



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

NORD-BRIDGE SENIORS

NEWSLETTER

March 2026



We were thrilled to announce the winners of our first ever Nord-Bridge Car Raffle, on Friday, February 13! Pattie Ambrus, of Lethbridge, has won the 2025 Subaru Crosstrek Touring Edition, and Kathie Rollack, also of Lethbridge, has won the \$2500 cash prize. Huge thanks to Subaru of Lethbridge for their support, and to everyone who purchased tickets! Photo credit: Alejandra Pulido-Guzman, Lethbridge Herald



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PRESIDENT'S REPORT

Our February weather started out great, but as usual for Alberta, we hit a little blip. Double digits in the dregs of winter then the plummet.

We held our annual Valentine's Day Luncheon which was well attended and our Outreach Program kept participants well entertained. And of course, we had our car raffle. Congratulations to Pattie Andrus of Lethbridge - winner of the Subaru Crosstrek Touring Edition and to Kathie Rolack of Lethbridge who won the secondary prize of \$2,500. For our first attempt at this venture,

we did quite well. Thanks to the volunteers who helped and to all who supported us by purchasing tickets. Proceeds will go towards expansion of our Dunford Diner. Our next big venture is our Under Northern Lights Gala which is being held on March 28th at the Sandman Signature Hotel.

March brings those words "tax season." Nord-Bridge is once again offering free tax preparation to those individuals in the low-income bracket. Bring all your receipts and information and the volunteers at the desk outside the "tax office" will help get you walk through the process. This service is not just for Nord-Bridge members – it is offered to the public as well.

The In-House Awards Luncheon will take place on Friday March 6th starting at 11:00 am in the Multi-Purpose Hall. This is for members who participated in the Fall In-House Tournaments late last year, and medals will be presented.

Our March Outreach Program takes place on Monday, March 16th. The theme is March Fling. Wear something green and come and join us for songs, fun and snacks. There is a nominal charge of \$3.00 per person and this program is open to the public.

You may have noticed a change in our diner menu. We have added several new items which are absolutely delicious. Some of our prices have also increased – due to rising food prices.

Nominations are now open for Board positions. Forms are available at the front desk until March 13th at 4:00 pm. Voting (if necessary) will take place on April 1, 2026 at our Annual General Meeting.

Every ability deserves opportunity.

"You are not going to be the tallest, fastest, prettiest, the best track runner, but you can be the nicest human being that someone has met in their life." ~George Foreman

Dianne Smith,

Interim Board President



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



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

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



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

Dixie Chief Body

Jean Momberger

Shirley Sullivan

Robert Parker

Judy Champan

Donald Chapman

Kevin Weston

Donna Casson

Martin Madge

Michelle Madge

Morris Pashkowich

Marilyn Rosner

Judy Bradbury

Rose Piattelli

Paul Bryant

Linda Bickle

13 Anonymous

BUILDING BRAINS TOGETHER **STRENGTHENING THE AGING BRAIN**

Tuesdays
May 5, 12, 19, 26, June 2, 9
10:30AM - 12:00PM
Nord-Bridge Flex Room
1904 13 AVE N

Join us for a short presentation on brain health and engage in fun activities that enhance and strengthen brain function!
Pre-registration required
Call 403-329-3222, or stop by Nord-Bridge!
FREE FOR ANYONE 55+!

www.buildingbrains.ca buildingbrainstogether@gmail.com

Breakfast Buffet

Nord-Bridge Dunford Diner

Open to all!

Date: Wednesday, April 1
Time: 8:30 am to 10:30 am
Location: 1904 13 Ave N
Cost: \$15 per person

NORD-BRIDGE SENIORS CENTRE

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](https://nordbridgeseniors.com)



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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

This month, I will sit across the boardroom table from two men who have occupied their seats for a combined 41 years! On March 11th, Clay Olsen and Mike Bennett will attend their last board meeting; they have decided it's finally time to retire.

Clay Olsen joined the Board of Directors in 2002. The following year, he began a three-year term as Vice President, eventually serving as the President of Nord-Bridge from 2006 to 2009. Following his presidency, Clay served as Past President for an additional three years until March 2012. As per our Association by-laws, Clay was required to stand down for one year before running for the Board again. While he enjoyed his year off between April 2012 and March 2013, he couldn't stay away; in 2013, Clay put his name back in the hat. Clay served another six years as a Director from 2013 to 2019. Our by-laws allow Directors to stand for re-election for no more than two consecutive three-year terms, after which they must stand down for one year. In 2019-2020, Clay was off the Board for that mandatory year, but that didn't stop him from donating his time - and his hair - to support Nord-Bridge. During the COVID-19 pandemic, Nord-Bridge organized several fundraisers to generate funds during restricted operations. Clay bravely stepped up to have his head shaved for the cause. Clay signed on for two final three-year terms from 2020 to 2026, and now, he is finally ready to retire! The Board is not the only place where Clay left a legacy; he was also a dedicated volunteer and participant in everything from floor curling, carpet bowling, and bingo, to crib, whist, and setting up tables for over 20 years.

Mike Bennett is also a long-serving Board member, dedicating 19 years of service to our organization. Mike served on our Executive as Vice President and President from 2000 to 2006, followed by three years as Past President. In 2021, Mike stepped in to fill a two-year term on the Board, followed by the three-year term that concludes this month. Aside from his 19 years of Board service, Mike was involved in our kitchen operations for over a decade, helping with food prep, making sandwiches, and running meals. Mike was incredibly active in our card programs, including bridge, whist, crib, and Texas hold'em. He also served as our Casino Coordinator, managing our casino applications every three years.

I know I am missing many other areas where Clay and Mike have been involved, but this gives everyone a great snapshot of their commitment over two-plus decades. I would like to thank both Clay and Mike for their

years of service and dedication to Nord-Bridge, and for being such amazing supporters of me in my role here over the last 19 years.

Reminder: The Annual General Membership Meeting is on **Wednesday, April 1, 2026, at 9:30 am** in the Multi-Purpose Hall. Nord-Bridge will elect three (3) new Directors for three-year terms. Nomination forms are available at the Front Desk and will close on **March 13th at 4:00 pm**.

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	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+



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St. Paddy's Day Lunch

Friday,
March 13th
11am - 1pm



For members and
invited guests

\$15 per person

Choose 1 of 2 Options:

- Option 1:** Farmer Sausage with
Kale Stampot and Carrots
- Option 2:** Beef & Guinness Stew
with Mashed Potatoes

*Green beer available
for an extra cost!
*Limited diner
menu available



Live music by Celtic Routes!

For dine-in or take-out, while quantities last!

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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

BC Hot Springs & Nelson Stay Awhile – 7 days, May 23rd

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 – Atlantic Canada & Newfoundland – 18 days, September 5th

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

Check back next month for our
February and March winners!

MONDAY JAM 50/50 DRAW

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

RECENT WINNERS

February 2 - Daphne Higgins \$80
February 9 - Earl Hall \$80
February 16 - CLOSED
February 23 - Lawrence Velker \$90

Thanks Jammers, Volunteers, and Patrons.
Thanks also to Cheryl Orr for
selling tickets at Monday Jams.

February Outreach Recap

Our February Outreach program on Monday, February 9, was a celebration of caring and love. Valentines were placed at each place for our guests to take home. Centre pieces were donated by Nord-Bridge. Guests were treated to Strawberry Short Cake and whipped cream, with a chocolate heart to enjoy.

Thank-you Dianne Smith, Val Arkinstall,
and Judy Cartwright for providing the cake!

Our 83 guests were from Good Sams North, DaCapo,
Legacy Lodge, New Beginnings, and Nord-Bridge.
Bruce Gray & Friends had us hopping with lively music.

The next Outreach Program will celebrate St. Patrick's Day on Monday, March 16 in the Multi Purpose Hall, so wear your green! We thank you all for joining us for the Valentines Celebration and look forward to seeing you all for our St. Patrick's Day event!



~Judy Cartwright,
Outreach Volunteer



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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

Stephen Prokop \$500; Sumi Tomiyama \$100
Pat Santa \$60; Les Herrington \$500
Anonymous \$1000

NORD-BRIDGE IN-HOUSE BINGO

Year to date: \$2959.00

HELLO

Spring

Nord-Bridge Seniors Centre Presents:

Pet Therapy!

Are you an animal lover? Come stop by for an hour of cuddly fun with certified animal therapy dogs! Pet therapy helps enhance personal, social, emotional, physical and cognitive well-being, decreasing stress.

Questions? Call 403 329 3222

**Monday, March 9
at Nord-Bridge from
11:00 am-12:00 pm
in the SSN Office!**

Under Northern Lights Gala 2026

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

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

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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

 Alzheimer Society

ALBERTA AND NORTHWEST TERRITORIES



NORD-BRIDGE SENIORS CENTRE

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

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Lethbridge, AB 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, March 26,
April 9, May 28, June 11
Time: 9:30 am - 2:00 pm
Location: Nord-Bridge Main Corridor
Cost: FREE



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



 **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 to register!

Strength, Core, and Stretch with Tracy

Create core strength with various exercises for 25 minutes, followed by a full body stretch, finishing with some relaxed meditation to carry you through the rest of your day. A variety of equipment will be used and modifications will be given for all fitness levels.



Session 2:
Tuesdays, March 17 - April 28
Time: 9:00am - 9:45 am
Location: West Community Room
Fee: \$40 Members \$60 Non-Members



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3rd Thursday of each month
in the Nord-Bridge Library
Upcoming Dates:

March 19, April 16, May 21, June 18

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the Nord-Bridge reception desk
*For Nord-Bridge members only



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Savvy Seniors

an information session presented
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Savvy Seniors focuses on the types of scams
that most commonly target older adults,
including grandparent scams, home
improvement scams, financial scams, romance
scams, windfall scams, and online scams.
Participants will learn practical safety tips, how
to recognize common red flags, what to do if
they - or someone they know - are targeted,
and where to go for help and support.

Date: Tuesday, April 14

Time: 10:30 am

Location: Nord-Bridge Flex Room

Free to attend.
No registration required.



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!



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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!



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

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 & 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

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

Evening Cookie Decorating Class

Join us for this Easter-themed cookie decorating class where you'll learn the art of transforming cookies into edible masterpieces! All skill levels welcome.

Date: Monday, March 30th

*Registration deadline is March 20!

Time: 6pm to 9pm

Cost: \$50 per person



Location: Nord-Bridge West Community Room
(1904 13 Ave. N - Use back SW doors)

Open to anyone in the community!

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



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FOLLOW



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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!



Abs, Core, and More with Tracy!

Learn how to activate and strengthen your abdominals and core using bodyweight exercises, hand weights, bands, and other fun equipment to work those muscles.

Session 2:

Dates: Mondays, March 30 - June 1

Time: 11:45am - 12:30pm

Location: West Community Room

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

*No class April 6 or May 18



ACCOMPANY You

Providing Freedom and Transportation for Seniors

NEW WHEELCHAIR ACCESSIBLE TRANSPORTATION AS WELL

- Recreational Outings
- Curb to Door Assistance
- Medical Appointments
- Genuine Companionship
- Visiting Friends
- Shopping
- Grocery Shopping
- Accompanied Appointments
- Lethbridge to Calgary Service

Call Jodie to schedule your appointment:

403-894-2484

jodie.hiebert@gmail.com

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:** Monday, March 2 - Leisure and Relaxation (book & travel)
 Monday, March 9 - Focus and Executive Function
 Monday, March 16 - Resilience
 Monday, March 23 - Happiness
 Monday, March 30 - Devices (Family history, coat of arms, and looking up meaning of names)

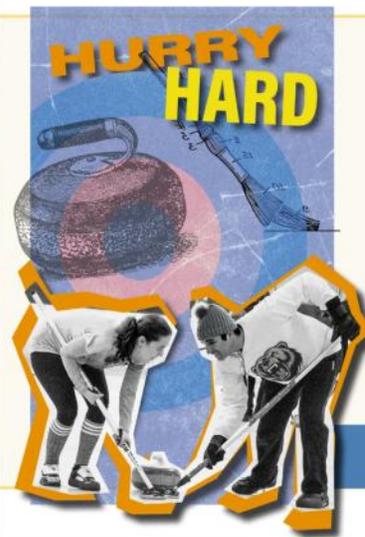


Time: 9:00 am to 10:00 am

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



Trip to

ROSEBUD THEATRE
SCHOOL OF THE ARTS

~Thursday, April 30

~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.

Green Shirt Day Event



Date:
Tuesday, April 7
Time:
11:00 am
Location:
Dunford Diner

Would you like a green shirt? Please ask Ashley to order no later than March 16th!



Join us in honoring the legacy of Logan Boulet, and learn about registering to become an organ and tissue donor.

All are welcome! Refreshments will be served.

BOUTIQUE NEWS

Thanks to all those who donated to our yarn table!



Nord-Bridge Music Makers

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



Please note: The Music Makers will be performing away from Nord-Bridge on the following dates:

Tuesdays, February 24, March 31, April 21, April 28, May 19, September 29



Do you love to sing? We are looking for more singers to join this group! Meetings are weekly at Nord-Bridge in the Dunford Diner Annex on Tuesdays from 10:00 am - 11:30 am. Call 403-329-3222 for more info!



Volunteer Services Report

Hi everyone! As we start to see the end of winter and the windy approach of this next season, it is hard to not get excited about all that spring offers. Three wonderful holidays; St. Patrick's Day (Green Beer), Easter (chocolate & jelly beans - yeah!), and also one celebration close to my heart, National Volunteer Week, which this year is Sunday, April 19th to Saturday, April 25th, 2026.



As declared on International Volunteer Day December 5, 2025; "The International Volunteer Year or IVY, is a global initiative by the United Nations to recognize and celebrate volunteerism as a key driver of sustainable development."

Many countries have chosen different themes to celebrate this exciting endeavor. Russia has chosen the theme "We are Together," Australia encourages their people that "This is Your Year to Volunteer." Canada has chosen the theme "Ignite Volunteerism" as a way to invite our country and citizens to spark their involvement. They have proposed a challenge for us to find our passion or special interest, or as they say, we need to "Find our thing". Hmmm; not sure how that would look on a t-shirt but it would get some people's attention.

Anyway, we are so glad that Nord-Bridge Seniors Centre is "Your Thing" and look forward to celebrating this special, once in a generation designation with our wonderful, dedicated volunteers.

So, "save the date" and circle on your calendar that the Nord-Bridge Annual Volunteer Recognition event will take place on Thursday, April 23rd, in the Dunford Diner from 3-4 pm. Invitations will be going out in early March.

"Volunteerism is vital in all times; it keeps our communities alive... and will make a difference in the lives of those who will come after us." ~Clifton Taulbert

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



Get Well Wishes to

*Fran Wallace
Doreen Smid
Lucy Graham
Mike Bennett
Ed Enns
NovaJean Swihart*

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**

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: Monday, March 2 - Leisure and Relaxation (book & travel)
Monday, March 9 - Focus and Executive Function
Monday, March 16 - Resilience
Monday, March 23 - Happiness
Monday, March 30 - Devices (Family history, coat of arms, and looking up meanings of names)

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

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: 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.

MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Improver Line 10:00 Beginner Acrylic Paint 10:00 Dance (MPH) 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check in (Flex Rm) 15 15 15 (MPH) 11:45 Abs, Core, & More 11:45 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	3 9:00 Intro to Spanish (Flex R) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Intermediate Watercolor 10:00 New Corners M & G 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Brain Games (Flex R) 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 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)	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 Color my World Art 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 2:00 Genealogy (WCR) 3:00 Begin. Group Dance 5:30 Self Care Yoga (WCR) 6:00 Begin. Pickleball (YMCA) 6:30 Table Tennis (MPH) 7:30	5 9:00 Card Crafters 9:00 Inter. 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 Shuffle. (MPH) 1:00 Advan. Acrylic Paint 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) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 11:00 Fall in House Awards Luncheon (Tickets Req.) MPH In-House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge 
9 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Sketching & Drawing 10:00 Improver Line 10:00 Dance (MPH) 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check in (Flex Rm) 11:00 Pet Therapy Visits (SSW Office) 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) 2:30 Guided Meditation (WCR) 4:15 Indoor Walking & Strength (MPH) 6:00 Beginners Pickleball	10 LAWYERS (BR) 9:00 Intro to Spanish (Flex R) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Intermediate Watercolor 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Brain Games (Flex R) 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* Police Fraud Info (WCR) 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Dragon Boat Dry Land *No Texas Hold Em Today (March 10th)	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 11:15 VIRTUAL COOKING (room) 1:00 Pilates (WCR) 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)	12 9:00 Card Crafters 9:00 Intermediate Line Dance 9:00 Chair Yoga (WCR) 9:30 Mind Joggers (BR) 10:00 Coffee with a Cop 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:00 Tech Help on AI (WCR) 6:00 Begin. Pickleball (MPH)	13 8:30 Begin. Chess Club (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 11:00 St. Patrick's Day Lunch with Live Music by the Celtic Routes! 1:00 In-House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge

16	9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Member Portraits 10:00 Sketching & Drawing 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 1:30 Outreach Program (mpH) 2:30 Guided Meditation (WCR) 4:15 Indoor Walking & Strength 6:00 Beginners Pickleball (MPH)	17	9:00 Intro to Spanish (Flex R) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Intermediate Watercolor 10:00 New Corners M & G 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Brain Games (Flex R) 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 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Dragon Boat Dry Land	18	8:45 Active Pound 55+ 9:00 Reflexology (Cr. Rm) 9:00 Handy Crafters (Flex) 9:00 Carpet Bowling 10:00 Gentle Yoga (WCR) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Abstract Watercolor 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) 9:00 Chair Yoga (WCR) 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 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint 1:00 Woodcarving (Craft Room) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:20 Park Meadows Game Afternoon (WCR) 6:00 Begin. Pickleball (MPH)	20	8:30 Begin. Chess Club (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 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)
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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: MARCH 4, 11, 18, & 25**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)**
- LOCATION: CRAFT ROOM UPCOMING DATES: APR. 8, & MAY 27**

AGM IN THE MULTI-PURPOSE HALL APRIL 1ST AT 9:30AM ALL MEMBERS ARE WELCOME!

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!

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

MOBILE FOOD SUPPORT

LETHBRIDGE
FOOD BANK
FEED THE NEED

March 2026

March 5 - 1pm
Lethbridge University - 4401 University Drive W

March 12 - 1pm
Lethbridge Polytechnic - 3000 College Drive S

March 19 - 1pm
LSCO - 500 11th Street S

March 26 - 1pm
Nord Bridge Senior Centre - 1904 13 Ave N

From the Nord-Bridge Library

What are the "old books" stored on the Library's top shelf?

They represent a little-known history of libraries in Lethbridge.

1887: Charles A. Magrath presented a number of books to the North Western Coal and Navigation Company employees. These books were intended to form the nucleus of a library.

1890: Lethbridge citizens advocated for a library and by April the employees of the Alberta Railway and Coal Co. (A.R. & C. Co.) had established a Reading Room and Library.

1891: The Reading Room and Library moved to the #1 Boarding House of the Galt Mines for more space.

1904: the A.R. & C. Co. Employees' Reading Room and Library Society became the Alberta Railway & Irrigation Company's (AR&I Co.) Employees' Reading Room and Library Society.

To be continued in the April newsletter. If you want to know more about the libraries, please visit the REFERENCE section of the Nord-Bridge Seniors Centre Library.

Sources: Lethbridge — Portraits of the Past, by Georgia Green Fooks; Where Was It? A Guide to Early Lethbridge Buildings, by Irma Dogterom; Facebook — Lethbridge Historical Society, Lethbridge Miners Library, by Alex Johnston and Irma Dogterom.

FREE Walker Repair Clinic

Dates: Wednesdays, April 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
Equipment & Scrubs
705 2nd Ave South - Lethbridge, AB
403-380-2600



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

Filing your taxes and why it matters.

Spring time is upon us and that means it is tax time. The Nord-Bridge Tax Office opens Monday, March 2, 2026. Operating hours are 9:00 am to 2:00 pm and the last day to file is Thursday April 30, 2026. You can also make an appointment with the Nord-Bridge tax office by calling 403-329-3222.

Filing your taxes each year is important for continued access to benefits and credits as well as giving you peace of mind. When filing your taxes you may be eligible for government programs like Old Age Security, Guaranteed Income Supplement, Disability Tax Credit, Canadian Dental Care Plan, and the Alberta Senior Benefit. Filing your taxes requires up to date information for you to continue to receive the support.

The CRA will be issuing a \$680.00 one-time payment at the end of February 2026. This payment will be eligible for seniors, students, low-income families and those who receive federal benefits. The payment will be tax-free, and you will not need to report it as income on your tax return. It will be issued by direct deposit or mailed by a cheque. Seniors who receive old age security and guaranteed income support will be considered for the benefit. Not all seniors will qualify automatically, only those with income below a certain limit as this will be reviewed by documented tax return information. Most importantly, age alone does not guarantee eligibility. The determining factor remains income levels and benefit participation. There are Canadians who will not qualify for the \$680.00 payment, as some individual's income is above the qualifying threshold. Also, if you are not Canadian and you are living outside of Canada at the payment date, or if you did not file a tax return, your benefits have lapsed, or your CRA account is inactive. The benefit is based on your estimated income. If you are a senior and you think that you are eligible for this payment, please file your taxes on time and update your direct deposit information with the CRA and Service Canada. If you choose not to use direct deposit, please make sure your address is correct so that your cheque can be mailed to you.

Source: Canada.ca



~Charlene Kocken - BSW, RSW Seniors System Navigator

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

Date: Wednesday, March 11
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 Sheet Pan Cheeseburger Gnocchi. Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned and dropped off at your door step.



Friday Morning Backgammon
(beginning April 10)

**For Nord-Bridge members only*

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




FRAUD PREVENTION PRESENTATION

BRING YOUR QUESTIONS AND JOIN THE LETHBRIDGE POLICE ECONOMIC CRIMES UNIT

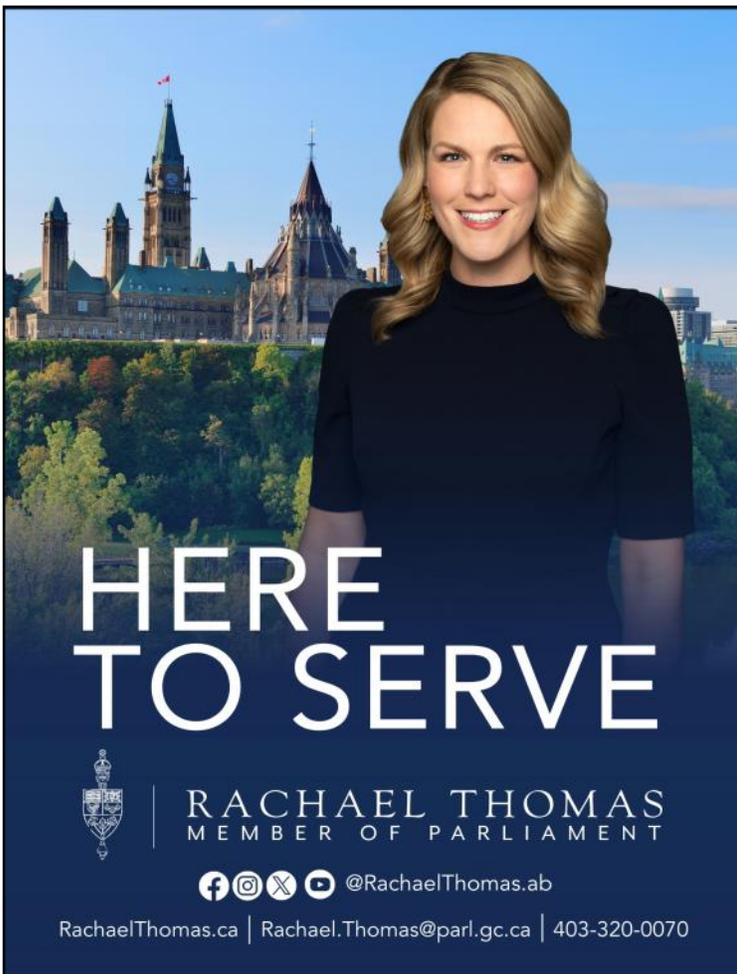
Tuesday, March 10, 2026
1:00-2:30PM
Nord-Bridge Senior Centre - West Community Room
1904 13 Avenue North, Lethbridge



OUR FRAUD PREVENTION PARTNERS:







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!**




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.

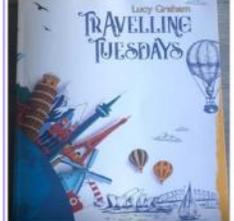
Be *Scents*itive to others

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, March 11, April 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



Hard to believe it's March already! I will be taking holidays to Huatulco, Mexico from **March 17th- 27th** so watch out for some photos in the next write up!

Our gym has been getting busier so we are excited to announce that beginning April 1st, the gym will be open at 7:00 am instead of 8:00 am. Please note the diner will not be open until 8:00 am. We hope this will help some who may still be working or just those early risers! If you are looking for a refresher in the gym, please reach out to us and book an appointment with Cheris or Tracy.

This month will be a busy one (as usual). We have officially started our Annual Community Volunteer Income Tax Program for low-income residents (not just for seniors). This is a free service that runs Monday to Friday between the hours of 9:00 am - 3:00 pm. I am always amazed at how smoothly this program runs with our volunteers, we are now up to 18 volunteers on various days between tax filing and scheduling. If you have any questions on this program please talk to one of our knowledgeable tax volunteers in the main corridor of Nord-Bridge.

The Fall In-House Awards Luncheon is coming up on Friday, March 6th at 11:00 am. This is for players who were in the floor shuffleboard, pool, and darts tournaments in Fall of 2025. If you were already in the tournament, no tickets are needed however if you have a guest you would like to bring, tickets are available at the front desk for \$10.00 per person. **Please note this day there will be NO Chair Yoga or Carpet Bowling in the Multi-Purpose Hall. In-House Bingo patrons please note you will not be able to access the Multi-Purpose Hall until 12:30 pm this day as we will need time to clean up after the luncheon.**

Other cancelled programs this month include no Texas hold 'em in the West Community Room on Tuesday, March 10th due to a special Police Info Session and no Scrabble or Advanced Watercolor Painting with Denise in the Craft Room on Tuesday, March 24th due to Ukrainian Easter Egg Painting.

We are currently looking for more strong and dedicated dragon boat paddlers for Nord-Bridge's Sea N' Oars dragon boat team. Dry land training for conditioning begins on Tuesday, March 10th at 6:30 pm in the gym of Nord-Bridge. If you are interested in being on the team, please contact me at 403-329-3222 or email Cheris at cherryrocklifestyle@gmail.com.

We are also looking for more participants in the following classes: Self Care Yoga with Brandy Wednesday nights starting March 18th, Genealogy Family History starting March 25th at 2:00 pm. Evening Cookie Decorating on March 30th at 6:00pm, and Abs, Core, and More with Tracy starting March 30th at 11:45 am.

Friday, March 13th from 11:00 am-1:00 pm is our Annual St. Patrick's Day event in our Dunford Diner. There will be live entertainment by the Celtic Routes, amazing prizes, green beer, and delicious Irish-inspired food for \$15.00 per person! Come down for a great time!

Green Shirt Day is coming up next month so if you are a senior and would like a green shirt for this event inspired by the Logan Boulet Effect, please call 403-329-3222 and leave your name and number along with your t-shirt size at the front desk as I will be ordering a bunch together. **The deadline to order is March 16th.** Shirts are \$30.00 per person. Our Green Shirt Day event will be on Tuesday, April 7th at 11:00 am; there will be information pamphlets, cake and refreshments, and a special guest speaker.

Lastly, thank you to our sponsors for the Valentines Day luncheon last month: chocolates from Ray's No Frills North, and flower bouquets from Safeway Fairway Plaza South!

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,
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.**

Sleep Study and Information Session

Join Judith Van Horne for a sleep study and information session at Nord-Bridge. Judith is a life coach studying key issues with sleep for women 55+.



Date: Thursday, April 9

Time: 10:00 am

Location: Flex Room

Open to all women 55+.
No registration required

DIY
LIFE COACH BY JUDITH



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

Available from 11am to 1pm,
while quantities last

Friday, March 6

Stuffed Peppers with Rice and Carrots

Friday, March 13:

St. Paddy's Day Lunch - Choose 1 of 2 Options for \$15 per person

Option 1: Farmer Sausage with Kale Stampot and Carrots

Option 2: Beef & Guinness Stew with Mashed Potatoes

Friday, March 20:

Lasagna with Caesar Salad and Garlic Toast



Friday, March 27

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



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, April 8, May 27

Time: 10:00am to 12:00pm

Location: Craft Room

Fee: \$35 per patient per visit



*For Nord-Bridge Members Only

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



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



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:

March 16, April 20, May 25, June 15

All new members receive a **FREE** portrait.

Drop-in only (first come, first served)



**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 March! What a whirlwind this year has been so far. In early January, we were at the Hurricanes game selling car raffle tickets! Jeff and I had so much fun talking to people and there was so much support from our community! I enjoyed a beautiful vacation with my hubby, and when I got back we were at Park Place Mall selling tickets for the car raffle.

Thank you so much to all the AMAZING volunteers who helped me! I am the luckiest girl, as I work with the most amazing people! Note ~ not all our volunteers made it for the picture. Missing are Arlene, Ingrid, Donalda, Peter, Pat, Valerie, Pauline, and Randy. Your commitment to our success was so appreciated. It was a fantastic way

to share the importance of our centre with everyone! We extended our reach and were also able to achieve some amazing sales during that time. My goal is to always present Nord-Bridge in a positive light, and we achieved this. Rafflebox was amazing to work with – and we appreciate everyone who purchased tickets and supported us. Thank you! **Congratulations to our two winners – both from Lethbridge. Pattie Ambrus has won the 2025 Subaru Crosstrek Touring Edition. Kathie Rollack has won the \$2500 Cash Prize.** We officially announced the winners at Nord-Bridge on Monday February 23, 2026. What a great success for our first (and not our last) car raffle.



Now I am focused on finalizing everything for our 7th Annual Under Northern Lights Gala on March 28, 2026. This is our biggest fundraiser of the year! We are working with the Sandman Signature Hotel this year and will start the evening with a Champagne Reception followed by an amazing buffet dinner with so much food! There will also be a cash bar, silent and live auctions, restaurant gift card wall, and the ever-popular Wine Plinko. We are ready for our live auction, with Cowboy Joe as our auctioneer and a few special guests to help us kick things off! We will dance into the night with Rebel Angels – a 50's rock & roll band! It's going to be amazing. Tickets are \$100 each or a table of 8 for \$720. We are almost at capacity - our team at the Nord-Bridge Front Desk can help you purchase tickets, if you are interested in joining us.

I am also working on the next big fundraising plan. I want to do a 50/50 and am working on the licensing side of things to help get this one started. I will keep you posted. We are also looking to work with Kernels Popcorn as well as Cuppers Coffee to do some fundraising with flair! Our Coffee Fundraiser will also include LSCO, with a competition involved. Stay tuned! Also, who doesn't love popcorn? We will be looking to sell it in the Dunford Diner soon!

We have so many new members – welcome to Nord-Bridge! – and we need more space! Our goal is to focus on increasing the size of our Dunford Diner. We have a plan and need at least \$100,000 to get the job done. Nothing is inexpensive anymore, as you know. We appreciate your patience and understanding during our fundraising process and certainly appreciate any support you want to provide!

I continue to work on obtaining sponsors and donations for our St Patrick's Day Lunch, Green Shirt Day event, Cinco De Mayo Lunch, Mother's Day Luncheon, Sea N' Oars Dragon Boat Team, our June Show & Shine, and Seniors Week events including the Pancake Breakfast, BBQ Picnic, and Bingo! Whew I need a nap! LOL

I miss your smiling faces, and look forward to seeing you when I am in! Sending positive vibes and BIG hugs to you all. Thank you for being such an important part of Nord-Bridge Seniors Centre!

~Julie Sarich - **Director of Fund Development**



Welcome Aboard the Go Friendly!

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 your destination

The cost is \$3 each way, and we have bus passes for 10 rides at a cost of \$21, a monthly pass for \$28, and a yearly pass for \$280. These can be purchased at the front desks of Nord-Bridge Seniors Centre and LSCO.

***Should you need to cancel your ride, call 403-329-3222 ASAP to avoid unnecessary stops.**

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



Welcome aboard and enjoy your ride!

***Abuse of any kind will not be tolerated. Bus privilege will be revoked.**

Laughs, Life, and a Little Sass



Well friends... it's official. I have entered my Mee-Maw Era - and not quietly. February had me canning, baking, knitting, and confidently saying things like, "I have extra jars if anyone needs one." Who am I? And why do I suddenly feel qualified to judge jam consistency?

Dad and I wrapped up the finishing touches on the living room and kitchen. It looks beautiful. It feels cozy. It is *done*... for now. (Let's not get carried away.)

And in true Dad fashion - because apparently rest is optional - he decided the front deck needed attention. Not my idea. Not even slightly. I was mentally prepared for a nap. He was mentally prepared for lumber. So, there I was, Valentine's Day in a tool belt, spending it with my favorite Valentine - my dad. Some people get roses. I get a screw gun and quality time. And honestly? I wouldn't trade it. There's something pretty special about building something together - even if one of us keeps saying, "Let's just measure it one more time."

Then there's sourdough. Oh, sweet naïve me. I thought I was baking bread. Turns out I adopted a carb-based child that requires daily feedings and emotional support. I named him **Bready Mercury** because if I'm going to commit to this level of drama, it better be legendary. Three to five business days for one loaf. Stretch this way. Let it rise. Fold that way. Let it rise again. Whisper affirmations. Let it rise some more. But when I finally sat down to a grilled cheese sandwich and tomato soup made with my own bread? Victory. Pure, cheesy victory.

In other culinary news, I made whiskey bacon jalapeño jam. And let me tell you - that was the shining star of February. For every tablespoon of whiskey added to the pot, I may or may not have added a "quality control" shot for myself. Balance is important in the kitchen. Joy is important in life.

And because apparently I don't have enough living things depending on me, I adopted **seven new houseplants**. Seven. They are all named after someone special in my life - because if I'm going to nurture greenery, it's going to be meaningful greenery. Ashley, however, is the standout. She is the Green Queen. Hydrated. Thriving. Moisturized. Unbothered. I sing to her. I compliment her. I tell her she's beautiful. And honestly? She's flourishing. There's a lesson in there somewhere.

February was a month of trying new things, laughing at myself, and being deeply grateful for the people who show up - especially my dad, who shows up with tools whether I request them or not. I'm thankful for family, friends, for time spent together, for warm bread and loud laughter and homes that feel like hugs.

And now - March.

We begin by celebrating my two boys' birthdays. How lucky am I to be their mom? Watching them grow is the greatest privilege of my life. Time moves fast, but gratitude keeps me grounded.

Then we lean into Irish celebrations - good music, great eats, delicious beers, and the kind of laughter that makes your cheeks hurt. And on March 28, we'll gather for the Under Northern Lights Gala to dance the night away and raise funds for Nord-Bridge Seniors. It's going to be a night full of sparkle, generosity, and joy. I hope to see you there, dressed up and ready to twirl. And don't forget - tickets are on sale for Rosebud's Hurry Hard on April 30. See the poster on page 10 for details and sign up today!

If February taught me anything, it's this: try the thing. Build the deck (even if it wasn't your idea). Feed the bread. Name the plant. Take the shot. Sing out loud. Tell people they matter. Life is too short not to dance in your kitchen and laugh at yourself while doing it.

I don't know exactly what March has in store, but if it's anything like February, it will be full - full of celebration, music, movement, and moments that become memories before we even realize it. So, let's step into it with open hearts, grateful spirits, and maybe a little sawdust still in our hair.

Here's to dancing more, laughing louder, loving deeper - and staying hydrated like Ashley.



~Erin Bates "Stay humble. But also know you're kind of a big deal."

Nord-Bridge Outreach

Shamrock Party Wear Green!

Monday, March 16

1:30pm to 3:00pm

Nord-Bridge Multi-Purpose Hall

\$3 per person

Call 403-329-3222 to

RSVP by Monday, March 9!

Live Entertainment:

Karaoke with Ed Vogel & Lena

Back by popular demand!

Bring your voice and a friend
and sing an Irish melody!



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!



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:

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

Financial Planning Information Session



Join Tyrel McLelland, CERTIFIED FINANCIAL PLANNER®, for an information session at Nord-Bridge on *Intergenerational Wealth Transfer*.

Date: Thursday, April 2

Time: 10:00 am

Location: Nord-Bridge Flex Room

Fee: Free for anyone 55+!

*No registration required



Coffee with a Constable

Upcoming Dates:

Thursday, March 12,

Wednesdays, April 15,

May 13, June 17

Time: 10:00 am

Location: Dunford Diner



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

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!





Lethbridge Elder Abuse Response Network

People often use the terms *scams*, *fraud*, and *financial elder abuse* interchangeably — but they're not the same thing. Understanding the difference matters, because it changes how we prevent harm, how we respond, and how we protect older adults.

Scams and fraud usually involve a *stranger*. These are deceptive schemes designed to trick someone into giving away money, personal information, or access to accounts. The scammer might pretend to be a government agency, a bank, tech support, a prize organizer, a romantic interest or even a grandchild in distress. The defining feature is **deception by an unknown person**, often carried out quickly and remotely — by phone, email, text, or online. Anyone can be targeted, but older adults are frequently singled out because of perceived trust, savings, or limited familiarity with new technology.

Financial elder abuse, on the other hand, is about **betrayal of trust**. It typically involves someone the older adult *knows and relies on* — a family member, caregiver, friend, or person in a position of trust. Instead of trickery by a stranger, this abuse may include pressure to hand over money, misusing a power of attorney, controlling finances, borrowing without repayment, or even theft. It often happens gradually and quietly, making it harder to detect and even harder to disclose. The emotional impact is different, too. Scams often leave victims feeling embarrassed or foolish. Financial elder abuse can leave them feeling trapped, fearful, or conflicted — especially when love, loyalty, or dependence is involved. Many older adults hesitate to report abuse because they don't want to get a family member in trouble or risk losing support.

Where these issues overlap is in **harm**. Both can devastate financial security, increase stress and anxiety, and accelerate loss of independence. Both are underreported. And both thrive in silence, isolation, and stigma.

The key difference is this:

- **Scams and fraud exploit vulnerability through deception.**
- **Financial elder abuse exploits vulnerability through relationship and power.**

Prevention requires different approaches — public awareness and fraud education for scams, and strong safeguards, accountability, and support systems for financial elder abuse. But the goal is the same in both cases: protecting older adults' dignity, autonomy, and right to live free from exploitation.

Recognizing the difference helps us respond with the right tools — and with compassion where it's most needed.

Marissa Hardy

~ LEARN Case Manager



As the seasons change, I'm preparing to head back to the Legislature to continue advocating for Lethbridge-East and ensuring your voice is heard.

Your concerns matter to me, and my team and I are always here to listen. Whether it's provincial policies, local issues, or just a friendly conversation, please don't hesitate to reach out.

Let's welcome spring with renewed energy and a shared commitment to building a stronger community together!

Hello Spring

MLA Nathan Neudorf
Lethbridge-East
403-320-1011

SCSP Seniors Community Services Partnership
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.

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 spaces still
 available!

Date: Tuesday, March 24
Time: 9:00 am - 12:00 pm
 (afternoon session full)
Location: Craft Room
Instructor: Janet Tilbe
Fee: \$30 Members
 \$50 Non-Members

Call 403-329-3222 or visit www.nordbridgeseniors.com to register.



St. Paddy's Day is
 On the way
 A favourite of mine
 A time to play
 Time to wear green
 And drink green beer
 Dance to the music
 With people who care
 Shillelaghs, Shamrocks
 And pots of gold
 Are also important
 Or so we are told
 And if you don't drink
 There is always green food.
 Lots of ways
 To keep a good mood.
 Green-iced cakes and candies
 Green treats for the kids
 Like jelly beans to count
 In jars with green lids.
 And chocolate gold coins
 In little black pots,
 Green hats, green decor as long as there's lots.
 Ireland is the origin
 Of this great day.
 To honor a good man
 Named Patrick - long since passed away.
 The day also honors
 Us people of Irish descent.
 So keep the day happy
 A time that's well spent.
 A day to be happy - a day to have fun.
 And a good sleep for all - when the day is done.

Mind Joggers Irish & Proud

~Tami Gaudry



Valentine's Day Luncheon



Thank you to Ray's No Frills
 for donating chocolates,
 and to Fairway Plaza Safeway
 for donating flower bouquets
 for our prize draws!
 Thanks also to our amazing
 staff and volunteers!



Did you know Nord-Bridge has

ROOMS
For
RENT



On Weekends for Special events?

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

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

Damage deposit not included in this price

***For booking inquiries please call Maria at 403-329-3222. Please book a minimum of one month in advance. Please go to www.nordbridgeseniors.com under the About > Facilities > Rentals tab for more information about these rooms.**



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

“The Friendly Centre”

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

www.nordbridgeseniors.com