

NEWSLETTER

September 2025



We had a wonderful time participating in this year's Whoop-Up Days parade! With the parade theme being "Hometown Heroes," we chose to celebrate the incredible seniors in our community - our true everyday champions. Thanks to the creativity and hard work of many volunteers and staff, our parade float came to life as a perfect tribute to our "superhero" seniors and the wisdom, strength, and lasting impact of those who have shaped our community.



PRESIDENT'S REPORT

Another August has come and gone. Can't believe it. School is back in session and Nord-Bridge is gearing up for an active fall season. With that in mind, please remember school kids will be very present around our centre parking lot. There are several schools within a couple of blocks of Nord-Bridge so there will be lots of traffic, both vehicular and pedestrian. There will also be an increased

number of people using the centre's facilities and programs.

Members are still bringing in produce from their gardens and once again, thank you for your consideration of others.

Whoop-Up Days was a big success. The theme for the parade this year was "Home Town Heroes," and we had a few of our Nord-Bridge members on board our parade float as our commemorative heroes! For anyone unfamiliar with Terry Legg, he is a kindly gentleman who comes to Nord-Bridge every day and brings a spark of life to the place. You will know him by his trade-mark navy-blue blazer, tie, and effervescent personality. Terry has been a generous supporter of Nord-Bridge, donating to several causes, most recently toward the purchase of a new bus. Sharon Gordon faithfully volunteers at our front desk and always has a friendly smile. Eileen Sawatsky runs our Beginners Crib program and loves to help out with all our intergenerational programs. Thanks to all of them! Our pancake breakfast was well attended once again. We thank everyone who supported our centre, be they members, family members, sponsors, or the public at large. Thanks to all our volunteers and sponsors who helped to make our annual Whoop-Up Pancake Breakfast a success! Well done.

Registration for our fall programs takes place on Thursday, September 4th starting at 8:30 am. There is something for everyone. You can register on-line or in person. If you register in person, you will be given a number when you arrive, which will be called over the intercom. Come early and have a coffee or breakfast while you wait, or enjoy our diner afterward.

Our Thanksgiving Luncheon will be held on Friday, October 10th in the Multi-Purpose Hall. Tickets go on sale Tuesday, September 30 at the front desk.

Be the reason someone feels welcomed, seen, heard, valued, loved and supported.

Dianne Smith,

Interim Board President

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 beginning September 3!*

This covers the remainder of 2025 and all of 2026.

New members only!



Welcome to 5 New Members!
We are happy to have you here!

Joey Mitchell

Bonnie Fuller

Jerry Zielke

Valerie Kurtos

Wally Tunow

**Nord-Bridge will be closed on
Monday, September 1st for Labour Day**



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



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

Some programs and services are partially funded by the joint Provincial and City FCSS Program.

Nord-Bridge is a proud member of the Alberta Association of Seniors Centres.



Alberta Association of Seniors Centres

Be *Scent*sitive to others

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



We Share the Air!

Visit nordbridgeseniors.com for program information, photos, videos, newsletters, and more.

facebook.com/nordbridgeseniorslethbridge

x.com/bridgenord

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



Now accepting VISA, MASTERCARD & INTERAC
TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER



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

Country/Celtic Barn Dance

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



Date: Saturday, September 13, 2025

Time: 6:30pm - 10:00pm

Location: The Venue of New Hope

100043 Range Rd 22-3

2km south of Park Lake Provincial Park

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

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

Featuring performances
by two local bands!



* CLOVER *
OVERBOARD



Door prizes and 50/50 draw!

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

EXECUTIVE DIRECTOR'S REPORT



Last month, we enjoyed another successful Whoop-Up Days parade float entry and pancake breakfast. We welcomed over 650 people to Nord-Bridge for a delicious pancake breakfast. Thank you to all the sponsors for making this event possible (see page 26 for a list of all the sponsors). Also, a big thank you to our magnificent volunteers who cooked, served and cleaned. We had volunteers from Nord-Bridge, the community, politicians, and some candidates seeking election in this year's municipal election.

On that note, Nord-Bridge has arranged to host a Meet and Greet of candidates running for mayor and councillor positions in the 2025 Municipal Election. The Meet and Greet will be on Monday, October 6th from 10:00 am — 12:00 pm in our Multi-Purpose Hall. At the time of writing this article, 13 candidates had registered their nomination papers. It is anticipated over 20 candidates will put their name forward to run for 8 councillor positions and 1 mayor seat. The Meet and Greet is an excellent opportunity for members and the community to chat with candidates and get information and resources needed prior to casting a vote on October 20th.



Building Update:

Nord-Bridge has approximately 200 fluorescent light fixtures in our building. Each light fixture has 4 fluorescent tubes, thus we have approximately 800 fluorescent lamps. The Government of Canada has set new regulations that will come into effect on January 1, 2026 to start prohibiting the manufacturing and importing of specified fluorescent lamps containing mercury. By 2030, it will be prohibited to buy the fluorescent lamps that light our building. Last

month we took our second step in working towards meeting this new regulation. We changed out 36 fixtures in our Multi-Purpose Hall to new LED panel lights. The Flex Room is the other room in our building already outfitted with LED panel lights. Keep in mind we don't have to change out the lights before 2030, we will just not be able to purchase replacement fluorescent lights after 2030. We will start to change out the remaining lights over the next 5 - 10 years.



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

Financial Administrator

Program Coordinator

Seniors System Navigator

Office Administrator

Office Administrator/Outreach

Dining Room/Kitchen Assistant

Kitchen Manager

Cook

Cook

Kitchen Team Member

Building Maintenance/Custodian

Director of Fund Development

Coordinator of Volunteer Services

Go-Friendly Bus Driver

Newsletter Editor

David Ng

Tracy Beauchemin

Ashley Kern

Charlene Kocken

Maria Lisun

Erin Bates

Gail Krysak

Bety Castillo

Tyler Johnson

Danielle Wiese

Heather Boychuk

Marco Escobar

Julie Sarich

Donna Lofstrom-Bell

Terry Beauchemin

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) **NEW!**

Convener: Cliff Helm

Cost: Free!



*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. 7th.*

**For Nord-Bridge members only*



Eat anything you want...

anytime, anywhere...

with the help of implant supported dentures.

Call us today for your
complete denture care needs

Hosack
DENTURE CLINIC LTD.

Giving you something to smile about!

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



Shaw) Go



Available here.

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

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

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

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



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

User ID: **NBSC_Guest**
Password: **Friendly@55**



(Shaw Cable subscribers see left)

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!

Check back next month for our August and September winners!

MONDAY JAM 50/50 DRAW

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

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

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

New Comers Meet and Greet

Join us for a morning of socialization with Conveners every 1st and 3rd Tuesday of the month in the Dunford Diner!

This is a great opportunity for new members wanting to connect with new people.

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



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, September 22nd or October 27th

Nashville, Branson & Memphis – 17 days, September 29th

Nashville, Branson & Dollywood – 21 days, October 8th

Victoria Stay Awhile – 9 days, October 12th or April 18th

Christmas in Victoria – 9 days, December 21st

Palm Springs Desert Oasis – 14 days, January 18th

Arizona Desert and Canyons – 16 days, February 9th

Deep South Texas and Louisiana – 24 days, March 9th

Portugal's Coastal Gems – 10 days, May 31st

Visit us online at

www.nageltours.com

Contact your Travel Agent

or toll free: **1-800-562-9999**

info@nageltours.com

**48th
Anniversary**



**Looking to get the word out
about your senior-related
business, services, or event?**

**Contact us at
editor@nordbridgeseniors.com
for information about our advertising rates!**

***Advertisements must
be specific to seniors**



Lethbridge HEARING CENTRE

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

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



403.320.6000
www.lethbridgehearing.ca

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

Free Hearing Tests

at Nord-Bridge Seniors Centre with

Lethbridge
HEARING CENTRE

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



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



Jo Ann Kelly
REALTOR®

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

office: 403.320.6411
email: kellyjg08@gmail.com

Over 30 Years Experience



Martin Brothers
Funeral Chapels Ltd.

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

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



BUILDING OPERATING FUNDS RECENT DONORS

Stephen Prokop,
in Memory of Evelyn & Bob \$500
Diane Holstine \$200
Mike Bennett \$100

NORD-BRIDGE IN-HOUSE BINGO

Year to date: \$11,713.75



Fall
2025

Nord-Bridge Seniors Centre
PRESENTS

NEW

**ONLINE
REGISTRATION**
Available September 4!

ENROLL ONLINE AT:
WWW.NORDBRIDGESENIORS.COM

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



Steps to
Register Online:

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



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

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, Sept. 25, Oct. 23
Time: 9:30 am - 2:00 pm
Location: Nord-Bridge Main Corridor
Cost: FREE
Appointments are required.
Visit the front reception desk to book!
**for Nord-Bridge members only*



Member Photos

by Walter Kerber








3rd Monday of every month
Time: 10:00 am to 12:00 pm
Location: Nord-Bridge Library

Upcoming Dates:
September 15, October 20
November 17, December 15

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

HERE TO SERVE

 **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,
Sept. 24, Oct. 22, Nov. 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:

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

Upcoming Dates at LSCO:

**Sept. 16 (pm), Oct. 7 (am),
Nov. 18 (pm), Dec. 2 (am)**

Contact the SCSP Seniors System Navigation Team Intake Worker at 403-329-1544 for more information



SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS
WITH NO PUFFS OR DROPS.



Rick Miller
Licensed Contact Lens Practitioner

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

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



Fred Miller
Registered Optician



SHOEBOX

SCANNING

"Preserving Your Family's Legacy"

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

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



403.382.1250

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



Mitchell Hall
Owner



EVERGREEN

Funeral Home
and Cremation Services

403-329-4934

Give us a call regarding ...

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

*Because Cost
Is An Option*

*We lessen the expense,
Not the care*

A Division of the Caring Group Corp.

MOBILE FOOD SUPPORT

LETHBRIDGE
FOOD BANK
FEED THE NEED

September Dates 2025

September 4th - 1pm

Nord Bridge Seniors Centre - 1904 13 Ave N

September 11th - 1pm

LSCO - 500 11th Street S

September 18th - 1pm

University of Lethbridge - 4401 University Dr W

September 25th - 4pm

Lethbridge Polytechnic - 3000 College Dr S



roost2roost

LIMITED

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

We can help....

- Sorting • Organizing
- Selling Unneeded Furniture
- Packing • Arranging Movers • Unpacking
- Estate Home Clearouts

**Call Jody Johnson for your complimentary
in-home consultation and free estimate.**

Cell: 403-330-8389



New Owner/
Operator

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**



LETHBRIDGE DENTURE CLINIC LTD

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

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

DUNFORD DINER MENU



NORD-BRIDGE

BREAKFAST

Full Breakfast \$10

2 Eggs, Bacon/Sausage/Ham, Hashbrowns, Toast & Coffee

Eggs Benedict \$10

Toasted English Muffin, Poached Eggs, Ham, Hollandaise, Hashbrowns & Coffee
Half order \$8

Huevos Rancheros \$10

2 Eggs on tortilla with tomato sauce, Hashbrowns, Bacon/Sausage/Ham & Coffee

Bacon Lovers Omelette \$9.5

Bacon & Cheese, Tomato slices, Hashbrowns, Toast & Coffee

Spinach Omelette \$9.5

Spinach, Mushrooms, Green Onions, Peppers, Cheese, Hashbrowns, Toast & Coffee

Spanish Omelette \$9.5

Peppers, Green Onions, Ham, Mushrooms, Cheese, Hashbrowns, Toast & Coffee

Ham & Cheese Omelette \$9

Hashbrowns, Toast & Coffee

Small Breakfast \$8

1 Egg, Bacon/Sausage/Ham, Hashbrowns, 1 Toast & Coffee

Small Pancake/French Toast Breakfast \$8

1 Pancake or 1 French Toast, 1 Egg, Bacon/Sausage/Ham & Coffee

Pancakes \$7.5

French Toast \$6.5

Breakfast Burrito \$8(Sm) \$10(Lg)

Sausage, Peppers, Mushrooms, Green Onions, Cheese & Coffee (Sm 1 egg, Lg 2 egg)

Egg Muffin Sandwich \$5.5

Toasted English Muffin, Egg with Bacon/Sausage/Ham

LUNCH

Philly Cheesesteak \$10.5

Sliced Steak with Peppers, Onions on bun with Fries

Beef Dip \$10

Roast Beef, A'ujus on a bun with Fries

Rueben Sandwich \$8.5

Corned Beef, Swiss Cheese, Sauerkraut on Rye Bread

Deluxe Hot Hamburger & Poutine \$11

Beef Patty on a slice of bread with gravy onions & Poutine

Hot Hamburger & Fries \$9.5

Beef Patty on a slice of bread with gravy onions & Fries

Burger - Beef or Chicken \$7.5

Add Cheese (Swiss or Cheddar) \$1 Add Bacon \$1.5
Add Mushrooms \$1 Add side of Fries \$3.5

Fish & Chips \$12(2pc) \$10(1pc)

Fish Tacos & Fries \$10

2 Corn Tortilla Fish Tacos with Fries

Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$7

Grilled Ham & Cheese \$6.5

Grilled Cheese \$5.5

B L T \$7

Nord-Bridge Club Sandwich \$9

Chicken, Ham, Bacon, Tomato, Lettuce, Cheese, 2 slices of bread

Denver Sandwich \$7

Chicken Caesar Wrap \$8

Chicken Fingers & Fries \$8.5

Chicken or Ground Beef Quesadillas \$10

SALAD

Taco Salad with Beef \$9

Add Refried Beans \$1.5

*Chef Salad \$10.5

*Caesar Salad \$7.5

*Garden Salad \$7.5

*Add Grilled or Breaded Chicken \$3.5

FRIES & SIDES

Poutine \$7.5

Fries \$4.5(Sm) \$6(Lg)

Onion Rings \$6

Sweet Potato Fries \$6.5

with Dill Dip

Add Ons: extra \$1

Salsa, Sour Cream, Dressing, Gravy

SOUP & SANDWICHES

Soup & Sandwich \$7.5

Soup \$4.25

Sandwich \$4.25

BEVERAGES

Coffee \$1

Pop & Juice \$1.5

Bottled Water \$1



Walker Repair Clinic

*for Nord-Bridge members only

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



To sign up, visit the Nord-Bridge front desk

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



Foot Care at Nord-Bridge with Chinook Foot and Ankle Clinic

*Appointments MUST be booked ahead by calling 403-329-3222 while spaces last!

Upcoming Dates:

Wednesdays, Sept. 3 & Nov. 5

Time: 10:00am to 12:00pm

Location: Craft Room

Fee: \$35 per patient per visit



*For Nord-Bridge Members Only



If you have any questions, please contact Chinook Foot and Ankle Clinic at 403-331-3338

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!





The Medicine Shoppe
PHARMACY

Struggling with a cold sore, migraine, allergic reaction, or other minor ailment?

We have a solution for you.

Ask your personal pharmacist about additional prescribing for minor ailments today.

**1904 - 13 Avenue North
Lethbridge, AB T1H 4W9
(403) 381-0700**



WELCOME
September

As the seasons shift and autumn settles in, I want to extend warm wishes to all residents and staff at Nord-Bridge. September reminds us that learning, connection, and community never go out of season. Thank you for the wisdom you share and the warmth you bring to Lethbridge-East. Wishing you a cozy, joyful fall!



MLA Nathan Neudorf
Lethbridge-East
403-320-1011

Pro-Rated Membership Fee for New Members!

If you are thinking of becoming a member of Nord-Bridge, come and see us about our pro-rated membership fee! Pay \$93, which includes the remainder of 2025, plus all of 2026. Visit the front desk to sign up!

****Please note: this applies to new members only!***



Working together to bring Government services to you.

Dates: Sept. 19, Oct. 17, Nov. 21
Time: 9:00 am - 2:00 pm

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

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

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

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



Service Canada:

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

Canada Revenue Agency (CRA):

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

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

Lethbridge Scottish Country Dance Club

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

Location: St. Andrews Presbyterian Church Hall
1818 5th Avenue South
Fee: \$30 for September to May
Contact: Pam Vogt at 403-332-1208

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

No special clothing required.

***NOT Highland Dancing**





Volunteer Services Report



A belated "Howdy!" as I just attended my very first Whoop-Up Days, and a huge thank you to all the members who volunteered with the float, parade & Toonie Pancake Breakfast. It was such great teamwork.

Happy autumn everyone! My favourite time of the year; just not so keen on what follows behind.

I have an update from the 3rd Annual Show & Shine Car Show event on Sunday, July 6th. Thanks to the generosity of Nord-Bridge Seniors Centre members & the public, \$436.80 worth of food plus a financial donation of \$25.00 was collected for the Interfaith Food Bank Society of Lethbridge. Well done!

Also, here is a quick update on the 76th Annual Southern Alberta Senior Men's Golf Association Charity Golf Tournament held on July 28th & 29th at Picture Butte Golf Course. The SASMGA was raising funds for the Alzheimer Society and needed some help with volunteers supporting the cause. They were able to reach their goal thanks to Nord-Bridge members Dianne & Joe S., George B., Bill H., Herve F., Ken B., Judy W., and our lovely staff member Julie S., Director of Funds Development. A nice donation by SASMGA in the amount of \$500.00 was given to Nord-Bridge Seniors Centre.

If anyone is interested in participating in the 45th Annual Terry Fox Run/Walk this year on Sunday, September 14th at Legacy Park Picnic Shelter, 400 Blackwolf Blvd N., let me know. Registration is at 10:00 am, and the run/walk begins at 11:00 am, concluding at 2:00 pm. My friend Filomena and I have registered a team; Terry Fox Trotters. Anyone is welcome to walk with us and/or donate (no pressure), in support of this great cause. Contact me at (403) 329-3222 for more information. I am out of the office the last week in August, returning on Tuesday, September 2nd. Hoping to enjoy the last bit of summer.



Donna Lofstrom-Bell, CVA - Coordinator of Volunteer Services

Paint & Sip Night with

Call 403-329-3222 to register starting Sept. 4!



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)**



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,
Sept. 17, Oct. 15, Nov. 12, Dec. 10
Appointment times
between 9am and 12pm
Location: Craft Room



BRAIN KNOWLEDGE MORNING



Tuesdays
September 9 - October 14
10:30AM - 12PM
Nord-Bridge Flex Room
1904 13 Ave. N



Join us for a short presentation on brain health and engage in fun activities that enhance and strengthen brain function!

Pre-registration required
Call 403-329-3222, or stop by Nord-Bridge!

FREE FOR ANYONE 55+!





Annual Nord-Bridge Craft and Bake Sale

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

Nord-Bridge Multi-Purpose Hall

***Please enter through NE doors
Open to all!**

VENDORS:

Pre-register starting September 15th
by calling Ashley at 403-329-3222

Vendor Tables:

Members \$20 // Non-Members \$35

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



Pilates

Session 1: Thursdays, Sept. 11 - Oct. 30

Session 2: Thursdays, Nov. 6 - Dec. 18

Time: 8:45am - 9:30am

Location: West Community Room

Cost: \$45 Members \$65 Non-Members

Instructor: Donna Tiefenbach

***No class Oct. 18**

Pilates is a whole body workout, focusing on core, leg, and arm strength, as well as balance and stability. Modifications are always offered. Please bring a mat and water bottle.

DARREN ATKINS



403-894-4122



darren.reddoorqrl@gmail.com



ONYX
REALTY

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

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**

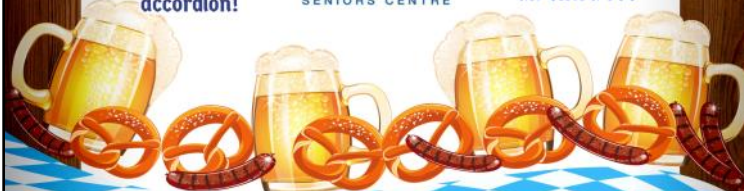
**Option B: Chicken Schnitzel with Carrots
and Sweet & Sour Braised Red Cabbage**

***Limited diner menu available**

Enjoy live
entertainment with
Alice Tinordi on the
accordion!



Alcohol
available for
an extra fee



Restoring
Smiles with
Quality
Dentures



Offering
Home Visits
call for more info

**Southern
Denture Clinic**

**Now doing intraoral scanning!
No more messy
uncomfortable impressions!**

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

Direct Insurance Billing ♥

Accepting Canadian Dental Care Plan

Free no pressure Consultations ♥ No Referral Needed

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

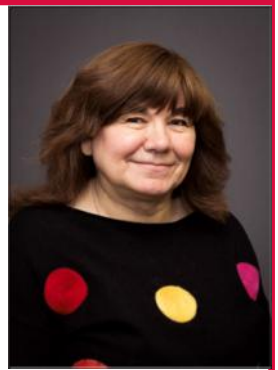
403-327-6331

Seniors System Navigator

Fall time is about staying warm and keeping healthy.

Soon autumn will be here, and you will want to go outside to enjoy the crisp autumn air. The cool autumn air is important for your whole well being. The following are some strategies to keep you healthy and safe for autumn.

- Try and keep up with your vaccines. Make an appointment at the Medicine Shoppe with pharmacist Terry Toth, or give him a call at 403-381-0700.
- The students return to school, and this is the time for cold and flu season to begin. The temperatures begin to drop, and seniors tend to stay indoors which leads to viruses. As a senior get your flu vaccine and wash your hands regularly. If you have asthma and tend to get respiratory infections, ask your doctor about the pneumonia vaccine.
- The days are getting shorter - as seniors, try and go to bed earlier to get plenty of sleep. The days are getting shorter, and we have earlier sunsets. The evenings are dark which encourages seniors to retreat indoors.
- Dress warmly for the cool weather. It is best to dress in layers for the fall as the temperatures can change quickly.
- During fall storms have a phone that works and allows you to call and keep in touch with loved ones until the weather clears. This reduces the chances of being isolated.
- Lastly, winterize your home. Shut taps off that are located outside and check your furnace to make sure it is working efficiently. If need be, caulk windows and doors or use weather stripping. There are many heating companies in Lethbridge that you can hire to inspect your furnace.



Charlene Kocken,

BA, BSW, RSW Seniors System Navigator



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 17th from 9:00am to 12:00pm. Please contact Ashley at 403-329-3222 if you have any questions regarding baking donations!



Welcome to the University of Lethbridge Nursing Students!

The U of L nursing students will be at Nord-Bridge as part of their community practicum from September to December. Watch for their monthly newsletter write-ups and the Health Fair coming up in November!



Just for Laughs...

A little silver-haired lady calls her neighbor and says,
"Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks,
"What is it supposed to be when it's finished?"








The little silver-haired lady says,
"According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, looks at the box, then turns to her and says,
"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says,
"Secondly, I want you to relax. Let's have a cup of tea, and then..." he said with a deep sigh,
"Let's put all the Corn Flakes back in the box."



September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Nord-Bridge CLOSED TODAY for Labor Day. 	2 9:00 Pickleball (Pickle Point) 9:00 Golf Wind Up (Evergreen Golf) 10:00 New Comers Meet & Greet (Diner) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em (WCR) 1:30 Beginners Crib (Annex) 	3 9:00 Handy Crafters (Flex) 10:00 Carpet Bowling 10:00 FOOTCARE (Craft) 10:45 WINNERS BINGO 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 7:30 Table Tennis (MPH) 	4 *Fall Registration Begins at 8:30 am! 8:30 Spruce Meadows Trip 9:00 Card Crafters 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge 	5 8:30 Begin. Chess Club (Board R) 9:00 Ukulele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 1:00 In-House Bingo 1:00 Cribbage (WCR) 1:00 Contract Bridge 
8 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line 10:00 Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning 11:00 Pet Therapy Visits (SSN Office) 11:30 Abs, Core & More 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 1:30 Outreach Meeting (Board Room) 6:00 Begin. Pickleball (MPH)	9 9:00 LAWYERS (BR) 9:00 Pickleball (Pickle Point) 9:00 Strength, Tone & Stretch 9:00 Zumba Gold Toning 9:30 Begin. Watercolor (Craft) 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:00 IG Wealth Management Visits with Carol H. (Hall) 10:30 Brain Knowledge (Flex Rm) 10:30 Clogging Intermediate 11:00 Keep Fit (Cardio) 11:15 Clogging Advanced 12:15 Tai Chi Yang Style 12:45 Canasta/ H & F 1:00 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 6:30 Yin & Yoga Nidra (MPH)	10 8:45 Active Pound 55+ 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga 10:00 Coffee with a Cop 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:45 15 15 15 (WCR) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Artist Books (Craft) 1:30 Minds in Motion (WCR) 5:30 Begin. Group Dance (MPH) 6:00 Begin. Pickleball @ YMCA West 7:30 Table Tennis (MPH)	11 8:45 Pilates (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 6:00 Begin. Pickleball (MPH) 	12 8:30 Begin. Chess Club (Board R) 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters 10:00 Outdoor Walking 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 1:00 In-House Bingo (MPH) 1:00 Cribbage (WCR) 1:00 Contract Bridge <div> 6:30 pm TOMORROW (13th) Barn Dance at The Venue of New Hope (Get Your Tickets at the Front Desk and ask for directions) </div> 

15 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Member Photos (Library) 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning 10:30 Check In (Flex Room) 11:30 Abs, Core & More 1:00 Begin. Line Dance 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach (MPH) 6:00 Begin. Pickleball (MPH)	16 9:00 Coulee Home Care 9:00 Pickleball (Pickle Point) 9:00 Strength, Tone & Stretch 9:00 Zumba Gold T. 9:30 Begin. Watercolor (Craft) 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:00 New Comers Meet & Greet (Diner) 10:30 Brain Knowledge 10:30 Clogging Intermediate 11:00 Keep Fit (Cardio) 11:15 Clogging Advanced 12:15 Tai Chi Yang Style 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 1:45 Chair Yoga (MPH) 3:00 Exercises w/ Arthritis 5:00 Gentle Barre 6:30 Yin & Yoga Nidra	17 8:45 Active Pound 55+ 9:00 Board of Directors Meeting (Board Room) 9:00 Reflexology (Craft R) 9:00 Handy Crafters (Flex Room) 9:00 Gentle Yoga (WCR) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:45 15 15 15 (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 5:30 Begin. Group Dance 6:00 Begin. Pickleball @ YMCA West 7:30 Table Tennis (MPH)	18 8:45 Pilates (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 1:00 Woodcarving (Craft Room) 1:00 Whist (Annex) 1:00 Contract Bridge 6:00 Begin. Pickleball (MPH)	19 8:30 Begin. Chess Club (Board R) 9:00 Gentle Yoga 9:00 CRA/Service Canada Visits 9:00 Ukulele Circle 9:00 Handy Crafters (Craft Room) 10:00 Outdoor Walking 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In-House Bingo (MPH) 1:00 Cribbage (WCR) 1:00 Contract Bridge 9:00 Nordic Pole Walking tomorrow Sept. 20th! *Call Nord-Bridge to Register!
22 & 29 9:00 Hello Monday (Flex) 9:00 Guided Meditation (BR) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning 11:30 Abs, Core & More 1:00 Begin. Line Dance 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 6:00 Begin. Pickleball (MPH)	23* & 30* 9:00 Financial Literacy (Flex) *23 & 30 9:00 Pickleball (Picklepoint) 9:00 Strength, Tone & Stretch 9:00* Zumba Gold T. *None on 23 9:30 Begin. Watercolor (Craft) 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Brain Knowledge (Flex Room) 10:30 Clogging Intermediate 11:00 Keep Fit (Cardio) 11:15 Clogging Advanced 12:15* Tai Chi Yang Style *None on 23 12:45 Canasta/ H & F 1:00* Cooking @ Interfaith (23) 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 1:45 Chair Yoga (MPH) 3:00 Exercises with Arthritis (MPH) 5:00* Gentle Barre *None on 23 6:30* Yin & Yoga Nidra *None on 30	24 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:00 WALKER REPAIRS 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:45 15 15 15 (WCR) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Artist Books (Craft) 1:30 Minds in Motion (WCR) 2:00 Genealogy- Family History 3:15 L-SKIP (MPH) 5:30 Begin. Group Dance 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	25 8:45 Pilates (WCR) 9:00 Card Crafters 9:00 Inter. Line Dance (MPH) 9:30 Tech Help (Hallway) 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 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge 6:00 Begin. Pickleball (MPH)	26 8:30 Begin. Chess Club 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters (Craft Room) 10:00 Outdoor Walking 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In-House Bingo 1:00 Cribbage (WCR) 1:00 Contract Bridge *MONTHLY TOONIE DRAW

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!**

Storytelling Project with Park Meadows Elementary School

In partnership with the Park Meadows Elementary School Grade 5 Fine Arts Teacher and the Nord-Bridge Mind Joggers Writing Group, seniors and children will partner to create and perform a short skit from the seniors' short stories. If interested, please contact Ashley at 403-329-3222. We are looking for dedicated, creative, passionate, and knowledgeable seniors. This program will begin first week of October so if interested, please contact Ashley at 403-329-3222 today!



NEW! Fit Ball with Tracy

This class offers a unique and challenging way to strengthen your core, increase stability and improve overall strength. Fit ball, also known as a Swiss ball or stability ball, is a large, inflatable ball that incorporates a variety of toning exercise such as cardio, core, and balance. Bring your own fit-ball or use the one provided.

Session 1:

Tuesdays, Sept. 9 - Oct. 21
Time: 10:00 am - 10:45 am
Location: Multi-Purpose Hall
Fee: \$40 Members
\$60 Non-Members



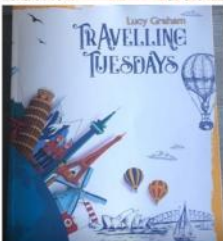
CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME

Family Focused
Family Operated

703 13 STREET NORTH, LETHBRIDGE

Phone: 403.382.3601
www.generationsfh.ca

A division of the Caring Group Corp.



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

Find out what is the only country that starts with the letter Q, O or W. Yes - Lucy has been to each of these countries too! Lucy is selling her book for \$50 USD or \$60 CAD. She will make a donation of \$5 for each book sold here at Nord-Bridge.

Condolences to...

...the Vrecko family, on the passing of Bill
...The Zook family, on the passing of Tom

Get Well Wishes to

Bud Cox

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!



Seniors Community Services Partnership
SENIORS SYSTEM NAVIGATORS

Support For Seniors



403-329-1544

Call
Now

We can help

Identify your needs

Connect you with
resources

Provide emotional
support

Offer community
outreach

Advocate within
complex systems

Offer education



Contact the Seniors System Navigators



403-329-1544



intake@lethseniors.com

Empathy.
Assistance.
Advocacy.

Programmer's Report



I can't believe it's already September! Last month I got to participate in the Calgary Mud Girl Run with my niece and sisters. The race is 5km of running through the mud with obstacles, and is dedicated to women! Here is a photo from it!

August was a busy one with Whoop-Up Days the week of August 19th to August 23rd - we had a blast! Thank you Erin, Julie and Donna for brainstorming and creating the new theme of our float, Lyle, for allowing us to use his trailer, shop and anything else we needed, Randy for driving and using his personal truck, and of course to all our volunteers and sponsors during Whoop-Up Days. You can find the full list on page 26 of this newsletter as well as some awesome photos.



Our building will be busy once again with all fall programs beginning, so just as a reminder, please make sure to not park in RESERVED PARKING at the back of our building as these spaces are reserved for staff.

The NEW Fall Program Guide was released on August 25th with everything from fitness and art to special events and orientations in the gym for new members! Registration starts Thursday, September 4th at 8:30 am MST both online and in person. As usual we highly recommend registering online through our website www.nordbridgeseniors.com but you are also welcome to register in person. Please find the list of steps on how to register online on page 6 of this newsletter. Please note if you are registering online, make sure your membership is paid for this year and that your email is correct in our database as the email on file used to "sign in" to the registration process, is attached to your contact information and therefore will give you the membership discount on the classes. If you are unable to register in person on this day, please get a friend or family member to register for you. Members can register for themselves and a maximum of one other person. Please also note, if you are trying to get into the most popular programs in person including Gentle Yoga, Chair Yoga, Advanced Acrylic Paint, Baking/ Cooking at the Interfaith, Sketching & Drawing, Beginners Line Dance, Keep Fit (Tuesday and Thursday), & Tai Chi please come at 8:00 am to receive a number. The registration process will then begin at 8:30 am. However, if you are not registering for any of these programs listed above, please wait until later that day to register or register the next day. I am excited to have two new outdoor fall walking programs (normally these are planned for the summer) as well as a Yoga Thrive class for those with cancer and beyond, and many more! If you have any questions regarding registration, please don't hesitate to contact me at 403-329-3222.

September 2nd is our annual Golf Wind up for our Nord-Bridge members who have participated in the Nord-Bridge Golf Program at Evergreen Golf Centre since May! We will have some photos from this fun day in next month's newsletter, so keep an eye out!

As I mentioned in last month's write up, the U of L Nursing students will once again be at Nord-Bridge twice a week from September until December as part of their Community Health Practicum, focusing on member needs in the areas of Health Promotion, Health Protection, and Injury Prevention. Please give them all a warm welcome when you see them around Nord-Bridge and keep an eye out for their monthly newsletter write ups on upcoming information sessions, as well as their November Health Fair! We are always so grateful for this continued partnership.

We are excited to offer our Annual Thanksgiving Luncheon once again on Friday, October 10th from 11:30 am - 1:00 pm in the Multi-Purpose Hall instead of the diner to accommodate more patrons. Tickets for this go on sale starting Tuesday, Sept. 30th at 8:30 am at Nord-Bridge.

I have also had lots of questions on when the Fall Craft/Bake sale will be. It is planned for Saturday, October 18th in the Multi-Purpose Hall of Nord-Bridge. To reserve your table as a craft vendor please contact me at 403-329-3222 starting September 15th.

Until next month, stay happy and healthy!

~Ashley Kern - Program Coordinator

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. 16 & Fri. Oct. 17 - 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



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

Friday, September 5

Ham Steak, with Scalloped Potatoes and Veggies

Friday, September 12

Meatloaf, with Mashed Potatoes and Gravy

Friday, September 19

Chicken Fettuccine Alfredo Pasta, with Garlic Toast and Caesar Salad

Friday, September 26

Liver & Onions with Mashed Potatoes, Veggies, and Gravy

Available from 11 am to 1 pm, while quantities last



Coffee with a Constable

Second Wednesday of each month

Nord-Bridge Dunford Diner

Upcoming Dates: Sept. 10, Oct. 8, Nov. 12

Time: 10:00 am - 11:30 am



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

NEW! Genealogy - Family History Class

This class will explore different methods of organizing and recording our family lines. Learn how to access millions of online records and where to find additional help - online and locally. You will be introduced to FamilySearch to assist you in preserving and archiving your treasured family photos, stories and documents. Discover fun activities to share your family history with your family.

Dates: Wednesdays, Sept. 24 - Nov. 12

Time: 2:00 pm - 3:00 pm

Location: Flex Room

Fee: \$35 Members \$55 Non-members

Instructor: Barbara Dudley

**A laptop or tablet is required for this course, and participants must be computer literate.*

Register beginning September 4, either online at www.nordbridgeseniors.com or by calling 403-329-3222



**Information Sessions
at Nord-Bridge**

Dates: Tuesdays, Sept. 23 & 30

Time: 9:00 am - 10:00 am

Location: Nord-Bridge Flex Room

Join Carol Haayema, CERTIFIED FINANCIAL PLANNER® of IG Wealth Management Lethbridge, for these informative financial information sessions!

Topics:

September 23 - Helping the Kids and Grandkids

- Aligning life and money
- Financial tips to do it well
- Things to know and avoid

September 30 - Getting the Most Out of Your Life & Your Wealth

- Maximizing life and return
- Tips to pay less tax
- Underliving and you

**No registration required!
Free for anyone 55+**





Fundraising Report

Where has summer gone?! September is upon us, and we have been busy planning our fundraising events!

The Whoop-Up Days parade was a big success. Thanks to Zack at Wholesale Club for helping us with the candy we gave to the patrons of the parade!! Always so much fun!

We also did some volunteering for the Alberta Men's Golf League at Picture Butte Golf Course – what FUN we had! They were gracious enough to donate \$500 to our centre for our help ~ and we will be working with them again next year...can't wait!

We also held an amazing Whoop-Up Pancake Breakfast! Thanks to Specsavers Lethbridge for sponsoring our delish breakfast, as well as Costco, Wholesale Club, Safeway Fairway Plaza, Rays No Frills, Dianne & Joe Smith, and Savers Convenience for their support. Thanks to everyone who came out to share in these fun events! We could not do it without you all! Please be sure you are supporting those who help us out!

Our Golf Wind Up is on the 2nd of September. Thank you so much to our sponsors who help us give out amazing prizes, as well as our event sponsor ~ Lethbridge Hearing Centre! Your support is very much appreciated! We received gift cards from Blanco Cantina, Moxies, Nord-Bridge, and Evergreen Golf Center's new restaurant (if you haven't eaten there yet, you must!), as well as prizes from Evergreen Golf Centre - they host our seniors for their golf season, and I know everyone has so much fun!

We will be raffling off our beautiful doll house! What an amazing prize for someone to win this year! Tickets will go on sale in mid-September and will run until December 19, 2025. See page 24 of this newsletter for the details.

You will notice that we have made a change in our main hallway! Nord-Bridge is looking to raise funds for a dining room expansion! We applied for a grant, without success ~ however we still want to work towards increasing and improving our space with new tables and chairs, new flooring, and a new layout. The anticipated cost of this upgrade is \$100,000 ~ and we need your help! The plan is all laid out – and we will keep you posted on how we will be implementing our fundraising. We will be looking for sponsors as well as asking our members who enjoy the social aspect of our Dunford Diner. Don't hesitate to see myself, David, or Tracy for more information.

We will also be raffling off a brand new car! This will be coming up in October – so stay tuned for more information.

The planning never stops...we have our 6th Annual Under Northern Lights Gala on March 28, 2026, and we are very excited about the event coming up next year.

Alone, we can do so little ~ Together, we can do so much! Looking forward to seeing you around the Friendly Centre!

Julie Sarich - **Director of Fund Development**



The August Sass Dispatch

August tried to keep up, but between gophers in costumes, dance floors, and parade floats, I left that month gasping for air and begging for a nap.

Gophers, Darling. Gophers.

August began with true culture, the World-Famous Gopher Museum in Torrington, Alberta. Try staring into the soulful glass eyes of a gopher dressed like a cowboy and tell me that's not life changing. Val, Tracy, and Roberta came along as witnesses to this furry fashion week, and we all agreed: these little divas were serving looks. Tiny tuxedos, delicate gowns, wild west saloon vibes - it was basically a rodent runway show.



Summer Fest

Next, I went straight back to my teenage years at Summer Fest. I reunited with friends I hadn't seen in ages, and suddenly it was like no time had passed. The laughter, the inside jokes, the "remember when" stories. We threw ourselves into the music, danced like curfews no longer existed (because, praise be, they don't), and lived it up like we were sixteen again. The only difference? Back then, sneaking out of the house; now, sneaking Advil the next morning. Back then, worried about parents catching us; now, worried about how many naps I can get in. Nostalgia hit hard, but the fun hit harder.



Flats Fest in Canal Flats

David Lee Murphy had me looking for a Party Crowd and The James Barker Band told me to keep the party going - so naturally, I obeyed. Between the music, laughter, and my new friends I'll probably never remember how I met, it was a magical night of music, laughter, and questionable decisions.

Whoopin' It Up

The real MVPs of this year's Whoop-Up Days? *You* - our amazing volunteers! You hauled, painted, zip-tied, and somehow kept smiling through it all. The parade float didn't just roll - it strutted. Big thanks to my dad for the trailer, shop, and carpentry magic that turned 2x4s and my wild ideas into pure parade perfection. And to our float riders and walkers - thanks for working that route like it was the red carpet at Whoop-Up Days. Your waves and smiles made the crowd feel like VIPs! Oh, and our **Nord-Bridge Whoop-Up Pancake Breakfast**? Total hit - thanks to the pancake flippers, coffee fillers, and dish-out dynamos. You served up more than breakfast - you brought joy, caffeine, and community spirit to every plate. Here's to laughs, full bellies, and the sassiest crew around. Same time next year?



I ended the month screaming "We're Here for a Good Time" with my sonshine, Corbin. Because what says "family bonding" more than singing classic rock at the top of your lungs until your voice is gone? Nothing. Absolutely nothing.

Coming Up Next (Mark Your Calendars)

Halloween Outreach - October 20 > Featuring Bryce Gray and Friends. Bring your spooky spirit and your dancing shoes

Rosebud Christmas Show - November 20 > Sign up or risk being stuck watching your 12th Hall-mark movie in a row (you know the plot already: small-town baker + big-city lawyer = love.) See the poster on page 21 for details.

August? I owned it. September? You've been warned.

~Erin Bates "Be a flamingo in a flock of pigeons"





Thanksgiving Luncheon

Friday, October 10 // 11:30am

Seating begins at 11:00am

Tickets: \$15 each, On Sale

Tuesday, September 30 at 8:30am

Location: Nord-Bridge Multi-Purpose Hall

***Tables will be assigned with ticket purchase**

Menu:

Turkey, Mashed Potatoes, Gravy, Stuffing, Carrots, Salad, and a Dessert

**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**



Nord-Bridge Outreach

Monday, September 15th

1:30pm to 3:00pm

Nord-Bridge Multi-Purpose Hall

\$3 per person

RSVP by Monday, Sept. 8!

Call 403-329-3222



Let's Celebrate Canada!

~Proud to Appreciate Canada's Beauty~

Entertainment by the Nord-Bridge Ukulele Group

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



Beginners Pickleball for Older Adults at Cor Van Raay YMCA

A partnership between Nord-Bridge and the Cor Van Raay YMCA, this is a recreational group for seniors who are looking to gain more experience in the game of pickleball.

Dates: Wednesdays, Sept. 10 - Dec. 17

Time: 6:30 pm - 9:00 pm

Location: Cor Van Raay YMCA Court #3

74 Mauretania Road West

Fee: Members Only \$80 OR

FREE for YMCA members

Call 403-329-3222 or visit www.nordbridgeseniors.com to register beginning Sept. 4!



Mind Joggers

The Mind Joggers Writers Group is a casual, friendly group that is always looking for new members. Each person has memories that are important to record for future generations. This group is here to offer encouragement and support as you get started in writing.

Drop-in to the Berlando Boardroom Thursdays at 9:30 am to see if this program interests you.

***Begins September 11th.**



Miracle on 34th Street

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



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.

Lethbridge Elder Abuse Response Network

Hello! My name is Julie Coleman, and on Monday August 11th I joined the LSCO LEARN team. I am sincerely grateful to Kaitlynn and Amy for this opportunity, and to Marissa for leading me through an action packed, solution focused first week of training.

I have been working in human services for over 25 years in a variety of roles across government and the nonprofit sector primarily in family violence prevention and intervention programs.

I want to thank everyone I have met so far for the warm welcome, and I look forward to getting to know all of you as I embark on this new work adventure!

Julie Coleman
~ LEARN Case Manager



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.

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

Guided Meditation *Now in person!*

Dates: Mondays, September 22 - November 24

Time: 9:00 am - 9:45 am

Location: Board Room *(New location!)*

Fee: Members \$25 Non-Members \$45

Instructor: Ashley Kern

***No class Oct. 13, 20, & 27**

This class will focus on progressive relaxation, guided imagery, tapping, and mindfulness, with the goal of feeling rejuvenated, relaxed, and at peace.
Newcomers are welcome to join.

Please
register at the
front desk
and pick up a
consent form



Lawyers of Huckvale Free Initial Legal Consultation

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

***New dates!**

Time: 9:00am to 11:30am

Fee: FREE (Nord-Bridge members only)

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

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

HUCKVALE
LLP
established 1986

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

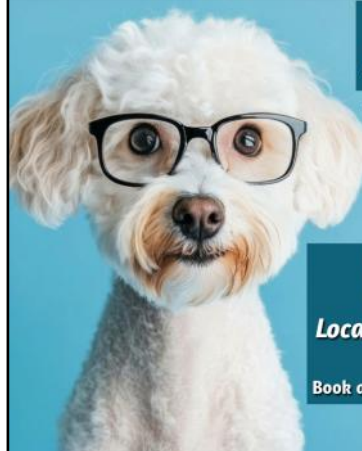
Time: Beginning at 1:00pm

Location: Nord-Bridge Main Corridor

Fee: Free

Book appointments at the Nord-Bridge reception desk!

***For Nord-Bridge Members Only!**





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!

Whist

Day & Time: Thursdays, 1pm - 3pm

Location: Diner Annex

All levels welcome!

Must be a current Nord-Bridge member



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



IG Helping you grow and sustain wealth for generations to come.



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



IG Wealth Management Visits with Carol

Upcoming Dates:

Sept. 9, Oct. 14, Nov. 18

Time: 10am - 12pm

Location: Nord-Bridge Main Corridor

Carol Haayema is a Senior Financial Consultant with IG Wealth Management. Carol will be at Nord-Bridge once a month from Sept. to Nov. to answer questions and offer advice on financial matters such as retirement income optimization, wealth transfer, and estate planning. This is a free service for Nord-Bridge members!

YOGA THRIVE



Dates: Tuesdays, Nov. 4 - Dec. 16
Time: 6:30 pm - 7:30 pm
Location: Multi-Purpose Hall
Cost: Members \$50; Non-Members \$70
Led by: Cheris Samuels

Yoga Thrive is an evidence informed yoga program for those with and 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. 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!

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

Alzheimer Society

ALBERTA AND NORTHWEST TERRITORIES



NORD-BRIDGE SENIORS CENTRE

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,
Sept. 10 - Oct. 29
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

Nord-Bridge Dollhouse Raffle

We are raffling off this beautiful dollhouse, which was built in 2005 by the Nord-Bridge Seniors Woodworking Group. 6 weeks was spent preparing it for the 2006 Whoop-Up Days Craft Fair - where it won first place! It has been at Nord-Bridge ever since, and is a beautiful, fully furnished home that is the dream of every little girl!

With stained glass windows, full-use attic space, cedar shake shingles, and a 3-storey turret, this gorgeous Victorian-style home is waiting for someone to play with!

Purchase tickets at the Nord-Bridge Front Desk from September 15 - December 19!



Tickets:
1 for \$5
3 for \$10
15 for \$50



HELLO MONDAY



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

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

Being happy is not about trying to experience pleasure all the time...or avoiding unpleasant emotions like sadness and anger. It is about being realistic about what life brings, and making the most out of its good times and finding ways to bounce back.

JOIN US TO LEARN MORE!

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

When: Monday, Sept. 1, 2025 - **No class due to Labour Day**
Monday, Sept. 8, 2025
Monday, Sept. 15, 2025
Monday, Sept. 22, 2025
Monday, Sept. 29, 2025

Time: 9:00am to 10:00am

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

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



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 or call 403-329-3222 to register, beginning Sept. 4!

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

NEW!

15 15 15 with Gabrielle

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

Session 1: Wednesdays, Sept. 10- Oct. 22

Session 2: Wednesdays, Oct. 29 - Dec. 10

Time: 11:45 am - 12:30 pm

Location: West Community Room

Fee: \$45 Members \$65 Non-Members



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 to register, beginning Sept. 4!

Session 1: Wednesdays, Sept. 10 - Oct. 1

Time: 5:30pm - 7:00pm

Location: Multi-Purpose Hall

Fee: Members \$40 per couple

Non-Members \$60 per couple

Instructors: Connelly & Bernice Robichaud

Meandering Artist's Book



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

Dates: Wednesdays, Sept. 10 & 24

Time: 1:00pm - 3:00pm

Fee: Members \$30

Non-Members \$50

Location: Craft Room

Instructor: Donna Gallant

Call 403-329-3222 or visit www.nordbridgeseniors.com to register, beginning Sept. 4! Please pick up a supply sheet upon registration

***No class Sept. 17**

Autumn Leaves and Berries



In this two week class we will investigate fall leaves and berries using line and wash (watercolor and ink). We will learn about overlapping shapes, shadows and highlights. Great fall color mixing to create vibrant fall colors. No experience necessary.

Dates: Wednesdays, Oct. 8 & 15

Time: 1:00pm - 3:00pm

Fee: Members \$30

Non-Members \$50

Location: Craft Room

Instructor: Donna Gallant

Call 403-329-3222 or visit www.nordbridgeseniors.com to register, beginning Sept. 4! Please pick up a supply sheet upon registration



MONDAY MORNING CHECK IN



Monday Morning Check In is all about you and the importance of staying well.

Looking to stay connected after having attended Hello Monday? Want to explore what you have already learned? This class is designed for you! These sessions will take topics identified by attendees or covered in Hello Monday, and explore them more in-depth. Participants will continue to build on skills related to the importance of staying well, and are encouraged to bring handouts and discussion items to this group

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

JOIN US TO LEARN MORE!

When: Monday, Sept. 1, 2025 - No class due to Labour Day
Monday, Sept. 8, 2025 - Topic TBD by class
Monday, Sept. 15, 2025 - Topic TBD by class
Monday, Sept. 22, 2025 - Topic TBD by class
Monday, Sept. 29, 2025 - Topic TBD by class

Time: 10:30am to 11:30am

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

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

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



HOME CARE - YOU HAVE OPTIONS

COULEE HOME CARE

JOIN US FOR A FREE INFORMATION SESSION

PRESENTED BY COULEE HOME CARE



LEARN ABOUT THE 3 FUNDING OPTIONS FOR HOME CARE SUPPORT IN ALBERTA



1904 - 13 AVE.
NORTH

NO SIGN UP REQUIRED

SEPTEMBER 2025

16TH - 9 AM FLEX ROOM

26TH - 6 PM WEST COMMUNITY ROOM

Yin & Yoga Nidra

This is a combined class that takes elements from Yin Yoga - a slow-paced therapeutic style of yoga with postures that are more passive and held for a few minutes, and Yoga Nidra - a form of guided meditation that allows you to scan your body and tap into a state of consciousness as the mind settles in a place between wakefulness and sleep. Just 15 mins. of Nidra = 1 hour of sleep!

Dates: Tuesdays, Sept. 9 - Oct. 28

Time: 6:30 pm-7:30 pm

Location: Multi-Purpose Hall

Cost: \$45 Members \$65 Non-Members

Instructor: Cheris Samuels-Murdoch

***No class September 30**



Call 403-329-3222 or visit www.nordbridgeseniors.com to register, starting Sept. 4!



**Many thanks to our
Whoop-Up Days
parade and
pancake breakfast
sponsors, and
volunteers! What a
great week we had!**

Ray's NOFRILLS

**Joe & Dianne
Smith**

**COSTCO
WHOLESALE**

**wholesale
club**



SAFeway
Fairway Plaza



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



Vote RAJKO DODIC

For Lethbridge
City Council



Did you know Nord-Bridge has

ROOMS *For* **RENT**



On Weekends for Special events?

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

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

Damage deposit not included in this price

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



NORD-BRIDGE
SENIORS CENTRE
Inclusivity lives here



“The Friendly Centre”

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

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

www.nordbridgeseniors.com