

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!



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 12th. A member paid the food tab for the day in celebration of their 75th 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 13th 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 9th. 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 5th through 12th. 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 1st, 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



WELCOME

Welcome to 66 New Members!

We are happy to have you here!

LeeAnne Tedder

Vernice Herbig

Kevin Riley

Joe Hutchinson

Bev Hopp

Ann Tollestrup

Sylvia Besplug

Shelley Barva

Kris Kirchner

Henry Hrnclirik

Germaine Gervais

Ian Edmonds

Leonard Heinonen

Donna Lofstrom-Bell

Sherry Richter

Monica Zadnik

Pat Anderson

Virginia Moore

Anita Salberg

Salvatore Campisi

Bryan Litchfield

Shirley Lee

Allan Deg

Roy Adachi

Bob Gillies

Beth McNeily

Colleen Vredegoor

Sidonia Liska

Allan Herbig

Caroline Chamberlain

Michelle Gosse

Erna Moedt

Susan Corrin

Judy Howard

Kathy Davies

Gaylon Dudley

Deb Giguere

Martha Kennedy

Eleanor Kesler

Danielle Weise

Katie Ankerman

Ronni Svrcek

Nancy Seymour

Yves Brunet

Lori Casey

Carolina Campisi

Laurie Litchfield

Helen Sharp

Betty Ann Bugg

Don Frose

Greg Young

Sandi Hart

Linda Dixon

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

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x.com/bridgenord

nordbridgeseniors



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

**Visit 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.

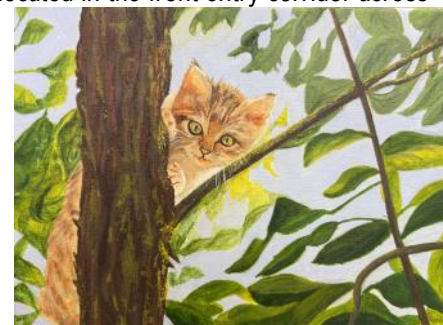
I have had the pleasure of being the Executive Director of Nord-Bridge since 2018. Prior to that I was in the Program Coordinator / Director of Programming role since 2007. In my previous role I was able to meet a lot of the members through planning and implementing programs for members. Although, my 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
Donalda Stock
Tom Ivins

Second Year

David Green
Alan Stalker
Lorrie Vos

Third Year

Mike Bennett
Clay Olsen
Bill Hanson

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

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

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!**

**TIME TO
RENEW**

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

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.



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

FLY – 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

Cross Canada by Motorcoach – 29 days, September 1st

FLY – Eastern Canada & Maritimes Fall Foliage – 20 days, September 6th

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

**49th
Anniversary**



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.

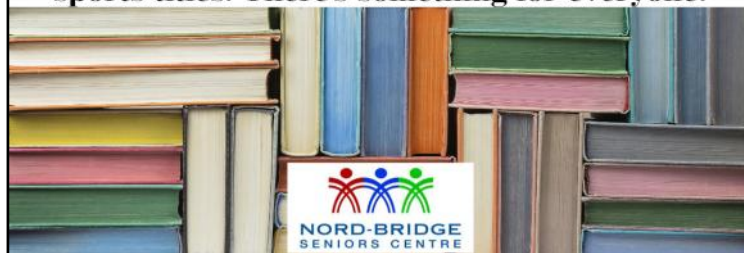
RECENT WINNERS

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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9:30 am - 12:00 pm
in the
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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Candice Elliott-Boldt, BC-HIS
Jake Boldt, BC-HIS
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.

Once inside and seated, ensure your seat belt is done up, as this is mandatory. The bus will not move until the seat belt click is heard. You may not change seats, stand up, or lean across the aisle while the bus is moving.

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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Free Hearing Tests

at Nord-Bridge Seniors Centre with

Lethbridge
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**



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 & 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 2!

SPANISH SKILLET \$12

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

MEATLOVERS SKILLET \$12

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

VEGGIE SKILLET \$10

Spinach, mushrooms, peppers, green onions, scrambled eggs on hashbrowns, shredded cheese, toast & 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 & Corned Beef, Swiss cheese

DELUXE HOT HAMBURGER \$11.5

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

HOT HAMBURGER & FRIES \$10

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

POUTINE \$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



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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**



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 to register.



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!

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!

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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

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



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 9th 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 25th 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 19th – 25th. We will be holding a Volunteer Recognition event on Thursday, April 23rd, 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



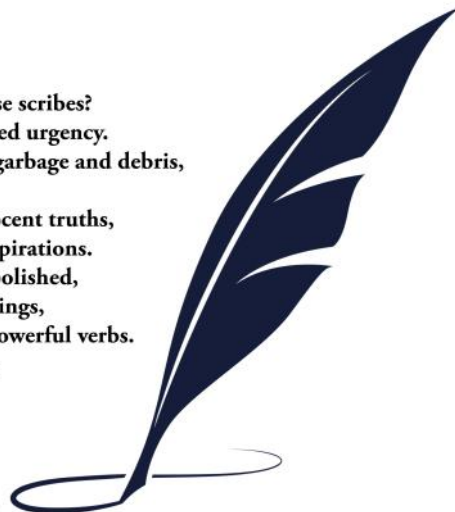
Awakening

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

~Edward L. Sillito

Mind Joggers

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.





BRAIN BUILDING GAMES

**JOIN US FOR AN HOUR OF
BRAIN BUILDING GAMES!**

Pre-registration required

**WEEKLY ON
TUESDAYS**

BENEFITS

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

**MARCH 3-31
10:30-11:30AM**

NORD-BRIDGE FLEX ROOM

1904 13 Ave North
Lethbridge







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

**FREE
FOR ANYONE 55+**

www.buildingbrains.ca



February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Begin. Acrylic Paint 10:00 Improver Line 10:30 Dance (MPH) 10:30 Chair Yoga (WCR) 10:30 Monday Morning 11:45 Check in (Flex Rm) 15 15 15 (MPH) 11:45 Abs, Core, & More 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 1:30 Outreach Meeting (BR) 2:30 Guided Meditation 4:15 Indoor Walking 6:00 Beginners Pickleball	3 9:00 Intro to Spanish (Flex R) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Beginners Watercolor 10:00 Coffee with a Cop 10:00 New Comers M & G 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:00 Clogging (Beginners) 10:30 Keep Fit (Cardio) 11:00 Tai Chi Yang Style (MPH) 11:15 Clogging (Beginners) 12:15 Canasta/ H & 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)	4 8:45 Active Pound 55+ 9:00 Handy Crafters (Flex R) 9:00 Gentle Yoga (WCR) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Brush Strokes (Craft R) 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 (YMCA) 7:30 Table Tennis (MPH)	5 9:00 Card Crafters 9:00 Intermediate Line Dance 9:30 Mind Joggers (BR) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Tech Help on AI (WCR) 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (WCR) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH) 	6 8:30 Begin. Chess Club (Craft Room) Chair Yoga (MPH) 8:45 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge 1:30 Steps to Connect (Board Room) 
9 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Begin. Acrylic Paint 10:00 Improver Line 10:30 Dance (MPH) 10:30 Chair Yoga (WCR) 10:30 Monday Morning 11:00 Check in (Flex Rm) 11:00 Pet Therapy Visits (SSN Office) 11:45 Abs, Core, & More 11:45 Begin. Line Dance (WCR) 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach Program (mpH) 2:30 Guided Meditation (WCR) 4:15 Indoor Walking 6:00 Beginners Pickleball 6:00 Cookie Decorating (WCR)	10 9:00 LAWYERS (BR) 9:00 Intro to Spanish (Flex R) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 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 Tai Chi Yang Style (MPH) 12:15 Canasta/ H & F 12:45 Scrabble (Craft Room) 1:00 Texas Hold'em 1:00 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Yoga Thrive (MPH) 	11 8:45 Active Pound 55+ 9:00 MANICURES (Craft R) 9:00 Handy Crafters (Flex R) 9:00 Gentle Yoga (WCR) 9:30 Board of Directors Meeting (Board Room) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 2:00 Genealogy (WCR) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH) 	12 9:00 Card Crafters 9:00 Intermediate Line Dance 9:30 Mind Joggers (BR) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (WCR) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:00 Financial Legal Info with Huckvale LLP (Board Room) 1:20 Park Meadows Game Afternoon (WCR) 6:00 Begin. Pickleball (MPH) 	13 8:30 Begin. Chess Club (Craft Room) Chair Yoga (MPH) 8:45 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 11:30 Luncheon (Dunford Diner) *Tickets Required 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge 1:30 Steps to Connect (Board Room) 

16 <div style="background-color: yellow; padding: 10px; text-align: center;"> <h1 style="margin: 0;">CLOSED TODAY FOR FAMILY DAY!</h1> </div>	17 9:00 Intro to Spanish (Flex R) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Beginners Watercolor 10:00 New Comers M & G 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 & F 1:00 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)	18 8:45 Active Pound 55+ 9:00 Reflexology (Cr. Rm) 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:00 Walker Repairs (Hall) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Color my World Art 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 (YMCA) 7:30 Table Tennis (MPH)	19 9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 9:30 Mind Joggers (BR) 9:30 HEARING TESTS (Library) by Appt. 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Tech Help on AI (WCR) 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint 1:00 Woodcarving (Craft Room) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH)	20 8:30 Begin. Chess Club (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 9:30 FREE Massage (BR) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge 1:30 Steps to Connect (Board Room)
23 9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Member Portraits 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, & More (WCR) 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 2:30 Guided Meditation (WCR) 4:15 Indoor Walking & Strength 6:00 Beginners Pickleball (MPH)	24 9:00 Intro to Spanish (Flex R) 9:00 Strength, Core & 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 & F 1:00 Cooking at Interfaith 1:00 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)	25 8:45 Active Pound 55+ 9:00 Handy Crafters (Flex Room) 9:00 Gentle Yoga (WCR) 10:00 FOOT CARE (Craft Room) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:15 VIRTUAL COOKING (Zoom) 11:30 Pilates (WCR) 1:00 Color my World Art (craft R) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 2:00 Genealogy (WCR) 3:15 LSKIP (MPH) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (YMCA West) 7:30 Table Tennis (MPH)	26 9:00 Card Crafters 9:00 Intermediate Line Dance 9:30 Tech Help (Main Corridor) 9:30 Mind Joggers (BR) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Tech Help on AI (WCR) 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (WCR) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH)	27 8:30 Begin. Chess Club (Craft Room) 8:45 Chair Yoga (MPH) 9:00 CVITP Tax Meeting (Board Room) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge 1:30 Steps to Connect (Board Room)

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 13th 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: **LEISTER'S HOME CARE LTD.**



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
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**







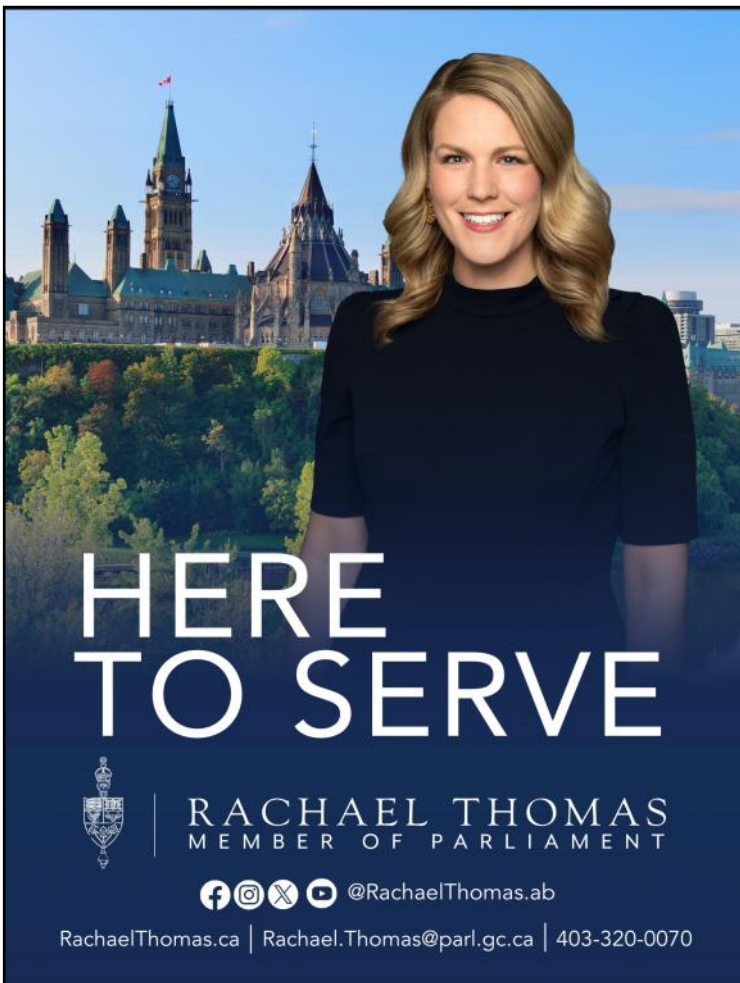
FRAUD PREVENTION PRESENTATION

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




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!**

 **NORD-BRIDGE SENIORS CENTRE**



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.

Be *Scent*sitive to others

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



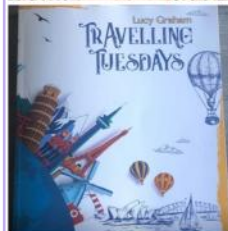
 **We Share the Air!**



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.




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

 **NORD-BRIDGE SENIORS CENTRE**

***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 3rd 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 2nd until April 30th 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 2nd 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 6th. 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 10th 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

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 a reflexologist's finger tips, it encourages the body to heal itself naturally. This can help with many physical and emotional health issues such as pain, stress, anxiety, depression, arthritis, neuropathy, diabetes, and much more.

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



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)



Paint Morning with Kendra

Call 403-329-3222 or visit 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

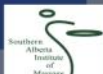


Just in time for Mother's Day!
Come and spend the morning
painting this beautiful spring
bouquet, guided by a professional
artist. No experience is required
and all supplies will be provided.

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



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 5th to 12th. 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 7th 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



MINDS in MOTION

What is Minds in Motion?

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

At Minds in Motion® a client will...

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

Who is Minds in Motion® for?

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

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

What can I expect?

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

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

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

Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES



NORD-BRIDGE
SENIORS CENTRE

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.**

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

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

Recovery College

Canadian Mental Health Association
Alberta Branch
Seniors Health Unit

NORD-BRIDGE
SENIORS CENTRE

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**

NORD-BRIDGE
SENIORS CENTRE

Restoring
Smiles with
Quality
Dentures

Southern Denture Clinic



Now doing intraoral scanning!
No more messy
uncomfortable impressions!

Offering
Home Visits
call for more info

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

Direct Insurance Billing ♥
Accepting Canadian Dental Care Plan
Free no pressure Consultations ♥ No Referral Needed

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

403-327-6331



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:
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

SCSP Seniors Community
Services Partnership



CITY OF
Lethbridge

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.

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

*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.



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



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



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 shavasana (resting pose). The focus will be on self care, grounding, and breathing.



Call 403-329-3222 or visit 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.



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 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

Trip to

~Thursday, April 23

~Departure from Nord-Bridge at 8:00 am

\$170 Members
\$190 Non-Members

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.

Seniors System Navigators

Support For Seniors

403-329-1544

**Call
Now**

We can help

Identify your needs

Connect you with resources

Provide emotional support

Offer community outreach

Advocate within complex systems

Offer education

Contact the Seniors System Navigators

403-329-1544

intake@lethseniors.com

**Empathy.
Assistance.
Advocacy.**

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**

A blue Subaru Crosstrek is parked in a grassy field with mountains in the background. The car has orange roof racks and a 'CROSSTREK' badge on the side.


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.