



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

NORD-BRIDGE SENIORS

NEWSLETTER

July 2026




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

June 1st was the official meteorological start of the summer season. Hard to believe when people were just needing to bundle up from the cold. Hopefully, that is the end of that. The moisture is always needed, but not at the expense of my garden. I also find it hard to believe that June 21st had the longest amount of daylight and now we are going downhill. It hardly seems fair. I have always said that it

seems to take less time for our daylight to decrease than it does for it to increase in the new year.

The Centre saw another busy month. The hustle and bustle will take a brief vacation as many of our programs have taken a hiatus until September. The summer program guide has come out. We still have exercise programs and other card and craft programs active and, of course, Friday Bingo. Please come out and enjoy. Our diner is open as usual, so come out for coffee, a chat or a great meal.

Our next big event will be Whoop-Up Days in August. More about Lethbridge's (and Nord-Bridge's) events in the next news letter.

Here's hoping that everyone has a great summer – whether it's camping, a great road trip, a well deserved vacation to a new destination or just staying home and relaxing.

Be the reason why people believe in beautiful souls, kind hearts and good energy. Never stop being a good person.

Dianne Smith, Board President

Digital Photography

Learn the basics of good design in photography such as composition and framing, as well as editing techniques like cropping, and adjusting color and exposure.



Dates: Tuesdays, July 14 - August 25

Time: 10:00 am - 12:00 pm

Location: Craft Room

Instructor: Gordon Peret

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



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



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

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



W E L C O M E

Welcome to 20 New Members!
We are happy to have you here!

Cheryl Jenkins
George Jackman
Joan Hornberger
Laurie Jones
Fred Hawkins
Gerry Pittman
May Vander Veer
Ally Dowson

Lois Franklin
Dawn Prawdzik
Lisa Zimmer
Pat Nagy
Linda Pierzchala
Sandra Wilson
Jim Dowson
Sue Cox

4 Anonymous

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

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!



Be *Scent*sitive to others

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



We Share the Air!

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 will be closed
Wednesday, July 1st
for Canada Day**



Intergenerational Park & Play



Join Nord-Bridge Seniors Centre,
Lethbridge Family Centre, and
Building Brains Together for a fun
afternoon of games and brain challenges!

Where: Uplands Chinook Lake Park
When: Friday, July 17
Time: 10:00 am - 12:00 pm
Who: Seniors aged 55+
and children aged 6+
Fee: FREE!

Complimentary snacks and refreshments provided

***Seniors, please call Ashley at
403-329-3222 to sign up!**

EXECUTIVE DIRECTOR'S REPORT



As we move into the heart of summer, warmer temperatures, longer days, sunshine = more opportunities to enjoy the outdoors. Whether you're spending time in the garden, walking through our beautiful parks, attending community events or simply relaxing on a patio with a cool refreshment, summer is a wonderful reminder of the importance of staying active and connected. Enjoy the outdoors; but if you need to get away from the heat...remember Nord-Bridge is air conditioned :)

Since 2015, the City of Lethbridge has provided Nord-Bridge with an annual operating grant of \$75,000. This funding has been essential in supporting the Centre's operations and ensuring that seniors in our community have access to affordable programs, services, and social opportunities.

Over the past decade, Nord-Bridge has experienced a growing demand for its programs as Lethbridge's senior population continues to increase. Nord-Bridge provides a wide range of services that promote healthy aging, reduce social isolation, encourage volunteerism, and connect older adults with community resources and supports. Thousands of seniors and community members access the facility each year through recreational, educational, wellness, and outreach programs.

The City's operating grant has provided critical financial stability during a period of rising utility costs, increasing insurance premiums, inflation, and ongoing facility maintenance expenses. While Nord-Bridge generates revenue through memberships, rentals, fundraising activities, programs, and tenant leases, these revenues alone are not sufficient to cover the costs of operating a large community facility that serves thousands of residents annually.

The Community Issues Committee's June 2026 recommendation to continue the \$75,000 allocation for 2027 recognizes the significant value Nord-Bridge provides to the community. This ongoing investment helps ensure the Centre can continue offering accessible and affordable services while supporting seniors to remain active, independent, and socially connected. Nord-Bridge will have to return to council in 2027 to request that this funding be included in the next 4 year budget cycle.

July and August are also an important time for our dedicated team to enjoy some well-deserved vacation time with their families and friends. Throughout the year, our staff work hard to ensure members receive quality programs, services, and support, and the summer months provide an opportunity to rest, recharge, and return refreshed for the busy fall season ahead. We appreciate your patience and understanding if you notice a few familiar faces away during the summer, and we are grateful for the team members who help keep things running smoothly while their colleagues take a well-earned break.

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



Eat anything you want...

anytime, anywhere...

with the help of implant supported dentures.

Call us today for your complete denture care needs

Hosack
DENTURE CLINIC LTD.

Giving you something to smile about!

604 - 6 Street South • Lethbridge
(403) 327-7244 • Toll Free 1-877-467-2251

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



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

June 26 - Sue Racine \$203

MONDAY JAM 50/50 DRAW

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

RECENT WINNERS

June 1 - Linda Everard \$90.00

June 8 - Carolyn Steen \$122.50

June 15 - Millie Buck \$107.50

June 22 - Teresa Stalker \$105.00

June 29 - Check back next month!

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.

50th Year Celebration!

Join our **BRITAIN + IRELAND GROUP TOUR**
FLY to Edinburgh / Return from Dublin
15 days • May 16th, 2027

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 5th

Nashville, Branson and Memphis – 17 days, October 5th

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



Monday Evening Gentle Yoga

NEW!

with Kelci Trapp

Dates: July 6 - August 31

Time: 6:00 pm - 7:00 pm

Location: West Community Room

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

*No class August 3



Call 403-329-3222 or visit
www.nordbridgeseniors.com
to sign up!

This is a functional, gentle yoga class, with the intention to enhance mobility and flexibility through slow gentle movement. Some poses will be flowing; moving one pose gently into another. Other poses will be still, allowing for strength and stretch. This class is for any level, and modifications will be offered for any pose. Some of the poses will be standing, some on the floor, or on a chair. *Please bring a yoga mat to class.

NEED TO DOWNSIZE?



CALL TODAY FOR A FREE MOVING PLAN CONSULTATION

LET MY EXPERIENCE GUIDE THE WAY

403-360-5289
BRENT@BRENTWATT.COM

ONYX
REALTY



Lethbridge HEARING CENTRE

Call 403-320-6000 to make your personal complimentary consultation today!

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



403.320.6000
www.lethbridgehearing.ca

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

BUILDING OPERATING FUNDS RECENT DONORS

Phil Leinweber \$100; Les Herrington \$1000
Gary Thomas \$500; Barb McMillian \$50
Stan & Phyllis Kruszewski \$600
Mercer Wilde Group
Professional Accountants \$1000
Anonymous \$1000

NORD-BRIDGE IN-HOUSE BINGO

Year to Date: \$9026.00



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

ONLINE REGISTRATION NOW OPEN!

ENROLL ONLINE AT:
WWW.NORDBRIDGESENIORS.COM

OR CALL
403-329-3222
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

Whoop-Up Days Toonie Pancake Breakfast

Date: Wednesday, August 19

Time: 8:00 am - 11:00 am

Location: 1904-13 Ave N

Nord-Bridge Multi-Purpose Hall

Cost: \$2 per person



Open to all!



Come and enjoy live music, delicious food, and great company!

From the Nord-Bridge Library

We hope you are enjoying your summer with some great books!

Check out this international slang for those who love to read!

English: Bookworm
French: Ink Drinker
Indonesian: Book Flea
Italian: Library Mouse
Polish: Book Moth
Welsh: Book Bug
Finnish: Chapter Maggot
Korean: Reading Madness



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: Thursdays, July 23 & August 20
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!



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, July 8 & 22, August 5 & 19
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.



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



Please pick up a photo consent and waiver form upon registering!



LETHBRIDGE DENTURE CLINIC LTD

We offer complete quality Denture care; a result of intention, effort and professional skill.

#2 - 1718 3 AVE S, LETHBRIDGE AB 403-381-4142 WWW.LETHBRIDGEDENTURECLINIC.COM



Nord-Bridge members, please refrain from parking in the staff parking stalls at the back of the building. These spaces are reserved for employees only. Thank you for your cooperation!



SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS
WITH NO PUFFS OR DROPS.



Rick Miller
Licensed Contact Lens Practitioner

1011 - 3RD AVENUE S.
LETHBRIDGE, AB T1J 0J3
www.southernoptical.ca

PHONE: 403-327-4145
FAX: 403-320-1181



Fred Miller
[Registered](#) Optician



*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



Jo Ann Kelly
REALTOR®

sutton group - lethbridge
1010-3 Avenue South
Lethbridge, AB. T1J 0J4

office: 403.320.6411
email: kellyjg08@gmail.com

Over 30 Years Experience



roost2roost
LIMITED

**Downsizing Dilemma?
Need to move on?**

We can help...

- Sorting • Organizing
- Selling Unneeded Furniture
- Packing • Arranging Movers • Unpacking
- Estate Home Clearouts

**Call Jody Johnson for your complimentary
in-home consultation and free estimate.**

Cell: 403-330-8389



New Owner/
Operator

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!

Restoring
Smiles with
Quality
Dentures



Offering
Home Visits
call for more info

Southern Denture Clinic

Now doing intraoral scanning!
No more messy
uncomfortable impressions!

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

Direct Insurance Billing ♥

Accepting Canadian Dental Care Plan

Free no pressure Consultations ♥ No Referral Needed

259 12C St N, Lethbridge

www.southerndenture.ca

403-327-6331

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

Friday Chair Yoga

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



Fridays, July 3 - August 21

New class added! **Time:** 10:30 am - 11:15 am

Location: Multi-Purpose Hall

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

Instructor: Kelci Trapp

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



Patient, Respectful, Effective Real Estate Service!



Keith Pushor

A "Hands-On Approach" to Real Estate

ROYAL LEPAGE

SOUTH COUNTRY

keithpushor.ca

403-327-2111

keithpushor@royallepage.ca

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



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.



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.




Jubilations

Trip to Jubilations Dinner Theatre in Calgary

Tuesday, September 8
for the matinee performance of
Rock Around the Clock with Elvis & Friends.
Ticket, transportation, and meal included!
Departure from Nord-Bridge at 7:00 am

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

To register, please visit the Nord-Bridge
Front Desk. Payment is due upon sign-up.
***No refunds will be issued.**



A friendly reminder that Nord-Bridge cannot accept donated or "free to a good home" items. We don't have storage or a system to share them, so please avoid leaving items at the Centre.



Mind Joggers - The Magic Table

I am not sure of the exact date, but I can vividly and clearly remember the event that triggered my belief in the magic table. Up until that event I sat at the table every Thursday morning from 9:30 am until 11:30 am for about 4 yrs. Not once in all those years did that table ever give me the slightest hint that it was magical.

If I am to be honest here I must remind my readers or listeners of this story, that there is more than one kind of magic in our world.

We are all aware of and know most of the different kinds:

- There is the magic of entertainment in which professional magicians show us one thing and then magically make it disappear or change into something else.
- There is the magic of nature in which the more we learn the more magic it presents to us.
- And finally there is the magic that is human life. Every day we find different things about being human that are magical and every time we think we have it figured out more magic presents itself.

That brings me back to the event that revealed to me the powers of the magic table. The table I refer to is the one that hosts the Nord-Bridge Mind Joggers club. Through the years the club has moved from room to room with different tables but that doesn't change anything; the magic travels with the people from room to room and table to table.

The event I refer to, is the discovery of cancer in my back and the subsequent surgeries I had to go through during my recovery. I won't go into details about the surgeries; I covered that in a previous story. But what I will mention, is that for about 4 years prior to me going into the hospital, I had not thought too much about my association with the Mind Joggers. It was a great place to advance my writing skills and the added bonus was I learned how to read better. Other than a bit of socializing, that was the extent of my dealings with the members of the club. Then one day, while I was in the hospital, someone dropped off a card. I opened it up, and learned it was from the Mind Joggers. Every person that signed the card had written a personal message to me, as I read all those personal messages I cried like a baby. I had been missing an important fact about the club, each one of them cared enough about me, not only sign it, but to write something personal.

The day that I returned back to the club everyone there stood, gave me a hug, and welcomed me back. I sat down at the table and felt the love in the room. And I swear that table soaked it all up like a sponge. I knew, that for the last 4 years, I had taken this group for granted and I swore I would never let it happen again. And I would pass it on, to the best of my ability, to anyone who comes through that door and sits at the magic table. So now you all know how, and why, I came to feel so strongly about this club. But I have one more thing to tell you. The magic that is in this table, didn't just happen, it got there through years of people like you, coming through that door and sitting at the table.

It's you who give this table its magic. ~Edward L. Sillito





Volunteer Services Report

Happy Summer! Loving that sunshine when it appears.

Happily, Nord-Bridge was able to hold the 4th Annual Father's Day Show and Shine Car Show on Sunday, June 21st. The special event was headed by the fearless Nord-Bridge staff including Ashley, Julie, Terry and me, with everyone hugely relieved that the rain held off until the very end.

The Nord-Bridge Member Volunteers (who looked awesome in their neon t-shirts) were out in full force. Heartful thanks to: Bev, Jill, Rolanda, Simon, Doreen, Cheryl, Lori, Ingrid, Dianne, Joe, Darrel, Marion, Roxanne, Judy C., Ivan, Barbara, Judy W., Val, George, Jim, Bill, Arlene, Mike, and Nadine. There were also two young Community Volunteers helping, Jordyn and Biol. Everyone worked as a team and especially sprang into action as the car show was wrapping up when it looked like there might be some drizzle. Well done everyone; hope you had fun and made some new friends.



Speaking of new friends, I would like to welcome recent new Member Volunteers who have been helping in a variety of volunteer roles over these last three months. Welcome and thank you to:

Patty A. (Outreach), David B. (Crib), Carol D. (Crib), Judy K. (Boutique), Cheryl O. (Diner), Teresa S. (Boutique), Jill T. (Bingo set/up & Diner), Jim T. (Bingo set/up & Diner), and Colleen V. (Reception). You are all very much appreciated. It looks like there will be a couple of new young adult volunteers beginning in July, so I will introduce them once they start.

Our next big special event, of course, is Whoop-Up Days in August (17, 18 & 19) so if you helped last year and would like to again, please let me know. Or if you would like to try something new, let me know.

"Your time is your life. That is why the greatest gift you can give someone is your time".

~ Rick Warren - Pastor and Author of "The Purpose Driven Life"

Donna Lofstrom-Bell, CVA – Coordinator of Volunteer Services



Paint Afternoon with Kendra

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

NEW! *Dates:*

**Thursday, July 2
(Cactus)**

**Thursday, Aug. 6
(Mushroom)**

Time:

1:30 pm - 4:30 pm

Location:

Flex Room

Cost for each date:

Members \$40

Non-members \$60



Flex your creative muscles and enjoy an afternoon of painting, guided by a professional artist. No experience is required and all supplies will be provided.



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



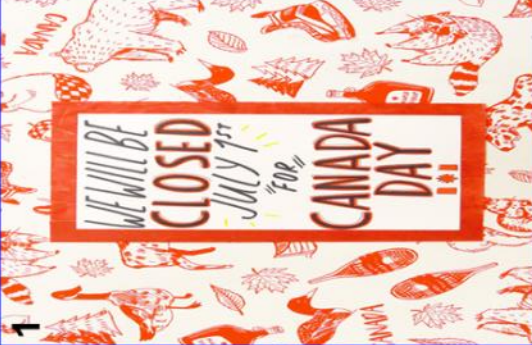

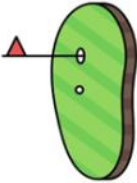



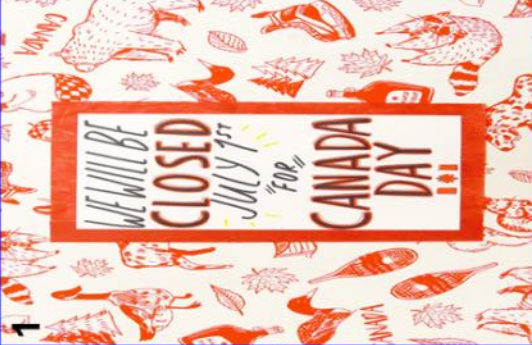

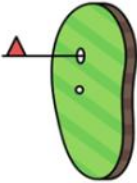





- Call 403-329-3222 as soon as possible to cancel

Zero-Tolerance Policy

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



JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>9:00 Hello Monday (Flex R) 9:00 Gentle Yoga (WCR) 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:00 Gentle Yoga (WCR)</p> 	<p>7</p> <p>8:30 Nature Walks 9:00 Zumba Gold Toning 10:00 New Comers M & G 10:00 Golf at Evergreen (NB members only) 11:00 Keep Fit Combo 12:15 Wheelchair Line Dance (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor- Bridge Lions Park) 5:00 Gentle Barre (MPH)</p> 	<p>1</p>  <p>8</p> <p>8:15 Bike & Coffee 9:00 MANICURES (Craft Room) 9:00 Handy Crafters 9:00 Gentle Yoga (WCR) 10:00 Cardio Drumming (MPH) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Intro to Kayak 1:00 Brush Strokes (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 7:00 Table Tennis (MPH)</p> 	<p>2</p> <p>9:00 Card Crafters 9:00 Intermediate Line Dance 10:00 Golf at Evergreen (NB members only) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:30 Paint Afternoon with Kendra (Flex Room) 1:30 15 15 15 (MPH)</p> 	<p>3</p> <p>9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (MPH) 10:30 Chair Yoga (WCR) 1:00 In-House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge</p> 
<p>6</p> <p>9:00 Hello Monday (Flex R) 9:00 Gentle Yoga (WCR) 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:00 Gentle Yoga (WCR)</p> 	<p>7</p> <p>8:30 Nature Walks 9:00 Zumba Gold Toning 10:00 New Comers M & G 10:00 Golf at Evergreen (NB members only) 11:00 Keep Fit Combo 12:15 Wheelchair Line Dance (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor- Bridge Lions Park) 5:00 Gentle Barre (MPH)</p> 	<p>1</p>  <p>8</p> <p>8:15 Bike & Coffee 9:00 MANICURES (Craft Room) 9:00 Handy Crafters 9:00 Gentle Yoga (WCR) 10:00 Cardio Drumming (MPH) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Intro to Kayak 1:00 Brush Strokes (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 7:00 Table Tennis (MPH)</p> 	<p>2</p> <p>9:00 Card Crafters 9:00 Intermediate Line Dance 10:00 Golf at Evergreen (NB members only) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:30 Paint Afternoon with Kendra (Flex Room) 1:30 15 15 15 (MPH)</p> 	<p>3</p> <p>9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (MPH) 10:30 Chair Yoga (WCR) 1:00 In-House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge 1:00 Contract Bridge</p> 
<p>6</p> <p>9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (MPH) 10:30 Chair Yoga (WCR) 1:00 In-House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge 1:00 Contract Bridge</p> 	<p>9</p> <p>9:00 Card Crafters 9:00 Intermediate Line Dance 10:00 Golf at Evergreen (NB members only) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 5:00 Nordic Pole Walking</p>  <p>ALL IN... I MEAN, I DO!</p> <p>Signs You Play Too Much Texas Hold 'Em</p>	<p>9</p> <p>9:00 Card Crafters 9:00 Intermediate Line Dance 10:00 Golf at Evergreen (NB members only) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 5:00 Nordic Pole Walking</p>  <p>ALL IN... I MEAN, I DO!</p> <p>Signs You Play Too Much Texas Hold 'Em</p>	<p>10</p> <p>9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (MPH) 10:30 Chair Yoga (WCR) 1:00 In-House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge 5:00 Nordic Pole Walking</p> 	

13 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:00 Gentle Yoga (WCR)	Zumba Gold Toning Golf at Evergreen (NB members only) Intro to Spanish (Flex R) Digital Photography (Craft Room) Keep Fit Combo Wheelchair Line Dance (MPH) Canasta/ H & F Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor- Bridge Lions Park) Nordic Pole Walking Gentle Barre (MPH)	Bike & Coffee Handy Crafters (Flex) Gentle Yoga (WCR) Cardio Drumming (MPH) 10:00 FOOT CARE (Appt. Required Craft Room) Chair Yoga (WCR) WINNERS BINGO Intro to Kayak Brush Strokes (Craft) Darts (MPH) Euchre Bid Euchre Minds in Motion (WCR) Table Tennis (MPH)	14 9:00 Zumba Gold Toning 10:00 Golf at Evergreen (NB members only) 10:00 Intro to Spanish (Flex R) 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 12:15 Wheelchair Line Dance (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor- Bridge Lions Park) 5:00 Nordic Pole Walking 5:00 Gentle Barre (MPH)	Card Crafters Intermediate Line Dance (MPH) Golf at Evergreen (NB members only) Woodcarving Whist (Annex) Contract Bridge (Annex)	17 9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Park & Play (Chinook Lake Park) Chair Yoga (MPH) 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
15 8:15 Bike & Coffee 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:00 Cardio Drumming (MPH) 10:00 FOOT CARE (Appt. Required Craft Room) Chair Yoga (WCR) WINNERS BINGO Intro to Kayak Brush Strokes (Craft) Darts (MPH) Euchre Bid Euchre Minds in Motion (WCR) Table Tennis (MPH)	Zumba Gold Toning Golf at Evergreen (NB members only) Intro to Spanish (Flex R) Digital Photography (Craft Room) Keep Fit Combo Wheelchair Line Dance (MPH) Canasta/ H & F Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor- Bridge Lions Park) Nordic Pole Walking Gentle Barre (MPH)	Bike & Coffee MANICURES (CR) Handy Crafters Gentle Yoga (WCR) Cardio Drumming (MPH) Chair Yoga (WCR) WINNERS BINGO Intro to Kayak Color My World Art Darts (MPH) Euchre Bid Euchre Minds in Motion (WCR) LSKIP (MPH) *22 Table Tennis (MPH)	21* & 28* 8:30 Nature Walks *21 9:00 Zumba Gold Toning 9:30* Cooking at Interfaith *28 10:00* New Comers M & G *21 10:00 Golf at Evergreen (NB members only) 10:00 Intro to Spanish (Flex R) 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 12:15 Wheelchair Line Dance (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft R) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor- Bridge Lions Park) 5:00 Gentle Barre (MPH)	Intermediate River Kayaking Card Crafters Inter-Line Dance Tech Help (Hallway) Golf at Evergreen (NB members only) * July 23 Historical Bus Tour Woodcarving Whist (Annex) Contract Bridge Nordic Pole Walk	24* & 31 9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (MPH) 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge 5:00* Nordic Pole Walking * 24
20* & 27 9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 6:00 Gentle Yoga (WCR)	21* & 28* 8:30 Nature Walks *21 9:00 Zumba Gold Toning 9:30* Cooking at Interfaith *28 10:00* New Comers M & G *21 10:00 Golf at Evergreen (NB members only) 10:00 Intro to Spanish (Flex R) 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 12:15 Wheelchair Line Dance (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft R) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor- Bridge Lions Park) 5:00 Gentle Barre (MPH)	Bike & Coffee MANICURES (CR) Handy Crafters Gentle Yoga (WCR) Cardio Drumming (MPH) Chair Yoga (WCR) WINNERS BINGO Intro to Kayak Color My World Art Darts (MPH) Euchre Bid Euchre Minds in Motion (WCR) LSKIP (MPH) *22 Table Tennis (MPH)	21* & 28* 8:30 Nature Walks *21 9:00 Zumba Gold Toning 9:30* Cooking at Interfaith *28 10:00* New Comers M & G *21 10:00 Golf at Evergreen (NB members only) 10:00 Intro to Spanish (Flex R) 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 12:15 Wheelchair Line Dance (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft R) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor- Bridge Lions Park) 5:00 Gentle Barre (MPH)	Intermediate River Kayaking Card Crafters Inter-Line Dance Tech Help (Hallway) Golf at Evergreen (NB members only) * July 23 Historical Bus Tour Woodcarving Whist (Annex) Contract Bridge Nordic Pole Walk	24* & 31 9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (MPH) 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge 5:00* Nordic Pole Walking * 24



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: JULY 1, 8, 15, 22, 25, & 29**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)**
- LOCATION: CRAFT ROOM UPCOMING DATES: CHECK IN NEWSLETTER**

WHOOP 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!**
- WHOOP UP DAYS PANCAKE BREAKFAST WEDNESDAY AUG. 19TH**
- SERVICE CANADA / CRA VISITS AT NORD-BRIDGE ON AUG. 21ST FROM 9AM-2PM IN THE TAX OFFICE.**
- HAVE AN INFO SESSION YOU SUGGEST FOR THE SUMMER? GIVE ASHLEY AT CALL AT 403-329-3222!**

HAPPY
Canada Day!

RACHAEL THOMAS
MEMBER OF PARLIAMENT

@RachaelThomas.ab

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

Condolences to...
the Ross family,
on the passing of Rick

Get well wishes to...
Dora Poch

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

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

***For Nord-Bridge Members Only**

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

Nord-Bridge has a float in the Whoop-Up Days Parade!

Date: Tuesday, August 18
Time: 9:00 am

Parade Route:
Beginning at Park Place Mall, the traditional parade route travels south along 3rd St S, east on 3rd Ave S, north on 13th St N, then east on 9th Ave N, dispersing at the Galbraith Elementary School.

We are in need of volunteers!
If you are interested in helping us decorate our parade float, contact Ashley or Donna at 403-329-3222



Seniors System Navigator

Alberta Energy Rebate Program

I wanted to let you all know that seniors can apply in July for a one-time \$100 payment through the new Alberta Energy Rebate program.

Many seniors are feeling the pressure of higher costs for fuel, groceries, utilities, and other everyday needs. To help provide some relief, the Government of Alberta has announced the Alberta Energy Rebate Program, a one-time payment intended to put money back into the hands of eligible residents. Beginning July 1, 2026, eligible Albertans may apply for a \$100 rebate, while two-adult households may be eligible for \$200. The program is expected to be available to Alberta residents age 18 and older who have filed a 2025 tax return and meet the household income requirement. Some people receiving provincial benefits, including Alberta Seniors Benefit, AISH, ADAP, and Income Support, may be enrolled automatically. Seniors are encouraged to watch for official Government of Alberta information and to ask a trusted family member, caregiver, or community support worker for help if they are unsure how to apply.

~Charlene Kocken BSW, RSW Seniors System Navigator



ACCOMPANY  You

Providing Freedom and Transportation for Seniors

NEW WHEELCHAIR ACCESSIBLE TRANSPORTATION AS WELL

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

Call Jodie to schedule your appointment:

403-894-2484

jodie.hiebert@gmail.com



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.



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, Summer 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
July 8 - July 29**

Location:

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

Instructors:

**Charlene Kocken and
Lori Gregory**

Fee: \$25, for anyone and their caregiver, 55 or older

For general information on the Minds in Motion

Program contact Charlene:
403-329-3222
charlene@nordbridgeseniors.com

Alzheimer Society
ALBERTA AND NORTHWEST TERRITORIES





We had such a great time with our Park Meadows Game Afternoons this year, and we're excited to welcome the Grade 5 students back in January!



Wheelchair Line Dance

This is a choreographed routine where dancers in wheelchairs perform synchronized steps, rolls, and turns, in formation alongside standing dancers.

Dates: Tuesdays, July 7, 14, 21, & 28

Time: 12:15 pm - 1:00 pm

Location: Multi-Purpose Hall

Fee: Members \$10 Non-Members \$30

Traditional line dancing is adapted by translating footwork into upper-body movements and wheelchair propulsion, fostering inclusivity and rhythm.



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



Emergency Preparedness Information Session



Date: Thursday, August 6

Time: 11:30 am - 12:30 pm

Location: Flex Room

Cost: Free

Please call 403-329-3222 to register



Learn the steps to take to ensure you are safe before, during, and after an emergency or natural disaster!

Programming Report



I am enjoying the warm weather - not so much the mosquitoes, but hey what can you do? My twin nieces graduated last month from high school - here is a beautiful photo of them in their dresses, where did the time go?! Congrats girls. ❤️



June FLEW by to say the least, but we had a blast! Our Fathers Day Show & Shine Car Show had a great response and get this - we didn't need to post-pone due to bad weather! It went off without a hitch! We had around 250 in attendance and over 40 vehicles, it was great to see the community support for this event. Speaking of support please see page 21 of this newsletter as we thank all of our event sponsors. We will return next year with more cars at the Winston Churchill parking lot! We also have extra custom-made car show t-shirts from the show; they will be for sale at Nord-Bridge if you would like one, they are discounted at \$15.00 each and custom made by

Sundown Print Co. (photo below).

Our Summer Program Guide is now available both in person and online at www.nordbridgeseniors.com under the Recreation Programs tab. Registration is now open but if you need a refresher of how to register online go to page 6 of this newsletter or give me a call and I would be happy to help!

Here is a list of new programs to keep an eye out for: Intermediate Kayaking on the Oldman River, Cardio Drumming, North Side History Bus Tour, Digital Photography, Wheelchair Line Dance, Art with Kendra , and more! These may fill up fast so make sure you register either online or in person.

This month and next we will be revamping our website along with updating our database and online registration process. Please watch out in August for NEW member online registration training dates at Nord-Bridge, we are excited to bring in a smoother running system for our staff and members with the goal to be fully operational by the Fall.

We have entered in the Whoop-Up Days Parade again this year on Tuesday, August 18th . We are currently looking for a truck to pull a flat bed trailer in the parade so if you are interested, please let me know and I can give you more details! Donna, our Coordinator of Volunteer Services, will be putting together volunteers for Whoop-Up Days events (ex. pancake breakfast) so if you are interested, please stop by her office.

Until next month, stay happy and healthy!



~Ashley Kern - Director of Programming

Bike & Coffee Cruise for Seniors 55+

When: Wednesdays, July 8 - August 26 from 8:15 am - 9:15 am

Where: Meet at back SW doors of Nord-Bridge Seniors Centre

What: Bring your e-bike or regular bike for a cruise around the North side of Lethbridge, led by Sandra Marnoch. This will be followed by a coffee social in the Dunford Diner.

Who: Open to all abilities, for anyone aged 55 +

Cost: \$10.00 Nord-Bridge Members, \$30.00 Non Members

***All riders MUST have a helmet & bring a water bottle.**

Please register at the front reception desk (1904 13 Ave. N.), or call 403-329-3222.

***Max. of 15 registrants allowed**



Bridge Home Care

Your care, your way

**Locally owned, caring for clients
of all ages**

- **Skilled Nursing**
- **Home Support Services**
- **Companion Care**
- **Consistent Caregivers**
- **Flexible Scheduling**

Phone: (403) 393-2949

Email: info@bridgehomecare.ca

www.bridgehomecare.org

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

Friday, July 3

Marry Me Chicken with Mashed Potatoes, Veggies, and Gravy

Friday, July 10:

Veal Cutlets with Roasted Potatoes, Veggies, and Gravy

Friday, July 17:

Spaghetti & Meatballs with Garlic Toast and Caesar Salad

Friday, July 24

Roast Beef with Mashed Potatoes, Veggies, and Gravy

Available from 11am to 1pm,
while quantities last

Friday, July 31

Liver & Onions with Mashed Potatoes, Veggies, and Gravy



DARREN ATKINS



 **403-894-4122**

 **darren.reddooryql@gmail.com**



ONYX
REALTY

HELPING YOUR NEXT MOVE WITH CARE AND CONFIDENCE.
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



**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

Hello Friends,

Hope all you Daddios had an amazing Father's Day! I am so grateful for my Daddy in Heaven and my sweet hubby. I am so blessed.

Summer is upon us – which brings the sunshine and some rain. It also brings flowers, growth, and smiles. Children laughing in parks – no more school for a few months. Bees buzzing, birds singing, outdoor time with friends and family, vacations that make valuable memories, BBQs and camping, as well as planning for our fundraising year.

There is much to look forward to as we move into the next stage of our fundraising year. With our Seniors Week BBQ, BINGO, Dart Tournament, Show and Shine, and Canada Day BBQ now complete, our focus turns to our upcoming golf tournament, taking place July 27 and 28, 2026, at Magrath Golf Course. This year's tournament will be held in collaboration with the Alberta Senior Men's Golf Association, and Nord-Bridge is grateful to be the recipient of a meaningful donation from the event. We are currently collecting donations, including prizes or financial contributions to help purchase prizes, in support of this enjoyable two-day tournament. As we continue building Nord-Bridge's presence within the golf community, your support is truly appreciated. Looking ahead, our goal is to further grow this event and make it more inclusive by welcoming participants under 50, as well as female golfers, when the tournament becomes a Nord-Bridge event.

So much to be grateful for. Have a beautiful summer!

Be sure you are planning – having something to look forward to keeps us motivated and going. Life is too short my friends. I appreciate you all so much!

~Julie Sarich, Director of Fund Development



NORDIC POLE WALKING (Outdoors) WITH CHERIS SAMUELS

Dates: July 9, 10, 14, 23, & 24

Time: 5:00 pm - 6:00 pm

Fee: \$30 members (full session); \$50 non-members

Location: Meet at the Legacy Park Pavilion
north parking lot off Blackwolf Blvd
(in the main building next to the spray park)

*Map available upon registration

Drop-in Fee (contact Cheris at 403-360-9337):

\$12 for return participant with poles



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



Take your walking to the next level and turn a simple walk around the block into an effective, efficient, aerobic total body workout - all while walking smarter, not harder. Learn about the benefits of pole walking, all while being kinder to your body. Join us for a low impact activity, increase your cardio and burn more calories. Anyone can walk with poles! This class is suitable for all levels. Keen Fit walking poles are provided if needed.

**Thank You to Our
Canada Day BBQ Sponsors!**

Laughs, Life, and a Little Sass

June was a busy month filled with adventures, memories, questionable decisions, and enough life lessons to keep a therapist employed for years.

First up, let's talk jam. Strawberry Habanero Jam and Carrot Cake Jam. If you still think jam only belongs on toast, allow me to introduce you to the exciting world of "put it on absolutely everything." Speaking of bread, I'd like to take a moment of silence for my sourdough starter, Bready Mercury. Sadly, he is no longer residing in my refrigerator. Turns out sourdough starters require the same thing as fish, houseplants, and healthy relationships: feeding them occasionally. Rest in peace, Bready. You had a good rise.

In my current Me-Maw era, I discovered that body scrub is basically relaxation in a jar. Three ingredients, five minutes, and suddenly I felt like one of those

people who has their life together. The feeling lasted approximately seventeen minutes, but it still counts.

I spent an amazing evening out with my brother and our friends singing my heart out to 90s music with Citizen Radio. Big Shiny Tunes practically raised us, and hearing those songs again instantly transported me back to a time when gas was affordable and it didn't take two to three business days to recover from a night out.

Not content with one adventure, I ventured out with some new friends and finally tackled something that has been on my bucket list forever: the mechanical bull. Did I last eight seconds? Absolutely not. Did I leave with my dignity mostly intact? Debatable. Did I have an amazing time? One hundred percent.

I also spent some time working in little Drumheller with my favourite guy - my dad. We make quite the team. He drove the bobcat while I shoveled. He laid sod while I laid down. What can I say?



Everyone brings different strengths to the table.

Speaking of dads, I completely dropped the ball on Father's Day this year. Oops. But I want to take a moment to recognize all the dads, grandpas, father figures, and important men in my life. I have the privilege of coming to Nord-Bridge every day, where I am surrounded by some truly incredible men who make me laugh, support me, and brighten my days more than they probably realize. Thank you for your kindness, wisdom, bad jokes, and endless stories.

I rounded out June by playing my first full round of golf ever. I wasn't exactly setting course records, but I had an incredible time. That's the beauty of trying new things - you don't have to be good at them to enjoy them.

As July approaches, I'm looking forward to festivals, road trips, holidays, sunshine, and whatever adventures decide to find me next. July is already shaping up to be another memorable month.

If June taught me anything, it's that life is messy, plans change, sourdough starters perish, and mechanical bulls are incredibly humbling. But if you're lucky, you'll collect a few great stories, a lot of laughter, and memories you'll treasure forever.

~Erin Bates

"Make someone smile every day. Don't forget, you're someone too."

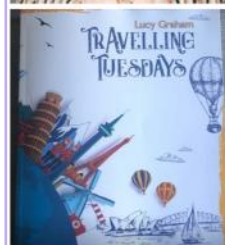


Evening Gentle Barre With Sheila Mulgrew

Dates: Tuesdays, July 7 - July 28
Time: 5:00 pm - 6:00 pm
Fee: Members \$30 Non-Members \$50
Drop-in Fee: Members \$10/class
Non-Members \$12/class
Location: Multi-Purpose Hall

Visit www.nordbridgeseniors.com
or call 403-329-3222 to register!

Gentle Barre is a low-impact fitness class that targets the smaller muscle groups using a combination of light hand-held weights, resistance bands, and other equipment, to improve strength, flexibility, balance, and mobility. This class is suitable for all fitness levels and movements can be easily modified!



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.



Thank You to Our 2026 Show & Shine Sponsors!



Father's Day Show & Shine 2026

Intermediate River Kayaking

This is our newest kayaking experience - on the Oldman River for anyone 55+! Participants MUST have previously completed the Intro to Kayaking course at Park Lake.

Dates: Thursday, July 23 & 30

Time: 9:00 am - 12:00 pm

Location: Oldman River

*Meet at the boat launch at Indian Battle Park, down past the waste water treatment plant
 Fee: \$150 member/non-members (ages 55+)



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

MLA Nathan Neudorf
 Lethbridge-East

HAPPY CANADA DAY!

Celebrating our breathtaking natural landscapes, our diverse multicultural society, and our welcoming, inclusive spirit.



(403) 320-1011
lethbridge.east@assembly.ab.ca

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



Working together to bring Government services to you.



Service Canada:

- Get a Social Insurance Number (SIN)
- Canadian Dental Care Plan (CDCP)
- Employment Insurance (EI)
- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- help understand Service Canada letters

Canada Revenue Agency (CRA):

- print Notice of Assessment (NOA)
- change of address or telephone
- change direct deposit information
- print tax slips (T4, T4A, T4A(P), T4A (OAS), T5007, etc.)
- determine what tax years need to be filed
- help understand CRA letters

Date: Friday, August 21, 2026

Time: 9:00 am - 2:00 pm

Location:

Nord-Bridge Seniors Centre
 1904 - 13 Ave N,
 Lethbridge, AB, T1H 4W9

ID requirements are based on the service offering requested. Please bring a piece of Government issued photo ID.

If you need a SIN, please bring: your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

If you are unable to meet with us during this visit, you can request information and assistance through the Outreach Support Centre from 8:30-4:00, Mon-Fri: 1-877-631-2657



Thanks to Our Seniors Week Sponsors!



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