



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

NORD-BRIDGE SENIORS

NEWSLETTER

January 2026

Happy New Year!

Warm wishes for health and happiness in 2026, from the staff at Nord-Bridge Seniors Centre!

Here's to a year filled with laughter, friendship, and community spirit! We're expanding our calendar with new art classes to spark creativity, fitness programs to keep us moving and energized, and seniors assistance services designed to provide extra support where it's needed most. Of course, many of our tried and true favorites will also be returning! Registration for winter programs begins Tuesday, January 6 at 8:30 am both in person at Nord-Bridge, and online at www.nordbridgeseniors.com. Steps for registering online can be found on page 21 of this newsletter. Cheers to new beginnings and lasting connections in 2026!



NORD-BRIDGE
SENIORS CENTRE
Inclusivity lives here

"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

Welcome to 2026. I hope everyone had a wonderful holiday season and is ready to begin what will hopefully be a great year for all. I would like to thank all those who have helped Nord-Bridge become such a welcoming organization. We have the most extraordinary contingent of volunteers that help make us who we are. The kindness and generosity of our membership to help those less fortunate is truly inspiring. It would be awesome if the world learned to spread kindness instead of animosity and greed.

Now that all the wonderful decorations have been put away, our hallways look a bit stark. This will soon be filled with the laughter and greetings of our members and visitors coming back to enjoy our facility.

Our Winter Program Guide came out on December 19th and our Winter Registration will take place on Tuesday, January 6th starting at 8:30 am. You can either register in person or online. Our January Outreach Program will take place on Monday, January 19, 2026. This program is open to the public for a nominal price of \$3 per person. Please register through the front desk.

We also have our car raffle - only a month and a half left to get your tickets. Purchase tickets by scanning the QR code on the back page of this newsletter, or by going to Rafflebox on-line at www.rafflebox.ca and searching *Nord* to find our raffle. If you need help, the front desk or one of the staff can assist you. The car will be on site at various locations over the next few weeks.

People who wonder whether the glass is half empty or half full are missing the point. The glass is refillable.

Dianne Smith,

Interim Board President



Nord-Bridge Membership Fees:

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

Membership Renewal: \$60

New Memberships: \$63



**Welcome to 23 New Members!
We are happy to have you here!**

Mark Chamberlain

Michael D'Amour

Ken Kellett

Carl Thornton

Cheryl Gudmundson

Garry Gudmundson

Belinda Crowson

Isabel Birrell

John Bright

Ken Bemet

Karen Wakefield

Jim Jepson

William Higgins

Peter McCallum

Mary Bartel

Mary Stahl

Terry Thompson

6 Anonymous



**Nord-Bridge Seniors Centre
Bottle Drive Fundraiser**



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!

**GPS CONTAINER
DEPOT**
It's Worth It

Thank you to GPS Container Depot for adding an extra 10% of funds collected to our accounts!

North: 613 13 St N

West: 872 Heritage Blvd W



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



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

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



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

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



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

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



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

Our Valentine's Luncheon takes place
Friday, February 13th in the Dunford Diner.

Tickets go on sale
Tuesday, February 3 at 8:30 am
at the Nord-Bridge front desk for \$15 each



Nord-Bridge Music Makers



The Nord-Bridge Music Makers get together weekly to sing. This group's main focus is music and performing at different seniors' health & housing facilities.

SING

New singers and acoustic instrumentalists are welcome!
The group meets weekly at Nord-Bridge in the Dunford Diner Annex on Tuesdays from 10:00 am - 11:30 am.

*Meeting in the Multi-Purpose Hall
ONLY on Tuesday, January 6th

Be *Scent*sitive 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

Happy New Year!



I hope everyone was able to spend time with family and friends over the holiday season. I was happy to be able to enjoy time with my family and friends sharing meals, smiles and laughs.

2025 was another year of growth in many areas at Nord-Bridge. Our staff grew by three: Donna (Coordinator of Volunteer Services), Dani (Cook) and Breylin (Social Prescribing Systems Navigator) all joined our Nord-Bridge family. Ashley (Program Coordinator) had every nook and cranny of Nord-Bridge occupied with programs and activities. Charlene (Seniors Systems Navigator) relocated her offices to the west end of the building. Julie (Director of Fund Development) started new fund-raising initiatives to generate funds for our growing centre. Terry (Go Friendly) was busy shuttling seniors to and from their homes to the centre. Terry, and our Go Friendly riders will be very happy this year as the new shuttle bus is set to launch this month - stay tuned for more details. Erin and Maria continued to direct traffic and provide members and guests with information and resources needed from the Front Desk. Tracy (Financial Administrator) stayed busy controlling our operating expenses and sourcing out effective ways to help us stay on budget. Bety (Kitchen Manager) and her team (Tyler, Dani and Heather) cooked their way to a banner year in food sales! Gail (Dining Room) got a new cashier system to help keep up with the demands of the busy dining room. Cindy (Newsletter Editor) continued to produce our amazing monthly newsletters and all of our graphics for our signage and social media posts. Marco... well Marco did what he does best (besides cleaning). Marco was that friendly presence whose laughter and smile filled the hallways. I am very thankful for the staff we have at Nord-Bridge and all the wonderful work they do for our centre. I would be remiss if I didn't acknowledge all our volunteers who support our staff. There are too many to name, but please note, our volunteers are key supports for our staff and to the operations of Nord-Bridge. I look forward to 2026 and all the great things that we will accomplish.

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
Donald 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	David Ng
Financial Administrator	Tracy Beauchemin
Program Coordinator	Ashley Kern
Director of Fund Development	Julie Sarich
Office Administrator/Outreach	Erin Bates
Office Administrator	Maria Lisun
Coordinator of Volunteer Services	Donna Lofstrom-Bell
Kitchen Manager	Bety Castillo
Dining Room/Kitchen Assistant	Gail Krysak
Cook	Tyler Johnson
Cook	Danielle Wiese
Kitchen Team Member	Heather Boychuk
Building Maintenance/Custodian	Marco Escobar
Go-Friendly Bus Driver	Terry Beauchemin
Newsletter Editor	Cindy Dykstra
Seniors System Navigator	Charlene Kocken
Seniors System Navigator	Breylin McNeil

Park Meadows Performance

Nord-Bridge members are invited to attend a special performance by Park Meadows Elementary School students. Refreshments will be served.



Date: Tuesday, January 27th

Time: 1:00 pm - 2:00 pm

Location: Park Meadows Elementary School

50 Meadowlark Blvd N

*RSVP to Ashley at 403-329-3222 by Friday, January 23



**Eat anything you want...
anytime, anywhere...**

with the help of implant supported dentures.

Call us today for your
complete denture care needs



Giving you something to smile about!

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

Shaw) Go



Available here.

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

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

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

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



Volunteers!

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

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

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

Not sure about your hours?

Please contact Donna at 403-329-3222.



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.

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

Victoria Stay Awhile – 9 days, April 18th or October 11th

California Redwoods and San Francisco – 10 days, April 29th

Vancouver Island, Victoria and Pacific Rim – 9 days, May 9th

British Columbia Circle – 9 days, May 30th

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

Alaska Midnight Sun – 18 days, June 6th

Seattle Baseball – 7 days, July 1st

Winnipeg Wonders – 8 days, July 4th



Visit us online at

www.nageltours.com

Contact your Travel Agent

or toll free: 1-800-562-9999

info@nageltours.com

49th
Anniversary



NORD-BRIDGE
SENIORS CENTRE

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

User ID: NBSC_Guest
Password: Friendly@55

NEW



(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

Nov. 28 - Laurel Scroggie \$349
Dec. 19 - Sharon Davies \$197

MONDAY JAM 50/50 DRAW

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

RECENT WINNERS

Dec. 1 - Linda Everard \$85
Dec. 8 - Shirley Hall \$100
Dec. 15 - Linda Everard \$100
Dec. 22 - Pat Waddle \$87.50
Dec. 29 - Steve Domagala \$60

Thanks Jammers, Volunteers, and Patrons.

Thanks also to Cheryl Orr for
selling tickets at Monday Jams.

Evening Cookie Decorating Class

Join us for this Valentines Day-themed cookie decorating class where you'll learn the art of transforming cookies into beautiful, edible masterpieces! Whether you're a beginner or have some experience, this class is perfect for all skill levels.

Date: Monday, February 9th

Time: 6pm to 9pm

Cost: \$50 per person

Location: Nord-Bridge
West Community Room



Open to anyone in
the community!

Instructor Jenn Baczk, of
Little Bunny Bakeshop, will guide you step-by-step
through various decorating techniques. All
materials, cookies, and icing will be provided.

9:30 am - 12:00 pm

in the
Dunford Diner



Jammers

Every Monday (excluding holidays)

\$3 cover
charge for
non-members



Lethbridge HEARING CENTRE

- 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

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



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

Registered Hearing Aid Practitioners



Jo Ann Kelly

REALTOR®

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

office: 403.320.6411
email: kellyjg08@gmail.com

Over 30 Years Experience



Martin Brothers
Funeral Chapels Ltd.

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

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



BUILDING OPERATING FUNDS RECENT DONORS

Peggy Grant \$1000
Michael Bennett \$50
Roberta Svennes \$100
Tim & June Greenlee \$100
Lois & John Cicman \$200
Valerie Arkinstall \$200
Gary Thomas,
In Memory of Karen Thomas \$500
K. McCarthy \$1500
Les Herrington \$500
Judy-Lynn Cartwright,
In Memory Of Reg Cartwright \$100
Len Hutchinson \$60
2 Anonymous: \$100, \$200

NORD-BRIDGE IN-HOUSE BINGO

Year to date: \$17328.75



Free Hearing Tests
at Nord-Bridge Seniors Centre with
Lethbridge
HEARING CENTRE

3rd Thursday of each month in the
Nord-Bridge Library
Upcoming Dates: Jan. 15, Feb. 19, Mar. 19,
Apr. 16, May 21, June 18

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

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, Jan. 22, Feb. 26,

Mar. 26, Apr. 9, May 28, June 11

Time: 9:30 am - 2:00 pm

Location: Nord-Bridge Main Corridor

Cost: FREE



*for Nord-Bridge
members only

Appointments are required.
Visit the front reception desk to book!





CITY OF Lethbridge

Lyle Grover Inc.

GRASSROOTS
REALTY GROUP



Fountain Tire



RME ROCKY MOUNTAIN EQUIPMENT

The Travel Agent Next Door

EVERGREEN GOLF CENTRE

the Onion BAR & GRILL

Tami Mancey

WHIPS Caramels

KIRKS TRAIL TIRE

The Property Twins
RE-MAX REAL ESTATE - LETHBRIDGE



IN EUDORF
403.328.2533 Plumbing

Red Beard Drafting

exp+
REALTY
Regan Tennyson YQL

Judy Cartwright

ORIGINAL JOE'S
RESTAURANT & BAR

Dianne Smith

canadian tire

IG WEALTH MANAGEMENT

SHOPPERS DRUG MART

Thank You to our
25 Days of Christmas Sponsors!



25 Days of Christmas Winners

Thank you to all who purchased tickets
and to our ticket sales volunteers!

Week 1

Irene Dudas - Skiing snowman, Jingle Juice, wine glasses, Mini Croffles, Whips Caramels, diffuser

Heather Schmitt - large gift basket

Bill Smolnicky - Make Me Beautiful gift basket, Whips Caramels

Ruth Enns - Canada Basket with cookies and candy, Original Joe's gift card, Sobeys gift card

Laureen Palmer - Fountain Tire gift card, snow globe lantern, blanket, slippers

Week 3

Dianne Kubik - Duct cleaning, Onion Bar & Grill gift card, Evergreen Golf pass

Steve Prokop - Christmas lantern, stocking and holder, Kirks Trail Tire gift certificate

Isabel Knoch - LED Christmas Trees, Bens Beef Jerky, grocery gift card

Darlene McLean - snow globe truck, table runner, Original Joes gift card, Savers gift basket, Bens Beef Jerky

Robert Hirano - Visa gift card, blanket, Zippo candle lighter, mugs, water bottle, blue tooth speaker

Elizabeth Pocock - City of Lethbridge gift basket, Grass Roots Realty gift basket

Francis Wallace - Christmas table runner and lantern, Evergreen Golf pass, Whips Caramels, chocolate wafers, cups, Ben's Beef Jerky

Barb Andreasen - HD dash camera, Canadian Tire gift card, Mini Croffles, oven mitts, Whips Caramels

Peggy Grant - Cookie jar and cookie cutters, spatulas, Hickory Farms gift basket, Onion Bar & Grill gift card, Lethbridge Monopoly game

Richard Chevrier - Cooper hat, Canadian Tire & Fountain Tire gift cards, T-shirt, Delta Faucet

Week 2

Sue Richards - Versace bag, Mini Croffles, blanket, gift basket, Whips Caramels

Doreen Sanheim - men's gift basket, men's haircut

Nova Jean Swihart - tea set, oven mitts, Sobeys gift card, Whips Caramels

Lorri Penner - Cozy Cinnamon tea, tea cup, cookies, coffee, boot stocking, retro speaker, No Frill's gift card

Sharon Davies - Christmas crackers, Crib board, Whips Caramels, Onion Bar & Grill Gift Card, Evergreen Golf Pass

Week 4

Eva Deringer - Slippers, Aroma Therapy soap/lotion/oil, candle, Mini Croffles, bath set

Orly Stewart - Skiing snowman, lantern, Onion Bar & Grill gift card, cheese board, Bens Beef Jerky

Zoia Schacher - Ladies gift basket, No Frills gift card

Elizabeth Pocock - Holiday lantern, Mini Croffles, women's hair cut, candle

Bob Emery - Kettle & mugs, Mini Croffles, tea steamer, Christmas crackers, Sobeys gift card



Week 5

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



Rick Miller
Licensed Contact Lens Practitioner

Fred Miller
Registered Optician

DARREN ATKINS



403-894-4122

darren.reddooryql@gmail.com



ONYX
REALTY

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



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.



LETHBRIDGE DENTURE CLINIC LTD

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



**The Medicine
Shoppe[®]**
PHARMACY

Happy New Year!

New patients always welcome

Prescribing and vaccination services
available

Come see if your vaccines are up to date

Take advantage of **20%** off OTC items every first

Wednesday monthly, starting Jan 7.

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

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.



**Upcoming Dates: Wednesdays,
Jan. 14, Feb. 18, Mar. 18, Apr. 15, May 13, June 17**

*Please note:
Price will increase in March*

Location: Craft Room

Cost: \$45 per visit

***For Nord-Bridge
members only**

roost **roost**
LIMITED

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

We can help....

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



New Owner/
Operator

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

Cell: 403-330-8389

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

Small Pancake/French Toast Breakfast \$8

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

Pancakes \$7.5

French Toast \$6.5

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

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

Egg Muffin Sandwich \$5.5

Toasted English Muffin, Egg with Bacon/Sausage/Ham

LUNCH

Philly Cheesesteak \$10.5

Sliced Steak with Peppers, Onions on bun with Fries

Beef Dip \$10

Roast Beef, A'ujus on a bun with Fries

Rueben Sandwich \$8.5

Corned Beef, Swiss Cheese, Sauerkraut on Rye Bread

Deluxe Hot Hamburger & Poutine \$11

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

Hot Hamburger & Fries \$9.5

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

Burger - Beef or Chicken \$7.5

Add Cheese (Swiss or Cheddar) \$1 Add Bacon \$1.5

Add Mushrooms \$1

Add side of Fries \$3.5

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

Fish Tacos & Fries \$10

2 Corn Tortilla Fish Tacos with Fries

Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$7

Grilled Ham & Cheese \$6.5

Grilled Cheese \$5.5

B L T \$7

Nord-Bridge Club Sandwich \$9

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

Denver Sandwich \$7

Chicken Caesar Wrap \$8

Chicken Fingers & Fries \$8.5

Chicken or Ground Beef Quesadillas \$10

SALAD

Taco Salad with Beef \$9

Add Refried Beans \$1.5

*Chef Salad \$10.5

*Caesar Salad \$7.5

*Garden Salad \$7.5

*Add Grilled or Breaded Chicken \$3.5

FRIES & SIDES

Poutine \$7.5

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

Onion Rings \$6

Sweet Potato Fries \$6.5

with Dill Dip

Add Ons: extra \$1

Salsa, Sour Cream, Dressing, Gravy

SOUP & SANDWICHES

Soup & Sandwich \$7.5

Soup \$4.25

Sandwich \$4.25

BEVERAGES

Coffee \$1

Pop & Juice \$1.5

Bottled Water \$1

Indoor Walking & Strength

This indoor walking and strength class is for all ability levels. Weights and resistance bands will be provided. Please bring a water bottle, indoor shoes, and wear comfortable clothes.

Day/Time: Mondays, 4:15 pm - 5:15 pm

Session 1: January 12 - March 2 (no class Feb. 16)

Session 2: March 9 - April 27 (no class Apr. 6)

Session 3: May 4 - June 22 (no class May 18)

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

Location: Nord-Bridge Multi-Purpose Hall



In partnership with



LETHBRIDGE
POLYTECHNIC
Be Fit For Life



TRUST. COMPASSION. CARE

587-370-3432

www.noblehomehealthcare.ca

noblecarelethbridge@gmail.com

Noble Home Health Care Lethbridge

FOLLOW



- Personal care assistance
- Companionship
- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Safety & Supervision
- Dementia Care
- Transportation Assistance
- Overnight Support
- Respite Care

Proudly Serving Lethbridge & Surrounding Communities



Manicures & Pedicures with Jackie

Come relax and get your nails done with a fresh application of nail polish or just a paraffin wax massage!

Upcoming Dates: Wednesdays,

Jan. 28, Feb. 11, Mar. 11, Apr. 22, May 20, June 10

Time: 9:00 am - 12:00 pm

Location: Craft Room

Fee: \$20 (please pay Jackie directly) cash only

***Appointments are required**

Book your 30 minute appointment at the Nord-Bridge Front Desk

Condolences to...

...the Rae family, on the passing of Judie

...the Holz family, on the passing of Willy

...the Archer family, on the passing of Pauline

...the Moore family, on the passing of Harold



**Patient, Respectful, Effective
Real Estate Service!**

Keith Pushor

A "Hands-On Approach" to Real Estate



403-327-2111

keithpushor@royallepage.ca

Outreach Thanks ~Val Arkininstall

Thank you to the volunteers and all who attended our recent Outreach program listening to the Bridge City Bells and a group of 30 Park Meadows Elementary School students. They were awesome. The students made special creative cards for all - thank you kids for making many smiles. Thanks also to Santa for greeting all with a candy cane and helping with distributing 12 gifts of Christmas.

The Outreach Program is an important event that gets seniors out and about. NEW VOLUNTEERS are always welcome to join our team. If interested, book an appointment with Donna for a chat by calling 403-329-3222.

Happy New Year to all! Stay tuned for our January 19th program - it's a Scottish theme with the Celtic Routes as we celebrate Robbie Burns Day. The February program comes early - February 9th with Bryce Gray & Friends as we feel all the love of Valentine's Day. Book early and bring a friend!



Save the Date

Under Northern Lights Gala 2026

Saturday, March 28, 2026

Sandman Signature

Lethbridge Lodge

Tickets: \$100 each

(10% discount for a table of 8)

In support of



Restaurant

Wall

Live

Entertainment

Champagne

Reception

Live Auction

Cash Bar

Wine Plinko

Silent Auction

HUCKVALE
LLP established 1906

Legal Information Session

Join Douglas Alger of Huckvale LLP for a general discussion on:

- Wills
- Enduring Power of Attorney
- Personal Directives
- Estate/Probate Applications



Date:

Thursday, February 12

Time: 1:00 pm

Location:

Nord-Bridge Board Room





Volunteer Services Report

Well, this last year has certainly zoomed by. It is hard to believe that 2026 is on the doorstep and soon we can all look forward to the days getting longer again. Winter has its own kind of beauty, which invites us to slow down, reflect and recharge.

When I look back on 2025, I am thankful for all the new friends I have met at Nord-Bridge since I began as Coordinator Volunteer Services last February. So, not quite an entire year yet, but I have learned a few things since then and I have lots of new things still to learn.

I want to take this time to say "Thank You" to all the Nord-Bridge volunteers for the good and valuable time and service that you give, to benefit and support Nord-Bridge Seniors Centre. Many of you have been a volunteer for a long time and some are quite new, but we could not provide the quality programs and services without your caring and dedication.



The United Nations General Assembly has proclaimed 2026 as the International Year of Volunteers for Sustainable Development. I will be sharing with you over this next year, what that means to Nord-Bridge, Canada, and the world. The logo pictured here was chosen out of over 500 international entries.

On that note, if one of your new year's resolutions is to try volunteering, I hope you consider Nord-Bridge Seniors

Centre as a possibility, and I would be happy to meet with you to provide more information.

Wishing you all the very best for a happy and healthy New Year in 2026!

Donna Lofstrom-Bell, CVA

Happy New Year!



Coordinator of Volunteer Services

Mind
Joggers

A Humble Prayer

~Edward
Sillito

Oh Lord as I venture,
Down life's rocky road.
I ask for thy love,
To help bear the load.

May I walk with the lame,
And not go too fast.
May I race with the swift,
Without being last.

May I stand among giants,
And not appear small.
May I play with children,
Without seeming tall.

May I hold with the brave,
And not be too weak.
May I stand with the strong,
Without being meek.

May I see with the blind,
By just using words.
May I speak with the deaf,
Without being heard.

May I soar with the eagle,
And not fall from the sky.
May I understand suffering,
Without asking why.

And when my number's called,
May I sit by thy side.
Not for what I achieved,
But for how hard I tried.

Amen



Single Session Drop-In Counselling

Lethbridge Seniors Citizens Organization (LSCO) and Nord-Bridge Seniors Centre are very happy to host onsite drop-in counselling services at no cost to older adults 60+ years of age seeking help when they need it most.

This single-session counselling program is here when you are ready. The counselling team will support you, drawing upon your own strengths and abilities, and provide you with information that can help you create a plan for the change you most want in your life. They will also direct you to other services that are available in our community for longer term support if needed.

Offered monthly onsite at both LSCO & Nord-Bridge.

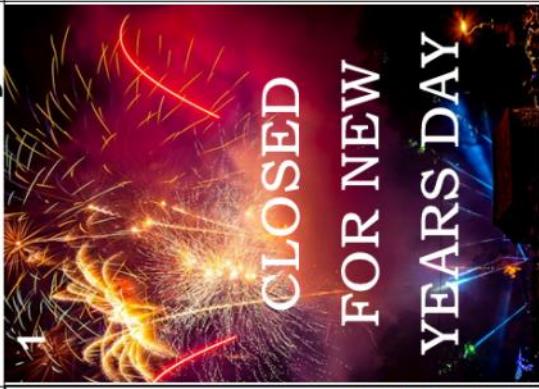
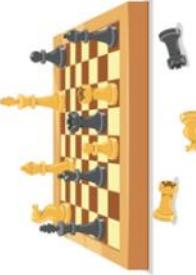
- 1 session offered free of charge.
- 1 ½ hour sessions offered the 3rd Tuesday of the month
- **12:30pm - 3:30pm**
- Drop-in style - meaning you may have to wait your turn in the event the counsellor is busy with someone else.
- Discussions are confidential.

Upcoming Dates at Nord-Bridge:
Feb. 17, Apr. 21, June 16, Aug. 18, Oct. 20, Dec. 15

Upcoming Dates at LSCO:
Jan. 20, Mar. 17, May 19, July 21, Sept. 15, Nov. 17

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

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				
				
5 9:00 Hello Monday (Flex) 9:30 Jammers (Annex) 10:30 Monday Morning Check In 1:00 Quilters/Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach Meeting 1:00 Darts (MPH) 6:00 Begin. Pickleball (MPH)	6 8:30 Winter Registration Begins Today! 10:00 FOOT CARE (Craft R) 10:45 WINNERS BINGO 1:00 Quilters/Krafters 1:00 Woodcarving 1:00 Contract Bridge 10:00 Music Makers (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 	7 9:00 Handy Crafters 10:00 Carpet Bowling FOOT CARE (Craft R) 10:45 WINNERS BINGO 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 7:30 Table Tennis (MPH)	8 9:00 Card Crafters 9:30 Mind Joggers (BR) 1:00 Floor Shuffleboard (MPH) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH)	9 8:30 Handy Crafters Ukulele Circle Handy Crafters Carpet Bowling In-House Bingo (MPH) Cribbage (MCR) Contract Bridge 

12 Hello Monday (Flex) Gentle Yoga (WCR) Jammers (Annex) Begin. Acrylic Paint Improver Line Dance (MPH) Chair Yoga (WCR) Monday Morning Check in (Flex Rm) Pet Therapy Visits (SSN Office) 11:00	13 9:00 Zumba Gold Toning Beginners Watercolor 1G Wealth Visits with Carol (Main Corridor) Clogging (Beginners) Coffee with a Cop (Dunford Diner) Music Makers (Annex) Clogging (Advanced) Canasta/ H & F Scrabble (Craft Room) Texas Hold 'em Beginners Crib Exercises with Arthritis Gentle Barre (MPH) Yoga Thrive (MPH) Coffee with a Cop	14 8:45 Active Pound 55+ Reflexology (Craft R) Handy Crafters (Flex Room) Board of Directors Meeting (Board Room) 10:45 WINNERS BINGO 10:00 Music Makers (Annex) Clogging (Advanced) Canasta/ H & F Scrabble (Craft Room) Texas Hold 'em Beginners Crib Exercises with Arthritis Gentle Barre (MPH) Yoga Thrive (MPH) Coffee with a Cop	15 9:00 Keep Moving (WCR) Card Crafters Intermediate Line Dance (MPH) Mind Joggers (BR) Chair Yoga (WCR) 10:00 Carpet Bowling Chair Yoga (WCR) Floor Shuffleboard (MPH) 10:30 Pilates (WCR) 1:00 Darts Euchre Bid Euchre Begin. Group Dance Self Care Yoga FREE DROP IN (WCR) 6:00 Begin. Pickleball @ YMCA West Table Tennis (MPH)	16 8:30 Keep Moving (WCR) Card Crafters Intermediate Line Dance (MPH) Mind Joggers (BR) Chair Yoga (WCR) 10:00 Carpet Bowling Chair Yoga (WCR) Floor Shuffleboard (MPH) 10:30 Pilates (WCR) 1:00 Darts Euchre Bid Euchre Begin. Group Dance Self Care Yoga FREE DROP IN (WCR) 6:00 Begin. Pickleball (MPH)
17 9:00 Hello Monday (Flex) Gentle Yoga (WCR) Jammers (Annex) Begin. Acrylic Paint Improver Line Dance (MPH) Chair Yoga (WCR) Monday Morning Check In 15:15 15 (MPH) Begin. Line Dance (WCR) Quilters/ Crafters Woodcarving Contract Bridge Darts (MPH) Indoor Walking & Strength (MPH) Beginners Pickleball 6:00	18 9:00* Hello Monday (Flex Room) Gentle Yoga (WCR) Jammers (Annex) Begin. Acrylic Paint Improver Line Dance Member Photo Portraits (Library) 10:00* Fit Ball (MPH) 10:00* New Comers M & G 10:00* Fit Ball (MPH) 10:00* Music Makers (Annex) 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 11:00* Abs, Core, & More (WCR) 11:45* Outreach Program (MPH) 1:30* Guided Meditation (WCR) 2:30 Indoor Walking & Strength 4:15 Beginners Pickleball (MPH) 6:00	19* & 26* 9:00* Hello Monday (Flex Room) Gentle Yoga (WCR) Jammers (Annex) Begin. Acrylic Paint Improver Line Dance Member Photo Portraits (Library) 10:00* Fit Ball (MPH) 10:00* New Comers M & G 10:00* Music Makers (Annex) 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 11:00* Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:45* Music Makers (Annex) 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 15:15 15 (MPH) 11:45* Outreach Program (MPH) 1:00 Indoor Walking & Strength 4:15 Beginners Pickleball (MPH) 6:00	20* & 27* 9:00* Intro to Spanish (Flex R) Strength, Core & Stretch Zumba Gold Toning (MPH) Beginners Watercolor New Comers M & G 10:00* Fit Ball (MPH) 10:00* Music Makers (Annex) 10:30 Clogging (Beginners) 10:30 Brain Games (Flex) Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:45* Music Makers (Annex) 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 15:15 15 (MPH) 11:45* Outreach Program (MPH) 1:00 Indoor Walking & Strength 4:15 Beginners Pickleball (MPH) 6:00	21* & 28* 8:45 Active Pound 55+ MANICURES (Craft Room) Handy Crafters (Flex Room) Gentle Yoga (WCR) FREE MASSAGES (Craft Room) 10:00* Carpet Bowling 10:00* Chair Yoga (WCR) WINNERS BINGO 10:45 Pilates (WCR) 11:30 Brush Strokes (Craft Room) 1:00 Darts (MPH) Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 1:00 Genealogy (WCR) 3:15* LSKIP (MPH) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (Annex) 7:30 Table Tennis (MPH)
22* & 29* 9:00 Keep Moving (WCR) Card Crafters Intermediate Line Dance (MPH) Tech Help (Main Corridor) 9:30* Mind Joggers (BR) Financial Literacy Info Session (Flex Room) 10:00* Carpet Bowling Chair Yoga (WCR) WINNERS BINGO 10:45 Pilates (WCR) 11:30 Brush Strokes (Craft Room) 1:00 Darts (MPH) Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 1:00 Genealogy (WCR) 3:15* LSKIP (MPH) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (Annex) 7:30 Table Tennis (MPH)	23* & 30* 8:30 Keep Moving (WCR) Card Crafters Intermediate Line Dance (MPH) Tech Help (Main Corridor) 9:00 Mind Joggers (BR) Financial Literacy Info Session (Flex Room) 10:00* Carpet Bowling Chair Yoga (WCR) Keep Fit (Strength) (MPH) 11:00* Floor Shuffleboard (MPH) 1:00 Darts (MPH) Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 1:00 Genealogy (WCR) 3:15* LSKIP (MPH) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (Annex) 7:30 Table Tennis (MPH)	24 8:30 Keep Moving (WCR) Card Crafters Intermediate Line Dance (MPH) Mind Joggers (BR) Chair Yoga (WCR) 10:00 Carpet Bowling Chair Yoga (WCR) Floor Shuffleboard (MPH) 10:30 Pilates (WCR) 1:00 Darts Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 1:00 Genealogy (WCR) 3:15* LSKIP (MPH) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (Annex) 7:30 Table Tennis (MPH)	25 8:30 Keep Moving (WCR) Card Crafters Intermediate Line Dance (MPH) Mind Joggers (BR) Chair Yoga (WCR) 10:00 Carpet Bowling Chair Yoga (WCR) Floor Shuffleboard (MPH) 10:30 Pilates (WCR) 1:00 Darts Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 1:00 Genealogy (WCR) 3:15* LSKIP (MPH) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (Annex) 7:30 Table Tennis (MPH)	26 8:30 Keep Moving (WCR) Card Crafters Intermediate Line Dance (MPH) Mind Joggers (BR) Chair Yoga (WCR) 10:00 Carpet Bowling Chair Yoga (WCR) Floor Shuffleboard (MPH) 10:30 Pilates (WCR) 1:00 Darts Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 1:00 Genealogy (WCR) 3:15* LSKIP (MPH) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (Annex) 7:30 Table Tennis (MPH)
27 9:00 Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, Please note: for fare details please contact front reception desk. WINNERS BINGO 10:00 LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL DONNA AT 403-329-3222 TO ARRANGE. FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES: FEB. 25, APR. 8, & MAY 27	28 9:00 Valentines Day Luncheon on Friday, Feb. 13th at 11AM Tickets on sale Feb. 3rd at the front reception desk! WINNERS BINGO 10:00 PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO! NEW TECH HELP ON AT STARTS ON THURS. FEB. 5TH AT 1PM FREE FOR ANYONE 55+ REGISTER AFTER JAN. 6TH! NEW VALENTINES DAY COOKIE DECORATING BY LITTLE BUNNY BAKE SHOP ON MONDAY, FEB. 9TH AT 6PM! SIGN UP TODAY!	29 9:00 Valentines Day Luncheon on Friday, Feb. 13th at 11AM Tickets on sale Feb. 3rd at the front reception desk! WINNERS BINGO 10:00 PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO! NEW TECH HELP ON AT STARTS ON THURS. FEB. 5TH AT 1PM FREE FOR ANYONE 55+ REGISTER AFTER JAN. 6TH! NEW VALENTINES DAY COOKIE DECORATING BY LITTLE BUNNY BAKE SHOP ON MONDAY, FEB. 9TH AT 6PM! SIGN UP TODAY!	30 9:00 Valentines Day Luncheon on Friday, Feb. 13th at 11AM Tickets on sale Feb. 3rd at the front reception desk! WINNERS BINGO 10:00 PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO! NEW TECH HELP ON AT STARTS ON THURS. FEB. 5TH AT 1PM FREE FOR ANYONE 55+ REGISTER AFTER JAN. 6TH! NEW VALENTINES DAY COOKIE DECORATING BY LITTLE BUNNY BAKE SHOP ON MONDAY, FEB. 9TH AT 6PM! SIGN UP TODAY!	31 9:00 Valentines Day Luncheon on Friday, Feb. 13th at 11AM Tickets on sale Feb. 3rd at the front reception desk! WINNERS BINGO 10:00 PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO! NEW TECH HELP ON AT STARTS ON THURS. FEB. 5TH AT 1PM FREE FOR ANYONE 55+ REGISTER AFTER JAN. 6TH! NEW VALENTINES DAY COOKIE DECORATING BY LITTLE BUNNY BAKE SHOP ON MONDAY, FEB. 9TH AT 6PM! SIGN UP TODAY!

Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way. Please note: for fare details please contact front reception desk.

NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!

NEW TECH HELP ON AI STARTS ON THURS. FEB. 5TH AT 1PM FREE FOR ANYONE 55+ REGISTER AFTER JAN. 6TH!

NEW VALENTINES DAY COOKIE DECORATING BY LITTLE BUNNY BAKE SHOP ON MONDAY, FEB. 9TH AT 6PM! SIGN UP TODAY!

Shoebox Scanning: Thank-You & Farewell

Service Ending December 31, 2025

For years I've had the privilege of helping families preserve their memories. As Shoebox Scanning closes, thank you for trusting me with your photos, film, and stories. It's been an honour, and these experiences have shaped how I understand legacy, community, and what matters most.

Helpful Resources Going Forward

Local & Regional Options

- **Galt Museum & Archives** – historical guidance and preservation insight,
- **Cogo Productions** – professional video/media transfers,
- **London Drugs Photo Centre** – prints/enlargements/scanning (scanning done off-site),
- **Staples Print & Copy** – prints/enlargements/scanning (some scanning done on-site),
- **Independent digitizers** – search locally for updated options.

Mail-In Services

- **Legacybox** and similar services (USA-based).

Do-It-Yourself Tools I Personally Recommend

- **Scanning Equipment:**
 - **Epson Perfection V600** – high-quality photo/slide/negative scanning,
 - **ScanSnap iX1500** – fast batch photo/document scanning,
 - **Elgato Video Capture (white)** – stable VHS/camcorder digitizing,
 - **UCEC Capture Adapter** – affordable video & audio conversion.
- **Video Editing Software (Free & Paid)**
 - **GOM Player Video Editor PRO** – fast, beginner-friendly,
 - **DaVinci Resolve (Free/Paid)** – full professional suite,
 - **Shotcut (Free)** – lightweight, open-source editor,
 - **Adobe Premiere Elements (Paid)** – for quick home edits.

Important Tip: Protect Your Digital Files

Cloud storage is the most reliable long-term backup, because your files stay safe even if your devices fail. Add an external drive if you want a second layer of protection.

Gift Certificates & Vouchers

Shoebox-Issued Gift Certificates

If you purchased a gift certificate directly from Shoebox Scanning, please contact me before **December 31, 2025** to use it. Contact listed below (available until **January 30, 2026**.)

Half Price Deals Vouchers

Half Price Deals vouchers must be handled through deals@myhalfpricedealsnow.com. Shoebox Scanning cannot redeem them after **December 31, 2025**.

My Next Chapter

I'm shifting into work focused on building systems that help people preserve their stories and navigate their lives with more clarity — work inspired by the thousands of memories I've handled over the years. Thank you for allowing me to be part of your family history.

Mitchell Hall

Owner, Shoebox Scanning / www.shoebox-scanning.com / (403) 382-1250 / mitch@shoebox-scanning.com



Seniors System Navigator

We made it through Christmas holidays and the New Year is upon us. I would like to say Happy New Year and I hope this year brings health and happiness to you all. Thank you so much for your generous giving to the Sock-It-To-'Em campaign. We collected 7,500 pairs of socks. Lethbridge Family Services, The Lethbridge Soup Kitchen, Lethbridge Shelter, YWCA Harbour House, and Woods Homes were grateful for the warm happy holiday their clients had because of your generosity. I also want to say a hearty thank you to all of those who volunteered during our Pancake Breakfast with Santa, and especially to Barb LeClaire for getting the following donations.

Stich It Forward - donation of homemade Christmas stockings

Real Canadian Superstore - donation of a gift card

London Drugs - donation of a gift card

Wholesale Club - donation of gift card

Costco - monetary donation

Real Canadian Super Store - donation of a gift card

Save On North - donation of 100 oranges and 100 poinsettias

Green Haven Garden Centre - donation of mini Christmas cactuses

Cornerstone Funeral Home - monetary donation

Lethbridge family Canter - donation of time for the Kid's Corner

Lethbridge Hearing Center - donation of prizes for the adults

Linda Lukens - donation of large container of candy canes

Bob Armstrong - for being a wonderful Santa

Dianne Smith - donation of 4 games for prizes.

Presently, it is January and it looks like we will have to deal with the ice, snow and cold weather. Make sure you bundle up warmly and drive carefully on the icy roads.

Charlene Kocken - BSW, RSW Seniors System Navigator



Thank you to our 2nd Annual Pancake Breakfast with Santa sponsors!
We had a great turnout - thank you to all who attended!



Linda Lukens



Dianne Smith



Bob Armstrong



Winter Wonderland Walkthrough

We were able to donate 172 lbs of food and 15 decorated Christmas trees to the Interfaith Food Bank! Thank you to all who donated trees and those who helped to set up and take down for the event!



YOUTHONE

non-profit
leadership
centre

volunteer
lethbridge

WCHS Winston Churchill
High School



**CATHOLIC
CENTRAL
HIGH SCHOOL**



Carla & Rick

Anne Pauls

**Nord-Bridge
Music Makers**

**IG WEALTH
MANAGEMENT**

Financial Planning Information Session

Join Carol Haayema,
CERTIFIED FINANCIAL PLANNER®
for this informative financial information session!

Date: Thursday, January 29th

Time: 10:00 am

Location: Nord-Bridge Flex Room

Fee: Free for anyone 55+!

***No registration required**

**GPS CONTAINER
DEPOT**
It's Worth It

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*

greenspopshop@gmail.com

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

**CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME**

**Family Focused
Family Operated**

703 13 STREET NORTH, LETHBRIDGE



Phone: 403.382.3601

www.generationsfh.ca

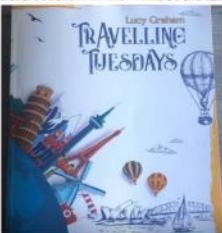
A division of the Caring Group Corp.



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

Find out what is the only country that starts with the letter Q, O or W. Yes - Lucy has been to each of these countries too!

Lucy is selling her book for \$50 USD or \$60 CAD. She will make a donation of \$5 for each book sold here at Nord-Bridge.



**HAPPY
New Year**



**RACHAEL THOMAS
MEMBER OF PARLIAMENT**

@RachaelThomas.ab

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

Programmer's Report



Well, we made it into 2026! I was on holidays between Christmas and New Years and it was lovely! I got to do some skiing and relaxing with family.

We have so many great new programs being offered at Nord-Bridge this time around, from a new Yoga Thrive class for those with and beyond cancer, and an Indoor Walking and Strength class, to a new Steady Moves class in partnership with Primary Care Alberta! I am so grateful to have these amazing partnerships and instructors with various skilled backgrounds offered right here at Nord-Bridge!

If you have any questions on any of these programs do not hesitate to reach out to me. If you are planning to register online on January 6th, please make sure you have paid up your 2026 membership to get that discount on programs. If you don't renew your membership before you register online, you will not receive the member discount on any classes. For a full list of how to register online, registration day questions, etc. please read page 10, 11, 12, & 13 of the Winter 2026 Program Guide which was released on December 19th. There is also a "TEST Course" online for members to try before registration day following the steps on page 21 of this newsletter.

With it being the new year our Fitness 55+ Gym will expectedly increase in business, especially with the rapidly changing temperatures outside! If there are any equipment issues, please let me know as we now have a gym technician for regular maintenance of our gym. We also now have two fitness instructors (as opposed to one) who will be offering FREE gym orientations at various times throughout the week. Cheris Samuels and Tracy Simons are very knowledgeable, both having older adult fitness backgrounds. If you want a refresher or are a new gym member, book your 15-minute appointment with them at the Front Reception Desk. If you are looking for something more tailored to your new years goals, please contact Cheris for personal training sessions (extra fee). Please note: because our gym is only for current Nord-Bridge members, if you do not renew your Nord-Bridge yearly membership by March 2026, you will not be able to gain access to the gym with your key fob until your membership is paid.

We have our annual Valentines Day Luncheon on Friday, February 13th in the Dunford Diner. Tickets will go on sale on Tuesday, February 3 at 8:30 am at the Front Reception Desk for \$15 each. See next month's newsletter for more information.

Lastly, back by popular demand we will offer a Valentines Day themed cookie decorating class thanks to Jenn, owner of Little Bunny Bake Shop, on Monday, February 9th at 6pm for anyone 55+!

Have a great 2026 everyone and stay happy and healthy!

Ashley Kern - Program Coordinator



Member Photos by Walter Kerber



3rd Monday of every month
(unless it falls on a holiday)
Time: 10:00 am to 12:00 pm
Location: Nord-Bridge Library

Upcoming Dates:

Jan. 19, Feb. 23, Mar. 16,
Apr. 20, May 25, June 15

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



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, Jan. 7, Feb. 25, Apr. 8, May 27

Time: 10:00am to 12:00pm

Location: Craft Room

Fee: \$35 per patient per visit



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

**For Nord-Bridge Members Only*

Steady Moves



Dates: Wednesdays, January 21 - March 18
***No class Feb. 11**
Time: 1:00 pm - 2:30 pm
Location: West Community Room
Cost: FREE (members & non-members)
Instructors: Megan Burland & Lori Gregory



A FREE 10-week falls prevention series, in partnership with Primary Care Alberta and Healthy Lethbridge. Each session includes a 30-minute expert lead talk on evidence-based falls prevention strategies, followed by a 1-hour strength and balance exercise class.

Coffee with a Constable

Upcoming Dates:
Tues. Jan 13, Wed. Feb. 4,
Wed. Mar. 11, Wed. Apr. 15,
Wed. May 13, Wed. June 17

Time: 10:00 am

Location: Nord-Bridge Dunford Diner



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

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

Friday, January 2

Spaghetti with Meat Sauce, Garlic Bread, and Caesar Salad

Available from
11am to 1pm, while
quantities last

Friday, January 9:

Ham, Scalloped Potatoes, and Veggies

Friday, January 16:

BBQ Pork Ribs with Rice and Coleslaw Salad



NORD-BRIDGE
SENIORS CENTRE

Friday, January 23

**Shrimp Fettuccine Alfredo Pasta and
Strawberry Spinach Salad with Balsamic Vinaigrette**

Friday, January 30

Liver and Onions, with Mashed Potatoes, Veggies, and Gravy



Annual Book Sale Extravaganza!

Dates: Jan. 28, 29, & 30

Time: 9:00 am to 3:00 pm

**Location: Nord-Bridge
Main Corridor**

Cost: \$1.00 per book

**Special deals on select items!*

Come and discover a wide
selection of pre-loved books!
Whether you're searching for
your next favourite read or a
unique gift, there's something
for everyone!



Please bring your own re-usable bags.

Payment can be made at the front reception desk. Cash only please!

NEW! Brush Strokes



In this two week class we will cover which
brush makes the best marks for all kinds of
subjects like leaves, trees, flowers, and grass.
You will learn how to blend, soften edges, and
create unique and interesting realistic
textures. This class is for all skill levels.

Dates: Wednesdays, Jan. 28 & Feb. 4
Time: 1:00pm - 3:00pm
Fee: Members \$30
Non-Members \$50
Location: Craft Room
Instructor: Donna Gallant

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

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
to help take away your tension!**



Upcoming Dates:
Friday, Jan. 23 & Feb. 20
Time: 9:30 am - 11:30 am
Location: Board Room
***No appointment required**



Colour My World

Dates: Wednesdays, Feb. 18 - Mar. 4

Time: 1:00 pm - 3:00 pm

Location: Craft Room

Cost: Members \$35;

Non-Members \$55

Instructor: Donna Gallant

Call 403-329-3222 or visit www.nordbridgeseniors.com
to register beginning January 6th.



This three week class will teach colour mixing and basic colour theory. Learn how to
lighten or darken a colour, how to make shades for depth, and about warm vs. cool
colours. Choose any painting medium, like watercolour, acrylic, coloured pencil,
pastels, tempera, gouache, ink, or even felt pens. We will apply the theory to
practical use by completing a painting. This class is suitable for all levels.

Fundraising Report

Happy New Year! Another year older and wiser ~ it's my birthday month. I look forward to celebrating with you all!

We continue to focus on donations and sponsorships for the expansion of our Dunford Diner! We have a fundraising thermometer in our main hallway and would love to see it grow substantially this month!

Our car raffle is well under way. Thank you to everyone who has purchased a ticket and supported us! If you haven't purchased a ticket yet and would like to, see the back cover of this newsletter for the QR code and website. If you would like some help, we are happy to help you—don't hesitate to ask!

We have our Under Northern Lights Gala fast approaching on March 28, 2026. We will be hosting this event at the Sandman Signature Hotel Ballroom this year. Tickets are \$100 each or a table of 8 for \$720. I am working on obtaining more items for our silent and live auctions, and we have some amazing sponsors back with us this year. If you can think of anyone who would like to support us, please let me know. I am happy to reach out!

I wish you all the best for 2026! I truly enjoy seeing you all and look forward to making new memories together this year!

Julie Sarich

Director of Fund Development

Thank You to Our Christmas Luncheon Sponsors!

Doreen Smid

SAFEWAY
Ingredients for life.
Fairway Plaza South

**Ray's
NOFRILLS**

**IG WEALTH
MANAGEMENT**
Carol Haayema



Laughs, Life, and a Little Sass

New Year, New Me - a phrase that shows up every January like an old friend who means well. I do have a list of good intentions, of course. Things like buying vegetables when grocery shopping, staying active, and remembering why I walked into a room in the first place. Whether those vegetables make it past the fridge drawer is another story, but intentions were set, and that feels like a very good start. After all, January is about hope, fresh beginnings, and giving ourselves permission to try again - with a sense of humour.

December was wonderfully busy around Nord-Bridge, and it truly warmed the heart. We began the month with our December Christmas Luncheon, which, as always, was a big hit. The room was filled with laughter, familiar faces, and the comfort that comes from sharing a meal together. It was a lovely reminder that the best part of the holidays isn't the decorations - it's the people gathered around the table.



Nord-Bridge then hosted our Pancake Breakfast with Santa on December 6, and it brought so much joy to our centre. Families from the community joined us, filling the space with smiles, laughter, and holiday cheer. That festive spirit carried right into our Annual Winter Wonderland Walk Through - my personal favorite event of the season. The halls were filled with nothing but Christmas joy, twinkling lights, and a sense of magic that made everyone slow down and simply enjoy the moment. **A heartfelt thank you to all the volunteers who brought the magic of Christmas to Nord-Bridge.** Your time, creativity, kindness, and dedication made these events truly special. We could not do what we do without you, and your efforts are deeply appreciated.

After all the excitement around the centre, I took a few extra days to spend time with my family and try to untangle the beautiful mess we call life. The Christmas sweaters have now returned to the basement for a well-earned rest, the decorations are packed away, and the laundry has once again reminded me that routines always come back - whether we're ready or not. Looking ahead, there is so much to look forward to at Nord-Bridge. A trip to Rosebud, a dance or two, plenty of laughter, and many opportunities to make new memories together. These moments, big and small, are what make our community so special.

As we step into the New Year, thank you for being part of Nord-Bridge and for bringing warmth, laughter, and friendship into this space. And just when you think the holidays are behind us - Valentine's Day is up next. Love will be in the air, hearts will be on display, and chocolate will quietly become a food group.

Here's to another year of connection, kindness, and sharing life together - one smile at a time.

~*Erin Bates* “Be Yourself. Everyone else is taken.”



HELLO MONDAY

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



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

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

JOIN US TO LEARN MORE!

Dates: Monday, January 5, 2026 - Topic TBD by class
Monday, January 12, 2026 - Topic TBD by class
Monday, January 19, 2026 - Topic TBD by class
Monday, January 26, 2026 - Topic TBD by class

Time: 9:00 am to 10:00 am

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

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

Beginners Drop-In Chess Club

Date/Time: Fridays,
8:30am - 12:00pm

Location: Craft Room
Convener: Cliff Helm
Cost: Free!

Have you always wanted to learn how to play Chess?
Join Cliff Helm for this new program on Friday mornings
to learn the rules and play a few friendly games!



***For Nord-Bridge
members only**

Nord-Bridge Outreach

Celebrating Robbie Burns Day!

Date: Monday, January 19

Time: 1:30pm to 3:00pm

Cost: \$3 per person

Location: Nord-Bridge

Multi-Purpose Hall

Entertainment: Celtic Routes



Wear your tartan, Scottish beret, or kilt if you have them, as we celebrate the poetry and legacy of Scotland's bard, Robbie Burns.

Call 403-329-3222 to



RSVP by Monday, Jan. 12

The Nord-Bridge Seniors Outreach Program provides social programs for Seniors 55+ who are living alone in their own home or in a seniors residence, and want to get out and socialize in a friendly environment.

Join us and enjoy some good entertainment and company!

MONDAY MORNING CHECK IN

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



Looking to stay connected after having attended Hello Monday? Want to explore what you have already learned? This class is designed for you! These sessions will take topics identified by attendees or covered in Hello Monday, and explore them more in-depth.

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

JOIN US TO LEARN MORE!

Dates: Monday, January 5, 2026 - Topic TBD by class
Monday, January 12, 2026 - Topic TBD by class
Monday, January 19, 2026 - Topic TBD by class
Monday, January 25, 2026 - Topic TBD by class

Time: 10:30am to 11:30am - New Time

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

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

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



Lethbridge Polytechnic Massage Therapy Students at Nord-Bridge!

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

Date: Wednesdays, Jan. 21 & Mar. 25

Time: 10:00 am - 12:00 pm

Location: Craft Room

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



**This service is for Nord-Bridge members only.
Please sign up at the front desk or
call 403-329-3222 for more information.**



Winter
2026

Nord-Bridge Seniors Centre
PRESENTS

NEW

ONLINE REGISTRATION

Available January 6!

ENROLL ONLINE AT:
WWW.NORDBRIDGESENIORS.COM

OR CALL
403-329-3222
AFTER
JAN. 6 TO
REGISTER



Steps to
Register Online:

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

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



New Comers Meet and Greet

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

This is a great opportunity for new members who would like to connect with new people.

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



*Begins
January 20th



Lawyers of Huckvale Free Initial Legal Consultation

When: Second Tuesday of every month

Time: 9:00 am to 11:30 am

Location: Nord-Bridge Board Room

Fee: FREE

Upcoming Dates: Jan. 13, Feb. 10, Mar. 10, Apr. 14, May 12, June 9



*For Nord-Bridge
Members Only

*These are initial consults only.
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.**



JANUARY

ALZHEIMER'S AWARENESS MONTH

LEARN
LETHBRIDGE ELDER HOUSE
RESPONSIVE RETIREMENT

- Alzheimer's makes up 60-70% of dementia cases
- Characterized by amyloid plaque and beta tangles
- Common symptoms include memory and language impairments and issues with visuospatial skills
- Vascular dementia makes up 10-20% of dementia cases
- Characterized by disease/injury to blood vessels leading to the brain
- Common symptoms include impaired motor skills and judgement
- Frontotemporal dementia makes up ~10% of dementia cases
- Characterized by deterioration of frontal & temporal lobes of the brain
- Common symptoms include changes in personality and language impairments
- Lewy Body dementia makes up ~5% of dementia cases
- Characterized by Lewy body protein deposits on nerve cells
- Common symptoms include hallucinations, disordered sleep and impaired thinking and motor skills

Thank you to all who donated socks to the 25th annual Sock It To 'Em campaign, and to all the volunteers for helping out at our Sock Mountain day, where 7500 pairs of socks were distributed to various charitable organizations! Thanks to Gail Petrie and Charlene Kocken for organizing, and to all the Lethbridge schools that collected donations. We are already looking forward to next year's campaign!



Self Care Yoga

Come and try a
FREE drop-in
Wednesday,
January 14th!

Time: 6:00 pm - 7:00 pm
Location: West Community Room
*Please use back SW doors of the building
Instructor: Brandy Tonin
Who: For anyone 55+

This class begins with a grounding mindfulness practice and moves on to asana (poses), pranayama (breath), and shavasna (resting pose). The focus will be on self care, grounding, and breathing.

SCSP Seniors Community Services Partnership
SENIORS SYSTEM NAVIGATORS

Support For Seniors

403-329-1544

We can help

- Identify your needs
- Provide emotional support
- Advocate within complex systems
- Connect you with resources
- Offer community outreach
- Offer education

Empathy. Assistance. Advocacy.

Contact the Seniors System Navigators
403-329-1544
intake@lethseniors.com

Live Cooking Classes
Via ZOOM for Seniors 55+!

zoom

Date: Wednesday, Jan. 28
Time: 11:15 am - 12:15 pm
Fee: \$30, for anyone 55+
Instructor: Ashley Kern
Visit www.nordbridgeseniors.com
or call 403-329-3222 to register beginning January 6th!

We will be making
Tortellini Veggie Soup!

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

FREE Walker Repair Clinic

Dates: Wednesdays, Feb. 18, Apr. 15, June 17
Time: 10:00 am - 11:00 am
Location: Nord-Bridge Main Hallway

Book your appointment at the Front Reception Desk

***For Nord-Bridge Members only**

Thank you to: **LEISTER'S HOME CARE LTD.**

MLA NATHAN NEUDORF IS WORKING HARD FOR LETHBRIDGE-EAST

Since being re-elected in 2023, I've kept working hard to bring real results to Lethbridge-East - securing millions in provincial investment for the things that matter the most: better roads, urgent care, schools, and transportation projects across our community.

TO FIND OUT MORE,
VISIT MY NEWSLETTER:



Scan Me ↑

**United
Conservative**
caucus



403.320.1011



#10, 550 WT Hill Blvd. South Lethbridge, AB T1J 4Z9

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.

Restoring
Smiles with
Quality
Dentures



Offering
Home Visits
call for more info

**Southern
Denture Clinic**

Now doing intraoral scanning!
No more messy
uncomfortable impressions!

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

Direct Insurance Billing
Accepting Canadian Dental Care Plan
Free no pressure Consultations

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

403-327-6331

Nord-Bridge Is Raffling a CAR!

Want to WIN –

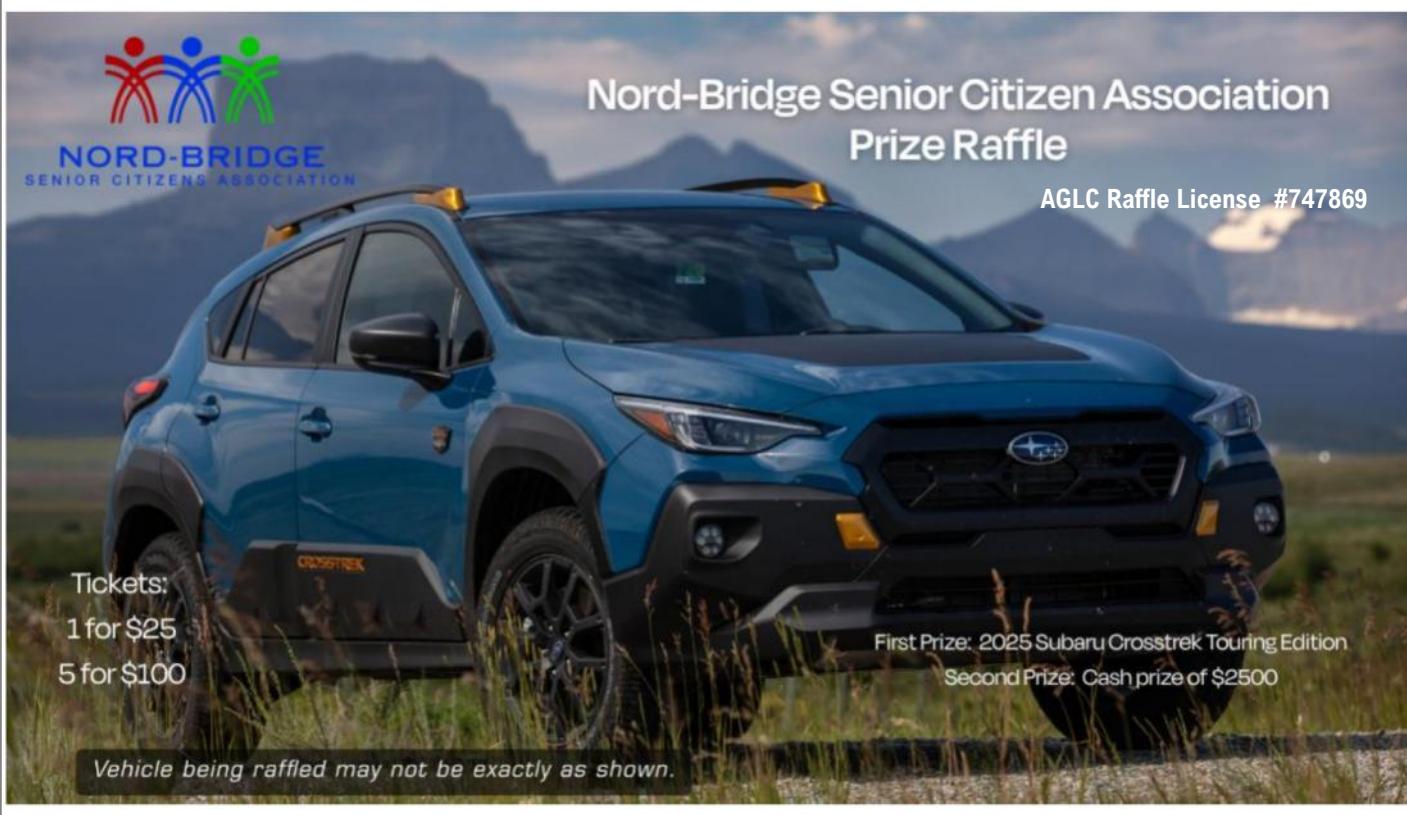
Use our QR code or ask us for assistance

<https://www.rafflebox.ca/raffle/nbsca-crosstrek>



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**



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

**Nord-Bridge Senior Citizen Association
Prize Raffle**

AGLC Raffle License #747869

Tickets:
1 for \$25
5 for \$100

First Prize: 2025 Subaru Crosstrek Touring Edition
Second Prize: Cash prize of \$2500

Vehicle being raffled may not be exactly as shown.