWEVER there is still Beginners Line dance in the West Community Room on Oct. 6<sup>th</sup> at 1:00 pm.**

I am so grateful to welcome back massage students from both Lethbridge Polytechnic and the Southern Alberta Institute of Massage this month. Its always nice to have a relaxing neck and shoulder massage first thing in the morning and they are always looking for more members to join. More details are on pages 8 and 26 of this newsletter. For either of these you do not need to sign up you just need to be a member of Nord-Bridge.

Our annual Craft and Bake Sale is planned for Saturday, October 18<sup>th</sup> from 9am to 2pm. This is open to all with free entry, in the Multi-Purpose Hall! I was shocked as we sold out of the craft vendor tables within a week! If you didn't get a chance to get your table, please give me a call to be added to a wait list. The Bake Sale fundraiser of this event is always very popular - we receive so many donated baked goodies from tarts and pies to breads and cupcakes all from Nord-Bridge and community members. If you can donate baked goods for this fundraiser, please drop them off at the Nord-Bridge front desk on Friday, October 17<sup>th</sup> from 9am to 12pm. Please note **on this day there is no Chess Club in the board room due to bake sale pricing.**

With fall programming well underway, we will soon be starting the second session of some fitness and art classes. We are looking for more participants for the following: Abs, Core and More, Beginners Group Dance (evening), Brain Games with Building Brains Together, Fit Ball, Minds in Motion, Paint and Sip Night, and Yoga Thrive for those with Cancer and Beyond. For more details on these programs please check out the Fall 2025 Program Guide online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or in person at 1904 13 Ave. N. As usual, please don't hesitate to reach out to me at 403-329-3222 if you are not sure what these programs entail.

One last note, our program spaces are quite full this semester. Please be courteous to other patrons, as sometimes there is only a 15 to 20-minute turnaround time for the class to end, clean up, and leave. Please make sure we are sharing the space and allowing participants out of these classes before setting up for the next class.

I will be on holidays to Arizona from October 20<sup>th</sup>- 28<sup>th</sup> I will share some photos in next month's newsletter!

Until next month, stay happy and healthy!

*~Ashley Kern - Program Coordinator*



**Thank you to those Nord-Bridge members who volunteered their time over the summer to help out at the Lethbridge Bulls baseball games!**

*~From Pat Santa and Donalda Stock*



**\*Volunteers, please return your t-shirts to Ashley. Thank you!**

**We will be accepting donations of various baked goods towards our annual craft and bake sale!**

**\*Ingredient list required for each item**

**The drop-off date for baking is Friday, October 17<sup>th</sup> from 9:00am to 12:00pm. Please contact Ashley at 403-329-3222 if you have any questions regarding baking donations!**





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

**Friday, October 3**

**Oktoberfest Lunch: \$15 per person (no tickets required)**

**Choose 1 of 2 two options:**

**Option A:** Sheet Pan Bratwurst with Roasted Potatoes and Veggies

**Option B:** Chicken Schnitzel, with Carrots, and Sweet & Sour Braised Red Cabbage

**Friday, October 10**

**Thanksgiving Luncheon (11:00 am // Multi-Purpose Hall)**

**\$15 per person (tickets required)**



Turkey, Mashed Potatoes, Gravy, Stuffing, Carrots, Salad, & Pumpkin Cheesecake Dessert

**Friday, October 17**

Veal Cutlets, with Roasted Potatoes, Veggies, and Gravy

**Friday, October 24**


Spaghetti & Meat Sauce, with Caesar Salad and Garlic Toast

**Friday, October 31**

Liver & Onions with Mashed Potatoes, Veggies, and Gravy

**Available from  
11 am to 1 pm,  
while  
quantities last**

*The Dunford Diner  
will be  
temporarily closed  
at 10 am on  
October 3 & 10 for  
lunch preparation*



**BUILDING A  
SUSTAINABLE  
FUTURE**

**RE-ELECT**

**JOHN MIDDLETON-HOPE**

LETHBRIDGE CITY COUNCIL

[www.johnmiddletonhope.com](http://www.johnmiddletonhope.com)



**Miracle on  
34th Street**

adapted by **Caleb Marshall**  
with **Erin Keating**  
from the classic story by **Valentine Davies**

**NORD-BRIDGE  
SENIORS CENTRE**

*Trip to*

**ROSEBUD  
THEATRE  
SCHOOL OF THE ARTS**

**Thursday,  
November 20th**

**Departure from  
Nord-Bridge  
at 8:00 am**

**\$170 Members  
\$190 Non-Members  
NO REFUNDS  
\*Deposit due  
upon sign-up;  
Full payment  
due October 20  
(Deadline to sign up  
is October 20)**

Christmas magic comes to life when elderly Kris Kringle steps in as Macy's Santa Claus, insisting he's the genuine article. With warmth and kindness, Kris rekindles a sense of childlike wonder in even the most skeptical hearts, especially young Susan and her no-nonsense mother. When his sanity is questioned, Kris finds himself at the center of a courtroom battle where he must prove that believing in the impossible is where miracles begin.





## Fundraising Report

It's fall! Wow – time flies! We have spent so much time making fun moments here at Nord-Bridge. Welcome back from your summer – It's so nice to see everyone's smiling faces again!

Our fundraising for the expansion of the Dunford Diner is well underway. We appreciate any support you can provide – and welcome any suggestions for sponsorship opportunities. I am always looking forward to meeting new potential sponsors and friends! We are starting to think ahead to our upcoming 25 Days of Christmas (November 2025) please see myself or Donna, our Coordinator of Volunteer Services if you are interested in volunteering to sell tickets for this.

We celebrated our grandson's 3<sup>rd</sup> Birthday in September and look forward to celebrating our granddaughter's 11<sup>th</sup> Birthday this month. They are growing too fast.

Please keep smiling and caring for each other. I look forward to seeing you here at the Centre. We appreciate you.

*Julie Sarich* - **Director of Fund Development**

## October Programming Cancellations

**Please note the following class cancellations for the month of October:**

**Friday, October 10** - Friday Bingo and Carpet Bowling will be cancelled due to the Thanksgiving Luncheon in the Multi-Purpose Hall

**Thurs. Oct. 23 & Fri. Oct. 24** - Classes in the West Community Room will be cancelled due to flu clinics with U of L nursing students and the Medicine Shoppe

**Friday, October 17** - Chess will be cancelled in the Board Room due to bake sale pricing



## Nord-Bridge Fall 2025 In-House Tournaments

Nord-Bridge will be hosting our annual Fall In-House Tournaments. You can sign up for any or all of the tournaments. **The entry fee is \$15.00, and payable at the Reception Desk by November 3, 2025.** The entry fee includes entry to participate in all tournaments and an awards luncheon on March 6, 2026. **\*For Nord-Bridge Members ONLY\***



**Darts:** November 10, 12, **\*17**, 19, 24, 26 (Tournament play will be scheduled during regular Mondays and Wednesdays at 1pm) **\*No tournament on Nov. 17 - due to Outreach Program**



### **Pool (8 Ball, 9 Ball, Snooker, Pool Golf):**

Pool tournaments will start on November 12 and run through to the end of December.



**Table Shuffleboard:** November 18, 25, and December 2 (See Play for tournament schedule)



**Floor Shuffleboard:** November 13, 20, **\*27** and December 4 **\*No tournament on Nov. 27 due to the Health Fair** (Tournament play will be scheduled during regular Thursday program times)



To register, please see Front Reception Desk

All entry fees are due by  
**Monday, November 3, 2025**

## Beginners Group Dance with Alberta Rose Country Dancers



**Learn different styles of dance with a variety of music - this class will go through everything from the Waltz to the Rumba with the first session on the Triple Two Step. This class is for all ages and all levels as we intend to have fun, socialize, and gain confidence in dance knowledge and etiquette.**



Call 403-329-3222 or visit [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) to register!

**Session 2: Wednesdays, Oct. 8 - Oct. 29**

**Time: 5:30pm - 7:00pm**

**Location: Multi-Purpose Hall**

**Fee: Members \$40 per couple**

**Non-Members \$60 per couple**

**Instructors: Connelly & Bernice Robichaud**



# The September Sass Dispatch



Goodbye, summer - you were all about mosquito bites, sweaty afternoons, and flip-flops that never matched my outfits. Hello, fall - you glorious mix of crunchy leaves, cozy sweaters, and pie we'll shamelessly call "harvest fuel." You're chaotic, you're fabulous, and I'm so ready for your sass.

Meet **Terence**, my 1988 Toyota Celica, a car with more personality than most reality TV stars. His pop-up headlights don't just shine - they *wink*. Every time they flip up, I half expect Johnny 5 from *Short Circuit* to shout, "I'm alive!" And don't even get me started on the tape deck. Forget Bluetooth, honey - this baby demands cassettes, rewinds, and a whole lot of patience. But once the music hits? Terence becomes a rolling dance floor with wheels.

The **Jaffray Fall Fair** was exactly what my soul ordered - no prescription needed. I rolled in with Mom, my brother, and what felt like half the family tree (branches, twigs, and all). It was laughter, hugs, and enough small-town charm to fuel me for months. We danced, we ate, we probably embarrassed ourselves once or twice - but that's what family's for, right? The fair had everything: music, food, and the kind of atmosphere where you can't help but feel like you're living in a Hallmark movie - just with sassier dialogue. By the end of the evening, my cheeks hurt from laughing, my feet hurt from dancing, and my heart felt about three sizes bigger. Honestly, the Jaffray Fall Fair wasn't just fun - it was a full-blown soul reset button.

Spruce Meadows was a total win - beautiful horses, sunshine, and an atmosphere that practically demanded a stylish twirl or two. The stories I got to hear reminded me why adventures are worth signing up for. Speaking of adventures: **don't forget the Rosebud Trip on November 20** to see *Miracle on 34th Street*. Trust me - you want to be there, in the middle of the magic, with a great lunch and holiday spirit in abundance.



Julie and I ventured to Coaldale with a few friends to see Caliya and our good friend Marc, the lead singer who never fails to make us laugh until our cheeks hurt. Between the music, the antics, and a little rockstar magic, it was one of those nights you want to press pause on - or at least rewind on cassette, Terence-style.

Through all the laughter and adventures, I can't help but pause for **Bud**. His smile could light up any room, his jokes landed perfectly, and his friendship was steady and true. I'm so grateful for **Nord-Bridge**, where strangers you meet somehow become the family you never knew you needed - just like Bud. He was that kind of family for me, and even though he will be missed, I carry his humor, warmth, and spirit into every adventure, every laugh, and every moment worth cherishing.



So here we are, friends: the leaves are falling, the sweaters are emerging from the depths of the closet, and somehow my heart feels three sizes bigger. Fall has arrived with all its quirks - pumpkin spice, crisp air, and just enough chaos to keep life interesting. We danced at fairs, laughed until our cheeks ached, indulged in fried food with zero shame, and cheered through horse shows and music nights that felt like magic. Family, friends, and those unexpected moments of joy reminded me that love isn't just a feeling - it's a giggle shared over a slice of pie, a hug that sneaks up when you least expect it, and a memory that makes your soul do a little happy dance. So, here's to falling leaves, silly moments, belly laughs, and hearts wide open. Keep your humor handy, your spirit sparkling, and your love abundant - because this season? It's too good not to embrace with all the sass, charm, and cheer you've got.

~Erin Bates "Fall leaves may be crunchy, but my humor is crispier."



## HELLO MONDAY

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.

This **FREE** class is a **Drop In Class** and new participants will be registered upon arrival

**JOIN US TO LEARN MORE!**

**Dates:** Monday, October 6, 2025 - Topic TBD by class  
Monday, October 13, 2025 - **No class due to Thanksgiving**  
Monday, October 20, 2025 - Topic TBD by class  
Monday, October 27, 2025 - Topic TBD by class

**Time:** 9:00 am to 10:00 am

**Where:** Nord-Bridge Seniors Centre - "Flex Room"  
(Located next to the pool table room)

Topics will be based on what participants would like to learn about

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

Recovery College

Canadian Mental Health Association

NORD BRIDGE SENIORS CENTRE

## Live Cooking Classes Via ZOOM for Seniors 55+!

**Date:** Wednesday, October 15  
**Time:** 11:15 am - 12:15 pm  
**Fee:** \$30, for anyone 55+  
**Instructor:** Ashley Kern

Visit [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or call 403-329-3222 to register

We will be making Sheet Pan Beef Quesadillas!

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

NORD BRIDGE SENIORS CENTRE



**FOR COUNCIL**

**MIKE  
SCHMIDTLER**

**CONCRETE LEADERSHIP**

**LET'S  
CHAT**

[LETHBRIDGEMIKE.CA](http://LETHBRIDGEMIKE.CA)

[LETHBRIDGEMIKE2025@GMAIL.COM](mailto:LETHBRIDGEMIKE2025@GMAIL.COM)

## ***New Comers Meet and Greet***

Join us for a morning of socialization with Conveners every 1st and 3rd Tuesday of the month at 10:00 am 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!*



## **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.

This **FREE** class is a **Drop In Class** and new participants will be registered upon arrival

**JOIN US TO LEARN MORE!**

**Dates:** Monday, October 6, 2025 - Topic TBD by class  
Monday, October 13, 2025 - **No class due to Thanksgiving**  
Monday, October 20, 2025 - Topic TBD by class  
Monday, October 27, 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)

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

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



## **Nord-Bridge Outreach**

### **Fabulous Fall**

Wear autumn colors or  
put on your scary face!

**Hallowed Halloween entertainment  
by Bryce Gray & Friends**

**Monday, October 20  
1:30 pm to 3:00 pm**

**Nord-Bridge Multi-Purpose Hall  
\$3 per person**

**RSVP by Tuesday, October 14!  
Call 403-329-3222**

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!



## **Snow Route WINDROW ASSISTANCE SERVICE**

**Residents must confirm participation  
before every winter season.**

To make sure you're signed up by the first snow fall, call 311 by the second Friday in October.



The City is piloting a new program open to residents who live on a snow route and experience challenges clearing windrows after plowing.

- Designed to support those facing challenges with mobility and accessibility related to navigating windrows, and who do not have an alternative solution.
- Provides an option that will create a parking-to-home access point for one vehicle per home, 24 to 72 hours after snow routes have been plowed.
- Residents are still responsible for clearing all other snow on their property and sidewalks.



**lethbridge311**

Learn more at [lethbridge.ca/snow](http://lethbridge.ca/snow)



## Lethbridge Elder Abuse Response Network

Happy October, everyone!

This month I want to highlight a very important topic that is recognized nationally. During the week of October 1–9, Canada observes Ageism Awareness Week, an initiative of the Canadian Coalition Against Ageism (CCAA). This observance aligns with the International Day of Older Persons and invites us to reflect on how our society views aging and to challenge the stereotypes that too often shape attitudes toward older adults.

Ageism—prejudice or discrimination based on age—can appear in subtle ways: assuming older people are “tech-challenged,” overlooking their contributions in the workplace, or using language that diminishes their independence. These attitudes can affect everything from health care to employment opportunities and social inclusion.

From a LEARN perspective, we often see firsthand how ageism and elder abuse are closely linked. When society treats older adults as less capable, less valuable, or a burden, it creates conditions where neglect, exploitation, and mistreatment can occur more easily. Stereotypes - such as assuming seniors are weak, confused, or dependent - can lead people to dismiss their opinions, ignore their rights, or overlook signs of harm. Challenging ageist attitudes is therefore a key step in preventing elder abuse: by respecting the dignity, autonomy, and worth of every person at every age, we strengthen protections and foster safer, more compassionate communities.

Everyone can help by choosing words thoughtfully, gently challenging ageist jokes or comments, and celebrating the skills, wisdom, and creativity that older adults bring to our community. The Canadian Coalition Against Ageism invites organizations and individuals across the country to host events, share stories, and spread the message that aging is living.

*Marissa Hardy*

~ LEARN  
Case Manager



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



**When considering donating books, please use these guidelines:**

**Books should be copyright 2000 or newer.**

*Note:* Copyright 2010 – 2025 goes into the 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.



DVDs, CDs, 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

Re-Elect  
Lethbridge School Trustee

Accountability,  
Communication,  
Transparency, Students

[craig-h-whitehead.com](http://craig-h-whitehead.com)

[whitehead.trustee@gmail.com](mailto:whitehead.trustee@gmail.com)



## Breakfast Buffet

**Date:** Wednesday, Nov. 5

**Time:** 8:30am to 10:30am

**Open  
to all!**

**Location:**  
**Nord-Bridge  
Dunford Diner**  
**1904 13 Ave N**

**Cost:**  
**\$15 per person**



Lawyers of Huckvale  
Free Initial Legal Consultation

When: Second Tuesday of every month  
(unless otherwise stated)

**\*New day!**

Time: 9:00am to 11:30am

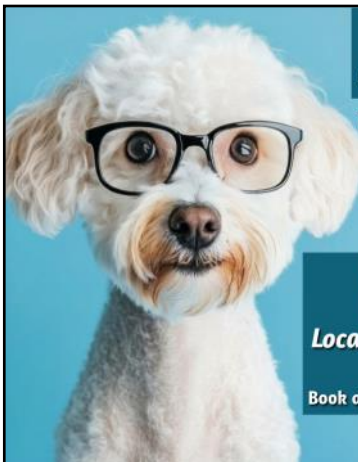
Fee: FREE (Nord-Bridge members only)

Upcoming Dates: 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 1994

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:** Thursday, 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!**



## Coffee with the Chief



Join Chief Shahin Mehdizadeh in the Dunford Diner for coffee and a chat.

Date:  
Wednesday, October 29  
Time:  
9:30 am - 10:30 am



LETHBRIDGE  
**POLICE**  
SERVICE

## Nord-Bridge Music Makers

Did you know, people who sing experience lower anxiety and stress, as well as reduced feelings of depression and loneliness? Singers generally feel happier and better connected. So start singing!

Join the Nord-Bridge Music Makers!

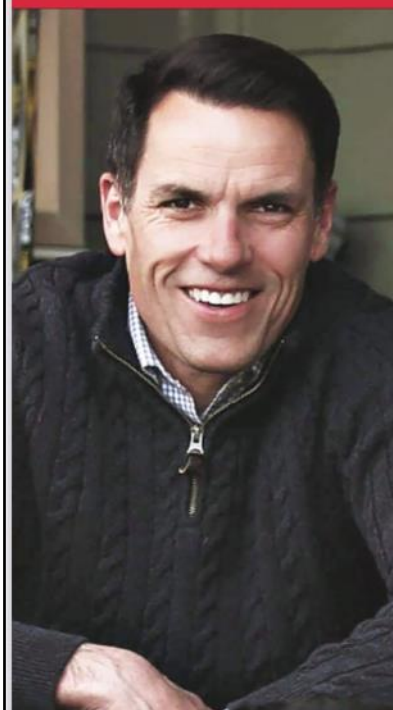
This group meets weekly to sing, and also performs at different seniors' health and housing facilities once a month throughout the year.

Meeting Days: Tuesdays  
Time: 10:00am to 11:30am  
Location: Dunford Diner Annex  
Open to all those 55+ who love to sing!



## Ryan Parker

For Lethbridge City Council



- ☒ Experienced
- ☒ Caring
- ☒ Trusted

My values haven't changed since I was first elected: Treat people the way you would want to be treated, live within your means, and respect all points of view. These three principles define my beliefs and are the core of every decision I make, whether personal, in business, or as member of Lethbridge City Council. It has been my honor to serve the citizens of Lethbridge. During my time on Lethbridge City Council I saw re-election as a privilege. At the same time, something I will never take for granted. If you decide to trust me to another term on Lethbridge City Council, I will continue to proudly represent you to the city, the province and the nation to the best of my ability. Together we can continue to shape the future of this great city.

*Ryan Parker*

voteperk2025@gmail.com  
Office (403) 380-4848

The name you know.

The leadership you *trust*.

Thank you to High Level Canoes and Kayaks for another great Intro to Kayaking class! We look forward to partnering again next summer for more seniors kayaking classes!



High Level  
Canoes and Kayaks



NORD-BRIDGE  
SENIORS CENTRE



Massage and  
Aromatherapy



Information Booth at  
Nord-Bridge

Dates: Friday, October 3 & 10  
Time: 10:00 am - 1:00 pm  
Location: Nord-Bridge  
Main Corridor



Come and learn about these two  
new local businesses and the  
valuable services they have to offer!



## Walker Repair Clinic

\*for Nord-Bridge members only

Wednesday, 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!








# Empower Me

Community Connections  
Healthier Homes



节省能源, 减少支出, 保护环境  
ऊर्जा बचाओ, पैसे बचाओ, पर्यावरण बचाओ  
SAVE ENERGY, SAVE MONEY  
SAVE THE ENVIRONMENT  
에너지 절약, 지출 절감, 환경 보호  
能源, 减少支出, 保护环境

## Energy Savings Workshop

To save energy and money, it's important to understand the relationship between energy consumption, our daily choices and habits, and the inner workings of our homes.

Our Energy Savings Workshop introduces you to basic practices that can lead to noticeable changes in the comfort and affordability of your home.

### Topics

- Learn how your home uses energy and what you can do to reduce your energy bills and improve the efficiency of your home.
- Learn how to read your utility bills.
- Discover federal and provincial rebates, grants, and support programs that can help make home upgrades a more affordable choice.

READY TO START CHAMPIONING HOME SAFETY PRACTICES IN YOUR OWN LIFE?

**Sign up for our next available workshop:**

DATE:  
Tuesday, Oct 7 - 9am to 10am

LOCATION:  
Nord-Bridge Seniors Centre and online

SPEAKER:  
Rene Michalak,  
Energy Mentor

LANGUAGE:  
English



Drop-in at 1904, 13 Ave. N.  
Lethbridge, open to anyone 55+  
or call 403-329-3222  
for more info!

FOR ENERGY SAVING TIPS AND TRICKS, VISIT  
[energychampion.org](http://energychampion.org)

WE'RE GRATEFUL TO OUR FUNDERS WHOSE ONGOING SUPPORT ENABLES US TO DRIVE IMPACT IN COMMUNITIES LIKE YOURS.

# Meet & Greet Open House



## Municipal Candidates for Mayor and Council

**Monday, October 6, 2025**  
**10:00 am - 12:00 pm**  
**Nord-Bridge Seniors Centre**  
**Multi-Purpose Hall**  
**1904-13 Ave N**




# ELECT

# TIFFANY HILL

LETHBRIDGE SCHOOL DIVISION

# TRUSTEE

SUPPORT STUDENTS  
STRENGTHEN CLASSROOMS  
SHAPE COMMUNITIES



# Coffee with a Constable

## Nord-Bridge Dunford Diner

Upcoming Dates & Times:  
Thursday, October 9 - 8:30 am  
Wednesday, November 12 - 10:00 am  
Wednesday, December 10 - 10:00 am





Constable Dana Holland will sit down and chat with you about any questions or concerns you may have regarding law enforcement.

## Outreach Thanks, from Val Arkinstall

Just a note of thanks for a good time at the our September Outreach event honoring Canada. How proud to be a true Canadian. Thanks also to the Nord-Bridge Ukulele Group for doing an awesome job - everybody really enjoyed themselves.



Our next Outreach event will be Monday, October 20, with a Fall/Halloween theme  
Call 403-329-3222 to sign up - you won't be disappointed!

The outreach program takes place once a month and VOLUNTEERS are needed to set up and take down tables and chairs. Thanks to Dianne and Joe Smith for committing many years to their volunteer roles in not only outreach but in many other duties. The outreach program needs some younger seniors to pitch in and give these busy volunteers a well deserved break. Please speak to Donna, our coordinator of volunteer services, so she can get you involved.

# Boutique News

Consignees: Consignments are accepted only on Thursdays from 9:00 am to 11:00 am. Winter items will be accepted starting October 9. Christmas items will be accepted starting November 6.

Please note - due to an increased number of consignees, and limited Boutique space, restrictions will be placed on the number of items we will accept at any one time.

- Judy & Heather



# RE-ELECT JENN SCHMIDT- REMPPEL FOR COUNCIL



PEOPLE.

SERVICE.

BUSINESS.

COMMUNITY.

Our golf windup event was a fantastic success — thank you to our sponsors for their generous support, and to Evergreen Golf Centre for hosting our summer golf program once again!



MOXIES

**BLANCO**  
*la cantina*

**Lethbridge**  
HEARING CENTRE

**HUCKVALE** LLP  
*established 1906*



# Influenza Clinics at Nord-Bridge

with The Medicine Shoppe, and University of Lethbridge Nursing Students

**Dates: Thursday, Oct. 23 &  
Friday, Oct. 24**

**Time: 9:00 am - 4:00 pm**

**Location: West Community Room**

**\*No appointment required - first come, first served**

**Protect Yourself  
and Others -  
Get Your Vaccine!**

The flu vaccine is a safe  
and effective way to  
reduce your risk of illness.

*\*Influenza vaccines only - no other  
vaccines available during these clinics*



**NORD-BRIDGE  
SENIORS CENTRE**

## Lethbridge Polytechnic

### Massage Therapy Students at Nord-Bridge!

Sore muscles? Come in for a FREE massage from the  
Lethbridge Polytechnic Massage Therapy students!

**Dates: Wednesdays, Oct. 1 & Nov. 26**

**Time: 10:00 am - 12:00 pm**

**\*Massages will be offered on a  
first-come, first-served basis!**

**Lethbridge  
Polytechnic**



**This service is for Nord-Bridge members only.**

**Please sign up at the front desk or  
call 403-329-3222 for more information.**

## Halloween Photo Shoot

**Date: Friday, October 31**

**Time: 1:00 pm**

**Location: Nord-Bridge Main Corridor**

**Fee: By Donation**

**\*Proceeds go towards**

**Nord-Bridge programming!**



**Bring your family and friends for a group photo!**

**If you don't have your own costume, feel free to use one of ours!**

**Photos will be emailed to you.**

## Paint & Sip Night with

**Call 403-329-3222 or visit  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
to register!**



**Date:**

**Thursday, October 30**

**Time: 6:00pm - 8:00pm**

**Location: Nord-Bridge**

**West Community Room**

**Cost: \$55 (must be 18+)**



**Gather your friends and spend an evening  
painting this cute fall scene, guided by a  
professional artist! No experience is required  
and all supplies will be provided.**

**\*For members and invited guests only**

**\*Alcohol available for extra purchase  
(cash only please)**



## MINDS in MOTION

**What is Minds in Motion?**

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.

**At Minds in Motion® a client will...**

- Stay physically active
- Meet and socialize with others living with dementia and care partners
- Get involved in activities such as board or word games, bingo, and other cognitive games
- Have access to information about dementia and support, as needed

**Who is Minds in Motion® for?**

Minds in Motion is designed for people with early to mid-stage symptoms of Alzheimer's disease or another dementia. Symptoms may include memory loss, confusion, communication difficulties, and changes in mood and behavior.

Minds in Motion is intended to be enjoyed with a friend, family member, or care partner. The person living with dementia and the care partner need to be able to participate in the same room together during the program sessions, to support one another.

**What can I expect?**

The 2-hour program is divided into the following two components:

1. The class starts with a certified fitness instructor leading a low impact fitness class.
2. For the second part of the program, trained facilitators engage participants in social and cognitive activities

**How to register:**

Minds in Motion for fall 2025  
is being offered at  
Nord-Bridge Seniors Centre

Call 403-329-3222 to register  
beginning Sept. 4

**Dates:**  
**Wednesdays,**  
**October 22 - December 10**  
**1:30pm - 3:30pm**

**Location:**  
**Nord-Bridge Seniors Centre,**  
**West Community Room**  
**1904 13 Ave. N**

**Instructors:**  
**Charlene Kocken, and**  
**Lori Gregory**

**Fee: \$50, for anyone 55+  
(for client & caregiver)**

**For general information on  
the Minds in Motion  
Program contact Charlene:**  
**403-329-3222**

[charlene@nordbridgeseniors.com](mailto:charlene@nordbridgeseniors.com)

**Alzheimer Society**  
ALBERTA AND  
NORTHWEST TERRITORIES





# Vote

# RAJKO DODIC

## For Lethbridge City Council



**RE-ELECT**

LETHBRIDGE SCHOOL DIVISION

## TRUSTEE GENNY STEED

**Communities. Families. Education.**



It has been a privilege to serve our city's youth and community. I will continue to advocate for responsible use of tax dollars, while working to give our families the schools they deserve.

Thank you to the members and staff of Nord-Bridge, for supporting a healthy election season

*Thank you for your support!*



## Working together to bring Government services to **you.**



### 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

Date: Oct. 17 & Nov. 21, 2025

Time: 9:00 am - 1:30 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



Government of Canada  
Gouvernement du Canada

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

Canada



**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](http://www.nordbridgeseniors.com) under the About >  
Facilities > Rentals tab for more information about these rooms.**



**NORD-BRIDGE**  
**SENIORS CENTRE**  
*Inclusivity lives here*



**“The Friendly Centre”**

**1904—13th Ave. North  
Lethbridge, Alberta  
403-329-3222  
[friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)**

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

**[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)**