

NORD - BRIDGE SENIORS

NEWSLETTER

September 2026



Nord-Bridge was proud to roll through the Whoop-Up Days Parade with our vibrant "Midway Madness" float - and even prouder to bring home 2nd place in the Best Community Entry category. A heartfelt thank-you to Lyle Bates for generously providing his shop and trailer, and to our wonderful sponsors - Lethbridge Hearing Centre, The Medicine Shoppe, and Wholesale Club - for helping make our entry possible. We're also grateful to all the volunteers whose time, creativity, and enthusiasm brought the float to life! We're already thinking about next year's entry!



"The Friendly Centre"

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

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

Telephone 403-329-3222 Fax 403-329-8824

E-mail: friendly@nordbridgeseniors.com



PRESIDENT'S REPORT

August has been a relatively quiet month at the centre. Many of our members and staff have been enjoying the weather, be it on vacations or just getting to take it easy. I have managed to put off doing much of anything which I am now going to pay for since I have two months of procrastination to catch up on.

Welcome back to all our wonderful members and guests. September is that time when we try to get back into our "normal routine" after having enjoyed the summer. It takes a few weeks to figure out just what that routine is, though. You will see that our regular programming sessions are back in full swing, along with a few new ones. Registration for our fall program sessions will take place on Thursday, September 3rd starting at 8:30 am.

Just a reminder to drivers that schools are now back in session as well. Watch out for our future walking to school. Please observe the playground signs and reduce your speed accordingly. Also, there will be many more seniors walking to the centre, so please be courteous.

One of our popular programs in the community is our monthly Outreach Program. Our Outreach Program will start up again on September 21st at 1:30 pm at a cost of \$3.00 per person. Come on out and enjoy friendship, music and a snack. Volunteers are always needed to help with this. You can contact Donna, our Volunteer Coordinator, at 403-329-3222 if interested.

In order to fully appreciate what someone else does, perhaps one should try it themselves sometime.

Dianne Smith, Board President

facebook.com/nordbridgeseniorslethbridge

x.com/bridgenord

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



WELCOME

Welcome to 7 New Members!
We are happy to have you here!

Denise Harding

Scott Miller

5 Anonymous

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

Prorated Membership (to Dec. 2026 + all 2027): \$93

Nord-Bridge will be closed
Monday, September 7
for Labour Day



Male Retirees Wanted

Join Coulee Players for a fun time

Coulee Players is looking for male retirees who would like to entertain seniors in care facilities and independent living condos. No acting experience is needed - just a friendly attitude, a sense of humour, and a desire to make a positive difference.

Volunteers take part in light comedy skits on a small stage as part of a supportive, welcoming, and fun team.

Performances: Twice a month **Rehearsals:** Weekly
Interested? We would love to hear from you.

Contact: couleeplayers@gmail.com

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

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



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

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





EXECUTIVE DIRECTOR'S REPORT

There is always something happening at Nord-Bridge, and over the past few months we have had plenty of reasons to celebrate. From generous donations and a friendly coffee competition to facility improvements and a refreshed look, we are fortunate to have members, businesses and community partners who believe in what we do.

We are pleased to share that Nord-Bridge Seniors Centre was selected as one of 21 organizations to receive a donation through the Careica Gives program! Careica Gives is the corporate giving initiative of Careica Health, encouraging employees to volunteer and nominate organizations that are meaningful to them for corporate donations. Nord-Bridge was nominated by Careica Health team member Stephanie Morgan, who has a personal connection to our centre through family members who volunteer here. As a selected recipient, Nord-Bridge will receive a generous \$5,000 donation. This contribution will support programs, services and opportunities that promote social connection, independence and healthy aging for seniors in Lethbridge and area. Our sincere thanks to Stephanie for nominating Nord-Bridge and to Careica Health for investing in our community and recognizing the important role organizations like ours play in the lives of older adults.



Nord-Bridge's Get Off My Lawn Coffee is the winner! Our Battle of the Brews competition with the Lethbridge Senior Citizens Organization came right down to the deadline, with Nord-Bridge selling 257 bags and LSCO close behind with 249. Together, our two senior centres raised more than \$2,500. A huge thank you to Cupper's Coffee and Tea for making this fun fundraiser possible and to everyone who purchased coffee and encouraged family and friends to participate. A special thank you also goes to our volunteers who helped sell Get Off My Lawn Coffee. We couldn't have finished on top of the podium without you! Beyond the friendly rivalry, the real success was seeing our community come together to support seniors and both of Lethbridge's senior centres.

A few months ago, Nord-Bridge applied for grant funding to replace the remaining toilets in our facility with 18-inch raised-height toilets. Although our application was unsuccessful, two incredibly generous Nord-Bridge members stepped forward and offered to fund the entire project, including the replacement of all eight remaining toilets and their flush valves. Raised-height toilets can make sitting and standing easier for older adults and people with mobility challenges by reducing the amount of bending and effort required. This can improve comfort, stability and independence. Thanks to this generous donation, all toilets at Nord-Bridge are now at the 18-

inch height, improving accessibility and comfort for our members and visitors. The two members have chosen to remain anonymous, but we extend our heartfelt thanks for their generosity. This is a wonderful example of members helping members and making Nord-Bridge better for everyone.



Did you notice something different on the front cover? Nord-Bridge has a new logo! Coinciding with our website upgrade, we felt it was time to refresh our logo while preserving the history and meaning behind the original design. The familiar three

people linked together were inspired by Lethbridge's C.P. High Level Bridge. Just as the crisscrossing support beams of the trestle strengthen the bridge, the linked figures symbolize the strength seniors receive from one another through friendship, activity and unity. The different colours traditionally represented the diversity and individuality of Nord-Bridge members. That symbolism remains at the heart of our new logo. While the design has been modernized, we deliberately didn't move too far from our roots. The people remain, the connection remains, and the meaning remains. For many years, Nord-Bridge has proudly been known as "The Friendly Centre." Our refreshed logo continues to represent that spirit while reflecting an organization that honours its history and continues to evolve alongside the seniors and community we serve. New look. Same history. Same Friendly Centre. You may have already spotted the new logo on our new staff shirts, and you'll soon see it throughout the centre, on our new website, publications and signage. We also plan to offer members the opportunity to purchase Nord-Bridge shirts, hats and other branded items in the coming months. Stay tuned!

One last thing... As part of our refreshed Nord-Bridge brand, we are also making it easier to find us online and connect with our staff. Previously, our website and email addresses required typing out our full organization name. While it worked, it wasn't exactly short or easy to remember! With the launch of our new website, we will be simplifying things considerably. Soon, www.nb55.ca will be our new online home. The NB represents Nord-Bridge, while 55 reflects the 55+ community we proudly serve. It's shorter, easier to remember and fits perfectly with our refreshed Nord-Bridge identity. Watch for our website launch date! Our staff email addresses have already transitioned to the new @nb55.ca domain, making it much easier to contact our team without having to type out the entire Nord-Bridge name. The change is another small part of modernizing how Nord-Bridge communicates and serves our members while keeping the organization and community you know the same.



The Nord-Bridge Seniors logo represents three people linked together, after the fashion of the Lethbridge C.P. High Level Bridge.

Just as the criss-crossing of support beams within the trestle adds strength to a bridge, seniors linked together in friendship, activity and unity receive strength from one another. The coloured version of the logo represents the diversity of individual members within Nord-Bridge.

Nord-Bridge prides itself as being "the Friendly Centre". We hope you remember this message each time you look at our logo.

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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NEW! Online Registration Steps

Nord-Bridge now uses **My Active Center** for online registration.

Please follow the steps below when registering online.

Fall Registration begins at 8:30 am on Thursday, September 3.

1. Enter in web browser search bar: <https://myactivecenter.com>
2. Click "Sign Up" even if you are a current Nord-Bridge member
**Unless you already have an account through LSCO, this is mandatory.*
3. Search "Nord-Bridge Seniors Centre" as your center, then hit "Continue"
4. Complete all required information and create a Username and Password.
**Please note: Key Tag number is your First and Last name.*
5. You now have an account created and can start registering for programs from the catalog.
6. Once logged in, select your desired courses and click "add to cart."
If selecting multiple classes, click on "Activities" (top center of page) and continue shopping.
7. Once ready to check out, click the Shopping Cart image (top right hand corner).
8. "Go to Cart" then "Pay for Selected Items." If you want to use your program credit (if applicable) please check off "Apply _____'s Wallet"
9. Enter credit card information and hit the green "Pay" button. You can save this credit card for future registrations but is not required.
10. If you do not want to pay online, select "Pay at Center" (blue button).
11. Your courses are now booked. Please make sure to print off a copy of your receipt as a copy will not be emailed later.



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

Check back for new winners in October!

MONDAY JAM 50/50 DRAW

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

RECENT WINNERS

August - No Draws

(Check back for new winners in October!)

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

NAGEL TOURS

ESCORTED MOTORCOACH HOLIDAYS

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

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

The journey is not only about the destination – time spent on the road provides an opportunity to share experiences with new friends and form happy memories.



50th Year Anniversary!

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

Fairmont Hot Springs Getaway – 4 days, October 26th

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

Reno/Northern Nevada Sightseeing – 9 days, November 1st

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



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!



Free Hearing Tests

at Nord-Bridge Seniors Centre with

Lethbridge

HEARING CENTRE

**3rd Thursday of the month
in the Nord-Bridge Library**
**Dates: Sept. 17, Oct. 15,
Nov. 19, Dec. 17**

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




Lethbridge

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

Welcome Aboard the Go Friendly!

Key Information for Riders

Booking & Timing

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

Safety Requirements

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

Fares & Passes

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



Cancellations

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

Zero-Tolerance Policy

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




BUILDING OPERATING FUNDS RECENT DONORS

Stephen Prokop \$500; Evelyn Helm \$100
 Mr. & Mrs. Joynt \$100
 Les Herrington \$1000
 Sumi & Joe Tomiyama \$50,
 In Memory of Clay Olsen

NORD-BRIDGE IN-HOUSE BINGO

Year to Date: \$11285.00




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BEGINNERS GROUP DANCE

**Featuring Country Western Swing,
Italian Style Waltz, Night Club
Two-Step, and many more fun
country partner dances!**

Dates: Tuesdays, Sept. 8 - Sept. 29

Time: 6:30 pm - 8:00 pm

Location: Multi-Purpose Hall

Cost: Members \$40 per couple

Non-Members: \$60 per couple



A great get together, a place where strangers become friends, and a foot-stomping good time!

Call 403-329-3222 or visit www.nordbridgeseniors.com to register, beginning Sept. 3.



Thanksgiving Luncheon

Friday, October 9 // 11:30am

Seating begins at 11:00am

Tickets: \$15 each - On sale Sept. 29!

Location: Nord-Bridge Multi-Purpose Hall

**Tables will be assigned with ticket purchase*

Menu:

**Turkey, Mashed Potatoes, Gravy, Stuffing,
Carrots, Salad, & Dessert by Dani**

**A soup and sandwich option will be available in the Dunford Diner for those who do not purchase a ticket*

Open to all, with live entertainment by Anne Pauls

***The Diner grill will be closed at 10am Oct. 9 to prepare for the luncheon**

***In-House Bingo and Carpet Bowling are canceled on Oct. 9 due to the luncheon**



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- Accompanied Appointments
- Lethbridge to Calgary Service

**Call Jodie to schedule
your appointment:**

403-894-2484

jodie.hiebert@gmail.com

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!



I never thought I'd get this old!
I wasn't active, I wasn't bold!
I loved to sit and read a book,
I loved to eat desserts I'd cooked.

**Mind
Joggers**

I've had my share of disease and pain!
Trigeminal Neuralgia, Heart, Arthritis,
Measles, Mumps, Scarlet Fever,
Chicken Pox, Rheumatic Fever,

Yet Here I am at 85
Limping, but still alive.

I thank the doctors I have seen
McCharles, Majiet, and all between.

I thank the nurses, kind and stern
Who helped me from hospital return
I thank the doctors who found vaccines
DNA, miracle drugs, and helpful genes.

**-Kathleen
Sanderson**

In 85 years, the world has changed!
Population grew, was re-arranged.
I'm surprised how many are older than I
When obituaries say they die.

I guess I'll stick around for a few more years
Before at my funeral there may be tears.
I'll see what I can do in these years ahead
To live and love before I'm dead.

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Fred Miller
[Registered](#) Optician



Jammers

Returning Monday, September 14!



Every Monday
(excluding holidays)
9:30am-12:00pm
Dunford Diner

*\$3.00 cover
charge for
non-members



Martin Brothers
Funeral Chapels Ltd.

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

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

Volunteers!

Please ensure you are recording
your volunteer hours each month
and dropping them off to Donna.

This includes: Program Conveners, tax help,
Winners Bingo, newsletter delivery,
program set up, front desk help, 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.



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New Owner/
Operator

Outdoor Nordic Pole Walking with Cheris Samuels

Dates: Saturdays, Sept. 12 - Oct. 31

Time: 9:00 am to 10:00 am

*No class
October 10

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

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

*Map available at Nord-Bridge Front Desk

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

\$12 for return participant with poles

To register:

Call 403-329-3222 or visit
www.nb55.ca



Take your walking to the next level and turn a simple walk
into an effective, efficient, total body workout - walk 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.

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



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



Lethbridge Transit Pop-up

Learn about transit and pick up an
Access-A-Ride User Guide

September 15

10 a.m. - 1 p.m.

Nord-Bridge Seniors Centre

Come and go in the main corridor



New patients welcome

Prescribing and vaccination services
available

Come see if your vaccines are to update

September Specials:

Tena Large brief 26 pack \$ 23.99

Poise 7 ultra long 24 pack \$ 16.99

Thera Breath Lozenges 72 \$ 8.99

Take advantage of 10% off regular priced OTC items and 50% select items.

1904 - 13 Ave. North Nord-Bridge seniors' location only.

Thanks to High Level Canoes and Kayaks
for a great Intermediate Kayaking Class!



Evening Recuperative Yoga

with Cheris Samuels

Dates: Tuesdays, Sept. 8 - Oct. 20

Time: 5:15 pm to 6:15 pm

Location: West Community Room

Fee: Members \$55 Non-Members \$75

Call 403-329-3222 or visit www.nordbridgeseniors.com to register beginning Sept. 3

A nurturing, therapeutic practice for those living with chronic pain or illness, limited mobility, those with and beyond cancer, and their caregivers. Reduce pain and stress, and improve mobility, strength, and overall wellbeing.



Nord-Bridge Music Makers

The Nord-Bridge Music Makers get together weekly to sing. Our main focus is music and performing at different seniors' health & housing facilities.

Please note: The Music Makers will be performing away from Nord-Bridge on the following dates:
Tuesdays, Sept. 15 & 29, Oct. 20 & 27, Nov 10 & 24



We are looking for more singers to join this group! Meetings are weekly at Nord-Bridge in the Dunford Diner Annex on Tuesdays From 10:00 am - 11:30 am. Call 403-329-3222 For more info!

Oktoberfest Lunch

Friday, October 2

11:00 am to 1:00 pm

\$15 per person

More info in the October Newsletter!

Live Music!

For members and invited guests

*Limited diner menu available

Alcohol available for an extra fee



Adaptive Boxing with **BOXING**

(no-contact)

Dates: Wednesdays, Sept. 16 - Oct. 21

Time: 3:15 pm to 4:00 pm

Location: West Community Room

Fee: Members \$60 Non-Members \$80

Call 403-329-3222 or visit www.nordbridgeseniors.com to register beginning Sept. 3

This class focuses on improving strength, balance, independence, and confidence, for those living with a movement disorder such as Parkinson's Disease, MS, autoimmune diseases, stroke, or even aging in general.



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



Volunteer Services Report

It seems impossible that summer is coming to an end; it really does seem to fly by at an alarming speed. I remember as a kid (that was 50 years ago!), that the summer was endless days of riding bikes, summer camps, playing baseball and canvas tent camping. Just so it wasn't an entire time of wanton holiday, there was always a nudge from our parents that encouraged some paid labour and volunteer endeavors that reined us in and gave us a real sense of accomplishment. I still have nightmares about my month as a Nanny...but I digress.



My favorite summer vacation time was staying at our grandparents' farm in Canwood, Saskatchewan. Lots of time spent learning to cook Scandinavian recipes (but not Lutfisk!), milking cows, feeding chickens, on gardening tasks where the raspberries picked ended up being mostly eaten, and still lots of time to read favorite books through the hot, dusky afternoons in the shade of the huge covered porch. It really was a great time to reconnect with our grandparents and recharge as we got ready to go back to school. Summertime spent with my grandparents is a cherished memory for myself and siblings. Life seemed simpler then. It was also a welcome break for our parents; that is still relevant today, I'm sure. I hope that for our Nord-Bridge members, many new and fun memories were created this summer with family and friends.

Starting to gear up for autumn; my favorite time of the year. The Nord-Bridge Fall Program Guide is now available, with so many fun & interesting things to do.



Monthly Volunteer Program Spotlight

Our amazing Nord-Bridge Community Outreach Program will be starting up again in September and we are always looking for volunteers for this special once a month (summer off) event. Also, some able-bodied volunteers are needed to help with setting up and/or taking down the tables, etc., for this unique and inclusive program that involves so many of our vulnerable members of the Lethbridge community. If you are interested in being part of a program that really makes a difference in someone's life, please contact myself or my co-convenor Valerie or leave your name and contact information at the front desk and they will pass it on.

"Every person can make a difference, and every person should try." ~ John. F. Kennedy

Donna Lofstrom-Bell, CVA — Coordinator of Volunteer Services



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



Paint Afternoon with Kendra

Call 403-329-3222 or
visit www.nordbridgeseniors.com to register,
beginning September 3!



NEW! Date:

Thursday, Sept. 24

Time:

1:30 pm - 4:30 pm

Location:

Board 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.

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 New Comers M & G 10:00 Music Makers 10:00 Golf at Evergreen (NB members only) 12:45 Canasta/ H & F 1:00 A & S Watercolor Club (Flex Room) 1:00 Scrabble (Craft R) 1:00 Texas Hold 'em 1:30 All Levels Cribbage 2:00 Bocce Ball (Nor-Bridge Lions Park) 	2 9:00 Handy Crafters 10:00 Carpet Bowling 10:45 WINNERS BINGO 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis (MPH) 	3 8:30 Fall Program Registration Begins Today! (online and in person)  9:00 Card Crafters 9:00 Intermediate Line Dance 10:00 Golf at Evergreen (NB members only) 1:00 Floor Shuffleboard 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex)	4 8:30 Chess Club 8:30 Backgammon 9:00 Ukulele Circle 9:00 Handy Crafters 10:00 Carpet Bowling 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR) 1:00 Contract Bridge 
7 	8 9:00 LAWYER (Board Rm) 9:00 Zumba Gold Combo 9:00 Balance & Stretch 9:30 Begin. Watercolor 10:00 Music Makers (Annex) 10:00 Fitball (MPH) 10:00 Golf Wind Up (Evergreen) 10:30 Clogging (Beginners) 11:15 Clogging (Advanced) 11:00 Keep Fit Cardio 12:15 Tai Chi/Qigong (MPH) 12:45 Canasta/ H & F 1:00 A & S Watercolor Club 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 All Levels Cribbage 1:45 Chair Yoga (MPH) 2:00 Bocce Ball 3:00 Exercises w/ Arth. 5:00 Evening Barre 5:15 Recuperative Yoga 6:30 Begin. Group Dance	9 8:45 Active Pound 9:00 Handy Crafters 9:00 Gentle Yoga (WCR) 10:00 Coffee with a Cop 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Drawing Faces (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion 6:00 Self Care Yoga 7:00 Table Tennis (MPH) 	10 9:00 Keep Moving (WCR) 9:00 Card Crafters 9:00 Intermediate Line Dance 9:30 Mind Joggers (BR) 10:30 Chair Yoga (WCR) 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic 1:00 Paint (WCR) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Beginners Pickleball (MPH) 	11 8:30 Chess Club 8:30 Backgammon 8:45 Cardio Drumming 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR) 1:00 Contract Bridge Nordic Pole Walking Begins tomorrow at 9 am (registration required)! 

14 9:00 Hello Monday 9:00 Gentle Yoga (WCR) 9:30 Monday Jammers 9:30 Begin. Acrylic Paint 10:00 High Beginner Line 10:30 Dance (MPH) 10:30 Chair Yoga (WCR) 10:30 Monday Morning 11:00 Check In 11:45 Pet Therapy (SSW Office) 11:45 Abs, Core & More 11:45 15 15 (MPH) 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:00 Begin. Line Dance 1:30 Outreach Meeting 4:15 Indoor Walks 6:00 Gentle Yoga (WCR) 6:00 Beginners Pickleball (MPH)	15 9:00 Zumba Gold Combo 9:00 Balance & Stretch 9:30 Begin. Watercolor 10:00 IG Wealth Visits with Tyrel 10:00 Music Makers (Annex) 10:00 Fitball (MPH) 10:00 New Comers M & G 10:30 Brain Knowledge 10:30 Clogging (Beginners) 11:15 Clogging (Advanced) 11:00 Keep Fit Cardio 12:15 Tai Chi/ Qigong (MPH) 12:45 Canasta/ H & F 1:00 A & S Watercolor Club 1:00 Contract Bridge 1:00 Texas Hold 'em 1:30 All Levels Cribbage 1:45 Chair Yoga (MPH) 2:00 Bocce Ball 3:00 Exercises with Arthritis (MPH) 5:00 Evening Barre 5:15 Recuperative Yoga 6:30 Beginner Group Dance (MPH)	16 8:45 Active Pound 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 9:30 Board Meeting 10:00 FOOT CARE (Craft R) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:30 WINNERS BINGO 10:45 Pilates (WCR) 11:30 Drawing Faces (Craft) 1:00 Euchre 1:00 Bid Euchre 1:00 Darts (MPH) 1:30 Minds in Motion 3:15 Adaptive Boxing 6:00 Self Care Yoga 7:00 Table Tennis (MPH)	17 9:00 Keep Moving (WCR) 9:00 Card Crafters 9:00 Intermediate Line 9:30 Dance (MPH) 9:30 Mind Joggers (BR) 9:30 Tech Help (Hallway) 10:00 HEARING TESTS (Annex) 10:30 Chair Yoga (WCR) 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic 1:00 Paint (WCR) 1:00 Woodcarving 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Beginners Pickleball (MPH)	18 8:30 Chess Club 8:30 Backgammon 8:45 Cardio Drumming 9:00 CRA/Service 9:00 Canada Visits 9:00 (Tax Office) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR) 1:00 Contract Bridge 
21* & 28 9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Monday Jammers 9:30 Begin. Acrylic Paint 10:00 Member Portraits (Library) 10:00 High Beginner Line D. 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 11:45 Abs, Core & More 11:45 15 15 (MPH) 1:00 Quilters/ Crafters (Flex Rm) 1:00 Woodcarving 1:00 Contract Bridge 1:00 Outreach Program (21) 1:00 Darts (28th) 1:00 Begin. Line Dance 2:30 Guided Meditation 4:15 Indoor Walks 6:00 Gentle Yoga (WCR) 6:00 Beginners Pickleball (MPH)	22 & 29* 9:00 Zumba Gold Combo 9:00 Balance & Stretch 9:30 Begin. Watercolor 10:00 Music Makers (Annex) 10:00 Fitball (MPH) 10:30 Brain Knowledge 10:30 Clogging (Beginners) 11:15 Clogging (Advanced) 11:00 Keep Fit Cardio 12:15 Tai Chi/ Qigong (MPH) 12:45 Canasta/ H & F 1:00 A & S Watercolor Club 1:00 Contract Bridge 1:00 Texas Hold 'em 1:30 All Levels Cribbage 1:45 Chair Yoga (MPH) 2:00 Bocce Ball 3:00 Exercises w/ Arthritis 5:00 Evening Barre 5:15 Recuperative Yoga (WCR) 6:30 Beginner Group Dance (MPH)	23* & 30* 8:45 Active Pound 9:00* Manicures (Craft R) 9:00* REFLEXOLOGY (Craft R) 9:00 Handy Crafters 9:00 Gentle Yoga (WCR) 10:00 Carpet Bowling 10:00* WALKER REPAIRS 10:30 Chair Yoga (WCR) 10:30 WINNERS BINGO 11:00* Reverse Mortgage Info 11:30 Pilates (WCR) 1:00 Drawing Faces (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion 3:15 Adaptive Boxing 3:15* LSKIP (MPH) 6:00 Self Care Yoga (MPH) 7:00 Table Tennis (MPH)	24 9:00 Keep Moving (WCR) 9:00 Card Crafters 9:00 Intermed. Line Dance 9:30 Mind Joggers (BR) 10:00 Historical Bus Tour 10:30 Chair Yoga (WCR) 11:00 Keep Fit Strength 1:00 Historical Bus Tour 1:00 Floor Shuffleboard 1:00 Advanced Acrylic Paint 1:00 (WCR) 1:00 Woodcarving 1:00 Whist (Annex) 1:00 Contract Bridge 1:30 Paint Afternoon with Kendra (Flex Room) 6:00 Beginners Pickleball	25 8:30 Chess Club 8:30 Backgammon 8:45 Cardio Drumming 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR) 1:00 Contract Bridge *Monthly Toonie Draw (Fourth Friday of Every Month) 

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: SEPT. 2, 9, 16, 23, 30

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

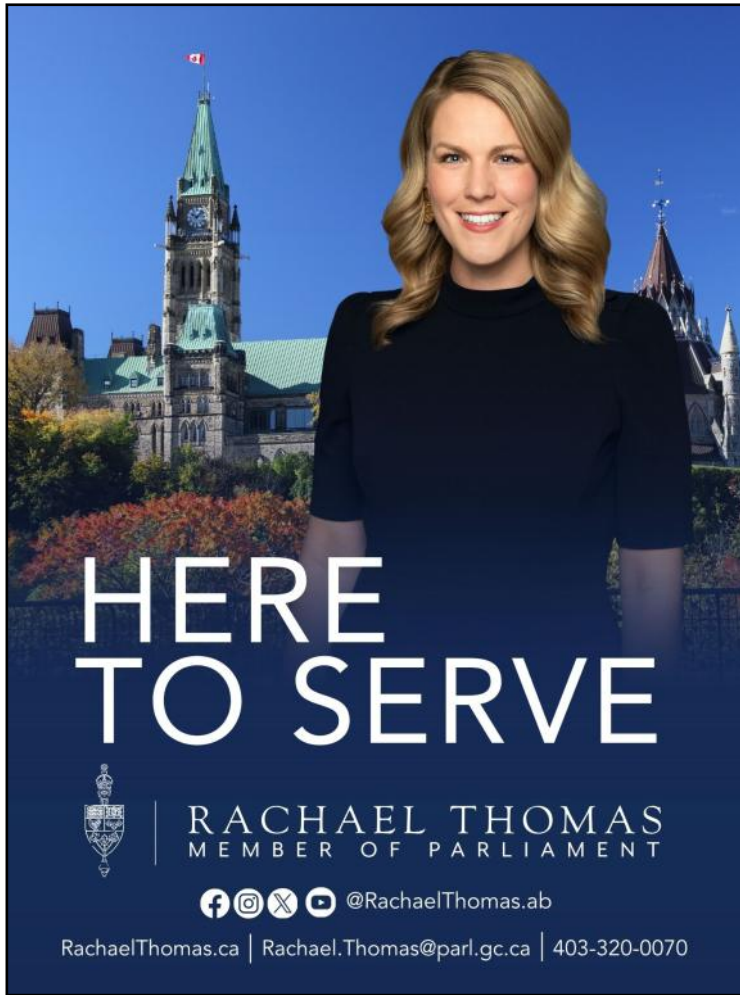
LOCATION: CRAFT ROOM UPCOMING DATES: CHECK IN NEWSLETTER

TUESDAY, SEPT. 29- BETTER BUSINESS BUREAU SCRAM PREVENTION FOR SENIORS INFO SESSION IN FLEX ROOM AT 9AM PLEASE PRE-REGISTER BY CALLING 403-329-3222.

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

FRIDAY, OCTOBER 2ND - OKTOBERFEST LUNCH SPECIAL WITH LIVE MUSIC IN THE DINER STARTING AT 11AM.

EVENING COOKIE DECORATING WITH LITTLE BUNNY BAKE SHOP NOV. 16TH AT 6PM-9PM \$50 PER PERSON FOR ANYONE 55+!



HERE TO SERVE

 **RACHAEL THOMAS**
MEMBER OF PARLIAMENT

    @RachaelThomas.ab

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

Condolences to...

the Johnson family, on the passing of Rose

the Stock & Jacobsen families,
on the passing of Lorie

the Boss family, on the passing of Otto

the Morgan family, on the passing of Debbie

the Little family, on the passing of Marjorie

Lethbridge Polytechnic Massage Therapy Students at Nord-Bridge!

Sore muscles? Come in for a FREE massage from Lethbridge Polytechnic Massage Therapy students!

Location: Nord-Bridge Craft Room

Date: Wednesdays, Oct. 21 & Dec. 2

Time: 10:00 am to 12:00 pm

Location: Craft Room

*Massages offered on a first-come, first-served basis!

Lethbridge
Polytechnic



This service is for Nord-Bridge members only.

Please sign up at the front desk or call 403-329-3222 for more information.




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.




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A division of the Caring Group Corp.

MINDS in MOTION

What is Minds in Motion?

Minds in Motion is a program designed for people with early to mid-stage Alzheimer's disease or another dementia, to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment.

At Minds in Motion® a client will...

- Stay physically active
- Meet and socialize with others living with dementia and care partners
- Get involved in activities such as board or word games, bingo, and other cognitive games
- Have access to information about dementia and support, as needed

Who is Minds in Motion® for?

Minds in Motion is designed for people with early to mid-stage symptoms of Alzheimer's disease or another dementia. Symptoms may include memory loss, confusion, communication difficulties, and changes in mood and behavior.

Minds in Motion is intended to be enjoyed with a friend, family member, or care partner. The person living with dementia and the care partner need to be able to participate in the same room together during the program sessions, to support one another.

What can I expect?

The 2-hour program is divided into the following two components:

1. The class starts with a certified fitness instructor leading a low impact fitness class.
2. For the second part of the program, trained facilitators engage participants in social and cognitive activities

How to register:

Minds in Motion,
Fall 2026 is being offered at
Nord-Bridge Seniors Centre

Call 403-329-3222 to register

Session Dates/Times:
Wednesdays
1:30 pm - 3:30 pm
Session 1:
Sept. 9 - Oct. 21

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

Instructors:
Charlene Kocken and
Lori Gregory

**Fee: \$50, for anyone and
their caregiver, 55 or older**

For general information on
the Minds in Motion Program
contact Charlene:
403-329-3222
charlene@nb55.com

Alzheimer Society
ALBERTA AND
NORTHWEST TERRITORIES

NB55



Seniors System Navigator

Pets: The Benefits and Challenges

Did you know Pet Therapy will be starting in September, 2026? I just learned that half of pet owners are 50 and older. There are benefits for seniors owning a pet for their daily life.

Benefits of Having a Pet:

- Gives a senior a sense of purpose (83%)
- Helps a senior enjoy life (17%)
- Reduces stress (63%)
- Connects them with others (70%)
- Makes them feel loved (64%)

Pet owners also commented that having a pet helps themselves to:

- Be physically active (44%)
- Stick to a routine (44%)
- Cope with physical or emotional symptoms (35%)

There are financial challenges with pet ownership. Seniors felt that having a pet strained their budget. The strain was associated with seniors whose annual income was less than \$60,000, and they were not physically or mentally well.

Reasons for Not Having Pets:

- Do not want to be tied down (46%)
- Cost of owning a pet (33%)
- Senior has allergies (16%)
- Chose not to have a pet (36%)
- Do not like pets (19%)
- Pets are not allowed in the rental (6%)

There has been a shift in seniors in 2025 compared to 2018, and most agree that having a pet gives them a sense of purpose. It helps a senior to enjoy life, feel loved, and most of all, be physically active.



~Charlene Kocken 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

Hello everyone, happy September! I am back in the newsletter to promote and encourage folks to join our upcoming session of Building Healthy Relationships!

Relationships evolve as we grow older, bringing new dynamics, joys, and challenges. Whether you are navigating family relationships, friendships, life changes, or personal boundaries, having a supportive space to learn and share can make all the difference. Returning this October, Lethbridge Family Services, LEARN, & LSCO are pleased to host Building Healthy Relationships, a free, 8-week educational and psychosocial group designed specifically for older adults!

The group will meet weekly on Tuesdays from October 6 through November 24, from 10:00 AM to 12:00 PM in the LSCO Board Room. Throughout the eight weeks, participants will explore key topics including setting healthy boundaries, effective communication, managing feelings, grief, and life transitions. The group will also address navigating relationship challenges, mental health and addiction support, recognizing elder abuse, and applying practical wellness tools alongside supportive peers.

Space for this group is limited. To register or for more information, please contact the LEARN Case Manager by calling 403-394-0306 or emailing learn@lethseniors.com. Take a step toward healthier, more fulfilling relationships this fall, we look forward to seeing you there!



~ *Marissa Hardy*,
BSW, RSW

LEARN Case Manager



**IG WEALTH
MANAGEMENT**

Drop-In Sessions with Tyrel McLelland CFP®, RRC

Upcoming Dates:

Tuesdays, Sept. 15, Oct. 13, Nov. 10, Dec. 1

Location: Nord-Bridge Main Corridor

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

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



BUILDING HEALTHY RELATIONSHIPS

AN 8 WEEK EDUCATIONAL GROUP



**TUESDAYS
OCTOBER 6-
NOVEMBER 24
10 am-12 pm
LSCO Board Room
500 11 St. S. Lethbridge**

Free!

Topics include:

- Boundaries
- Feelings
- Grief
- Communication
- Relationship challenges
- Addiction
- Mental health
- Elder abuse
- Wellness tools

To register or for more info:

LEARN Case Manager

403-394-0306

learn@lethseniors.com

Lethbridge Family Services
Since 2009
Counselling, Outreach & Education



**Lethbridge Senior
Citizens Organization**

Semi-Annual Nord-Bridge Library Book Sale

Turn the Page on Fall Savings!

Dates: Wed. Sept. 30 - Fri. Oct. 2

Time: 9:00 am to 3:00 pm each day

Location: Nord-Bridge Main Corridor

Price: \$1 per book ~ CASH ONLY!

**Many different genres,
great prices, and plenty
of hidden gems.
The perfect fall book hunt!**

***Please bring your own
bag for purchases**



Programming Report



August is always such a whirlwind! From Whoop-Up Days to preparing for fall programming, it's never a dull moment! Speaking of action, I participated in this year's "Mud Girl Run" once again, on August 16th. This is an obstacle race dedicated to women in Calgary, and it was a blast! Here is a photo of my sister, niece, and I after we had dredged through one of the many mud puddles behind us; let's just say our shoes and clothes will never be the same with the amount of mud we had caked on.



Well, fall will soon be upon us with the new Fall Program Guide now out and registration for all fall programs beginning on Thursday, September 3rd at 8:30 am. If you have not already heard, we have a new system to register online (this won't affect anyone registering in person) called My Active Center. We had two days of training for our members on August 25th and 27th and lots of great questions were asked. If you couldn't make the training sessions there is a list of steps to register online on page 5 of this newsletter, on our website www.nordbridgeseniors.com, and in person at 1904 13 Ave. N. We highly suggest trialing the new system before registration day. If you need help, please contact us at 403-329-3222 and ask for Ashley. For anyone registering in person on September 3rd please bring your registration sheet found on our website under Recreation Programs or in the Fall Program Guide on page 13. This will make the registration process smoother. If you are not available to register yourself on this day please find a friend or family member to register for you.

With the new registration system this also means the emails you normally receive monthly from us, will now be from a different email address. It will now be nordbridgeseniors-noreply@myactivecenter.com, please make sure you are checking your junk folder and marking it off as a trusted sender. The only emails you will receive from this address will be the monthly newsletters and semester program guides. If you wish to no longer receive emails from us or are no longer a member of Nord-Bridge, please let us know at friendly@nb55.ca.

New programs this fall include Cardio Drumming, Adaptive Boxing, Evening Recuperative Yoga, and more evening fitness. The new gym opening hours of 7:00 am will continue throughout the fall and depending on the demand and response, we may continue into January 2027, so if you are still working or just an early bird, consider joining our Fitness 55 Plus Gym!

As I mentioned in my last write up the University of Lethbridge Nursing Students will return to Nord-Bridge in the third week of September as part of their Community Health practicum. They will be here on Thursdays and Fridays until the first week of December, so please give them a warm welcome when you see them around our building and don't forget to attend any special programs they host as your feedback and experiences are valuable to their learning process.

Looking forward to next month, we are excited to offer our Annual Thanksgiving Luncheon once again on Friday, October 9th from 11:30 am - 1:00 pm in the Multi-Purpose Hall instead of the Diner to accommodate more patrons. **Tickets for this go on sale starting Tuesday, Sept. 29th at 8:30 am at Nord-Bridge.**

I have also had lots of questions on when the Fall Craft/Bake Sale will be. It is planned for Saturday, October 17th in the Nord-Bridge Multi-Purpose Hall. To reserve your table as a craft vendor please contact me at 403-329-3222 **starting September 18th.**

Until next month, stay happy and healthy!

~Ashley Kern - Director of Programming

Chess & Backgammon Club returns on September 11th!

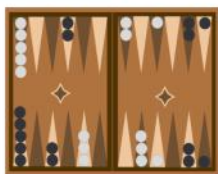
Join us to learn the rules and play some friendly games!

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

**For Nord-Bridge members only*



***No Program
on Oct. 16 & 30,
and Nov. 13**



Member Photos by Walter Kerber



**3rd Monday of every month
(unless it falls on a holiday)**

Time: 10:00 am to 12:00 pm

Location: Nord-Bridge Library

Upcoming Dates:



Sept. 21, Oct. 19, Nov. 16, Dec. 21

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

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

Friday, September 4

Chicken Parmesan with Spaghetti,
Garlic Toast, and Caesar Salad

Friday, September 11

Pineapple-Glazed Ham with
Scalloped Potatoes and Green Beans

Friday, September 18

BBQ Pork Ribs with
Mashed Potatoes and Corn

Friday, September 25

Liver & Onions with Mashed Potatoes,
Veggies, and Gravy

Available from
11am to 1pm, while
quantities last



Tech Desk Help with Peter



Dates: Thursdays, Sept. 17,

Oct. 15, Nov. 19, Dec. 10

Time: 9:30 am - 2:00 pm

FREE!

*Nord-Bridge
members only

Location: Nord-Bridge Main Corridor
(December appointments in the Library)

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

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



DARREN ATKINS



403-894-4122



darren.reddoorqyl@gmail.com



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403-329-1544

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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

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Fundraising Report

Hi friends! It's hard to believe September is already here - time really does fly when you're having fun.

July and August kept me busy - in the best way! Sorry I haven't seen you all as much; I've missed you.



At the end of July, we hosted a two-day golf tournament with the Southern Alberta Senior Men's Golf Association at the Magrath Golf Course, and what a fun event it was! Thanks to Red Beard Drafting for supporting our Tee Gifts! (Great shoe bag, golf balls & divot tool).

A heartfelt thank-you to Judy Willis, Roxanne Cooke, Rolanda Richard, Pat Kruse, Darlene Cole, and Marlene Nap. The Association and golfers shared so many compliments about how much they enjoyed spending time with you. You were the ray of sunshine they needed, and I hope you know how grateful I am. I'm already looking forward to our own 2027 tournament. We received a \$3,000 donation for our support, and the Association also donated \$1,600 to Streets Alive.

We held our Coffee Challenge, spending two days at the mall selling coffee and sharing the word about Nord-Bridge and all it has to offer. We won the challenge against LSCO, selling 257 bags in total! Thank you to Cuppers, & everyone who has purchased some coffee, for their continued support. If you haven't tried our "Get Off My Lawn" blend, you can pick it up at Cuppers Coffee, or we can help you get a bag. It also comes in decaf. Bags are \$22 each, with \$5 going back to Nord-Bridge Seniors.



Next came parade planning and pancake breakfasts - what a whirlwind of fun! A HUGE thank you to Lyle Bates for always allowing us to use his shop to prepare and store the float - your expertise in the build process is always helpful! We also want to extend a lot of love to our parade sponsors: Lethbridge Hearing Centre, The Medicine Shoppe, and The Wholesale Club. With their support, we spent two full days decorating and painting, and we were thrilled to receive a second-place ribbon - our first win! You can see the ribbon at the front desk. Our pancake breakfast also had an amazing turnout, with 615 guests joining us. We appreciate everyone who took time to attend, and we loved seeing the smiles and hearing the compliments. Our volunteers did an incredible job, from prep to flipping pancakes. Thank you to our sponsors, Neudorf Plumbing and Subaru of Lethbridge.

I'm now preparing for the Golf Wind-Up on September 8, 2026, at Evergreen Golf Centre. Our wonderful golfers have spent the season sharing time together and sharpening

their skills, and this event is a chance to celebrate a successful season. We're also gathering prize donations for everyone. After that, we'll begin working on the 25 Days of Christmas event, with a bit of a revamp this year! Keep an eye out for more details in our October newsletter

We'd also love to give away another car, and we know you'd love to win one! Working on preparations now!

I'm planning the Under Northern Lights Gala, taking place April 10, 2027, at the Sandman Signature Hotel. The gala is our biggest fundraiser of the year, and the 2026 event raised more than \$30,000. I can't wait to keep building on Nord-Bridge's success!

I need a nap...LOL! Thanks for all your support! We appreciate you - our Amazing Members!

~Julie Sarich, Director of Fund Development



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



Welcome to the University of Lethbridge Nursing Students!

The U of L nursing students will be at Nord-Bridge as part of their community practicum from September to December. Watch for their monthly newsletter write-ups and the Health Fair coming up in November!



NESA
NURSING EDUCATION
IN SOUTHWESTERN ALBERTA

University of
Lethbridge



Laughs, Life, and a Little Sass

I honestly can't believe it's been FIVE YEARS since I started working at Nord-Bridge Seniors Centre! Happy Work-aversary to me! Five years is a pretty big milestone, and when I look back at everything that has happened since I walked through those doors, I realize just how much this place has become a part of my life. There have been friendships, adventures, events, laughter, a few stressful moments, a whole lot of memories and enough stories to keep me writing for the foreseeable future. Somehow, five years have flown by, and I'm still here - which I'm choosing to believe is because I'm doing a fantastic job and not because nobody has figured out how to get rid of me yet.

This month started with a difficult goodbye as I said farewell to my sweet kitty, Piper. Losing a pet is never easy because they become such a huge part of your everyday life, and Piper was certainly no exception. He brought me years of companionship, love, cuddles and plenty of personality, and I'm incredibly grateful for every moment I had with him. Saying goodbye was hard, but I know I was lucky to have him.



After that, I decided I needed a little escape, so I packed up and spent a couple of days camping in the mountains. There is something about getting away from everything, breathing fresh mountain air and being surrounded by nature that makes you feel like you've hit the reset button. Of course, my version of a wellness retreat involved lying in a creek with a cold beer, because I have discovered the perfect combination for inner peace. Forget yoga and meditation - give me a mountain creek, a cold beer and nobody asking me where something is.

Then came Summer Fest, and I got to enjoy Washboard Union, which was an absolute blast. There is something about an outdoor concert, summer weather, good music and good company that makes you forget about all the things waiting for you at home. It was one of those nights where you just stand there, take it all in and think, Yep, this is exactly where I'm supposed to be.

And then, apparently, after all that relaxation and fun, it was time to build a parade float. Congratulations to US for winning 2nd place in the Community & Non-Profit Organizations category! It was a pretty fantastic accomplishment, but let me tell you, it did not happen without a lot of work. It was a long few days filled with decorating, painting, building, fixing, hauling and trying to make sure everything came together. Somewhere in the middle of all that, I was left unsupervised with power tools,

which seems like a decision that should probably have required a permission slip. Thankfully, no major disasters occurred, and we ended up with an amazing float!

A huge THANK YOU goes out to all the volunteers who came out and helped Julie, Ashley and I decorate and get everything ready for the parade. These things don't happen because of one person. They happen because people are willing to roll up their sleeves, lend a hand and spend their time making something special happen. I am incredibly grateful for every single person who helped. And then there is my dad, Lyle, who deserves a massive shout-out. Dad not only let us use his shop to decorate the float, but he also let us borrow his trailer and then spent the entire weekend working alongside me to make sure everything was parade ready. He helped build, paint, fix, adjust and problem-solve his way through the days leading up to the parade. I'm pretty sure at some point he probably wondered why he ever encouraged my creativity. Dad, thank you for always showing up, even



when my latest idea starts with, "So... I have an idea." I appreciate you more than I can say. And, of course, an honourable mention to my Uncle Lyle, Uncle Elgin, Kenny, Al, and Gary who provided plenty of input and advice along the way. Some of it was asked for, some of it wasn't, but all of it was delivered with the confidence of men who had already decided they knew the answer. That's family, and honestly, I wouldn't change it for the world.

Once the parade was behind us, it was time to enjoy another round of music at Whoop-Up Days, where I checked out Default and Gord Bamford. Because I wasn't ready to let summer end quietly. There was still music to hear, people to see and memories to make.

Looking back, this month really had everything. There was a difficult goodbye, mountain therapy, cold beer in a creek, live music, a parade, second place, family, volunteers, power tools, paint and enough laughter to make the whole thing worthwhile. And as I celebrate five years at Nord-Bridge, I can't help but feel incredibly grateful.

Grateful for the people I've met, the friendships I've made, the volunteers who always show up, the members who make Nord-Bridge what it is and the countless memories we've created together.

I wouldn't change it for the world. Well... maybe I'd supervise myself around the power tools a little more.

Happy Work-aversary to me!

~Erin Bates "Whiskey in my glass, sass in my soul, and absolutely no regrets."





2025 Scam Tracker Risk Report

Highlights of the **top 10 riskiest scams** reported to BBB's Scam Tracker

Nord-Bridge Seniors Centre

Tuesday, September 29 at 9 am - 10 am | Flex Room

Register by calling 403-329-3222, or online at www.nordbridgeseniors.com. **Registration opens September 3.**



Annual Nord-Bridge Craft and Bake Sale

Saturday, October 17th



9:00 am to 2:00 pm

FREE Entry, Open to All!

Nord-Bridge Multi-Purpose Hall

**Please enter through NE doors*

Vendors can call Ashley at 403-329-3222

starting September 18th to reserve a table!

Table Charge: \$20 Members, \$35 Non-Members

All proceeds go towards Nord-Bridge recreation programming for seniors 55+.

If you are interested in being a sponsor for this event, please call Julie or Ashley at 403-329-3222!



NEW!

For Nord-Bridge Members Only

Reflexology with Jean (registered reflexologist)

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

**Please pay Jean directly*

Dates: Sept. 23, Oct. 14,

Nov. 25, and Dec. 9

Time: 9:00 am - 12:00 pm

Call 403-329-3222 to book

your 30 minute appointment

Reflexology is a specialized pressure point massage that works the whole body through the feet. You will feel both energized and relaxed!



We will be accepting donations of various baked goods towards our annual craft and bake sale!



The drop-off date for baking is

Friday, October 16th

from 9:00 am to 12:00 pm.

Please call 403-329-3222

if you have any questions regarding baking donations!

***Ingredient list required for each item**



SAIM Massages at Nord-Bridge

**for Nord-Bridge members only*

Feeling sore? Students from the Southern Alberta Institute of Massage will be at Nord-Bridge to help take away your tension!



Upcoming Dates:

Fridays, Oct. 30 & Nov. 13

Time: 9:30 am - 11:30 am

Location: Board Room

***No appointment required**



Coffee with a Constable

Second Wednesday of each month!

10:00 am to 11:30 am

Nord-Bridge Dunford Diner



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



Working together to bring Government services to you.



Date: Friday, Sept. 18, Oct. 23,
Nov. 20, Dec. 18, 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

 Government of Canada
Gouvernement du Canada

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.



WELCOME September

As the seasons shift and autumn settles in, I want to extend warm wishes to all residents and staff at Nord-Bridge. September reminds us that learning, connection, and community never go out of season. Thank you for the wisdom you share and the warmth you bring to Lethbridge-East. Wishing you a cozy, joyful fall!



MLA Nathan Neudorf
Lethbridge-East
403-320-1011

Manicures & Pedicures with Jackie

Upcoming Dates:
Wednesdays, Sept. 30, Oct. 7, Nov. 18, Dec. 23
Time: 9:00 am - 12:00 pm
Location: Craft Room
Fee: \$20 (please pay Jackie directly) cash only



Come relax and get your nails done with a fresh application of nail polish or just a paraffin wax massage!



**For Nord-Bridge members only*

Please specify either a manicure OR pedicure at the time of booking.

Appointments are required. Book your 30 minute appointment at the Nord-Bridge Front Desk.

FREE Walker Repair Clinic

Dates: Wednesdays, Sept. 23 & Nov. 25
Time: 10:00 am - 11:00 am
Location: Nord-Bridge Main Hallway

Book your appointment at the Front Reception Desk

***For Nord-Bridge Members only**

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JOIN US EACH WEEK FOR A SHORT PRESENTATION ON BRAIN HEALTH AND ENGAGE IN FUN ACTIVITIES THAT ENHANCE AND STRENGTHEN BRAIN FUNCTION!



WEEKLY ON TUESDAYS

**TUESDAYS
SEPT. 15 - OCT 20
10:30-12:00PM**

**FREE
FOR ANYONE 55+**

BENEFITS

- ✓ Learn new games
- ✓ Reduce stress
- ✓ Social connection
- ✓ Engage your mind
- ✓ Have fun!

Nord Bridge Seniors Centre
1904 - 13th Avenue North
Lethbridge

TO REGISTER:
Call (403) 329-3222

www.buildingbrains.ca



Thank you to our Whoop Up Days Parade and Toonie Pancake Breakfast Sponsors!

Lethbridge
HEARING CENTRE

NEUDORF
403.328.2533 Plumbing



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



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

Upcoming Dates:

Wednesdays, Sept. 16, Nov. 4

Time: 10:00am to 12:00pm

Location: Craft Room

Fee: \$35 per patient per visit



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

***For Nord-Bridge Members Only**



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Nord-Bridge

***For Nord-Bridge Members Only**

When: Second Tuesday of every month

Time: 9:00 am to 11:30 am

Location: Nord-Bridge Board Room

Upcoming Dates:

Sept. 8, Oct 13, Nov. 10, Dec. 8

***These are initial consults only. Needs will be assessed and advice will be offered on how best to legally proceed.**

Members can sign up at the Nord-Bridge Reception Desk for a half-hour consultation.

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