

NEWSLETTER

April 2016

**Introducing our
2016 - 2017
Executive & Board**



**President,
Pat Santa**



**Vice President,
Rodger Halvorsen**



**Secretary,
Marilynn Heaton**



**Past President,
Jim Hahn**



**Director,
George Berg**



**Director,
Donna Farkas**



**Director,
Jack Fox**



**Director,
Marilyn Gillies**



**Director,
Robert Grisak**



**Director,
Woody Neely**



**Director,
Clay Olsen**



**Director,
Bob Tarleck**



**Director,
Doug Youngren**

"The Friendly Centre"

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

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

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

E-mail: friendly@nordbridgeseniors.com

**2016-2017
NORD-BRIDGE SENIORS
EXECUTIVE**

President	Pat Santa
Vice-President	Rodger Halvorsen
Treasurer	Vacant
Secretary	Marilynn Heaton
Past-President	Jim Hahn

BOARD OF DIRECTORS

FIRST YEAR

Robert Grisak
Clay Olsen
Bob Tarleck

SECOND YEAR

George Berg
Jack Fox
Marilyn Gillies

THIRD YEAR

Donna Farkas
Woody Neely
Doug Youngren

ADMINISTRATIVE STAFF

Executive Director	Randy Smith
Sr. Administrative Ass't	Kathleen Filkowski
Financial Administrator	Tracy Beauchemin
Director of Programming	David Ng
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkininstall
Reception Assistant	Heather Belle
Rentals	Kathleen Filkowski
Cook II	Sally Reyna
Cook I	Bety Castillo
DR/Kitchen Assistant	Gail Krysak
Janitorial	Marco & Carla Escobar

ON-SITE PARTNER PROGRAMS & SERVICES

National Association of Federal Retirees	Gary Drake	403-328-0801
Chinook Lifecare Assoc.	Jane-Anne	403-320-1170

**PROGRAMS, COMMITTEES, CONVENERS, &
BOARD REPRESENTATIVES***

(* indicates individual on Board responsible for Program Area)
(** indicates "Emeritus")

ADMIN. PROGRAMS

By-Laws/Policies Committee	Marilynn Heaton* (Chair), Bob Tarleck, Robert Grisak
Crafts Boutique	Heather Newsham
Finance Committee	Chair-Vacant, Pat Santa, Jim Hahn, Roberta Svennes, Frank Deane, Harry Fischer, Mike Bennett, Clay Olsen

Memberships
Newsletter
Newsletter Ad Sales
Nominations Committee
Political Advocacy Committee
Seniors Helping Seniors

Kathy Filkowski
Kathy Filkowski (Production & Billing)
Jim Hahn* (Chair), Dan Deringer
Bob Tarleck* (Chair)

Harry Fischer, Norene Easthope, Darlene Crofts, Joanne Fox

CARDS & BOARD GAMES

Contract Bridge
Crib
Euchre
Military Whist
Trump Whist
Norwegian Whist
Scrabble
Texas Hold'em
Duplicate Bridge

Woody Neely*, Board Rep
Kathy Ludwig
Pat Veres & Mike Bennett
Rodney Foster
Donna Takeda
Pat Veres
Pat Veres
Sheila Brust, Jenny Oleksy**
Mike Bennett
Pat Kincade

EDUCATION

Acrylic Painting
Paper Tole
Wood Carving
Watercolor
Watercolor Club
Krafters Koffee Klub
Quilters Group
Nord-Bridge Card Crafters
Spanish for Travelers
Library
Mind Joggers

Marilyn Gillies*, Board Rep.
Katrina Mak
Elta Buckman
Don Johnson
Denise Savard
Sandy Baceda, Erika Bosters
Jo-Ann Adams
Marilyn Martens
Pat Kincade
Marco Escobar
Marie Areshenko
Judy Knox, Jack Simmons
Ted Sillito, Melvin Horn

**NEW MEMBERSHIPS \$53.00
MEMBERSHIP RENEWALS \$50.00**

FUNDRAISING

GAMING

Casino Coordinator
In-House Bingo Coordinator
Monday Jam Draws
Winners Bingo Rep/Co-ord
Winners Bingo Alternate

HEALTH & FITNESS

Keep Fit Classes
Tai Chi
Yoga/Pilates
Fitball/Exercise With Arthritis
Zumba
Fitness 55 Club

OUTREACH

Bereavement Cards
Get Well Cards & Visits
Keep-in-Touch Program
Outreach Program

SOCIAL ACTIVITIES

Decorations
Monday Music Jams
Senior Music Makers
Socials Committee & Specials
Social Dance
Clogging
Line Dancing

SPORTS & RECREATION

Bocce
Carpet Bowling
Darts
Dragon Boat Team
Floor Curling
Floor Shuffleboard
Golf
Pool
Shuffleboard
Table Tennis

TRAVEL

Travel Trip Bookings
Bus Bookings
Driver Co-ordination –Travel
Driver Co-ordination – Cards
Vehicle (Bus 2) Maintenance

VOLUNTEERISM

Building Set-up Volunteers
Volunteer Committee

AFFILIATIONS

ACA Representative
Alberta 55 Plus—Zone 1
Alberta Assoc. of Senior Centres
Enviro. & Historic Resources CLG
Go Seniors Society
Health Education Presentations
Lethbridge Seniors Forum
N-B Income Tax Program
New Horizons for Seniors Program



Pat Santa*, Board Rep
Jim Hahn, Board Rep

Jack Fox*, Board Rep

Mike Bennett
Frances Wallace
Helen Gepneris, Jim Hahn
Bonnie Hammond
Leonard Hutchinson

Donna Farkas*, Board Rep

Melanie Hillaby
Lynn Hunter-Johnston
Melanie Hillaby
T. J. Dunn
Jeannie Williamson
Jim Scott (Volunteer Trainer)

Rodger Halvorsen*, Board Rep

Valerie Arkininstall
Lydia Prokop/Chris Figenshau
Valerie Arkininstall
Rodger Halvorsen

Doug Youngren*, Board Rep

Eva Deringer
Roy Swidinsky
Barbara Stewart
Eva Deringer
Karen Hooper
Sandy Nowell
Della Howg

Robert Grisak*, Board Rep

Clay Olsen
Norene Irwin, Woody Neely
Ken Bobinec
Dawn Vickers
Vacant
Lorna Vandervalk
Judy Workman, Clay Olsen
Vacant
Clay Olsen
Jerry Mikusek, Dave Bergen

George Berg*, Board Rep

Valerie Arkininstall
Kathy Filkowski
Valerie Arkininstall
Mike Bennett
Marco Escobar

Bob Tarleck*, Board Rep

Clay Olsen, Harry Fischer
Eva Deringer, Elaine Molyneux

Clay Olsen*, Board Rep

Harry Fischer
Mike Bennett, Clay Olsen
Randy Smith
Bob Tarleck
Helen Gepneris, Jack Fox
David Ng (and Alberta Health)
David Ng
Harry Fischer, David Ng, Sheila Brust
Harry Fischer

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

Nord-Bridge is a proud member of the Alberta Association of Seniors Centres

View our Website
www.nordbridgeseniors.com
for information, photos, video, Newsletters and more.

PRESIDENT'S REPORT

It's spring and our Centre is just as busy as ever. With the warmer weather we will introduce new programs, and extend some of our winter programs. Our Spring Luncheon will take place on Thursday, April 14th. It is a celebration to welcome spring, so don't forget to wear your Fun Spring Hat!

MLA Maria Fitzpatrick will meet with you to discuss your concerns. **Maria will be at Nord-Bridge on the 1st and 3rd Friday of each month from 9:30 to 10:30 a.m.** Members can make a 15 minute appointment at our Reception Desk. This is a wonderful opportunity to be heard by your MLA.

Our **Scotia Bankers IN THE Community** liaison, **Lou-Anne Matlock**, will be at Nord-Bridge to pre-sell **Mother's Day Luncheon tickets on Friday April 8th from 11:00 a.m. until Noon.** Please try to purchase your tickets from her as the Bank will then match funds for the sales. This partnership with Scotiabank is a valuable asset to Nord-Bridge Centre.

Tickets are now available for the **May 2nd Miners Memorial Banquet.** This evening event will feature a roast beef dinner, musical entertainment, Galt Museum presentation and Galt 8 Mine update, as well as the **Miners Raffle Draw.** Please support our early miners by attending this event.

Your Board continues to work on developing a **Strategic Plan** for the **future of Nord-Bridge.** This was one of the recommendations coming out of our Organizational Review. We were aided in this review by **Bruce Thurston.** I want to thank him for his assistance in this project.

We are pleased to welcome new Board members **Donna Farkas, Robert Grisak** and **Woody Neely**, as well as returning Board member and Past President **Clay Olsen.** I want to thank these individuals and all the members of the Nord-Bridge Board for giving their time to volunteer for our Centre. It is a great commitment but I feel a worthy one to serve on the Board. These volunteers, as well as all of our other volunteers who contribute many hours to our daily operations, are our greatest asset.

I will be at the front desk most Friday afternoons to discuss your concerns.

Pat Santa, President



WELCOME NEW MEMBERS

Sydney Sumnall	Barbara Gardiner	Judy Duncan
Patricia Sumnall	Joanne Amonson	Carol Peters
Louise Odland	Larry Hamilton	Freda Gatzky
Carolyn Herle	Roslyn Van De PolDer	Lynn Harrison
Marlene Hobbs	Evelyn Hogg	Margaret Ratcliff
Shirley McPherson	Barbara Angyal	Alfred Goritza
Wayne Duncan	Ronald Angyal	Phyllis Stotz
Robert Prosk	Nicole Chauvin-King	John King
Larry McCorquodale	Maggie McGeough	Karen Thomas
Barry Thomas	Phyllis Cameron	Ronald Kelf

We hope you enjoy your association with Nord-Bridge "The Friendly Centre"

SANDY TOES FOOT CARE
(In the Nord-Bridge Seniors Centre)
Theresa Wiberg, LPN

Cutting and Filing Nails
Filing Calluses and Corns
Simple Foot Massage
Phone for your appointment
403.892.5659



Many thanks to Scotiabank for being a terrific corporate partner in our fundraising activities. We appreciate your community spirit.



While at the Nord-Bridge Centre you can access our in-building internet service at:

User ID: **FriendlyCentre**
Password: **myfriendlycentre**
(Shaw Cable subscribers see below)



Nord-Bridge Meetings Reminder

Each Month

Outreach Committee	First Monday	9:30 a.m.
Executive Meeting	First Wednesday	9:30 a.m.
Winners Bingo Committee	Second Tuesday	9:00 a.m.
Board of Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Wednesday	9:00 a.m.

Annually

Annual General Meeting	First Wed. of March	9:30 a.m.
General Member Meeting	First Wed. of November	9:30 a.m.

Go Seniors Society

Regular Board Meetings		
Feb., April, June, October	Second Tuesday	9:00 a.m.
Annually		
Annual General Meeting	First Tuesday of April	9:00 a.m.



FOR SHAW SUBSCRIBERS: We are pleased to announce that our building is equipped with **Shaw) Go WiFi.** To connect at Nord-Bridge:

1. Access the network / WiFi settings on your device.
2. Select **ShawOpen** from the list of networks.
3. Open your browser.
4. Sign in using your **@shaw.ca email address** and **password.**

Any questions? [Please call 1-888-472-2222](tel:1-888-472-2222) or visit <http://www.shaw.ca/internet/wifi/>.

This is a free service to Nord-Bridge provided by Shaw.

SOUTHERN OPTICAL LTD.

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LETHBRIDGE, AB T1J 0J3**

www.southernoptical.net



PH: 403-327-4145

FAX: 403-320-1181

In Memory of Eleanor Jockims



Eleanor was a founding member of **Card Crafters** and was dearly loved by us. She was a classy lady - from her colorful scarves to her beautiful table settings. We shall truly miss her company.

The Nord-Bridge Card Crafters;

Alyce, Barb, Brenda, Edith, Elaine, Faye, Janay, Joan, Margaret, Marina, Maxine, Sherry, Shirley, Wendy and Pat



LORRI'S CORNER



Death, due to a sudden or traumatic accident shatters the world as we know it. Often times, it is a loss that doesn't make any sense and leaves us feeling shaken, unsure and vulnerable. We are forced to realize that life is not fair and that sometimes bad things happen to good people. A sudden tragic event shatters our sense of order and thrusts us into a world forever changed. The grief process is different from an expected death where we usually have a bit of time to prepare for a loss and say our goodbyes.

Trying to make sense or understand a sudden loss can be very difficult, and we are left asking "why?" This one word question is a plea for meaning and understanding which we believe will help us cope with the loss. It is human nature to want to answer this profound question, but, the reality is that there are no answers that can provide any explanation.

When a sudden, unexpected and tragic death occurs within our small community we can be deeply impacted as we are like a family. Being aware of how others may be feeling and taking a few minutes to talk can make a big difference.

As always, I am available for a chat if anyone is struggling with a loss, or if memories are surfacing that you are having a difficult time with.

**Lorri Penner, BSW, RSW
Member Support Coordinator**

NORD-BRIDGE SENIORS CENTRE

1904 - 13 AVENUE NORTH



IN-HOUSE BINGO

EVERY FRIDAY AFTERNOON (EXCEPT HOLIDAYS)

- Bonanza Pre-call 1:00 pm
- Games Start 1:30 pm
- Regular Book - \$5.00
- 3 Extra Games - \$1.00 each

Everyone (18 and over) welcome!

COME FOR LUNCH, STAY FOR BINGO!



EVERGREEN

Funeral Home
and Cremation Services

403-329-4934

Give us a call regarding ...

- * Affordable Pre-arrangement Options
- * Evergreen's Budget Conscious Pricing

*Because Cost
Is An Option*

*We lessen the expense
Not the care*

A Division of the Caring Group Corp.



**THE
FRIENDLY
CENTRE**

INVITES YOU TO A "HOUSING FAIR"

MAY 17, 2016

9:00 TO 12:30 P.M.

**MULTI-PURPOSE HALL
1904-13 AVENUE NORTH
LETHBRIDGE, ALBERTA**

DECIDING WHERE TO LIVE IS A MAJOR LIFE CHOICE.

AS A SENIOR CITIZEN, THIS DECISION CAN BE MORE DIFFICULT AS

THERE ARE ADDITIONAL FACTORS TO CONSIDER SUCH AS: LEVELS OF CARE, THE DESIRE TO STAY IN OUR COMMUNITY, AND HAVING OUR FAMILY AND FRIENDS NEAR.

NORD-BRIDGE IS PLEASED TO BRING TOGETHER HOUSING PROVIDERS IN ONE PLACE TO FACILITATE CONNECTIONS AND INFORMATION TO EASE THE BURDEN.

**THERE IS NO COST TO ATTEND THIS EVENT
DRAWS FOR DOOR PRIZES**

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

Councillor Blaine Hyggen will not be here on his regular second Friday visit of April 8 as is his normal practice. Instead, he will be in Windsor, Ontario playing in the elite international "40+ World Hockey Tournament". We wish Blaine well, and hope he shares his experience on his return and next visit scheduled May 13. We thank Councillors Coffman and Parker for their consistent monthly visits to the Centre to learn of members and their aspirations and needs of our City. Thanks is also passed along to Councillor Jeff Carlson whose personal support of Nord-Bridge as part of the cast of the "Old Favorites (5)" musical show really helped our Centre with 2016 fundraising, as reported below by project coordinator Jim Hahn. **We continue to invite all members of Council, and Provincial and Federal politicians, to become regular visitors to Nord-Bridge and to keep abreast of issues affecting seniors and senior centres. Recently, MLA Maria Fitzpatrick started to schedule regular visits. Her next visit will be April 15, 9:30 to 10:30 am.** I feel Maria is genuinely interested in the health of our Centre. Former Mayor Bob Tarleck, who now serves on the Nord-Bridge Board, has taken on the role of Chair of our "Political Advocacy Committee". He recently had Councillors Liz Iwaskiw and Ryan Parker attend his committee meeting.

On a somber note, Nord-Bridge extends sincere condolences to the family of former Member of Parliament, Jim Hillyer, on his recent passing. MP Hillyer and his staff worked closely with Nord-Bridge's "Seniors Helping Seniors Program" to re-qualify individuals who had lost Federal senior citizen benefits because of failure to file their annual income tax return. During this tax season, we remind all seniors, regardless of income, that it is important to file your tax return, otherwise your benefits can be interrupted. Fortunately, the office of MP Rachael Harder, our Lethbridge riding MP following the 2015 Federal election, has been meeting the needs of our "Seniors Helping Seniors Program". Thanks is expressed to all concerned.

Respectfully, *Randy Smith*



RACHAEL HARDER

Member of Parliament
Lethbridge

Phone:
403-320-0070

Website:
RachaelHarder.ca

Office:
255 8th St. S
Lethbridge, AB
T1J 4Y1



Here To Serve You



LOCAL ARTS AND CULTURE ARE ALIVE AND WELL IN LETHBRIDGE

Nord-Bridge Seniors Centre thanks everyone who contributed to our successful "Old Favourites" (5) musical and comedy revue hosted at the Yates theatre February 19 to 20th.

We are blessed to have such a talented local cast and crew. We thank them for sharing their talents with us. Comedy and music of the 50's, 60's and 70's comprised our "old favourites".

This event would not have been possible without our sponsors including: **City of Lethbridge, 1st Choice Savings and Credit Union, Lethbridge Hearing Centre, Generations Funeral Home, The Medicine Shoppes, Lethbridge Lodge, Streetside Eatery, Smitty's, Costco, Superstore, and the University of Lethbridge.** We also benefited from the help of our faithful volunteers. Volunteers are the best!

Thanks to everyone who supported this important fundraiser. All three performances were sold out! We hope you enjoyed the show as much as we did.

 **Jim Hahn,**
Past-President &
Project Coordinator



NORD-BRIDGE SENIORS
1904-13 AVENUE NORTH
Mother's Day Luncheon
Thursday, May 5, 2016, 11:30 a.m.
Cost \$12.00
All of the Ladies will receive
A Special Gift. Limited seating.

Military Whist Tournament **March 12, 2016: A Record Breaking Day**

Unbelievably, four teams tied for First Place. Thanks to all our volunteers who helped make this day special. That includes: Bill McTighe, Mike & Diane Bennett, Joe & Dianne Smith, Ruth Balogh, Clay Olsen and Judy Workman. Thanks also to everyone who participated. We enjoyed your company.

Congratulations to our winners: **Team 1 Lethbridge:** Harold, Jeri, Norm & Lorna.
Team 2 Claresholm: Bernice, Jean, Evelyn, & Yvonne. **Team 3:** Millie, Linda, Jean & Helen.
Team 4: Nedra, Roy, Frankie & Cheryl.



Donna Takeda, Convener

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

We will offer Complimentary
Hearing Evaluations at
Nord-Bridge the First
Wednesday of every month!

Book your appointment
at the front desk!

403-320-5051



Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

Programmer's Report by *David Ng*

There are many programs that will be wrapping up this month. However, there are also a few programs that have requested additional classes into the spring. **Clogging** will run an additional 10 weeks starting Tuesdays, April 5th. **Tai Chi for Relaxation & Health** has added another 8 weeks starting Tuesdays, April 5th - May 24th from 1:15 pm - 2:15 pm. **Fitball** will start a new spring session on Wednesdays, starting April 13th at 3:00 pm for 12 weeks. **Exercise with Arthritis** will move to Mondays, starting April 11th at 3:00 pm for 9 classes. Our spring **Bocce Ball** and **Golf** programs will begin soon.

Nord-Bridge Carpet Bowling held a fun tournament on March 23rd. Participants from Fort Macleod, Magrath and Lethbridge played in the one-day tournament. This was a great social event as teams were drawn randomly, which allowed participants to meet and play alongside new acquaintances.

The Annual In-House Tournament Luncheon held last month was a great wrap-up celebration for the previous year's tournament. Medals and trophies were presented prior to a scrumptious Salisbury Steak lunch. Thank you, to the volunteers who helped serve at this luncheon.



Penny Cottontail made a special visit to the Keep Fit Thursday class prior to Easter. Penny was getting in shape for a full Easter Weekend of hopping along the bunny trail.

David



WUERF'S YARD SERVICES

GRASS CUTTING & SNOW REMOVAL

CALL MARK @ 403-915-5208

SPRING WILL SOON BE HERE!!!

We offer: Grass cut & trim * spring clean-ups * gutter clean out * aerating * dethatching * dump runs * fertilizing * odd jobs * weed control * window washing

BOOK YOUR SPRING CLEAN-UP NEEDS TODAY!

CALL FOR YOUR FREE QUOTE!!!

WE OFFER: EXPERIENCE * RELIABILITY * REFERENCES * LICENSED * INSURED * WCB * PROMPT * FRIENDLY * WORRY FREE * DEPENDABLE SERVICE AT AN EXTREMELY AFFORDABLE PRICE.

CALL TODAY FOR YOUR FREE NO CONTRACT QUOTE @ 403-915-5208

*****ASK ABOUT OUR SENIORS YEAR ROUND BUDGET PLAN*****



LETHBRIDGE
COMMUNITY
BAND SOCIETY

Upcoming Events

A World of Music

April 16

Lethbridge Community Gold Band
~ Ken Rogers, conductor ~
with guest Nick Sullivan, bass trombone
College Drive Community Church ~ 7PM

Colours of Brass

April 21

Lethbridge Community Brass Choir
~ Dr. Josh Davies, conductor ~
La Cité des Prairies ~ 7PM

Tickets (\$15) available at Casa or the door



"...for the love of music." lcbcs.ca

WIN CASH AT NORD-BRIDGE! DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre. Members may enter for other members and you do not need to be present to win.

IN ORDER TO PARTICIPATE YOU MUST:

1. Hold a current **REGULAR, ASSOCIATE** or **LIFE** Membership.
2. Cost to play is 25¢
3. Draws are made at 12:15 p.m.
4. After the draw, members may sign-in for the next day's draw.



RECENT WINNER(S)
DIANNE REID \$153.00
MARCH 11, 2016

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 have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming.

TO PLAY:

1. Fill out an envelope for the draw 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 WINNER
SHIRLEY BOYCHUK \$165.00
MARCH 18, 2016

Next Draw April 22nd

SOUND SYSTEM DRAW

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



MONDAY JAM 50/50 WINNERS

Feb 29 Noel Burles \$44; Sally Reyna \$44
Mar 7 Bill Pozdnekoff \$43; Tony Roteski \$43
Mar 14 Lydia Prokop \$44; Ellen Koenen \$44
Mar 21 Betty Alexander \$43; Norma Firth \$43

Thanks Jammers, Volunteers and Patrons.
Thanks also to Helen Gepneris for selling tickets at Monday Jams.



NORD-BRIDGE BUILDING FUND RECENT DONORS

The Mind Joggers \$45
Russell Scratch \$500

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
Through March, 2016 : \$ 4,585



BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$6,250,000	
From City of Lethbridge	750,000	82%
From Various Provincial Grants	2,500,000	66%
From Various Federal Grants	500,000	7%
From Nord-Bridge		
- by Fundraising	2,500,000	82%
Total Contributions to our Building Fund 1998 through March 2016		\$ 2,059,648
Still needed by N-B Fundraising		\$ 440,352

WE THANK Bonnie Hammond and her team of over 20 volunteers who work up to nine Winner's Bingo events every month. Their dedication has translated into significant funding for our Centre.



Dunford Diner

NORD-BRIDGE SENIORS CENTRE
1904 - 13 AVENUE NORTH

Breakfast from 8:30 a.m. to 1 p.m.

Daily lunch specials 11 a.m. to 1 p.m. *plus*

Homemade soups, sandwiches and treats plus Menu items including hot and cold sandwiches, burgers, fish, fries, onion rings, salads, desserts and more!

PUBLIC WELCOME! NO SURCHARGE
DEBIT & CASH ACCEPTED

Friday Lunch Specials \$7.50

April 1 Alfredo Pasta, Chicken Breast, Caesar Salad, Garlic Toast
April 8 Lasagna, Caesar Salad, Garlic Toast
April 15 Chimichanga, Rice and Salad
April 22 Salmon, Lime Rice and Cole Slaw
April 29 Liver & Onions, Mashed Potatoes, Veggies

All You Can Eat Breakfast Buffet First
Wednesday of each month 8:30 to 10:30 \$7.50



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>9:00 Yoga 9:30 Jammers 9:30 Pen & Ink Watercolor 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>5</p> <p>9:00 Shuffleboard 10 & 11:00 Clogging 10:00 Music Makers 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:15 Tai Chi 1:30 SCRABBLE 7:00 Social Line Dance</p>	<p>6 <i>BREAKFAST BUFFET</i> 8:30 Dr. Bolokoski Foot Care By Appointment 8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing By Appointment</p> 	<p>7</p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Somatic 11:00 Keep Fit Flex & Strength 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Acrylic Painting 7:00 Table Tennis</p>	<p>1 & 8</p> <p>9:00 Pilates 9:00 Adv. Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p>  
<p>11</p> <p>9:00 Yoga 9:30 Jammers 9:30 Pen & Ink Watercolor 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p> 	<p>12</p> <p>9:00 Shuffleboard 10 & 11:00 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:15 Tai Chi 1:30 SCRABBLE 7:00 Social Line Dance</p>	<p>13</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>14</p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Somatic 11:00 Keep Fit Flex & Strength 11:30 Spring Luncheon 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Acrylic Painting 7:00 Table Tennis</p>	<p>15</p> <p>9:00 LEGAL CONSULTS (By appointment) 9:00 Pilates 9:00 Adv. Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 

<p>18 9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:30 OUTREACH with </p>	<p>19 9:00 Shuffleboard 10 & 11:00 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Line Dance</p>	<p>20 8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball </p>	<p>21 9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Somatic 11:00 Keep Fit Flex & Strength 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Acrylic Painting 7:00 Table Tennis </p>	<p>22 9:00 Pilates 9:00 Adv. Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib </p>
<p>25 9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise </p>	<p>26 9:00 Shuffleboard 10 & 11:00 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Line Dance</p>	<p>27 8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball </p>	<p>28 9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Somatic 11:00 Keep Fit Flex & Strength 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Acrylic Painting 7:00 Table Tennis</p>	<p>29 9:00 Pilates 9:00 Adv. Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib </p>

Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your *Lethbridge Transit "Breeze Card"*.

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE)
- L.E.A.R.N. REP. TANYA PURDY-FISCHER - TUESDAY, APRIL 5, 10 A.M.
- ADVANTAGE HEARING - WEDNESDAY, APRIL 6 (by appointment)
- COFFEE, TEA & YOU: 2nd & 4th THURSDAY 10 A.M. IN DUNFORD DINER
- FREE LEGAL CONSULTATIONS - FRI., APRIL 8 (by appointment) with HUCKVALE LLP

- **BUY YOUR MOTHER'S DAY LUNCHEON TICKETS (for May 5) ON APRIL 8 FROM 11 A.M. TO NOON AND SCOTIABANK WILL MAKE A GENEROUS DONATION TO NORD-BRIDGE**
- COFFEE WITH A CONSTABLE, WEDNESDAY, APRIL 13
- SPRING LUNCHEON, THURSDAY, APRIL 14
- TRIP - MEDICINE HAT TO SHOP & GAMBLE/ TUESDAY - APRIL 19
- TRIP - MYSTERY TRIP #3, THURSDAY, APRIL 28
- DR BOLOKOSKI - FOOT CARE (by appointment). FUTURE DATES INCLUDE: JUNE 1; JULY 27; SEPT. 21; & NOV. 16, 2016
- WINNERS BINGO - APRIL 6, 12, 13, 19, 20, 26, 27



WINNERS



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HUCKVALE LLP
established 1906

Upcoming **FREE** consultation dates:
Friday, April 8 & May 13
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Front Desk to schedule
an appointment. Phone: (403)329-3222

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From the Desk of Val



Wow! Whee! April is upon us meaning it is time to think about outdoor and indoor spring cleaning. Yuck! That means work, work, work! On the bright side, the days are longer and warmer so our work is easier to fit in to our busy schedules.

We are also spring cleaning at the Centre and have found numerous abandoned jackets left hanging up in our coat racks. **HAVE YOU LOST A COAT OR JACKET?** Please check our coat racks, and if you find one that is yours, take it home. We have documented all of them and any that are left beyond one month will be donated to charity.

ST. PAUL'S SCHOOL IS COLLECTING CAMPBELL SOUP LABELS once again, so bring us your labels and we'll deliver them to the school. **THANKS FOR SUPPORTING THE KIDS.** Yes, we are **also collecting pop can tabs** so bring them in too.

I hear many of our members express that they are losing strength in their legs. They describe knees buckling or difficulty getting out of chairs. If that describes you, please look into our exercise programs. If that doesn't suit you, then take advantage of the spring weather to **go for walks regularly**, to keep up your strength and keep your joints lubricated. You know what they say, **use it or lose it**, and that's the truth!

Valerie

OUTREACH REPORT BY CO-ORDINATOR *Rodger Halverson*

The theme of our March 21st event was Easter bonnets for our guests; and bunny ears for our volunteers, who hopped up and down Peter Cottontail Road keeping up with their assignments. All of the bonnets were objects d'art, made from simple, everyday items and many colorful flowers. Our Outlook Angel, Lydia Prokop, danced with light footed grace, in her amazing, one-of-a-kind millinery creation made up of a pot scrubber!

We observed a moment of silence for Justine and Frank Sera who entertained us many times as the musical duo "Just-Ank Harmony" and dressed as Mr. & Mrs. Santa Claus. In fact, they were known for their many gorgeous costumes, and their happy, holiday spirit. Sadly, they were involved in a tragic car accident. Justine passed away on March 17, while Frank remains in hospital, in Calgary.

Then it was on with the program, as Ash led two Card Bingo games. Next on the ticket was a sing-a-long with our own **NORD-BRIDGE MUSIC MAKERS**. We were pleased to accept positive feedback for another successful program. The special door prize was won by a Rehoboth group member. Thanks to the volunteers, and to our Nord-Bridge staff for doing a great job. Our attendance total was 130!

Join us April 18th for "**Polka Fest**" with **Alice Tinordi & Company**. We remind our guests and members to register early. Call us at 403-329-3222 to reserve your space. *Valerie for Rodger Halverson*

SCRABBLE

Sheila Brust, Convener

TICKLE ME FANCY WORDS

As I was walking to work the other morning I saw a huge crowd gathering on the corner. They were craning their necks to see why a man was acting so very "GLAIKIT". They were shaking their heads in wonder. What is glaiKIT you may ask...FOOLISH.

Scrabble meets Tuesdays at 1:30 in the Dunford Diner Annex. Come and play with us. We really don't use the kind of words I am writing about.

Have a pleasant spring-like month!

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(In the Nord-Bridge Seniors Centre)



CONDOLENCES WERE SENT TO THE FAMILIES OF:

Life Member Del Kiemele; Truus Quist; Jack Butlin; Alvin Martin; John Tunnah; Eleanor Jockims; and Justine Sera.

GET WELL & HEALTH WISHES

WERE SENT TO: Ella McColl, and Frank Sera (Calgary) both in hospital. Back home are David Stock, Delores Kovalchuk, Bob Gough and Viola Arkinstall. Kae Mann now resides at Edith Cavell. Thanks to Harry & Sandi Fisher and Joe & Dianne Smith who visit Kae regularly. Thanks also to Lydia and Chris for their caring spirit in hospital visits.



DARTS REPORT

Ken Bobinec, Convener



On March 11th we enjoyed our In-house Awards Luncheon. All of the Tournament winners are recognized on Page 16 of this Newsletter. We thank all the volunteers who helped make that event special and the Nord-Bridge kitchen staff for a yummy meal!

Our program participation continues to be strong but we still have room for more. We play Monday and Wednesday at 1 p.m. for fun and to meet new people. Join us!

Shannon Phillips,
MLA Lethbridge West

402 8th St S
Lethbridge, AB T1J 2J7
lethbridge.west@assembly.ab.ca
403-329-4644



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Jake Boldt
Hearing Technician

MARIA FITZPATRICK
MLA FOR LETHBRIDGE-EAST



543 13th St South
Lethbridge AB T1J 2W1
Phone: (403) 320-1011
Fax: (403) 328-6613
Email: lethbridge.east@assembly.ab.ca

Photo: David Rossiter

Members can make an appointment at the Nord-Bridge Reception Desk to meet with Maria here at the Centre on the 1st or 3rd Friday of the month between 9:30 & 10:30 a.m.

**NORD-BRIDGE SENIORS
FITNESS 55 CLUB**

Nord-Bridge membership, plus a special user fee is applicable.

Annual Pass \$180
Monthly Pass \$18
20 Visit Pass \$25

(A \$10 refundable key fob deposit is also required)

Meet with Jim Scott, Certified Personal Trainer
Wednesday mornings, for safe training tips and motivational goal setting advice.

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E-mail: kellyaj@telusplanet.net

I can assist you whether you are buying, selling or transitioning to a condo or gated community living!

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Play ball!

Baseball season is fast approaching. Games begin in late May. Once again Nord-bridge members will be asked to volunteer at home games. In return for their help, volunteers will receive free tickets to future games.

The volunteer schedule will be at our Reception Desk. We need to provide 4 volunteers for each of 25 games. The jobs are: Collecting tickets, and selling programs. If you enjoy baseball this is a great way to help our community and our Centre by doing something that you enjoy. For more information, please contact Jim Hahn, Bulls Volunteer Coordinator.

MEMBER PORTRAIT SESSIONS

MARK YOUR CALENDAR FOR
Monday, April 18th Two sessions:

10:30 to 11:30 a.m.
-and-
1:00 to 2:00 p.m.



Our In-house Member Photographer, **SID LEWIS** will be here to take your picture for our Photo Gallery.

So choose a time, comb your hair and put on a nice big smile for the camera.

CALLING ALL GOLFERS!

Our annual Golf Program is about to begin. To register, please contact **Clay Olsen** or **Judy Workman**. We'll meet at the Centre every Tuesday at 9 a.m. and go to Evergreen Par 3. Once registration is complete we'll announce our start date. Join us. We golf for fun and fresh air!



BOCCE BALL season is near. If you want to play, please contact **Clay Olsen** to register. We play in the evening at Nor-Bridge Lions Park on 13 Ave. N. Once registration is complete we can confirm our start date and exact schedule.

Anyone can play this game.



LUNCH WITH CITY COUNCILLORS

Jeff Coffman
Friday
May 20



Ryan Parker
First
Tuesday
Each
Month



Blaine Hyggen
Friday
May 13



Learn more about our City's governance and our representatives in our comfortable and convenient **Dunford Diner**. All City Councillors are encouraged to join us frequently. Confirm your visits by e-mail to friendly@nordbridgeseniors.com.

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Chad Baker
B.Sc Pharm
Pharmacist/Owner

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MEMBER

Go SENIORS SOCIETY OF SOUTHERN ALBERTA

**Annual General Meeting, Tuesday, April 5, 2016
at 9 a.m. in the Berlando Board Room of
The Nord-Bridge Seniors Centre
1904 - 13 Ave. North, Lethbridge, AB**

NOTICE

EUCHRE REPORT

Spring has started...time for a change. Clean up your flower beds and gardens; clean up your yard. Start spring cleaning and start a new game...it's called Euchre.

Euchre = Lots of Fun! Meet new people and make new friends. Every Wednesday at 12:30 p.m. we offer lessons and tips. Regular play begins at 1 p.m. and continues until 3 p.m. After that, stay for coffee and conversation in the Dunford Diner.

Rodney Foster



HEALTHCARE SOLUTIONS FOR BETTER LIVING

The last Thursday of every month is Senior's Day!
Seniors receive a 20% discount with a Shoppers Optimum Card.

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**Alberta Government
Seniors Information**
1-877-644-9992
www.health.ab.ca

Are you buried under a pile of paperwork?
Confused about Government forms?
If so, contact "Seniors Helping Seniors"
here at Nord-Bridge. We have friendly,
trained volunteers to help you:



Monday to Friday 9:30 a.m. to 3 p.m.
To Make An Appointment
Call 403-329-3222

Nord-Bridge Community Volunteer Income Tax Program



Our **FREE** Tax Program will
continue through **April, 2016**
(for income received in 2015).
To make an appointment speak to
Sheila or call us at 403-329-3222.

PLEASE NOTE: Volunteers will not be able
to prepare returns for incomes over \$35,000 for
a single person; over \$45,000 for a couple; re-
turns for deceased or bankrupt persons; individ-
uals with investment income over \$1,000; or
any complex tax situation. To make an appoint-
ment, please visit the Nord-Bridge Reception
Desk or call 403-329-3222. This is a **FREE** ser-
vice; **HOWEVER, donations to Nord-Bridge**
would be greatly appreciated.

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COFFEE WITH A CONSTABLE

Chat with a member of the Leth-
bridge Regional Police Services
about law enforcement or elder
abuse concerns. Constable Les
Vonkeman will be here on the sec-
ond Wednesday of each month,
from 10 to 11:30 a.m. in the Dun-
ford Diner.



**NORD-BRIDGE
SENIORS CENTRE**
1904 - 13 AVE. N
LETHBRIDGE, AB
403-329-3222



Spring Luncheon

Thursday, April 14

Tickets \$12.00

11:30 a.m. Sharp

Tickets Available

at our

Reception Desk

Everyone

Welcome!



**Downsizing Dilemma?
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TRAVEL NEWS

PLEASE NOTE: ALL NON-MEMBERS must pay an additional \$20 for all Nord-Bridge trips.

Thursday, April 28 MYSTERY TRIP #3

Be at the Centre for...
departure...
BRING A FUN
...ing money, your walker, and
good shoes. We'll have you back at the
Centre by 2:30 p.m. **COST \$10 (Incl.
bus & lunch)**



Thursday, June 2

Beautiful Canmore in the heart of the Rockies. This trip will include shopping in downtown Canmore and a stop at the Chocolate Factory after lunch. Trip will leave at 7:30 a.m. and return 7 p.m. Bus Cost \$55. En route, we will collect another \$13 from each passenger for lunch which will be at the Legion.



2nd Annual Cranbrook-St. Eugene Casino Resort and Golf Club

May 29 to 31, 2016. **SOLD OUT!** Wait list only.



I am sorry to report that our monthly local casino visits have been put on hold as we are down to just 4 gamblers. Unfortunately, we need 8 passengers to take this trip. Advise **George Berg** or **Val** if you would like to try your luck sometime. At the Casino, you do receive a FREE lunch while you play.



SUMMER TRIPS: HERE IS A LIST OF SOME TRIPS STILL IN THE PLANNING STAGE.

- Mystery Trip #5: June 8 Galt Railway Park, Stirling: Wed., July 13
- Mystery Trip #6: July Waterton National Park: Thurs., July 28
- Mystery Trip #7: August Saskatoon Farm, Okotoks: Tues, Aug. 9
- Chinook Honey Farm: Spruce Meadows Masters: Sat., Sept 10
- Tues., June 23

IF YOU'RE INTERESTED IN GOING TO CALGARY FOR A GREY EAGLE CASINO / SHOPPING TRIP, LEAVE YOUR NAME AT THE RECEPTION DESK.

Tuesday, April 19
Shop & Gamble in Medicine Hat. Cost: \$40 Bus will depart from the Centre 9 a.m. about 5 p.m.



Thursday, May 12 Aspen Crossing, Mossliagh

This is the perfect time of year to visit the **Greenhouse** at Aspen Crossing. **COST: \$35** (Includes Bus). We'll also stop for lunch.

Payment deadline is May 2.



MYSTERY TRIP #4 - THURSDAY, MAY 26

Where are we now... and where are we going? **WHO CARES?** Just sit back and enjoy! **COST: \$10** (Bus only)

BRING MONEY FOR LUNCH. WE'LL EAT SOMEWHERE IN THE COUNTRYSIDE.



Triple D Tours

Brochures are now available here at Nord-Bridge. A deposit of \$50 is required at sign-up.

COEUR D' ALENE CASINO

May 29, 2016 – June 01, 2016 4 Days / 3 Nights
Dble \$280.00 Per Person / Single \$365.00 Per Person
Triple \$250.00 Per Person / Quad \$210.00 Per Person

COEUR D'ALENE CASINO & SPOKANE SHOPPING
October 14 - 17, 2016 4 Days / 3 Nights
Dble \$380.00 Per Person / Single \$570.00 Per Person
Triple \$330.00 Per Person / Quad \$310.00 Per Person

COEUR D' ALENE CASINO

Nov. 29, 2016 – Dec. 02, 2016 4 Days / 3 Nights
Dble \$280.00 Per Person / Single \$365.00 Per Person
Triple \$250.00 Per Person / Quad \$210.00 Per Person

CROSS IRON MILLS / CHRISTMAS LIGHT TOUR

December 05, 06, 07, 2016
\$40.00 Per Person

Contact Donna at **Triple D Tours** 403-394-0349 Phone, Cell 403-380-0931 or E-Mail – tripledtours@hotmail.com

IMPORTANT NOTICE

Make sure your completed registration form is stamped with "Nord-Bridge" to ensure our commission.

BRING US YOUR TRAVEL IDEAS. Where would you like to go? How far are you willing to travel? Do you know of a new and interesting destination that would be appropriate for our members? We are always looking for new travel ideas and are very interested in your suggestions. **Thank you.** **George Berg**, Board Travel Representative & **Val Arkinstall**, Travel Coordinator




2016 MINER'S RAFFLE

(Proceeds to Nord-Bridge Building Fund)

5 Prizes ALL ITEMS ON DISPLAY

GRAND PRIZE... "Regency Panorama" Gas

Insert Fireplace Value \$1,550 Donated by 

SECOND PRIZE

Hand Made Queen Size Patchwork

Quilt Value \$800 Donated by Sandi Fischer



THIRD PRIZE

Original Art "Winter Sport" & Book "The Ladders We Climb" by Irene McCaugherty Value \$550

Donated by **RON & DOREEN MCCAUGHERTY**



FOURTH PRIZE

Vintage Mink Jacket Value \$500

Donated by Arta Withers



FIFTH PRIZE

Horse Drawn Wagon Model Value \$400

Donated by John Tendler



Raffle License # 426724

TICKETS

2 for \$5 or 1 for \$3

DRAW DATE

Monday, May 2, 2016

at the Miner's Banquet



Thank you for your support!

Join us in congratulating all of our Fall 2015 In-House Tournament medalists. Also, a hearty "thank you" is extended to everyone who participated in the Tournament. It takes a lot of contestants to make the games challenging.



Italian Proverb~ Once the game is over, the king and the pawn go back in the same box.

CARPET BOWLING: GOLD - Joe Ellan, Eva Ellan, Liz Hunka, Woody Neely. **SILVER** - Dermoy Copeland, John Hanam, Doreen Jurgens, Mae Pearson. **Bronze** - Lorna Vandervalk, Pauline Secretan, Norene Irwin, Floyd Irwin. **FLOOR CURLING: GOLD** - Eva Deringer, Doreen Jurgens, Lila Charles, Audrey Nishikawa. **SILVER** - Joe Ellan, Eva Ellan, Liz Hunka, Woody Neely. **Bronze** - Lorna Vandervalk, Len Hutchinson, Norene Irwin, Floyd Irwin. **DARTS MEN SINGLES: GOLD** - John Johnson. **SILVER** - Rob Grisak. **Bronze** - Ken Bobinec. **DARTS WOMEN SINGLES: GOLD** - Janet Bobinec. **SILVER** - Dianne Reid. **Bronze** - Alice Strickland. **DARTS DOUBLES: GOLD** - John Johnson & Dianne Reid. **SILVER** - Bob Gow & Bill McTighe. **Bronze** - Bill Lelievre & Verna Penner. **FLOOR SHUFFLEBOARD: GOLD** - Brian Hillier & Diana Hillier. **SILVER** - Larry Adamson & Arlene Adamson. **Bronze** - Pat Hamilton & Carol Hamilton. **SHUFFLEBOARD: GOLD** - Floyd Irwin & Woody Neely. **SILVER** - Len Hutchinson & Sonny Vannatta. **Bronze** - Lila Charles & Delores Kovaluk. **POOL 8 BALL: GOLD** - Ramsay Vickers. **SILVER** - Dan Deringer. **Bronze** - Marko Bosnak. **POOL 9 BALL: GOLD** - Marko Bosnak. **SILVER** - Ramsay Vickers. **Bronze** - Joe Tomiyama. **SNOOKER: GOLD** - Dan Deringer. **SILVER** - Ramsay Vickers. **Bronze** - Marko Bosnak. **POOL GOLF: GOLD** - Dan Deringer & Ramsay Vickers. **SILVER** - Reg Prawdzyk & Gary Kenna (posthumously). **Bronze** - Fred Mehlhaff & Marko Bosnak.

PLAY HEAR

R	P	C	O	I	N	T	W	V	D	G	U	L	I	H	A	U	D	I	O	L	O	G	Y	
E	G	X	A	Y	E	R	H	Z	N	D	V	J	E	B	O	U	T	S	T	A	N	C	I	
T	N	F	X	A	P	A	M	I	S	K	L	A	K	U	E	T	R	A	I	N	G			
T	S	U	R	M	G	I	D	L	I	O	R	T	D	C	E	R	A	S	Z	N	J	N		
E	A	S	Z	N	J	N	L	A	C	I	H	T	E	Z	B	Z	U	I	K	A	I	B	S	
B	Z	U	I	K	A	I	B	S	N	F	M	K	Z	A	O	A	R	D	T	S	N	G		
O	A	R	D	T	S	N	G	G	T	H	W	M	M	U	B	A	X	S	I	R	G	Z		
B	A	X	S	I	R	G	Z	J	M	L	A	R	H	S	C	Q	T	T	J	O	Q	W		
C	Q	T	T	J	O	Q	W	O	B	T	U	P	G	H	A	U	K	X	W	J	L	C		
A	U	K	X	W	J	L	C	H	E	C	K	S	P	P	O	W	Y	O	Q	A	C	O		
O	W	Y	O	Q	A	C	O	N	Z	O	B	F	E	Y	P	W	O	U	D	M	H	K		
P	W	O	U	D	M	H	K	G	Y	K	Y	N	O	R	Y	G	U	C	W	F	I	P		
Y	G	U	C	W	F	I	P	H	Y	G	E	G	A	H	P	Q	R	C	S	S	N	A		
P	Q	R	C	S	S	N	A	P	N	Y	L	L	V	O	C	L	I	N	I	C	I	A		
C	L	I	N	I	C	I	A	N	S	G	E	J	E	X										

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Tribute to Miners Memorial Banquet 7

Monday, May 2, 2016
Nord-Bridge Hall - 1904 13 Avenue North

Doors Open 4 p.m. Program at 5 p.m.

Roast Beef Dinner at 6 p.m. Entertainment at 7 p.m.

Raffle Draw at 8 p.m.

..PRESENTATION..



- "Galt Family of 10 Mines" by Belinda Crowson, Educator, Galt Museum
- "Galt & Mine Update"
- "Miners Raffle Draw"



Nord-Bridge's Jim Hahn accepts a \$2,500 donation from South Country Jamboree President John A. Lorenz. This gift enabled Nord-Bridge to continue its Annual Miner Appreciation Banquet and Program.

TICKETS AVAILABLE
March 15th
at NORD-BRIDGE
(403) 329-3222
\$20 each
Everybody welcome!

Entertainment by
Johnny & Faye
(South Country Jamboree)

