



NORD-BRIDGE  
SENIOR CITIZENS ASSOCIATION

**NORD-BRIDGE SENIORS**

# NEWSLETTER

# April 2026



On March 13, 2026, a ribbon-cutting at Nord-Bridge marked the arrival of a new Go Friendly Shuttle - an important addition that helps seniors get to programs, services, and social activities each year. Supported through provincial, municipal, and member contributions, the new vehicle strengthens a long-standing transportation program that keeps older adults active, connected, and independent in the community. Thank you to the City of Lethbridge, the Government of Alberta, Terry Legg, Jackie Young, and many other generous donors for helping to make this happen!



**NORD-BRIDGE**  
SENIORS CENTRE

***“The Friendly Centre”***  
1904—13th Ave. North  
Lethbridge, Alberta T1H 4W9  
Open Monday to Friday - 8:00 a.m. to 4:30 p.m.  
Telephone 403-329-3222 Fax 403-329-8824  
E-mail: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)



## PRESIDENT'S REPORT

I've said it before, and I'll say it again. I am so proud to be a member of Nord-Bridge. The kindness and generosity of our members showed itself again. A member came in for breakfast one morning and, before leaving, she gave Gail money to pay for soup for patrons on that day. Such a simple gesture is so appreciated not only by those who benefited from a bowl of soup, but from others who saw what a friendly estab-

lishment we have and how such a simple act can make others happy.

Our new bus was officially rolled out on Friday, March 13<sup>th</sup>. This has been a long-awaited event. We are still keeping our previous vehicle for those times when our new child is in for its maintenance. Please keep in mind the rules for riding the bus. Seat belts must be worn at all times. All of the rules are in our newsletter and posted in the building. You will still need to notify the front desk by 3 pm the day before if you wish to have shuttle service.

Our Annual General Meeting will take place on Wednesday, April 1<sup>st</sup> (no joke) at 9:30 am in the Multi-Purpose Hall. This meeting is where we report on the centre's activities over the last year. Wednesday morning programming in the Multi-Purpose Hall will be cancelled. There will be a buffet breakfast in the Dunford Diner from 8:30 am to 10:30 am.

The Outreach Program takes place on April 20<sup>th</sup> in the Multi-Purpose Hall. This event is open to all residents of Lethbridge for the nominal cost of \$3.00 per person. Please register by contacting our front desk.

One of the highlights of April for me is presenting Lifetime Memberships to deserving members. The luncheon to honor these recipients takes place on Thursday, April 23<sup>rd</sup> in the Dunford Diner Annex. Members are awarded this honor when they have been members for at least 3 years, are 80 years of age and have either contributed 7500 hours of volunteer time or donated over \$2,000 to our organization, or are 90 years of age in this calendar year and have been a member for 3 years. Congratulations to our deserving members.

Also, a big thank you to all the volunteers who are working so diligently on income tax preparations for the public. It is a wonderful service provided by the centre and, I am sure, greatly appreciated by all who accessed it.

*"The best time to do anything worthwhile is between yesterday and tomorrow."*

*Dianne Smith,*

**Interim Board President**



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



## Welcome to 36 New Members! We are happy to have you here!

- |                          |                       |
|--------------------------|-----------------------|
| <b>Trent Takeyasu</b>    | <b>Gunter Horn</b>    |
| <b>Veronica Horn</b>     | <b>Ward Robinson</b>  |
| <b>George Lazzaretto</b> | <b>Maxine Chapman</b> |
| <b>Alan Matson</b>       | <b>Sheila Matson</b>  |
| <b>Leticia Carvajal</b>  | <b>Mark Fisher</b>    |
| <b>Rosella Hadnagy</b>   | <b>Donald Hadnagy</b> |
| <b>Robert Jones</b>      | <b>Rodney Kiddle</b>  |
| <b>Henry Ulrich</b>      | <b>Sandra Marnoch</b> |
| <b>Connie Knight</b>     | <b>G. Ward Knight</b> |
| <b>Leslie Lahn</b>       | <b>Rod Lahn</b>       |
| <b>Jill Turnbull</b>     | <b>James Turnbull</b> |
| <b>Judy Kjos</b>         | <b>Haddie Maclean</b> |
| <b>Brent Watt</b>        | <b>Jim Pitt</b>       |
| <b>Leanne Sheen</b>      | <b>9 Anonymous</b>    |



**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

## Nord-Bridge Membership Fees:

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

Membership Renewal: \$60

New Memberships: \$63

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



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



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



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

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

## ANNUAL GENERAL MEETING



**Date: Wednesday, April 1, 2026**

**Time: 9:30 am**

**Location: Multi-Purpose Hall**

## 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!



## EXECUTIVE DIRECTOR'S REPORT



The long-awaited official Go Friendly Shuttle launch finally took place last month. On Friday, March 13, on a cool and breezy day, we proudly cut the ribbon and sent our new shuttle bus on its maiden voyage. The first two official riders were Mr. Terry Legg and Ms. Jackie Young, who were recognized as major donors toward the purchase of the new bus. In addition, approximately 75 other Nord-Bridge members contributed to making this purchase possible.

We were honoured to have Minister of Affordability and Utilities Nathan Neudorf (MLA for Lethbridge-East) and Deputy Mayor Jenn Schmidt-Rempel join us for the celebration. Also in attendance were representatives from the City of Lethbridge Community and Social Development team (Andrew Malcom and Matthew Pitcher), Kaitlynn Weaver, Executive Director of the Lethbridge Senior Citizens Organization, and City of Lethbridge Councillors Al Beeber and Ryan Wolfe. A special thank you goes to our shuttle driver, Terry, who takes tremendous pride in the Go Friendly Shuttle service and ensures each rider receives gold-star treatment on every trip. We look forward to safely transporting our seniors for many miles to come in our new vehicle.

Starting this month, we will be opening parts of our building earlier at 7:00 am, Monday through Friday. The areas accessible during these extended hours include the Fitness 55 Club, Veres Family Games Room, and the Front Desk. Our Fitness 55 Club has been experiencing increased use, and we have heard from both members and the community that earlier access is desired. Users of the Veres Family Games Room will also benefit from the earlier opening time. The Front Desk will be available to assist members and guests with services such as program payments, memberships, and bus passes.

Please note that the Dunford Diner and Go Friendly Shuttle will not operate at 7:00 am. At this time, we are unable to allocate kitchen staff resources to support an earlier opening for the diner. Similarly, we are not able to expand the operating hours of the Go Friendly Shuttle service.

We will review the success and any challenges of these earlier hours in the fall and determine whether to continue with the current schedule, return to an 8:00 am opening, or expand early access to additional areas such as the Dunford Diner.

*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
Prep/Line Cook	Camila Lee
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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# 2026 YEARLY POOL FEES ARE DUE!

Fee: \$50 per year (Jan. - Dec.)

Please pay at the front reception desk

**OR**

Pay a \$2 drop-in fee for each visit  
(please use the drop-box provided)

\*Current Nord-Bridge Members **ONLY**

**Non-members are not  
permitted in the pool hall**



# NAGEL TOURS

## ESCORTED MOTORCOACH HOLIDAYS

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

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



*The journey is not only about the destination*

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

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

Yukon & Alaska – 18 days, June 6<sup>th</sup>

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

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

Saskatchewan Loop – 8 days, August 9<sup>th</sup>

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

**FLY** – Atlantic Canada & Newfoundland – 18 days, September 5<sup>th</sup>

**FLY** – Eastern Canada & Maritimes Fall Foliage – 20 days, September 14<sup>th</sup>

Christmas in Victoria – 9 days, December 21<sup>st</sup>

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

49<sup>th</sup>  
Anniversary



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

February 27 - Marilyn Gillies \$258

March 27 - Gaya Mamula \$236

### MONDAY JAM 50/50 DRAW

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

### RECENT WINNERS

March 2 - Bill McTighe \$77.50

March 9 - Jim Hahn \$67.50

March 16 - Earl Hall \$92.50

March 23 - Shirley Hall \$77.50

March 30 - Check back next month!

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

## Breakfast Buffet

Nord-Bridge Dunford Diner

Date: Wednesday, April 1

Time: 8:30 am to 10:30 am

Address: 1904 13 Ave N

Cost: \$15 per person

Open to all!

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**BUILDING OPERATING FUNDS  
RECENT DONORS**

Helen Gepneris \$100  
Terry & Tracy Beauchemin \$100  
Irene Dudas \$100  
Les Herrington \$1000  
Patricia Miller,  
in Memory of Mike Bennett \$50

**NORD-BRIDGE IN-HOUSE BINGO**

Year to date: \$4406.00

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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Over 30 Years Experience

**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, April 13  
at Nord-Bridge from  
11:00 am-12:00 pm  
in the SSN Office!**

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# CINCO de MAYO LUNCH

**FRIDAY, MAY 1 | 11:00AM TO 1:00PM**

Choose 1 of 2 options for \$15 per person

**Option 1: Chimichanga with Rice, Salad, and Pico de Gallo**

**Option 2: Chicken Taquitos Topped with Cabbage Salad, with Tomato Sauce and Feta Cheese**

For members and invited guests  
Alcohol available for extra purchase

NORD-BRIDGE SENIORS CENTRE

## Coffee with a Constable

**Upcoming Dates:**  
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.

## Nord-Bridge Seniors Golf

**For members who are interested in fun, mixed, drop-in golf!**

**Tuesday and Thursday mornings at Evergreen Golf Centre**

For more info, contact your 2026 Golf Conveners:

**Dan Lang: 403-327-3303**  
**June Perreault: j\_dper@hotmail.com, Cell: 403-598-1761 (call or text)**

NORD-BRIDGE SENIORS CENTRE

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Jake Boldt, BC-HIS  
Registered Hearing Aid Practitioners

## 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

## 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, April 9, May 28, June 11  
**Time:** 9:30 am - 2:00 pm  
**Location:** Library (April only)  
Nord-Bridge Main Corridor (May & June)  
**Cost:** FREE

*For Nord-Bridge members only*

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

NORD-BRIDGE SENIORS CENTRE

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HEARING CENTRE

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

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



## Nord-Bridge Seniors Centre Bottle Drive Fundraiser

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

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

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



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

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



## Savvy Seniors

an information session presented  
by the Better Business Bureau



\* Trademark(s) of the  
International Association  
of Better Business Bureaus  
used under license.

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.



## 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

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

## Nord-Bridge is in need of a new Evening Pickleball Convener

Duties include unlocking the building, set up and take down of the game, helping to lead the game, welcoming new attendees, and keeping track of money each night. Must be a friendly and reliable person who can work well with others. Previous pickleball experience is an asset.

Mondays & Thursdays

6:00 pm - 8:00 pm

Multi-Purpose Hall

Contact Donna or Ashley at  
403-329-3222 if interested!

## 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!



## 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



LIFE COACH BY JUDITH

# 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, 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!

# 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

# Green Shirt Day Event

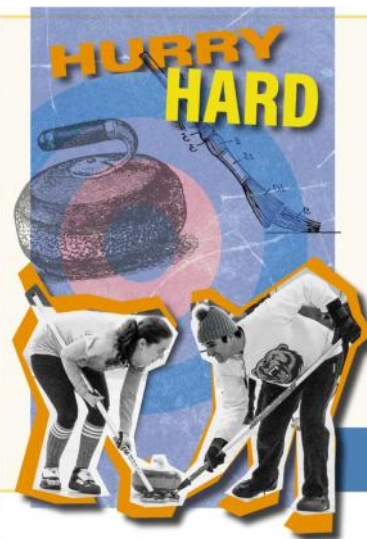


Date:  
Tuesday, April 7  
Time:  
11:00 am  
Location:  
Dunford Diner



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.



## Trip to



~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.



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

[buildingbrainstogether@gmail.com](mailto:buildingbrainstogether@gmail.com)

## 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, April 6 - No class due to Easter Monday  
Monday, April 13 - Dementia vs. Normal Aging  
Monday, April 20 - Acceptance & Consequences (situations, people, health)  
Monday, April 27 - Managing Unwanted Worries

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



For Ages 55+



# Volunteer Services Report

Hello everyone! A question I get asked a lot is "Why do people volunteer?" In other words, why do people give their time and talents? What is in it for them? Well one thing I have learned is that there is not just one reason or right reason. There are as many reasons that people volunteer, as there are volunteers.



As International Volunteer Week 2026 approaches, I reflect on what motivates volunteers, not just here at Nord-Bridge Seniors Centre, but all over Canada. Some people volunteer for work experience, especially our student volunteers who require those valuable hours to graduate or enter their desired college. Some of our members have told me that they wish to volunteer to give back to the community or to have an opportunity to socialize and mingle with other people or "just to get out of the house for their mental health." One sweet gentleman shared with me that he volunteers to honour his late wife who was an avid volunteer and was always encouraging him to step outside his comfort zone and do some volunteering of his own.

I am also a strong believer in the value of "the warm fuzzies." That feeling of belonging to a purposeful cause that is greater than us. When I volunteer at one of Lethbridge's animal rescues, it really does warm the heart to see good people work so hard for the benefit of the innocent animals who need our help.

I believe that if a volunteer has a sincere reason to help, and does their best to be reliable, responsible and treat others with respect, there will always be opportunities to be involved. Sometimes though, it can take some time and effort to "find the right fit."

I want to wish all our wonderful Nord-Bridge Senior Centre volunteers a happy volunteer week and hope that they can attend our Annual Volunteer Recognition Event on Thursday, April 23rd. We are doing our best to get the invitations out personally when you come into Nord-Bridge or you can check at the Volunteer Sign-in Station. Please contact me if you have any questions.

Happy Easter and Happy Spring!

"Volunteering is at the very core of being a human. No one has made it through life without someone else's help." – Heather French Henry

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



**Condolences to...**  
*the Bennett family, on the passing of Mike  
 the LaPointe family, on the passing of Clara  
 the Vickers family, on the passing of Ramsay*

**Get Well Wishes to...**  
*Dean Oseen*

**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**

**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, April 6 - **No class due to Easter Monday**  
 Monday, April 13 - **Dementia vs. Normal Aging**  
 Monday, April 20 - **Acceptance & Consequences** (situations, people, health)  
 Monday, April 27 - **Managing Unwanted Worries**

**Time:** 10:30 am to 11:30 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

**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:** 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.**

# April 2026

## Monday

**6**

**CLOSED FOR EASTER MONDAY**



## Tuesday

**7**

9:00 Strength, Core & Stretch  
 9:30 Zumba Gold Toning  
 10:00 Intermediate Watercolor  
 10:00 New Corners M & G  
 10:00 Fit Ball (MPH)  
 10:00 Music Makers (Annex)  
 10:30 Clogging (Beginners)  
 11:00 **Green Shirt Day**  **Event (Dunford Diner)**  
 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

**HELLO April**



## Wednesday

**1**

9:00 Handy Crafters (Flex R)  
 9:00 Gentle Yoga (WCR)  
 9:30 **AGM (MPH)**  
 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  
 1:30 Minds in Motion (WCR)  
 5:30 Begin. Group Dance  
 6:30 Begin. Pickleball (YMCA)  
 7:30 Table Tennis (MPH)

9:00 Active Pound 55+  
 9:00 Handy Crafters (Flex R)  
 9:00 Gentle Yoga (WCR)  
 9:30 **Board of Directors**  
 9:30 **Meeting (Board Room)**  
 10:00 **FOOT CARE (Craft 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  
 1:30 Minds in Motion (WCR)  
 5:30 Begin. Group Dance  
 6:30 Begin. Pickleball (YMCA)  
 7:30 Table Tennis (MPH)

## Thursday

**2**

9:00 Card Crafters  
 9:00 Inter. Line Dance  
 9:00 Chair Yoga (WCR)  
 9:30 Mind Joggers (BR)  
 10:30 **Financial Info with Better Business Bureau (Flex R)**  
 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)

9:00 Card Crafters  
 9:00 Intermediate Line Dance  
 9:00 Chair Yoga (WCR)  
 9:30 **Tech Help (Library)**  
 9:30 Mind Joggers (BR)  
 10:00 **Sleep info for Women (Flex Room)**  
 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)

## Friday

**3**

**CLOSED FOR GOOD FRIDAY**



**10**

8:30 Begin. Chess Club (Craft Room)  
 8:30 Backgammon (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)  
 1:00 In-House Bingo (MPH)  
 1:00 Watercolor Club (Flex)  
 1:00 Cribbage (WCR)  
 1:00 Contract Bridge  
 1:30 Steps to Connect



<b>13</b>	9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Sketching & Drawing 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In <b>11:00</b> Pet Therapy (SSN Office) 11:45 15 15 15 (MPH) 11:45 Abs, Core, & More (WCR) <b>1:00</b> Outreach Meeting (BR) 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 2:30 Guided Meditation (WCR) 4:15 Indoor Walking & Strength 6:00 Beginners Pickleball (MPH)	<b>14</b>	<b>9:00</b> LAWYERS (BR) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Intermediate Watercolor 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) <b>10:30</b> Scam Prevention Info (Flex Room) 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 Dragon Boat Dry Land	<b>15</b>	8:45 Active Pound 55+ 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) <b>10:00</b> WALKER REPAIRS 10:00 Carpet Bowling <b>10:00</b> Coffee with a Cop 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 How to Draw Perspective 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 5:30 Texas Hold 'em 6:30 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	<b>16</b>	9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 9:00 Chair Yoga (WCR) 9:30 Mind Joggers (BR) <b>9:30</b> HEARING TESTS (Library) by Appz. <b>10:00</b> Palliaram Session (Flex) 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) <b>1:20</b> Park Meadows Game Afternoon (WCR) 6:00 Begin. Pickleball (MPH)	<b>17</b>	8:30 Begin. Chess Club (Craft Room) 8:30 Backgammon (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) 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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<b>20* &amp; 27*</b>	9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) <b>10:00*</b> Member Portraits (Library) 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) <b>1:00*</b> Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge <b>1:00*</b> Darts (MPH) *27 <b>1:30*</b> Outreach Program (mpH) *20 2:30 Guided Meditation (WCR) 4:15 Indoor Walking & Strength 6:00 Beginners Pickleball (MPH)	<b>21* &amp; 28*</b>	9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning (MPH) 9:30 Intermediate Watercolor <b>10:00*</b> 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 <b>1:00*</b> Cooking at Interfaith 1:00 Scrabble (Craft R) 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	<b>22* &amp; 29</b>	8:45 Active Pound 55+ <b>9:00*</b> MANICURES (Craft R) 9:00 Handy Crafters (Flex Room) 9:00 Gentle Yoga (WCR) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO <b>11:15*</b> VIRTUAL COOKING (zoom) 11:30 Pilates (WCR) 1:00 How to Draw Perspective 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) <b>3:15*</b> LSKIP (MPH) 5:30 Begin. Group Dance 6:30 Begin. Pickleball (YMCA West) 7:30 Table Tennis (MPH)	<b>23* &amp; 30*</b>	9:00 Card Crafters 9:00 Intermediate Line Dance 9:00 Chair Yoga (WCR) 9:30 Mind Joggers (BR) <b>10:00*</b> Palliaram Session (Flex) 23 <b>10:00*</b> Paint Morning (Flex R) 30 10:30 Chair Yoga (WCR) <b>11:00*</b> Life Members Luncheon (Annex) 23 11:00 Keep Fit (Strength) MPH 1:00 Tech Help on AI (WCR) 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (Flex R) 1:00 Woodcarving (Craft) <b>1:00*</b> Whist (Annex) 30 <b>1:00*</b> Contract Bridge (Annex) 30 <b>3:00*</b> Volunteer Appreciation (Dumford Diner) 23 6:00 Begin. Pickleball (MPH)	<b>24</b>	8:30 Begin. Chess Club (Craft Room) 8:30 Backgammon (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) 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: APRIL 1, 8, 15, 22, 29**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)**
- LOCATION: CRAFT ROOM UPCOMING DATES: MAY 27**


**CINCO DE MAYO LUNCH EVENT IN THE DINER ON FRIDAY, MAY 1ST AT 11:00 AM EVERYONE WELCOME!**

**PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!**

**SERVICE CANADA & CANADA REVENUE AGENCY VISITS ARE BACK MAY 15 AT 9AM-2PM DROP IN AT NORD-BRIDGE!**

**SHOW AND SHINE CAR SHOW WATCH OUT FOR MORE DETAILS IN NEXT MONTHS NEWSLETTER!**

**WINNERS**



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Smiles with  
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# Southern Denture Clinic



Now doing intraoral scanning!  
No more messy  
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Offering  
Home Visits  
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- ♥ Complete and Immediate Dentures
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- ♥ Implant Supported Dentures-removable / fixed
- ♥ Same day Relines ♥ Nightguards / Retainers
- ♥ Emergency Repairs

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Free no pressure Consultations ♥ No Referral Needed

259 12C St N, Lethbridge  
[www.southerndenture.ca](http://www.southerndenture.ca)  
**403-327-6331**

# March Outreach Recap

Our March Outreach program was on Monday, March 9.  
It was a celebration of St. Patrick's Day!  
The Multi-Purpose Hall was decorated in green  
with guests and volunteers getting into the spirit,  
wearing various costumes.



We welcomed groups from Good Sams North, DaCapo, New Beginners Association, Ability Resource, Mosaic and Nike groups, Martha's House and Nord-Bridge members. Ed and Lena Vogel Karaoke entertained us, playing lively Irish tunes with some of our guests showing us their singing talents!

Guests were served a Shamrock cookie, lime punch, and a chocolate loonie wrapped in gold.  
Thank you, Dianne Smith for making all those cookies!

The next Outreach Program will celebrate Spring, with Crazy Hat Day on Monday, April 20, 2026. Be sure to wear your best Crazy Hat - there will be prizes!

We thank you all for joining us for St. Patrick's Day and look forward to seeing you all in April!



Judy Cartwright, Volunteer

## From the Nord-Bridge Library

What are the old books stored on the Nord-Bridge Library's top shelf? Continued from the March Newsletter.

1908: The last mention of the AR&I Co.'s (Alberta Railway & Irrigation Company's) Reading Room and Library Society was referred to as the "Galt Miners Library." The name transition to the Galt Library occurred sometime between 1908 and 1917, likely with the reorganization of the Galt Companies.

1917: The Galt Mines Library purchased the Bailey St. School and moved it to 733 13 St. N. - the address of the future Lethbridge Miners' Library.

1919: The City of Lethbridge established a public library in the YMCA and began construction of the Carnegie Library in Galt Gardens.

1932: The Lethbridge Herald published a photo of a group of men at a reading class held at Lethbridge Miners' Library - following in the self-improvement purpose of the Mechanics' Libraries, also called Mechanics' Institutes.

2003: After 113 years the Library housed within the Lethbridge Miners' Library Club closed its doors and the books were donated to Nord-Bridge Seniors Centre where the "old books" rest on the Top Shelf.

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

It's spring and with a new season comes changes. An important update has been announced regarding the Alberta Seniors Benefit, a provincial program that provides monthly financial support to low-income seniors for everyday living expenses. As part of the 2026 provincial budget, changes will be made to the income thresholds used to determine eligibility, effective July 1<sup>st</sup>, 2026.

Under the new guidelines, the annual income threshold for a single senior will be reduced to \$32,690 (previously \$34,770), while the threshold for senior couples will decrease to approximately \$53,800 (down from \$56,820). As a result of this, the income limits required to qualify for the benefit will be lower than in prior years.

Due to this adjustment, some seniors who were previously eligible may no longer qualify for the program. These changes could also impact access to related supports, including Special Needs Assistance for Seniors and the Seniors Home Adaptation and Repair Program.

In addition to this, the 2026 provincial budget introduces changes to caregiver-related tax support. Beginning in 2027, the province will replace the existing caregiver and infirm dependent tax credits with a new consolidated Alberta Caregiver Credit. This updated credit will be available to individuals caring for an adult relative with a physical or mental infirmity, including an infirm spouse.

While the overall tax savings will remain similar (up to approximately \$1,054 annually), eligibility rules will change. Notably, the new credit will no longer apply to individuals supporting healthy senior parents or grandparents, even if they live in the same household.

If you or someone you know currently receives these benefits or claims caregiver-related support, it may be a good idea to review your eligibility or speak with a staff member to better understand how these updates may affect you. Our team remains available to answer questions and assist seniors in navigating available programs and services.

Lastly, these changes may directly impact you or people you know. If you are looking to advocate or express your concerns, write to the Minister of Seniors and Community Supports or local Members of the Legislative Assembly (MLAs) or call the Alberta Supports Contact Center.

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

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

**Date:** Wednesday, April 22  
**Time:** 11:15 am - 12:15 pm  
**Fee:** \$30, for anyone 55+  
**Instructor:** Ashley Kern  
Visit [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
or call 403-329-3222 to register for anyone 55+



*We will be making Everything Bagel Chicken Tenders! 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:** Drop-In, Fridays between 8:30 am - 12:00 pm  
**Location:** Craft Room




**Welcome Aboard the Go Friendly!**  
*Key Information for Riders*



**Booking & Timing**

- Service available to Nord-Bridge and LSCO members.
- Book by 3:00 PM the day before your ride.
- Pickup may occur 15 minutes before or after your scheduled time.
- Be ready to board immediately when the bus arrives.
- Some time slots may be busy; your patience is appreciated.

**Safety Requirements**

- Seat belts are mandatory; the bus will not move until all are buckled.
- No standing, switching seats, or leaning across the aisle while the bus is moving.
- Walkers are stored by the driver and returned at your destination.

**Fares & Passes**

- Single ride: \$3 each way
- 10-ride pass: \$21
- Monthly pass: \$28
- Yearly pass: \$280
- Passes available at Nord-Bridge and LSCO front desks.

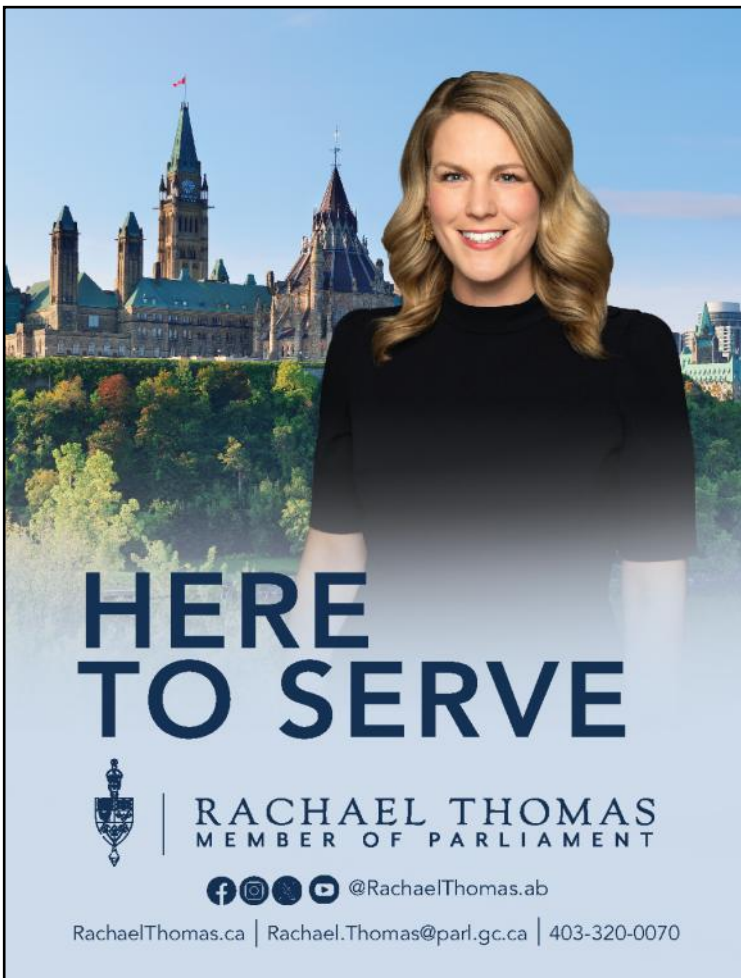


**Cancellations**

- Call 403-329-3222 as soon as possible to cancel


**Zero-Tolerance Policy**  
Abuse of any kind will not be tolerated.  
Bus privileges will be revoked.





# HERE TO SERVE

**RACHAEL THOMAS**  
MEMBER OF PARLIAMENT

 @RachaelThomas.ab

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

Me and Cappy are, out on the beach,  
Our dog bones and cell phones, are far out of reach.  
I'm reclined in my chair, taking a nap,  
And Cappy is curled up, tight on my lap.

**Mind Joggers**

In the distance, I can hear the surf rolling in,  
As I feel the warmth, of the sun on my skin.  
I open one eye, to watch the bikinis walk by,  
Cappy shifts his weight, as he lets out a sigh.

I reach in the cooler, and pull out a beer,  
Cappy raises his head, and perks up his ears.  
As the cold liquid, flows down my throat,  
He settles back down, the sun warming his coat.

**Broken Dreams**

Then suddenly he sniffs, his ears are alert,  
A female poodle struts by, she's clearly a flirt.  
But Cappy is cool, as he sticks out his chest,  
Asking the lady, if she's ready for the rest.

But the female is fickle, and puts her nose in the air,  
Cappy sighs, as he settles back in my chair.  
Then I notice the beauty, at the other end of the leash,  
She looks sleek and curvy, clearly the queen of the beach.

Then suddenly from afar, a voice calls my name,  
It gives me a shake, and calls me again.  
I open one eye and towering over me,  
Stands my wife, with a leash, and a dog baggie.

"I have no idea where you are in your dream" -Edward L. Sillito  
Her voice hones in, like a laser beam.  
"And although it's cold out there, and winter's in the air,  
You better walk that dog, before he pees on your chair"



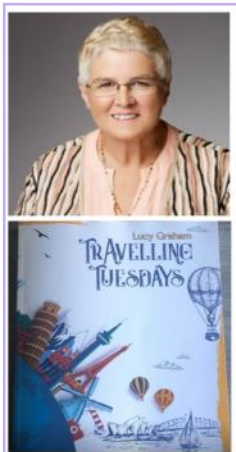
CHRISTENSEN SALMON  
GENERATIONS FUNERAL HOME

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Phone: 403.382.3601  
www.generationsfh.ca

*A division of the Caring Group Corp.*



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

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

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

FREE EVENT FOR OLDER ADULTS

# GIVE it a TRY

Powered by **SPORTFEST**

**OLDER ADULT GYMNASTICS**  
TUESDAY, APRIL 21ST  
1:00 - 2:30 pm

In partnership with **WEST WIND GYMNASTICS**



at West Wind Gymnastics,  
North Lethbridge

**Jumpstart**  
Giving kids a sporting chance.



The Give it a Try initiative is all about lowering the barriers to sport - inviting people of all ages and backgrounds to explore new activities in a safe, inclusive, and fun environment. Now powered by SportFest, this program is growing, and we want to grow it with you.

Hosting a Come-Try-It Event? Let Us Help. If your organization is planning a Give it a Try or "Come Try It" event, we'd like to support you - financially and logistically.

[lethbridgesportcouncil.ca/programs/give-it-a-try](http://lethbridgesportcouncil.ca/programs/give-it-a-try)

# Programming Report



I had a fantastic time in Huatulco, Mexico last month! Here are some photos from my trip! We did a lot of relaxing, swimming, and taking in the beautiful sights of a tropical paradise!

Last month we hosted our annual Fall In-House Awards Luncheon for all the winners and participants in the Fall 2025 floor shuffleboard, darts, and pool tournaments. Congrats to all the winners and thank you to all the volunteer servers for helping along with our amazing kitchen staff for making a great meal!

We also got to host our annual St. Patrick's Day lunch in the Dunford Diner on Friday, March 13<sup>th</sup> and it was a blast. I always look forward to this event as it's so much fun with the prizes, live music by Celtic Routes, and delicious Irish food prepared by our kitchen! Thank you to Celtic Routes for always putting on a great performance and for donating a CD for a Nord-Bridge member to enjoy. That same day we also unveiled our brand-new Go Friendly Shuttle - it was an exciting day! For more information on this, please read David's write up on page 3 of this newsletter.

This month we have our annual Green Shirt Day in honor of the Logan Boulet Effect and organ and tissue donation awareness, on Tuesday, April 7<sup>th</sup> at 11:00 am in the diner. Please come join us and wear your green! If you don't already have a green shirt, you can go online to [www.greenshirtday.ca](http://www.greenshirtday.ca). If you are a current registered organ or tissue donor, please give me a call at 403-329-3222 as we have something special planned on this day. There will also be refreshments, cake, and handouts on this topic along with special guest speakers.

This month we also have quite a few new information sessions from sleep info for women 55 and older to scam and fraud prevention with the Better Business Bureau, check them all out in this newsletter and ask at the front reception desk for more info.

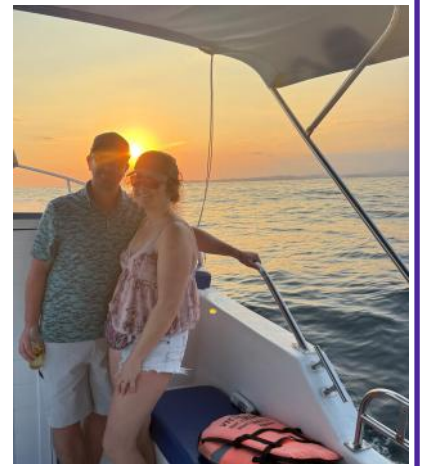
Donna, our Volunteer Co-ordinator, has been busy planning our annual Volunteer Appreciation event at Nord-Bridge for Thursday, April 23<sup>rd</sup> from 3:00 pm - 4:00 pm in the Dunford Diner. For more information on this please contact Donna at 403-329-3222. Please note on this date, there will be no Bridge or Whist in the annex.

Cancelled for this month are Active POUND & Carpet Bowling on Wednesday, April 1<sup>st</sup> due to the Annual General Meeting in the Multi-Purpose Hall.

One note for next month, mark your calendars for our annual Cinco de Mayo lunch event in the diner on Friday, May 1<sup>st</sup> at 11:00 am,. Everyone is welcome - hope to see you there!

Until next month, stay happy and healthy!

*~Ashley Kern - Director of Programming*



## Reflexology

**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\***

Maria will no longer be booking appointments at Nord-Bridge. To make an appointment with Maria at her business location, 519 7 Street S, call 403-715-4642. Nord-Bridge members will still receive a discount.

## Be *Scents*itive to others

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



**We Share the Air!**



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

Available from 11am to 1pm,  
while quantities last

## Friday, April 3

**CLOSED - No lunch special**



## Friday, April 10:

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

## Friday, April 17:

**Ham and Scalloped Potatoes with Mustard Sauce, and Mixed Veggies**

## Friday, April 24

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



**IG WEALTH MANAGEMENT**

## 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**



## Paint Morning with Kendra

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



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



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

# Fundraising Report

As spring arrives, we're excited to share some wonderful updates and a few things on the horizon. Thanks to your continued support, our community momentum is stronger than ever!

## 50/50 Fundraiser – Your Chance to Win Big!

Our 50/50 will soon be live through AGLC and Rafflebox! This is a fun and easy way to support our work while having a chance to take home half the pot! Every ticket purchased helps us continue making a meaningful impact, and the more people who participate, the bigger the prize grows. Watch for this to come in May, 2026!

## Under Northern Lights Gala – A Night to Remember

Our gala was a tremendous success, and we are incredibly grateful to everyone who helped make the evening so special. A special thank you to our amazing MC, Alli Price, who brought energy, warmth, and professionalism to the night. We would also like to extend our heartfelt thanks to all of our sponsors. Your generosity and commitment play a vital role in making events like this possible. Simply put, we couldn't do it without you. To everyone who attended, donated, sponsored, or volunteered - thank you for believing in our mission and celebrating with us.

## Something New on the Fairway...

We're excited to share that we're working on plans for an upcoming golf tournament! This will be another fantastic opportunity to gather our supporters, enjoy some friendly competition, and raise funds for a great cause. We will be working with Picture Butte Senior Men's Golf League – and know it will be an day of fun! More details will be coming soon. Stay tuned!

I'll be heading away for a couple of weeks on a cruise to Mexico, taking some time to recharge and return refreshed and inspired. During this time, responses may be a little slower, but I'll be back soon with renewed energy and exciting plans!

## Thank You for Being Part of Our Journey

Your support - whether through attending events, purchasing tickets, sponsoring, or spreading the word - means everything to us. Together, we are making a real difference, and we're so grateful to have you alongside us.

Wishing you a wonderful April!

*~Julie Sarich - Director of Fund Development*



## Palliative care education for everyone



PalliLearn is a series of short courses delivered by Alberta health professionals that help people learn how offer meaningful support when someone they know is sick, dying, caregiving or grieving. Attend any or all of the following sessions:



### Your Role in a Compassionate Community

Thursday, April 16, 10-11:30 a.m.  
Gain information and ideas about how to build networks of support around people experiencing serious illness, death and grief.



### What is Palliative Care? Thursday, April 23, 10-11:30 a.m.

Palliative care is more than you think. Learn what palliative care is and why it's important.



### What Matters Most? Thursday, May 7, 10-11:30 a.m.

Learn how to identify and share what matters most to you in your life and in your care, as well as how to find out and support what matters to the people close to you.



### How to Have Conversations about Dying and Grief Thursday, May 14, 10-11:30 a.m.

Gain practical strategies for having caring and compassionate conversations on these topics with the people around you.

Location: Nord-Bridge Seniors Centre, Flex Room  
1904 13th Ave. N., Lethbridge

For more information or to register contact:  
Ashley Kern at 403-329-3222



PalliLearn course material was developed for use in Alberta by the Palliative Institute in collaboration with Palliative Care South Australia.

# MOBILE FOOD SUPPORT

LETHBRIDGE FOOD BANK  
FEED THE NEED

**April 2026**

**April 9 - 1pm**  
Lethbridge University - 4401 University Drive W

**April 16 - 1pm**  
Lethbridge Polytechnic - 3000 College Drive S

**April 23 - 1pm**  
LSCO - 500 11<sup>th</sup> Street S

**April 30 - 1pm**  
Nord Bridge Senior Centre - 1904 13 Ave N

## *Laughs, Life, and a Little Sass*

March came in strong and left me a little softer - in the best and hardest ways. It was a month of very real goodbyes, the kind that sit heavy on your heart, and remind you just how lucky you are to love someone that much. Saying goodbye to my Uncle is something I'll carry with me for a long time. Missing him already, deeply - but also feeling so grateful that I had someone that wonderful to miss in the first place. That's the kind of love that never really leaves.

And just like life always does, while one part of your heart aches, another part fills right back up again. March brought some beautiful hellos too - and I made sure to celebrate them properly...on a dance floor, obviously. I kicked things off dancing the night away to Caliya with my girl Julie Sarich. Donna (my favorite roommate, ranking subject to change depending on snacks) joined us - holding down the very important role of "photo op queen." Every group needs one, and she nailed it.



Back at the centre, we absolutely did not slow down. In fact, we doubled down. Our St. Patrick's Day celebration rolled out with green beer, hearty stew, and Celtic Routes setting the vibe. It was loud, it was lively, and it was exactly the kind of joyful chaos I live for.

As if that wasn't enough excitement for one day, Nord-Bridge unveiled our brand-new Go Friendly Bus. And let me tell you - the building was buzzing. The energy? Electric. The smiles? Everywhere. But the real highlight was Terr-Bear, beaming like a kid on Christmas morning. Watching him finally pull up in that bus was one of those simple, perfect moments you don't forget.

When I wasn't at the centre, I was apparently auditioning for a survival show called "Will She Blow Up Her Kitchen?" because I decided March was the perfect time to try a pressure canner. Bold choice. Risky choice. But guess what - I lived. AND I canned potatoes. Yes. Potatoes. Successfully. Deliciously. I am as proud as I am surprised. And because I clearly don't know how to relax, I continued my homemade era. My deodorant is still holding strong (bless everyone around me), so naturally I moved on to lip balm and hand soap. Honestly...who even am I anymore? Growth is scary.



The Under Northern Lights Gala was truly something special. A heartfelt thank you to the Rebel Angels - the music was on fire and set the tone for such an incredible evening. Between the laughter, the dancing, and being surrounded by amazing people, it was one of those nights that just fills your cup right to the top.

Meanwhile, Brady Mercury is still alive, which feels like a full-time accomplishment. Keeping him going is equal parts science experiment and emotional commitment.

Now here comes April - fresh, hopeful, and just a little bit muddy. We're opening our doors at 7am for all you early birds (or people who just can't sleep like the rest of us), even though the diner doesn't open until 8am. Come sip your coffee (bring your own), read the paper, stretch it out, or just lounge like you own the place until breakfast arrives.

Easter is around the corner, and for me that means heading to Jaffray - my happy place. There's something about being in the mountains, surrounded by people you love, that just fills your soul in a way nothing else can.

Rosebud is also coming up April 30th, and we still have a few spots left—so don't wait too long!

And yes...spring means I'm back landscaping with my dad. After last year's tree-cutting adventure left my yard looking like a Drumheller afterparty, I've got ideas. Big ones. He's got tools, I've got vision - it's either going to be stunning or a story we laugh about forever.

As we step into April, I'm holding onto gratitude - for love that lasts, laughter that heals, and moments that remind us we're exactly where we need to be.

Be kind, laugh often, and don't forget - life is messy, beautiful, and meant to be enjoyed.

*~Erin Bates "I myself am made entirely of flaws, stitched together with good intentions."*

# Nord-Bridge Outreach

**Date:** Monday, April 20

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

**Cost:** \$3 per person



**Location:** Multi-Purpose Hall

## Spring Spruce-Up: Crazy Hat Day

We're welcoming spring, wearing fun and funky hats!

Live entertainment by the Nord-Bridge Line-Dancers.

Refreshments will be served.



Door prizes and  
crazy hat prizes  
to be won!

Please call  
403-329-3222  
to RSVP by  
Monday, April 13

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:

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

## Boutique News

The Boutique is accepting  
donations of yarn, fabric, and  
sewing/craft supplies.

Donations may be dropped off  
in the Boutique Monday to  
Friday from 10:00 am to 3:00 pm

~Bonnie & Heather



## Need help with a sewing repair?

Hemming, buttons, snaps, holes, etc.

Text or call Darlene

403-394-8811

Volunteer/Nord-Bridge Member



# ADVERTISE HERE!

## Looking to get the word out about your senior-related business, services, or event?

Contact us at  
[editor@nordbridgeseniors.com](mailto:editor@nordbridgeseniors.com)  
for information about our advertising rates!



## \*Advertisements must be specific to seniors



## Lethbridge Elder Abuse Response Network

Happy April, everyone! This month, I wanted to discuss caregiver burnout. In our community, caregiving is often a quiet, heroic act of devotion. Whether you are looking after a spouse, an aging parent, or a dear friend, the emotional and

physical energy required is immense. However, there is a "silent patient" often overlooked in this process: the caregiver themselves. Caregiver burnout is not a reflection of your commitment or your strength; rather, it is a natural physical response to a "battery" that has been running on empty for far too long.

Recognizing burnout before it takes hold is essential. It often begins with a sense of constant exhaustion that sleep can't fix, or a "short fuse" where you find yourself feeling uncharacteristically impatient or angry. You might notice you've stopped calling friends or that your own doctor appointments have fallen by the wayside. These aren't just signs of stress, they are signals from your body that the current pace is unsustainable.

The most important thing to remember is that you cannot pour from an empty cup. To be an effective caregiver, you must first be a "self-giver." This starts with embracing the rule of respite; seeking help from a neighbor or a professional service is a strategy for success, not an admission of failure. Setting realistic boundaries and learning to say "no" to extra commitments allows you to preserve your energy for what matters most. Even small "micro-breaks" ten minutes of deep breathing or sitting in the sun can help reset your nervous system. By prioritizing your own well-being, you aren't taking away from your loved one; you are ensuring you have the strength to stay by their side.

There is support available for caregiver burnout. If you are seeking more information on this, please contact either the Seniors Community Services Partnership program at 403-329-1544 or the Lethbridge Elder Abuse Response Network program at 403-329-0306.

*Marissa Hardy*

~ LEARN Case Manager



## 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:**  
**April 20, May 25, June 15**

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



## WARM EASTER WISHES

As Easter approaches, I want to wish you and your family a season of peace, hope, and renewal.

Our seniors are the heart of our community, and I'm grateful for the wisdom, experience, and care you share every day.

Wishing you a joyful and restful Easter.

**MLA Nathan Neudorf**  
**Lethbridge-East**  
403-320-1011



## 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.**

# Thank you to our Under Northern Lights Gala sponsors!



**Paris Jewelers**  
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**North Side Liquor**  
**Medicine Shoppe**  
**Lethbridge Registry**  
**Gong Show's Massage**

**Petland**  
**Savers Liquor**  
**Gentlemen Three**  
**Kim Hammerstedt**  
**Canadian Tire South**  
**Evergreen Golf Centre**  
**Lethbridge Hurricanes**

**Cuppers**  
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**London Road Market**  
**Coaldale Home Hardware**  
**Henderson Lake Golf Course**

**Pet Valu**  
**Players Bench**  
**Glass Masters**  
**Property Twins**  
**Lethbridge Polytechnic**  
**Travel Agent Next Door YQL**  
**Kenai Acres Mountain Resort**  
**Police Chief, Shahin Mehdizadeh**  
**Office of the Mayor, Blaine Hyggen**  
**Bridge Land and Energy Services**

**CIBC**  
**The Movie Mill**  
**Gibbs Insurance**  
**Wine & Beyond**  
**Dianne Smith**  
**All Things Cedar**  
**Benchmark Glass**  
**Red Beard Drafting**  
**Western Stockman**  
**Larson Custom Feeders**

## Special Thanks to:



**Alli Price**    **Gideon Rutto**    **Cowboy Joey**  
**Honorable Jason Nixon**    **Dr. Sayeh Zielke**



### Bocce Ball at Norbridge Lions Park

Located between 13 Ave. North & 15 St. N.

Beginning Tuesday, May 5th at 2pm (weather-permitting)

Visit the Nord-Bridge front reception desk to add your name to the list or to get in touch with convener Steve King with any questions.

*\*For Nord-Bridge members only*



### 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,  
 April 22, May 20, June 10  
**Time:** 9:00 am - 12:00 pm  
**Location:** Craft Room  
**Fee:** \$20 (please pay Jackie directly) cash only

*\*For Nord-Bridge members only*

*Please specify either a manicure OR pedicure at the time of booking. Appointments are required. Book your 30 minute appointment at the Nord-Bridge Front Desk.*

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

**“The Friendly Centre”**

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

**[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)**