

NEWSLETTER

AUGUST 2016



It's a boy!

After putting in a full work day on July 6, our Nord-Bridge staff member, Bety Castillo, left for the hospital where she gave birth to a beautiful baby boy, Julio Ignacio. Julio, fondly called "Nachito" is Bety's third child and first son. We thought we would have to postpone the baby shower planned for July 7 but Bety insisted we carry on as planned. She arrived with her entire family, and enjoyed the party with us. It was so nice of Bety to let us all cuddle the tiny, day-old baby who slept contentedly throughout the event. Clockwise are: family members, Nicole, Salma, Bety and Julio Senior; guests Eva, Pat & Helen; Viola, Rick and Gail; and Nachito.

"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
Interim Treasurer Harry Fischer
Secretary Marilyn 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 Marilyn Heaton* (Chair), Bob Tarleck, Robert Grisak
Crafts Boutique Heather Newsham
Finance Committee Chair-Harry Fischer, Pat Santa, Jim Hahn, Roberta Svennes, Frank Deane, Mike Bennett, Clay Olsen
Memberships Kathy Filkowski
Newsletter Kathy Filkowski (Production & Billing)
Newsletter Ad Sales Jim Hahn
Nominations Committee Jim Hahn* (Chair), Dan Deringer
Political Advocacy Committee Bob Tarleck* (Chair)
Seniors Helping Seniors Harry Fischer, Norene Easthope, Darlene Crofts, Joanne Fox

CARDS & BOARD GAMES

Contract Bridge Woody Neely*, Board Rep
Crib Kathy Ludwig
Euchre Pat Veres
Military Whist Rodney Foster
Trump Whist Donna Takeda
Norwegian Whist Pat Veres
Scrabble Pat Veres
Texas Hold'em Sheila Brust, Jenny Oleksy**
Duplicate Bridge Mike Bennett, Pino Zucchelli, and Marilyn Maloff
Pat Kincade

EDUCATION

Acrylic Painting Marilyn Gillies*, Board Rep.
Paper Tole Katrina Mak
Wood Carving Elta Buckman
Watercolor Don Johnson
Watercolor Club Denise Savard
Krafters Koffee Klub Sandy Baceda, Erika Bosters
Quilters Group Jo-Ann Adams
Nord-Bridge Card Crafters Marilyn Martens
Spanish for Travelers Pat Kincade
Library Marco Escobar
Mind Joggers Marie Areshenko
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
Robert Grisak
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

Jim Hahn, 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

We were pleased to have two important guests visit Nord-Bridge in July: On July 15th, **Mr. Rick Pollard, Stakeholder Relations Manager from the Premier's Office** toured our Centre. On July 18th we welcomed **Mr. Shannon Marchand, Deputy Minister of Seniors and Housing**. Both of these visitors gave us the opportunity to discuss our issues, particularly our concerns about sustainable funding for seniors' organizations. We are very proud of our unique facility. With the ownership of this facility comes various costs and concerns. If there were accessible sources of funding we could all breathe easier.



Two special events, both on the same date, will take place at Nord-Bridge in August. **On August 24th at 8:00 a.m. we will host our Annual Whoop-up Toonie Pancake Breakfast.** Later that same day, at 7:30 p.m. we will present **A Special Tribute to the Alberta Ranch Boys performed by "MANY SHADES OF GREY", a local band featuring, vocals, guitar, keyboard, violin and more.** The cost for this evening show is \$20. It will be a great time for everyone.

A major fundraiser, the **Annual President's Dinner & Auction**, is set for the evening of **Tuesday, September 13th.** Our featured entertainment will be the popular singing duo **TOM & CURT.** Another entertaining participant will be **Auctioneer, Dean Oseen.** We all know how much fun he is. I would like to solicit donations for the Auction. If you have any items that could be auctioned at this event, please bring them to the Centre soon. **Scotia Bankers in The Community** will be attending to increase our proceeds from this event. **Bank representative, Louanne Matlock will be at Nord-Bridge on Friday August 12th at 11:15 a.m. to kick off ticket sales. Tickets sold by Louanne on this day, will qualify for matching funds. If possible, please buy your tickets on August 12.**

I will continue to be at the Reception Desk every second Friday to talk with members and hear your concerns. Thank you for the honour of serving you as your President, I am really enjoying the job.

Pat Santa, President



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



WELCOME NEW MEMBERS

Dorothy Langford	John Schaffer
Pamela Service	Vicki Klassen
Wendy Hacker	Pat Eakin
Erma Shaw	Donald Bartz

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

WANTED

DONATIONS

FOR OUR SILENT & LIVE AUCTIONS

On September 13th we will hold our annual **PRESIDENT'S DINNER & AUCTION FUNDRAISER.** We are welcoming the volunteers from **SCOTIA BANKERS IN THE COMMUNITY** to this event as they will match funds raised. **What we need from our members are donations for our auctions.** Donations should be unused items, antiques or new craft projects. Cash donations are also welcome. You can drop off your donations at the Reception Desk or give them to Kathy, our Administrative Assistant. **Thank you for your support of this important fundraiser!**



Pat Santa, President



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.

Shaw) Go



Available here.

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 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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FRED MILLER

- REGISTERED OPTICIAN
- PROSTHETIC EYE PRACTITIONER

1011 - 3RD AVENUE SOUTH
LETHBRIDGE, AB T1J 0J3

www.southernoptical.net



PH: 403-327-4145

FAX: 403-320-1181

Lethbridge HEARING CENTRE

Lethbridge Hearing Centre will be at Nord-Bridge Centre offering **FREE** hearing tests and consultations every third Thursday of the month from 10 a.m. until Noon. Please book your half-hour appointment at the Reception Desk.

Next FREE Test and Consultation **August 18th**

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.

LORRI'S CORNER



It is that time of year again. Nice summer weather is here and the door-to-door sales people are out in full force. They arrive using high-pressure sales tactics to get you to buy something you don't want or need; or talk you into getting work done on your home and then, overcharging you or doing a bad job.

They scare you into believing your safety may be in jeopardy or at the very least, your life cannot possibly continue without their product. While I do not want to sound "preachy" I do want to suggest asking yourself questions should someone arrive on your doorstep:

1. Is what they are selling an item, appliance or service you feel needs to be replaced, repaired or transferred from your current vendor (like utility service)?
2. Prior to them showing up or phoning, had you considered or been checking into the costs related to this?
3. Have you sought out a reputable business in the city regarding the product or service?

These three questions, while not a guarantee, can often give you time to really think about what they are selling and if you really need it. If you suspect that it is a sales person at your door, it is best to not even open the door. If you do choose to speak to them, here are a few suggestions:

- ◆ Ask for photo ID; get the name of the person and the business. **Consider that ID's can also be fake.**
- ◆ Ask to see their **City of Lethbridge business license.**
- ◆ **NEVER share personal information** (for example, any utility bill).
- ◆ If you ask a salesperson to leave, they must leave right away. **If you feel unsafe, call local police.**
- ◆ Do not rely on a salesperson's opinion that your item is unsafe or should be replaced.
- ◆ Local utility companies, municipalities, government agencies or regulatory **organizations do not send sales-people door-to-door.**
- ◆ You **do not** have to **sign a contract** at that time. **LIMITED TIME OFFERS ARE RED FLAGS.**
- ◆ Before hiring anyone, get quotes, ask for references and verify them.

My personal rule – one I adhere to without exception – is this: If I didn't call your company to my home for a consultation, then you are not crossing my threshold; nor am I showing you any of my utility bills or providing you with equipment model numbers. It's not going to happen. **Remember...good businesses don't go door-to-door. They don't need to.**

Lorri Penner, BSW, RSW
Member Support Coordinator

MY AUGUST SCHEDULE

August 2 Tues.	August 3 Wed.
August 9 Tues.	August 10 Wed.
August 11 Thurs.	August 17 Wed.
August 18 Thurs.	August 23 Tues.
August 24 Wed.	August 25 Thurs.
August 30 Tues.	August 31 Wed.

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

As we enter the month of August, I remind members of Nord-Bridge's Whoop-Up Toonie Pancake Breakfast scheduled for Wednesday, August 24. This is always a fun event, where you will see lots of old friends over a great breakfast, with enjoyable music too. Please see the poster on the back cover of this *Newsletter* or on the monitors in the Centre for specific details. This year on the evening of August 24, thanks to the efforts of members Floyd Sillito and Jim Hahn, we have also added as part of our Whoop-Up celebrations, a special concert entitled "**A Special Tribute to the Alberta Ranch Boys**". Check out the promotion for this show on Page 14 of this Newsletter. There are also programs for this show in our Dunford Dining Room which includes a history of The Alberta Ranch Boys.

I would also like to report to members that we had some special visitors come to the Centre in July, 2016. Specifically, our Executive was pleased to spend the afternoon of July 15 at Nord-Bridge with **Mr. Rick Pollard, Stakeholder Relations Manager from the Office of the Premier**. Rick's visit was organized by MLA Maria Fitzpatrick (NDP) and Sherry Hunt, to whom we express thanks. Rick's visit allowed him to see the Nord-Bridge facility, and to become aware of our services and programs for seniors. We were also able to discuss with Rick our aspirations; how the Government of Alberta might better assist seniors; and we addressed current issues we feel are, or might affect seniors and seniors' centres. Rick demonstrated sincere interest in Nord-Bridge and the topics discussed, and we appreciate his visit.

On Monday, August July 18 we were visited by the **Deputy Minister of Seniors and Housing, Mr. Shannon Marchand**. This too was a special visit by the most senior civil servant in Government, specifically responsible for seniors. Shannon toured Nord-Bridge, and discussed with President Pat Santa and myself our various programs, services, observations and some requests of Government. We appreciate Deputy Minister Marchand's reaching out to become aware of Nord-Bridge.

Finally, in terms of political visitors, I would report to you that **MLA Brian Jean**, Fort McMurray - Conklin, and **Official Opposition Leader / Wildrose Party** visited Nord-Bridge earlier in July.



Brian also toured our facility, learned of our programs and services for seniors, and visited with members. We thank him for coming, and thank local party leaders for arranging this visit.

On Tuesday, August 23, the day of the Whoop-Up Parade, at 1:30 p.m., Nord-Bridge will host a visit by Liberal MLA Dr. David Swann. Dr. Swann has been to Nord-Bridge on many previous occasions, and we again welcome him back to visit with Lethbridge senior citizens. If you wish to have Dr. Swann take-up your issues or business, we encourage you to attend and take advantage of this opportunity.

Respectfully yours,

Randy Smith

*Vacation time:
Randy and Janay
enjoying a ride on
the Missouri River
at Gates of the
Mountains Wilder-
ness, near Helena,
Montana.*



RACHAEL HARDER

Member of Parliament
Lethbridge



You're Invited!

To a pancake breakfast I will be hosting

**On August 26th, 2016
From 7:00am to 10:00am**

**In front of my constituency office at
255 - 8th Street South
Lethbridge, AB**

**For more information call
(403) 320-0070**



Here To Serve You

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

We will offer Complimentary
Hearing Evaluations at
Nord-Bridge on Wednesday,
August 10th

Book your appointment
at the front desk!

403-320-5051



Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

Another month, another staff meeting. This meeting was an interdepartmental team building exercise with Reception Desk, Administration, and Dining Room/Kitchen staff participation. We worked well together and achieved a high level of camaraderie and trust, but not much money!

I am declaring August to be "Let's Get Walking Month". Whether you are young or old, walking is the best exercise. You can do it with your spouse, grandkids, neighbours or friends. Don't have a walking team? No problem...you can walk with our eager "Roll 'n' Strollers". They have a route plan for every Wednesday. Here's their schedule: August 3rd Nicholas Sheran Park; August 10th Park Bridge Estates; August 17th The Gardens lakeside walk on the west side; August 24th Henderson Lake; and August 31st Uplands, Chinook Lake. **Be at the Centre by 9:45 and hop onto our Go Friendly bus for only \$3.** If the weather does not co-operate, they will enjoy inside locations like: Park Place Mall, the Soccer Complex, Lethbridge Centre or Wal-Mart. Walking is one of the best exercises anyone can enjoy and if you have health concerns relating to diabetes, heart, arthritis or back problems, walking helps. Our walkers are a fun and friendly group so they'll help to keep you motivated. Do it now while you're still able. **Remember...USE IT OR LOSE IT!**

Valerie



Programmer's Report by David Ngy

I trust everyone has been getting out to enjoy the beautiful weather. My family has been appreciating many of the beautiful parks and lakes we have in our City. Most recently, we have been going to Nicholas Sheran Park and using some of the new outdoor fitness equipment.



It has been fun staying fit and active while outdoors with my family. Lethbridge, has six parks around the City with outdoor fitness equipment. The closest to Nord-Bridge is St. Edwards Park at 1714 St. Edward Blvd. N. On your next walk head to one of these parks and try out some of the fitness equipment in the great outdoors. When the weather starts to cool off you can continue your workouts in our Fitness 55 Club.



Nord-Bridge is jumping into the social media world! For our tech-savvy members who have a Facebook account, search for Nord-Bridge's Facebook page and "Like" our page. We will highlight events, activities, programs and members on this page. Also on the topic of technology, Nord-Bridge will be launching its redesigned website in August. The address is the same, www.nordbridgeseniors.com. However, the redesign allows for a more user-friendly experience.

The Fall 2016 Program booklet will be available on Wednesday, August 17th. Fall Registration begins on Thursday, September 1st at 9:00 a.m.

Program Bonus: We have added a summer Exercise with Arthritis Class on Mondays, beginning August 8th at 3:00 p.m. for five weeks. Fitball will also run a summer session on Wednesdays, beginning August 10th at 3:00 p.m. for five weeks.

PROGRAM CANCELLATIONS FOR AUGUST INCLUDE:

Carpet Bowling, Darts and Fitball on August 24th to accommodate our Toonie Pancake Breakfast and the Alberta Ranch Boys Tribute. I hope many of you will attend these events.

David



Need a Personal Gardener?

Once a Week Once a Month
Once in a While

Let us do your dirty work



Ladybug Arborists

Maureen Sexsmith-West, Certified Arborist PR4600A
Qualified Tree Appraiser, ISA Tree Risk Assessor



(403) 634-3062

ladybugarborists@gmail.com

www.ladybugarborists.com

WIN CA\$H 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 WINNERS

ALBINA VACLAV, JULY 11 \$477.00
LORNA THOMSON, JULY 20 \$79.25
MURIELLE NIKLES, JULY 22, \$20.00

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

BARB LECLAIR \$154.00
July 22, 2016
 Next Draw Aug. 26nd

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

July 4 Pam Parker \$33; Angela Randa \$33
 July 11 Anne Pauls \$38; Gladys Rushfelt \$38
 July 18 Stan Peters \$38; Sally Reyna \$38
 July 25 Sally Reyna \$39; Stan Peters \$39

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

GERRY BOSSENKOOL \$40



NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
 Through July 22, 2016 : **\$10,333**

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 June, 2016 \$ 2,061,973

Still needed by N-B Fundraising **\$ 438,027**

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, treats and 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

August 5 Liver & Onions, Mashed Potatoes, Veggies
 August 12 Lasagna, Caesar Salad & Garlic Toast
 August 19 Salmon, Lemon Rice & Cole Slaw
 August 26 Stir Fried Beef, Rice & Salad

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CLOSED ALBERTA HERITAGE DAY</p> 	<p>2 9:00 Shuffleboard 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE</p> 	<p>3  8:30 BREAKFAST BUFFET 9:00 Yoga 9:30 Carpet Bowling 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft</p>	<p>4 9:30 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p> 	<p>5 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 
<p>8 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p> 	<p>9 9:00 Shuffleboard 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE</p> 	<p>10 9:00 Yoga 9:30 Carpet Bowling 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing By Appointment 3:00 Fitball</p> 	<p>11 9:00 Card Crafters 9:30 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p> 	<p>12  9:00 LEGAL CONSULTS (By appointment) 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 

<p>15 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p> 	<p>16 9:00 Shuffleboard 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 S C R A B B L E</p> 	<p>17 9:00 Yoga 9:30 Carpet Bowling 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>18 9:00 Card Crafters 9:30 Floor Curling 10:00 Lethbridge Hearing (By Appointment) 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p>  	<p>19 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 
<p>22 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p>	<p>23 9:00 Shuffleboard 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 S C R A B B L E</p>	<p>24 8 a.m. WHOOP-UP PANCAKE BREAKFAST 9:00 Yoga 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 7:30 Tribute to Alberta Ranch Boys</p>	<p>25 9:00 Card Crafters 9:30 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p> 	<p>26 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 
<p>29 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p>	<p>30 9:00 Shuffleboard 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 S C R A B B L E</p>	<p>31 9:00 Yoga 9:30 Carpet Bowling 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft</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)
- COFFEE, TEA & YOU: 2nd & 4th THURSDAY 10 A.M. IN DUNFORD DINER
- ADVANTAGE HEARING - WEDNESDAY, AUG 10 (by appointment)
- FREE LEGAL CONSULTATIONS - FRI., AUG 12 (by appointment) with HUCKVALE LLP

- L.E.A.R.N. (ELDER ABUSE) REP. TANYA PURDY-FISCHER - TUES, AUG 16, 10 A.M.
- LETHBRIDGE HEARING CENTRE TESTS - THURS, AUG 18 (by appointment)
- WHOOP-UP TOONIE BREAKFAST - WED., AUG. 24 AT 8 A.M.
- TRIBUTE TO ABERTA RANCH BOYS - WED., AUG. 24 AT 7:30 P.M.
- MYSTERY TRIP #7: THURSDAY, AUGUST 25
- DR. BOLOKOSKI - (by appointment). FUTURE DATES INCLUDE: SEPT. 21; & NOV. 16, 2016. JAN. 11, MAR. 8, MAY 3, 2017
- WINNERS BINGO - AUGUST 3, 9, 10, 16, 17, 23, 24, 30, 31



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Contact the Reception Desk to schedule
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**TO MAKE AN APPOINTMENT
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VOLUNTEER. WE SEND A BIG THANK
YOU AND BEST WISHES TO DARLENE
WHO IS RETIRING.



CONDOLENCES WERE SENT TO:

...the family of Gail Tomsic; Sharon Knelson and Family on the loss of husband, Peter; and to the family of Helen Dikun.

GET WELL & HEALTH WISHES WERE SENT TO...

...David Stock, Betty Cowen, and May Johnson, all at Regional Hospital; and Georgie Coutts, at home. Buella Chervinski is now at St. Michael's (PARP) working hard at rehab following hip surgery. **Good News:** Janet Bobinec is now back at home after her long stay in Calgary and then Lethbridge hospitals including many weeks in rehab.



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Sheila Brust, Convener
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What is "OXTER" you may ask?
Armpit!

Scrabble meets Tuesdays at 1:30 in the Dunford Diner Annex. You are all welcome to join us.

Enjoy Heritage Day on Monday,
August First!



Shannon Phillips, MLA Lethbridge West

402 8th St S
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lethbridge.west@assembly.ab.ca
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 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 2nd or 4th Friday of the month between 9:30 & 10:30 a.m.

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

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 Monthly Pass \$18
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CRIB TOURNAMENT

Saturday, September 10, 2016
 Entry Fee \$12.50 (includes lunch)
STRICTLY CASH!

Registration 9 a.m. Games Start 10 a.m.
 Deadline to Register is September 7
 Contact: Mike Bennett
 mrbennett@shaw.ca 403-894-5241



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Thank You

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LUNCH WITH CITY COUNCILLORS

Jeff Coffman
 Friday
 Sept. 16



Ryan Parker
 First
 Tuesday
 Each
 Month



Blaine Hyggen
 Second
 Friday
 Each
 Month



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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- Not Charging •Lost Passwords, and many more irritating issues.

These are just a few examples of how we can help you. Bring your problems to Justin.

Date: **Tues. August 2**
Tues. August 9
Tues. August 16
Tues. August 23
Tues. August 30

Time: **10 a.m. - Noon**
1 p.m. - 2 p.m.

Place: **Nord-Bridge Main Corridor**

Fee: **FREE for Nord-Bridge Members**

This free service is available for Nord-Bridge Senior Citizens Association Members only.



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- ♦Doors Open 4 p.m.
- ♦Silent & Live Auction (Dean Oseen) 5 p.m.
- ♦Roast Alberta Beef Dinner 6 p.m.
- ♦Entertainment 7:15 p.m.
- ♦Admission \$25/Person; \$40/Couple
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- ♦Door Prizes

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Limited Seating...Tickets on sale at
 Nord-Bridge Seniors Centre...
 UNTIL SEPTEMBER 9 ONLY.
 RESERVED SEATING
 AVAILABLE FOR TABLES OF 6

We would like to thank everyone who attended our **Emergency Awareness and Preparedness** seminar that was held during July! A lot of research, planning and preparation goes into developing a seminar, especially one as in-depth as this one was. Having it so well received and with good attendance by our members is gratifying. A special thank you is extended to all of our volunteers and sponsors who donated items:

- Nord-Bridge Senior Centre Staff & Members
- Chinook LifeCare Association
- Touch Matches - Sylvie Archambault
- West Village Dental Centre - Dr. Lamb & Anne
- AQUA+ Skin Care
- Wholesale Sports of Lethbridge

- Lethbridge Fire and Emergency Services:
Dale A. Danylchuk & Chief Rich Hildebrand
- City of Lethbridge Emergency Social Services
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The Alberta Ranch Boys play in the back of a truck during the 1945 parade to welcome home veterans returning from World War II. The parade is moving south along the 300 block of 5th Street South in Lethbridge.

Performed by
"MANY SHADES OF GREY"
AUGUST 24, 2016
7:30 P.M.

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ZIPPERS AND BOYS

(Sage wisdom for raising grandchildren)

The Zipper's a modern contraption,
Replacing the button and lace.
The hook and the eye, have bade us goodbye,
The Zipper has taken their place.

It travels on delicate meshes,
And fastens up, snugly and tight -
If you wish it to work, don't give it a jerk,
But pull it through, smoothly and light.

Now boys are somewhat like Zippers,
If you jerk them, they get off the track,
And you're likely to find, you're left way behind,
And cannot move forward or back.

You're stuck with a mighty hard problem -
You're stalled, and stranded, I fear.
For it's a dead cinch, you can't budge an inch,
When your meshes are all out of gear.

If you'll just treat the boys like the Zippers,
And start them out right, they'll come through,
And nine times out of ten, will make splendid men -
Energetic, efficient, and true.

But, thrust them, and twist them, and jerk them,
Like the Zipper, they get out of clutch -
And, you've hampered that boy -
Your pride and your joy -
The lad that you valued so much!



D. H. Elton,
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TRAVEL NEWS

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



#7

Thursday, August 25
Cost: \$15.00 Includ
Bus & Lunch

SORRY SOLD OUT

We will provide a picnic lunch for you during this mystery adventure. A sign-up sheet will be available by July 15.



#8

THURSDAY, SEPTEMBER 8.
This outing will be spectacular!
Something new and different.
You will enjoy a tasty lunch
(your own cost).

COST: \$23 (Incl. bus and Tour)

Spruce Meadows "Masters" Saturday, September 10

The eyes of the world will be focused on Spruce Meadows as the best athletes from the world's top show jumping nations compete for prize money and international acclaim during the Spruce Meadows 'Masters'. Family entertainment and shopping opportunities are available for guests. **COST \$40. Book Fast.** Only a few seats left. Must be paid in full by August 10.



Tuesday, August 16th

ANOTHER FUN TRIP TO CASH CASINO

Cost of \$40 includes bus, lunch (\$5.00) and a drink. We'll take the bus at 10:00 a.m. and we'll spend from 1:00 p.m. trying our luck on the slots. **All aboard!**



FALLING LEAVES TOUR: Thurs., Sept. 22.

Join us for a scenic country drive to Okotoks then west on Hwy 7 viewing the Big Rock and on to Black Diamond for lunch and shopping. Later, journey down Hwy 22 viewing the fall colors and harvest time landscape of beautiful southern Alberta. **COST: T.B.A.**



CALGARY DEERFOOT CASINO THURSDAY, OCTOBER, 13. Complimentary senior buffet, slot tournament, and lots of slot machines. Come on and try your luck. **COST \$35.** Need names & deposits A.S.A.P.



Tuesday, August 9th

Back by popular demand **Saskatoon Berry Farm, Okotoks**
Buy some berries or perhaps some homemade Saskatoon jam or a tasty pie. **COST: \$50.00 (bus only, buy your lunch).** Bus leaves Centre at 9 a.m.



THURSDAY, NOVEMBER 17: MIRACLE ON 34TH STREET"

Rosebud. Cost \$100. Sign up now. A non-refundable deposit is required with full balance due by Monday, October 17.



UPCOMING JUNKETS: We're always looking for new and interesting places to visit and welcome your suggestions. Trips in the planning stage include: Mystery Trip #9 in September; "Hollywood Hits", Calgary - Stage West, Wed., Jan. 25; Local Casino trips will not be offered until we get a better response from you; Deerfoot Casino, Calgary, Thurs., Oct. 13; St. Eugene Casino, Cranbrook, 2017. Bring your friends. Cost surcharge \$20 for non-members.

Triple D Tours

Brochures are now available here at Nord-Bridge.

A deposit of \$50 is required at sign-up.

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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.

ROLL & STROLL / WALK 'N TALK PROGRAM continues year 'round. New walkers are always welcome to join this senior friendly program each Wednesday, from 10 a.m. until noon. If you need to get a little exercise, and don't like to walk alone, this program is for you! We go to weather appropriate destinations. **COST: \$3**



Nord-Bridge Seniors Centre
1904 - 13 Avenue North
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August 24, 2016
8 to 11 a.m.

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