

NEWSLETTER

May 2016



MEET THE MUSIC MAKERS: Ever wonder who produces the happy, melodic voices we hear coming from the Dunford Diner Annex on Tuesdays mornings? From left to right they are: Joyce Whitelaw; Judi Parkinson; JoAnn Adams; Nancy Knapik; Ursela Baron; Ellen Koenen; Doreen Bock; Irene Snopek; Marilyn Christie; Chris Figenshau; Mako Tani; Barbara Santoni; Neil Friesen; Gladys Rushfeldt; Barbara Stewart (Convener); Frieda Wendelboe; Eva Deringer; Louise Kochan; and Lydia Prokop. This happy group gets together weekly to sing here at Nord-Bridge and occasionally entertain at community venues. They have a long history with Nord-Bridge Senior Centre. Read more about the Music Makers on Page 14.

"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 Arkinstall
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
Crafts Boutique
Finance Committee

Marilynn Heaton* (Chair), Bob Tarleck,
Robert Grisak
Heather Newsham
Chair-Vacant, Pat Santa,
Jim Hahn, Roberta Svennes, Frank
Deane, Harry Fischer, Mike Bennett,
Clay Olsen
Kathy Filkowski
Kathy Filkowski (Production & Billing)
Jim Hahn
Jim Hahn* (Chair), Dan Deringer
Bob Tarleck* (Chair)

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

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 Arkinstall
Lydia Prokop/Chris Figenshau
Valerie Arkinstall
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 Arkinstall
Kathy Filkowski
Valerie Arkinstall
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

May is going to be quite busy at our Centre, especially the first week. We have our **Annual Miners Banquet** on **Monday, May 2nd** in the evening. The **Mother's Day Luncheon** is on **Thursday, May 5th**. In Preparation for our **June 16th Father's Day Luncheon and Pie Auction**, we will have **Scotiabank volunteer Lou-Anne Matlock preselling tickets on Friday, May 13th at 11:15 a.m.** This will help us qualify for matching funds with our partners at Scotiabank. Later in the month we will have our **Life Member Luncheon on Thursday, May 19th**. With so many events we are grateful for our volunteers who give of their time in so many ways to support them.



Nord-Bridge is sponsoring a **Housing Fair on Tuesday, May 17th** in the Multi-Purpose Hall from 9 a.m. to 12:30 p.m. This event is to give seniors information on where to live when transitioning from home and will provide connections to ease the decision. Please refer to the ad on the back cover of this Newsletter for more information.

As May is hearing and speech month, **Jake Boldt, Registered Hearing Practitioner, from Lethbridge Hearing Centre**, has organized a **presentation for us on Thursday, May 26**. This presentation includes: How we hear; some causes of hearing loss; what to do about hearing loss; and the basics of hearing aids. Please refer to Page 6 of this Newsletter for more information on this event. If you have a good idea for a presentation on any topic that would interest our members, please discuss it with our Director of Programming, David Ng.

Our Board representatives are becoming comfortable with their positions and we are grateful for their input. The Board members are all volunteers, so it is a time investment for them as it is with all the others who generously put in hours at our Centre. Please remember to let these people know that we appreciate their assistance in making Nord-Bridge the best that it can be.

I look forward to meeting with members at the Reception Desk on Friday afternoons. Thank you for giving me the opportunity to serve as your President. I am really enjoying the position.

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

Heather Schmitt	Harvey Schmitt
Wendy Majestic	Cliff Bogdan
David Major	LaVerne Hamabata
Linda Watmough	Claire Zuback
Jeannette Terry	Jean-Claude Lessard
Lyda Forbes	Carolyn Mick

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



EVENING AT THE POPS: ANYTHING GOES!

Saturday, June 4, 2016 ~ 7PM
For more information visit lcbs.ca



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



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.
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Annually

Annual General Meeting	First Tuesday of April	9:00 a.m.
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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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- REGISTERED OPTICIAN
- PROSTHETIC EYE PRACTITIONER

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LETHBRIDGE, AB T1J 0J3**

www.southernoptical.net

PH: 403-327-4145

FAX: 403-320-1181



CH Catholic Central High School

50 years ago, the first class graduated from the newly formed Catholic Central High School. If you were a graduate and want to celebrate with us, please e-mail cchs50reunion@gmail.com or phone Terry at 403-381-7135 before June 1st. We are still looking for about 20 fellow grads. If you can help us locate anyone, please let us know.

Plans include: Wed., June 29, 7 to 10 pm, Meet & Greet, at the Coast Hotel Conference Centre. Thurs., June 30, 2 pm, a tour of the CCHS west and east campuses. Thurs., June 30, 5 pm, Cocktails & Buffet Dinner at the Coast Hotel Conference Centre.

**1966 - 2016
50 Year Class Reunion**

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

Most of us would like to stay in our own homes for as long as possible but sometimes just cannot. Health issues or the loss of our partner are often the reason people explore other options.

Transition is often defined as the movement, passage, or change from one stage, state, or situation to another. Over the course of the life cycle, individuals deliberately and/or naturally transition and find ways of adapting to the challenges they face. In some instances this happens naturally and methodically and in other instances the process is a result of events beyond our control. Transitioning to a retirement home or care facility often presents unique questions, anxieties and fears that may require assistance. These concerns may include, but are not limited to, the following:



- Coping with the physical and emotional separation from the safety, familiarity and significant memories of the current home.
- The anticipated conditions that are generally associated with living in a retirement home.
- The cost associated with living in a retirement home.
- Access to family and friends.
- The option of joint spousal accommodation.
- Maintaining one's current level of independence e.g. driving, social activities, and access to the community.
- Disposing/maintaining current home and personal possessions.

These and many other concerns can weigh heavy on our minds and it can be easier to just not think about them.

Nord-Bridge is bringing together a wide range of retirement and assisted living options so these and other concerns can be answered by the people who know the answers best. This event is open to all. I invite you to attend, bring your adult children, neighbours and anyone else you think would benefit from access to this information. It will be held on Tuesday, May 17th from 9 to 12:30 in the Multi-Purpose Hall. Refer to our ad on the back cover of this Newsletter for additional information. We will have refreshments and door prizes. I hope you will take the time to stop in and see what options are available for you now, or in the future.

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

Social Report

On Thursday, April 14 our guests welcomed "Spring" with a special luncheon. Our pianist, Yvonne, set a lovely ambiance. President Pat Santa welcomed all and Councillor Blaine Hyggen brought greetings from City Council. With a spring in their steps our volunteers served a delicious lunch including salad, ham dinner and a dessert tart.

Door prizes were provided by Hong Kong Gardens, Lethbridge Lodge, Moxies and Luigi's (North). We thank them for their donations. The winners were: Isabel Duell, Dan Deringer, May Pearson and Linda Herbison. Special recognition goes to Pat Veres for demonstrating the most Spring enthusiasm.

May events are: Miner's Banquet, Monday, May 2 at 4 p.m.; Mother's Day Luncheon, Thursday, May 5 at 11:30 a.m. and our Annual Life Members Luncheon on Thursday, May 19 at 11:30 a.m. Thanks to everyone who supports our special events.

Eva Deringer

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

On a couple of occasions over the last several months I have mentioned within *Newsletter*, along with reports to our fall General Membership and March AGM, that Nord-Bridge was having an independent consultant conduct an Operational and Strategic Review of the Centre, including its management and governance. This Review has now been completed by consultant R. Bruce Thurston, who is a specialist in strategic reviews and planning, with over 19 years faculty experience with the U of L, Faculty of Management. Bruce holds an EMBA in Strategy from the MBA Program of the U of C / U of A, Edmonton. He is also a Member of the Society of Management Accountants of Alberta. The Review was a requirement relating to \$75,000 per year operational funding (2015-18) from taxation by the City of Lethbridge, approved in November 2014. The Review is an 87 page document which requires some serious reading. Members will be interested to learn about how Nord-Bridge compares with the eight largest seniors centres in Alberta in terms of member numbers, government funding, fees, etc. It contains recommendations for actions and improvements to our operations and governance, as well as a recommendation to the City regarding the need to establish a Policy on Seniors Centres and their equitable funding. The report was presented to Council on April 18, and is still being addressed by the City. Copies of the full Review are available in the Nord-Bridge Library for member reading. We will also post it on our website shortly. We encourage you to read it this way to save trees and expense.

On another topic Lethbridge East MLA Maria Fitzpatrick recently made a "Members' Statement" in the Legislature about Nord-Bridge. It follows here in blue. This is quite unusual and appreciated. Thanks, Maria!

Respectfully, *Randy Smith*

"Thank you Mr. Speaker:

It is my honour to stand up and share a beautiful story from my constituency, Lethbridge East. Mr. Speaker, there is a lovely building on 13th Avenue North in Lethbridge. It is the home of Nord-Bridge Senior Citizens Centre, one of two senior centres in Lethbridge. The Nord-Bridge Centre is a home away from home for its 1300 members.

On Monday morning the doors open at 8:30 and members begin to slowly trickle in for the much awaited Monday Morning Jam Session. By the time the Jam starts at 9:30, the room is packed. One can listen, sing along or be the lead entertainer. As the music plays, coffee and tea pots continue to be refilled and many times over delicious breakfast. Above all, what you see and feel is comradeship and pure enjoyment. There is so much energy in the air.

There are always events happening at the Centre. It could be the first Wednesdays of the month for the breakfast buffet, or it could be the President's Dinner. The Dunford Diner is always packed. If you step out into the hall, you can feel the energy buzzing with activity – it may be Yoga, or table tennis in the gym, a card game, a game of chess, or [members buying special luncheon tickets and hoping to win the door prize of] my Irish Whiskey Bread Pudding with Irish Whiskey Carmel sauce. On the first Friday of the month you would probably see myself as the MLA for Lethbridge East and one of the City Councillors visiting the Centre to meet with the membership. On any day you would see volunteers [of] "Seniors Helping Seniors" [assisting] with OAS, CPP or Income Tax returns. By the beginning of March this year, they had already done more tax returns than all of last year.

I am thrilled to be a member and I thank, Randy, Jim, Pat and all of the volunteers, especially this week as it is National Volunteer Week, who make this Centre a home away from home and help to keep our seniors as active as they can be. Thank you Mr. Speaker."

Maria Fitzpatrick, MLA Lethbridge East



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

BOUTIQUE NEWS



We need CRAFT SUPPLIES:
Fabric, yarn, thread, ribbon,

paints, pins, patterns, beads, knitting and crocheting needles and hooks, instructional books,

and more. Keep us in mind as you do your spring cleaning. **YOUR DONATIONS ARE**

GREATLY APPRECIATED! Heather Newsham



RACHAEL HARDER

Member of Parliament for Lethbridge

Please watch your mailbox. I am conducting a community survey on the Liberal's assisted dying legislation. It is important for me to know what you think before I vote!

Phone: 403-320-0070
Website: RachaelHarder.ca



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

From the Desk of Val

They say April showers bring May flowers; but, since April was dry, I hope they are wrong and the flowers will bloom anyway. I do appreciate the longer, warm days which allow me to take a short walk at lunchtime and relax outside for a little while after work. By the end of May I'll be ready for a trip to the greenhouse. Even though it's warm, I'm not taking any chances with the fickle weather which has been known to destroy annuals that were planted too early.

Recently, a sold out bus trip journeyed to Medicine Hat for a little shopping and gambling. Rumor has it that one lucky day tripper hit the jackpot! On Tuesday, May 17th we will attempt once more to fill up our bus and roll on over to our local casino to enjoy soup & sandwich and then see if someone else can Win Big. We need just four more people to confirm that trip. The round trip is only \$8.00.

Check out our travel opportunities and bring me your suggestions for trip destinations. We have lists for tentative trips on the big table near the Reception Desk. If you're interested in any of those trips, please put your name on the list. We need a full bus to cover costs.

In closing, I would like to thank our **Nord-Bridge Card Crafters** for the nice get-well and condolence cards they produce. Our Outreach Committee uses them to send to our members. Their greeting cards are available for sale at \$1.00 each in *The Boutique*.



Valerie

Programmer's Report by David Ng

We have added some additional **Yoga and Chair Yoga** spring & summer classes. Session 1 will start on Wednesday, June 8th and run for six weeks; Session 2 will start on Wednesday, July 27th and also run for six weeks. Scheduled times are: Yoga at 9 a.m. and Chair Yoga at 10:15 a.m. Please register at the Reception Desk if you are interested in these classes. Also: Please note that **Keep Fit** classes will be extended until June 21st for Tuesday and June 16th for Thursday classes. **However, the Tuesday, May 17 Keep Fit class will be cancelled due to our Housing Fair.**



Frequently I am approached by members asking me questions about their computers, tablets or cell phones. This month Nord-Bridge is very pleased to welcome **Justin our "Friendly Geek"**. Justin, is skilled and trained in many technological areas including tablets, smart phones, laptops, cameras, etc. If you have an I.T. device that you require some assistance with, please visit Justin at the kiosk desk in the main lobby on Tuesday, May 17 or May 24. This free service is for Nord-Bridge members only (details on **back cover**).

The month of May is "**Speech and Hearing Month**" and Jake Boldt (Registered Hearing Practitioner) from Lethbridge Hearing Centre will be here giving a presentation on Thursday, May 26th at 10 a.m. in the Dunford Diner Annex. Jake will be available before and after the presentation to discuss any hearing related issues you may have. **Full details appear below. Please support this initiative with your attendance.**

We welcome the public and non-member guests to many of our events, programs and activities. However, some of our programs are reserved for members only. This is one of the main benefits of holding a Nord-Bridge membership. Guests are welcome to be signed in by members **to participate once or twice in any of the drop-in programs**. After that, the guest is required to purchase a membership if they wish to continue attending.

David

Lethbridge HEARING CENTRE

MAY IS SPEECH & HEARING MONTH SPEAK WELL. HEAR WELL. LIVE WELL.

Nord-Bridge will host a **presentation by Jake Boldt, Registered Hearing Practitioner, from Lethbridge Hearing Centre, on Thursday, May 26 at 10 a.m. in the Dunford Diner Annex**. Jake will be discussing topics such as: **How we hear; some causes of hearing loss; what to do about hearing loss; and the basics of hearing aids**. Funding for hearing aids will be touched on as well. After the presentation, visit the hearing display where Jake will be available for questions and further discussion. Models of the latest hearing aid styles will be available for viewing. **Please join us at:**



"THE FRIENDLY CENTRE"

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

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)

NO APRIL WINNERS

POT OVER \$250!

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

FRANCES WALLACE \$298.00

APRIL 22, 2016

Next Draw May 27nd

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

April 4 Ernie Woodgate \$46; Jim Randa \$46
April 11 Jim Randa \$39; Doreen Jurgens \$39
April 18 Stan Smetana \$47; Eva Derringer \$47
April 25 Irene Jones \$43; Dan Deringer \$43

Thanks Jammers, Volunteers and Patrons.

Thanks also to Helen Gepneris for selling tickets at Monday Jams.

Friday Dunford Diner Lunchtime Entertainment

May 6 John Janos, Accordion
May 13 Roger Mueller, Singer
May 20 Alice Tinordi, Accordion
May 27 Elaine Unger-Pengilly, Piano



NORD-BRIDGE BUILDING FUND RECENT DONORS

Isabel Duell \$200
Dorin & Helen Berlando \$500
Kae Mann \$500

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
Through April 22, 2016 : **\$ 6,270**



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 April, 2016		\$ 2,060,848
Still needed by N-B Fundraising		\$ 439,152

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









May 6 Veal Cutlet with Mashed Potatoes & Veggies
May 13 Pasta & Chicken with Caesar Salad, Garlic Toast
May 20 Steak Fajita with Rice & Refried Beans
May 27 Liver 'n' 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
2 9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 3:00 Arthritis Exercise (In South View Meet. Rm. Today) 4:00 MINERS BANQUET 	3 9:00 Shuffleboard 10 & 11:00 Clogging 10:00 Music Makers 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Canasta 1:15 Tai Chi 1:30 SCRABBLE 7:00 Social Line Dance 	4 BREAKFAST BUFFET  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 3:00 Fitball	5 9:00 Card Crafters 9:30 Floor Curling 9:30 Mind Joggers 10:00 Somatic 11:00 Keep Fit Flex & Strength 11:30 Mother's Day Luncheon 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Acrylic Painting 7:00 Table Tennis	6 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  
9 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 	10 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 Canasta 1:15 Tai Chi 1:30 SCRABBLE 7:00 Social Line Dance	11 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 	12 9:00 Card Crafters 9:30 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	13 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>16</p> <p>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 Elaine Unger-Pengilly</p> 	<p>17 9:00 Shuffleboard 9:00 HOUSING FAIR IN THE MULTI-PURPOSE HALL</p>  <p>10 & 11:00 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:15 Tai Chi 1:30 SCRABBLE 7:00 Social Line Dance</p>	<p>18</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>19 9:00 Card Crafters 9:30 Floor Curling 9:30 Mind Joggers 10:00 Somatic 11:00 Keep Fit Flex & Strength 11:30 Life Members Luncheon</p>  <p>1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p>	<p>20</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>23 CENTRE CLOSED VICTORIA DAY</p>  <p>30</p> <p>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>24*/31</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 Canasta *1:15 Tai Chi (24th only) 1:30 SCRABBLE 7:00 Social Line Dance</p> 	<p>25</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>26</p> <p>9:00 Card Crafters 9:30 Floor Curling 9:30 Mind Joggers 10:00 Hearing Presentation</p>  <p>Lethbridge HEARING CENTRE</p> <p>1:00 Keep Fit Flex & Strength 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p>	<p>27</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>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 <i>Lethbridge Transit "Breeze Card"</i>.</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. (ELDER ABUSE) REP. TANYA PURDY-FISCHER - TUES., MAY 3, 10 A.M.ADVANTAGE HEARING - WEDNESDAY, MAY 4 (by appointment)COFFEE, TEA & YOU: 2nd & 4th THURSDAY 10 A.M. IN DUNFORD DINERTRIP: BROXBURN VEGETABLES & CAFÉ, THURSDAY, MAY 12					<ul style="list-style-type: none">FREE LEGAL CONSULTATIONS - FRI., MAY 13 (by appointment) with HUCKVALE LLPBUY YOUR FATHER'S DAY LUNCHEON TICKETS (for June 16) ON FRIDAY, MAY 13 AT 11:15 A.M. AND SCOTIABANK WILL MAKE A GENEROUS DONATION TO NORD-BRIDGETRIP: LOCAL CASINO, TUESDAY, MAY 17HEARING & SPEECH MONTH PRESENTATION, THURSDAY, MAY 26, 10 a.m.MYSTERY TRIP #4: THURSDAY, MAY 26DR BOLOKOSKI - FOOT CARE (by appointment). FUTURE DATES INCLUDE: JUNE 1; JULY 27; SEPT. 21; & NOV. 16, 2016WINNERS BINGO - MAY 4, 10, 11, 17, 18, 24, 25, 31 

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HUCKVALE LLP
established 1906

Upcoming FREE consultation dates:
Friday, May 13 & June 10
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Reception Desk to schedule
an appointment. **Phone: (403)329-3222**

Effective this month, our member program legal representative is Mariko Constable of Huckvale LLP. Born in Lethbridge, Mariko grew up on Vancouver Island before moving to Rhode Island to attend Brown University. At Brown she obtained her bachelor's degree in International Relations. She also studied at Keio University in Tokyo, and the Allard School of Law at the University of British Columbia.



Mariko Constable, B.A., J.D.

Areas of Practice

- > Immigration Law
- > Personal Injury & Civil Litigation
- > Real Estate Law
- > Wills & Estates

Upon obtaining her Juris Doctor in Law, Mariko returned to Huckvale LLP, where she had spent time as a summer student, and stayed on with the firm as an Associate when she was called to the bar in September, 2015. She is a member of the Law Society of Alberta, Lethbridge Bar Association and Canadian Bar Association.

Fluent in Japanese, Mariko is pleased to offer her services in English and Japanese. If you need legal guidance, book your free initial consultation with Mariko at our Reception Desk.

OUTREACH REPORT BY CO-ORDINATOR *Rodger Halvonen*

This monthly event provides an afternoon of entertainment and social interaction for our guests. April's Outreach was hosted on Monday, April 18th with another full house in attendance. There were 129 guests from eight care facilities as well as a number of our Nord-Bridge Members. Volunteers this month numbered 15. Among other duties, they served a scrumptious carrot cake with tea, coffee and juice.

Thanks is extended to "**Alice Tinordi & Company**" who provided the entertainment for the day. Six door prizes were drawn for and presented to our lucky guests. Special thanks this month to our 'food crew' including Marie, Lydia and a few others as needed. Our volunteers are so accommodating, always going the extra mile to make our guests comfortable.



Next month's event "Flowers in Bloom" will be held on Monday, May 16th. Our featured entertainer will be "**Elaine Unger-Pengilly**" on piano. This will be our final event until September so **we encourage you to register early at our Reception Desk or by calling Valerie or Heather at 403-329-3222.**

Rodger

SCRABBLE

Sheila Brust, Convener
TICKLE ME FANCY WORDS

The newly wed couple decided they needed a **BONNE** because of their busy lifestyle and because they were actually a little on the **SWEER** side.

What is a **BONNE** you may ask? Housemaid.
What is **SWEER** you may ask? Lazy.

Scrabble meets Tuesdays at 1:30 p.m. in the Dunford Diner Annex. We welcome new members and we will teach anyone wanting to learn.

Another busy month. We wish you a Happy Mother's Day and also Victoria Day!



CONDOLENCES WERE SENT TO:

Lila Charles, loss of grandson, to the Hillyer and Boehme Families, loss of M.P. Jim Hillyer; Donna Takeda, loss of sister; the Risling Family, loss of life member Tillie Risling; Maralyn Burghardt, loss of sister-in-law; the McColl Family, loss of Ella McColl; and Alice Strickland, loss of brother, James.

GET WELL & HEALTH WISHES

WERE SENT TO: Clarence Jockims, now at home; Ann Buxton who broke her femur and is now also at home; Ken Bobinec in hospital; and Janet Bobinec who sustained multiple injuries but is on the mend in hospital.



MEMBER PICNIC

John Martin Recreation Area at Pavan Park.
Thursday, June 9th 11 a.m. to 3 p.m.

On this day, our Centre will close at Noon.

Tickets: \$6.00. Cost includes food and entertainment. If you need a ride, let us know by Friday, June 3. Tickets go on sale Monday, May 16 at our Reception Desk. Volunteers are needed. If you can help, see Val or Heather.

Thank you!

Shannon Phillips, MLA Lethbridge West

402 8th St S
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lethbridge.west@assembly.ab.ca
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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 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.

BOCCE BALL season is near. If you want to play, please contact **Clay Olsen** to register. We play in the evening at Norbridge Lions Park on 13 Ave. N. Once registration is complete we can confirm our start date and exact schedule. **Anyone** can play this game.



Want to volunteer at Bulls games? Volunteers receive free tickets to future games. It's a great way to help our community and our Centre. For more information, please contact Jim Hahn, Volunteer Coordinator.

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Coffman
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May 20



Ryan
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Tuesday
Each
Month



Blaine
Hyggen
Second
Friday
Each
Month



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EUCHRE REPORT

We will hold a Euchre Tournament on Wednesday, May 18. There will be lots of fun and prizes. June, July and August are my vacation and gardening months so I'll be taking that time off from our regular schedule. However, you can pick up the Euchre key at the Reception Desk and play any Wednesday at 1:00 p.m. in the Dunford Diner Annex. Have a wonderful summer; see you in September!



Rodney Foster

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.



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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**

MUSIC MAKERS: STILL HAVING FUN, FUN, FUN!

Spring is in the air and so are the lovely melodies of Nord-Bridge's own "Music Makers". Come to the Centre and you'll hear this choral group doing what they do best, most Tuesdays from 10 to 11. Their selections are fun and uplifting, and they don't mind if you sing along!

Our Music Maker's go way back to the early days of Nord-Bridge. By 1994 under the direction of Evelyn Beattie, they were known as the "Kitchen Rhythm Band". They wore blue aprons and in addition to singing they played instruments like accordions and harmonicas, and improvised instruments like pots, pans & spoons. They also began touring nursing homes and care centres, entertaining the less mobile senior population.

Now under the direction of Barbara Stewart, they still entertain at senior care homes and at some of our own OUT-REACH events, but mostly they are into fun and laughs, and the company of others. Barbara would like to welcome everyone to drop by the Dunford Diner Annex most Tuesday mornings, just for a listen, and **JUST FOR FUN!**



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Mother

To the dearest Mom there ever will be
I thank you now for all you've done for me
For your sacrifices through the years
For your laughter and your tears
For kindness, love and times you prayed
For all the kisses and hugs you shared
To show me how very much you cared
For wisdom and strength you gave to me
When my own was dimmed and I couldn't see
For all the times that you held my hand
And guided me through an uncertain land
For loving thoughts you sent my way
When I was alone and so far away
In all God's world there is no other
To compare with you my dearest Mother.

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TRAVEL NEWS



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

Thursday, May 12 Back by popular demand... **BROXBURN VEGETABLES & CAFE**

For lunch and a walk through the greenhouse. We'll also stop by at Greenhaven Garden Centre. Cost for the bus is \$10. Buy your own lunch. **Trip leaves 10:30 and back by 2:30.**



#5

Wednesday, June 8
Cost: \$25.00 Includes Bus & Admission
(Buy your own lunch)



OKOTOKS THURSDAY, JUNE 23
COST: \$60 (INCLUDES BUS & TOUR)
BUY YOUR OWN LUNCH AT HIGH RIVER

We're back! **Tuesday, May 17th.** An afternoon at the slots with complimentary soup and a half-sandwich. **Cost: \$8.00 includes your ride and lunch.** Bring a friend. Play alone or as a team. **GOOD LUCK!**



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

Mystery Trip #6: July

Waterton National Park: Thurs., July 28

Mystery Trip #7: August

Saskatoon Farm, Okotoks: Tues, Aug. 9

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



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.



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

May 29 to 31, 2016. **SOLD OUT!**

To all you lucky confirmed travelers. Itineraries are ready. We will board the luxury Care Free bus at 12:15 p.m. Sunday, May 29. On Monday, there's an optional trip to beautiful Kimberly and Marysville for lunch and shopping. If you plan to golf, make sure you tell us so we can book a time for you.



Thursday, June 2

Beautiful Canmore in the heart of the Rockies. This trip includes shopping in downtown Canmore and a stop at the **Chocolate Factory** after lunch. We'll leave at 7:30 a.m. and return 7 p.m. **There are 10 seats left for this trip.** Don't delay. Book now. **Cost: \$68 Includes Bus & Lunch at the Legion.** Full payment is due now.



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.

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**



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

This free service is available for Nord-Bridge Senior Centre members only.

Date: Tues. May 17
Tues. May 24

Time: 10 a.m. - Noon
1 p.m. - 3 p.m.

Place: Nord-Bridge
Main Corridor

Fee: FREE for
Nord-Bridge Members

ATTENTION RETIREES OF SEARS CANADA INC

YOU ARE INVITED TO AN INFORMATION SESSION
SPONSORED BY THE
SEARS CANADA RETIREE GROUP

When: Thursday, May 26, 2016

Where: Nord-Bridge Seniors Centre
West Community Room
1904 - 13 Avenue North, Lethbridge

Time: 10:30 a.m

Who: The Sears Canada Retiree Group

SCRG is a volunteer organization dedicated to the protection of the company pensions and benefits of all Sears Canada retirees and their surviving beneficiaries.

SCRG speaks for its members with Sears Canada management and is a charter member of the Canadian federation of Pensioners.

The purpose of the meeting is to update you on SCRG activities on behalf of retirees and answer questions on the current state of our pension plan and benefits.

PLAY HEAR

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

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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

