

NORD-BRIDGE NORD-BRIDGE SENIORS

# NEWSLETTER

# November 2025



We're delighted to once again host University of Lethbridge nursing students at Nord-Bridge as part of their community health practicum. Their presence brings fresh energy and meaningful connection to our programming with seniors. This collage highlights the nursing students participating in a number of activities with our members, including carpet bowling, jigsaw puzzling, and fitness programs, as well as sharing health and wellness information. Don't miss their annual Health Fair held at Nord-Bridge on Thursday, November 27! See page 23 for details.



"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

Well, there is another scam out there. I just received a message on my cell phone that I had been caught speeding in a school zone and had four days to pay the fine or appear in court. A couple of things are wrong with the statement. In Alberta, we do not have school zones, they are all now "Playground Zones," and if you are truly in violation, you have at least 2 weeks to deal with the ticket (this is from experience). I clicked the link in the message and the website did look very convincing. Sure enough though, they were looking for credit card information. They said that my

"speeding ticket" was for \$8.67. What an odd number. I did not process any information. I went onto the official Alberta Government website where I was able to check out any tickets by using my license plate number and sure enough, there were no records showing. Please be careful of these unscrupulous people attempting to gain access to your personal information.

We had our annual Craft and Bake Sale in October. What a great bake table. Thanks to all our generous bakers. The craft tables were something to behold as well. I truly admire all those talented crafters in our commu-

Our first car raffle (for a 2025 Subaru Cross Trek Touring Edition) is now open. Tickets can be purchased by scanning the QR code on the back cover of this newsletter, which will take you to the Rafflebox website. There will be no tickets available elsewhere. Tickets are 1 for \$25 or 5 for \$100. A real bargain.

Remembrance Day is fast approaching. Thanks to all those who have served our country in the past and present for their dedication to democracy. Please shake the hand of those members when you see them and thank them.

Youth is a gift of nature, but age is a work of art.

Dianne Smith.

Interim Board President





**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 /FCSSimple Laboration by the joint Provincial and City FCSS Program.



# Nord-Bridge Membership Fees:

Membership is open to all seniors age 55 plus. Associate Membership for younger individuals whose spouse is over 55 and a member.

> Membership Renewal: \$60 New Memberships: \$63

\*Pro-rated memberships available for \$93! This covers the remainder of 2025 and all of 2026. New members only - see the front desk for details.



**Welcome to 29 New Members!** We are happy to have you here!

Joe Gillett

**Lorraine Taylor** 

**Darcy Neuman** 

**James Danku** 

**Brian Hagen** 

**Debi Roth** 

**Susan Gerrard** 

**Bev Muirhead** 

**Brenda Monk** 

**Denis Lavigne** 

**Christine King** 

**Hank Van Beers** 

**Kevin Jensen** 

Irene Eldridge

**Roanna Rude** 

Lyn Rhode-Neuman

Sandra Hagen

**Jim Thornton** 

**Ellen Thornton** 

Cora Nicholson

**Bill Muirhead** 

**Mary Anne Atkins** 

**Arnie Stella** 

**Pauline Ewen** 

**Clara Van Beers** 

**Kelly Keenan** 

#### 3 Anonymous



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

facebook.com/nordbridgeseniorslethbridge



x.com/bridgenord

### nordbridgeseniors











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

# **Card Crafters**

The Card Crafter ladies wish to pay tribute to Gordon Kometz who passed away September 28, 2025. Gordon was on the Nord-Bridge Board in 2012 and presented the idea of making and selling cards to the Board. He gave us "seed" money to help buy our first supplies.

How grateful we are to the early buyers of our cards and for those who stuck with us and believed in us. David Ng was the Program Director at the time, and he totally embraced our program and has stood by us all these years.

We are an awesome example of putting a bunch of unknown people into a group and seeing what happens and we will be forever grateful for Gordon's influence on our beginnings.

And a big thank you to everyone who supports our program now. We appreciate the many donations and certainly, we appreciate the sales.

~Pat Kincade

#### Classes Cancelled in November IMPORTANT

Wed. November 5 - No Carpet Bowling or Active Pound (due to General Member Meeting) Thurs. November 7 - No Chess Club (due to free massages in the Board Room) Thurs. November 27 - No Line Dancing, Keep Fit Strength, Floor Shuffleboard, Bridge, or Whist (due to Annual Health Fair and vendor lunch)

# Be Scentsitive to others

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





We Share the Air!

# EXECUTIVE DIRECTOR'S REPORT

I was really worried we wouldn't have the Municipal Election results by the time this month's newsletter was set to be printed (I'm joking... the hand counting of ballots definitely did take a bit longer to get the final results). Congrats to Mayor-Elect Blaine Hyggen and Council-Elect Crowson, Schmidt-Rempel, Dodic, Wolfe, Beeber, Doria, Campbell, and Parker. Also, to all other candidates who let their name stand for



election, Nord-Bridge and its members were appreciative to get to meet candidates at our Meet and Greet last month. It's unfortunate voter turnout was so poor with only 19.3% of the eligible voters casting a ballot. We're excited to work with Mayor-Elect Hyggen and Councillors over the next four years to continue to advocate for Nord-Bridge and senior related issues.

Exactly one year ago, I wrote in my November 2024 newsletter article that Nord-Bridge would be receiving \$43,094 less from our FCSS funding. This funding supports our: Social Inclusion programming, Seniors Population Supports Navigation, Tax and Form Assistance, and Go Friendly Shuttle. Social Inclusion programs include providing wellness, education and life skills programs, volunteer opportunities and support services for free legal consultations, health awareness and prevention, elder abuse, and inter/multi-generational programs. There is also Keep In-Touch and Outreach programming where personalized contact with members are made with phone calls or in-person visits, and the monthly Outreach program. Seniors Population Supports Navigator funding provides a staff that assists seniors in the community support for finding and maintaining housing, advocacy with landlords, and securing income sources. Tax and Form Assistance program funding assists members in our community with tax/benefit assistance form filling. Last month, we were approved for a top-up of \$28,382 for the 2026 funded year. Still not the full amount from 2024, however we are thankful we received the top-up that can be allotted back to some of the key support services that were reduced in 2025.

Nord-Bridge is raffling a car! Julie, our Director of Fund Development, got approval last month from AGLC for our Car Raffle! Last month we launched the raffle that will see one lucky individual drive away in a 2025 Subaru Crosstrek Touring Edition! A \$2500 cash prize will also be awarded as a second place prize. See the ad on the back cover of this newsletter. Some of the comments we have been hearing include why don't we have physical tickets to be purchased for the car raffle at Nord-Bridge. Simply put, we opted to for an online raffle (where you can purchase only online) because anyone 18+ residing in the Province of Alberta can purchase a ticket. This expands the reach and scope of our ticket sales. If we were to only sell physical raffle tickets our reach for sales would be limited to mostly only Southern Albertans; conversely the online raffle allows us to sell a ticket to all four corners of our province. If you need help purchasing a ticket please chat with staff at the Front Desk and we can assist you. Thank you to Subaru of Lethbridge and their team for partnering with us on our first ever car raffle!

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

# **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** 

Financial Administrator

**Program Coordinator** 

Seniors System Navigator Charlene Kocken

Seniors System Navigator Breylin McNeil

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

Maria Lisun

**Erin Bates** 

Gail Krysak

**Bety Castillo** 

Tyler Johnson

Danielle Wiese

Heather Boychuk

Marco Escobar

**Iulie Sarich** 

Donna Lofstrom-Bell

Terry Beauchemin

Cindy Dykstra

# **Beginners Drop-In Chess Club**

Date/Time: Fridays, 8:30am - 12:00pm Location: Board Room (Fall only)
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







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

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

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

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

## NORD-BRIDGE SENIORS CENTRE

# **GENERAL MEMBER MEETING**

## Date:

Wednesday,
November 5, 2025 **Time:** 9:30 am **Location:**Multi-Purpose Hall

# **NAGEL TOURS**

#### ESCORTED MOTORCOACH HOLIDAYS

Our motorcoach tours are a worry-free way to visit your dream destinations.

All trip details, transportation, lodging and sightseeing excursions are handled with just one call.



#### The journey is not only about the destination

- time spent on the road provides an opportunity to share experiences with new friends and form happy memories.

Palm Springs Desert Oasis — 14 days, January 18<sup>th</sup>
Arizona Desert and Canyons — 16 days, February 9<sup>th</sup>
Deep South Texas and Louisiana — 24 days, March 9<sup>th</sup>
Victoria Stay Awhile — 9 days, April 18<sup>th</sup> or October 11<sup>th</sup>
British Columbia Circle — 9 days, May 30<sup>th</sup>
Portugal's Coastal Gems — 10 days, May 31<sup>st</sup>

Portugal's Coastal Gems – 10 days, May 31<sup>st</sup> Seattle Baseball – 7 days, July 1<sup>st</sup>

Northwest Territories and Yukon - 18 days, July 4th

Winnipeg Wonders - 8 days, July 4th

Visit us online at www.nageltours.com Anniversary
Contact your Travel Agent
or toll free: 1-800-562-9999
into@nageltours.com





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!

#### RECENT WINNERS

Oct. 24 - Daniel Beaudoin \$148

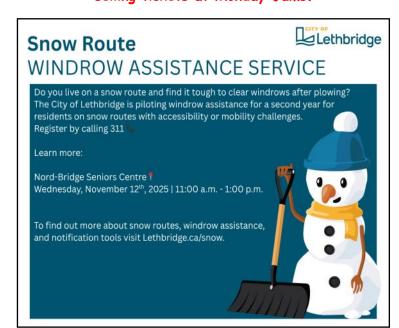
#### MONDAY JAM 50/50 DRAW

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

#### RECENT WINNERS

Oct. 6 - Millie Buck \$90 Oct. 13 - CLOSED Oct. 20 - Anonymous \$122.50 Oct. 27 - Pat Waddle \$68.50

Thanks Jammers, Volunteers, and Patrons.
Thanks also to Cheryl Orr 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









## BUILDING OPERATING FUNDS RECENT DONORS

Mathilde Reichel \$1000 Colleen Bates \$100 Christina Figenshau \$200 Larry & Bonnie Smith \$200 Les Herrington\$500 Bernie Schell \$100

## NORD-BRIDGE IN-HOUSE BINGO

Year to date: \$14,347.75









Time: 10am - 12pm G WEALTH Location: Nord-Bridge Main Corridor

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

# TECH DESK HELP WITH PETER

If you have questions about your laptop, tablet, or smart phone, our volunteer, Peter, would be happy to assist you!



Dates: Thursdays,
November 13 & December 11
Time: 9:30 am - 2:00 pm

Location: Nord-Bridge Main Corridor

Cost: FREE

Appointments are required.

Visit the front reception desk to book!

\*for Nord-Bridge members only

# Information Booth at Nord-Bridge

Date: Tuesday, November 4th

Time: 10:00 am

Location: Nord-Bridge Main Corridor

Stop by and learn about Caregiver Connections a program offered by Lethbridge Family Centre, providing support for anyone caring for a loved one with mental health concerns or substance abuse.



# ECHOES & ORIGINS

LEARNING THROUGH CONVERSATION, UNDERSTANDING THROUGH CULTURE

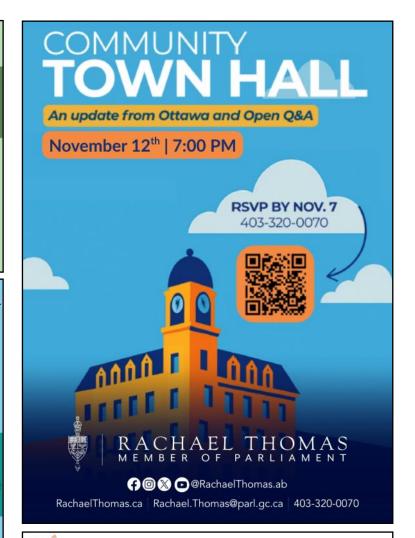


#### Mission Statement

Our mission is to create meaningful connections between older adults from diverse cultural backgrounds through guided conversations in a welcoming, respectful setting.

# **NOVEMBER 6**

Nord-Bridge Seniors Centre Board Room // 1:00 pm Presented by: University of Lethbridge Nursing Students



# 8

# 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.
- 1½ 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: Nov. 4 (am), Dec. 16 (pm)

Upcoming Dates at LSCO: 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.



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.







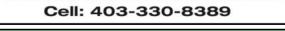




Sorting •

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

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



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!

#### Date:

Friday, November 7
Time: 9:30 am to 11:30 am
Location: Board Room
\*No appointment required







New Owner/

Operator



## DUNFORD DINER MENU



#### 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 Eqq. 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

#### 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

# **GPS CONTAINER**







# Two Lethbridge Locations

# 872 Heritage Blvd. West

Monday-Sunday // 9:00 am - 5:00 pm \*Closed ALL Stat Holidays

### 613 13th St. North

Monday-Sunday // 9:00 am - 5:00 pm \*Closed Christmas Day & New Year's Day



Rrian Eakett: (403) 360-3137 or Doug Eakett: (403) 330-9652

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

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

**Upcoming Date:** Wednesday, Nov. 5 Time: 10:00am to 12:00pm Location: Craft Room Fee: \$35 per patient per visit





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



Date: November 21, 2025 Time: 9:00 am - 2:00 pm

\*Last clinic until May 15, 2026!

Location:

Nord-Bridge Seniors Centre

1904 - 13 Ave N,

Lethbridge, AB, T1H 4W9

ID requirements are based on the service offering reque 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 o quest information and assistance through the Outreach apport Centre from 8:30-4:00, Mon-Fri: 1-877-631-2657



Government Gouvernement of Canada du 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
- 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
- help understand CRA letters

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







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

Date: Wednesday, 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.









# **Volunteer Services Report**

Hoping everyone had a Happy Thanksgiving, however you observe. I had double pumpkin pie, (well, they were very small slices); nothing better than Costco Pumpkin Pie.

Over this last month, I have been connecting with Nord-Bridge members who have indicated they are interested in volunteering. You should be seeing some new faces in the Dunford Diner and helping with the Friday afternoon Bingo. Some are very recent new members and others have joined in this last year. It has been wonderful meeting everyone and especially putting a face to a name and phone number. I will continue to contact members who have mentioned on their membership application that they might be inter-

ested in volunteering in some way at Nord-Bridge Seniors Centre, and if you have changed your mind or are no longer available, there is no pressure; I would be happy to chat with you regardless.

My main upcoming volunteer opportunity will be ticket sales for the "25 Days of Christmas" Gift Basket Raffle, which begins on Monday, November 17th and ends on Friday, December 19th, Tickets will be sold here at Nord-Bridge Seniors Centre Monday to Friday, There are two shifts available each day; 9:00 a.m. - noon and noon - 3:00 p.m. Thanks to Lovely Lucy, our Tuesday morning shift has already been covered. You can contact me at 403-329-3222 local 109 and leave me a message or e-mail me at donna@nordbridgeseniors.com if you are interested, with your name, contact information and your availability. If you have already given me your name and phone number for the "25 Days of Christmas," I will be phoning you very soon.

We are also looking for help with our Friday afternoon 3:00 p.m. take down and sometimes, our Friday morning 11:30 a.m. set up for the Bingo Program. Each time only takes about ½ hour but you need to be able to lift approximately 25 pounds safely to help with the tables. Also, once a month on a variable Monday, the Outreach group would really appreciate a hand with set up (around noon) and take down (around 3:00 p.m.) with large and small tables and chairs. Outreach takes a break over the summer. If this opportunity appeals to you, especially if you live close to Nord-Bridge, please come to see me for more information. I work part time, so my hours vary but I am usually here Monday and Friday afternoons, and Tuesday & Thursday for most of the day, with Wednesdays off.

I hope you have or had a fun Halloween. I love to see the youngest children dressed up, especially if it is their first Halloween. Last year we had just over 125 trick or treaters so expect about the same this year.

# Donna Lofstrom-Bell, CVA

#### **Coordinator of Volunteer Services**

# Memorial Day

I am a veteran of the Canadian Armed Forces. My career spanned 26 years and thank God, I never had to serve anywhere there was conflict or my life was in danger. I need however to be reminded every once in a while that I did sign on that dotted line and wrote that blank check to my country for my life.

I am not a huge fan of American mentality, they have a reputation of being braggarts, are brash and think they are the only saviours of the free world. I do however, have a few American friends that I cherish dearly. I find we are much alike, we have similar beliefs, share the same values and they love their country as much as I love mine. I watched the very moving Memorial Day Concert on TV the other night and more than once brushed a tear from my eye. Soldiers are all the same, no matter what country they are from, no matter what side they are on, or what belief they are fighting for. They all undergo the same type of training and believe their cause is the right one.

Once you have served your country, train and stand beside comrades who depend on you for their life and you for theirs, there is a special bond formed that only each other can understand. It is a lifetime bond and knows no boundaries of race, color, creed or status. That was reinforced in me as I watched the veterans embracing each other at the end of the concert. They hugged long and with great passion as they both felt the familiarity and the knowledge that they are the survivors, the ones whose responsibility it is to pass on the truth, that war is not glorious and is filled with more lost loved ones than heroes.



Nord-Bridge has fundraising accounts at both GPS Container Depot locations in Lethbridge!

If you'd like to join in on our fundraising efforts, feel free to drop off your empty beverage containers at either GPS Container Depot location, and ask to have the funds donated to the Nord-Bridge account. We appreciate your support!

North: 613 13 St N West: 872 Heritage Blvd W





Thank you to GPS Container Depot for adding 110% of funds collected to our accounts!



Mind Joggers ~Edward Sillito

955 Friday	9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 9:00 Handy Crafters FREE Massages (Board Room) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 1:00 Cribbage (WCR) 1:00 Contract Bridge	8:30 Begin. Chess Club (Board R) 9:00 Gentle Yoga 9:00 Gentle Circle 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 1:00 Cribbage (WCR) 1:00 Contract Bridge
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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: NOVEMBER 5, 12, 19, & 26
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)
  LOCATION: CRAFT ROOM WATCH IN MONTHLY NEWSLETTER FOR MORE
- ACCEPTING DONATIONS OF XMAS TREES STARTING NOV. 25TH FOR WINTER WONDERLAND WALK THROUGH!
- PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!
  - XMAS LUNCHEON ON FRIDAY, DECEMBER 5TH AT 11AM IN THE MULTI-PURPOSE HALL TICKETS ON SALE NOV. 25TH FRONT DESK.
- PANCAKE BREAKFAST WITH SANTA ON SATURDAY, DECEMBER 6TH WINTER WONDERLAND GO TO PAGE 21 FOR MORE INFO!

Page 13

# DARREN ATKINS







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

# Reflexology at Nord-Bridge

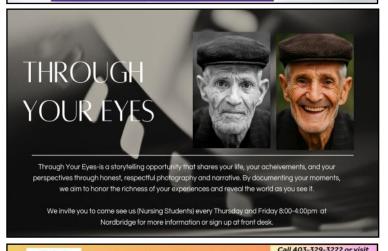
with Maria's Footworks and Health Solutions

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





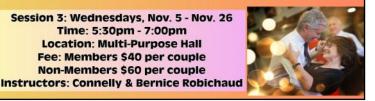


# Beginners Group Dance

with Alberta Rose Country Dancers

Learn different styles of dance with a variety of music - this month we will be including lessons on the Country Swing! This class is for all ages and all levels as we intend to have fun, socialize, and gain confidence in dance knowledge and etiquette.

Session 3: Wednesdays, Nov. 5 - Nov. 26 Time: 5:30pm - 7:00pm Location: Multi-Purpose Hall Fee: Members \$40 per couple Non-Members \$60 per couple



www.nordbridgeseni to register!





622 13<sup>™</sup> STREET NORTH

403-593-8974

OPEN AT 9:00 AM MONDAY - SATURDAY Lethbridge's newest Flower Shop offering:

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

ROSEANDTHISTLEFLOWERSHOP.CA

# Falling Snow



Let's paint some snowy effects in the landscape with acrylics. Some simple painting techniques will help the illusion of snow falling and atmospheric lighting. No experience necessary but if you have some painting experience in acrylics, it will benefit your painting application and color mixing.



To register, call 403-329-3222 or visit www.nordbridgeseniors.com Please pick up a supply sheet upon registration

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

# Seniors System Navigator

This month I would like to introduce Gail Petrie. Gail has been a member of Nord-Bridge since September 2006 and has been involved with the Sock It To 'Em campaign for over 25 years. In this article, I would like to explore more information about her and her experiences.

Where did you work? Gail was employed with Lethbridge School District #51 for 31years. She worked at Galbraith, Lakeview, and Park Meadows schools. The last 16 years of her career was spent at Park Meadows school.

How did you begin the Sock It To 'Em campaign? While Gail was at Park Meadows school, she noticed children coming to school dressed improperly for the winter conditions. She observed that many children arrived at school with

no socks or boots and were missing mittens. Gail wanted to know how she could support these families. She went to her principal and suggested that the staff and students collect socks for needy families. Eventually, this led her to approach Local 290 and ask if they would be interested in notifying all the schools to collect socks. She then proceeded to approach both public and catho-

interested in notifying all the schools to collect socks. She then proceeded to approach both public and catholic school boards and inquired if they would be interested in supporting the Sock It To 'Em campaign. Gail is proud to announce this will be the 25<sup>th</sup> year of the campaign. The value of the socks collected amounts to roughly \$196,000. The socks collected have been donated to Streets Alive, Woods Homes, Harbour House, Lethbridge Soup Kitchen, Lethbridge Shelter and Lethbridge Family Services Angel Tree. All the socks stay in the community of Lethbridge and recently, rural schools collected socks and kept them in their community.

What are you most proud of in your life? Gail is grateful for creating the idea of the Sock It To 'Em campaign. Most of all she is thankful for all the support and volunteers that have donated their time to make the program a huge success. Gail hopes that this program continues to be successful for years to come. She has since retired from Park Meadows school in June, 2006, and with the support of Nord Bridge, the program continues.

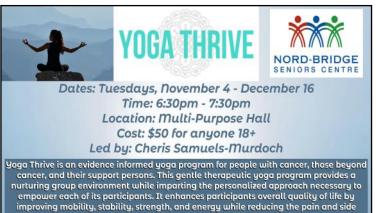
What do you think is the most important thing in life? Gail feels that if you are blessed in life, then it is your responsibility to give back to the community.

What hobbies or interests are you enjoying lately? Gail volunteers at the Soup Kitchen once a week, swims twice a week, and plays cards at Nord-Bridge. She feels this gives her purpose and helps her feel fulfilled in life.

Charlene Kocken BSW, RSW - Seniors System Navigator







effects of cancer and its treatment. Our students become more relaxed, better able to cope, and comfortable enough to reconnect more deeply to themselves and what is of

value to them. The aim is Thriving NOT JUST Surviving



It's time for the 25<sup>th</sup> ANNUAL OPERATION:

SOCK IT TO 'EM

From November 1 to December 3, 2025

Nord-Bridge Seniors Centre, and the caretakers, maintenance & support staff in Lethbridge & area schools are collecting NEW SOCKS to be donated to local charities and those less fortunate for Christmas.

Please join them and make someone's Christmas a little bit warmer!

To donate, drop new socks off at Nord-Bridge, or

QUESTIONS? Call Gail Petrie (403) 327-6520 Charlene Kocken (403) 329-3222

your local school.

contact any custodial staff at

- -Nord-Bridge Seniors Centre -Lethbridge School Division
- -Holy Spirit School Division

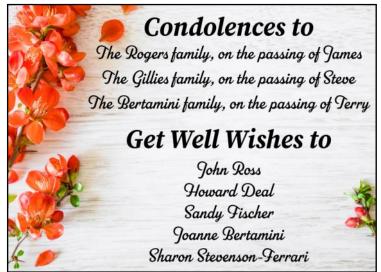






Lucy Graham, one of our members, is now a published author! She wrote a book called Travelling Tuesdays. In it, Lucy shares stories about many of the countries she has been able to visit all over the world. See which adventure brought her too close to a hippo and where she enjoyed a ride in a hot air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







# Programmer's Report



Last month I flew off to Arizona for a few days and went golfing, hiking, swimming, and much more! Here is a photo from that trip! We were in the Superstition Mountains near Tortilla Flat!

We hosted our Annual Thanksgiving luncheon with a sold out crowd of over 175 patrons in the big Multi-Purpose Hall. Thanks again to Mayor Blaine Hyggen for saying grace as well as an opening speech. Please see the list of sponsors at this event on page 17 of this newsletter. We also hosted our annual Craft and Bake Sale, which was an awesome fundraiser for Nord-Bridge. We had a great response, once again receiving many local baked goods donations from members and community members as well as bakeries Thank you, thank you!

For the first time ever, we also had the opportunity to have the U of L Nursing students pair up with the Medicine Shoppe Pharmacy (attached to our building)

for drop-in Influenza clinics on October 23rd & 24th. It is always nice to have a clinic like this within Nord-Bridge and at the same time increase experience for the Nursing students. Thanks to all for the organization required to run this. Thank you to Nursing Instructor Penni Wilson, Medicine Shoppe owner Terry, pharmacist, Josh, and the staff who helped set up and take down for this while I was away.



Fall programs are ticking along nicely; so nicely that we had to open another Chair Yoga class on Thursday mornings at 9:00 am with Tamaki. We now have a new record of 5 Chair Yoga classes - this is the most we have ever offered and I am so grateful to have such amazing membership and instructors to make this possible! Speaking of Yoga if you haven't already heard of Yoga Thrive, please investigate it, as it's a great evidence based program lead by Cheris Samuels for anyone with Cancer and beyond. It's once a week on Tuesday nights at 6:30 pm for \$50 for members and \$70 for non-members. You can register either online at our website, over the phone, or in person at Nord-Bridge.

The Fall In-House Tournaments for Floor Shuffleboard, Table Shuffleboard, Darts, and Pool (snooker, 8 ball, 9 ball etc.), will begin throughout this month at regular programming times. Please see page 19 for a full list of dates and times. These tournaments are for Nord-Bridge members ONLY and a one-time \$15.00 fee is required to play in any of these tournaments. When registering, please let the front desk know which tournaments you are registering for. Payment goes towards our annual Awards Luncheon next year.

There will be no Carpet Bowling and Active Pound on Wednesday, November 5th due to the Annual General Meeting. However, darts will still

Mark your calendars for the annual Nursing Health Fair on Thursday, November 27th from 9:30 am to 12:00 pm in the Multi-Purpose Hall open to all and free entry! Please go to page 23 of this newsletter for more information. This is a great event to showcase all senior health related vendors in the community. Please note there will be no Thursday Line Dance, Keep Fit Strength, or Floor Shuffleboard due to the health fair on this day. Also, there will be no Contract Bridge in the diner annex on this day, due to the health fair vendor lunch.

Lastly, I have had some questions regarding donations of Christmas trees and lights for our annual Winter Wonderland Walk-Through. We will be accepting donations beginning on November 25. Items must be dropped off to Nord-Bridge, as we will not be able to pick them up. If you have any further questions related to Christmas, please contact me at 403-329-3222.

Until next month, stay happy and healthy!

~Ashley Kern - Program Coordinator







\*for Nord-Bridge members only

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!



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

## Friday, November 7:

Meatloaf with Rice and Harvard Beets

## Friday, November 14:

Chicken Lombardy with Mushroom Gravy, Rice, & Broccoli

## Friday, November 21:

Beef Steak & Baked Potato, with Green Beans and Chimichurri Sauce

## Friday, November 28:

Liver and Onions with Mashed Potatoes, Veggies, and Gravy

Available from Ham to Ipm, while quantities last











closed at 10:00am in order to prepare for the luncheon Restoring Smiles with Quality Southern **Dentures** Denture Clinic Now doing intraoral scanning! No more messy uncomfortable impressions! Complete and Immediate Dentures Digital Dentures Partial Dentures including flexible non-breakable

- mplant Supported Dentures-removable / fixed
- Same day Relines Nightquards / Retainers
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# **Fundraising Report**

Hello friends - welcome to November.

I am so grateful for you all – and know that you will continue to find your happy moments daily! We have been so lucky to have our **Nord-Bridge Car Raffle** finally get up and running! We are giving away a 2025 Subaru Crosstrek Touring Edition – who doesn't want a new car!? Tickets are \$25 each, or 5 for \$100 and can be purchased on <a href="www.Rafflebox.ca/raffles/nbsca-crosstrek">www.Rafflebox.ca/raffles/nbsca-crosstrek</a> or with the QR Code at the end of this message. Not sure how to work this handy little code? Ask us at the Front Desk - we will be happy to help you. You must be living in AB to buy a ticket – and of course over 18 years of age. We will be drawing for this beauty Feb. 13, 2026.



Our **25 Days of Christmas** will be starting this month! On November 17<sup>th</sup> we will be starting ticket sales – and the first draw will be November 21. Tickets are \$10 each and our prizes start at \$100 Value. There are amazing Prizes to be Won...don't miss out!

We are working with **GPS Container Depot** for recycling needs! They have an account set up for us at both the North and West Side locations – if you take your bottles into **GPS Container Depot**, you can let them know you would like to donate to Nord-Bridge Seniors Centre Account – and that's it! See the poster on page 11 for more details.

**Feel free to help us increase our Fundraising Thermometer** ~ you would have seen it at the main entrance. This is just a FUN way to show your support – in any form. We appreciate it so much. We could not do this without YOU!

Busy busy, and all our fundraising is going to help us **reshape and expand our Dunford Diner!** We sure could use the space, and it will also help us purchase new tables and chairs, as well as upgrade the flooring! \$100,000 is a lot of money; however nothing is inexpensive anymore ~ and our achievements will help us get there!

I will be away for most of November on a Transatlantic Cruise – I truly enjoy sharing time with my husband, Jeff and making amazing new memories and friends along the

Looking forward to seeing you soon! Keep smiling.

# Julie Sarich

**Director of Fund Development** 





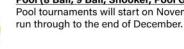
supported by Lethbridge Family Centre!

# Nord-Bridge Fall 2025 In-House Tournaments

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



<u>Darts:</u> November 3, 5, 10, 12, \*17, 19, 24, 26 (Tournament play will be scheduled during regular <u>Mondays and Wednesdays</u> at 1pm) \*No tournament on Nov. 17 - due to <u>Outreach Program</u>



Pool (8 Ball, 9 Ball, Snooker, Pool Golf):
Pool tournaments will start on November 12 and



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



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



To register, please see Front Reception Desk All entry fees are due by Monday, November 3, 2025

# The October Sass Dispatch

Well, well, well... look who survived another month of *pumpkin spice*, *party nights*, and *questionable choices*. Before we dive in — a giant THANK YOU for all the birthday love! You sure know how to make a person feel special.



October hit all the right notes — literally. From the rock energy of Chevelle 454 to the rhythm of Rebel Angels and the charm of Caliya, the month was a concert in motion. Just when I thought the encore was over, my son Corbin surprised me with Darius Rucker tickets. A perfect date night with one of my favorite guys — and proof that sometimes the sweetest songs come from family.

Between concerts, I spent plenty of time **soaking up fall with my two favorite walking partners**, **Hilda McGruff and Ursa**. The crunchy leaves underfoot were delightful — the porcupine chase, not so much.

The rest of October was devoted to crafting my Halloween costume — a project that consumed my evenings, weekends, and possibly a small part of my sanity. There were scissors, fabric, and an unholy amount of cursing.

Nord-Bridge Seniors hosted our **Annual Thanksgiving Dinner**, and what a great luncheon it was! Bellies were full, laughter echoed through the halls, and the dessert table didn't stand a chance. A huge THANK YOU to all our incredible **volunteers** who set up, served, and cleaned up with smiles — you're the gravy that keeps this dinner rolling!





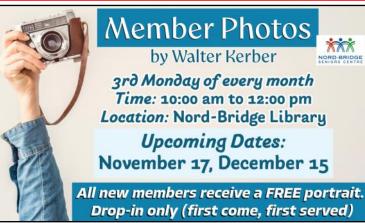
And don't forget — our Bottle Drive is in full swing! Drop off your bottles and cans at GPS Container Depot North or West to help raise funds for Nord-Bridge Seniors. Every empty can bring us closer to an exciting event — and maybe an excuse to go out and meet new friends.

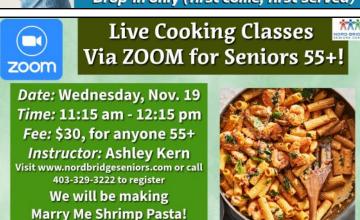
Christmas Sweater Season officially starts November 12 — and that means I won't be wearing the same outfit twice until the New Year. Translation: laundry levels are dropping faster than the temperature. My washing machine is officially on vacation, and I'm not mad about it.

As the season of cozy sweaters and twinkling lights begins, let's take a quiet moment to remember those who gave up their tomorrows for our todays. Their sacrifice is the reason we wake up in freedom, gather with loved ones, and live the lives we do. For me, remembrance isn't just a single day on the calendar — it's a feeling carried in my heart every day. To all who served, and all who were lost, thank you. Lest we forget.



 $\sim$  Erin Bates "The secret of happiness is freedom, the secret to freedom is courage "





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

## 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 (seniors) or Lethbridge Family Centre (kids).



Date: Wednesday, November 26 Time: 3:15pm - 4:15pm Location: Multi-Purpose Hall







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

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

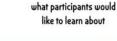
#### JOIN US TO LEARN MORE!

Dates: Monday, November 3 2025 - Topic TBD by class Monday, November 10, 2025 - Topic TBD by class Monday, November 17, 2025 - Topic TBD by class Monday, November 24, 2025 - Topic TBD by class

Time: 9:00 am to 10:00 am

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

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



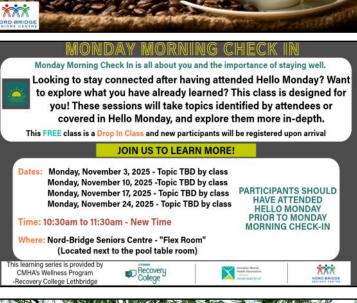
Topics will be based on

Concelled Meetal Bad D. Remodellos U. Jump













#### Lethbridge Elder Abuse Response Network

#### Family Violence Awareness Month: Recognizing the Signs in Older Adults

November is Family Violence Awareness Month; a time to reflect, learn, and take action to prevent abuse in all its forms. While we often think of family violence as something that happens among younger families, it can also deeply affect older adults. Abuse of older adults, sometimes called elder abuse, can take many forms: physical, emotional, financial, sexual, or neglect, and it occurs at the hands of someone the person knows and trusts.

As members of the community, we can all play a role in watching for signs that an older friend, neighbour, or loved one may be experiencing harm or distress.

#### Warning Signs to Watch For:

**Physical signs:** Unexplained bruises, burns, or injuries; frequent "accidents."

**Emotional signs:** Withdrawal, fearfulness, anxiety around certain people, or sudden changes in mood or behaviour.

**Financial signs:** Sudden changes to banking patterns, missing belongings, unpaid bills, or new "friends" involved in finances. **Neglect:** Poor hygiene, weight loss, lack of medical care, or unsafe living conditions.

**Social isolation:** A caregiver or family member who prevents visits, phone calls, or access to the senior.

#### **How You Can Help:**

If something doesn't feel right, don't ignore your instincts. Checking in gently and offering support can make a big difference. You might say, "You seem a bit quieter lately, how are things going at home?"

If you suspect abuse, support is available. It's important to reach out. You can contact the Lethbridge Elder Abuse Response Network at 403-394-0306 to speak with a case manager.

Family violence can happen to anyone, but no one should face it

alone. By staying informed, watching for signs, and offering compassion, we can help make our communities safer and more supportive for older adults.

# Maríssa Hardy ~ LEARN Case Manager







# Financial Literacy

Session/ Workshop:

#### **Disability - Accessing Your Benefits**

Description:

Join us for a free 60-minute financial literacy presentation led by a Chartered Professional Accountant (CPA). This session/workshop will help you understand important money skills that can guide your decisions in today's world. It's a great chance to boost your financial knowledge and ask any questions you may have. Don't miss out!

Presented by: Sandy Lyons CPA, CA, LIT

Location: Nord-Bridge Seniors Centre Board Room

Date: Monday, November 3, 2025 Time: 10:00 am - 11:00 am

Please RSVP to Nord-Bridge (1904 13 Ave. N) or call 403-329-3222

# Nord-Bridge has Rooms for Rent for Special Events on Weekends!





West Community Room: \$200.00 for the weekend or hourly \$35.00 (Min. of 3 hours)

Multi-Purpose Hall : \$750.00 for the weekend or hourly \$125.00 (Min. of 3 hours)

\*Damage deposit not included in these prices

For booking inquiries please call Maria at 403-329-3222. Please book a minimum of one month in advance.

Visit www.nordbridgeseniors.com under the About > Facilities > Rentals tab for more information about these rooms.



# Use it or Lose it

Join us for a fun and social gathering hosted by the nursing students, focused on memory and brain health! We'll enjoy a variety of interactive activities, games, and puzzles designed to keep our minds active while connecting with friends old and new.

Location: Nord-Bridge Flex Room
Date: November 21 Time: 9:00am - 11:00am



# Tickets on sale Nov. 17 through Dec. 19 **How to Participate:**

All prizes will be donated by local businesses and the community!

- 1. Purchase your tickets for \$10 each from the front reception desk or the table beside the Dunford Diner Annex. Your name will be put in the draw for each ticket you purchase.
- 2. If your name is drawn, choose a number from the advent calendar to win the gift associated with that number. 3. If you win, your ticket will NOT be put back in the draw box.

However, you can purchase more than one ticket and have multiple chances to win!



**Draw Dates:** 

Friday, Nov. 21 Friday, Nov. 28 Friday, Dec. 5 Friday, Dec. 12 Friday, Dec. 19



# Financial Literacy

Session/ Workshop:

#### Managing/Budgeting Your Finances in Retirement

Description:

Join us for a free 60-minute financial literacy presentation led by a Chartered Professional Accountant (CPA). This session/workshop will help you understand important money skills that can guide your decisions in today's world. It's a great chance to boost your financial knowledge and ask any questions you may have. Don't miss out!

Presented by: Sandy Lyons CPA, CA, LIT

Nord-Bridge Seniors Centre Board Room Location:

Date: Monday, November 17, 2025 Time: 10:00 am - 11:00 am

Please RSVP to Nord-Bridge (1904 13 Ave. N) or call 403-329-3222



**Nord-Bridge Dunford Diner Upcoming Dates & Times:** Wednesday, November 12 - 10:00 am Wednesday, December 10 - 10:00 am



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



# Nord-Bridge Is Raffling a CAR!

Want to WIN -

Use our QR code or ask us for assistance



Tickets are 1 for \$25 or 5 for \$100 \*\*\*You can't win if you don't have a ticket \*\*\*

\*No tickets available at Nord-Bridge

