



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

NORD-BRIDGE SENIORS

NEWSLETTER

June 2026



Photo by Ashley Kern



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



PRESIDENT'S REPORT

Another month has come and gone in a blur. We managed to get our garden plot at the Community Garden planted. The birds just love it. One seed for us – two for them. They watch us like a hawk. But, after all, sharing the wealth is what it's all about. It is a lot of work, but the veggies are well worth it. June brings us a whole new set of wonders to behold. All the trees have greened up, people have an explosion of color in their yards from flowers and the birds are happy – there's lot of food for them. I truly know that summer is here with the sound of the lawn mowers and smell of fresh cut green grass (my definition of green).

This month, we have several events happening. The first week of June is Seniors Week and Nord-Bridge is celebrating as usual. On Monday, we have our weekly Jam Session in the Diner Annex, as well as a fun darts tournament. Tuesday brings our Pancake Breakfast in the Dunford Diner from 8:30 am to 10:30 am, and Thursday sees our annual BBQ and Picnic at the Rotary Picnic Shelter just north of Wal-Mart. Tickets are required for this event. Come out and enjoy great food, entertainment and games. Friday we have our In-House Bingo and Friday evening we will be holding a Jam Session. Come out and enjoy the week with friends and family.

The annual Father's Day Show 'n Shine will take place on Sunday, June 21st at the Winston Churchill High School parking lot. Come out and enjoy the cars and a BBQ (extra fee). Later that week, our Canada Day BBQ will be on Friday, June 26th in the Dunford Diner.

Many of our programs will be gearing down for the summer to give people a chance to enjoy the sun and fresh air. A lot of members will be gardening, playing golf or tennis, going camping or just enjoying nature. We will be sure to keep everyone updated on our summer programming sessions and any special events happening over the summer.

I would like to take this time to wish everyone a good summer. If we don't see you at the centre, we will find a way to keep in touch.

When we discover the best in others, we somehow bring out the best in ourselves.

Your confidence will make some people uncomfortable. That's their problem, not yours.

Dianne Smith, Board President

Welcome to 15 New Members! We are happy to have you here!

Richard Thomas

Dextor Healy

Vilma Weistra

Joselynn Wutke

Lee Willeughby

Gord Walsh

Carol Nickell

Dennis McCulloch

Michael Smith

William Raats

5 Anonymous



Join us in celebrating the life of our friend, Sharon Gordon

Come and Go

Saturday, June 20, 2026

1:00 pm - 3:00 pm

Nord-Bridge Seniors Centre

West Community Room

1904 13 Ave. N

Light refreshments will be served



Go-Friendly Bus Service FREE During Seniors Week!

Monday, June 1 - Friday, June 5

The Go-Friendly shuttle service will be free of charge to seniors during Seniors Week. If you are in need of transportation to events at Nord-Bridge or LSCO from June 1st to June 5th, you can book your rides by calling 403-329-3222. Space is limited, so book soon!



***This includes transportation to the Nord-Bridge BBQ Picnic on June 4th!**

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

**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 will be closed early at 11:00am on Thursday, June 4 for the Seniors Week BBQ Picnic at the Rotary Picnic Shelter (North Lethbridge Sports Park).

Tickets available at Nord-Bridge for \$6 per person (members & invited guests only)



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



Nord-Bridge Membership Fees:

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

Membership Renewal: \$60

New Memberships: \$63

facebook.com/nordbridgeseniorslethbridge



x.com/bridgenord



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





Nord-Bridge Seniors Centre
1904 13 Ave. N.
Lethbridge Alberta
Phone: 403-329-3222
Email: friendly@nordbridgeseniors.com

SUMMER PROGRAM 2026

The Summer Program Guide will be released on Friday, June 19th!

Registration for all summer programs begins Thursday, June 25 at 8:30 am, both in person at Nord-Bridge and online at www.nordbridgeseniors.com

EXECUTIVE DIRECTOR'S REPORT



June always seems to be a busy month before we head into the summer season. We kick off June each year with Seniors Week activities, and Ashley has planned a full slate of events to celebrate the seniors in our community. Be sure to check out the full Seniors Week schedule on page 23 of this month's newsletter.

A friendly reminder that Nord-Bridge Seniors Centre will close at 11:00 am on Thursday, June 4, for our annual BBQ Picnic. The Dunford Diner will serve breakfast until 10:30 am that day. We apologize for any inconvenience, but this allows our staff to enjoy the BBQ Picnic as well.

Last month, we received some great news from the Alberta Gaming, Liquor and Cannabis Commission (AGLC). We have been approved and scheduled for our casino earlier than expected. Typically, charitable non-profits can apply for their next casino immediately after completing their current one. However, due to the high volume of organizations applying, the wait time to be scheduled is often up to 36 months. Originally, Nord-Bridge anticipated its next casino sometime in the third quarter of 2027. Instead, our casino has now been scheduled for December 30 and 31 of this year. In previous years, a casino has generated approximately \$30,000 in revenue for Nord-Bridge, making this an important fundraising opportunity for our organization.

I had numerous members approach me last month to ask about Nord-Bridge's status compared to Lethbridge Senior Citizens Organization (LSCO). For those who may not be aware, LSCO rents its facility from the City of Lethbridge and recently presented to City Council to request a rent pause to help offset rising expenses. While both Nord-Bridge and LSCO face similar financial challenges, our 2025 results show that Nord-Bridge is



holding its own. Our fundraising efforts and diverse programming continue to provide a stable foundation, even as we navigate the same sector-wide pressures of rising operating costs, aging infrastructure, and the ongoing need for sustainable funding. Like LSCO, we are certainly feeling the pressure of increasing expenses, but we want to reassure our members that Nord-Bridge is doing okay at the moment. Nord-Bridge supports LSCO and all of its initiatives (except, perhaps, in our "Battle of the Brews"!), as LSCO contributes tremendously to the seniors services landscape in Lethbridge. Speaking of the "Battle of the Brews," we have been selling plenty of our *Get Off My Lawn* coffee blend at the Front Desk. Bags of coffee will be available throughout the summer, or you can stop by Cuppers Coffee & Tea to pick up a bag and browse their amazing store and all the products they carry. We encourage everyone to support local community businesses like Cuppers, who generously support Nord-Bridge and many other non-profit organizations throughout Lethbridge.

Wishing all the Fathers a happy Fathers Day this month. I am blessed every day to call these two remarkable young men my sons.

David Ng, Executive Director

Executive Committee

President: Dianne Smith
Vice-President: Alan Stalker
Treasurer: Tracy Beauchemin
Secretary: Judy Cartwright
Past President: George Berg

Board of Directors:

First year

Robert Grisak
Bill Hanson
Cheryl Orr

Second Year

Randy Butterwick
Tom Ivins
Donalda Stock

Third Year

David Green
Barbara Trottier
Lorrie Vos

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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Canada Day BBQ

Friday, June 26

11:00am - 1:00pm

Hamburger, with Coleslaw, Potato Salad, Fries, and Gravy: \$15 per person

Hot Dog, with Coleslaw, Potato Salad, Fries, and Gravy: \$13 per person

For members and invited guests only

***Alcohol available for an extra fee**

Come and celebrate Canada Day with delicious food and live music!

***First come, first served. Regular dining menu limited**



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

May 22 - Brenda Fraser \$207

MONDAY JAM 50/50 DRAW

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

RECENT WINNERS

May 4 - Gail Krysak \$115

May 11 - Noel Smith \$100

May 18 - CLOSED

May 25 - Anonymous \$110

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

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.

Winnipeg Wonders – 8 days, July 4th

Saskatchewan Loop – 8 days, August 9th

Okanagan Splendour – 7 days, September 13th

FLY – Newfoundland and Best of the Maritimes – 25 days, September 14th

FLY – Eastern Canada & Maritimes Fall Foliage – 20 days, September 14th

Fairmont Hot Springs Getaway – 4 days, September 28th, October 26th

Nashville, Branson and Smoky Mountains – 21 days, October 7th

Victoria Stay Awhile – 9 days, October 11th

Christmas in Victoria – 9 days, December 21st

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

49th Anniversary



Many of our **DROP IN AND SENIORS ASSISTANCE** programs are taking a break during July and August, and will return in September. Please see the list below!

Clogging
Music Makers
Walker Repairs
Carpet Bowling
Outreach Program
Floor Shuffleboard
Monday Morning Jam
Backgammon & Chess
Coffee with a Constable
Huckvale Lawyer Sessions
Mind Joggers Writing Group
Member Photos with Walter
Beginners Pickleball at YMCA
Evening Pickleball at Nord-Bridge
IG Wealth Management Visits with Tyrel
Lethbridge Hearing Centre Hearing Tests



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9:30 am - 12:00 pm
in the
Dunford Diner

Jammers

Every Monday
(excluding holidays)
**Taking a break in July & August. Will return in the fall!*

\$3 cover charge for non-members

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

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- * Evergreen's Budget Conscious Pricing

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BUILDING OPERATING FUNDS RECENT DONORS

Joe & Sumi Tomiyama \$100
Bob Gow \$100; Gami Jones \$50
Terry & Tracy Beauchemin \$100
Anjana Veenendaal; Yvonne Wilson \$50
Les Herrington \$500
William Sanders \$50; Heather Todd \$300
Harvey Schmitt \$100; Lawrence Velker \$100
David & Carolyn Dirk, In Memory of Phyllis Kruszewski \$300
Anonymous: \$1000, \$130, & \$100

NORD-BRIDGE IN-HOUSE BINGO

Year to date: \$7586.00

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

3rd Thursday of the month
in the Nord-Bridge Library
Upcoming Date: June 18
**Taking a break in July & August*

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

Tech Desk Help with Peter

If you have questions about your laptop, tablet, or smart phone, our volunteer, Peter, would be happy to assist you!

Date: Thursday, June 11
(summer dates announced June 19th)
Time: 9:30 am - 2:00 pm
Location: Nord-Bridge Main Corridor
Cost: FREE

**For Nord-Bridge members only*

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

4TH ANNUAL NORD-BRIDGE FATHER'S DAY SHOW & SHINE

Sunday, June 21 // 11am - 3pm

*weather permitting

**Winston Churchill High School Parking Lot:
1605 15 Ave. N.**

Enter your vehicle: Classic car/truck entry is \$20 each.
No motorcycles please!
Call Ashley at 403-329-3222 if you'd like to have your vehicle in the show. Space is limited!
*Please note: Vehicles MUST be clean, unique, and in working condition to be entered into the show!

Free admission for spectators
*Bring a non perishable food item for the Interfaith Food Bank if you are able!



BBQ & DOOR PRIZES!

Intro to Kayaking for Seniors 55+

Session 1 Dates: Wednesdays, July 8 - 29
Session 2 Dates: Wednesdays, August 5 - 26
Time: 1pm - 4pm
Location: Park Lake Provincial Park
*Meet at the Boat Launch at the North end of the lake
Fee: \$150 member/non-members (ages 55+)

This class is for all skill levels and all equipment will be provided. You will learn about gear, safety, boat design, paddling techniques, and much more, while gaining confidence and self-esteem! Please wear proper attire - you will get wet!



Call 403-329-3222 or visit www.nordbridgeseniors.com to register beginning June 25. Please pick up a photo consent and waiver form upon registering!



Summer 2026 Nord-Bridge Seniors Centre PRESENTS **NEW**

ONLINE REGISTRATION

Available June 25

ENROLL ONLINE AT: WWW.NORDBRIDGESENIORS.COM

OR CALL 403-329-3222 AFTER JUNE 25 TO REGISTER

Steps to Register Online:

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

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

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Coffee with a Constable

Date: Wednesday, June 17
Time: 10:00 am
Location: Dunford Diner

*Taking a break in July & August!

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

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FAX: 403-320-1181



Fred Miller
[Registered](#) Optician

CUPPERS COFFEE

CHOOSE YOUR SIDE



Battle of the Brews Fundraiser Challenge Nord-Bridge vs. LSCO

Our own "Get Off My Lawn"
Cupper's Coffee blend is available for purchase
at Nord-Bridge and Cupper's for \$22/bag.
\$5 from each sale goes towards Nord-Bridge fundraising!

The Executive Director of the seniors centre who sells the least amount of
coffee from May 4th - August 17th has to attend the winning senior
centre's Whoop Up Days Pancake Breakfast and serve pancakes!



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

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



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Over 30 Years Experience



FREE FOR ANYONE 55+
NO NEED TO REGISTER
DROP-INS WELCOME!

INFORMATION SESSION:

ALL ABOUT LETHBRIDGE REAL ESTATE!

DATE: JUNE 23

TIME: 10:30 A.M.

LOCATION: FLEX ROOM



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New Owner/
Operator



DARREN
ATKINS



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, cheese sauce, toast & coffee

MEATLOVERS SKILLET \$12

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

VEGGIE SKILLET \$10

Spinach, mushrooms, peppers, green onions, scrambled eggs on hashbrowns, cheese sauce, 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



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- Birthday Parties
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- Youth Groups
- Bachelor(ette) Parties
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Bocce Ball at Norbridge Lions Park

Located between 13 Ave. North & 15 St. North

Tuesdays at 2:00 pm (weather-permitting)

Visit the Nord-Bridge Front Reception Desk to REGISTER or to get in touch with convener Steve King with any questions.

*For Nord-Bridge members only



Ageless

MOTION DAY

*Meet at the Nord-Bridge front doors

Nord-Bridge Seniors Centre

1904 13 Ave N

June 9, 2026 // 10:30 am



JOIN AS A SENIORS GROUP, PARTICIPANT, OR FAMILY!

REGISTER AND/OR LEARN MORE AT
WWW.SHAPEAB.CA



Attention Table Tennis Players



For the summer months (June–August), Wednesday evening Table Tennis will start at 7:00 pm.

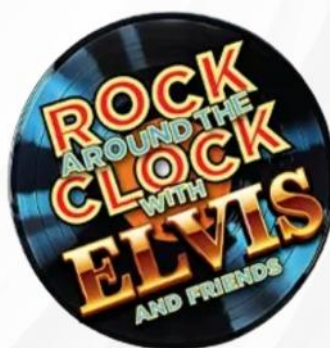
The regular 7:30 pm start time will resume in September.

Condolences to...

the Klein family, on the passing of Art
the Rushfeldt family, on the passing of Gladys
the Nordquist family, on the passing of Melanie
the Kruszewski family, on the passing of Phyllis
the Gordon family, on the passing of Sharon
the Coutts family, on the passing of Don
the Emery family, on the passing of Bob

Get Well Wishes to...

Lloyd Kanewischer



Jubilations



Interested in a Day Trip to Jubilations Dinner Theatre?

We are gathering names for a potential trip to Calgary on **Tuesday, September 8** for the matinee performance of **Rock Around the Clock with Elvis & Friends**. Ticket, transportation, and meal included!

Cost: \$130 Members • \$150 Non-Members

If interested, please add your name to the Interest Sheet at Nord-Bridge.

*We are collecting interest only at this time.



Our May Outreach program was a Summer Beach Picnic theme, with many guests in summer/beach attire. We welcomed groups from Good Sams North, DaCapo, New Beginners Association, Ability Resource, Mosaic and Nike groups, and Nord-Bridge members. Along with volunteers and entertainers, a whopping 89 people enjoyed the picnic. Guests were treated to entertainment by Windy City Accordions, which was enjoyed by all as the music kept our feet a-moving. Our snack was picnic-style ice cream with a wafer cookie and for an extra treat, remember those candy cones we used to buy? Well, the Armstrongs treated our guests to a reminder of days gone by. Sadly, this is the last Outreach program until fall, giving volunteers a needed break. We look forward to seeing you all back on September 21, 2026 for our “Fabulous Fall” program. We thank you all for joining us for our summer picnic, and we look forward to seeing you in September with special themes and entertainment for your enjoyment.



Outreach Recap ~Judy Cartwright, Volunteer





Volunteer Services Report

Hi everyone,

First, I would like to thank all our volunteers who took the time to attend our Annual Recognition Event on April 23rd in the Dunford Diner. We had a very good turnout and appreciated your patience while we prepared the diner for the special event. We tried something new this year, starting a little later and allowing the diner to officially close first. Aiming for a casual "Coffee Time" event, we hope the snacks, gift bags and fun door prizes, conveyed how very much we appreciate and value our volunteers, not just during National Volunteer Week but all through the year. If you have any suggestions or ideas you would like to share with me going forward for next year, please stop by and let me know what you think. A HUGE thank you to Julie, who arranged for awesome snack and refreshment donations.



A major event I will be looking for Nord-Bridge volunteer assistance for in June, is the 4th Annual Father's Day Show & Shine Car Show taking place on Sunday, June 21st at the nearby Winston Churchill High School main parking lot. Please contact me if you would like to be involved.

As usual, we are always looking for volunteers for the Friday Bingo morning table/chairs set up (12:00 pm) or the after-game takedown (2:45/3:00 pm). Even if you can help once or twice a month let me know if this short (half hour, tops) but important (Bingo is a major fundraiser for Nord-Bridge) assignment. If you are physically able to help with the table & chairs, please let me know. I am also still looking for an additional Nord-Bridge Event volunteer photographer. Nord-Bridge supplies the camera, so let me know if this is something you would like to try.

Every 5 years Statistics Canada does a major survey about Canadian volunteerism. The last two surveys were for 2018 and 2023. Comparing results for formal (on behalf of a registered non-profit) volunteering among those 55 years and older, one important statistic stood out; Canadians aged 55 and over were less likely than younger Canadians to volunteer for a charity or non-profit organization, but those who did, gave an average of 155 hours annually, compared to younger Canadians who gave on average 90 years annually. At Nord-Bridge we have several Member Volunteers who certainly give 155 or more hours annually. Impressive.



"Volunteers do not necessarily have the time; they have the heart." ~ Elizabeth Andrew

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







★ Nord-Bridge Stars: Terry Beauchemin ★

Our Go-Friendly driver Terry experienced the trip of a lifetime in April! His wife Tracy took him to Las Vegas, and booked a NASCAR experience for him. Once in the race car and heading around the track, memories of racing as a youngster came flooding back. Terry: "It was amazing and the speed was crazy. Five times around the track then into the pit for service, new tires and filled up. Three times and 15 laps around the track was mind blowing! A spotter was assigned to let me know what to do; each time around he was giving me compliments on my driving as did the owners of the track. Once out of the car I was surrounded by the crew and others taking care of the cars, all telling me how well I did. Rick is the spotter for Bobby Earnhardt, and was surprised I didn't race professionally. My top speed, once I found the "sweet spot" was 150 mph! Thanks to my wife, it was an experience I'm not soon to forget or that can ever be topped off."



June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 SENIORS WEEK THIS WEEK! 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 11:45 15'15' (MPH) 11:45 Abs, Core, & More 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts Tournament 2:30 Guided Meditation 4:15 Indoor Walking & Strength (MPH) 6:00 Beginners Pickleball (MPH)	2 8:30 Seniors Week Pancake Breakfast *Dunford Diner 9:00 Zumba Gold Toning 10:00 Intermediate Watercolor 10:00 New Comers M & G 10:00 Fit Ball (MPH) 10:30 Strengthening the Aging Brain (Flex Room) 11:00 Keep Fit (Cardio) 12:15 Begin. Line Dance (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 1:45 Qi Gong (MPH) ^{SSW} 2:00 Bocce Ball (Nor-Bridge Lions Park) Exercises with Arthritis Gentle Barre (MPH) Dragon Boat Dry Land	3 8:45 Active Pound 55+ 9:00 Handy Crafters 9:00 Gentle Yoga (WCR) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 6:00 Self Care Yoga 6:30 Begin. Pickleball ^(WCR) 7:00 Table Tennis (MPH) 	4 9:00 Card Crafters 9:00 Intermediate Line Dance 9:00 Chair Yoga (WCR) 9:30 Mind Joggers (BR) 11:00 Seniors Week BBQ <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>*Nord-bridge CLOSED today by 11 am for the Annual Seniors Week BBQ Picnic at Rotary Picnic Shelter. Tickets available for Nord-Bridge Members.</p> </div>	5 8:30 Begin. Chess Club (Craft Room) 8:30 Backgammon 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (WCR) 1:00 In-House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge
8 9:00 Hello Monday (Flex R) 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 11:00 Pet Therapy (SSW Office) 11:45 15'15' (MPH) 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 4:15 Indoor Walking & Strength (MPH) 6:00 Beginners Pickleball (MPH) 	9 9:00 Zumba Gold Toning 9:00 LAWYERS (BR) 10:00 Intermediate Watercolor 10:00 Fit Ball (MPH) 10:30 Shape Alberta Walks with Diane (Meet at Front Doors of NB registration not required) 10:30 Strengthening the Aging Brain (Flex Room) 11:00 Keep Fit (Cardio) 12:15 Begin. Line Dance (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 1:45 Qi Gong (MPH) ^{SSW} 2:00 Bocce Ball (Nor-Bridge Lions Park) Exercises with Arthritis Gentle Barre (MPH) Dragon Boat Dry Land	10 8:45 Active Pound 55+ 9:00 MANICURES (Craft Room) 9:00 Handy Crafters 9:00 Gentle Yoga (WCR) 9:30 Board of Directors Meeting Chair Yoga (WCR) WINNERS BINGO 10:45 Pilates (WCR) 11:30 Dog Portraits (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 6:00 Self Care Yoga ^(WCR) 6:30 Begin. Pickleball (YMCA) 7:00 Table Tennis (MPH)	11 9:30 Tech Help (Hallway) 9:00 Card Crafters 9:00 Intermediate Line Dance 9:00 Chair Yoga (WCR) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) ^(MPH) 1:00 Advan. Acrylic Paint 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge ^(Annex) 1:20 Park Meadows Game Afternoon (WCR) 15 15 15 ^(MPH) 6:00 Begin. Pickleball (MPH) 	12 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (WCR) 1:00 In-House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge 

<p>15 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Member Portraits (Library) 10:00 Sketching & Drawing 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 11:30 IG Wealth Visits with Tyrel (Hallway)  11:45 15 15 15 (MPH) 1:00 Quilters/Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 4:15 Indoor Walking & Strength (MPH) 6:00 Beginners Pickleball (MPH)</p>	<p>16 9:00 Zumba Gold Toning 10:00 Fit Ball (MPH) 10:00 New Comers M & G 12:15 Begin. Line Dance (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 1:45 Qi Gong (MPH)  2:00 Bocce Ball (Nor-Bridge Lions Park) 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Dragon Boat Dry Land </p>	<p>17 8:45 Active Pound 55+ 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:00 Walker Repairs (Hall) 10:00 Coffee with a Cop 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Dog Portraits (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 6:00 Self Care Yoga 6:30 Begin. Pickleball (YMCA) 7:00 Table Tennis (MPH)</p>	<p>18 9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 9:00 Chair Yoga (WCR) 10:00 HEARING TESTS (Library) by Appt. 9:00 Handy Crafters 10:30 Chair Yoga (WCR) 11:30 Volunteer Tax Thank You Lunch (Annex) 1:00 Advan. Acrylic Paint (Flex Room) 1:00 Woodcarving 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:15 Tech Help on Ai (WCR) 1:30 15 15 15 (MPH) 6:00 Begin. Pickleball (MPH)</p>	<p>19 SUMMER PROGRAM GUIDE RELEASED TODAY! 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (WCR) 1:00 In-House Bingo (MPH) 1:00 Watercolor Club (Flex Room) 1:00 Cribbage (WCR) 1:00 Contract Bridge 11:00 Fathers Day Show and Shine at Winston Churchill Parking Lot on Sunday June 21! </p>
<p>22* & 29 9:00 Hello Monday (Flex Room) 9:30 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 11:45* 15 15 15 (MPH)* 1:00 Quilters/Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 4:15* Indoor Walking & Strength 6:00 Beginners Pickleball (MPH)</p>	<p>23* & 30 9:00* Zumba Gold Toning * 12:15 Begin. Line Dance (MPH) * 12:45 Canasta/ H & F 1:00* Cooking at Interfaith * 1:00 Scrabble (Craft R) 1:00 Texas Hold'em 1:30 Beginners Crib 1:45 Qi Gong (MPH)  2:00 Bocce Ball (Nor-Bridge Lions Park) 3:00* Exercises w/ Arthritis * 5:00* Gentle Barre (MPH) * 6:30* Dragon Boat Dry Land* </p>	<p>24 8:45 Active Pound 55+ 9:00 Handy Crafters 9:00 Gentle Yoga (WCR) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 3:15 LSKIP (MPH) 6:00 Self Care Yoga 6:30 Begin. Pickleball 7:00 Table Tennis (MPH)</p>	<p>25 SUMMER REGISTRATION BEGINS TODAY AT 8:30 AM! 9:00 Card Crafters 9:00 Inter.Line Dance 1:00 Woodcarving 1:00 Whist (Annex) 1:00 Contract Bridge 1:15 Tech Help on Ai (WCR) 1:30 15 15 15 (MPH) 6:00 Begin. Pickleball (MPH)</p>	<p>26 9:00 Ukulele Circle 9:00 Handy Crafters 11:00 Canada Day BBQ Lunch Special (Diner) 1:00 In-House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge Dragon Boat Races Come Cheer on our Team at Henderson Lake this weekend!  *Monthly Toonie Draw (Fourth Friday of Every Month) </p>

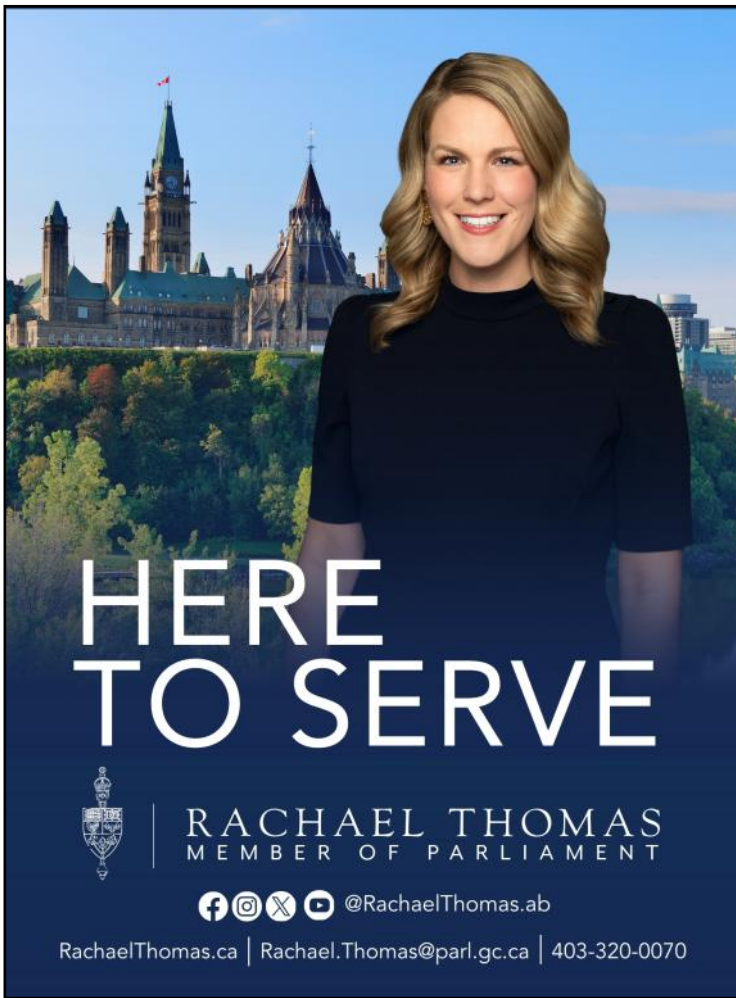
Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, Please note: for fare details please contact front reception desk.

- **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: JUNE 3, 10, 17, 24**
- **FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)**
- **LOCATION: CRAFT ROOM UPCOMING DATES: CHECK IN NEWSLETTER**

- **WHOOOP UP DAYS PARADE- TUESDAY, AUG. 18TH**
- **PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!**
- **WHOOOP UP DAYS PANCAKE BREAKFAST WEDNESDAY AUG. 19TH**
- **REGISTER YOUR CAR IN THE FATHERS DAY CAR SHOW WHILE SPACES LAST \$20 EACH OPEN TO ALL CALL ASHLEY AT 403-329-3222.**
- **HAVE AN INFO SESSION YOU SUGGEST? GIVE ASHLEY AT CALL!**



HERE TO SERVE

RACHAEL THOMAS
MEMBER OF PARLIAMENT





 @RachaelThomas.ab

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



Visit a new park each week!

Grab a friend & join the Nature Centre, Nature Lethbridge, Lethbridge Senior Citizens Organization & Nord-Bridge for our

SUMMER

Nature Walking Club

May 26
 June 9, 23
 July 7, 21
 August 4, 11, 25
 8:30am-10:30am

***This program is full, but please call to be put on our wait list!**

Call to register
403.320.3064

or go online
nature.lethbridge.ca

Bus pick up @
Lethbridge Senior Citizens Organization &
Nord-Bridge on all days








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 Date: Wednesday, June 10
 Time: 9:00 am - 12:00 pm
 Location: Craft Room
 Fee: \$20 (please pay Jackie directly) cash only

Please Note: Appointments will be offered twice per month in July and August. See the Summer Program Guide (available June 19) for new dates!

**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.



FREE Walker Repair Clinic

Date: Wednesday, June 17
Time: 10:00 am - 11:00 am
Location: Nord-Bridge Main Hallway

Book your appointment at the Front Reception Desk

Taking a break for summer!

***For Nord-Bridge Members only**

Thank you to:

Leister's Home Care
Equipment & Scrubs
705 2nd Ave South - Lethbridge, AB
403-380-2600







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 Date: June 15

***Taking a break in July & August**

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



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

Happy June Nord-Bridge!

Seniors Week returns June 1st – 7th bringing a full week of fun, friendship, and community spirit to Lethbridge. It's a wonderful time to celebrate the people whose experience, kindness and volunteer efforts continue to shape our city in so many meaningful ways.

Throughout the week, local organizations will be hosting a variety of activities designed to bring people together. Including social gatherings and entertainment to wellness programs and community events. Whether you enjoy learning something new, sharing stories over coffee, or simply going out to visit with friends, there will be something for everyone to enjoy.

The Lethbridge Senior Citizens Organization will once again present the popular Live Well Showcase on June 4th and 5th. The event features local vendors and informative speakers, along with health and wellness resources. The LSCO Live Well Showcase is sure to provide plenty of opportunities to connect with others in the community.

Over at Nord-Bridge Seniors Centre, the week will be filled with favorite traditions including a pancake breakfast, Bingo, music, dancing, and a members BBQ. The Nord-Bridge Seniors Week BBQ Picnic on June 4th will take place from 11AM-2PM at the Rotary Picnic Shelter in the North Lethbridge Sports Park. The event is reserved for Nord-Bridge Members and their guests, so if you are interested in attending please purchase your ticket while they last.

Seniors Week is more than just a celebration - it's a reminder of the important role seniors play in keeping our communities strong, caring, and connected. So, mark your calendars, invite a friend, and come enjoy the warmth and good company that makes Seniors Week such a special time in Lethbridge.

~Breylin McNeil

BSW, RSW Seniors System Navigator



CASINO BUS TOUR
Seniors One-Day Fun Trip to Calgary
LAST TUESDAY OF THE MONTH
Lunch and Treats Provided

Sign Up Now!

Mary: 587-425-5100

Arleen: 403-327-1813



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, Summer 2026 is being offered at Nord-Bridge Seniors Centre

Call 403-329-3222 to register starting June 25th

Session Dates/Times:
Wednesdays
1:30 pm - 3:30 pm
July 8 - July 29

Location:
Nord-Bridge Seniors Centre,
West Community Room &
Board 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



Lawyers of Huckvale Free Initial Legal Consultation

When: Second Tuesday of the month

Time: 9:00 am to 11:30 am

Location: Nord-Bridge Board Room

Fee: FREE

*For Nord-Bridge Members Only

Upcoming Date: June 9

***Taking a break in July & August**



*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.



Friday Morning Chess & Backgammon

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

Location: Craft Room

LAST DAY OF PLAY IS JUNE 5TH (BREAK FOR SUMMER)



*For Nord-Bridge members only

This is a great opportunity to meet new people in a fun atmosphere!




CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME

*Family Focused
Family Operated*

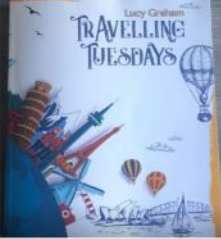
703 13 STREET NORTH, LETHBRIDGE

Phone: 403.382.3601
www.generationsfh.ca

A division of the Caring Group Corp.



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



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

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

Mind Joggers - The Shadow of Grief

Throughout life, people experience many types of pain. Injuries can often be managed with medication or other means but the pain of personal grief, like losing a loved one, is uncontrollable. Grief lingers like a persistent shadow, always by your side. Some days are darker than others, but it doesn't adhere to time, occasions, or events; it touches you when it chooses and never asks for permission.


Initially, the shadow of grief faces you, and is overwhelming, surrounding and squeezing your heart until you can't breathe. It's relentless, invading every breath and thought. Uncontrollable sobbing erupts regardless of time or surroundings because grief has no rules or timeline.

As time passes, the shadow walks by your side, remaining your constant companion; ever present, but not constantly invading your thoughts. Then, unexpectedly, it wraps its arms around your shoulders, reminding you of your loss and triggering another wave of grief. Eventually, the shadow moves behind you, a quieter presence. However, at its whim, it grabs you, bringing grief back for another visit.

Memories, smells, or people who resemble your loved one can ignite your grief. It might be the colour of someone's hair, the laughter of someone in a crowd, music, favourite books, or even the mere mention of their name. Sometimes, the shadow deceives you, making you believe you see them in a crowd, leading you to follow them, hoping for a reunion. But when they turn around, you're left alone again in your sorrow.

The shadow of grief never leaves you. It's always there, patiently waiting to squeeze your heart once more. Sometimes it's in front of you, sometimes it walks beside you, and sometimes it walks behind you. It's a constant companion, a lingering reminder of the pain of your loss. When you lose someone you love, grief becomes your shadow, and you must walk with them both.

~ June Dick



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!

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


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




Thank you to the Members and Supporters of the Nord-Bridge Library & Book Sales

We will not be accepting book donations from June 1 to September 30, 2026.


We will accept books again in October with close adherence to the guidelines below.



When considering donating books, please use these guidelines:

Books should be copyright 2000 or newer.

- Copyright 2010 – 2026 goes into the current collection
- Copyright 2000 – 2009 are stored for the next book sale (limited storage space)
- Exception** - books which are large print or western genres can be any copyright if they are in good condition.
- Not accepting:** DVDs, CDs, cassette tapes, magazines, encyclopedias, or textbooks



Programming Report



We are ramping up for this month, a month filled with Seniors Week activities as well as our 4th Annual Fathers Day Show and Shine BBQ. The volunteers, staff, and I have our work cut out for us!

Knowing it will be busy, my hubby and I got away last month to Crowsnest Pass for our anniversary. We hiked, biked, and enjoyed some delicious food. The weather was cooler, but it was nice to take in the beautiful scenery.

Last month, Nord-Bridge gratefully recognized the financial support of \$5,000 towards our new website upgrade from the Community Foundation of Lethbridge and Southwestern Alberta, a public foundation serving the community of Southwest Alberta. Thank you so much to Charleen, Caitlin, and the selection committee for this grant; we will put it to good use with the goal of a new website by Fall 2026.

This month is Senior's Week which is always the first full week of June, celebrating all Albertan Seniors in the community and everything they contribute to society. For a full

list of our Seniors Week events please go to page 23 of this newsletter.

Then on Sunday, June 21st from 11am - 3pm in the parking lot of Winston Churchill High School we will be hosting our 4th Annual Fathers Day Show and Shine BBQ event. We are excited to host this once again at WCHS.

Unlike last year, we will not have food trucks and will instead be bringing back a BBQ with hot dogs and hamburgers along with some other goodies, for an extra fee. If you are wanting to come as a spectator on this day, we ask that you bring a nonperishable food item to "Feed the Bug," which will be donated to the Interfaith Foodbank. Of course, outdoor events are always "weather permitting" - if the weather does not cooperate, we plan to have it the following Sunday. **If you missed out last year in getting your vehicle in the car show, now is the time, and its only \$20 per vehicle! You have until June 17th, so give me a call at 403-329-3222 or if I'm away, call Cindy at 403-715-5266.** Vehicles must be in clean, working condition and registration is open to anyone in the community. We hope to see you all out then! More details on page 7 of this newsletter.

The end of the month is also our Annual Canada Day BBQ on Friday, June 26th from 11:00 am - 1:00 pm in the Dunford Diner. There will be amazing food, alcohol (extra fee), and prizes for members and invited guests. The day after this BBQ is the Dragon Boat Festival at Henderson Lake and our Nord-Bridge Sea 'N' Oars Dragon Boat team will be competing as one of the only older adult teams in the festival, so come out and cheer them on; they will be in a BRIGHT Blue color!

The highly anticipated Summer Program Guide will be out on Friday, June 19th both in person and online. If you are signed up to receive monthly newsletters, you will also have a copy emailed to you. Then on Thursday, June 25th all program registration opens at 8:30 am both in person at Nord-Bridge, and online at www.nordbridgeseniors.com. For more information on how to register please go to page 7 of this newsletter or give me a call. As usual, we highly recommend registering online if you are able, as this is a much quicker process. If you decide to register online, please make sure that we have the most updated e-mail on file for our records or you will not be recognized as a current member of Nord-Bridge therefore not receiving the membership discount on classes. This also goes for membership renewal - please make sure these are paid up until the end of this year so you can receive your membership discount. We have lots of outdoor programs and some new indoor programs that will be offered as well!

If you don't want to wait until the summer program is out here are a couple programs that will be starting in July and August!

Intro to Spanish, back by popular demand once a week on Tuesday mornings at 10:00 am from July 14 - Aug. 25; Evening Gentle Yoga class on Monday nights running from July 6 - August 31; or try a Keep Moving (Fall Prevention) Class, back by popular demand and lead by new Certified Therapeutic Recreation Specialist, Kelci Trapp on Friday mornings at 9:00 am. Register for all of these and more starting June 25th.

Cancelled programs for this month: Due to our Annual Seniors Week BBQ Picnic at the Rotary Picnic Shelter on Thursday, June 4th, our building will be closing by 11:00 am this day, and all afternoon programs are cancelled. Please note: If you are in a class in the morning (eg. Chair Yoga) and it is not done by 11:00 am, the class will be cancelled and has already been adjusted in the schedule and with the instructors. Please talk to me for more info on this.

Until next month, stay happy and healthy!

~Ashley Kern - Director of Programming





Drop-In Sessions with Tyrel McLelland CFP®, RRC

Next Date: Monday, June 15
Time: 11:30 am - 1:00 pm
Location: Nord-Bridge Main Corridor

Have you attended our Retirement Income, Wealth Transfer, or Estate Planning sessions but struggled to take the next step? Nord-Bridge is partnering with Executive Financial Consultant **Tyrel McLelland, CFP®, RRC**, from IG Wealth Management to help you move forward.

Tyrel will be on-site once a month for drop-in info sessions. Visit his table in the main corridor to ask questions, get guidance, or receive a referral if needed. If you choose to work together, Tyrel offers fee-for-service support, discussed with you in advance.



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.

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



Restoring
Smiles with
Quality
Dentures

Southern Denture Clinic



Now doing intraoral scanning!
No more messy
uncomfortable impressions!

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

Offering
Home Visits
call for more info

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

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

Friday, June 5

Meatloaf with Rice and Veggies

Friday, June 12

**Roast Beef with Mashed Potatoes,
Gravy, and Carrots**

*Please Note: Liver &
Onions will not be
served this month*

Friday, June 19

**Pork Chops in Mushroom Cream Sauce,
with Mashed Potatoes and Veggies**

🇨🇦 Friday, June 26 🇨🇦

Canada Day BBQ: Choose 1 of 2 Options

**Option 1: Hamburger, with Coleslaw, Potato Salad,
Fries, and Gravy: \$15 per person**

**Option 2: Hot Dog, with Coleslaw, Potato Salad,
Fries, and Gravy: \$13 per person**

**Regular dining menu limited on June 26th*

Available from 11am to 1pm, while quantities last



NORD-BRIDGE
SENIORS CENTRE

DARREN ATKINS



📞 403-894-4122

✉️ darren.reddooryql@gmail.com



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PROFESSIONAL REAL ESTATE SOLUTIONS FOR SENIORS.



Need help with a sewing repair?

Hemming, buttons, snaps, holes, etc.

Text or call Darlene

403-394-8811

Volunteer/Nord-Bridge Member



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.**

Fundraising Report

Fundraising is busy at Nord-Bridge Seniors Centre as we collect donations for our Seniors Week events: Pancake Breakfast, BBQ Picnic, Darts Tournament, and Friday Bingo!

We are preparing for our Father's Day Show and Shine on Sunday, June 21, as well as our 1st Annual Nord-Bridge Seniors Golf Tournament on July 27 and 28, in partnership with the Southern Alberta Senior Men's Golf Association. Donations for these events are greatly appreciated and help us continue creating meaningful community connections for seniors.

We are working toward a pie auction, but we need your help. Our goal is a minimum of 50 donated pies before we can set a date, and we are asking all bakers, pie makers, and supporters to step forward. If you can donate a pie, or know someone who can, please help us reach this goal and turn this delicious fundraiser into a reality.

We are also excited to announce that we have been approved as a casino host at Pure Casino on December 30 & 31, 2026. This is a great fundraising opportunity for Nord-Bridge and gives people something fun to do on New Year's Eve!

This month, we also paused to remember a few dear friends we lost and to hold them close in our hearts. Their memory is a gentle reminder to keep living life, stay positive, and cherish our time together. Wake up smiling – we are so happy you are here!

~Julie Sarich

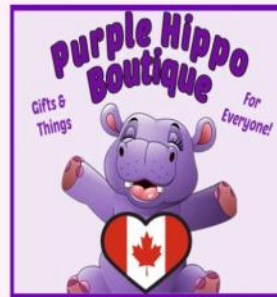
Director of Fund Development



Thank You to Our Mother's Day Luncheon Volunteers and Sponsors!



MLA
Nathan Neudorf
City Councillor
Belinda Crowson



Thank you to our community sponsors for their generous support of our Volunteer Appreciation Event on April 23!

Your generosity helps us celebrate the volunteers who make Nord-Bridge thrive, and we're so grateful!



MOBILE FOOD SUPPORT LETHBRIDGE FOOD BANK
FEED THE NEED

June 2026

June 11 - 1pm
LSCO - 500 11th Street S

June 18 - 1pm
Nord Bridge Senior Centre - 1904 13 Ave N

Laughs, Life, and a Little Sass

Some months feel calm and organized. May was not one of those months. May showed up like a tornado in flip-flops carrying a karaoke microphone and a garden rake, and honestly... I just tried to keep up.

But before I get into all the chaos, laughter, road trips, procrastination, and questionable life choices disguised as "self-care," I need to take a moment for something important. This job is not always easy. Somewhere between the schedules, the events, the volunteers, the members, and the everyday moments, people stop becoming coworkers or acquaintances - they become family. And with family comes love, connection, memories... and sometimes heartbreaking goodbyes.



This month I had to say goodbye to my beautiful friend Sharon. If you knew Sharon, you knew joy. You knew laughter that could fill a room, kindness that made people feel seen, and a heart so genuine it made this world softer just by being in it. Sharon had the kind of spirit people gravitated toward. She made life brighter without even trying. I will forever treasure the memories, laughs, and moments I shared with her. Thank you for being a friend, Shar-Bear.

Now... in true Sharon fashion, I think she'd tell me to stop crying, crank up the music, and keep living life loudly - so that's exactly what I did. Let me tell you about May.

First of all, Terrence is BACK. For those unfamiliar, Terrence is my car, and after an oil change, a wash, and a full tank of gas, he is thriving. Freshly moisturized, hydrated, and ready for highway season. I forgot over the winter how much I love driving him. There is something deeply therapeutic about rolling down the windows, blasting Wilson Phillips and cruising down the highway with absolutely nowhere important to be. Hold on for one more day? Ma'am, I absolutely will.

I also managed to squeeze in a few music shows, some karaoke, and enough random social adventures to remind myself that life is way too short to always act respectable. I sang, I laughed, I met new people, and thankfully for

everyone involved, there is very little evidence.

At one point, I took an entire week off with fully responsible adult intentions. My plan was simple: catch up on housework, tackle the yard, prepare my garden, and finally get my life together. Instead, I took a road trip to Calgary with my son Ben, walked the dogs, went out for lunch, relaxed, laughed, and avoided responsibility like it was a collection call. And honestly? Zero regrets. The housework eventually got done Sunday evening because nothing motivates a person quite like the crushing realization that they've run out of tomorrows. Procrastination may not build character, but it certainly builds urgency.

Despite all my distractions, I did manage to keep a promise I made to myself this year: learning how to make two new things every month. This month's adventures included red pepper jelly and lotion bars. Now listen... the red pepper jelly? Surprisingly impressive. The lotion bars? Life-changing. I may not have my laundry folded, but my skin is soft enough to slide directly off a leather couch, and that feels like personal growth.

And somehow - SOMEHOW - it is already June.

Honestly, with the speed this year is moving, summer will be over in approximately 3-5 business days, so I fully intend to make the most of every second. I'm bringing out the paddleboard, chasing sunshine, making memories, and heading to Jaffray for some much-needed family time.

At the end of the day, life is messy, beautiful, heartbreaking, hilarious, exhausting, and precious all at once. One moment you're grieving someone you love, and the next you're singing karaoke, making pepper jelly, and speeding down the highway. That's the strange magic of life, I suppose.

So, here's to sunshine, second chances, belly laughs, meaningful friendships, spontaneous road trips, and learning to embrace the chaos instead of trying to organize it into labeled bins.

~Erin Bates "You're one bad decision away from a great story."





Sleep Information Series For Women

Join Life Coach Judith Van Horne for a series of information sessions on women's sleep health.

Thursday, July 2

Setting Sleep Goals - Yes They Are Important!

Thursday, July 9

Food & Sleep - Understanding the Connection

Thursday, July 16

 Polypharmacy - How to Improve Sleep

Thursday, July 23

Being a Partner in Your Sleep Healthcare:
How to Talk to Any Practitioner

Thursday, July 30

Talk to Your Unconscious Mind for a Better Sleep

Thursday, August 6

Your Outlook on Life and Its Relationship with Sleep



All sessions begin at 10:00 am
Location: Nord-Bridge Flex Room



Open to all women 55+
Register starting June 25th

Reflexology

with Maria's Footworks and Health Solutions



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.

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.

Monday, June 8

11:00 am - 12:00 pm
in the SSN Office!

**Taking a break for summer. Will return in September!*

Call 403 329 3222 for more information!



Come out and cheer on the Nord-Bridge Sea 'N' Oars dragon boat team at the Lethbridge Rotary Dragon Boat Festival on June 27 & 28!



Thanks to our community sponsors!

Lethbridge
HEARING CENTRE



Thanks to our Cinco de Mayo Sponsors!



Lethbridge Elder Abuse Response Network

World Elder Abuse Awareness Day, recognized annually on June 15, shines a vital light on the importance of protecting the dignity, safety, and well-being of older adults in our communities. Raising awareness helps communities better recognize the signs of abuse, encourages meaningful conversations, and promotes resources and supports for seniors and their families. In a growing and caring community like Lethbridge, acknowledging this day reinforces the value and contributions of older adults while encouraging people of all ages to work together to create a safer, more inclusive environment.

Addressing ageism and elder abuse has a profoundly positive impact on the overall health and connectedness of a community. When seniors feel respected, supported, and included, they are more likely to remain active, engaged, and confident in accessing services and participating in community life. Building awareness also helps foster stronger intergenerational relationships, reduces social isolation, and creates a culture where older adults are celebrated rather than overlooked. By standing against ageism and abuse, communities like Lethbridge can continue to grow as compassionate places where seniors are empowered to thrive with dignity and respect.

To recognize this important day, the Lethbridge Elder Abuse Response Network invites community members to attend the Fifth Annual Seniors Talent Showcase on June 15 at 1:00pm at the LSCO. This special event celebrates the creativity, talent, and contributions of older adults while bringing the community together in support of awareness, inclusion, and connection. Everyone is encouraged to attend, show their support for local seniors, and help raise awareness about the importance of preventing elder abuse and combating ageism in our community!

Amy Cook

~ Support Services Manager



Foot Care at Nord-Bridge with Chinook Foot and Ankle Clinic



***Appointments MUST be booked ahead by calling 403-329-3222 while spaces last!**

Date: Wednesday, July 15
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

World Elder Abuse Awareness Day



5th Annual SENIOR'S TALENT SHOWCASE

**Monday, June 15
1-3:30 pm
at LSCO**

Join LEARN for World Elder Abuse Awareness Day as we showcase talent from local seniors!

Contact the LEARN Case Manager to sign up!

Are you a senior with a talent to share?



learn@lethseniors.com | 403-329-0306 | 500 11th St. S., Lethbridge

Happy Father's Day



Wishing all dads a wonderful day filled with appreciation and joy!

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



CELEBRATE SENIORS WEEK



At Nord-Bridge Seniors Centre from June 1 - 5, 2026

Monday, June 1st

- Jam Session - Nord-Bridge Dunford Diner from 9:30am- 12:00 pm This event is FREE for Members, Non-Members pay a \$3.00 fee. This is open to the public.
- Seniors Week Darts Tournament- Multi-Purpose Hall from 1:00 pm- 4:00 pm. This is for Nord-Bridge members only and is a free event with prizes to be won! Please sign up with the convener, Carol.

Tuesday, June 2nd

- Toonie Pancake Breakfast - Nord-Bridge's Dunford Diner from 8:30 am- 10:30 am for \$2.00 per person and open to the public.

Thursday June 4th

- Annual BBQ Picnic- Rotary Picnic Shelter- at North Lethbridge Sports Park (map & address available at Nord-Bridge) from 11:00 am- 2:00 pm for members and invited guests ONLY, entertainment by the Nord-Bridge Jammers *Limited food available after 1pm* \$6.00 per person. Tickets Available at Nord-Bridge starting May 15th.

Friday, June 5th

- Friday Bingo - Multi-Purpose Hall from 1pm- 3pm. This event is open to all - please note our BINGO program is a cash bingo (licensed with Alberta Gaming) so there are costs associated to play this activity. There will be prizes to be won! For anyone 18+.
- Evening Jam Session- Multi-Purpose Hall. Doors open at 5:30 pm, dance starts at 6:00 pm. Open to all. \$5.00 entry fee, get your tickets at the NE doors of the building. coffee, juice, and snacks provided.



NORDBRIDGE SENIORS
SENIORS WEEK
Evening JAM
Good Music • Great People • Great Night
JUNE 5
\$5.00 ENTRANCE for all even entertainers.
 * LIGHT SNACK AND REFRESHMENTS *
ENTRANCE
Good Music. Good Friends. Great Night!

DOORS OPEN **5:30PM**
 MUSIC STARTS **6PM**
 Everyone WELCOME!

Annual Seniors Week BBQ Picnic

Rotary Picnic Shelter
 at North Lethbridge Sports Park
 (map & address available at the Front Reception Desk)



Thursday, June 4
11:00 am - 2:00 pm
\$6.00 per person



Tickets available at Nord-Bridge
 Entertainment by the Nord-Bridge Jammers!

*For members and invited guests only
 *Limited food available after 1:00pm

Seniors Week Toonie Pancake Breakfast

Date: Tuesday, June 2

Time: 8:30 am - 10:30 am

Location: 1904-13 Ave N

Nord-Bridge Dunford Diner

Cost: \$2 per person

Open to all!



Seniors Week FRIDAY BINGO

Friday, June 5th

1:00pm - 3:00pm

Multi-Purpose Hall

Cash prizes and fun prizes!



This event is open to anyone 18+. Please note, our BINGO program is a cash bingo (licensed with Alberta Gaming) so there are costs associated to play.

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