

March 2016



Our Arts & Crafts programs are thriving and our newer participants are benefiting from the leadership of our knowledgeable instructors and talented, experienced members. Shown here with current projects (clockwise from top left) are: **Marilyn Gillies**, Acrylic Painting; **Bryan Bradfield**, Beginners Watercolor; **Laura Inkster**, Acrylic Painting; and **Randy Butterwick**, Woodcarving. Although these programs are not part of our Annual In-House Tournaments, which we celebrate every March, their achievements are enviable and demonstrate that we are never too old to learn new pursuits or improve our existing skills.

"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

**2015-2016
NORD-BRIDGE SENIORS
EXECUTIVE**

President Pat Santa
Vice-President Rodger Halvorsen
Treasurer Roberta Svenes
Secretary Marilyn Heaton
Past-President Jim Hahn

BOARD OF DIRECTORS

FIRST YEAR
George Berg
Marilyn Gillies
Jack Fox

SECOND YEAR
Vacant
Vacant
Doug Youngren

THIRD YEAR
Robert Tarleck
Clay Olsen
Donna Takeda

ADMINISTRATIVE STAFF

Executive Director Randy Smith
Sr. Administrative Ass't Kathleen Filkowski
Chief Financial Officer Roberta Svenes
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 Comm. Marilyn Heaton* (Chair), H. Fischer
Crafts Boutique Heather Newsham
Finance Committee Roberta Svenes* (Chair), Pat Santa, Jim Hahn, Clay Olsen, Frank Deane, Harry Fischer, Mike Bennett
Memberships Kathy Filkowski
Newsletter Kathy Filkowski (Production & Billing)
Newsletter Ad Sales Jim Hahn
Nominations Committee Jim Hahn* (Chair), Dan Deringer
Seniors Helping Seniors Harry Fischer, Norene Easthope, Darlene Crofts, Joanne Fox

CARDS & BOARD GAMES

Contract Bridge Donna Takeda*, Board Rep
Crib Kathy Ludwig
Euchre Pat Veres & Mike Bennett
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
Pat Kincade

EDUCATION

Acrylic Painting Board Rep - Vacant
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
Leonard Hutchinson

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
Health Education Presentations
Lethbridge Seniors Forum
N-B Income Tax Program

SASCC (So AB Srs Centre Coalition)

Alberta Assoc. of Senior Centres
Go Seniors Society
New Horizons for Seniors Program



Alberta Association of Seniors Centres

Pat Santa*, Board Rep
Jim Hahn, Board Rep

Jack Fox*, Board Rep

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

Marilyn Gillies*, 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

Board Rep - Vacant

Clay Olsen
Norene Irwin, Woody Neely
Ken Bobinec
Eileen Sawatsky, 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

Board Rep - Vacant

Clay Olsen, Harry Fischer
Eva Deringer, Elaine Molyneux

Clay Olsen*, Board Rep

Harry Fischer
Mike Bennett, Clay Olsen
David Ng (and Alberta Health)
David Ng
Harry Fischer, David Ng,
Sheila Brust
Jim Hahn, Roberta Svenes,
Harry Fischer, Randy Smith
Randy Smith
Helen Gepneris, Jack Fox
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

March is here and it has almost been feeling like spring already. As a reminder; our **AGM will be on March 2nd at 9:30 a.m.** If you are able, please try to attend.

All three "**Old Favourites**" 5 concerts were sold out! It was a huge success due to the support of our members and the community at large. **Jim Hahn** did a great job organizing this production and the performers were amazing. We hope to sponsor more special events as they are our biggest fund raisers.

Maria Fitzpatrick, Lethbridge East MLA will be at Nord-Bridge on the 1st and 3rd Friday of each month, from 9:00 to 10:00 a.m. to hear from her constituents and fellow Nord-Bridge members. You may call for an appointment to meet with Maria.

The Miner's Memorial Dinner is scheduled for the evening of May 2nd. Tickets are available now. Tickets for the **Miners Raffle** are now on sale as well. You can get them from Nord-Bridge volunteers or at the Reception Desk. On **March 17** plan to take in the **Alberta Securities Commission's anti-fraud presentation** in our Dunford Diner Annex (read more about this on Page 6). On **March 18**, check out the **Shoppers Home Health Care** sale here in our Centre. They will highlight their "aids for daily living" products and offer a FREE walker adjustment service. Our Travel Committee is offering a trip to the **Raymond Dinner Theatre** presentation of "**The Wizard of Oz**" on the evening of March 18. Tickets are \$55.00 including bus, dinner and show.

I will try to be available to members every Friday afternoon at the Reception Desk. Thank you for giving me the opportunity to serve as your president this last year. It has been an honour.

Pat Santa, President



WELCOME NEW MEMBERS

Sjoerd Schaafsma	Doris Stewart	Carol Williams
Marcella Klein	Harley Miller	Carol Stober
Lorna Stratulat	Shirley Miller	Pat DeBoer
Percy Stratulat	Alvena Marti	David Green
Shirley Lennox	David Wheeler	Ralph Bloomberg
Diana Cramer	Sandra Wheeler	Mary Cooper
Garry Hawley	Bruce Hammond	Harold Cooper
Court Henry	Neil Williams	Maria Craft
Gloria Hutton	Trina Williams	Jo-Ann Wardman
Deanna Crowe	Deborah Kobe	Tom Wardman
Susan Riehl	Kai Yip	Vedna McGill

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 their 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 or visit <http://www.shaw.ca/internet/wifi/>.

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

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FAX: 403-320-1181

Thank you!

The Go Seniors Society expresses thanks to everyone who donated their pennies and pocket change. In the past year our six gallon wine jug was filled with \$436.75 of your donations.

The mission of Go Seniors is to fund-raise and provide financial benefit to senior citizen organizations, and to other senior causes as deemed appropriate by the Board and/or membership of the Society. Our wine jug campaign is earmarked for transportation. This money will be added to our bus fund.

*Helen Gopnerie, President
Go Seniors Society*



LORRI'S CORNER

February 24th was **Pink Shirt Day**. Maybe you have heard of it before, or maybe you haven't. Pink Shirt Day was started in 2007 by two grade nine boys in Nova Scotia after a classmate was bullied for wearing a pink shirt on the first day of school. Since then, Pink Shirt Day has been observed around the world as a way to bring awareness on the effects of bullying.



Bullying usually conjures images of mean spirited children cornering another child in a hallway or on the playground, but bullying is not limited to children. Bullying is a concern across all age groups, including seniors.

While we may have an idea of what bullying is, we may not fully recognize all the behaviours that are also considered to be bullying. It is my intention to shine a bit of light on bullying with the hope that we all pause for a moment and look at how we treat each other, at Nord-Bridge and elsewhere.

The definition of bullying is: **Intentional repetitive aggressive behaviour involving an imbalance of power (Hazelden Foundation, 2008)**. While this definition includes the word "repetitive" it is critical to recognize even one incident can have a significant impact on a person. Bullying can be verbal, physical and also relationship centered. I am going to focus on relationship centered bullying because it is often not as recognized.

Relationship centered bullying includes gossip, public snubbing, exclusion from social gatherings or cruel treatment in any form. It also includes spreading rumors and using negative nonverbal body language such as mimicking and offensive gestures. Peer to peer bullying within senior social circles is quite prevalent.

Research has shown that people who are bullies share common characteristics. They seek to control others and feel powerful when this control happens. Their behaviour continues because they are reinforced by making others feel threatened, fearful or hurt. They strive to create conflict between people and have difficulties tolerating differences in people.

The impact of bullying affects us all. No one wants to be afraid to attend an event, or program at our Senior Centre. Making the decision whether to attend or not causes anxiety, worry and often people choose to stay away. Frequently, victims keep the bullying to themselves because they are embarrassed, or scared of further bullying.

I was happy to read that the Board set "the creation of a caring community, where members feel safe and welcome" as one of the objectives of Nord-Bridge. The only way bullying can be prevented is by educating people and encouraging others to intervene. Please pay attention to others around you; notice signs of isolation and emotional distress which may be the result of bullying, and ask others if they need assistance. For more information on bullying, please stop in to see me. We can make a difference. Let's uphold Nord-Bridge's reputation as "The Friendly Centre."

**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!



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Dominique Adams
Registered Nurse, Kinesiologist
www.domcares.ca

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

Nord-Bridge will hold its **Annual General Membership Meeting (AGM) March 2, 2016**. Please see details outlined below. All members are encouraged to attend this important gathering. At the meeting you have the opportunity to elect the Officers (Executive) and Directors of the Society. The Nominating Committee Report, containing the names of those running for office was posted in the Centre in mid-February. Copies are available on the political / Association notice table in front of our Member Support Coordinator office, across from the Dunford Diner. This table also contains the Minutes of last year's AGM for your reading.



I have also put at this table a "**History of Nord-Bridge Seniors**" recently pulled together by Bob Tarleck. Nord-Bridge was established in 1978, and incorporated two years later. Bob was asked by our Board to commit to paper our remarkable history, which I trust members will enjoy reading. It will be included as an appendix to the "**Operational and Strategic Review**" undertaken at the request of the City, and concluded in December. We are still waiting for the opportunity to formally present this review to City Council. A summary of the report will be made at the AGM.



FOUNDER, ROY BERLANDO

We advise our members that starting in March we have a new tenant operating the ladies hair salon. We congratulate Ashley Pasowisty who secured a lease for the salon. This occurred after the prior tenant announced to staff that she would be closing the salon on February 24. **Ashley, Connie and Wilma will continue to serve their patrons under the new name "Salon Nineteen04"**. We thank these ladies for their commitment to Nord-Bridge.

Respectfully, *Randy Smith*

NOTICE TO MEMBERS

**Annual General Meeting
Wednesday, March 2, 2016**

at 9:30 a.m. in the Multi-Purpose Hall

Only certain programs and areas of Nord-Bridge will be open during the AGM. These include:

- *The Dunford Diner*
- *Nord Bridge Fitness 55 Plus Club/Room*
- *And naturally, our commercial tenants' stores*

To encourage members to attend the AGM, all other programs will be cancelled, and rooms locked by Board Policy.

The purpose of the Annual General Meeting is to present the entire membership with reports on the accomplishments of Nord-Bridge during the preceding year; to present the audited Annual Financial Statements of the Association; to conduct the annual election of Directors and Officers of the Association; and to conduct other business with the General Membership as the Board of Directors may approve. We appreciate the attendance and participation of our members.



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

EUCHRE REPORT

HAPPY ST. PATRICK'S DAY to all the Irish
and those who wish they were!



On February 24, Pink Shirt Day, I was proud to see so many of you don a pink shirt in support of its anti-bullying message. Yes, seniors can be bullies too.

Our Euchre group is growing but we still have room for a few more. We meet Wednesdays at 12:30 p.m. for lessons and tips followed by game play from 1 to 3 p.m. After the games, we share coffee and conversation in the Dunford Diner. Join us soon!

Rodney Foster



Military Whist Tournament

Saturday, March 12, 2016

Registration Deadline March 7, 2016

Cost: \$50 per team

Includes Lunch, Coffee and Snacks

Register 9 to 9:30 a.m.

Play begins at 10 a.m.

Contact: **Donna Takeda**
403-715-5606



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*

If the 9,782 gophers I have seen aren't a sign that spring is here... I don't know what is. March signals many things around here at Nord-Bridge. **On March 2nd our Annual General Meeting takes place in the Multi-Purpose Hall at 9:30 am.** During the meeting please note the following program cancellations: **Carpet Bowling, Paper Tole, Roll & Stroll and Line Dancing.**



Friday, March 11th at 11:00 am will be the Annual In-House Awards Luncheon. This luncheon is for participants who competed in the 2015 In-House Tournament Activities (Pool, Snooker, Floor Shuffleboard, Floor Curling, Carpet Bowling, Table Shuffleboard and Darts). Additional tickets for spouses/guests will be available for \$10.00 at the Front Desk. **Carpet Bowling will be cancelled** on this day to accommodate this luncheon in the Multi-Purpose Hall. To all the Friday Bingo players: Please note that you will have access to the Multi-Purpose Hall by 12:30 pm on this day.



On March 17th at 9:30 am the Alberta Securities Commission (ASC) will host a presentation "Recognizing and Avoiding Investment Fraud" in the Dunford Diner Annex. March is Fraud prevention month. The ASC would like to help educate all our members about how they can protect their retirement investments. **Snacks and refreshments will be provided.**

David

Mind Joggers, Judith Knox

Kiss & Hug

Remember the childhood lyrics:

**"Kiss & Hug
Kiss & Hug
Kiss your Sweetie
On the Mug"**



Of course, we didn't know it at the time but that puppy-love activity holds the secret to some positive effects as an adult. Some time ago a study conducted by an insurance company found that husbands who kiss their wives every morning:

- A) Live an average of five years longer.
- B) Are involved in fewer automobile accidents.
- C) Are ill 50 percent less times.
- D) Earn 20 to 30 percent more money.



This juvenile poetry will simplify and exemplify the fact that the way you see people is the way you treat them, and the way you treat them is what they become.

A presentation by:
The Leap Year Day Frog

Mind Jogger Accomplishments

We join the Mindjoggers in congratulating two of their group who recently compiled and bound their favourite works.

Kala Watmough,
with her anthology,
"STORIES TO GO"



Anne Burton with
her collection,
"PRAIRIE SPIRIT"



DAYLIGHT SAVINGS
On Sunday, March 13th set
your clock ahead one hour
**and change the batteries
in your
smoke
detectors.**



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)

JAMES SAMUEL \$187
February 25, 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
LOUISE ODLAND \$333.00
February 26, 2016

Next Draw March 18th

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 1 Gord & Ray \$50; Back Table Bandits \$50
Feb 8 Darren Smit \$52; Gay Arnold \$52
Feb 22 Bert Brouwer \$50; Helen & Roy \$50
Feb 29 TBA

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

NO RECENT DONATIONS

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
Through February, 2016 : \$ 3,119



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 Feb. 2016	\$ 2,059,103	
Still needed by N-B Fundraising	\$ 440,897	

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, 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

March 4 **Lasagna, Caesar Salad and Garlic Toast**
March 11 **Liver & Onions, Mashed Potatoes & Veggie**
March 18 **Crispy Chicken, Lime Rice & Green Beans**

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



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Don't delay. Make your appointment with Seniors Helping Seniors as soon as you have all of your tax documents in order. Call us at 403-329-3222.</p>	<p>1</p> <p>9:00 Shuffleboard 9/10/11:00 Clogging 9:30 Beg. Watercolor 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 Spanish Level 3 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Line Dance</p>	<p>2 BREAKFAST BUFFET</p> <p>8:45 Yoga 9:30 AGM <i>Regular programming cancelled during AGM</i> 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 3:00 Advantage Hearing By Appointment</p> 	<p>3</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 1:30 Spanish Level 3 7:00 Table Tennis</p>	<p>4</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>7</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>8</p> <p>9:00 Shuffleboard 9/10/11:00 Clogging 9:30 Beg. Watercolor 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 Spanish Level 3 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Line Dance</p>	<p>9</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:00 FREE MASSAGE 10:00 MYSTERY TRIP #2 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>10</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 1:30 Spanish Level 3 7:00 Table Tennis</p>	<p>11</p> <p>9:00 LEGAL CONSULTS (By appointment) 9:00 Pilates 9:00 Adv. Paper Tole 10:15 Chair Yoga 11:00 Annual In-House Awards Luncheon 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 

<p>14 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>15 9:00 Shuffleboard 9/10/11:00 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 Spanish Level 3 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Line Dance</p>	<p>16 8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:00 Roll & Stroll 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>17 9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 9:30 ASC Anti-Fraud Pres. 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 1:30 Spanish Level 3 7:00 Table Tennis</p> 	<p>18 9:00 Pilates 9:00 Adv. Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 10:00 Shoppers Home Health Care Sale 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 	
<p>21 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 1:30 OUTREACH <i>"Easter Parade"</i></p>	<p>22/29 9:00 Shuffleboard 9/10/11:00 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 Spanish Level 3 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Line Dance</p>	<p>23/30 8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:00 Roll & Stroll 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>24/31 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 1:30 Spanish Level 3 7:00 Table Tennis</p> 	<p>25 CLOSED GOOD FRIDAY</p> 	
<p>28 CLOSED</p>  <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".</p> <ul style="list-style-type: none"> 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, MARCH 1, 10 A.M. ADVANTAGE HEARING - WEDNESDAY, MARCH 2 (by appointment). COFFEE, TEA & YOU: 2nd & 4th THURSDAY 10 A.M. IN DUNFORD DINER 					<ul style="list-style-type: none"> COFFEE WITH A CONSTABLE, WEDNESDAY, MARCH 9 FREE LEGAL CONSULTATIONS - FRI., MAR 11 (by appointment) with HUCKVALE LLP LOCAL CASINO TRIP, TUESDAY, MARCH 15 SHOPPERS HOME HEALTH CARE - AIDS TO DAILY LIVING, FRI., MARCH 18 TRIP - RAYMOND DINNER THEATER - "THE WIZARD OF OZ" FRI., MARCH 18 DR BOLOKOSKI - FOOT CARE (by appointment). FUTURE DATES INCLUDE: APR. 6; JUNE 1; JULY 27; SEPT. 21; & NOV. 16, 2016 WINNERS BINGO - MARCH 2, 8, 9, 15, 16, 22, 23, 29, 30 

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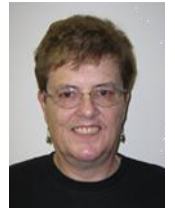
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Wills...Estate Planning...**
and other matters as you may require.
Nord-Bridge offers this service through
RYAN CHAN, B.A., J.D.



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

From the Desk of Val

To all of our new members I offer a warm "welcome". During the first two months of the year we have signed up over 70 new members. We hope your association with the "Friendly Centre" will be long and happy.



March is full of special days: Daylight Saving Time begins on the 13th, St. Patrick's Day on the 17th, Spring arrives on the 20th, and Easter on the 27th with its two accompanying holidays, Good Friday on the 25th and Easter Monday on the 28th. The Centre will be closed on both of those days

With the good weather our travel program becomes more active. Our first Mystery trip is already concluded and the second one is scheduled for March 9th. The theme of that trip is, **YOU ARE NEVER TOO OLD TO LEARN AND DO**. Other trips to watch for include the Movie Mill outing, Raymond Dinner Theatre to see the Wizard of Oz, and as usual the weekly Roll & Stroll friendly walk. **WE NEED YOUR TRAVEL SUGGESTIONS**. Where would you like to go? Please bring your ideas to the Reception Desk. We aim to put your destination on our Nord-Bridge travel itinerary.

Heather and I would like to thank all of our volunteers. You are the key to our success. Please remember to report your hours monthly. Everything you do is very important for the Centre.

Valerie

OUTREACH BY CO-ORDINATOR *Rodger Halvorsen*

A 'Valentines Afternoon' was the theme of our February Outreach event. The musical entertainment by "Tom and Curt" was certainly the highlight of the day for our 110 guests. Our faithful volunteers provided a light snack for guests. The Door Prize was taken home by Carole of the Blue Sky Lodge. Special thanks is extended to Bud and Ash who regularly MC our Outreach Program.

Our next event, "Easter Parade Party" (wear your Easter bonnet) is scheduled for Monday, March 21st. Entertainment will be provided by our own "Nord-Bridge Music Makers". We remind our guests and members to register early for this popular event.



CONDOLENCES WERE SENT TO:
The Dickson family on the loss of Betty Dickson; and Elsie Hache on the loss of a nephew, Pierre.

GET WELL & HEALTH WISHES ARE SENT TO:
Kae Mann, David Stock, and Ella McColl, all in hospital; and Eleanor Jockims, and Cheryl Hodgson, at home.

A cheery phone call to someone who is ill is nice. It lets those who are less fortunate than ourselves know that someone cares.



DARTS REPORT

Ken Bobinec, Convener

At our In-house Awards Luncheon on March 11th, winners of our November Tournaments will be recognized with their medals.

Darts is still going strong with about 20 players. You are all welcome to join us on most Mondays and each Wednesday at 1 p.m. Experience NOT required. We play for fun and to meet new people.



SCRABBLE

Sheila Brust, Convener

TICKLE ME FANCY WORDS

It was a beautiful day and I decided to go hiking on my favorite trail. As I was moseying along I rounded a corner and met a BAWTIE face to face and I just froze.

What is a BAWTIE you may ask? A Dog.

Scrabble meets Tuesdays at 1:30 p.m. in the Dunford Diner Annex. Won't you please join us for a game or two?



Happy Saint Patrick's day to all... and...we hope you get an abundance of chocolate for Easter.



**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 & 10 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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LETHBRIDGE
COMMUNITY
BAND SOCIETY

Upcoming Events

Music from Down Under
March 19

Lethbridge Community Silver Band
~ Samuel Yamamoto, conductor ~
Canadian Western Bank Lounge,
ENMAX Centre ~ 7PM

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



Alberta
Foundation
for the Arts



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

MEMBER PORTRAIT SESSIONS

MARK YOUR CALENDAR FOR
Friday, March 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.

LUNCH WITH CITY COUNCILLORS

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Coffman
Friday
May 20



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.

Salon
Nineteen04



In the Nord-Bridge
Seniors Centre

Opening March 8, 2016



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Connie, Ashley or Wilma
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B. Sc. Pharm.
Pharmacist

Chad Baker
B. Sc. Pharm.
Pharmacist/Owner



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T1H 4W9
(403) 381-0700

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Monday-Friday:
9:00 am - 5:30 pm
Weekends & Holidays:
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ladybugarborists@gmail.com



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

MEMBER NORENE IRWIN HAS REPORTED YET ANOTHER TELEPHONE SCAM:

SCAM ALERT

In February, Norene received a phone message. The caller identified himself as "Officer Shaun White". He said "phone me right away at 581-500-0042. This is a legal matter. Call or get an attorney to call. If you do not, this legal situation falls on you."

Don't fall for this kind of intimidation. Do not return calls to people you don't know. To check on the validity of suspicious calls contact the Canadian Anti-Fraud Hotline at 1-888-495-8501.



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.

- Wheelchairs & Scooters
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- Walk-in Tubs & Bathroom Safety Products
- Back Care, Supports & Braces
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Lethbridge

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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 & Wednesday 9:30 a.m. to 3 p.m.
Thursday 9:30 a.m. to 12 noon.
Call 403-329-3222 to make an appointment.

Social Activities by Eva Deringer

We held our first social event of the year, our Annual Valentine's Luncheon on Thursday, Feb. 11. The color of roses & hearts, vibrant red, was everywhere. A sell out crowd enjoyed the piano music by Yvonne. President Pat Santa was our MC and Blaine Hyggen brought greetings from The City. A hearty lunch was served by our gayly clad volunteers.

We congratulate our lucky door prize winners: Wendy Harvey, Denise Cole, Cathy Thrall, Joe Polczer, and Helen Berze. Congratulations also to Grace Ell, who was crowned "Nord-Bridge Queen of 2016". Thanks to our prize donors: Angie Fischer, and Theresa Wyberg of SANDY TOES FOOT CARE. We thank them for their generosity. On behalf of our Committee I offer sweet, heartfelt thanks to everyone who participated in any way to this successful event.

COFFEE WITH A CONSTABLE

Chat with a member of the Lethbridge Regional Police Services about law enforcement or elder abuse concerns. Constable Les Vonkeman will be here on the second Wednesday of each month, from 10 to 11:30 a.m. in the Dunford Diner.



**Nord-Bridge
Community Volunteer
Income Tax Program**



Our **FREE** Tax Program will begin on **March 1, 2016** (for income received in 2015). Our scheduling volunteer, Sheila, has already begun making appointments.

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; returns for deceased or bankrupt persons; individuals with investment income over \$1,000; or any complex tax situation. To make an appointment, please visit the Nord-Bridge Reception Desk or call 403-329-3222. This is a **FREE** service; **HOWEVER, donations to Nord-Bridge would be greatly appreciated.**

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 **Spring Luncheon**
Thursday, April 14
Tickets \$12.00
11:30 a.m. Sharp
Tickets will be available
At our Reception Desk
By March 14th
Everyone Welcome!



**Downsizing Dilemma?
Need to Move On?
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TRAVEL NEWS

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

Wednesday, March 9 MYSTERY TRIP #2

“You’re never too old to learn and do! Can you guess where we’re going? Be at the Centre for a 10 a.m. departure. **GUARANTEED A FUN TIME!** Bring money, your walker, and good shoes. We’ll have you back at the Centre by 2:30 p.m. **COST \$10.**



Advance Notice: Another trip to CANMORE is now in the final planning stage. The date is Thurs., June 2, 2016. Cost: \$55.00 including travel and lunch buffet at the Legion. 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. Sign-up sheet will be available in March.

Tuesday, March 15th

Pick-ups start at 9:30 a.m. to arrive at the Casino by 11:15 a.m. You get a **FREE lunch while you GAMBLE.** Bus departs Casino for home at 3 p.m. **COST: \$8.00**

**CASINO
LETHBRIDGE**
PURE



WE ARE TAKING NAMES NOW for our **2nd Annual Cranbrook-St. Eugene Casino Resort** junket May 29 to 31, 2016. Don’t delay! This is an awesome trip. \$200 double or \$295 single occupancy. Golf extra. Talk to Val today for more information.



Local movie Mill Outing Get out of the house! Join us for a movie and Lunch.

Thursday, March 17
COST: \$10 Bus & Lunch.
Show ticket 50% off regular price.



RAYMOND THEATER

FRIDAY, March 18

THE WIZARD OF OZ

COST \$50 INCLUDES: Bus, Show and Dinner. Payment deadline is March 9th. Bus will depart from Nord-Bridge at 4:45 p.m.



MORE SPRING TRIPS!

Tuesday, April 19 - **Shop & Gamble** in Medicine Hat. **Cost: \$40** Includes Bus.



Thursday, April 28 - **Mystery Trip #3** Cost: TBA
Don’t miss the boat! Book early!

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 – tripleddtours@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**




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!

SHOPPERS HomeHealthCare™

Aids to Daily Living - One Day Sale

with 20% Discount

(Cash & Check Sales Only)

Location:

Nord-Bridge Seniors Centre

1904 - 13 Avenue North

Friday, March 18, 2016

10 am to 1 pm



Check out the best in useful items including: Bed wedges, magnifiers, button hooks, elastic shoe laces, long shoe horns, long-handled tub scrubs, bath sponges, combs and brushes and more items to make



your life easier. **SHOPPERS** will also have information regarding the Alberta Aids to Daily Living program, which covers items such as bath chairs and raised toilet seats.



There will also be a service technician on-hand for FREE walker adjustments.

PLAY HEAR

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

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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. Lorencz. This gift enabled Nord-Bridge to continue its Annual Miner Appreciation Banquet and Program.

TICKETS AVAILABLE
at **NORD-BRIDGE SENIORS CENTRE**
(403) 329-3222
\$20 each
Everybody welcome!

Entertainment by
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