



## **Nord-Bridge Seniors Centre**

1904 13 Ave. N.

Lethbridge Alberta

Phone: 403-329-3222

Email: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

The background of the lower two-thirds of the page is a photograph of a beach. The top portion shows white, foamy waves crashing onto a sandy shore. The bottom portion shows the smooth, light-colored sand of the beach. The text "SUMMER PROGRAM 2026" is overlaid in large, bold, black letters across the center of the image.

# **SUMMER PROGRAM 2026**

## **Program Areas**

Nord-Bridge Seniors Centre provides a well-rounded variety of programs to meet the needs of its membership.

**Educational & Life-Skills Programs** - Nord-Bridge partners with various non-profit agencies, and institutions like the University of Lethbridge, Lethbridge Polytechnic, Alberta Health Services & The Canadian Mental Health Association and others to offer classes and programs to members.

**Fitness & Socialization Programs** - Programs are organized and administered for daily socialization and fitness appropriate for seniors. Some activities also interconnect and support participation in the Alberta 55 Plus Games and zone competitions. Fitness & socialization programs support general health and well-being.

**Keep-In-Touch Program** - Wellness phone calls are made by Keep-In Touch volunteers to seniors confined at home, or are asking for regular contact. Visits by volunteers to members are also a part of this program.

**Travel Programs** - Day excursions within Lethbridge are no longer available however extended trips out of town are offered to various attractions and Southern Alberta venues. Stop by our front desk for updates on trips or talk to Maria or Erin at the Front Reception desk for more information.

**Volunteer Programs** - Volunteers are the mainstay of the Nord-Bridge Seniors Centre. Offering volunteer service helps put knowledge and experience back into the community. If you would like a volunteer opportunity at Nord-Bridge, please stop by and chat with our Coordinator of Volunteer Services, Donna Lofstrom-Bell.

**Go Friendly Shuttle Service** - This door-to-door transportation service between member homes and Nord-Bridge has been operating since February 2008. The *Go Friendly* service started as a pilot project of the City of Lethbridge, Lethbridge Transit, LSCO & Nord-Bridge. **Just phone the Reception Desk at 403-329-3222 no later than 3pm the day before to arrange a pick-up.**

Available:

**MONDAY THROUGH FRIDAY** : ALL DAY SERVICE 8:00 a.m. to 3:30 p.m.

**COST:** \$3.00 per one-way trip (CASH)...or...

\$21.00 for 10 ride Go – Friendly Bus Pass...or.

\$28.00 for monthly Go - Friendly Bus Pass



*\*All Prices are for Seniors 55+  
\*Get your Go Friendly pass at the Front Reception Desk of Nord-Bridge or LSCO.  
Transit Fare Cards are also available at the front desk but are separate from the Go-Friendly Shuttle\**

## **Nord-Bridge Seniors Centre**

"The Friendly Centre"

1904 - 13<sup>th</sup> Ave. North Lethbridge, AB T1H 4W9

Phone [403] 329-3222 Fax [403] 329-8824

Web Page: [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)

Email: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

**Find us on Facebook, X (Formerly Twitter) & Instagram**

### **MISSION OF THE ASSOCIATION**

The Mission of Nord-Bridge is to provide educational, social, and support service programs for Senior Citizens, and to foster independence, self worth, and a sense of community pride amongst the senior citizen population of Lethbridge and surrounding communities.

### **GOAL AND MOTTO OF NORD-BRIDGE**

To be known as "The Friendly Centre."

### **HOURS OF OPERATION**

Dunford Diner Grill open Monday - Friday, 8:00am - 2:00pm.

Fitness 55 Club open Monday – Friday 7:00am– 4:30pm

The Seniors Centre (Reception Desk and General Programming) is open Monday to Friday, 7:00am - 4:30pm

### **MEMBERSHIP**

Membership is open to individuals 55 years of age and older. Yearly membership fees are \$60.00 (January 1st - December 31st). First time members, and lapsed renewals are charged an additional \$3.00 administration fee.

### **DUNFORD DINER**

Our dining room serves delicious and nutritious hot home cooked meals Monday to Friday 8:00am – 2:00pm. Breakfast is served all day and Lunch hours are 11:00am - 2:00pm. Lunch "specials" are featured daily. All menu items are available for take-out, and coffee is always on.

### **GIFT BOUTIQUE**

The Gift Boutique is an ideal place to purchase hand made gifts for any occasion. The hours of operation for the Gift Boutique are Monday to Friday 9:00 am - 3:00 pm. Consignment items are accepted from members. Everyone is welcome to shop in the Gift Boutique. (For consignment information, see the Gift Boutique).

### **LIBRARY**

Our library is always growing, and content changes as members donate books and puzzles. Choose from a wide variety of genres (mystery, biographies, history, romance, non-fiction and popular fiction). The Library operates on an honor system with no late fees. Check out the great selection of regular and large print books, local references, and puzzles. We also have occasional book sales check out our monthly newsletter for more information!

## **Paid Classes and Special Programs at a Glance:**

<input type="checkbox"/>	<b>Baking/ Cooking at Interfaith</b>	Tues, July 28 & Aug. 25	Cost: FREE M
<input type="checkbox"/>	<b>Brush Strokes Art</b>	Wed, July 8 & 15	Cost: \$30.00 M
<input type="checkbox"/>	<b>Cardio Drumming <b>NEW</b></b>	Wed July 8- Aug. 26	Cost: \$50.00 M
<input type="checkbox"/>	<b>Color My World</b>	Wed July 22 & 29	Cost: \$35.00 M
<input type="checkbox"/>	<b>Chair Yoga Monday</b>	Mon, July 6- Aug. 31	Cost: \$45.00 M
<input type="checkbox"/>	<b>Chair Yoga Wednesday</b>	Wed July 8- Aug. 26	Cost: \$45.00 M
<input type="checkbox"/>	<b>Chair Yoga Friday WCR</b>	Fri July 3- Aug. 21	Cost: \$45.00 M
<input type="checkbox"/>	<b>Chair Yoga Friday MPH</b>	Fri July 3- Aug. 21	Cost: \$45.00 M
<input type="checkbox"/>	<b>Digital Photography <b>NEW</b></b>	Tues July 14- Aug. 25	Cost: \$45.00 M
<input type="checkbox"/>	<b>Evening Gentle Barre</b>	Tues July 7- July 28	Cost: \$30.00 M
<input type="checkbox"/>	<b>Gentle Yoga Monday</b>	Mon July 6- Aug. 31	Cost: \$45.00 M
<input type="checkbox"/>	<b>Gentle Yoga Mon Evening <b>NEW</b></b>	Mon July 6- Aug. 31	Cost: \$45.00 M
<input type="checkbox"/>	<b>Gentle Yoga Wednesday</b>	Wed July 8- Aug. 26	Cost: \$45.00 M
<input type="checkbox"/>	<b>Gentle Yoga Friday</b>	Fri July 3- Aug. 21	Cost: \$45.00 M
<input type="checkbox"/>	<b>How to Use Watercolor Pencils</b>	Wed Aug. 5, 12 & 19	Cost: \$35.00 M
<input type="checkbox"/>	<b>Intergenerational Craft &amp; Music</b>	Wed. July 22 & Aug. 26	Cost: FREE
<input type="checkbox"/>	<b>Intergenerational Park &amp; Play</b>	Fri July 17	Cost: FREE
<input type="checkbox"/>	<b>Intermediate River Kayaking <b>NEW</b></b>	Thurs, July 23 & 30	Cost: \$150.00
<input type="checkbox"/>	<b>Intro to Kayaking</b>	Session 1: Wed, July 8- 29 Session 2: Wed Aug. 5- 26	Cost: \$150.00 M Cost: \$150.00 M
<input type="checkbox"/>	<b>Intro to Spanish <b>NEW</b></b>	Tues July 14- Aug. 25	Cost: \$25.00 M
<input type="checkbox"/>	<b>Keep Fit Combo</b>	Tues July 7- Aug. 25	Cost: \$30.00 M
<input type="checkbox"/>	<b>Keep Moving (<i>Fall Prevention</i>)</b>	Fri July 3- Aug. 28	Cost: \$40.00 M
<input type="checkbox"/>	<b>Minds in Motion</b>	Wed July 8- 29	Cost: \$25.00 M
<input type="checkbox"/>	<b>Nordic Pole Walking</b>	July 9, 10, 14, 23, & 24	Cost: \$30.00 M
<input type="checkbox"/>	<b>North Side Bus Tour <b>NEW</b></b>	July 23 or Aug. 27	Cost: \$10.00 M
<input type="checkbox"/>	<b>Paint Afternoon With Kendra <b>NEW</b></b>	Thurs July 2 or Aug. 6	Cost: \$40.00 M
<input checked="" type="checkbox"/>	<del><b>Sleep Info for Women 55+ <b>NEW</b></b></del>	<del>Thurs July 2- Aug. 6</del>	<del>Cost: FREE M</del>
<input type="checkbox"/>	<b>Summer Nature Walking Club</b>	Tues See Page 10 for dates	Cost: FREE
<input type="checkbox"/>	<b>Wheelchair Line Dance <b>NEW</b></b>	Tues July 7, 14, 21, & 28	Cost: \$10.00 M
<input type="checkbox"/>	<b>Zumba Gold Toning</b>	Tues July 7- July 28	Cost: \$25.00 M

**Please refer to the next page of this booklet for Registration Form to print and fill out starting Thursday, June 25**

# SUMMER 2026 PROGRAM REGISTRATION FORM:

Name & Member Number: \_\_\_\_\_

Program Name:	Program Cost:	Session # / Dates
1 _____	_____	_____
2 _____	_____	_____
3 _____	_____	_____
4 _____	_____	_____
5 _____	_____	_____
6 _____	_____	_____
7 _____	_____	_____
8 _____	_____	_____
9 _____	_____	_____
10 _____	_____	_____

Member Renewal for 2026: YES or NO (circle one) \$60.00

New Member Fee: YES or NO (circle one) \$63.00

For Reception Staff ONLY: Program Sub-Total: \$ \_\_\_\_\_

If registering in person, this form MUST be taken and filled out starting Thursday, June 25 Membership Sub-Total \$ \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

Paid by (cash, debit, credit, cheque): \_\_\_\_\_

## Important Program Registration Information:

Starting June 25th: We highly recommend registering for all classes online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or if needed, in person. Please DO NOT call in on June 25, as we will not be able to answer the phones. Participants can register for any art, fitness, special programs, mental health and wellness programs starting on this date.

### Registering Online:

We highly encourage members to register and pay online, if you are wanting to pay over the phone, please call us after June 25th and select "Pay Minimum" in payment option. Please follow the steps below of how to register. If you need help before registration, please give us a call a couple days before registration begins and we will go through it with you.

### Registering in Person:

If you decide to come in person we will be handing out numbers at 8:00 am and registration will begin at 8:30 am. Once you have your number you will be welcome to sit in the dining room. We will make sure everyone can hear the numbers being called. To make the registration process smoother, you will be required to **fill out the tear out registration form on page 5** and bring with you on registration day. Please disregard this if you are registering online. Each person will only be allowed to register for one absentee registrant and no more this goes for online as well. Electronic copies of this form will be provided online to print out at home on our website: [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the *Recreation Programs > Online Registration* tab.

### Steps to Register Online:

1. Go to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)
2. Click on "Online Registration" under the "Recreation Programs" tab and follow prompts from there
3. Go to LOGIN (Top left hand corner of page) and login to your Nord-Bridge account with e-mail ONLY (please make sure this is the current email that Nord-Bridge has on file & 2026 membership has been paid or you will not receive the member discount.)
4. Click CATALOG (top left hand corner of page)
5. Select classes then add to order
6. Scroll to top of page and select CHECK OUT & NEXT STEP
7. Select PAY IN FULL and enter payment information (if not comfortable paying online or if have credit on account, select "PAY MINIMUM")
8. Hit BOOK COURSES and your courses are registered!



## **Senior Assistance Programs**

**Chinook Foot & Ankle Clinic - Foot Care** - 10:00 am - 12:00 pm, **Wednesday, July 15 in the craft room.** This service is available to Nord-Bridge **Members Only**. Appointments are necessary. Please book appointments at the Front Reception Desk. If appointments are all booked - you will be placed on a waitlist and will be given a spot on the next foot clinic date. If you have an appointment and are unable to make it, please call Nord-Bridge to let us know so we can fill your appointment with someone on the wait list. There is now a **\$35.00 per patient fee**, per visit. Please be advised all nail care patients will be required to provide their own towel to place their feet on for nail care appointments.

**NEW Service Canada and Canada Revenue Agency Government Support at Nord-Bridge!** -Connie Wyatt is a friendly government representative, who will be available for any general Service Canada inquiries related to their programs, services, or referrals to other appropriate government agencies. Whether you have questions about their programs, services, form completion, applications, understanding correspondence, MSCA, address change or direct deposit, or if you need a referral to other government agencies, she will be able to assist. Please drop in from **9:00 am - 2:00 pm the third Friday of every month. Upcoming date: August 21. Canada Revenue Agency Representative, Judy Wild will also be at Nord-Bridge on these dates above.**

**Tech help with Peter!**- If you have questions about your laptop, tablet, or smart phone, our volunteer, Peter, will be at Nord-Bridge to assist you! \*Must be a Nord-Bridge member to access service. **Upcoming dates: Thursday, July 23 & August 20 from 9:00 am -2:00 pm in the hallway of Nord-Bridge.**

**Manicures/ Pedicures with Jackie!** Pamper yourself this summer and book your 30 minute manicure OR pedicure appointment with Jackie. **She will be here twice a month on Wednesdays, Jul 8, 22, and August 5 & 19 from 9:00 am– 12:00 pm in the craft room.** Please book your appointment at the front reception desk or call 403-329-3222 this is for members only. There is a \$20 cash fee which must be paid to Jackie at the time of your appointment.

## **Special Summer Events**

**4th Annual Fathers Day Show & Shine BBQ – Sunday, June 21st from 11:00 am – 3:00 pm \*weather permitting** in the parking lot of Winston Church Hill Highschool at 1605 15 Ave. N. – Please bring a non perishable food item, come take in the sights of beautiful classic vehicles, enjoy a delicious BBQ, & maybe win a prize! Open to all.

**Dragon Boat Races- Friday, June 26- Sunday, June 28th race times to be announced.** Come cheer on the Nord-Bridge Sea N' Oars celebrating their 22nd year in the Dragon Boat races at Henderson Lake on Saturday and Sunday! Everyone is welcome, more details in the monthly newsletter.

**Canada BBQ – Friday, June 26 from 11:00 am – 1:00 pm** in the Dunford Diner – Come enjoy delicious food, a beer, & live entertainment, while celebrating Canada Day! For members and invited guests.

**Whoop Up Days Parade – Tuesday, August 18 at 9:00 am** – Come cheer on Nord-Bridge Seniors Centre who will have a float in this parade! More details to come in the monthly newsletter. Please call 403-329-3222 and ask Donna or Ashley as we are always looking for volunteers to help decorate and be on the float!

**Whoop Up Days Toonie Pancake Breakfast – Wednesday, August 19 at 8:00 am – 11:00 am** in the Multi-Purpose Hall. Come enjoy live music, great food, and socialize all for only \$2.00 per person! Open to all!

## **Summer Outings**

Nord-Bridge is now offering local summer outings! For a full list please stop by the Front Reception Desk.

### **NEW North Side History Bus Tour with Belinda Crowson!**

Learn the history of the North Side of Lethbridge through a 75 minute tour led by historian, Belinda Crowson! Please pre-register as spaces are limited. This is for Nord-Bridge members only.

**Dates: Thursday, July 23 or Thursday, August 27**

Time: 10:00 am- 11:15 am

Fee: \$10.00 for each date (**members only**)

Location: Meet at Main Front Doors of Nord-Bridge.

## Summer Indoor Exercises

**Yoga- We offer a variety of yoga classes at Nord-Bridge. Please see below.**

**\*\*Please refrain from wearing perfume or any scented products during any exercise class\*\***

### **Gentle Yoga**

This is a functional, gentle yoga class. The intention of this class is 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 that simply is not feeling right. Some of the poses will be standing, some on the floor, or on a chair. **\*Please bring a yoga mat to class.**

### **Chair Yoga**

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. This is a very beneficial class for those looking for a gentle way to lengthen, and strengthen muscles and ligaments. This class will also help bring an overall sense of balance and calmness. Please bring a water bottle, everything else will be provided. Most of these classes use the chair only, due to the difficulty of getting down or up from the floor.

**Yoga Prices for all the sessions are:**

**Members: \$45.00 // Non Members: \$65.00**

**Dates are below:**

### **Monday Gentle Yoga**

<u>Begins:</u>	Monday, July 6	Ends: Aug. 31	<b>*No class Aug. 3</b>
<u>Time:</u>	9:00 am – 10:00 am	Location: West Community Room	
<u>Instructor:</u>	Donna Tiefenbach		

### **NEW Monday Evening Gentle Yoga**

<u>Begins:</u>	Monday, July 6	Ends: Aug. 31	<b>*No class Aug. 3</b>
<u>Time:</u>	6:00 pm – 7:00 pm	Location: West Community Room	
<u>Instructor:</u>	Kelci Trapp		

### **Monday Chair Yoga**

<u>Begins:</u>	Monday, July 6	Ends: Aug. 31	<b>*No class Aug. 3</b>
<u>Time:</u>	10:30 am – 11:15 am	Location: West Community Room	
<u>Instructor:</u>	Donna Tiefenbach		

### **Wednesday Gentle Yoga**

<u>Begins:</u>	Wednesday, July 8	Ends: Aug. 26	
<u>Time:</u>	9:00– 10:00 am	Location: West Community Room	
<u>Instructor:</u>	Tamaki Saga		

### **Wednesday Chair Yoga**

<u>Begins:</u>	Wednesday, July 8	Ends: Aug. 26	
<u>Time:</u>	10:30 am – 11:15 am	Location: West Community Room	
<u>Instructor:</u>	Tamaki Saga		

### **Friday Gentle Yoga**

<u>Begins:</u>	Friday, July 3	Ends: Aug. 21	
<u>Time:</u>	9:00 am – 10:00 am	Location: West Community Room	
<u>Instructor:</u>	Donna Tiefenbach		

### **Friday Chair Yoga**

<u>Begins:</u>	Friday, July 3	Ends: Aug. 21	
<u>Time:</u>	10:30 am – 11:15 am	Location: West Community Room	
<u>Instructor:</u>	Donna Tiefenbach		

### **NEW Friday Chair Yoga**

<u>Begins:</u>	Friday, July 3	Ends: Aug. 21	
<u>Time:</u>	10:30 am – 11:15 am	Location: Multi-Purpose Hall	
<u>Instructor:</u>	Kelci Trapp		

## Indoor Fitness Classes Continued

### NEW ZUMBA GOLD Toning ®

Join Sheila Mulgrew as she leads you through 45 minutes of Zumba Gold TONING®! Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, and atrophy. Walk in ready to have a blast and tone up, leave exhilarated and empowered!

<u>Begins:</u>	<b>Tuesdays, July 7</b>	Ends: July 28
Time:	9:00 am – 9:45 am	Location: Multi-Purpose Hall
Fee:	Members: \$25.00	Non-Members: \$45.00
Drop in Fees:	Members: \$8.00/class	Non-Members: \$10.00/class

### Evening Gentle Barre

Gentle Barre is a low- impact fitness class which focuses on full body muscle endurance using elements of Ballet, Pilates and Yoga movement. This workout targets the smaller muscle groups using a combination of light hand held weights, resistance bands, bender balls, gilders ( to name a few) to improve strength, balance, mobility and flexibility. This class is suitable for everyone with a wide range of options and modifications available. All fitness levels welcome. **\*Please bring a yoga mat, water bottle and comfortable workout attire.**

<u>Begins:</u>	<b>Tuesdays, July 7</b>	Ends: July 28
Time:	5:00 pm – 6:00 pm	Location: Multi-Purpose Hall
Fee:	Members: \$30.00	Non-Members: \$50.00
Drop in Fees:	Members: \$10.00 per class	Non-Members: \$12.00 per class
Instructor:	Sheila Mulgrew	

### Beginners Pickleball for Seniors 55+ at Pickle Point Centre Lethbridge

Pickle Point Centre, on the north side of Lethbridge, is excited to continue our partnership with Nord-Bridge Seniors! Pickleball is a fun, easy-to-learn paddle sport that combines elements of tennis, badminton, and ping-pong — played with a paddle and a light-weight plastic ball on a smaller court. It's low-impact, social, and a fantastic way for seniors to stay active and meet new friends! Join us for **Senior Social Play** — a welcoming, all levels group where everyone is welcome, whether you're brand new to the sport or already playing regularly. **Pre-register:** Call at 403-635-7953 or stop by the centre. Comfortable indoor running shoes recommended.

<u>When:</u>	Daily from 9:00 am – 11:00 am
<u>Location:</u>	PicklePoint 1820 31 St. N. Unit # 3
<u>Fee:</u>	\$10.00 per session

### NEW Cardio Drumming

Cardio drumming is a fun, high-energy workout that combines rhythmic drumming with aerobic exercise. Participants use drumsticks to beat on an exercise ball resting on a bucket while following along to upbeat music. It provides a full-body, low-impact workout suitable for all fitness levels that can be done seated or standing. **Please bring a water bottle, indoor shoes, and wear comfortable clothes everything else is provided.**

<u>Begins:</u>	<b>Wednesday, July 8</b>	Ends: Aug. 26 <b>*No class Aug. 19</b>
Time:	10:00 am – 10:45 am	Location: Multi-Purpose Hall
Fee:	Members: \$50.00	Non-Members: \$70.00
Drop in Fees:	Members: \$10.00/cl	Non-Members: \$13.00/cl
Instructor:	Charlene Poschner	

### Keep Fit Combo (Strength & Cardio)

This is a 45 minute long class combining strength movements and cardio increasing your heart rate which can be adapted for all, We will be using weights, and bands, please bring your own water bottles, indoor shoes, and wear comfortable clothes.

<u>Begins:</u>	<b>Tuesday, July 7</b>	Ends: Aug. 25 <b>*No class July 21 &amp; 28</b>
Time:	11:00 am – 11:45 am	Location: Multi-Purpose Hall
Fee:	Members: \$30.00	Non-Members: \$50.00
Instructor:	Tracy Simons	

### NEW Keep Moving (Fall prevention) with Kelci!

Improve balance, build strength, and move with confidence. This gentle seniors fitness class is designed to help prevent falls through guided exercises that enhance stability, coordination, posture, and overall mobility.

<u>Begins:</u>	<b>Friday, July 3</b>	Ends: Aug. 28 <b>*No class July 17, 31, and Aug. 7</b>
Time:	9:00 am - 10:00 am	Location: Multi-Purpose Hall
Fee:	Members: \$40.00	Non-Members: \$60.00

### NEW Wheelchair Line Dance

This is a choreographed routine where dancers in wheelchairs perform synchronized steps, rolls, and turns in formation alongside standing dancers. It adapts traditional line dancing by translating footwork into upper-body movements and wheelchair propulsion, fostering inclusivity and rhythm.

<u>Dates:</u>	<b>Tuesday, July 7, 14, 21 &amp; 28</b>	
Location:	Multi-Purpose Hall	
Time:	12:15 pm- 1:00 pm	
Fee:	Members: \$10.00	Non Members : \$30.00

## Outdoor Activities

### Introduction to Kayaking at Park Lake Provincial Park

Come join us for an intro to kayaking course in partnership with High Level Canoes and Kayaks for seniors 55+! All equipment is provided, learn gear safety, boat design, techniques for paddling, and so much more! Gain confidence & self esteem! You may get wet so please wear proper attire. For all skill levels, everyone can learn something. Please note: each session is a repeat of the previous session. **Upon registration please pick up a waiver form and photo consent form.**

**Session 1 Begins: Wednesday, July 8 - 29**

**Session 2 Begins: Wednesday August 5 -26**

Location: Park Lake Provincial Park (meet at the North Boat Launch)

Time: 1:00 pm – 4:00 pm

Fee: Members & Non-Members: \$150.00

### NEW Intermediate River Kayaking with High Level Canoes and Kayaks!

This is our newest kayaking experience on the old man river for anyone 55+. Participants must have taken the intro to kayaking course at park lake previously. **Upon registration, please pick up a waiver form and photo consent form.**

**Begins: Thursday, July 23 & 30**

Location: Old Man River- meet at the boat launch at Indian Battle Park, down past the Wastewater Treatment plant.

Time: 9:00 am- 12:00 pm

Fee: Members & Non-Members: \$150.00

### Nordic Pole Walking

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.

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

**Time: 5:00 pm- 6:00 pm**

**Fee: Members: \$30.00 (entire session)**

**Instructor: Cheri Samuels- Murdoch**

**Non- Members: \$50.00**

**Returning participant w/ poles: \$12 drop-in fee (contact Cheri prior -403.360.9337)**

**Location: Meet at Legacy Park Pavillion North parking lot off Blackwolf Blvd. N. in the main building next to the spray park Map available if needed at front desk.**

### Summer Nature Walking Club

Grab a friend and join the Nature Centre, Nord-Bridge Seniors Centre, LSCO, and Nature Lethbridge for our Summer Nature Walking Club where we visit a new park in Lethbridge each week. Transportation is also provided! **\*Please register directly through Nature Lethbridge at 403-320-3064 NOT through Nord-Bridge.**

**Dates: Tuesday, June 23, July 7, 21, Aug. 4, 11 & 25**

**Time: 8:30 am (Pick up at Nord-Bridge) - 10:30 am**

**Fee: Members: FREE**

**Location: various parks around the city**

**Non- Members: FREE**

### Intergenerational Park & Play at Chinook Lake Park (Uplands North)

This is a partnership between Nord-Bridge, Lethbridge Family Centre, and Building Brains Together. This is a fun outdoor Senior and Child program at Chinook Lake Park where both are partnered up to play various games while working on brain knowledge in a fun and friendly atmosphere! Free snacks and refreshments will be provided! **\*Please grab a map of the location at the Front Desk when registering.**

**Date: Friday, July 17**

**Time: 10:00 am - 12:00 pm (Light snacks and refreshments will be provided!)**

**Location: Uplands Chinook Lake Park (North entrance of the lake along Kodiak Blvd. N.)**

**Fee: Members: FREE**

**Non-Members: FREE**

### Bocce Ball - Steve King, Convener

Anyone interested in Bocce, should come out to the Nor-Bridge Lions Park at 2:00PM (weather permitting) on Tuesdays. Please sign up the at the front reception desk or ask Steve King for more info. All levels welcome but you must be a Nord-Bridge member. There is no fee to join.

### Golf - June Perreault & Dan Lang, Conveners

If you are a current Nord-Bridge member, bring your golf clubs on Tuesdays and Thursdays (weather permitting) at 10:00 am (please come 30 minutes early to check in) as the group heads to Evergreen Golf Centre. For more information and to register please contact either convener at j\_dper@hotmail.com; 403 598 1761 or 403 327 3303.



## Mental Health and Wellness Classes

### NEW Sleep Info for Women 55+

Join Judith Van Horne for a sleep info session for women 55+ All the topics are listed below. Register to each one or all - its up to you! **CANCELLED**

<b>Date:</b>	<b>Thursday</b> , July 2
Topic:	Setting Sleep Goals – Yes they are important!
<b>Date:</b>	<b>Thursday</b> , July 9
Topic:	Food & Sleep – Understanding the Connection
<b>Date:</b>	<b>Thursday</b> , July 16
Topic:	Polypharmacy – How to improve sleep
<b>Date:</b>	<b>Thursday</b> , July 23
Topic:	Being a partner in your sleep healthcare – how to talk to any practitioner
<b>Date:</b>	<b>Thursday</b> , July 30
Topic:	Talk to your unconscious mind for a better sleep
<b>Date:</b>	<b>Thursday</b> , August 6
Topic:	Your outlook on life and its relationship with life
Time:	10:00 am – 11:00 am
Instructor:	Judith Van Horne
Fee:	Members: FREE Non Members: \$5.00 (for each class)
Location:	Flex Room

### NEW 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. The client will stay physically active, meet and socialize with others living with dementia, get involved in activities such as board games, bingo, and other cognitive games and have access to info about dementia and support as needed. This will be a special series with Building Brains Together. **The client and their friend, family member or care partner are required to attend all sessions together. \*Max. of 6 couples total.**

<b>Begins:</b>	<b>Weekly Wednesdays</b> , July 8- 29	Location: West Community Room
Time:	1:30 pm - 3:30 pm	Instructor: Charlene Kocken & Lori Gregory
Fee:	\$25.00 for anyone and their caregiver 55 and older	

## Education

### NEW Intro to Spanish

This is a relaxed, stress-free learning environment tailored for older adults to improve memory function and provide mental stimulation, the program focuses on practical, everyday conversational skills. You will learn letters, nouns, numbers, articles, adjectives, simple sentence structure and more! Please bring a pen and paper with you. **This is for beginners only.**

**Please pick up a participant survey upon registration and return to Nord-Bridge.**

<b>Date:</b>	<b>Tuesday</b> , July 14- Aug. 25
Time:	10:00 am - 11:00 am
Location:	Flex Room
Fee:	Members: \$25.00 Non Members: \$45.00
Instructor:	Claire Dixon

### NEW Digital Photography

Basics of good design in photography, learn things like composition, framing etc. Learn basic editing, like cropping adjusting color and exposure. No previous experience necessary. **You must have a smart phone or digital camera.**

<b>Begins:</b>	<b>Tuesday</b> , July 14- August 25
Location:	Craft Room
Time:	10:00 am- 12:00 pm
Instructor:	Gordon Perret
Fee:	Members: \$45.00 Non-Members: \$65.00

## Special Information Sessions:

### Emergency Preparedness Info Session with the City of Lethbridge

This is a great session to learn the steps to take to make sure you are safe before, during and after an emergency or natural disaster. These plans can be important for safety in both natural disasters and man-made disasters. Examples of natural disasters can be floods, blizzards, tornadoes and earthquakes. **Please pre-register for this session.**

<b>Date:</b>	<b>Thursday, Aug. 6</b>
Time:	11:30 am- 12:30 pm
Location:	Flex Room
Fee:	Members: FREE Non Members: FREE
Instructor:	Jamie Anderson & Eric Foster

## Art Classes

### **NEW Brush Strokes with Donna Gallant**

Ever wondered how many things you can do with your brush. In this two week class you will learn how many ways you can use your brush and which brush makes the best marks for all kinds of subjects like leaves, trees, flowers, grass, etc. Learn how to blend, soften edges and create unique and interesting realistic textures. This class is great for beginners who want to learn how to work with your tools. It will benefit all your future painting. **\*Please pick up a supply sheet upon registration.**

**Begins:** **Wednesday**, July 8 & 15  
**Location:** Craft Room  
**Time:** 1:00 pm - 3:00 pm  
**Fee:** Members: \$30.00 Non-Members: \$50.00

### **NEW Color my World with Donna Gallant**

This two week class will help you learn about color mixing and basic color theory and how to match the right color. This class is great for the beginner as well as some that want to learn more. Learn how to lighten a color, darken and color, how to make shades for depth, how to tell if a color is warm or cool. This class can work for any painting medium like watercolor, acrylic, colored pencil, pastels, tempera, gouache, ink, and even felt pens. You choose what you like to work with. It will be more than just colour charts, we will apply the theory to practical use by completing a painting. **\*Please pick up a supply sheet upon registration**

**Begins:** **Wednesday**, July 22 & 29  
**Location:** Craft Room  
**Time:** 1:00 pm - 3:00 pm  
**Fee:** Members: \$35.00 Non-Members: \$55.00

### **NEW How to use Watercolor Pencils, Crayons, and Pens with Donna Gallant**

In this three week class we will learn how to use watercolor substitutes; watercolor pencils or watercolor crayons (called neon II) or watercolor brush pens or felts. Don't feel you have to buy all of them, just one set of either sets will work just fine. They are fun and easy to use and will enhance any type of work including mixed media as well as watercolor. Don't forget to ask for a supply list. **\*Please pick up a supply sheet upon registration**

**Begins:** **Wednesday**, August 5, 12, & 19  
**Location:** Craft Room  
**Time:** 1:00 pm - 3:00 pm  
**Fee:** Members: \$35.00 Non-Members: \$55.00

### **NEW Paint Afternoon with Kendra!**

Flex your creative muscles and enjoy an afternoon of painting guided by a professional artist. No previous experience required and all supplies will be provided. Participants must pay and register for each date. These will be the two paintings (right).

**Dates:** **Thursday**, July 2 (Cactus)  
**Thursday**, Aug. 6 (Mushroom)  
**Location:** Flex Room  
**Time:** 1:30pm- 4:30 pm  
**Fee:** \$40.00 members (for each date)  
 \$60.00 Non-Members (for each date)



### **Woodcarving**

In this class you will learn the art of carving wood. You will be able to create your own carved projects. Beginning students who have little or no experience in carving are welcome. Come join in for an adventure in Woodcarving. This class is ongoing so you can register and join anytime on **Mondays and Thursdays from 1:00 pm —3:30 pm in the Craft Room.** There is a member fee of \$15.00 and a Non-Member fee of \$35.00 for both Monday and Thursday classes.

### **Watercolor Club**

This is the newest watercolor club similar to the "Art and Soul Watercolor Club" where a group of painters meet on a regular basis, sharing ideas, techniques and resources. The Watercolor Club meets every **Friday afternoon at 1:00 pm in the new "Flex" room (located beside the pool room) There will be no club from September– December 2026.** For information on this Club, please talk to the co-coordinator, Sandy Nowell. There is a \$20.00 fee for members.

### **Quilters Krafters**

This group of crafters is calling all knitters, crocheters, quilters, and crafters. They invite you to meet with them on a weekly basis for a social get-together. Bring your own work projects to work on, and ideas to share. The Club meets every **Monday afternoon in the new Flex Room (located beside the pool room) from 1:00 pm - 3:30 pm.** For more information on this club please contact Ashley at 403-329-3222. There is a \$20.00 fee for the year for members only.



## Drop - In Activities

Drop in activities are open to [Members Only](#). However, if you are a [Non-member](#), you can try the activity for a maximum of three times before you need to become a member (\*excluding the pool room). You do not need to sign up for the following programs once you are a member. These programs continue throughout the summer months.

### Darts - Carol Doroshenko, Convener

Darts is an indoor game in which players take turns throwing darts. Players start at a set score of usually 501 and win by reducing their score to zero. There are ten dart boards in the Multi-Purpose Hall. Darts is played every [Monday and Wednesday at 1:00 pm](#). New and novice players are welcome. \*No class on Wed. Aug. 19

### Pool - Vacant, Convener

The Veres Family Games Room is open [daily 7:00 am - 4:30 pm](#) and has three pool tables: One Eight / Nine Ball regulation table for both men & ladies, and two twelve-foot tables suitable for pool golf and snooker. \*Please be advised, a user fee is required for this program. An annual fee of \$50.00 or an alternate drop-in fee of \$2.00 per day to play can be paid at the drop box located at the entrance of the Veres Family Games room.

### Table Shuffleboard - Clay Olsen, Convener

Shuffleboard is a game in which players slide metal weighted pucks down a long smooth wooden table into a scoring area at the opposite end of the table. There are two shuffleboards in the Veres Family Games Room. The scheduled day and time for the program is [Tuesday at 9:00 am, but the shuffleboard tables can be used at other times as available](#). \*Members are welcome to drop-in anytime.

### Table Tennis - Jerry Mikusek & Dave Bergen, Conveners

This activity is located in the Multi-Purpose Hall on [Wednesday and Sunday evenings at 7:00 pm](#), and includes open play, singles & doubles. New members are welcome and instruction is available if required. Non-Members pay a \$2.00 nightly drop-in fee. Please use the NE doors of Nord-Bridge.

### Line Dancing - Diane Holstine, Instructor

Line Dancing is a relaxed and fun afternoon with a variety of music and is an excellent exercise for both body and mind. We do 1/4 and 1/2 turns in our steps. If you have balance issues, or bad joints, this class might not work for you. These classes are meant for more improver & intermediate levels. Please wear non marking footwear and bring your water bottle. Please come and join us in the fun every week! Drop ins ONLY. We dance every [Monday \(Improver\) at 10:00 am in the Multi-Purpose Hall and every Thursday \(Intermediate\) at 9:00 am in the Multi-Purpose Hall](#). Drop in fee of \$5.00 for Members and \$6.00 for Non Members.

### Ukulele Circle - Laree Findlay & Darlene Waldie , Conveners

Discover the joy of strumming and singing with us! Whether you're a seasoned ukulele pro- or a beginner, all are welcome at this program! Bring your ukulele, tuner, music stand, and let's play together! We play [every Friday from 9:00 -9:30 am is for tuning and learning & 9:30 am-10:45 am](#) is for playing music. Located in the Dunford Diner Annex and is FREE for members only drop in on what ever day works for you!

## Cards & Board Games- \*Please do not set up for game sooner than 15 minutes before start time of program.

Open to [Members Only](#), however if you are a non-member, you are welcome to try out the program for a maximum of three times before becoming a member. [Programs continue throughout the summer.](#)

### Cribbage - Denis Briand, Allan Stalker & Cheryl Orr, Conveners

Cribbage is played with a regular 52-card deck, by two, three, or four players. The Crib program is played every [Friday at 1:00 pm](#) in the West Community Room.

### Cribbage for all levels- Eileen Sawatsky, Convener

New to Cribbage or a seasoned pro? Come play, learn, and socialize every [Tuesday afternoon at 1:30pm](#) in the Dunford Diner Annex!

### Euchre - Judy Baumann & Marlene Nap, Convener

Euchre is generally played by four persons, with a pack of 32 cards, consisting of nines through the aces. The Euchre program runs [Wednesdays at 1:00 pm](#) in the Dunford Diner Annex.

### Whist - Dianne Smith, Convener

The classic game of trick taking known for its simple rules and strategic game play where the goal is to win the most tricks. This is for four players in fixed partnerships. Rules are simple, and there are several variants of the game. We play regular whist at Nord-Bridge on [Thursdays at 1:00 pm in the Diner Annex.](#)



## Cards & Board Games Continued

**Bid Euchre** - Sharon VandenHengel & Judy Workman , Conveners

Bid Euchre is played every [Wednesday afternoon at 1:00 pm](#) in the Dunford Diner Annex. 32 cards are dealt (double deck from Ace to Jack) Eight cards per person. Game is finished when all players have dealt twice. Play with partners same as regular Euchre. Each player bids once starting with the person to the left of the dealer, highest bidder leads, if you win the bid you only count the number of tricks bid, not the number of tricks taken.

**Contract Bridge** - Dianne Smith, Convener

This program meets on [Monday, Thursday and Friday in the Dunford Diner Annex at 1:00 pm](#). Anyone wishing to learn the game or wanting to join in, please stop by.

**Canasta** - Gail Petrie, Convener

Canasta is a card game of the Rummy family. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands. Canasta is played in the Dining Room Annex every [Tuesday at 12:45 pm](#).

**Texas Hold'Em** - Pino Zucchelli & Marilyn Maloff, Conveners

The subject of many a disagreement in Westerns was the game Texas Hold'em. Fast forward to present day and minus the saloon / gun fights, Texas Hold'em has become the most popular poker game in North America. Hold'em is a community card game where each player may use any combination of the five community cards and his/her own two hole cards to make a poker hand. This is a fun and easy game to learn. There is a small weekly fee to play the game. Texas Hold'em is played every [Tuesday at 1:00 pm](#) in the West Community Room.

**Scrabble** - Lucy Graham, Convener

Scrabble is a word game in which two to four players score points by forming words from individual lettered tiles on a game board. The words are formed across/down in a crossword fashion. Players meet on [Tuesday at 1:00 pm](#) in the Craft Room. If you are interested, drop in any Tuesday.

## Social

**Baking/ Cooking at the Interfaith Chinook Country Kitchen!**

In partnership with the Lethbridge Family Centre come and have fun creating and socializing while using fresh ingredients from the Interfaith Garden of the Chinook Country Kitchen! Lots of food to take home at the end of the session as well! Please register at Nord-Bridge or call 403-329-3222. For Seniors 55+.

**Date: Tuesday, July 28 & August 25** *\*spaces fill up fast so please register as soon as possible.*

Time: 9:30 am - 11:30 am (*New Summer Times*)

Location: Chinook Country Kitchen (Inside the Interfaith Foodbank) 1103 3 Ave. N.

Fee: FREE for Members \$15.00 for Non-Members

Maximum Participants: 6

**Intergenerational Craft and Music Afternoon with the Family Centre**

In partnership with the Family Centre (LSKIP), this intergenerational program is with children between the ages of 0 – 12 years old. Nord-Bridge Seniors and the children are then partnered up together and interact in craft activities followed by live nursery rhymes on the piano! We are currently looking for more fun Nord-Bridge Senior members to volunteer in this program. For anyone 55+!

**Date: Wednesday July 22 & August 26** There will also be a game park and play which is planned for Friday, July 17 at Uplands Chinook Lake! Go to page 10 of this booklet for more information.

Location: Multi-Purpose Hall at 3:15pm - 4:15pm

**"New" Comers Meet & Greet - Judy Willis & Lauren Palmer, Conveners**

Strangers are just friends we haven't met yet. Are you a new member and have trouble going into a room full of people that you would love to have coffee with? Lots of seniors attend Nord-Bridge for exercise, cards, or art, but this group makes that special human connection. Here is your chance to come and meet others as we are always looking for new faces. We meet **the 1st and 3rd Tuesday of every month at 10:00 am in the Dunford Diner Annex**. Every new member will receive a FREE coupon for a treat from our Dunford Diner! Drop in any time that suits you.

## Gaming

**In House Bingo** - Dave Green, Randy Butterwick, & Anne Pauls, Conveners

All members and their friends (over the age of 18) are welcome to attend our weekly bingo program. This popular program is held on [Fridays at 1:00 pm](#) in the Multi-Purpose Hall. Come out & give your luck a try! This is for anyone in the community.

# NORD-BRIDGE SENIORS FITNESS 55 PLUS CLUB

The "Fitness 55 Club" operates on a special pass program. A current year paid in full Nord-Bridge membership\* is required (\$60 per year) plus a special pass user fee will be charged to access the Fitness Room. The fee assists Nord-Bridge with fitness room capital costs and ongoing maintenance.

The "Fitness 55 Club" offers something for everyone. It features a wide variety of cardiovascular equipment for all physical abilities (4 treadmills, 2 ellipticals, 2 recumbent bikes, 1 upright bike, and 1 recumbent elliptical). All cardiovascular equipment is low impact and senior friendly. The "Fitness 55 Club" facility also includes a wide variety of strength equipment, including a multi-jungle machine which offers four stations for upper body strengthening. There are three separate machines that are devoted for lower body strengthening, as well as a chest press for your upper body. Also, there is a good selection of free weights for muscle strengthening and one Vibration Trainer.

All Nord-Bridge members are invited to visit the FITNESS 55 CLUB. Prospective Nord-Bridge members are welcome to a free orientation to the Fitness 55 Club **by booking an appointment with either Cheris Samuels who is a certified AFLCA Fitness Instructor in Group Fitness & Older Adult Resistance Training or Tracy Simons who is a certified Older Adult Fitness Leader. Please book your appointments at the Front Reception Desk, various days of the week are available. Please come ready to work out and always wear indoor shoes for the gym.**

***\*Please note: Nord-Bridge Seniors Centre is a scent-free environment. We ask that you not wear any scented products such as perfume, lotion, or aftershave when attending the gym.***



## FEES

**NEW** Annual Pass - \$225\*

**NEW** Monthly Pass - \$25\*

**NEW** 20 Visit Pass - \$40\*

\*Plus a \$15 refundable deposit on the electronic access key fob.

## HOURS

Fitness 55 Club hours  
of operation  
are from 7:00 am - 4:30 pm.  
Monday - Friday

