



NORD-BRIDGE  
SENIOR CITIZENS ASSOCIATION

**NORD-BRIDGE SENIORS**

# *NEWSLETTER*

# February 2026



February invites us to pause and focus on the most vital engine we have: the heart. As Canada marks Heart Month, it's a perfect time to think about prevention and small daily habits that can keep us thriving. Heart health isn't just about numbers on a chart - it's about staying active, connecting with others, managing stress, and focusing on the choices that help us live fully and independently. Whether you join a fitness class, learn something new, or simply take some brisk winter walks with a friend, let this month's focus be on healthy habits, strength, wellness, and implementing a heart-healthy lifestyle!



**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](mailto:friendly@nordbridgeseniors.com)



### PRESIDENT'S REPORT

I read a quote that said: "When we throw out the Christmas tree, we should try very hard not to throw out the Christmas Spirit." I had the opportunity to witness this first hand in our diner on Monday, January 12<sup>th</sup>. A member paid the food tab for the day in celebration of their 75<sup>th</sup> birthday. This member showed that the spirit of generosity still lives on. Diners were surprised by this unselfish gesture and expressed their appreciation, even days later. To this person, I express my heartfelt thank you on behalf of Nord-Bridge. It gives one faith in mankind again and shows that we truly are a friendly centre.

The centre is a hub of activity with our winter programming now under full steam. Several new and exciting programs have begun and I am pleased to see them well attended. There is still room in some programs so please check at the front desk for registration.

Our Valentine's Day Luncheon is going to take place on Friday, February 13<sup>th</sup> in the Dunford Diner and Annex. Tickets available at the front desk for \$15 per person.

The Outreach Program is taking place on Monday, February 9<sup>th</sup>. Call or register at the front desk for this event. There is a nominal charge of \$3.00 per person. This program is open to all – you do not have to be a Nord-Bridge member to attend. Come out for some live entertainment, fun, and snacks.

Our car raffle is set to end on February 13th. The vehicle will be in Park Place Mall from February 5<sup>th</sup> through 12<sup>th</sup>. You can still get your tickets to win this vehicle by either scanning the QR code on the posters or by going to Rafflebox.ca.

Income tax season will soon be upon us. On March 1<sup>st</sup>, Nord-Bridge will once again be offering free services provided by our Seniors Helping Seniors group for those in a low-income bracket. You do not have to be a member of Nord-Bridge to access this service. More information is available at our front desk.

*Life is not measured by the number of breaths we take but by the moments that take our breath away.*

*Dianne Smith,*

Interim Board President



# W E L C O M E

Welcome to 66 New Members!

We are happy to have you here!

**LeeAnne Tedder**

**Sidonia Liska**

**Vernice Herbig**

**Allan Herbig**

**Kevin Riley**

**Caroline Chamberlain**

**Joe Hutchinson**

**Michelle Gosse**

**Bev Hopp**

**Erna Moedt**

**Ann Tollestrup**

**Susan Corrin**

**Sylvia Besplug**

**Judy Howard**

**Shelley Barva**

**Kathy Davies**

**Kris Kirchner**

**Gaylon Dudley**

**Henry Hrcicirk**

**Deb Giguere**

**Germaine Gervais**

**Martha Kennedy**

**Ian Edmonds**

**Eleanor Kesler**

**Leonard Heinonen**

**Danielle Weise**

**Donna Lofstrom-Bell**

**Katie Ankerman**

**Sherry Richter**

**Ronni Svrcek**

**Monica Zadnik**

**Nancy Seymour**

**Pat Anderson**

**Yves Brunet**

**Virginia Moore**

**Lori Casey**

**Anita Salberg**

**Carolina Campisi**

**Salvatore Campisi**

**Laurie Litchfield**

**Bryan Litchfield**

**Helen Sharp**

**Shirley Lee**

**Betty Ann Bugg**

**Allan Deg**

**Don Frose**

**Roy Adachi**

**Greg Young**

**Bob Gillies**

**Sandi Hart**

**Beth McNeily**

**Linda Dixon**

**Colleen Vredegoor**

**Cheryl Ockerman**

**12 Anonymous**

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



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



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

# **Nord-Bridge 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

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



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



[nordbridgeseniors](https://nordbridgeseniors)



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

## **NORD-BRIDGE 2026 AGM**

**WEDNESDAY, APRIL 1, 2026 @ 9:30 AM**

At the Association's upcoming Annual General Meeting, scheduled for April 1, 2026, at 9:30am, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually. Executive Officers can serve a maximum of 3 years in the same position, exceptions for the Treasurer and Board Secretary, who can be elected for extended terms. In 2026 our membership will minimally elect (or re-elect) the President and Vice-President. Members will also be asked to vote on the Treasurer and Board Secretary. The By-Laws outline that [where possible] nominations for Executive positions are made from individuals who have served on the most recent Board, and have been a Director on the Board for a period of at least one year.

In addition, at least 3 Directors are elected to the Board annually. Directors on the Board are elected from members of the Society in "good standing," per By-Law Item 7.1.4. Directors can serve up to two terms of 3 years each (consecutive).

If you would like to serve on the Executive or Board of Directors, please see the By-Laws in the Library or at the Front Reception Desk; or speak with a member of the Nominations Committee, chaired by Past-President George Berg, or with Executive Director David Ng. Nomination forms are available at the Front Reception Desk as of February 11th with nominations being accepted at the Front Reception Desk until 4:00pm on Friday, March 13, 2026.



## **EXECUTIVE**

### **DIRECTOR'S REPORT**

Groundhog Day is February 2nd this month. With the already unseasonably warm weather we have been having in 2026, it will be interesting to see if the furry little critter sees a shadow or not.

A friendly reminder, the Annual General Membership Meeting will be on Wednesday, April 1st at 9:30 am in the Multi-Purpose Hall. Nord-Bridge will elect three (3) new Directors for a three (3) year term to our board. Nomination forms will be available at the Front Reception Desk starting on Wednesday, February 11th. Nominations will close on Friday, March 13th at 4:00pm. For more details please see the notice below, on this page. If you would like more information please ask to speak with me at the Front Reception Desk.



I have had the pleasure of being the Executive Director of Nord-Bridge since 2018. Prior to that I was in the Program Coordinator / Director of Programming role since 2007. In my previous role I was able to meet a lot of the members through planning and implementing programs for members. Although, my role and responsibilities have changed I am very happy that I can still help out twice a year with registration days (winter and fall). This is a great chance for me to meet new and returning members, and get to attach names to friendly faces. I truly value the time I get to meet with our membership. It's very easy to get caught up in the administration work that fills my desk, but I am so happy to be able to keep growing the social connections I have made with our members. If I haven't met you yet, please make sure you take the time to stop me in the hallway and introduce yourself.

Speaking of my former role as a programmer, I am left in awe some days at how much Ashley has grown our programming at Nord-Bridge. Prior to hiring Ashley, I thought it was a great accomplishment to have two programs planned in the morning in the Multi-Purpose Hall. If you look at the program calendar last month you can see on many days there are three programs planned in the morning and another three or four in the afternoon. Ashley has done a tremendous job filling every square foot of this building with programs and activities. I am very pleased to announce we have promoted Ashley to a new title "Director of Programming"! What does this mean? Ashley will still do everything she is doing currently; additionally some new responsibilities will be grant writing, management, and strategic planning. Please join me in congratulating Ashley and the amazing work she does for Nord-Bridge.

On a final note, last year we lost a member who was actively involved in our arts programming for over a decade. Nadine painted in our Acrylic Painting classes every Thursday in the winter and fall programming sessions. The picture below is a piece that Nadine started prior to her passing. Nadine's friends in the Acrylic class wanted to finish this picture for her and all added their own touches to finish the painting. You can see this collaborative picture in person in our art display, located in the front entry corridor across from the Front Reception Desk, along with many other works of art from our talented Nord-Bridge members.

*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
Director of Programming	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 Community Partnership

Seniors System Navigator	Charlene Kocken
Seniors System Navigator	Breylin McNeil

## Friday **CASH** Bingo at Nord-Bridge



Looking for a lively way to spend your Friday afternoons? Join us at Nord-Bridge Seniors Centre for Friday Bingo! Pay to play and win cash prizes!

**Date/Time: Fridays, 1:00 pm - 3:00 pm**

**Location: Multi-Purpose Hall**

**Open to anyone 18+**



\*Costs associated with playing \*Licensed with AGLC



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*Nord-Bridge will be closed  
Monday, February 16 for Family Day*



**2026**  
**Membership  
Renewals Are  
Now Due!**

**Please stop by the Nord-Bridge  
Front Desk to renew your membership.**

## **NAGEL TOURS**

### **ESCORTED MOTORCOACH HOLIDAYS**

*Our motorcoach tours are a worry-free  
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*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.*



**Victoria Stay Awhile – 9 days, April 18<sup>th</sup> or October 11<sup>th</sup>**

**California Redwoods and San Francisco – 10 days, April 29<sup>th</sup>**

**Vancouver Island, Victoria and Pacific Rim – 9 days, May 9<sup>th</sup>**

**FLY – Portugal's Coastal Gems – 10 days, May 31<sup>st</sup>**

**Alaska Midnight Sun – 18 days, June 6<sup>th</sup>**

**Seattle Baseball – 7 days, July 1<sup>st</sup>**

**Winnipeg Wonders – 8 days, July 4<sup>th</sup>**

**Cross Canada by Motorcoach – 29 days, September 1<sup>st</sup>**

**FLY – Eastern Canada & Maritimes Fall Foliage – 20 days, September 6<sup>th</sup>**

Visit us online at  
[www.nageltours.com](http://www.nageltours.com)  
Contact your Travel Agent  
or toll free: 1-800-562-9999  
[info@nageltours.com](mailto:info@nageltours.com)

**49<sup>th</sup>  
Anniversary**



**NORD-BRIDGE  
SENIORS CENTRE**

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

**User ID: NBSC\_Guest**

**Password: Friendly@55**



### **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**

**January 23 - Sumi Tomiyama \$224**

#### **MONDAY JAM 50/50 DRAW**

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

#### **RECENT WINNERS**

**January 5 - Cheryl Orr \$105**

**January 12 - Daphne Higgins \$90**

**January 19 - Jim Hahn \$110**

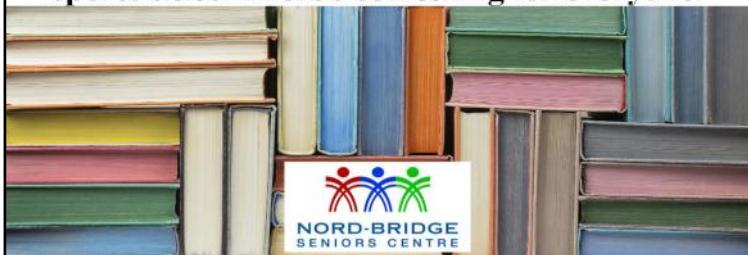
**January 26 - Greg Vogt \$100**

**Thanks Jammers, Volunteers, and Patrons.**

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

### **From the Nord-Bridge Library...**

**Thank you to all those who utilize, contribute,  
and purchase books in support of the  
Nord-Bridge Library. To anyone who hasn't  
stopped in, please do! We have an amazing  
selection of fiction, non-fiction, and large print  
books. Our non-fiction section includes  
biography, health and wellness, history, and  
sports titles. There's something for everyone!**





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Dunford Diner



## Jammers

Every Monday (excluding holidays)

\$3 cover  
charge for  
non-members



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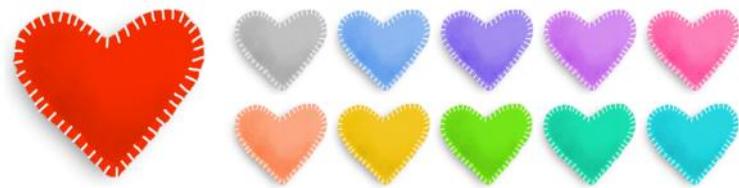


## BUILDING OPERATING FUNDS RECENT DONORS

Mae Pearson \$300  
Donna McCracken \$1000  
Gordon Vaselenak \$100  
Anonymous \$100  
Lethbridge Police Veterans Association \$250

## NORD-BRIDGE IN-HOUSE BINGO

Year to date: \$1429.00



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Registered Hearing Aid Practitioners



## 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, February 26,  
March 26, April 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!



# Under Northern Lights Gala 2026

Thank you to our  
Title Sponsor:



Saturday, March 28, 2026  
Sandman Signature Lethbridge Lodge  
320 Scenic Drive South  
5:00 pm: Champagne Reception  
6:00 pm: Buffet Dinner by Prime Catering

In support of



Tickets: \$100 each (10% discount for a table of 8)  
Available at Nord-Bridge Seniors Centre:  
1904 13th Ave. N  
or scan the QR code to purchase online



Live entertainment by:



Restaurant Wall   Live Auction   Cash Bar   Wine Plinko   Silent Auction   Candy Table



## Welcome Aboard the Go Friendly!

*Welcome aboard! We hope you enjoy riding the Go Friendly Shuttle Service.  
With safety being our first priority, here are a few details you should be aware of:*

The shuttle services both Nord-Bridge and LSCO members. Your rides should be booked the day prior before 3:00 pm to ensure you will be picked up at the time you've requested.

Note: If you book a 9:00 am pickup, you may be picked up 15 minutes before or 15 minutes after 9:00 am. Please be ready to board the bus as soon as the bus pulls up at your address.

When we reach your destination and the bus is stopped, you may release your seat belt, place the seat belt on the seat, and depart the bus. If you use a walker, the driver will place it at the back of the bus and retrieve it once the bus has arrived at either Centre or your residence.

The cost is \$3.00 each way, and we have bus passes for 10 rides at a cost of \$21.00, a monthly pass for \$28.00, and a yearly pass for \$280.00. These can be purchased at the front desks of Nord-Bridge Seniors Centre and LSCO.

*\*Please note, that due to over capacity on some time slots, we ask for and appreciate your patience.*



*Welcome aboard, and we hope you enjoy your time riding with us!*



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HEARING CENTRE 

3rd Thursday of each month in the  
Nord-Bridge Library  
Upcoming Dates: February 19,  
March 19, April 16, May 21, June 18

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



We always look forward to our  
Intergenerational Game Afternoons  
with Grade 5 students from  
Park Meadows Elementary School!

Our next event is coming up on  
**Thursday, February 12**. To sign-up, call  
403-329-3222 or visit our website:  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)



**BREAKFAST****FULL BREAKFAST \$11**

2 eggs, bacon/sausage/ham, hashbrowns, toast, coffee

**EGGS BENEDICT \$11**

Poached eggs on English muffin, ham, hollandaise, hashbrowns, coffee

Half Order \$8.5

**EGGS FLORENTINE \$10**

Poached eggs on english muffin, spinach, hollandaise, hashbrowns, coffee

**HUEVOS RANCHEROS \$10**

2 eggs on tortilla, tomato sauce, hashbrowns, bacon/sausage/ham, coffee

**BACON LOVERS OMELETTE \$10**

Bacon &amp; Cheese, tomato slices, hashbrowns, toast, coffee

**SPINACH OMELETTE \$10**

Spinach, mushrooms, green onions, peppers, cheese, hashbrowns, toast, coffee

**SPANISH OMELETTE \$10**

Peppers, green onions, ham, mushrooms, cheese, hashbrowns, toast, coffee

**HAM & CHEESE OMELETTE \$9.5**

Hashbrowns, toast, coffee

**SMALL BREAKFAST \$8.5**

1 egg, bacon/sausage/ham, hashbrown, 1 toast, coffee

**SM PANCAKE / FRENCH TOAST \$8.5**

1 pancake or 1 French toast, 1 egg, bacon/sausage/ham, coffee

**PANCAKES \$7.5**

Single Pancake \$3

**FRENCH TOAST \$6.5****BREAKFAST BURRITO \$10**

Sausage, peppers, mushrooms, green onions, cheese, coffee

Small \$8

**POWERLINE BREAKFAST \$15**

3 eggs, 3 bacon, 3 sausage or ham, hashbrowns, toast, coffee

**New prices in effect February 21!****SPANISH SKILLET \$12**

Peppers, green onions, ham, mushrooms, scrambled eggs on hashbrowns, shredded cheese, toast &amp; coffee

**MEATLOVERS SKILLET \$12**

Diced ham, bacon and sausage, scrambled eggs on hashbrowns, shredded cheese, toast &amp; coffee

**VEGGIE SKILLET \$10**

Spinach, mushrooms, peppers, green onions, scrambled eggs on hashbrowns, shredded cheese, toast &amp; coffee

**EGG MUFFIN SANDWICH \$5.5**

Toasted English muffin, egg with bacon/sausage/ham

**LUNCH****PHILLY CHEESESTEAK \$11.5**

Sliced steak with peppers, onions on bun with fries

**BEEF DIP \$10**

Roast beef, A'ujus with fries

**RUEBEN SANDWICH \$9.5**

Corned beef, Swiss cheese, sauerkraut on Rye bread

**HAM & CORNED BEEF MELT \$9.5**

Ham &amp; Corned Beef, Swiss cheese

**DELUXE HOT HAMBURGER \$11.5**

Beef patty on slice of bread with gravy, onions &amp; poutine fries

**HOT HAMBURGER & FRIES \$10**

Beef patty on a slice of bread, with gravy, onions &amp; fries

**BURGER (BEEF OR CHICKEN) \$7.5**

Add Cheese \$1 Add Bacon \$1.5 Add Mushrooms \$1

Add side of fries \$3.5

**FISH & CHIPS (2PC) \$12.5**

1pc \$10.5

**FISH TACOS & FRIES \$10.5**

2 corn tortilla fish tacos &amp; fries

**Dunford Diner****MENU****NORD-BRIDGE****BACON, TOMATO & CHEESE \$7.5**

Grilled

**GRILLED HAM & CHEESE \$7****GRILLED CHEESE \$5.75****CHEESY GRILLED CHEESE \$7.5**

Double cheese (cheddar &amp; swiss)

**BLT \$7.5****NORD-BRIDGE CLUB SANDWICH \$10**

Chicken, ham, bacon, tomato, lettuce, cheese, 2 bread

**QUESADILLAS (CHICKEN OR BEEF) \$11****CHICKEN FAJITA QUESADILLA \$10**

Chicken, peppers, onions, mozzarella

**CRUNCHY BEEF & CHEESE BURRITO \$10****DENVER SANDWICH \$7.5****CHICKEN CAESAR WRAP \$8.5****CHICKEN FINGERS & FRIES \$10****SOUP & SANDWICH \$7.75****SOUP \$4.25****SANDWICH \$4.5****SALAD****TACO SALAD W/ BEEF \$10.75**

Add Refried Beans \$1.5

**CHEF SALAD \$10.75**

Add Grilled or Breaded Chicken \$4

**CAESAR SALAD \$8**

Add Grilled or Breaded Chicken \$4

**GARDEN SALAD \$7.75**

Add Grilled or Breaded Chicken \$4

**STEAK BITE SALAD \$10.75****FRIES & SIDES****POUNTE \$8.5****FRIES \$6.5**

Small \$4.5

**ONION RINGS \$6.75****SWEET POTATO FRIES \$7**

with Dill Dip Small \$4.5

Small \$4.5

**ADD ONS: \$1.25**

Salsa, Sour Cream,

Dressing, Gravy

**BEVERAGES/DESSERT****COFFEE OR TEA \$1**

Hot Chocolate \$1

**POP & JUICE (CANS) \$2****JUICE BOX \$1****MILK \$2**

Small milk \$1.5

**COOKIES / SQUARES \$2****MUFFINS \$2****587-370-3432**www.noblehomehealthcare.ca  
noblecarelethbridge@gmail.com

Noble Home Health Care Lethbridge



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- Safety & Supervision
- Dementia Care
- Transportation Assistance
- Overnight Support
- Respite Care

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**Ukrainian Easter Egg Painting**

**Back by popular demand!**  
**In this 3-hour workshop,**  
**you will learn how to**  
**create your own Ukrainian**  
**egg masterpiece.**  
**All supplies will be**  
**provided and no previous**  
**experience is required.**  
**Morning OR afternoon**  
**options available!**

**Date: Tuesday, March 24****Time: 9:00 am - 12:00 pm****OR****1:00 pm - 4:00 pm****Location: Craft Room****Instructor: Janet Tilbe****Fee: \$30 Members****\$50 Non-Members**Call 403-329-3222 or visit [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) to register.**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, 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**

## Condolences to

The Ellingson family, on the passing of Wally  
 The Hunka family, on the passing of Liz's daughter

## Get Well Wishes to

Fran Wallace  
 Doreen Smid  
 Priscille Brown

### Nord-Bridge 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!

**NORD-BRIDGE SENIORS CENTRE**

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

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

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

### February is HEART MONTH!

Win a **FREE** Blood Pressure Monitor!

**The Medicine Shoppe**  
ON 13 AVE N

Enter to Win!  
Keep Your Heart Healthy!

**The Medicine Shoppe**  
Pharmacy

## Valentine's Day Luncheon

Friday, February 13, 2026  
 Seating: 11:00 am  
 Lunch served: 11:30 am  
**Nord-Bridge Dunford Diner**  
Please note: the Dunford Diner will be temporarily closed at 10:00 am to prepare for the luncheon

### Menu

Prosciutto-Wrapped Baked Chicken  
 Green Beans Almondine  
 Roasted Potatoes  
 Salad  
 Dessert

Tickets on sale Tuesday, February 3rd  
 \$15 per person  
 \*Seating will be assigned at time of ticket purchase

**NORD-BRIDGE SENIORS CENTRE**

**HUCKVALE** 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 - 2:00 pm  
**Location:**  
 Nord-Bridge Board Room  
 Open to anyone 55+  
 No registration required

**NORD-BRIDGE SENIORS CENTRE**



## Volunteer Services Report

It is hard to believe that we are already into the month of February and so far winter has been tolerable. I can already see the difference in the lengths of daylight. I hope you have a happy Valentine's Day and if you're looking for something fun to do, maybe check out this month's Community Outreach Program on Monday, February 9<sup>th</sup> at 1:30 pm in the Multi-Purpose Hall. The program theme is Valentine's Day and maybe there will be chocolate.

So this year is the 25<sup>th</sup> Anniversary of International Year of the Volunteer 2001, which was proclaimed by The United Nations. The difference this time, is the United Nations declaring 2026 as the International Year for Sustainable Development, and a global call to "recognize strength and celebrate volunteerism in all its forms". The UN-led initiative calls on governments, organizations and communities worldwide to:

- Champion volunteerism at local, national and global levels
- Support both formal and informal volunteering
- Create safe, inclusive environments for volunteers
- Recognize, value, and measure volunteer contributions
- Integrate volunteerism into development policies and strategies

Well, that is a lot to think about, especially on a global scale but if we look closer to home, those are definitely achievable goals. Celebrating National Volunteer Week in Canada is April 19<sup>th</sup> – 25<sup>th</sup>. We will be holding a Volunteer Recognition event on Thursday, April 23<sup>rd</sup>, with more details to be announced next month. Please ensure that you are signing in our Volunteer Logbook or submitting your hours in some form, so I know who is an active Nord-Bridge Seniors Centre volunteer as I update our Volunteer Roster. You can contact me for more information.

On that note, I will sign off with the words of one of my Humanitarian Heroes:

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin"  
~Mother Teresa (1910 – 1997).

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



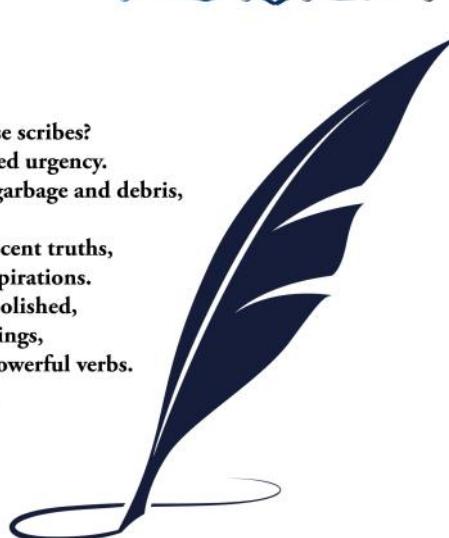
## Awakening

~Edward L. Sillito

Who is this man, this mentor?  
That reaches with long, sinewy tentacles,  
Beyond countless walls,  
Erected with the bricks of time.  
To pluck images from layers of dust.  
Nay, not to cradle, covet, or caress,  
But to seek, shake, then shove,  
These forgotten gems of yore,  
Into the river,  
That trickles,  
Then cascades,  
Then floods.  
It is We....The Teachers

Who are these people, these scribes?  
That reach with unexplained urgency.  
To rummage through the garbage and debris,  
Stockpiled by society.  
To find those gems of innocent truths,  
That become ideas and inspirations.  
To be gently cleaned and polished,  
Then placed in golden settings,  
Of tender adjectives and powerful verbs.  
Then clipped to the chain,  
That joins the heart,  
To the soul,  
To the pen,  
To the paper.  
They are We....The Writers.  
Who become....The Teachers.

## Mind Joggers



**BUILDING BRAINS TOGETHER**  
NORD-BRIDGE SENIORS CENTRE

# BRAIN BUILDING GAMES

JOIN US FOR AN HOUR OF BRAIN BUILDING GAMES!

Pre-registration required

WEEKLY ON TUESDAYS      MARCH 3-31 10:30-11:30AM      FREE FOR ANYONE 55+

**BENEFITS**

- ✓ Learn new games
- ✓ Reduce stress
- ✓ Social connection
- ✓ Engage your mind
- ✓ Have fun!

**NORD-BRIDGE FLEX ROOM**  
1904 13 Ave North  
Lethbridge

**REGISTRATION:**  
Call (403) 329-3222 or stop by  
Nord-Bridge Seniors Centre

[www.buildingbrains.ca](http://www.buildingbrains.ca)



# February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Begin. Acrylic Paint Improver Line Dance (MPH) 10:00 Chair Yoga (WCR) 10:30 Monday Morning Check in (Flex Rm) 15 15 15 (MPH) Abs, Core, & More 1:00 Begin. Line Dance (WCR) Quilters/ Krafters 1:00 Woodcarving Contract Bridge 1:00 Darts (MPH) <b>1:30 Outreach Meeting (BR)</b> 3:00 Guided Meditation Indoor Walking & Pickleball 4:15 6:00	<b>3</b> 9:00 <del>Intro to Spanish (Flex R)</del> Strength, Core & Stretch Zumba Gold Toning Beginners Watercolor <b>Coffee with a Cop</b> 10:00 New Comers M & G Fit Ball (MPH) 10:30 Music Makers (Annex) Clogging (Beginners) Keep Fit (Cardio) Clogging (Beginners) Tai Chi Yang Style (MPH) Canasta/ H & F Scrabble (Craft Room) Texas Hold 'em Beginners Crib Exercises with Arthritis Gentle Barre (MPH) Yoga Thrive (MPH)	<b>4</b> 8:45 Active Pound 55+ Handy Crafters (Flex R) 9:00 Gentle Yoga (WCR) 10:00 Carpet Bowling Chair Yoga (WCR) <b>10:30 WINNERS BINGO</b> 10:45 Pilates (WCR) 11:30 Brush Strokes (Craft R) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 2:00 Genealogy (WCR) 2:00 Group Dance Self Care Yoga (WCR) Begin. Pickleball (YMCAs) Table Tennis (MPH)	<b>5</b> 9:00 Card Crafters Intermediate Line Dance Mind Joggers (BR) Chair Yoga (WCR) 11:00 <b>1:00 Tech Help on AI (WCR)</b> Keep Fit (Strength) MPH Chair Yoga (WCR) 10:30 Carpet Bowling Chair Yoga (WCR) 10:00 Advan. Acrylic Paint (WCR) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) Begin. Pickleball (MPH)	<b>6</b> 8:30 Begin. Chess Club (Craft Room) Chair Yoga (MPH) Ukulele Circle Gentle Yoga Handy Crafters Carpet Bowling Chair Yoga (WCR) 10:30 In- House Bingo <b>11:00 Watercolor Club (WCR)</b> Floor Shuffleboard (MPH) 1:00 Cribbage (WCR) 1:00 Contract Bridge (WCR) <b>1:30 Steps to Connect (Board Room)</b>
<b>9</b> 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Begin. Acrylic Paint Improver Line Dance (MPH) 10:30 Chair Yoga (WCR) Monday Morning Check in (Flex Rm) <b>11:00 Pet Therapy Visits (SSN Office)</b> 11:45 15 15 15 (MPH) 11:45 Abs, Core, & More 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving Contract Bridge 1:00 <b>1:30 Outreach Program (mp)</b> 2:30 Guided Meditation Indoor Walking & Pickleball 4:15 6:00	<b>10</b> 9:00 <b>9:00 LAWYERS (BR)</b> Intro to Spanish (Flex R) Strength, Core & Stretch Zumba Gold Toning Beginners Watercolor Fit Ball (MPH) 10:00 Music Makers (Annex) Clogging (Beginners) Keep Fit (Cardio) 11:00 Clogging (Beginners) Tai Chi Yang Style (MPH) Canasta/ H & F Scrabble (Craft Room) Texas Hold 'em Beginners Crib Exercises with Arthritis Gentle Barre (MPH) Yoga Thrive (MPH)	<b>11</b> 8:45 Active Pound 55+ <b>9:00 MANICURES (Craft R)</b> Handy Crafters (Flex R) 9:00 Gentle Yoga (WCR) <b>9:30 Board of Directors Meeting (Board Room)</b> 10:00 Carpet Bowling Chair Yoga (WCR) <b>10:30 WINNERS BINGO</b> 10:45 Pilates (WCR) 11:30 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Genealogy (WCR) 2:00 Group Dance Self Care Yoga (WCR) Begin. Pickleball (YMCAs) Table Tennis (MPH)	<b>12</b> 9:00 Card Crafters Intermediate Line Dance Mind Joggers (BR) Chair Yoga (WCR) 10:30 Keep Fit (Strength) MPH Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (WCR) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) <b>1:00 Financial Legal Info with Huckvale LLP (Board Room)</b> <b>1:20 Park Meadows Game Afternoon (WCR)</b> 6:00 Begin. Pickleball (MPH)	<b>13</b> 8:30 Begin. Chess Club (Craft Room) Chair Yoga (MPH) Gentle Yoga Handy Crafters Carpet Bowling Chair Yoga (WCR) <b>10:30 Valentines Day Luncheon (Dunford Diner)</b> <b>11:30 Tickets Required</b> 1:00 In- House Bingo <b>1:00 Watercolor Club (WCR)</b> Cribbage (WCR) 1:00 Contract Bridge (WCR) <b>1:30 Steps to Connect (Board Room)</b>
<b>16</b> 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Begin. Acrylic Paint Improver Line Dance (MPH) 10:30 Chair Yoga (WCR) Monday Morning Check in (Flex Rm) <b>11:00 Pet Therapy Visits (SSN Office)</b> 11:45 15 15 15 (MPH) 11:45 Abs, Core, & More 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving Contract Bridge 1:00 <b>1:30 Outreach Program (mp)</b> 2:30 Guided Meditation (WCR) 4:15 6:00	<b>17</b> 9:00 <b>9:00 SPANISH (BR)</b> Intro to Spanish (Flex R) Strength, Core & Stretch Zumba Gold Toning Beginners Watercolor Fit Ball (MPH) 10:00 Music Makers (Annex) Clogging (Beginners) Keep Fit (Cardio) 11:00 Clogging (Beginners) Tai Chi Yang Style (MPH) Canasta/ H & F Scrabble (Craft Room) Texas Hold 'em Beginners Crib Exercises with Arthritis Gentle Barre (MPH) Yoga Thrive (MPH)	<b>18</b> 9:00 Card Crafters Intermediate Line Dance Mind Joggers (BR) Chair Yoga (WCR) 10:30 Keep Fit (Strength) MPH Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (WCR) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) <b>1:00 Financial Legal Info with Huckvale LLP (Board Room)</b> <b>1:20 Park Meadows Game Afternoon (WCR)</b> 6:00 Begin. Pickleball (MPH)	<b>19</b> 8:30 Begin. Chess Club (Craft Room) Chair Yoga (MPH) Gentle Yoga Handy Crafters Carpet Bowling Chair Yoga (WCR) <b>10:30 Valentines Day Luncheon (Dunford Diner)</b> <b>11:30 Tickets Required</b> 1:00 In- House Bingo <b>1:00 Watercolor Club (WCR)</b> Cribbage (WCR) 1:00 Contract Bridge (WCR) <b>1:30 Steps to Connect (Board Room)</b>	<b>20</b> 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Begin. Acrylic Paint Improver Line Dance (WCR) 10:30 Chair Yoga (WCR) Monday Morning Check in (Flex Rm) <b>11:00 Pet Therapy Visits (SSN Office)</b> 11:45 15 15 15 (MPH) 11:45 Abs, Core, & More 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving Contract Bridge 1:00 <b>1:30 Outreach Program (mp)</b> 2:30 Guided Meditation (WCR) 4:15 6:00

16	<p><b>CLOSED</b> <b>TODAY</b> <b>FOR</b> <b>FAMILY</b> <b>DAY!</b></p>	<p>8:45 Intro to Spanish (Flex R) 9:00 Strength, Core &amp; Stretch 9:00 Zumba Gold Toning 9:30 Beginners Watercolor 9:30 New Comers M &amp; G 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:00 Clogging (Beginners) 10:30 Keep Fit (Cardio) 11:00 Clogging (Beginners) 11:15 Tai Chi/Yang Style (MPH) 12:15 Canasta/H &amp; F 12:45 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Yoga Thrive (MPH)</p>	<p>8:45 <b>Reflexology (Cr. Rm)</b> <b>9:00</b> Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) <b>10:00</b> <b>Walker Repairs (Hall)</b> 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) <b>1:00</b> <b>Color my World Art</b> 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 2:00 Genealogy (WCR) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (Y/MCA) 7:30 Table Tennis (MPH)</p>
17			
18			
19		<p>9:00 Active Pound 55+ <b>9:00</b> <b>Reflexology (Cr. Rm)</b> 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) <b>10:00</b> <b>Walker Repairs (Hall)</b> 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) <b>1:00</b> <b>Color my World Art</b> 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 2:00 Genealogy (WCR) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (Y/MCA) 7:30 Table Tennis (MPH)</p>	
20		<p>9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 9:00 Mind Joggers (BR) <b>9:30</b> <b>HEARING TESTS (Library) by Appt.</b> 9:30 Chair Yoga (WCR) 10:30 Keep Fit (Strength) MPH <b>1:00</b> <b>Tech Help on AI (WCR)</b> 1:00 Floor Shuffleboard 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH)</p>	
21			
22			
23		<p>9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) <b>10:00</b> <b>Member Portraits</b> 10:00 Begin. Acrylic Paint 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 11:45 15 15 15 (MPH) 11:45 Abs, Core, &amp; More (WCR) 12:15 Tai Chi/Yang Style (MPH) 12:45 Canasta/H &amp; F <b>1:00</b> <b>Cooking at Interfaith</b> 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:00 Beginners Crib 1:30 Exercises with Arthritis 3:00 Gentle Barre (MPH) 4:15 <b>Indoor Walking &amp; Strength</b> 6:30 Beginners Pickleball (MPH)</p>	
24		<p>9:00 <b>Intro to Spanish (Flex R)</b> 9:00 Strength, Core &amp; Stretch 9:00 Zumba Gold Toning (MPH) 9:30 Beginners Watercolor 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi/Yang Style (MPH) 12:45 Canasta/H &amp; F <b>1:00</b> <b>Cooking at Interfaith</b> 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:00 Beginners Crib 1:30 Exercises with Arthritis 3:00 Gentle Barre (MPH) 4:15 <b>Indoor Walking &amp; Strength</b> 6:30 Beginners Pickleball (MPH)</p>	
25		<p>8:45 Active Pound 55+ 9:00 Handy Crafters (Flex Room) 9:00 Gentle Yoga (WCR) <b>10:00</b> <b>FOOT CARE (Craft Room)</b> 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO <b>11:15</b> <b>VIRTUAL COOKING (Zoom)</b> 11:30 Pilates (WCR) <b>1:00</b> <b>Color my World Art</b> 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) <b>3:15</b> <b>LSKIP (MPH)</b> 1:00 Woodcarving (WCR) 1:00 Contract Bridge 1:00 Darts (MPH) 2:30 Guided Meditation (WCR) 3:00 Indoor Walking &amp; Strength 4:15 <b>Indoor Walking &amp; Strength</b> 6:30 Beginners Pickleball (MPH)</p>	
26		<p>9:00 Active Pound 55+ 9:00 Handy Crafters (Flex Room) 9:00 Gentle Yoga (WCR) <b>9:30</b> <b>Tech Help on AI (WCR)</b> 9:30 Mind Joggers (BR) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH <b>1:00</b> <b>Tech Help on AI (WCR)</b> 1:00 Floor Shuffleboard (MPH) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH) 7:30 Table Tennis (WCR)</p>	
27		<p>9:00 Card Crafters 9:00 Intermediate Line Dance (Main Corridor) <b>9:30</b> <b>Tech Help on AI (WCR)</b> 9:30 Mind Joggers (BR) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH <b>1:00</b> <b>Tech Help on AI (WCR)</b> 1:00 Floor Shuffleboard (MPH) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH) 7:30 Table Tennis (WCR)</p>	
28			
29			
30			

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

- **LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL DONNA AT 403-329-3222 TO ARRANGE.**
- **WINNERS BINGO WEDNESDAY: FEBRUARY 4, 11, 18, 25**
- **FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)**
- **LOCATION: CRAFT ROOM UPCOMING DATES: APR. 8, & MAY 27**

**UKRAINIAN EASTER EGG PAINTING ON MARCH 24TH FOR \$30 PER PERSON SIGN UP DAY!**

- **PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!**
- **NEW PAINT MORNING WORKSHOP WITH KENDRA SALA ON APRIL 30TH FOR \$40 PER PERSON MORE INFO IN THE NEWSLETTER!**
- **MINDS IN MOTION FOR THOSE WITH EARLY STAGES ALZIEHMERS & THEIR CAREGIVERS ON APRIL 1ST FOR \$50 PER PERSON!**

# Nord-Bridge Outreach

**Date: Monday, February 9**

**Time: 1:30 pm to 3:00 pm**

**Cost: \$3 per person**

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

**Please call 403-329-3222  
to RSVP by Monday, Feb. 2**



**Hearts, Hearts, and More Hearts!  
We're celebrating Valentine's Day  
with Bryce Gray & Friends!**

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!

## January Outreach Recap

Our Outreach program held on Monday, January 19, 2026 celebrated Robbie Burns Day and was attended by 82 guests.

Among those was a new group, New Beginnings, as well as groups from Legacy Lodge, DaCapo, Good Sams North, and Nord-Bridge! Celtic Routes kept everyone singing and dancing to Scottish music, while volunteers served raisin bread, cheese, punch, and coffee to our guests.

A big thank you to Lakeview Bakery for the delicious bread.

February's program takes place on Monday, February 9, 2026. It will be a celebration of **Love** as we have both Valentine's Day and Family Day coming up this month!

Thanks for joining us and we hope to see you all in February!



~Judy Cartwright,  
Outreach Volunteer



**Celtic Routes**



## COMPASS for the Caregiver

COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend or neighbour near or far.

If you are supporting someone experiencing challenges related to health, age, family dynamics, mental health, pressures generated by "sandwich generation" responsibilities and/or distance. We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system & planning for the journey ahead.

**March 3, 10, 17, 24**

**1pm - 4pm**

Nord-Bridge Seniors Centre  
Board Room  
1904 13<sup>th</sup> Ave. N., Lethbridge

**\$25**  
Registration Fee

**\*Please register by February 23, 2026**  
Call Nord-Bridge Seniors Centre to register • 403-329-3222



## 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:** 



## 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.*





# Seniors System Navigator

## Healthy Relationships at Any Age

Healthy relationships are an important part of our overall well-being. Whether it's with a partner, family member, friend, or neighbor, positive connections can bring joy, comfort, and a sense of belonging to our daily lives.

At the heart of a healthy relationship is mutual respect. This means listening to one another, valuing different opinions, and honoring personal boundaries. Everyone deserves to feel safe and appreciated, even when disagreements arise. It's okay to say "no," to ask for space and to express how you truly feel.

Good communication also plays a key role. Sharing thoughts honestly, speaking kindly, and being open to listening can prevent misunderstandings and deepen trust. Sometimes the most meaningful conversations happen when we slow down and really hear one another. Listening with the intention of understanding not just responding can have positive impacts on the ways in which we connect with others.

Healthy relationships also support independence. Spending time together is wonderful, but so is maintaining personal interests, friendships, and routines. Encouraging each other's hobbies and goals helps relationships stay balanced and fulfilling.

Finally, remember that relationships can change over time and that's normal. It's never too late to strengthen an existing connection, make new friends, or let go of relationships that no longer feel supportive.

Strong, healthy relationships help reduce stress, improve emotional health, and make life more enjoyable. By treating ourselves and others with kindness, respect, and understanding, we create a community where everyone can feel connected and valued.

**~Breylin McNeil - BSW, RSW Seniors System Navigator**



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



**Date: Wednesday, Feb. 25**

**Time: 11:15 am - 12:15 pm**

**Fee: \$30, for anyone 55+**

**Instructor: Ashley Kern**

Visit [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
or call 403-329-3222 to register for anyone 55+



**We will be making  
Homemade Pierogies!**

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

**Interested in Playing  
Backgammon  
on Friday Mornings?**



**Please write your  
name on the  
interest sheet at  
Nord-Bridge, and if  
we get enough  
interest, we will start!**

**For more  
information, please  
contact Ashley  
at 403-329-3222.**

**\*For Nord-Bridge  
members only**



### FRAUD PREVENTION PRESENTATION



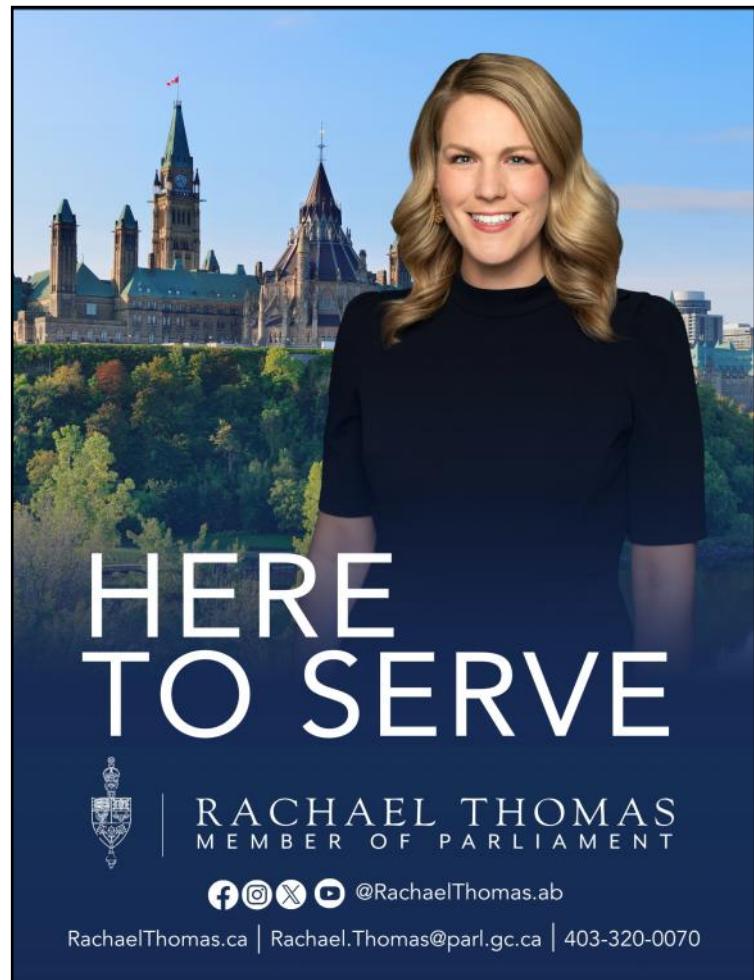
**BRING YOUR QUESTIONS AND JOIN  
THE LETHBRIDGE POLICE ECONOMIC CRIMES UNIT**

**Tuesday, March 10, 2026**

**1:00-2:30PM**

**Nord-Bridge Senior Centre  
West Community Room**





# HERE TO SERVE

RACHAEL THOMAS  
MEMBER OF PARLIAMENT

    @RachaelThomas.ab

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



CHRISTENSEN SALMON  
GENERATIONS FUNERAL HOME

*Family Focused  
Family Operated*

703 13 STREET NORTH, LETHBRIDGE



Phone: 403.382.3601  
www.generationsfh.ca

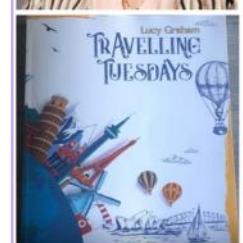
A division of the Caring Group Corp.



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.




## Dragon Boat Dry Land Practices

The Nord-Bridge Sea N' Oars Dragon Boat Team will be starting dry land practices to increase cardio levels and learn paddling techniques. This prepares the team for upcoming practices on Henderson Lake!

**Tuesdays, beginning March 10th at 6:30pm in the Gym of Nord-Bridge!**

*If interested, contact Ashley or Cheris at 403-329-3222*

**\*Previous experience an asset & for anyone 55+. You do not need to be a member of Nord-Bridge to join the team!**



## Be *Scent*sitive to others

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



## We Share the Air!



### 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, 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.  
Please specify either a manicure OR pedicure at the time of booking.  
Book your 30 minute appointment at the Nord-Bridge Front Desk.



# Programming Report



Happy 2026 and into February already! Here is a photo from New Years of my spouse's cousin and my brother-in-law with their newborn sons, Lucien and Grayson who were born 5 days apart! It's hard to believe we all start out that small!

It was a very busy month last month with new programs and registrations starting. There were some issues with online registration so we will be looking into having a new system for Fall 2026, more details to come soon. We are still looking for more people in the following classes: Strength, Core and Stretch, Evening Self Care Yoga, and Chair Yoga at 8:45 am, please see the program guide for more info!



The Valentines Day luncheon tickets go on sale Tuesday, February 3<sup>rd</sup> at 8:30 am at the front desk of Nord-Bridge for \$15.00 per person. Please note we will not hold tickets for anyone, and it is first come first served. Please make sure to hold onto these tickets, because if you do not have a ticket, you will not be allowed entry on the day of the luncheon. Please also note seats have been assigned so please respect where the table is placed and do not move it. This luncheon is in the Dunford Diner NOT the Multi-Purpose Hall and seating begins at 11:00 am sharp with the meal served at 11:30 am.

Tax season will soon be upon us, and our Community Volunteer Income Tax Program will start up on Monday, March 2<sup>nd</sup> until April 30<sup>th</sup> for drop offs only with no appointments allowed. This is a free service for low income residents. Any further questions on the tax document drop off process please find more information in the poster below or contact our Front Desk and ask for Maria or Erin at 403-329-3222. Please note this service is not available until March 2<sup>nd</sup> as we cannot file taxes earlier than this time and appreciate your patience.

The Fall In-House Awards Luncheon is also coming up on Friday, March 6<sup>th</sup>. This is for any member who participated in the Fall 2025 In-House Tournament for Pool (billiards), Table Shuffleboard, Floor Shuffleboard, or Darts. Guests of members are welcome to attend this luncheon for \$10.00 per person. Tickets are available now at the Front Reception Desk. Previous members who played in the tournament last fall have already paid for this awards luncheon. Please ask me if you are unsure.

Our dragon boat team the Sea N' Oars is back once again to participate in the annual Lethbridge Dragon Boat Festival in June! We will be starting dry land training next month at Nord-Bridge for paddlers starting Tuesday March 10<sup>th</sup> at 6:30 pm in the gym. If you are interested in being on the team, please contact either myself or Team Trainer, Cheris Samuels as space can fill up fast.

As always please do not hesitate to reach out to me either in person, over the phone or through email if you have any questions, concerns or suggestions regarding programs. I am happy to help.

Until next month, stay happy and healthy!

*~Ashley Kern - Director of Programming*

## Reflexology at Nord-Bridge

with Maria's Footworks and Health Solutions



**Please note:**  
Cost increases to \$50/visit on April 1

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

**Location:** Nord-Bridge Craft Room

**Cost:** \$45 per visit (*Nord-Bridge members only*)

**\*Members who have already had an appointment with Maria at Nord-Bridge, please call 403-715-4642 to book your next session at her Lethbridge location, 519 7 Street S. We will not be accepting appointment requests at Nord-Bridge for those who have seen Maria previously.**

## CRA's Community Volunteer Income Tax Program

**March 2 to April 30, 9:00 am to 3:00 pm**

Drop your tax documents off at Nord-Bridge (1904-13 Ave N), either in person or through the main front door mail slot with name, date of birth, address, marital status, and phone number.

**\*No appointments allowed - drop offs only!**



Run by  
Nord-Bridge  
Volunteers  
19th year  
in a row!



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

**Friday, February 6**

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

**Pork Chops with Mushroom Gravy, Mashed Potatoes, and Veggies**

**Friday, February 13:**

**Valentine's Day Luncheon: Tickets required (\$15 each)**

**Prosciutto-Wrapped Baked Chicken, with  
Green Beans Almondine, Roasted Potatoes, Salad, and Dessert**

**Friday, February 20:**

**Meatloaf with Mashed Potatoes, Veggies, and Gravy**

**Friday, February 27**

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



**NORD-BRIDGE  
SENIORS CENTRE**

## 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:  
February 23, March 16,  
April 20, May 25, June 15

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



## 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 Date:  
Friday, February 20  
Time: 9:30 am - 11:30 am  
Location: Board Room  
\*No appointment required



## Paint Morning with Kendra

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



**Date:**  
Thursday, April 30  
**Time:**  
10:00 am - 12:00 pm  
**Location:**  
Flex Room  
**Cost:** Members \$40  
Non-members \$60



Just in time for Mother's Day!  
Come and spend the morning  
painting this beautiful spring  
bouquet, guided by a professional  
artist. No experience is required  
and all supplies will be provided.

# Fundraising Report

Hello Friends - here we are in February – wow!

Here is an update on our very busy fundraising adventures:

We will be at Park Place Mall with the 2025 Subaru Crosstrek Touring Edition, promoting our car raffle from February 5<sup>th</sup> to 12<sup>th</sup>. The draw date is February 13. Sales are going well and we hope this final push will take us over the top. It's our first attempt at a car raffle – thank you to everyone who has purchased a ticket! If you see our raffle posted on Facebook or Instagram, please ensure you share it with your own Facebook/Instagram groups. This expands our reach substantially, as we only have so much reach with our Nord-Bridge groups on social media.

Soon, we will be hosting Nord-Bridge Seniors Centre's biggest fundraiser of the year! Our 7<sup>th</sup> Annual Under Northern Lights Gala will be hosted at the Sandman Signature Hotel on Saturday, March 28, 2026. Tickets are priced at \$100 each or you can purchase a table of 8 for \$720. Enjoy a champagne reception accompanied by piano music by Rob, followed by a delicious dinner by Prime Catering. A silent auction will run throughout the evening, as well as Wine Plinko, and a Restaurant Gift Card Wall. There will also be a live auction with the opportunity to bid on many amazing items!

We're thrilled to announce that this year's live entertainment is local 50's cover band, Rebel Angels who will have us dancing into the night with hits from the golden age of rock & roll.



\*\*We are always looking for items for our silent auction. If you have suggestions on who to reach out to – don't hesitate to let me know or I can provide you a letter to drop off. Just let me know who to follow up with. We continue to receive donations from Safeway Fairway Plaza, Savers Convenience and Savers Liquor, Wholesale Club, and Ray's No Frills. Please be sure to support these local businesses when you are doing your shopping!

I look forward to seeing you soon!

*~Julie Sarich*

**Director of Fund Development**



## MiNDSinMOTiON

What is Minds in Motion?

Minds in Motion is a program designed for people with early to mid-stage Alzheimer's disease or another dementia, to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment.

At Minds in Motion® a client will...

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

Who is Minds in Motion® for?

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

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

What can I expect?

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

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

### How to register:

Minds in Motion, Spring 2026 is being offered at Nord-Bridge Seniors Centre

Call 403-329-3222 to register

### Session Dates/Times:

Wednesdays

1:30 pm - 3:30 pm

S1: April 1 - May 13

S2: May 20 - June 24

### Location:

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

### Instructors:

Charlene Kocken and

Lori Gregory

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

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

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

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

# Laughs, Life, and a Little Sass

February has arrived, which means we survived January. Barely. January always feels like the month that exists solely to test our resilience, our patience, and our commitment to pants. I kicked off the year by taking a few days off and deciding my house needed a refresh. What followed was painting, wallpapering, and a vocabulary expansion I will not be repeating in polite company.

Wallpaper is officially making a comeback - at least in my home. My walls are now covered in sunflowers and something called *Tuscan*, which I can only describe as walking into a fruit punch that is very confident and slightly loud. It's bold, cheerful, and unapologetic - much like its owner. My house now feels warm, happy, and alive.

This year I boldly declared that I would learn two new things every single month. That's right. Every month. I don't know who I thought I was when I made that commitment, but January showed up strong. I made my own laundry soap and dryer sheets, canned some incredible chili, and learned that red peppers are the unsung heroes of a truly great cream of chicken soup. If you have canning recipes, tips, tricks, or a pressure canner sitting lonely and unused - send it my way. I am accepting all wisdom and appliances.

We celebrated my mom's birthday the way it should be celebrated - just the girls, out with friends, music cranked up, and responsibilities left at home. Rebel Angels, Coyote Junction, Lunch Box, and Soup of Flies gave us the perfect soundtrack to a night filled with dancing, laughter, and the kind of joy that reminds you how important it is to make time for fun. It was loud, it was joyful, and it was exactly what the soul needed.

Another highlight was attending the Food and Beverage Expo with my son and his girlfriend. What an incredible experience - amazing food, great conversations, reconnecting with old friends, and making new ones along the way. But truly, spending time with my kids is always my favorite part. No matter where we are or what we're doing, those moments make my heart smile in a way nothing else quite can.

My gal pal Val and I have also been busy planning - strategically plotting - our trips for the year. First up is Hurry Hard, a dinner theatre experience brought to you by Rosebud. Friendly reminder: we need a minimum of 38 people, and this trip must be paid in full at the time of booking. The cost is \$170 for members and \$190 for non-members. Please see the wonderful ladies at the front desk before Val and I start casually reminding you every time we see you.



And finally - February. Have you looked at this calendar? Starts on a Sunday. Ends on a Saturday. Four perfectly lined-up weeks. No chaos. No weird extra days. Just pure, satisfying calendar perfection. Add love, chocolate, and discounted candy on February 15th, and honestly... what more could we ask for?

Here's to love in all its forms, laughter that comes easily, learning new things, and embracing the beautiful, colorful chaos of life.

~*Erin Bates* “Life's too short to dim your sparkle for anyone.”

## 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.

JOIN US TO LEARN MORE!

Dates & Topics: Monday, February 2 - Memory, Brain Games, & Strategies

Monday, February 9 - Memory, Brain Games, & Strategies

Monday, February 16 - **No class due to Family Day**

Monday, February 23 - Leisure and Relaxation

Time:

9:00 am to 10:00 am

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

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

For Ages  
55+

## 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

Restoring  
Smiles with  
Quality  
Dentures

# Southern Denture Clinic

Now doing intraoral scanning!  
No more messy  
uncomfortable impressions!

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

Direct Insurance Billing

Accepting Canadian Dental Care Plan

Free no pressure Consultations

No Referral Needed

259 12C St N, Lethbridge

[www.southerndenture.ca](http://www.southerndenture.ca)

**403-327-6331**

## 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. In Monday Morning Check-In, participants will continue to build on skills that they have learned in the previous class. Individuals are encouraged to bring handouts and discussion items to the group.

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

**JOIN US TO LEARN MORE!**

**Dates & Topics:** Monday, February 2 - Memory, Brain Games, & Strategies  
Monday, February 9 - Memory, Brain Games, & Strategies  
Monday, February 16 - **No class due to Family Day**  
Monday, February 23 - Leisure and Relaxation

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

**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: Wednesday, March 25**

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

**Location: Craft Room**

**\*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.**



## 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 1/2 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:

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



## 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!



## 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:** February 10, March 10, April 14, May 12, June 9

\*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.**

**HUCKVALE**  
established 1906

**\*For Nord-Bridge  
Members Only**



# BUILDING HEALTHY RELATIONSHIPS

AN 8 WEEK EDUCATIONAL GROUP



Tuesdays  
April 7- May 26  
10AM-12PM  
LSCO Board Room  
500 11 St S  
No cost

## Topics include:

Boundaries  
Feelings  
Grief  
Communication  
Relationship challenges  
Addiction  
Mental health  
Elder abuse  
Wellness tools

### To register or for more info:

- LEARN Case Manager
- 403-394-0306
- learn@lethseniors.com

Lethbridge Family Services  
Since 1950  
Counselling, Outreach & Education



Lethbridge Senior  
Citizens Organization

## Evening Self Care Yoga

### Session 2 Dates:

Wednesdays, March 18 - May 6

Time: 6:00 pm - 7:00 pm

Location: West Community Room

Instructor: Brandy Tonin

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

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.

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

## Fitness 55+ Key Fob Price Increase

Please note, effective immediately, all **new** key fobs issued to Fitness 55+ Gym members will be priced at **\$15 each**. This is a refundable charge, once the fob is returned.



**-Nord-Bridge Management**

\*No other Fitness 55+ prices will be increasing at this time.

## Lethbridge Elder Abuse Response Network



February is a time when we often reflect on relationships, connection, and caring for ourselves and others. This is great time for LEARN to share that beginning April 7, 2026, the LEARN program will be offering the next session of our Building Healthy Relationships group!

This 8-week session is designed to encourage meaningful discussion, provide practical tools, and support seniors in strengthening boundaries, communication, and personal well-being within relationships. Whether you are looking to learn something new or simply want to engage in thoughtful conversation, this group offers a supportive and welcoming space. Registration is required, and spaces are limited. Registration will remain open until March 24, 2026. To register or learn more, please call LEARN directly at 403-394-0306.

February also highlights safety planning, an important topic for seniors and caregivers alike. As a reminder, Senior Safety Calendars for 2026 are still available for pick-up while supplies last. These calendars include helpful safety tips and resources and can be picked up at LSCO or Nord-Bridge. If you have not yet picked up your calendar, we encourage you to do so soon! We look forward to staying connected with you and supporting a safe, informed, and healthy community throughout the year.

*Marissa Hardy*

~ LEARN Case Manager



## Coffee with a Constable

### Upcoming Dates:

Wednesdays, February 4,

March 11, April 15,

May 13, 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.

## Friday Chair Yoga

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



\*No class April 3

### Session 2: Fridays, March 13 - May 1

*New time added!*  
Time: 8:45 am - 9:30 am

Location: Multi-Purpose Hall

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

Instructor: Carrie Viejou

A gentle, flowing yoga class for all levels. Poses enhance strength, mobility, range-of-motion, and balance. The chair can be used as a prop, or you may remain sitting for the whole class. Pose options and modifications are available throughout the class.



# 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 ↑

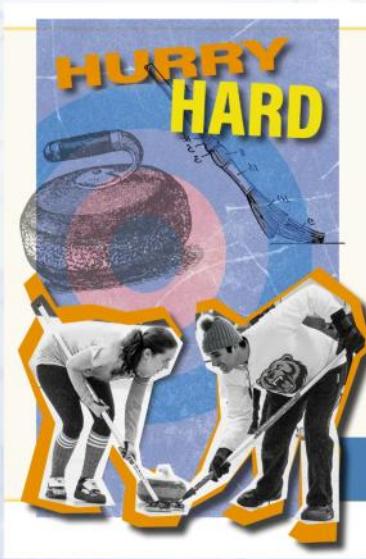
**United Conservative** caucus



403.320.1011



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



**HURRY HARD** by Kristen Da Silva

A heartfelt comedy about love on the rocks and overcoming impossible odds.

When Bill and Sandy's marriage split up, so did their curling team – splintering off into a men's team and a women's team who begrudgingly share the ice at the local Curling Club. Now, a medical emergency has left the men's team short a player on the day of the big regional bonspiel. If they have any hope of beating their rivals from the next town over and taking the trophy, they'll have to put aside their personal differences and unite as one team.

**Call 403-329-3222 to sign up!**

**\*Cost must be paid in full at time of booking.**

**No refunds will be issued.**



**Trip to**

**ROSEBUD  
& THEATRE**  
SCHOOL OF THE ARTS

**~Thursday, April 23**

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

**\$170 Members  
\$190 Non-Members**



**SCSP** Seniors Community Services Partnership  
**SENIORS SYSTEM NAVIGATORS**

## Support For Seniors

**403-329-1544**

**Call Now**

**We can help**

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

**Contact the Seniors System Navigators**

403-329-1544  
intake@lethseniors.com

**Empathy. Assistance. Advocacy.**

# Nord-Bridge Is Raffling a CAR!

Want to WIN –

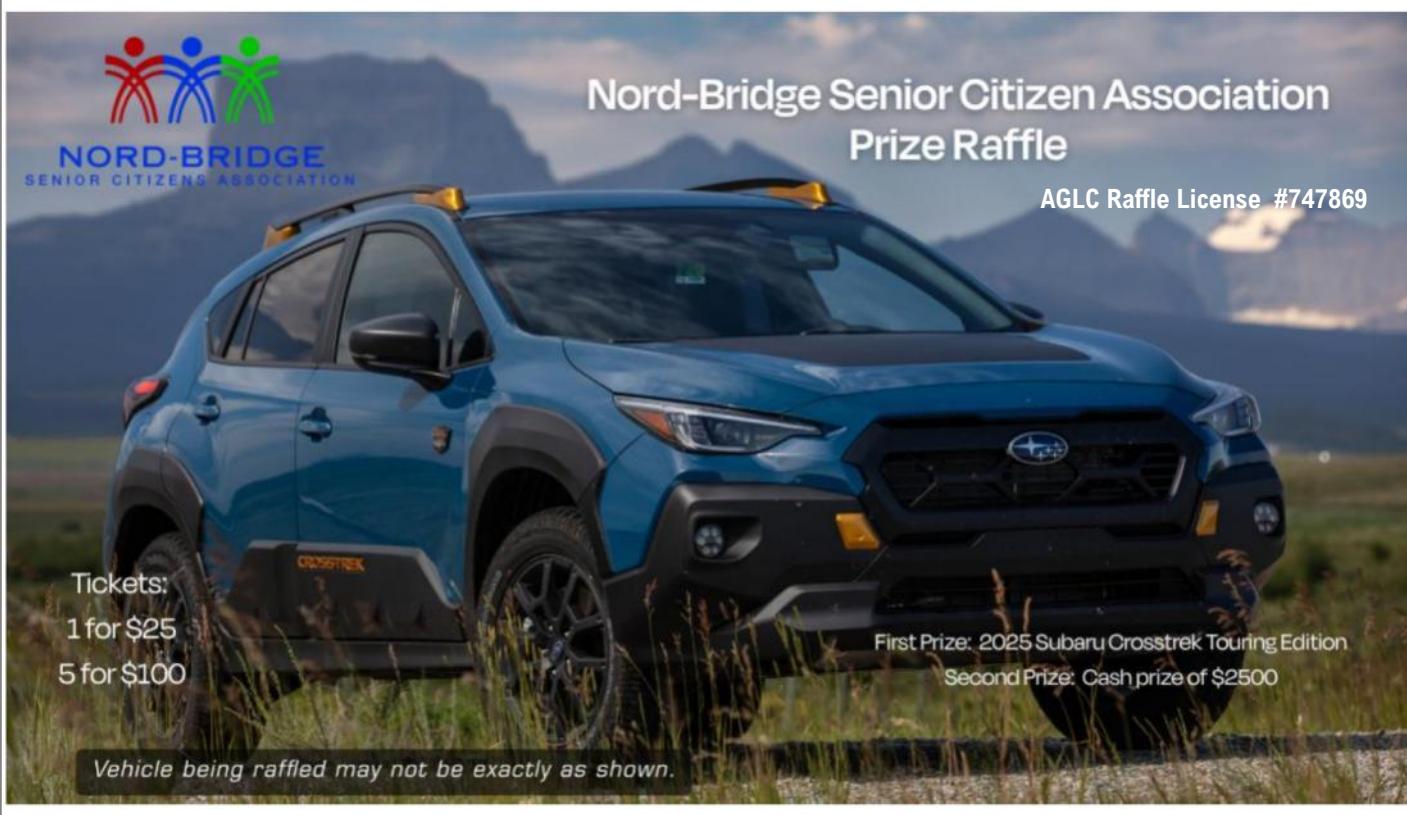
Use our QR code or ask us for assistance

<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.*