

NEWSLETTER

August 2026



Once again, the Nord-Bridge Sea 'N' Oars Dragon Boat Team had a great time at the Lethbridge Rotary Dragon Boat Festival in July! Thanks to team manager Cheris Samuels for her dedication and leadership, and to our generous sponsors, Lethbridge Hearing Centre, Salon Nineteen04, and Medicine Shoppe #338. Also, a huge shout out to our volunteers for helping everything run smoothly, and all of the spectators who came out to show their support!



PRESIDENT'S REPORT

What a difference between months. I thought I was going to grow flippers in June and then July brought the heat. Gotta love summer in Southern Alberta. I am certainly not going to complain, for after all, there is the s... word to contend with in a few months. To all the gardeners, I applaud you for your resilience, patience, green thumbs and generosity.

The summer is traditionally a quieter season at the centre. August will still see us in a bit of slower mode, but members and the public are starting to slowly trickle back. The big event for August is Whoop Up Days. The parade is on Tuesday, August 18th down 3rd Avenue in Lethbridge. If you are able, come on out and show your support for our float in the parade. On Wednesday, August 19th, we will be holding our annual Whoop Up Days Pancake Breakfast from 8 am to 11 am in the Multi Purpose Hall. This event is open to the public and traditionally a big success.

The halls will be buzzing with members as programs start up again in September. Our Fall Program Guide will be coming out on August 27th with registration set for Thursday, September 3rd at 8:30 am. Regular weekly programming will be starting back up Tuesday, September 8th.

Scientists ought to study how to cross poison ivy plants with four-leaf clovers so that we could all have a rash of good luck!

Dianne Smith, Board President

WELCOME

Welcome to 13 New Members!
We are happy to have you here!

Pam Coolidge

Karen Bobak

Barry Court

Christine Carson

Camila Pinzon

Rebecca Smith

Veronica Oakes

Brenda Wurzer

Kevin Dunn

Mike Durrant

Bill Cox

Shirley Pellettieri

1 Anonymous

This program runs weekly on Thursdays at 1:00 pm and returns in September! Tasks include helping to set up and take down equipment, organizing players for the game, and collecting money. If you are interested, please contact Ashley at 403-329-3222.



We are in need of a new Floor Shuffleboard Convener!



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!



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.



Nord-Bridge will be closed
Monday, August 3 for
Heritage Day

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



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

NEW ONLINE REGISTRATION TRAINING



**Nord-Bridge has updated their online
registration system to myactivecenter.
If you use online registration for Nord-Bridge
recreation programs, it is strongly recommended
that you attend either training session to be
ready for the Fall 2026 season.**

→ Tuesday, August 25th at 1:00 pm
→ Thursday, August 27th at 1:00 pm
Multi-Purpose Hall

***Please bring a device you would
normally register with.**

***If you are unavailable for either, please
contact Ashley at 403-329-3222.***

PRESIDENT'S REPORT

August has arrived, and with it comes one of Nord-Bridge's favourite summer traditions - our Annual Whoop Up Days Toonie Pancake Breakfast on Wednesday, August 19, in the Multi-Purpose Hall from 8:00 a.m. to 11:00 a.m. For just a toonie, enjoy a delicious pancake breakfast with pancakes, sausages, coffee and juice. It's always one of our most anticipated events of the summer, and we look forward to welcoming members and the public alike before heading out to enjoy the excitement of Whoop-Up Days.



One exciting initiative that is quickly approaching the finish line is our Battle of the Brews coffee fundraiser with the Lethbridge Senior Citizens Organization (LSCO). The friendly competition has generated plenty of enthusiasm over the past few months, but we're entering the final weeks and Nord-Bridge needs your help! At the time of writing, we're trailing LSCO in coffee sales, and we're counting on our amazing members and supporters to help us rally for a strong finish. Every bag of coffee purchased supports programming and services that enhance the lives of older adults in our community. If you've been thinking about picking up a bag - or two - now is the perfect time. Let's show our community spirit, support a great cause, and work together to bring the Battle of the Brews trophy home to Nord-Bridge!



Last month, I had the privilege of joining LSCO Executive Director Kaitlynn Weaver for a meeting with Mayor Blaine Hyggen and Minister Nathan Neudorf, following an invitation from the Mayor. The meeting provided an excellent opportunity for both senior centres to advocate for older adults and discuss the vital role that

Nord-Bridge and LSCO play in the Lethbridge community. Together, we highlighted the importance of providing opportunities for social connection, lifelong learning, volunteerism, wellness, transportation, system navigation, and access to community supports that help older adults remain active, independent, and engaged. It was encouraging to have meaningful discussions about the growing needs of Lethbridge's senior population and the important role both organizations play in helping older adults age well in our community. We sincerely appreciate Mayor Hyggen and Minister Neudorf taking the time to meet with us, listen to our perspectives, and recognize the positive impact both senior centres have on the lives of thousands of seniors each year. Working collaboratively ensures that the voices of older adults continue to be heard and that senior centres remain an essential part of a healthy, connected, and age-friendly Lethbridge.

As always, thank you for your continued support of Nord-Bridge. Whether you volunteer, participate in programs, attend events, or simply stop in for a coffee and conversation, you help make this centre the welcoming community hub it is. I look forward to seeing many of you at our Toonie Pancake Breakfast and around the centre throughout August.

David Ng, Executive Director

Executive Committee

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

Board of Directors:

First year

Robert Grisak
Bill Hanson
Cheryl Orr

Second Year

Randy Butterwick
Tom Ivins
Donalda Stock

Third Year

David Green
Barbara Trottier
Lorrie Vos

Administration Staff

Executive Director	David Ng
Financial Administrator	Tracy Beauchemin
Director of Programming	Ashley Kern
Director of Fund Development	Julie Sarich
Office Administrator/Outreach	Erin Bates
Office Administrator	Maria Lisun
Coordinator of Volunteer Services	Donna Lofstrom-Bell
Kitchen Manager	Bety Castillo
Dining Room/Kitchen Assistant	Gail Krysak
Cook	Danielle Wiese
Prep/Line Cook	Camila Lee
Kitchen Team Member	Heather Boychuk
Building Maintenance/Custodian	Marco Escobar
Go-Friendly Bus Driver	Terry Beauchemin
Newsletter Editor	Cindy Dykstra

Seniors Community Partnership

Seniors System Navigator	Charlene Kocken
Seniors System Navigator	Breylin McNeil

Nord-Bridge Meeting Reminders

Monthly

Outreach Committee :

First Mon. (Sept. - May) 1:30pm

Directors Meetings:

Second Wed. 9:30am

Finance Committee Meeting:

Last Wed. in Feb, May, Sept, Nov

Annually

Annual General Meeting:

First Wed. of April 9:30am

General Member Meeting:

First Wed. of November 9:30am

Friday CASH Bingo at Nord-Bridge



Looking for a lively way to spend your Friday afternoons? Join us at Nord-Bridge Seniors Centre for Friday Bingo! Pay to play and win cash prizes!

Date/Time: Fridays, 1:00 pm - 3:00 pm
Location: Multi-Purpose Hall
Open to anyone 18+



*Costs associated with playing *Licensed with AGLC

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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

July 24 - Sumi Tomiyama \$151

MONDAY JAM 50/50 DRAW

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

RECENT WINNERS

June 29 - Millie Buck \$125

July - No draws

(Summer break! Will return in September)

Thanks Jammers, Volunteers, and Patrons.
Thanks also to Cheryl Orr for

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!

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

ITALIAN VISTAS GROUP TOUR
FLY to Rome / Return from Stresa
13 days • May 18th, 2027

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

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



We are in need of a new
Evening Pickleball co-convener!

This program runs Monday and Thursday evenings at 6pm. Tasks include opening the building, set up and take down of equipment, organizing players for the games, and collecting money. If you are interested, contact Ashley at 403-329-3222!



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NO
PARKING



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!



BUILDING OPERATING FUNDS RECENT DONORS

Judith & John Hoglund \$50
John & Lois Cicman \$400; Jim Edwards \$100
Ken Hutton \$1000; Anonymous \$1000
Anonymous \$5000; Anonymous \$5000
Anonymous, In Memory of Clay Olsen \$300
The Bushing Table,
In Memory of Clay Olsen \$100

NORD-BRIDGE IN-HOUSE BINGO

Year to Date: \$9752.00



**ADVERTISE
HERE!**

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

Contact us at
editor@nordbridgeseniors.com
for information about our advertising rates!

***Advertisements must
be specific to seniors**

Whoop-Up Days Toonie Pancake Breakfast

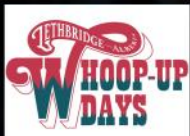
Date: Wednesday, August 19

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

Can you help?

We have readers who are looking for
current (copyright 2016 and newer)
or specific books by the following authors:

**Joseph Finder
Freida McFadden
Luanne Rice**

Clive Cussler: "Iron Storm"

Clive Cussler: "The Serpent's Eye"

Phillip Margolin: "False Witness"

Mandy Robotham: "The German Midwife"

We would be very appreciative if anyone
is able to contribute these books!



Intro to Kayaking for Seniors 55+

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!**



Nord-Bridge Seniors Centre
1904 13 Ave. N.
Lethbridge Alberta
Phone: 403-329-3222

Fall Program 2026

**The Fall Program Guide will be released on
Thursday, August 27th. Registration for fall
programming opens at 8:30 am on Thursday,
September 3rd, both online and in person.**

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New Owner/
Operator

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CHOOSE YOUR SIDE



**NORD-BRIDGE
SENIORS CENTRE**



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!

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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

Parting leaves a legacy
Of thoughts,
Of things gone wrong.
Sometimes it leaves a bitter taste,
Emotions, some quite strong.
One always thinks of times gone by
And good times that were made.
One seldom thinks unhappy thoughts.
As fare thee well is bade.

What comes to mind?
A summer day.
Sky clear
and cloudless blue.
Rolling hills, grass green, and my love, you.
I'll never think of summer, more
Lest thoughts of you arise.
To think of summer in this way
Brings misting to my eyes.

What comes to mind?
Crisp winter snows.
A chill lies in the air.
Trees and grass all dormant
as my love, but no despair.
I'll never think of winter,
It should be no surprise,
Thoughts of you in winter
Still cause misting to my eyes.

What comes to mind?
Thoughts of you in spring, my love.
Trees all budding green,
Grass sprouting, showing off
for summer.
Spring, in her capricious ways
Her golden, glorious, feathery daisies.
Thoughts of you in spring, dear love,
Still bring misting to my eyes.

Mind Joggers

Parting

~Lorraine Neal



What comes to mind?
Thoughts of you in autumn
Like the landscape's glorious hues,
Reds, and golds, and beautiful browns,
Skies so indigo blue.
Thoughts of you in autumn,
Memories that arise
Some of them so hard to bear,
Bring misting to my eyes.

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



Our next
Intergenerational
Craft and Music
Afternoon takes
place on
Wednesday,
August 26!



Nord-Bridge Seniors Centre Bottle Drive Fundraiser



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

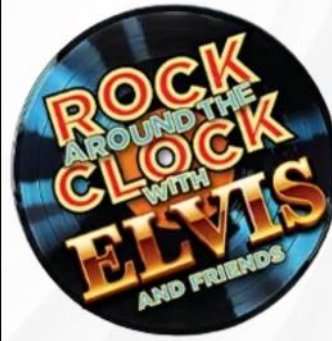
If you'd like to join in on our fundraising efforts, feel free to drop off your empty beverage containers at either GPS Container Depot location, and ask to have the funds donated to the Nord-Bridge account. We appreciate your support!

GPS CONTAINER
DEPOT
It's Worth It



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

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



Jubilation



Trip to Jubilation 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.**

LETHBRIDGE SCOTTISH COUNTRY DANCE CLUB



What is Scottish Country Dancing?
\$30 September-May

Scottish country dancing is:

- Dancing traditional Jigs, Reels and Strathspeys to live music.
 - Social dancing where you learn specialized steps and formations while having FUN!
- No partner needed to join. No special clothing required. Suitable for all levels.
 - NOT Highland Dancing.

**Wednesdays, starting September 9th
from 7:00-9:00 PM**

**St. Andrew's Presbyterian Church Hall
1818 5 Avenue South**

**Join us for our free Ceilidh on
September 26th at 7PM**

Details on our website:

www.lethbridgescottishcountrydance.org

For more information contact: Pam Vogt 403-332-1208

MOBILE FOOD SUPPORT

LETHBRIDGE
FOOD BANK
Helping the need

August 2026

August 11 - 1pm

LSCO - 500 11th Street S

August 18 - 1pm

Nord Bridge Senior Centre - 1904 13 Ave N





Volunteer Services Report

Hi everyone,

I cannot believe how quickly summer is flying by. This year I am finally able to enjoy gardening, and it is therapeutic to spend some time in nature.

Whoop Up Days is also fast approaching and we will definitely be needing help creating the Nord-Bridge float for the parade on August 18th, as well as help tearing down the float. Then on Wednesday, August 19th, the very popular Toonie Pancake Breakfast takes place in the Nord-Bridge Multi-Purpose

Hall and we will need many helpers for that special event also. Also, these events provide a great excuse to break out your western wear. I know I will jump at any opportunity to wear a cowboy hat. 🤠

We have two new young community volunteers who will be here at Nord-Bridge for the next 4-5 months from the Church of Jesus Christ of Latter-Day Saints (LDS). Kira A. will volunteer on Fridays from approximately 10:00 a.m. – 3:30 p.m. Her previous/current volunteer experience is Mission Thrift Store, and the Lethbridge Soup Kitchen. I asked Kira for one word to describe herself and she confidently stated "Bright" which is already apparent. Welcome Kira! Our second LDS volunteer is Hyrum C. who will be helping on Tuesdays from 9:30 a.m. – 1:30 p.m. with keeping the grounds tidy and volunteering in the diner. Welcome Hyrum.

On another note, we are looking for flat sheets, king size only please for now, which will be used to make storage covers for our multitude of Christmas trees. You can leave the sheets at my desk if you have any to spare. Lucky for us, Kira is also an avid sewer so we will keep her busy.

Happy Alberta Heritage Day everyone!

"Throughout my life, I've seen the difference that volunteering efforts can make in people's lives. I know the personal value of service as a local volunteer."

~Jimmy Carter, former American President and Habitat for Humanity Volunteer

Donna Lofstrom-Bell, CVA — Coordinator of Volunteer Services



Paint Afternoon with Kendra

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

NEW!

Date:

Thursday, Aug. 6

Time:

1:30 pm - 4:30 pm

Location:

Flex Room

Cost:

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.



NAVIGATING LIFE

NEW!



Join us for Navigating Life, a group focused on staying positive, building resilience, and planning for the moments that matter. Fridays are all about you - your well being, your goals, and your journey. Each session explores meaningful topics and offers simple prompts to help you set intentions and prepare for the week ahead. Together, we'll focus on finding balance, building confidence, and supporting one another while navigating life's ups and downs. Come feel energized, empowered, and connected.

JOIN US TO LEARN MORE!

When: Friday, September 11, 2026 - Finding Purpose
Friday, September 18, 2026 - Finding Connections
Friday, September 25, 2026 - Music for the Soul

Time: 1:00 pm to 2:00 pm

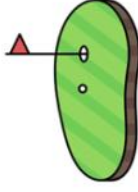
**BECAUSE NAVIGATING
LIFE IS MORE THAN
JUST GETTING BY**

Where: Nord-Bridge Seniors Centre Board Room
(Across from the dining room)

This FREE class is a Drop In Class and new participants will be registered upon arrival



August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED TODAY FOR HERITAGE DAY!	4 8:30 Nature Walks 10:00 New Comers M & G 10:00 Golf at Evergreen (NB members only) 10:00 Intro to Spanish 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 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 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 How to Use Water color Pencils (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis (MPH)	6 9:00 Card Crafters 9:00 Intermediate Line Dance 10:00 Golf at Evergreen (NB members only) 11:30 Emergency Prepar- edness Info (Flex Room) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:30 Paint Afternoon with Kendra (Flex Room) 	7 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 *No Keep Moving Fall Prevention Class Today!
10 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 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:00 Gentle Yoga (WCR) 	11 8:30 Nature Walks 10:00 Golf at Evergreen (NB members only) 10:00 Intro to Spanish (Pers R) 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 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) 	12 8:15 Bike & Coffee 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 How to Use Water- color Pencils (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis (MPH) 	13 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) 	14 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 

17 9:00 Hello Monday 9:00 Gentle Yoga (WCR) 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:00 Gentle Yoga (WCR) 	18 9:00 Whoop-Up Days Parade (Come Cheer Us on!) 10:00 Golf at Evergreen (NB members only) 10:00 New Comers M & G 10:00 Intro to Spanish (Flex R) 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 12:45 Canasta/ H & F 12:45 Scrabble (Craft R) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park) 	19 8:00 Whoop-Up Days Toonie Pancake Breakfast (Multi-Purpose Hall) 8:15 Bike & Coffee 9:00 MANICURES (CR) 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Intro to Kayak 1:00 How to Use Water-color Pencils (Craft) 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis (MPH) *No Cardio Drumming or Darts TODAY due to Pancake Breakfast	20 9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 9:30 Tech Help (Hallway) 10:00 GB at Evergreen (NB members only) 1:00 Woodcarving 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 	21 9:00 CRA/Service Canada Visits (Tax Office) 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 (Flex Room) 1:00 Cribbage (WCR) 1:00 Contract Bridge 	24 & 31 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/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 6:00 Gentle Yoga (WCR) 	25 8:30 Nature Walks 9:30 Cooking at Interfaith 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 12:45 Canasta/ H & F 1:00 Online Registration Training (MPH) 1:00 Scrabble (Craft R) 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park)	26 8:15 Bike & Coffee 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 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 3:15 LSKIP (MPH) 7:00 Table Tennis (MPH) 	27 *Fall Program Published Today! Get your copy at the front desk! 9:00 Card Crafters 9:00 Inter.Line Dance 10:00 Golf at Evergreen (NB members only) 10:00 Historical Bus Tour 1:00 Online Registration Training (MPH) 1:00 Woodcarving 1:00 Whist (Annex) 1:00 Contract Bridge	28 9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Handy Crafters 1:00 In- House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge  *Monthly Toonie Draw (Fourth Friday of Every Month) 
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Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way. Please note: for fare details please contact front reception desk.

LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL DONNA AT 403-329-3222 TO ARRANGE.

WINNERS BINGO WEDNESDAY: AUG. 5, 12, 19 & 26

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35)

LOCATION: CRAFT ROOM UPCOMING DATES: CHECK IN NEWSLETTER



- FALL REGISTRATION BEGINS THURSDAY, SEPT. 3RD AT 8:30AM EITHER ONLINE OR IN PERSON!**
- PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!**
- U OF L NURSING STUDENTS ARE BACK THIS SEPT. ON THURSDAYS AND FRIDAYS WATCH IN NEWSLETTER FOR MORE INFO!**
- HAVE AN INFO SESSION YOU SUGGEST FOR THE SUMMER? GIVE ASHLEY AT CALL AT 403-329-3222!**

FREE PANCAKE BREAKFAST

Free pancakes, sausages, and fun for the whole family!

August 17, 2026

7:30 AM - 10 AM

PiP International Inc.

4085 2 Avenue South, Lethbridge



RACHAEL THOMAS
MEMBER OF PARLIAMENT

 @RachaelThomas.ab

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

Condolences to...

*the Inkster family, on the passing of Stuart
the Olsen family, on the passing of Clay
the Waddle family, on the passing of Laine
the Ash family, on the passing of Jim
the Sinclair family, on the passing of John*

Get Well Wishes to...

Don Moore



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.




CHRISTENSEN SALMON
GENERATIONS FUNERAL HOME

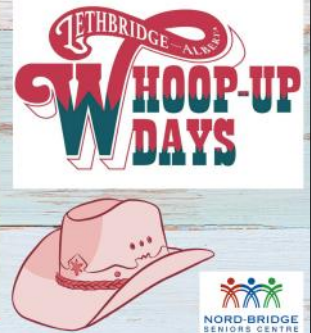
*Family Focused
Family Operated*

703 13 STREET NORTH, LETHBRIDGE

Phone: 403.382.3601
www.generationsfh.ca

A division of the Caring Group Corp.

**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.

If you are interested in helping to decorate our parade float, contact Donna or Ashley at 403-329-3222



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.



Seniors System Navigator

Happy August Nord-Bridge! I cannot believe how quickly this summer is flying by. The season has everyone out and about, enjoying the warm weather. This summer has kept all of us busy and with a busier schedule, personal wellness can become more of an after-thought at times. It's the perfect time to focus on a little self-care. Self-care doesn't have to be complicated. It is the little things we do to help us feel our best. It can be as simple as making small choices each day that support our health and happiness.

Stay Hydrated – It's always important to stay hydrated. In the summer months, the heat causes us to sweat more, leading to dehydration. As a simple way to take care of ourselves, keeping a glass of water on hand is important. If you are out and about this summer, maybe a water bottle is an easy, on the go alternative.

Keep Moving – Gentle physical activity helps maintain strength, balance and flexibility. Movement is part of daily life in some way shape or form. It could be a short walk around your neighborhood, gardening, swimming or even just some stretching.

Stay Sun Smart – Spending time outdoors can help emotional wellness by providing us with a daily dose of vitamin D. If you are spending time outdoors, it's important to protect your skin. Sunscreen is an absolute must have this summer. Or maybe a nice pair of sunglasses and a very wide brimmed hat.

Take Time to Relax – The summer is a busy time of year so self-care might look like slowing down. Give yourself permission to read a book, listen to music or whatever it is you do to unwind and relax. These quiet moments can help reduce stress and improve overall well-being.

Stay Connected – Social connections can be an important part of self-care. Call a friend, visit a neighbor, make plans with family, attend a community event or join a local club or activity.

Listen to Your Body – The summer heat can be hard on everyone, especially older adults. If you are feeling dizzy, tired or overheated, move to a cool place, drink some fluids and rest.

Self-care isn't about doing everything or trying to do it perfectly. It's about making time for the habits or activities that help you to feel your best. Every act of caring for yourself, whether big or small, contributes to a healthier and happier summer!

~*Breylin McNeil* BSW, RSW Seniors System Navigator

Outreach Volunteer Meeting

Date: Monday, September 14
Time: 1:30 pm



Our Outreach volunteer team is coming together for the new season, and we're hoping to add a few more helping hands. Outreach runs on the 3rd Monday of each month (or the 2nd Monday if the 3rd falls on a holiday). With more volunteers, we can rotate the schedule so not everyone needs to volunteer each time.

Outreach duties include serving, door hosting, taking payment, food preparation, and decorating. Every role contributes to creating a warm, welcoming experience for our attendees.

If you're a current volunteer planning to return or wanting to sign up, please leave your name with Donna, our Coordinator of Volunteer Services, at 403-329-3222.

If you'd like to support a meaningful program with a flexible commitment, join us at the volunteer meeting to learn more and get involved!

Nord-Bridge Outreach Fabulous Fall: Welcome Back!

Date: Monday, September 21

Time: 1:30 pm to 3:00 pm

Cost: \$3 per person

Location: Multi-Purpose Hall

Reconnect, refresh, and celebrate fall as our Outreach Program returns from summer break!

Live entertainment by Bryce Gray & Friends
(Back by popular demand!)

Refreshments will be served.

**Please call 403-329-3222
to RSVP by Monday, September 14th**

The Nord-Bridge Seniors Outreach Program provides social programs for Seniors 55+ who are living alone in their own home or in a seniors residence, and want to get out and socialize in a friendly environment. Join us and enjoy some good entertainment and company!



Lethbridge Elder Abuse Response Network

Safety Planning:

Preparing Today for Greater Peace of Mind Tomorrow

When we hear the words *safety plan*, many of us think of emergencies like fires or severe weather. But a safety plan can also help protect us from elder abuse. Abuse can happen in many forms - emotional, financial, physical, or neglect - and it often involves someone the older adult knows and trusts. Creating a safety plan doesn't mean you expect abuse to happen; it simply means you are taking steps to protect yourself and your independence. Think about the people in your life you trust and could call if you ever felt uncomfortable, pressured, or afraid. Keep important phone numbers where they are easy to find, and let a trusted friend or family member know if something doesn't seem right. It's also wise to keep copies of important documents, review your bank statements regularly, and never feel rushed into signing paperwork or making financial decisions. If someone asks you to keep secrets about money, discourages you from seeing family or friends, or makes you feel guilty or afraid, those are signs that it may be time to reach out for advice.

One of the most important parts of a safety plan is staying connected. Regular visits, phone calls, or participation in community activities can help reduce isolation and ensure there are people who will notice if something changes. If you are concerned that someone in your life is taking advantage of you, remember that you have options. A safety plan might include deciding where you could go if you needed a break from a difficult situation, who you would contact first, and what important items you would want to have with you. You do not have to make big decisions on your own, and asking for information or support does not mean you have to take immediate action. The purpose of a safety plan is to give you choices, confidence, and peace of mind. Every older adult deserves to feel safe, respected, and in control of their own life, and having a plan in place can be an important step toward protecting that right.

~ Amy Cook

LEARN Program Manager



Whist

Day & Time: Thursdays, 1pm - 3pm

Location: Diner Annex

All levels welcome!

Must be a current Nord-Bridge member



Whist is a classic trick-taking card game known for its simple rules and strategic gameplay, where the goal is to win the most tricks. There are several variants of the game - all are easy and fun to play!

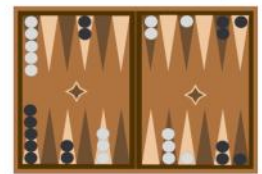


Chess & Backgammon Club is back on September 11th! Hope to see you there!



**Fridays in the Board Room
Drop in 8:30 to Noon**

**For Nord-Bridge members only*



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**

Be *Scent*sitive to others

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



We Share the Air!



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

Programming Report



As I write this, we have lost one of our regular members, volunteers, and past board members, Clay Olsen. He passed away earlier last month, and it was hard for all our staff and those who knew him. I remember he was one of the first members I met when I started April of 2018, at the Life Members Luncheon. Right off the bat he made me feel at home and told me how that event worked (in proper Clay fashion). On the programming side, he helped start up In House Bingo back in 2001, was a part of the Alberta 55 + Games, and made Nord-Bridge the host location. He would help set up for special events such as the Whoop Up Days Pancake Breakfast, got the coffee going, made the pancakes, led Floor Curling and Table Shuffleboard every year for the Fall In House Tournaments and was even Santa during the holidays the last few years. He loved to help in the Whoop Up Days Parade and was a permanent fixture in the passenger seat of the truck waving for all to see. He was never afraid to tell you what he thought but he was also a big teddy bear underneath and those who knew him know this is true. Nord-Bridge held a celebration of life for him on July 25th and it was great to see everyone attend this and tell a lot of great stories about him. He will be greatly missed.



On a happier note, I got to participate in our newest Cardio Drumming class on Wednesdays at 10:00 am, it is a great workout and fun! As I always say, it's nice to have such a variety of instructors to teach various programs! Special thanks to Mary-Lou Manahan on the suggestion!

If you are looking for something to check out this month while staying cool inside, we have our Annual Toonie Pancake Breakfast for Whoop Up Days coming up on August 19th from 8am - 11am in the Multi-Purpose Hall. The cost is only \$2 and open to all with live music, great food, and company! Thank you to our sponsors for continuing to support this event every year and to Julie for coordinating. There is also the Whoop Up Days Parade on Tuesday, Aug. 18th at 9:00 am and once again Nord-Bridge will have a float in the parade!

You might have also heard we are updating our online registration system as well as our website. If you register online, we HIGHLY RECOMMEND attending either training session booked in the Multi-Purpose Hall on Tuesday, August 25th or Thursday, August 27th both at 1:00 pm lead by yours truly as well as some volunteers. We will go over step-by-step, how to use and register for fall classes with this new system, so please bring the device you would normally use to register (eg. laptop, smart phone, tablet etc.). You do not need to register for this. Please find more details on page 3 of this newsletter.

The Fall Program guide is out Thursday, August 27th and fall registration both online and in person will begin at 8:30 am on Thursday, September 3rd. If you couldn't make it to the online registration training mentioned above, please contact me.

One last note, we will be hosting the U of L nursing students once again at Nord-Bridge as part of their community health practicum focusing on health promotion, so please say hi when you see the students on Thursdays and Fridays starting the third week of September.

Until next month, stay happy and healthy!

~Ashley Kern - Director of Programming



Lethbridge Adults 55+: You are invited to participate in a research study!

How do physical activity and grip strength relate to thinking and memory as we age?

The University of Lethbridge's Department of Neuroscience and Building Brains Together invite you to take part in a new study exploring how physical activity and grip strength relate to cognitive function in older adults.

What's involved? One visit of about 30-45 minutes, including a short survey, a grip strength test, and a few thinking-and-memory tasks. Testing location will be subject to participant convenience.



Eligibility

Aged 55 +

No major upper limb impairments

Interested in participating?

EMAIL: buildingbrainstogether@gmail.com

CELL: (403) 715-4585

OR SCAN HERE:



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



Friday, August 7

Baked Spaghetti with Garlic Toast and Caesar Salad

Friday, August 14

Meatloaf with Mashed Potatoes, Veggies, and Gravy

Friday, August 21

Salmon with Rice, Green Beans, and Creamy Dill Sauce

Friday, August 28

**Available from 11am to 1pm,
while quantities last**

Liver & Onions with Mashed Potatoes, Veggies, and Gravy



DARREN ATKINS



403-894-4122



darren.reddooryql@gmail.com



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403-394-8811

Volunteer/Nord-Bridge Member



Seniors Community Services Partnership
SENIORS SYSTEM NAVIGATORS

**Support
For Seniors**



403-329-1544

**Call
Now**

We can help

Identify your needs

Connect you with
resources

Provide emotional
support

Offer community
outreach

Advocate within
complex systems

Offer education



Contact the Seniors System Navigators



403-329-1544



intake@lethseniors.com

**Empathy.
Assistance.
Advocacy.**

Fundraising Report

August 2026 - ALREADY!?!?

Fundraising took a back seat for a week while my husband and I went to play at Knotts Berry Farm, where we visited family, went to the beach, listened to live bands and rode some rollercoasters! He keeps me young!



Then I learned we lost an amazing friend...Clay Olsen. We miss his smiles and hugs every morning – and will have a void that will be difficult to fill.

Fun Summer Activities at the Centre!

Our July golf tournament was an amazing and exciting way to add some fun to our summer activities. We look forward to next year's event and want to send a HUGE shout out to Judy Willis and her amazing friends who volunteered to help at the tournament. Thanks to the Southern AB Senior Men's Golf League for having us take part and providing a donation of over \$3000 to Nord-Bridge Seniors Centre. Thank you to Red Beard Drafting for helping us with the tee gifts. A ton of fun was had by all!



We will be selling our Nord-Bridge Coffee from Cuppers, "Get Off My Lawn," at Park Place Mall on Friday July 31st & Saturday August 1st for \$22 per bag. Come by and say hi to my volunteer friends and I. We will be there from 10 am to 8 pm – over by the old Sears entrance.

Whoop Up Days is coming fast – we are prepping for our Midway Madness Parade Float...and can't wait to share it with you! We sure appreciate all those who participate in the parade ~ whether it's coming to wave at and support us, or helping us build the float. It's a fabulous time with lots of memories made!

Then we have our beautiful Whoop Up Days Pancake Breakfast – sponsored by Neudorf Plumbing - on Wednesday, August 19. Come enjoy pancakes, sausages, juice and coffee, while enjoying the exciting social atmosphere. All for only \$2! This is open to all in the community.

It's been an amazing year so far – and I truly appreciate visiting with all of you!

~Julie Sarich, Director of Fund Development



Thanks to Lethbridge Family Centre and Building Brains together for a fun Intergenerational Park & Play Afternoon in July!

Laughs, Life, and a Little Sass

July reminded me that life has a funny way of holding joy and heartbreak in the very same hand. In July, we lost our wonderful friend, Clay Olsen. If you knew Clay, you knew a genuinely kind man with a heart as big as his hugs. He had a gift for making everyone feel welcome. Whether you were a brand new member walking through the doors of Nord-Bridge or someone he'd known for years, Clay always made time for you. A smile, a joke, a hug, or a conversation - he had a way of making people feel like they belonged.

For nearly five years, Clay became part of my everyday routine. Every morning I'd hear him coming around the corner before I ever saw him. I'd get my morning hug, we'd exchange a few laughs, he'd probably tell me there was "an easier way" to do whatever I was working on, and then he'd make his way to the puzzle table before heading to the diner to bush with his friends. Those little routines never seemed extraordinary at the time. Now I realize they were everything. I'll miss the parades.

I'll miss his supervision—whether we asked for it or not.

I'll miss hearing, "So... what are you making next?"

But most of all, I'll miss the hugs.

One of my favorite things was introducing Clay to whatever strange creation had come out of my kitchen. Whether it was Strawberry Habanero Jam, Cowboy Candy, or some other experiment that sounded more like a dare than a recipe, he'd grin and ask, "So...what are you making next?" Then, without much hesitation, he'd give it a try. Looking back, that took a fair amount of courage.

Clay quietly became the grandpa my heart needed. He filled a space I didn't even realize was empty until he was gone. Looking back, it isn't the big moments I'll treasure most. It's the ordinary Tuesdays. The hallway conversations. The laughs that made my stomach hurt. The fishing trip that somehow turned into an unexpected adventure to Orton. Those are the moments that stay with me forever. Thank you, Clay, for every laugh, every project, every hug, and every act of kindness. Nord-Bridge is a little quieter without you, but your kindness continues to echo through these halls.

Now...knowing Clay, he'd probably tell me to stop making everyone cry and get on with the fun stuff. So here we go...

Apparently, I accepted a personal challenge to make as many memories as humanly possible this month. It all started with camping out in the sticks. Give me a campfire, a lawn chair that's one good sit away from retirement, a sky full of stars, and good company, and I'm one happy camper. There is something magical about sitting beside the creek, watching the fire crackle, and forgetting what day of the week it is. Paddleboarding also made the list. Staying upright remains more of a lucky accident than an actual skill, but I managed to avoid an unplanned swim, so I'm counting that as a victory.

Then came the concerts. Three outdoor music festivals in one month. If there is live music within driving distance, chances are you'll find me there with a lawn chair and absolutely no intention of leaving before the encore. The highlight was Pop's 25th Birthday Festival. A whole weekend of music practically in my own backyard? Count me in! There was dancing. There was singing. There was food that probably ignored every food group except "delicious." Best of all, I got to share it with Tracy, Marco, and Terry. Thank you, my friends, for another evening full of laughter, questionable dance moves, and memories I'll be smiling about long after the snow flies.

Before I knew it, July was coming to an end. Looking back, it wasn't the busiest month I've ever had - it was one of the most meaningful. It reminded me that life isn't measured by the big moments. It's measured by hugs. Campfires. Country roads. Concerts. Friends who become family. And ordinary days that quietly become extraordinary memories.

This month reminded me that joy and grief can exist at the very same time. We can miss someone with all our hearts while still finding reasons to laugh, dance, and make new memories.

As August begins, I hope you find reasons to laugh until your cheeks hurt, hug your people a little tighter, say yes to one more adventure, and never miss the chance to tell someone they matter.

Until next month...

Keep making memories.

One day they'll become your favorite stories.

~ *Erin Bates* "If you can't change the situation, change your playlist."



Thank You to These Sponsors of the Golf Tournament, Parade Float, and Whoop-Up Days Pancake Breakfast!



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, 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.



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: 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!



Intergenerational Craft and Music Afternoon

In partnership with the Lethbridge Family Centre, this intergenerational program is with children between the ages of 1 – 10 years old. Nord-Bridge Seniors and the children are partnered up together to participate in crafts and listen to story-telling, ending off with music and nursery rhymes. We are always looking for more seniors and children for this event!

If interested please contact Ashley at 403-329-3222 (seniors) or Lethbridge Family Centre (kids).

Date: Wednesday, August 26

Time: 3:15pm - 4:15pm

Location: Multi-Purpose Hall



NEW - Coming Soon!

Reflexology with Jean Adam
(registered reflexologist)

Monthly on Wednesdays in the
Craft Room for \$20/ 30 min. session

For Nord-Bridge Members Only



**Dates to be
announced
in the Fall
Program
Guide and
September
Newsletter!**



Working together to bring Government services to **you.**



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



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

Presented by: Service Canada and the Canada Revenue Agency with the support and assistance of Nord-Bridge.



WHOOOP UP DAYS

Join me at this year's
Whoop-Up Days Parade as
we celebrate the **Midway
Magic** that brings our
community together.

AUG 18 | 9:00 AM

MLA Nathan Neudorf
Lethbridge-East
403-320-1011



Summer Fun!





Nord-Bridge Stars: Card Crafters Club



Featured this month: one of our “unsung heroes” within Nord-bridge began back in 2012, when board member Gord Kometz was visiting a seniors centre in Wenatchee, Washington. He noticed that they made new cards from used ones, and sold them to members and the public; thus our Card Crafters Club became a reality. We lost Gord on September 28, 2025, but his legacy continues at Nord-Bridge.

Card Crafters was born out of members interested in using their talents to create new and beautiful cards, which are sold in the Nord-Bridge Boutique. This group of lovely ladies comes in Thursday mornings to put their creativity to work. There is also a camaraderie amongst them, and their laughter can be heard if you happen to be walking past the Craft Room on Thursday mornings!

The group consists of 15 members, who, as well as being crafty, are an amazing support group for each other, enjoying a safe environment - I'm told what happens in Card Crafters stays in Card Crafters! Let me introduce them to you: Pat, Barb, Brenda, Cathy, Connie, Diane, Joan, Jean, Linda K, Linda, Lise, Marion, Shirley, Sherry and Theresa. Thanks ladies for your creativity!

I for one, purchase all my cards from the Nord-Bridge Boutique, and I know many others do as well on a regular basis. Thank-you to the members of the group for your talents and creativity! The cards are beautiful, and always enjoyed by those who receive them. ~Judy Cartwright



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**



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www.bridgehomecare.org

Did you know Nord-Bridge has

ROOMS *For* RENT



on weekends for special events?

***Multi-Purpose Hall: \$750 per day or \$125 per hour**

***West Community Room: \$200 per day or \$35 per hour**

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.

Visit 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
7:00 a.m. to 4:30 p.m.

www.nordbridgeseniors.com