

## **NORD-BRIDGE SENIORS**

# NEWSLETTER

# September 2024



Nord-Bridge had such a great time participating in this year's Whoop-Up Days Parade on Tuesday, August 20<sup>th</sup> with our very own float! This was our fourth year in the parade. Thanks to all our volunteers and staff for making this a possibility - a great time was had by all! Check out more Whoop-Up Days photos on page 11 of this newsletter!



"The Friendly Centre"
1904—13th Ave. North
Lethbridge, Alberta T1H 4W9
Open Monday to Friday - 8:00 a.m. to 4:30 p.m.
Telephone 403-329-3222 Fax 403-329-8824
E-mail: friendly@nordbridgeseniors.com

#### PRESIDENT'S REPORT

Fall begins on Sunday, September 22, 2024. Where has the summer gone? Time sure goes by fast as you get older. The whole year seems to go by faster and faster as we age. September means kids go back to school - new outfits, runners, lunch baskets, books, etc.



Registration for the fall programs will begin on Wednesday, September 4th at 8:30am both in person at Nord-Bridge and online at www.nordbridgeseniors.com.

Remember our Under Northern Lights Gala on Saturday, September 7th at 6:00pm at the Coast Hotel and Conference Centre. Thank you to everyone who has purchased tickets for this sold out event!

The Monday Morning Jam Sessions will return on Monday, September 9th from 9:30am to 12:00pm in the Dunford Diner Annex. Welcome back Jammers!

Elvis is coming back to Nord-Bridge on Saturday, September 21 in the Multi-Purpose Hall at Nord-Bridge. There will be two shows - a matinee at 1:30pm and an evening show starting at 7:00pm. Tickets can be purchased at the Nord-Bridge front desk for \$40 each. This is a great show and it is back by popular demand! Hope to see you all there.

Board members - don't forget our board meeting that is coming up on the second Wednesday of the month, which is September 11th at 9:30am See you there!

Helen Gepneris, 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



Welcome to 9 New Members! We are happy to have you here!

**Joan Sperling** 

**Clarence Belter** 

**Susan Eaves** 

**Richard Merrick** 

**Richard Simmons** 

**Sherry Fruson** 

#### **3 Anonymous**

## 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! Beginning September 3, pay \$88, which includes the remainder of 2024, plus all of 2025.

Visit the front desk to sign up!

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



## NORD-BRIDGE WILL BE CLOSED MONDAY, SEPTEMBER 2 FOR THE LABOUR DAY LONG WEEKEND.



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.





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



We have a QR code for our website! You'll find this QR code at our Newsletter stands in various locations such as London Drugs and Save-On Foods North. To scan this

code, open the built-in camera app on a smart phone and point the camera at the QR code. Tap the banner that appears on the screen and you will be transferred to the Nord-Bridge website, where you can access our monthly newsletters under the About > Newsletters tab. See the Nord-Bridge Front Desk for more information!

#### facebook.com/nordbridgeseniorslethbridge



twitter.com/bridgenord

## Wilder techniq bir tagener to





nordbridgeseniors







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

# Paint & Sip Night with

Register by calling 403-329-3222!





Date: Thursday, November 21
Time: 6:00pm - 8:00pm
Location: Nord-Bridge
West Community Room
Cost: \$55 (must be 18+)

\*For members and invited guests only
\*Alcohol available for extra purchase
(cash only please)



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

# EXECUTIVE DIRECTOR'S REPORT

I hope I don't jinx us for the month of September, but I am very pleased to say this summer I wasn't pestered by millions of mosquitoes and wasps. Each summer, I feel we're actively swatting and dodging the mosquitoes and wasps that are circling around us; however this



summer I don't recall feeling under attack by the pesky flying vampires and stingers! This has made sitting outside on the patio and golfing much more enjoyable.

Programming will kick off in the first few weeks of September which will start driving people back into Nord-Bridge. We will start to see more traffic in the building and the parking lot. As we get busier, this is a friendly reminder about parking. Please refrain from parking in front of the storefront tenants' parking spaces. These stores include The Medicine Shoppe, Chinook LifeCare, Salon Nineteen04, Savers Convenience Store and Savers Liquor Store. Also, many members are parking along the surrounding residential streets when the parking lot is full. For those who are parking along the street, please ensure that you are not blocking the driveways of the residential houses. We have received a few phone calls from houses in our neighborhood advising us their driveways have been blocked by parked vehicles of those attending Nord-Bridge.

If you're looking to avoid the hassle of driving and finding a parking space at Nord-Bridge, consider taking the Go Friendly Shuttle service. The Go Friendly is a door-to-door pickup and drop off service where the shuttle will pick passengers up from their homes and drop them off directly at either Nord-Bridge or LSCO. The service is based on scheduled pickup and drop off times, where we try to accommodate passengers' requirements as best we can. The Go Friendly is a great option for those who don't have access to any other forms of transportation, or to those looking for transportation options. We have many riders who still drive their own vehicles during the spring, summer and fall months but opt to ride the Go Friendly during the icy and snowy winter months. If you would like more information or to schedule a ride please see Maria or Erin at the Front Desk.

Were you one of the 950 guests we served at our annual Whoop-Up Days pancake breakfast? If you were...you were a part of history! 950 was a record breaking attendance number for our pancake breakfast. The previous record was recorded in 2011 with 837 plates served. A big thanks to all those who came out to support the breakfast and to all the volunteers who made the breakfast a success. Thank you also to Mayor Blaine Hyggen, Councillor John Middleton-Hope and Member of Parliament Rachael Thomas' staff for lending a hand to volunteer as well!

David Ng.

**Executive Director** 

#### **Executive Committee**

President: Helen Gepneris

Vice-President: Dianne Smith

Tracy Beauchemin Treasurer:

Secretary: Anne Pauls

Past President: George Berg

#### **Board of Directors:**

#### First year

David Green Alan Stalker

Lorrie Vos

#### **Second Year**

Mike Bennett

Clay Olsen

Bill Hanson

#### Third Year

Randy Butterwick **Judy Cartwright** 

Anita Hamilton

## **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

#### Administration Staff

**Executive Director** David Ng

Financial Administrator Tracy Beauchemin

**Program Coordinator** 

Seniors System Navigator Charlene Kocken

Office Administrator

Wellness Coordinator/Outreach Melanie Hillaby

Office Administrator/Outreach Dining Room/Kitchen Assistant

Kitchen Manager

Cook

Kitchen Team Member

Building Maintenance/Custodian

**Newsletter Editor** 

Director of Fund Development

Go-Friendly Bus Driver

Ashley Kern

Maria Lisun

**Erin Bates** 

Gail Krysak

**Bety Castillo** 

Tyler Johnson

Heather Bovchuk

Marco Escobar

Cindy Dykstra

**Julie Sarich** 

**Terry Beauchemin** 







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 vour device.
- 2. Select ShawOpen from the list of networks.
- 3. Open your browser.
- Sign-in using your @shaw.ca email 4. address and password.

Any questions? Please call 1-888-472-2222 or visit http://www.shaw.ca/internet/wifi/.

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



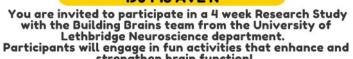
## BRAINS

#### **BRAIN KNOWLEDGE MORNINGS**



Tuesdays Sept. 10 - Oct. 1 10:00AM - 11:00AM





strengthen brain function!

Pre-registration required. Call 403-329-3222, or stop by Nord-Bridge! FREE for anyone 55+!

www.buildingbrains.ca

#### ESCORTED MOTORCOACH HOLIDAYS

Our motorcoach tours are a worry-free way to visit your dream destinations to visit your dream destinations in Canada and the United States. 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.

#### **UPCOMING TOURS**

Victoria Stay Awhile - October 13th, April 9th

Branson Show Tour - November 2nd

Reno/Northern Nevada Sightseeing - November 3<sup>rd</sup>

Christmas in Victoria - December 21st

Palm Springs Desert Oasis - January 19th

Arizona Desert and Canyons - February 10th

Deep South Texas and Louisiana - March 3rd

Visit us online at www.nageltours.com toll free: 1-800-562-9999





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)

#### WIN CASH AT NORD-BRIDGE! DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre. Members may enter for other members and you do not need to be present to win.

#### IN ORDER TO PARTICIPATE YOU MUST:

- Hold a current REGULAR, ASSOCIATE 1. or LIFE Membership.
- 2. Cost to play is 25¢.
- 3. Draws are made at 12:15 p.m.
- After the draw, members may sign in for the next day's draw.

#### RECENT WINNERS

Check back next month for our latest winners!

#### 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 have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming.

#### TO PLAY:

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

#### RECENT WINNER

August 26th - Gail Hornberger \$323

#### MONDAY JAM 50/50 DRAW

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

#### RECENT WINNERS

Monday Jams took a break over the summer. Watch for September winners in the October Newsletter!

Thanks Jammers, Volunteers and Patrons. Thanks also to Helen Gepneris for selling tickets at Monday Jams.

## 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



## Lawyers of Huckvale Free Initial Legal Consultation

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

Time: 9:00am to 11:30am
Fee: FREE (Nord-Bridge members only)
Upcoming Dates: Sept. 16, Oct. 7, Nov. 4, Dec. 9

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



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

## Free Hearing Tests

at Nord-Bridge Seniors Centre with

Lethbridge HEARING CENTRE



Third Thursday of every month

\*Appointments are necessary

Please book your half-hour appointment at the Nord-Bridge reception desk

Upcoming Dates: Sept. 19, Oct. 17, Nov. 21, Dec. 19



## BUILDING OPERATING FUNDS RECENT DONORS

Helen Gepneris \$800; Bushing Club \$50 Steve Prokop, in Memory of Evelyn and Bob \$500 Mike and Dianne Bennett \$55

NORD-BRIDGE IN-HOUSE BINGO

Year to Date: \$10,120.00





If you have questions about your laptop, tablet, or smart phone, our volunteer Al will be at Nord-Bridge twice a month to assist you!

Upcoming Dates:

Thursdays, Sept. 12, Sept. 26, Oct 10 & Oct 24

Time: 9:30am - 2pm

Cost: FREE - for Nord-Bridge members only

\*Appointments are required.

Visit the front reception desk to book!



## **VOLUNTEERS!**

Please ensure you are recording your volunteer hours each month and dropping them off to Erin.

This includes: Conveners of programs, tax help, Winners Bingo, newsletter delivery, program set up, etc.

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

Not sure about your hours?
Please contact Erin at 403-329-3222.



## Senior Homeowners Wanted!

#### When

September 24 & 25 10:00am — 1:30pm

#### Where

Nord-Bridge Seniors Centre Team Information Booth 1904 13Ave N Lethbridge Van Arbor Homes is looking
to provide free seasonal
home checkups for senior
homeowners or anyone who
may need a little extra help.
Please join us at our
information session at
Nord-Bridge Seniors Centre.
Building staff will be
available to answer your
home related questions.





## Notice for Cards Set Up

~If program start time is 1:00pm,
please set up no sooner than 12:45pm.
~If program start time is 12:45pm,
please set up sooner sooner than 12:30pm.

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

Thank you!

sistance.

Advocacy.





#### 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.

- 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 Wednesday of the month from 12:30 - 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 3 (am); Oct 16 (pm); Nov 5 (am); Dec 18 (pm)

Upcoming Dates at LSCO: Sept 18 (pm); Oct 1 (am); Nov 20 (pm); Dec 3 (am)

This service has been made possible through an ongoing collaboration between Seniors Community Services Partnership members



For more information contact the SCSP Seniors System Navigation Team Intake Worker 403-329-1544

Funders include: City of Lethbridge Family and Community Support Services





## **Attention Carpet Bowlers:**



Beginning September
4th, Carpet Bowling
will go back to
running twice a week:
Wednesdays and
Fridays at 10:00am in
the Nord-Bridge
Multi-Purpose Hall.

## Walker Repair Clinic

\*for Nord-Bridge members only
Wednesday, Sept. 18 and Nov. 20
10:00am // Main corridor of Nord-Bridge



To sign up, visit the Nord-Bridge front desk

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





**Contact the Seniors System Navigators** 

## SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS WITH NO PUFFS OR DROPS.



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

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



Fred Miller Registered Optician

Rick Miller Licensed Contact Lens Practitioner





#### 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.





## Downsizing Dilemma? Need to move on?

We can help....



New Owner/ Operator

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



# Beginners Cribbage

New to Cribbage? Come play and learn every Tuesday from 1:30pm-3:30pm in the Dunford Diner Annex!

\*For Nord-Bridge Members only



SATURDAY, OCTOBER 19TH 9AM TO 2PM

NORD-BRIDGE MULTI-PURPOSE HALL \*PLEASE ENTER THROUGH NE DOORS

Vendor Tables:

Members \$20

Non-Members \$35



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

Vendors can pre-register starting September 16th by calling Ashley at 403-329-3222



#### Breakfast

#### Full Breakfast \$8.50

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

#### Eggs Benedict \$8.75

Toasted English Muffin, Poached Eggs, Ham, Hollandaise Sauce, Hashbrowns & Coffee

Half Order \$6.50

#### Bacon Temptation Omelette \$8.50

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

#### Spinach Omelette \$8.50

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

#### Spanish Omelette \$8.50

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

#### Ham & Cheese Omelette \$8.00

Hashbrowns, Toast & Coffee

#### Small Full Breakfast \$6.50

One Egg, Bacon or Sausage or Ham, Hashbrowns, One Toast & Coffee

#### Small Pancake/French Toast Breakfast \$6.75

One Pancake or One Slice French Toast, One Egg, Bacon or Sausage or Ham, & Coffee

Pancakes \$6.00

French Toast \$6.00

#### Breakfast Burrito \$6.50

Sausage, Peppers, Mushroom, Green Onions, Cheese

#### Egg Muffin Sandwich \$5.00

Toasted Egg Muffin with Bacon or Ham or Sausage

Add \$3.75

Bacon or Ham or Sausage

#### Lunch

#### Philly Cheesesteak Sandwich \$9.00

Sliced Steak with Peppers, Onions on a Hoagie Bun with Fries

#### Beef Dip Sandwich \$9.00

Roast Beef, A'ujus on a Hoagie Bun with Fries

#### Rueben Sandwich \$7.50

Corned Beef, Swiss Cheese, Sauerkraut on Rye Bread

#### Deluxe Hot Hamburger & Poutine \$9.25

Beef Patty on a slice of bread with gravy, onions and Poutine

#### Hot Hamburger & Fries \$8.50

Beef Patty on a slice of bread with gravy and Fries

#### Build Your Burger: Beef or Chicken \$7.00

Add Swiss or Cheddar Cheese \$1.00 Add Bacon \$1.50 Add Mushrooms \$1.00

#### Fish & Chips \$10.00 (2 piece) \$8.00 (1 piece)

#### Fish Tacos in a Corn Tortilla with Fries \$9.00

#### Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$6.25 Grilled Ham & Cheese \$5.75 Grilled Cheese \$4.50

#### BLT \$5.75

#### Nord-Bridge Club Sandwich \$7.75

Chicken, Ham, Bacon, Tomato, Lettuce, Cheese, on two slices of bread

#### Denver Sandwich \$6.25

Chicken Caesar Wrap \$6.75

Chicken Fingers & Fries \$7.75

Chicken or Ground Beef Quesadillas \$8.50

#### Salad

#### Taco Salad with beef \$8.25

Add Refried Beans \$1.00

\*Chef Salad \$9.50

\*Caesar Salad \$6.50

\*Garden Salad \$6.50

\*Add Grilled or Breaded Chicken \$3.50

#### Fries & Sides

Poutine \$6.25

Fries \$3.50(sm) \$5.00(lg)

Onion Rings \$5.00

Sweet Potato Fries \$5.50

Add Ons: Salsa, Sour Cream,
Dressing, Mayo, or Gravy \$0.75

#### Soup & Sandwich

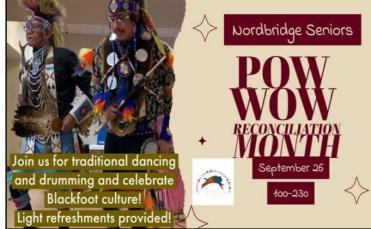
Soup & Sandwich \$7.00

Soup \$4.00

Sandwich \$4.00

#### Beverages

Coffee, Tea, Hot Choc. \$1.00 Pop & Juice (Bottled) \$1.50 Bottled Water & Juice Boxes \$1.00







## Strength, Core, and Stretch with Tracy

Create core strength in various exercises for 25 minutes, followed by a full body stretch, finishing with some relaxed meditation to carry you through the rest of your day.

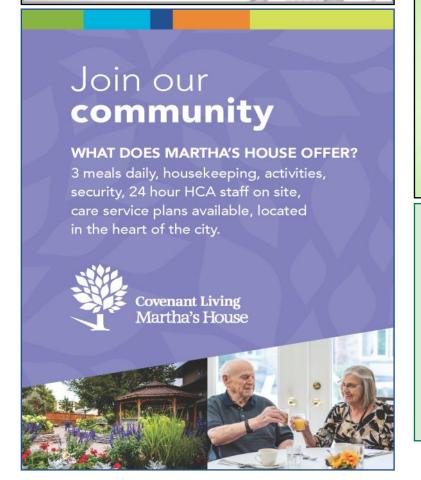
A variety of equipment will be used and modifications will be given for all fitness levels.

Session 1: Tuesdays, Sept. 10 - Oct. 22 Session 2: Tuesdays, Oct. 29 - Dec. 10 Time: 9:00am - 9:45 am Location: West Community Room Fee: \$40 Members \$60 Non-Members











## Attention In-House Bingo Players!

In-House Bingo will be cancelled on the following dates throughout the fall and winter:
October 11, December 6, December 27





Need help registering? Call and

ask for Ashley at 403-329-3222

Book an eye exam online or drop by and see us



(if applicable)

8. Your courses are booked!

Park Place Mall Lethbridge (587) 388-0563

Specsavers



# The Fall Program Guide is Now Available!

Registration for all fall programs begins Wednesday, Sept. 4th at 8:30am both in-person at Nord-Bridge (1904-13 Ave N), and online at www.nordbridgeseniors.com. Once registration is open, you can sign up for classes any time while spaces last.

Thank you so much to Savers Convenience for sponsoring our Whoop-Up Days pancake breakfast, where we served 950 people!



Thanks also to all our volunteers for the pancake breakast, decorating our parade float, and participating in the Whoop Up Days parade with us!!





Group Dance (MPH)

Self Care Yoga

FREE Drop In

Table Tennis (MPH)

5:30

Scrabble (Craft Room)

Texas Hold 'em Beginners Crib

3888

Begin. Line Dance

Contract Bridge

88

Woodcarving

Art & Soul Water-

(Flex Room)

color Club

1:00

Keep Fit Combo

**Outreach Meeting** 

1:00 **1:30** 6:30

Darts (MPH)

(WCR)

Begin. Pickleball

entle Yoga (WCR) kelele Circle (MOCR) kelele Circle (MOCR) arpet Bowling aper Tole/ ers (Craft Room) hair Yoga (WCR) ribbage (WCR Annex) n-House Bingo ontract Bridge ontract Bridge MORROW at Bridge (MPH) els-Required santle Yoga kelele Circle (MPH) els-Required santle Yoga kelele Circle (MPH) els-Required in-House Bingo Contract Bridge Toonie DRAW
19   20   3:00
Active POU Virtual Gui Meditation Carpet Bo Paper Tole Walker Re Walker Re Walker Re Walker Re Bid Euchre Self Care Group Dart Group Dart Group Dart Group Dart Self Care Voga Van Arbor H FOOT CARE Carpet Bowli Paper Tole/ Paper Tole/ Paper Tole/ Bid Euchre Self Care Vo Self Care Vo Self Care Vo Self Care Vo
16 Monday Morning 9:00 Zumba GOLD ® 8:45 Goom) 9:30 Check In (Flex Coom) 9:30 LAWYERS (BR) 9:00 Strength & Stretch 9:00 Check In (Flex Morn) 10:00 Dance (Muti-Purpose Hall) 10:00 Check In (Flex Krathers 10:00 Check
9:00 Check In (Flex Room) 9:30 LAWYERS (BR) 9:30 LAWYERS (BR) 10:00 Jammers (Annex) 10:00 Intermediate Line Dance (Muti-Purpose Hall) 10:00 Contract Bridge 1:00 Quilters/ Krafters 1:00 Quilters/ Krafters 1:00 Quilters/ Krafters 1:00 Contract Bridge 1:00 Contract Bridge 1:00 Contract Bridge 1:00 Golden Fit (MPH) 8:00 Golden Fit (MPH) 8:00 Golden Fit (MPH) 8:00 Gentle Yoga (WCR) 9:00 Gentle Yoga (WCR) 9:00 Gentle Yoga (WCR) 9:00 Gentle Yoga (WCR) 9:00 Gentle Yoga (WCR) 1:00 Jammers (Annex) 1:00 Gentle Yoga (WCR) 1:00 Gentle Yoga (WCR) 1:00 Jammers (Annex) 1:00 Gentle Yoga (WCR) 1:00 Gentle Yoga (WCR) 1:00 Jammers (Annex) 1:00 Gentle Yoga (WCR) 1:00 Gentle Fit (MPH) *23 1:00 Golden Fit (MPH) *23 1:00 Begin. Line Dance 1:00 Golden Fit (MPH) 8:30 Golden Fit (MPH) 8:30 Golden Fit (MPH) 8:30 Begin. Pickleball

day prior, or sooner, to book a ride. Cost is \$3.00 each way, Please Go Friendly Shuttle door-to-door service: Call 403-329-3222 the 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 MARIA AT 403-329-3222 TO ARRANGE.
- MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT ON HEALTH PROMOTION & ILLNESS PREVENTION THROUGHOUT FALL WATCH OUT FOR U OF L NURSING STUDENTS PRESENTATIONS ON

THE FOLLOWING DATE: OCTOBER 16 & OPEN TO ALL

- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON NOV. 20 (NOW \$35) LOCATION: CRAFT ROOM
  - OUT AND ABOUT COFFEE AND SHOPPING TO WAL. MART NOW THE FIRST WEDNESDAY OF EVERY MONTH (NOT INCLUDING SEPTEMBER)
- OKTOBERFEST BUFFET FRIDAY, OCTOBER 4TH FROM 11AM-1PM
- SALE OCT. 1ST AT FRONT DESK \*NEW ROOM: MULTI-PURPOSE HALL. THANKSGIVING LUNCHEON FRIDAY, OCTOBER 11TH TICKETS ON
  - CRAFT & BAKE SALE SATURDAY, OCTOBER 19TH OPEN TO ALL!



## **New Comers Meet and Greet**

Join us for a morning of socialization with Convenvers every first & third Tuesday at 10:00am in the Dunford Diner! This is great for new members wanting to connect with new

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



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

#### JOIN US TO LEARN MORE!

When: Monday, Sept 2, 2024 - NO CLASS due to Labor Day

Monday, Sept 9, 2024 -Monday, Sept 16, 2024 -Monday, Sept 23, 2024 -Monday, Sept 30, 2024 -

Time: 10:30am to 11:30am - Notice the change in time

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

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









## LETHBRIDGE FOOD BANK

# SUPPORT

#### FREE FOOD FOR ALL!

Working people Welcome. No Income Testing.

Fresh Food Support to Help Support the Community During these Tight Times.

Nord Bridge Seniors Centre 1904 13 Ave N Lethbridge 1:00 - 3:00 PM

Monday, February 5 2024 Wednesday, April 3 2024 Monday, June 3 2024 Wednesday, August 7 2024 Wednesday, October 16 2024 LSCO Seniors Centre 500 11th St. S Lethbridge 4:00 - 6:00 PM

Monday, March 4 2024 Wednesday, May 1 2024 Wednesday, July 3 2024 Monday, September 23 2024



## Seniors System Navigator

#### Back to School for Seniors

As a senior we never stop learning. Every day brings the opportunity to look beyond or learn about history or be proficient in trivia. I was once told that learning changes the world.

There are many ways that seniors can attend educational opportunities. For a small fee, older students can enroll in a wide rage of courses. Please look at the new Nord Bridge Fall Program Guide for some ideas. There is also a variety of courses that exist at colleges and universities, and community and senior centers.



I was told that learning keeps seniors young at heart. Being with your peers is essential when picking up a new skill. Another way to keep up with lifelong learning is to volunteer at a food bank, YWCA, Meals on Wheels or at your local thrift store. As a senior these are stepping stones to understanding diverse cultures in our community.

The following are the benefits of lifelong learning:

- Create new friendships
- Classes often bring people, together all of whom have common interests
- Improve mental well being
- Attending classes helps seniors to not feel isolated and promotes happiness
- Encourages community participation
- Seniors that are lifelong learners feel a part of something bigger



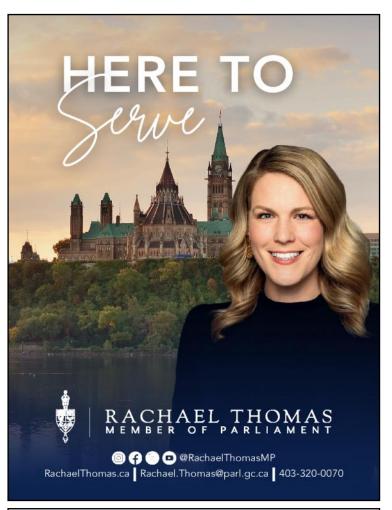
#### Charlene Kocken

BA, BSW, RSW, Seniors System Navigator

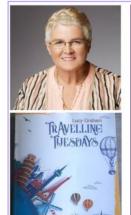












Lucy Graham, one of our members, is now a published author! She wrote a book called Travelling Tuesdays. In it, Lucy shares stories about many of the countries she has been able to visit all over the world. See which adventure brought her too close to a hippo and where she enjoyed a ride in a hot air 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 Barry family, on the passing of Patrick
...the Sorensen family, on the passing of Sharon
...the Young family, on the passing of Ken
...the Carroll family, on the passing of Hazel
...the Cain family, on the passing of Faye

## Get Well Wishes to ...

...David Vasek, who is in the hospital







New patients always welcome
Prescribing and vaccination services
available

Come see if your vaccines are to update

#### September Savings:

Ensure and Boost \$ 11.99

Poise Max long \$ 29.99 (64 pack)

Take advantage of 15% off reg. price items and 50% select items.

**OTC Reward Card** 

1904 - 13 Ave. North Nord-Bridge seniors' location only.

## Programmer's Report



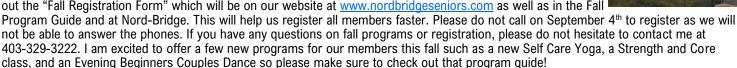
It's hard to believe the summer months are now behind us! I got a chance to get outside for walks in the coulees - here are some photos of one foggy morning in early August.

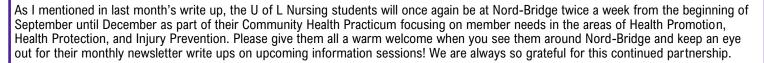
Our building will be busy once again with all fall programs beginning so just as a reminder, please make sure to not park in RESERVED PARKING at the back of our building as this is reserved for staff.

Last month we had a blast participating in the annual Whoop-Up Days Parade on August 20<sup>th</sup>. Thanks to all volunteers for helping to decorate the float, as well as Melanie and her band of volunteers to give our float a western "artistic" vibe and as always, our driver, Randy Butterwick

and Lyle Bates for lending us his shop and trailer. This is a great opportunity to be visible in the community. Speaking of community, we had such a great turnout for our Whoop-Up Toonie Pancake Breakfast on August 21<sup>st</sup>! I am always so impressed not only by our dedicated volunteers every year but also the Lethbridge community for attending this pancake breakfast and supporting Nord-Bridge. Thank you to Savers Convenience for their sponsorship! Pictures of the parade and breakfast are on page 11 of this newsletter.

September is a busy one so make sure to check out the NEW Fall Program Guide which lists everything from art classes and fitness to special events and information sessions. Registration for all programs will begin on Wednesday, September 4<sup>th</sup> at 8:30am MST. As usual we highly recommend registering online through our website <a href="https://www.nordbridgeseniors.com">www.nordbridgeseniors.com</a> but you are also welcome to register in person. Please find the list of steps on how to register online on page 10 of this newsletter. For online: please make sure both your membership and email address are updated so you receive the membership discount on classes. If you are signing up in person, you will receive a number and will invited to relax in the diner until your number is called. Please make sure to fill out the "Fall Registration Form" which will be on our website at <a href="https://www.nordbridgeseniors.com">www.nordbridgeseniors.com</a> as well as in the Fall





Please note the Thanksgiving Luncheon planned for October 11<sup>th</sup> will be in the Multi-Purpose Hall for the first time ever to accommodate more people. So please watch out for more information on this and tickets in next month's newsletter.

Speaking of October, we also will be hosting our Annual Craft & Bake sale on Saturday, October 19<sup>th</sup> in the Multi-Purpose Hall of Nord-Bridge. To reserve your table as a vendor please contact me starting September 16<sup>th</sup> at 403-329-3222. More information can be found on pages 8 and 9 of this newsletter.

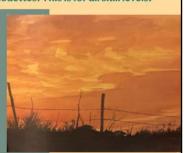
Until next month, stay happy and healthy!

## ~Ashley Kern - Program Coordinator

### **Fall Sunsets in Watercolor**

Sunsets in the fall can be so dramatic and breathtaking, and painting them in watercolor is much easier and faster than most mediums. You will learn how to layer watercolors to get the deep intense color needed to portray those glowing scenes, especially in October. We will concentrate on our local prairie sunsets with wonderful grassy silhouettes. This is for all skill levels.

Dates: Wednesdays, September 11 & 18 Time: 1:00pm - 3:00pm Fee: Members \$30 Non-Members \$50 Location: Craft Room Instructor: Donna Gallant



Sheet upon regis

To register, call
103-529-3222 or visit
1000.nordbridgeseniors.com
Please pick up a supply
sheet upon registration

The last flowers of summer mixed with the late blooming flowers of fall and the fall leaves, are stunning and beautiful - just one last look at colour before a blanket of snow covers all. Let's try our hand at using colored pencil to create a bouquet of warm color.

Colored pencils are easy to use and not at all messy.

Learn some blending techniques, some color theory, and the best way to use a colored pencil to get different types of textures (rough, smooth, soft, etc.)

Colored paintings have become so popular lately and they are so easy to learn.

**Fall Bouquets in Colored Pencil** 

Dates: Wednesdays, October 2 & 9 Time: 1:00pm - 3:00pm Fee: Members \$30 Non-Members \$50 Location: Craft Room Instructor: Donna Gallant





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

Friday, September 6:

Chimichangas with Rice, Sour Cream, and Salad

Friday, September 13:

Roasted Ham with Scalloped Potatoes and Veggies

Friday, September 20:

Chicken Cordon Bleu with Parmesan Cream Sauce, Mashed Potatoes, and Green Beans

Friday, September 27:

Liver and Onions with Mashed Potatoes, Veggies, and Gravy

Available from 11am to 1pm, while quantities last



















# Optical Repairs and Adjustments at Nord-Bridge! Third Thursday of every month in the main corridor

With a licensed optician from SpecSavers! Upcoming Dates: Thursdays, Sept. 19, Oct. 17, Nov. 21 Time: Beginning at 1pm Cost - FREE! \*Appointments are required. Visit the front reception desk to book!



# 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. 25, Nov. 20

Time: 10:00am to 12:00pm Location: Nord-Bridge 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





Hurry, hurry, rush, rush, rush...Where has the summer gone?

August was busy with finalizing the Under Northern Lights Gala. Our 5th annual event will be full of fun, laughter and dancing. The Coast Hotel and Conference Centre is helping us host this amazing event, with a fab Tuscan-inspired dinner, Cal and Anna Dueling Pianos, and wine and restaurant walls, along with live and silent auctions. The night will begin with a champagne reception at the entrance of our gorgeous event space. With the planning came lots of running around to collect gift cards, wine, silent auction items and sponsors. We have been very blessed to have such a supportive community! I am very thankful to work with Maria, Erin, Tracy, Ashley & David – they do so much to help make this event a BIG success!

Ashley, Tyler, Cindy, Heather, Melanie & I all went bowling with Volunteer Lethbridge. What a great night. Pizza, bowling, and bevies! Tyler has a mean spin on his ball leading to great strikes. He came in 1st! We gals did a great job; however, the gutter really liked to take our ball on occasion. We had tons of fun!

We also have our Golf Wind Up, coming up right after the long weekend on Tuesday, September 3rd at Evergreen Golf Centre, which means more collecting of amazing give aways.

We held our parade decorating morning which was so much fun – I am lucky to work with such hard-working people! It's the first time I walked from the mall to Nord-Bridge Seniors Centre in the parade – and I loved it! Thanks to all those who came out to watch the Whoop-Up Days parade, waving and smiling back at us.

Our Whoop-Up Days pancake breakfast was a HUGE success this year. We had a record breaking attendance of 950 people! I love seeing everyone come out to support Nord-Bridge – and a BIG thanks to Savers Convenience & Liquor for supplying us with the pancake mix, sausages & syrup...WOW! Let's make sure we are supporting them back when we are in the area! Thank you, thank you! We could not do it without you.

I am just about to head out to Puerto Vallarta (Aug 30 to Sept 9) where I plan to work on my Spanish, my tan, my friendship skills, and have a big siesta. I love travelling – and I cannot wait to see you all when I am back.

Keep Happy - Hasta Luego

## Julie Sarich ~ Director of Fund Development





Service Government Support Canada at Nord-Bridge

Connie Wyatt is a friendly government representative, who will be

available for any general Service Canada inquiries related to their

programs, services, or referrals to other appropriate government

## Roaming Retirees

Hello September!

This summer was packed with sunshine, music and smiles. Thank goodness we still have a few more weeks to have fun.

Nord-Bridge entered a float in the Whoop Up Days Parade. Although my feet are sore, it was a great time. Thank you to all the volunteers and staff for your help. We could not have done it without you.

Our members will be heading to Spruce Meadows on September 5<sup>th</sup> to watch the Masters.

We also have another Rosebud Theatre trip coming up on November 21st to see

Christmas on The Air.

Tickets are \$160.00 for members and \$180.00 for non-members. You can sign up at the front desk.

~Erin Bates -

Chasing Summer



## Christmas on the Air

written & compiled by Lucia Frangione

**Holiday Radio Antics** 

A chaotic and hilarious "on-air" Christmas unfolds in front of a live studio audience.





Trip to



Thursday, November 21 Departure from Nord-Bridge at 8am \$160 Members \$180 Non-Members \*Paument due upon sian-up (Deadline to sign up is October 21)

## Sketching and Drawing with Gordon Perret

Drawing is a basic skill that helps you to be more successful with most arts and crafts media. This six week class will teach proportion, use of line, contour, cross-hatching, composition, shading, contrast, and perspective.

> Dates: Mondays, Oct. 28 - Dec. 9 Time: 10:00am - 12:00pm

**Location: Craft Room** 

Fee: Members \$50 Non-Members \$70

\*No class Nov. 11

Visit www.nordbridgeseniors.com to register beginning Sept 4!

\*Please pick up a supply sheet upon registration

#### **Beginners Acrylic Painting** with Gordon Perret This class will use the topics of still life and landscape to teach the basic

techniques of acrylic painting, as well as design elements, composition, texture, and use of color.

Dates: Mondays, Sept. 9 - Oct. 21 Time: 10:00am - 12:00pm **Location: Craft Room** Fee: Members \$50 Non-Members \$70

\*No class Oct. 14

Visit www.nordbridgeseniors.com to register beginning Sept 4! \*Please pick up a supply sheet upon registration



## **Wellness Coordinator/Outreach**



What a great month! We are back and ready to regroup, move forward and, with a lot of laughs, sneak a little fitness in!

August flew by with our Whoop-Up Days parade and pancake breakfast. We had such a great time sharing it with everyone. A HUGE shout out to all of our amazing volunteers (some didn't know what they were in for ©) who took the time to help out. Here are some pictures of our busy bee artists, who painted and created our parade float animals.







Registration for fall programs starts <u>Wednesday</u>, <u>September 4</u>, beginning at 8:30am both in person at Nord-Bridge and online at our website, www.nordbridgeseniors.com. Please make sure your membership and email are current before registering. If programs are full, be sure to put your name on program waiting lists in order for us to meet your needs to the best of our ability.

**Outreach** – **Starts Sept 23,2024 with our Back-to-School theme.** Everyone is welcome to attend the entertainment. There are door prizes, and a snack provided with a fee of \$3.00. We take registration ahead of time at the front desk. Please register by Thursday, September 19 if you wish to attend. \*If you are interested in helping at our outreach events (3<sup>rd</sup> Monday afternoon of the month) please contact Melanie at 403-329-3222.

**55+ Fitness Gym -** In August, we were excited to install a new A/C unit. Thank you to all our members for your understanding during disruption it may have caused with your workouts. We appreciate your support as we hope to improve your experience in the gym. If you are looking to join, I am here to help you and will provide an orientation to familiarize you with the equipment. Or if you need a refresher or check in, please do not hesitate to give me a call so we can book a time.

\*\*\*I will be away the week of Sept 16<sup>th</sup> - 20<sup>th</sup> so my classes will not be running on those days.

But have no worry - the sessions have already been adjusted for this. My classes will resume the following week. \*\*\*

Melanie Hillaby - Wellness Coordinator / Outreach (Mind - Body - Spirit)

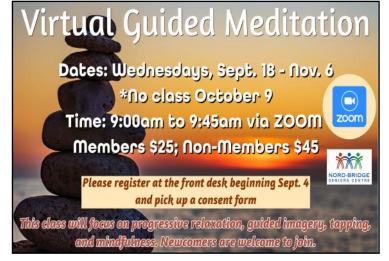
## **Exercises with Arthritis**

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



Dates: Tuesdays, Sept. 17 - Dec. 10 Time: 3:00pm - 3:45pm Location: Multi-Purpose Hall Fee: Members \$50 Non-Members \$70

Visit www.nordbridgeseniors.com to register beginning September 4th!



# Member Photos by Walter Kerber 3rd Monday



of every month beginning at 10am!

\*Date change in September to Sept. 9

All new members receive a FREE portrait.

Drop-in only (first come, first served)



## Mind Joggers

It's My Turn

~Edward Sillito

I've listened to music
Most of my life.
And adored my heroes
Under the lights.
No one knew my name
As I watched from afar.
And sang all the songs
With my air guitar.

So now it's my turn
Before life passes me by.
To get up on stage
And give it a try.
So hand me that guitar
And give me some ground.
Move to the rear
And turn up the sound.

I wanna use my voice,
I wanna feel the beat.
I wanna take my turn,
I can handle the heat.
I wanna dance the dance,
I wanna sing the song.
I wanna show the world,
It's where I belong.
I wanna go the distance,
No matter how far.
I wanna climb that mountain,
I want to be a

Star!

#### Lethbridge Elder Abuse Response Network

Before I get into this month's topic, I wanted to spotlight our upcoming group this month: Building Healthy Relationships As We Age. In partnership with Lethbridge Family Services and a volunteer with the LEARN Program, LEARN is delivering a psycho-social group to address Healthy Relationships. The group will be held every Tuesday starting September 17th to November 5th from 10:00am to 12:00pm in the Boardroom at LSCO. You do not have to be a member of LSCO or Nord-Bridge to attend, and it is free of charge! Please reach out to LEARN by phone at 403-394-0306 or by email at <a href="mailto:learn@lethseniors.com">learn@lethseniors.com</a> if you have any questions or would like to attend.

This month, I wanted to emphasize the importance of planning ahead and making decisions now to ensure preparedness for any obstacles we may face in the future. As we navigate life, making informed long-term decisions can significantly impact our safety and well-being. Here are some key areas to consider:

- Healthcare Planning: Review and update your healthcare plan/goals of care regularly. Choose a trusted healthcare provider, keep up with routine check-ups, and discuss any changes in your health or preferences.
- Financial Management: Organize your financial affairs with future needs in mind. This includes setting up a budget, planning for retirement, and understanding your insurance coverage.
- Legal Preparedness: Update your legal documents, such as wills, trusts, and advanced directives. These documents are crucial for guiding decisions about your health and finances if you become unable to make them yourself.
- Emergency Plans: Develop a comprehensive emergency plan that includes contacts, medical information, and an evacuation strategy. Share this plan with family members and caregivers to ensure they have the most up to date information.
- Social Connections: Foster and maintain strong social connections. A supportive network of friends and family can provide emotional support and practical assistance, enhancing your overall quality of life.

Taking these steps today can help ensure that your later years are as safe, comfortable, and fulfilling as possible!

~Marissa Hardy

LEARN
Case Manager







Carol Haayema is a senior financial consultant with IG Wealth Management. She will be at Nord-Bridge every second Tuesday from 10am - 1pm in the main corridor 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!

## Bocce Ball at Nor-Bridge Lions Park

Tuesdays at 2pm (weather-permitting) If you are interested in signing up, please find the sign-up sheet at the Nord-Bridge Front Desk.

> \*Nord-Bridge Members Only







#### Intergenerational Craft and Music Afternoon

In partnership with the Lethbridge Family Centre, this intergenerational program pairs Nord-Bridge Seniors with children ages 1-10 years old to participate in crafts, music and stories.

This program returns Wednesday, Sept. 25, with a special performer! Constance M. Douglas of K.I.C.K. Start for Kids will be performing a storytime puppet show about kindness. There is no need to register on this day. Bring your grandchildren and enjoy the entertainment!

#### Wednesday, Sept. 25 at 3:15 pm











to bring Government of Canada services to you.

Representatives from Service Canada and the Canada Revenue Agency will be in your community...

2024/10/18 at 9:00 am

Nord-Bridge Senior Centre 1904 13 Ave N., Lethbridge

#### Join us to find out more about...

- Canada Pension Plan/ Old Age Security
- Canada Pension Plan disability benefits
- Passport services
- · Support for apprentices
- Social Insurance Number (SIN)\*
- · What benefits and credits are available
- How benefit payments are calculated based on your tax return
- How and when to apply for benefit payments
- CRA services that might be available to you





Canada

## Did you know Nord-Bridge has



# 



On Weekends for Special events?

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

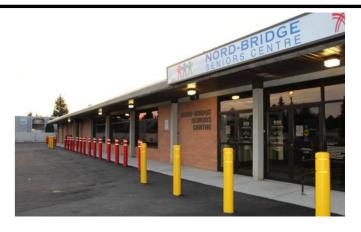
\*West Community Room: \$200.00 for Weekend or Hourly \$35.00 (Min. of 3 hours)

\*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.



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



## "The Friendly Centre"

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

www.nordbridgeseniors.com