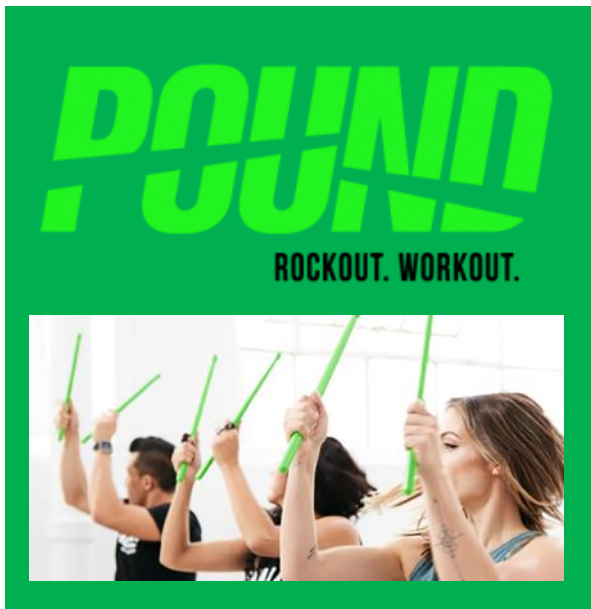


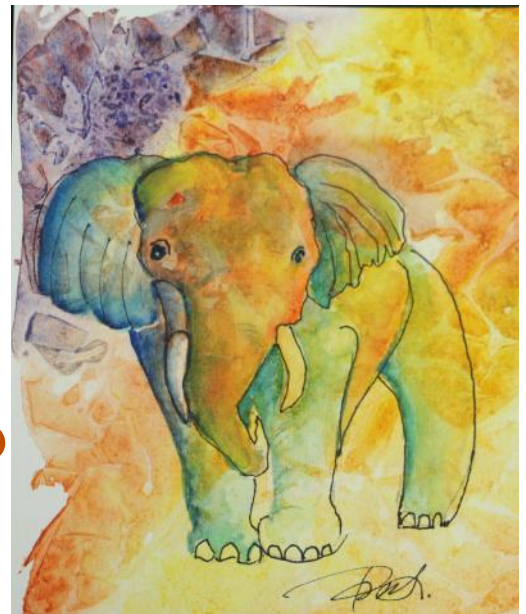
# NEWSLETTER

## SEPTEMBER 2018



**NEW  
FALL  
PROGRAMS**

Beginner Watercolour



Watercolour and Coloured Pencil  
Techniques



**"The Friendly Centre"**  
1904—13th Ave. North  
Lethbridge, Alberta T1H 4W9  
Open Monday to Friday - 7:00 a.m. to 4:30 p.m.  
Telephone 403-329-3222 Fax 403-329-8824  
E-mail: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

**2018-2019  
NORD-BRIDGE SENIORS  
EXECUTIVE**

President Robert Tarleck  
Vice-President George Berg  
Treasurer Harry Fischer  
Secretary Anne Pauls  
Past-President Pat Santa

**BOARD OF DIRECTORS**

**FIRST YEAR**

Kathy Ludwig  
Hugh Gordon  
Jim Edwards

**SECOND YEAR**

Ben Bell  
Donalda Stock  
Marko Bosnak

**THIRD YEAR**

Robert Grisak  
Clay Olsen  
Kaz Tomomitsu

**ADMINISTRATIVE STAFF**

Executive Director David Ng  
Financial Administrator Tracy Beauchemin  
Administrative Support Rita Paju  
Program Coordinator Ashley Kern  
Member Support Coordinator Lorri Penner  
Reception Supervisor Valerie Arkininstall  
Reception Assistant Maria Lisun  
Rentals Rita Paju  
Red Seal Cook Samantha Ajtay  
Cook I Bety Castillo  
DR/Kitchen Assistant Gail Krysak  
Janitorial Marco Escobar

**ON-SITE PARTNER PROGRAMS & SERVICES**

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

Ben Bell\* (Chair), Robert Grisak  
Heather Newsham  
Harry Fischer\* (Chair), Pat Santa,  
Jim Hahn, David Ng, Frank  
Deane, Mike Bennett, Robert Tarleck,  
Clay Olsen, Tracy Beauchemin  
Valerie Arkininstall/Maria Lisun  
Rita Paju (Production & Billing)  
Rita Paju  
Ben Bell\* (Chair)  
Harry Fischer, Vicki Klassen, Bev Eaton

Memberships  
Newsletter  
Newsletter Ad Sales  
Nominations Committee  
Seniors Helping Seniors

**CARDS & BOARD GAMES**

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

Kaz Tomomitsu\*, Board Rep  
Hans & Louise Kochan  
Paul Cohen  
Rodney Foster  
Donna Takeda  
Vacant  
Sheila Brust, Jenny Oleksy\*\*  
Mike Bennett, Pino Zucchelli, and  
Marilyn Maloff  
Pat Kincade  
Joe & Dianne Smith

Duplicate Bridge  
Norwegian Whist

**EDUCATION**

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

Donalda Stock\*, Board Rep.  
Karina Mak  
Elta Buckman  
Don Johnson  
Denise Savard  
Sandy Baceda, Erika Bosters  
Jo-Ann Adams  
Marilyn Martens  
Pat Kincade  
Patti & Jerry Schwartz  
Judy Knox, Jack Simmons  
Ted Sillito, Melvin Horn

Watercolor and Coloured  
Pencil Techniques

Donna Gallant

Effective September 1<sup>st</sup>, 2018  
New Member Pre-Rated Membership \$73  
(\$23 for 2018 \$50 for 2019)  
Existing Member 2019 Renewal \$50



**FUNDRAISING**

**GAMING**

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

Pat Santa\* (Chair), Pat Santa\*,  
Board Rep, Donalda Stock, Jim  
Hahn, Lorri Penner

**Pat Santa\*, Board Rep**

Mike Bennett  
Frances Wallace  
Helen Gepneris, Pat Santa  
Judith Beasley  
Vacant

**HEALTH & FITNESS**

Keep Fit, Active/Seated Pound 55+  
Tai Chi  
Gentle, Chair, Stability Yoga  
Fitball/Exercise With Arthritis  
Zumba  
Fitness 55 Club

**Marko Bosnak\*, Board Rep**

Melanie Hillaby  
Christine Curteanu  
Melanie Hillaby  
T. J. Dunn  
Jeannie Williamson  
Jim Scott (Volunteer Trainer)

**OUTREACH**

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

**Jim Edwards\*, Board Rep**

Valerie Arkininstall  
Lydia Prokop/Chris Figenshaw  
Valerie Arkininstall  
Vacant  
Valerie Arkininstall

**SOCIAL ACTIVITIES**

Decorations  
Monday Music Jams  
Senior Music Makers  
Socials Committee & Specials  
Line Dancing (P.M.)  
Clogging  
Line Dancing (A.M.)

**Kathy Ludwig\*, Board Rep**

Eva Deringer  
Doug Youngren  
Jo-Ann Adams  
Eva Deringer  
Karen Hooper  
Sandy Nowell  
Della Howg

**SPORTS & RECREATION**

Bocce  
Carpet Bowling  
Darts  
Floor Curling  
Floor Shuffleboard  
Golf  
Pool  
Shuffleboard  
Table Tennis

**Robert Grisak\*, Board Rep**

Diana Neal  
Norene Irwin, Woody Neely  
Dianne Reid  
Vacant  
Lorna Vandervalk  
Judy Workman, Kaye Murphy  
Ben Bell  
Clay Olsen  
Jerry Mikusek, Dave Bergen

**TRAVEL**

Travel Agent / Bookings  
Driver Co-ordination –Travel  
Vehicle (Bus 2) Maintenance

**George Berg\*, Board Rep**

Valerie Arkininstall  
Valerie Arkininstall  
Marco Escobar

**VOLUNTEERISM**

Building Set-up Volunteers  
Diner Special Events Coordinator

**Vacant (Chair), Hugh Gordon\***

**Board Rep, Jim Hahn, Liaison,**  
Valerie Arkininstall, Volunteer Hours  
Reporting Liaison  
Vacant  
Eva Deringer

**AFFILIATIONS**

Alberta 55 Plus—Zone 1  
Alberta Assoc. of Senior Centres  
Go Seniors Society  
Health Education Presentations  
Age Friendly Lethbridge  
N-B Income Tax Program  
Economic Development Lethbridge

**Clay Olsen\*, Board Rep**

Mike Bennett, Clay Olsen  
David Ng, Tracy Beauchemin  
Helen Gepneris  
Ashley Kern (and Alberta Health)  
Lorri Penner  
Harry Fischer, Sheila Brust  
Pat Santa



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



Nord-Bridge is a proud  
Member of the Alberta  
Association of Senior Centres

**NEWSLETTER submissions must be  
received by the 15<sup>th</sup> of the month.**

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

## PRESIDENT'S REPORT

**“Old age will only be respected if it fights for itself, maintains its rights, avoids dependence on anyone, and asserts control over its own to its last breath.”**

**Cicero,  
Roman poet and thinker**



Now that the last chuck wagon race has been run and the last bag of cotton candy purchased for a wide-eyed grandchild, our members are returning to Nord-Bridge to see what is new.

One of the new initiatives is our first “Seniors Community Forum.” Two thousand years after Cicero warned Roman seniors that they must take responsibility for programs and services designed to meet their needs. We are taking up that challenge at Nord-Bridge. The goal of the forum is to bring our members together to identify concerns, threats and opportunities related to services for seniors. While details have not been finalized, after all this is summer, the Organizing Committee is targeting a mid-October date. Ben Bell, Kathy Ludwig, George Berg, and Jim Edwards are among the Nord-Bridge members planning this event.

In a few weeks, the Ninth Annual President’s Dinner and Auction will take place in our Multi-Purpose Room. Enter **“Tuesday, September 18”** in your Nord-Bridge calendar. Doors open at 4:00 p.m., with a live auction commencing at 5:00 p.m. The Roast Alberta Beef dinner will begin at 6 p.m. and Tom Price and the Dodge Brothers, our featured entertainers, follows at 7:00 p.m. The proceeds of the \$25 a plate dinner go to the Nord-Bridge Building Fund. And finally, thanks to major sponsors, Scotiabank and Christian Salmon Generations.

Like all our events, the President’s Dinner is only possible because of a team of keen volunteers, including Sandy Fischer, Helen Geperis, Don Santa, Billy McTighe and our kitchen team of Samantha Ajtay, Gail Krysak and Bety Castillo.

While the official opening of Legacy Regional Park was not within our boundaries, many Nord-Bridge members joined the Premier and hundreds of others on July 26, 2018 to celebrate the event. Ten years in the planning, this 73-acre park will be a major recreational and environmental asset for North Lethbridge seniors.

And finally, the federal government’s appointment of a Minister of Seniors is good news for all Canadian seniors. The creation of a Seniors ministry should enable the government to respond more quickly to pressing seniors’ issues. At its September 12<sup>th</sup> meeting, your Board of Directors will discuss this issue.

**Robert Tarleck, A ko’tasi (Many Horses)  
Board President**

**WELCOME  
New Members**  
We’re *very* **GLAD** you’re here!




**Carol Borthwick  
Maria Lisun  
Joyce Renshaw  
Randy Glettler  
Marlene Glettler**

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

### **ATTENTION MEMBERS**

**PLEASE BRING IN ANY PLASTIC BAGS THAT YOU ARE WANTING TO PURGE TO THE BOUTIQUE. THEY ARE IN DESERATE NEED OF MORE ! THANK YOU.**



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

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

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

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



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

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



### **NORD-BRIDGE MEETINGS REMINDER**

<b>Monthly</b>		
Outreach Committee	First Monday (Sept-June)	9:30 a.m.
Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Wed. (Feb, May, Sept, Nov)	9:30 a.m.
<b>Annually</b>		
Annual General Mtg.	First Wed. of March	9:30 a.m.
General Member Mtg.	First Wed. of November	9:30 a.m.

### **GO SENIORS SOCIETY**

<b>Regular Board Meetings</b>		
Feb., April, June, Oct.	Second Tuesday	9:00 a.m.
<b>Annually</b>		
Annual General Meeting	First Tuesday of April	9:00 a.m.



## NOTICE TO NORD-BRIDGE MEMBERS

Please mark your calendars for **Wednesday, November 7th, 2018** for the Nord-Bridge Seniors Citizens Association General Meeting In the Multi-Purpose Hall 1904 13 Ave. N. starting at 9:00 a.m.

### MIND JOGGERS

will be starting up again on Thursday, September 13th, 2018 in the Berlando Boardroom. Gather up your summer musings and bring them in to share.



## SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS WITH NO PUFFS OR DROPS.

**FRED MILLER**

- REGISTERED OPTICIAN
- PROSTHETIC EYE PRACTITIONER

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

[www.southernoptical.net](http://www.southernoptical.net)



PH: 403-327-4145  
FAX: 403-320-1181

Eat anything you want...  
anytime, anywhere...

with the help of implant supported dentures.

Call us today for your complete denture care needs



Giving you something to smile about!

604 - 6 Street South • Lethbridge  
(403) 327-7244 • Toll Free 1-877-467-2251



## 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



Oh September, why do you have to arrive so quickly? I feel like each year, summer passes more quickly...

September is an exciting time at Nord-Bridge, all the programs are starting again and it is great to see people that haven't been around much to catch up!

If you are a caregiver, you need to attend the next COMPASS for the CAREGIVER group. This is an 8 week program that guides and supports you on your journey as a caregiver. This group is for YOU and about YOU. Give yourself this gift, you deserve it. Please come see me if you are interested and as soon as I have enough people, I will schedule it.

On September 6, I am starting another 8 week *Grief Recovery Group*, Thursday afternoons from 1p.m. to 3p.m. This group is not a drop in, but a facilitated group where I will guide you through the steps to heal your broken heart. I know I have written about this before, but it is important so at the sake of sounding like a broken record, here goes: Grief is felt when someone we love dies. It could be recent, or a long time ago. While death is the most common loss that comes to mind when someone says grief, your grief may be caused by any of the more than forty other losses that a person can encounter during a lifetime. It may have been caused by a divorce or breakup. It could have been caused by an awareness that your life is not as happy or fulfilling as you want it to be... Regardless of the cause of your broken heart, **you** know how you feel, and it probably isn't good.

Grief is the *normal* and *natural* reaction to loss.

### ANY LOSS.

Grief is also about the *conflicting feelings* caused by the *end* of or *change* in a *familiar* pattern of behaviour.

Learn about the myths of grief and how they do nothing to help us with our grief. Learn about behaviours we all resort to in our time of grief that do not help heal your heart. I will guide you through a series of small and correct choices that will allow you to move past your losses and truly heal your broken heart. I received a beautiful thank you from a person that attended one of my groups and I want to share a bit of it with you.

*"This course has been a life changer for me. I have been able to leave so much guilt and grief behind... I have more confidence in myself and my abilities, friends comment on how much happier I am. I'm learning to live life to the fullest and I thank you for the gift you have given by guiding us through the Grief Recovery course."*

This course can change your life.  
Spots are limited.

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

### September 2018

M	T	W	Th	F
	4	5	6	7
10	11	12	13	
	18	19	20	21
			27	

### ATTENTION MUSIC MAKERS

The first practice will be on Tuesday, September 4th, at 10 a.m. in the Dining Room Annex. Members please bring your September Program with you. See you there!

Jo-Ann

### THANKS

What is a 'Mind Jogger'?  
One might ask  
To answer that  
Is no easy task.

Could it be Judy's  
Contagious positivity  
Or Nadia's big kind heart  
Or Jack's unending wisdom  
And that's just the start.

Ted has mastered story telling  
And Dennis adds some church  
With the other talent in this room  
We are never in a lurch.

We read, we listen  
We laugh and we care  
You might want to join  
If you have words to share

Melvin keeps us all in check  
And that is important too  
If you want to know  
What a mindjogger is  
I'm sure they would welcome you.

I'm sure of this  
because they welcomed me  
And on each Thursday morning  
There's no place I'd rather be.

By Tami Gaudry, Mind Jogger

### EXECUTIVE DIRECTOR'S REPORT



What are some of the things that you look forward to when the calendar rolls into September? I look forward to the vibrant autumn colors, the start of hockey season and best of all back to school for my kids! They have had a summer filled with fun and video games, and now its time for them to get back into the school routine. Similar to my kids, I will also be in entering a learning environment. I will be attending the 2018 Grey Matters Conference on September 25 - 26th in Calgary. Three other staff (Tracy, Lorri and Ashley) and one board member (George Berg) will be attending the conference as well. The Grey Matters Conference offers senior service providers opportunities to network and gain knowledge and increase awareness of issues, supports and services for seniors. This year's conference agenda is filled with sessions ranging from: a keynote address from Olympic Gold Medalist Curler John Morris, Board Development, Strategic Planning for Seniors Centres and Elder Abuse sessions to name a few. Conferences like Grey Matters offer great development tools and resources for our administration staff and board members to grow their leadership skills.

Fall Programming will start this month, I know Ashley has been working extremely hard planning new programs for this Fall. The Fall Program Book is available at the Reception Desk and you can register now for all programs. You may have noticed a friendly new face behind the Reception Desk, please welcome our new Reception Assistant Maria Lisun. Maria started at the beginning of August and knows a lot of members already and her friendly personality blends right in with Val's fun loving personality. Please join me in welcoming Maria to Nord-Bridge.

On a final note, I would like to thank all the members of Nord-Bridge and the community members who supported our annual Whoop-Up Days Pancake Breakfast. This year we served 695 plates of pancakes! This event is a popular event for the community to enjoy the great food, entertainment and facility that Nord-Bridge has to offer. This event wouldn't be possible without all the volunteers and sponsors who make this event possible.

**David Ng**  
Executive Director

# "HERE TO SERVE"



**RACHAEL HARDER**  
LETHBRIDGE ALBERTA MP

403.320.0070

@RACHAELHARDERMP

RACHAELHARDER.CA



**THANK YOU**  
JULIE, TAHMY AND  
STEVEN FROM SERVUS  
CREDIT UNION UPLANDS



FOR HELPING US WITH THE  
WHOOOP UP PANCAKE BREAKFAST!



# ADVANTAGE HEARING CENTRE

406-6<sup>th</sup> St. South Lethbridge, Alberta

## Nord-Bridge Complimentary Hearing Evaluations

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

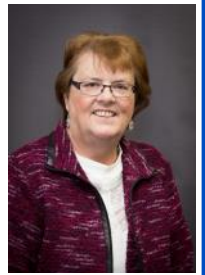
Book your appointment  
at the front desk!

403-320-5051



Brad Lindsay, BC-HIS  
Registered Hearing Aid Practitioner

## From the Desk of Val



Wow! What a hot and smoky month. Life goes on and we are set for a fabulous fall. My forecast is that we are going to have an extended summer and we will not see snow until January. We do need a little moisture for our lawns!

The past two weeks has been another training time and I am pleased to welcome Maria Lisun to our exceptional committed staff. Maria comes knowing many seniors and with many skills. Please stop by and give her a warm Nord-Bridge welcome. We are ready for a busy fall. We will help you get registered for whatever you want to do to keep your mind alert and active as well as stay fit.

It is time to think about renewing your membership for 2019. Be an early bird and pay now. If you have allowed to let your membership lapse and it has been over two years please let us know. You will keep your original number and will be charged the additional \$3 administration fee.

In closing, the Outreach program needs new people to help with phone calls, visiting seniors who can't get out and about and attend monthly meetings to organize monthly socials. We are going to be improving our Outreach programs so stay tuned. I invite new members to come to our 'Welcome Back' Outreach meeting on Monday, September 10<sup>th</sup> at 9:30 a.m. The coffee pot will be on! Your support is needed to keep this vital program alive and growing. After all, these people are our super seniors! See you in September.

Your Friendly

Val



### CRIB TOURNAMENT



**SATURDAY, SEPTEMBER 15, 2018**

Nord-Bridge Senior Centre

**Entry Fee - \$15.00 (includes Lunch)**

**STRICTLY CASH!**

REGISTRATION @ 9 A.M.

GAMES START @ 10 A.M.

**DEADLINE TO REGISTER is  
September 10, 2018**

**NO LATE REGISTRATIONS**

CONTACT PERSON FOR

CRIB PLAYERS is Mike Bennett

Register your players by emailing

mrbenett@shaw.ca

or Cell # 403-894-5241

## LTH Life Time Highs www.lifetimehighs.club Cathymunro@lifetimehighs.club 587-223-0203 *~ Traveling Together ~*

Edmonton, AB	Sept 25 - 27, 2018, Tour Extravaganza	\$425 pp/dbl
Deadwood, SD	Sept 30 - Oct 6, 2018 <i>2 buses</i>	\$665 pp/dbl
Coeur D'Alene, ID	Oct. 26 - 29, 2018 Spokane Shopping	\$400 pp/dbl
	Dec. 2 - 5, 2018, Xmas Tour w Boat Cruise	\$400 pp/dbl
	March 24 - 28, 2019 Spring Fling Break	\$575 pp/dbl
Edmonton, AB	Jan 13 - 15, 2019, River Cree	\$280 pp/dbl
Bonnars Ferry, ID	Feb 3 - 6, 2019	\$410 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019	\$240 pp/dbl
Polson-Kalispell, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 2019	\$TBA

**Stoney Nakoda Kananaskis Overnight Trips** Nov. 4 - 5, 2018 **\$80 pp/dbl**  
Price based on Calgary Departure

SERVING SOUTHERN ALBERTA - Calgary, Lethbridge - Pincher Creek and MORE  
Let us arrange your group tour, call with destination ideas  
Tours depart from Lethbridge or Calgary, other pick ups available

## 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)

**Dave Green \$187.75 August 17**

## 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 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

**Susie Dyck \$144.00**

Next Draw September 28th, 2018

## MONDAY JAM 50/50 DRAW

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



The Jammers will return on  
**MONDAY, SEPTEMBER 10,  
2018**

Join us Monday mornings 9:30 a.m. until Noon  
in our Dunford Diner.  
Free for members and only \$2 for guests.



**NORD-BRIDGE BUILDING FUND RECENT DONORS**  
**Karen Ziegler \$100 and  
Anonymous \$60**

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018  
through August 24, 2018 : **\$14,228**



### 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	85%

### Total Contributions to our Building Fund 1998 through 2018

**\$ 2,126,385**

Still needed by N-B Fundraising

**\$ 373,615**

**WE THANK Judith Beasley 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

Breakfast & Grill Items 7:00 a.m. to 2 p.m.

Daily lunch specials 11 a.m. to 2 p.m. *plus ...*

Homemade soups & treats, breakfast, hot & cold  
sandwiches, burgers, fish, fries, onion rings, salads,  
desserts and more!

**PUBLIC WELCOME! NO SURCHARGE!**  
**CASH, DEBIT, MASTERCARD & VISA ACCEPTED**

## Friday Lunch Features

Sept. 7 Liver and Onions with mashed potatoes, gravy and veggies \$7.50

Sept. 14 Veal cutlet with herb roasted potatoes, gravy and veggies \$7.50

Sept. 21 Omelet Bar, make your own omelet with hash browns and toast \$7.50  
(Mimosas are an extra charge)

Sept. 28 OKTOBERFEST Buffet (1 visit only) Wiener Schnitzel, pork roast, salad,  
German potato salad, Bratwurst, sauerkraut and much more! (Extra charge for  
alcohol beverages)

**\*NO MENU SERVICE FOR LUNCH. SOUP/SANDWICH AVAILABLE**

**All You Can Eat Breakfast Buffet First**

**\$8.00**

**Wednesday of each month 8:30 to 10:30**

**\*PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS**

### Friday Dunford Diner Lunchtime Entertainment

Schedule Subject to Change

**Sept. 7 Anne Pauls**

**Sept. 14 Don & Margie - Country Grass**

**Sept. 21 John King**

**Sept. 28 Rick Wadham**



# SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p style="font-size: 2em; font-weight: bold; color: #A52A2A;">CENTRE CLOSED FOR LABOUR DAY</p>	<p><b>4</b> 8:30 Golf (at Evergreen)</p> <p>10:00/11:00 Clogging</p> <p>10:00 Music Makers</p> <p>1:00 Norweigan Whist</p> <p>1:00 Texas Hold'Em</p> <p>1:30 <b>SCRABBLE</b></p> 	<p><b>5</b> 8:30 <b>Breakfast Buffet</b></p> <p>10:00 Carpet Bowling</p> <p>10:00 <b>LEARN (Elder Abuse Network)</b></p> <p>10:45 <b>WINNERS BINGO</b></p> <p>11:30 Line Dancing</p> <p>1:00 Darts/Euchre</p> <p>1:00 Quilt/Kraft</p> <p>3:00 <b>Advantage Hearing By Appointment</b></p> <p>7:00 Table Tennis</p> 	<p><b>6</b> 8:30 Golf (at Evergreen)</p> <p>9:00 Floor Curling</p> <p>9:00 Card Crafters</p> <p>1:00 Woodcarving</p> <p>1:00 Floor Shuffleboard</p> <p>1:00 Trump Whist</p> <p>1:00 Duplicate Bridge</p> <p>7:00 Zumba</p> 	<p><b>7</b> 10:00 Carpet Bowling</p> <p>1:00 <b>In-House Bingo</b></p> <p>1:00 Contract Bridge</p> <p>1:00 Crib</p> 
<p><b>10</b> 9:00 Gentle Yoga</p> <p>9:30 Jammers</p> <p>10:00 Floor Curling</p> <p>10:15 Chair Yoga</p> <p>11:30 Tai Chi for Health, Balance and Relaxation</p> <p>1:00 Bridge</p> <p>1:00 Darts</p> <p>1:00 Military Whist</p> <p>6:30 Bid Euchre</p> 	<p><b>11</b> 8:30 Golf (at Evergreen)</p> <p>9:00 <b>Legal Consultations</b> By Appointment</p> <p>9:30 Beginners Watercolour</p> <p>10:00/11:00 Clogging</p> <p>10:00 Music Makers</p> <p>10:00 Coffee Tea &amp; You</p> <p>10:45 <b>WINNERS BINGO</b></p> <p>11:00 Keep Fit</p> <p>1:00 Texas Hold'em</p> <p>12:45 Canasta</p> <p>1:00 Norwegian Whist</p> <p>1:30 <b>SCRABBLE</b></p> <p>7:00 Line Dancing</p>	<p><b>12</b> 10:00 Carpet Bowling</p> <p>9:45 <b>Out &amp; About + coffee TOO</b></p> <p>10:00 <b>Coffee With a Constable</b></p> <p>10:15 Paper Tole</p> <p>10:45 <b>WINNERS BINGO</b></p> <p>11:30 Line Dancing</p> <p>1:00 Darts/Euchre</p> <p>1:00 Quilt/Kraft</p> <p>7:00 Table Tennis</p> 	<p><b>13</b> 8:30 Golf (at Evergreen)</p> <p>9:00 Floor Curling</p> <p>9:00 Card Crafters</p> <p>9:30 Mind Joggers</p> <p>11:00 Keep Fit</p> <p>1:00 Woodcarving</p> <p>1:00 Floor Shuffleboard</p> <p>1:00 Trump Whist</p> <p>1:00 Duplicate Bridge</p> <p>7:00 Zumba</p> 	<p><b>14</b> 9:00 Stability Yoga</p> <p>9:00 Paper Tole</p> <p>10:00 Carpet Bowling</p> <p>10:15 Chair Yoga</p> <p>1:00 <b>In-House Bingo</b></p> <p>1:00 Contract Bridge</p> <p>1:00 Crib</p> 



<p><b>17</b></p> <p>9:00 Gentle Yoga            9:30 Jammers            10:00 Floor Curling            10:15 Chair Yoga            11:30 Tai Chi for Health, Balance and Relaxation            1:00 Bridge            1:00 Military Whist  <b>1:00 OUTREACH - An Ethnic Celebration</b>            6:30 Bid Euchre</p> 	<p><b>18</b></p> <p>9:30 Beginners Watercolour            10:00/11:00 Clogging            10:00 Coffee Tea &amp; You            10:00 Music Makers  <b>10:45 WINNERS BINGO</b>            11:00 Keep Fit            12:45 Canasta            1:00 Texas Hold'em            1:00 Norwegian Whist            1:30 <b>SCRABBLE</b>  <b>4:00 PRESIDENT'S DINNER</b>            7:00 Line Dancing (WCR)</p>	<p><b>19</b></p> <p>10:00 Carpet Bowling  <b>10:00 LEARN (Elder Abuse Network)</b>            10:15 Paper Toile  <b>10:30 FOOT DOCTOR</b>  <b>10:45 WINNERS BINGO</b>            11:30 Line Dancing            1:00 Darts/Euchre            1:00 Quilt/Kraft            7:00 Table Tennis</p> 	<p><b>20</b></p> <p>9:00 Floor Curling            9:00 Card Crafters            9:30 Mind Joggers  <b>10:00 Lethbridge Hearing By Appointment</b>  <b>10:00 Servus Credit Union Info Session</b>            11:00 Keep Fit            1:00 Woodcarving            1:00 Floor Shuffleboard            1:00 Trump Whist            1:00 Duplicate Bridge            1:00 Acrylic Painting            7:00 Zumba</p>	<p><b>21</b></p> <p>9:00 Stability Yoga            9:00 Paper Toile            10:00 Carpet Bowling            10:15 Chair Yoga  <b>1:00 In-House Bingo</b>            1:00 Contract Bridge            1:00 Crib</p> 
<p><b>24</b></p> <p>9:00 Gentle Yoga            9:30 Jammers            10:00 Floor Curling            10:00 Watercolour &amp; Coloured Pencil Techniques            10:15 Chair Yoga            11:30 Tai Chi for Health, Balance and Relaxation            1:00 Bridge            1:00 Military Whist            1:00 Darts            6:30 Bid Euchre</p> 	<p><b>25</b></p> <p>9:30 Beginners Watercolour            10:00/11:00 Clogging            10:00 Coffee Tea &amp; You            10:00 Music Makers  <b>10:45 WINNERS BINGO</b>            11:00 Keep Fit            12:45 Canasta            1:00 Texas Hold'em            1:00 Norwegian Whist            1:30 <b>SCRABBLE</b>            2:30 Exercise with Arthritis            7:00 Line Dancing</p>	<p><b>26</b></p> <p><b>9:45 Out &amp; About +affix TOO</b>            10:00 Carpet Bowling  <b>10:00 Lethbridge College Massage Therapy Students</b>  <b>10:15 Paper Toile</b>  <b>10:45 WINNERS BINGO</b>            11:30 Line Dancing            1:00 Darts/Euchre            1:00 Quilt/Kraft            3:00 Fitball            7:00 Table Tennis</p> 	<p><b>27</b></p> <p>9:00 Floor Curling            9:00 Card Crafters            9:30 Mind Joggers            11:00 Keep Fit            1:00 Woodcarving            1:00 Floor Shuffleboard            1:00 Trump Whist            1:00 Duplicate Bridge            1:00 Acrylic Painting            7:00 Zumba</p> 	<p><b>28</b></p> <p>9:00 Stability Yoga            9:00 Paper Toile            10:00 Carpet Bowling  <b>9:30 SAIM-MASSAGES</b>            10:15 Chair Yoga  <b>11:00 OKTOBERFEST</b>  <b>1:00 In-House Bingo</b>            1:00 Contract Bridge            1:00 Crib</p> <p><b>TOONIE DRAW</b></p> 
<p><b>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".</b></p> <ul style="list-style-type: none"> <li><b>LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE.</b></li> <li><b>ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment).</b></li> <li><b>ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER.</b></li> <li><b>LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment).</b></li> </ul> <ul style="list-style-type: none"> <li><b>LABOUR DAY—MONDAY, SEPTEMBER 3, 2018—CENTRE CLOSED</b></li> <li><b>JOANNE BLINCO OF LEARN (Elder Abuse Network) FIRST &amp; THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE SOUTH VIEW MEETING ROOM</b></li> <li><b>SHOPPING TRIPS TO WALMART: WEDNESDAYS, September 12, 26, 2018</b></li> <li><b>2018 — MYSTERY TRIP #8 - Thursday, September 20, 2018</b></li> <li><b>WINNERS BINGO: September 5, 11, 12, 18, 19, 25, 26, 2018</b></li> <li><b>FOOT DOCTOR: DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: NOV. 14, 2018, JAN 9, 2019</b></li> </ul> 				

# WINNERS



Two blocks west of the casino on Crowsnest Trail

## EVERY THURSDAY IS SENIORS DAY!

Half Price On All Regular, Gold and Combo Cards



Every Wednesday  
**HALF PRICE  
REGULAR CARDS**

Friday Nights  
**FREE \$500 GAME**

Sunday Afternoons  
**FREE \$200 GAME**

Call the Hotline: 403-327-7454  
or Email: winners\_bingo@telus.net



Martin Brothers  
Funeral Chapels Ltd.

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

For more information please call 403.328.2361  
or visit our website [www.mbfunerals.com](http://www.mbfunerals.com)



Now accepting VISA, MASTERCARD & INTERAC  
TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER

## Programmer's Report by Ashley Kern

Where did the summer go? After a hot August, we had a great Whoop-Up Toonie Pancake Breakfast to end off the summer with a bang! We had almost 700 attendees with many smiles all around thanks to the great food cooked by our volunteers, our many members as well as Servus Credit Union, Maria Fitzpatrick's team, and entertainment by The Nord-Bridge Jammers. Thank you to our sponsors, Savers, Mike and Diane Bennet, Servus Credit Union, and the Makers of Coyote Pancake Mix, who made the event go as smoothly as possible.



Fall Program registration is in full swing this month, sign up at the Reception Desk for these registered programs, before they fill up! Some new programs will be popping up in the facility. **Meditation** taught by yours truly, will begin on October 3<sup>rd</sup> at 9:00am, focusing on breathing, guided imagery and progressive muscle relaxation. A FREE demo **Water Fit** class at the YMCA is also being offered for those wanting a low impact exercise on the morning of Friday, September 28<sup>th</sup>. Transportation will be provided. Fitness Instructor, Melanie Hillaby is also teaching a couple of new POUND 55+ classes with two variations, starting Wednesday October 10. This is a fun workout for the entire body using weighted drum sticks! Any questions please ask Ashley or check the **Fall Program 2018** booklet located beside the Front Reception Desk. Bocce ball had a good run at the Nor-Bridge Lions Park and golf is continuing into September weather permitting. The golf program was a great success and we would like to thank all of the staff at Evergreen Golf Centre, for being so friendly and accommodating to our golf program. To wrap up the season we will be having a second annual Fun Golf Tournament. Thanks again to Judy and Kaye for coordinating the golf program this summer. Another new program starting up on Monday evenings at 6:30 pm in the Multi-Purpose Hall is **Bid Euchre** with no sign up required. This is based on the game Euchre. It introduces an element of bidding in which the trump suit is decided by which player can bid to take the most tricks. The primary differences are the number of cards dealt, absence of any undealt cards, the bidding and scoring process, and the addition of a no trump declaration. It is typically a partnership game for four players, played with 32 cards.

Just a reminder our annual In-House tournament will be soon upon us come November, so make sure to sharpen your skills in time for this fun tournament. Those competing include Pool, Carpet Bowling, Floor Curling, Floor Shuffleboard, and Darts.

With September being a busy month for programming we are faced with situations of short program space turnaround. To best maximize the use of rooms, we have booked some programs back-to-back. For smooth transitions, we have allotted a minimum of 15 minutes between these classes. Please be aware of this tight scheduling, and be mindful of the turnaround time. Your courtesy in exiting in a timely manner, as well as your patience when awaiting access to a particular room, will be greatly appreciated by our instructors and members. One last note, September 17<sup>th</sup>, we will be hosting the 3<sup>rd</sup> year nursing students from the University Of Lethbridge who are getting their community health practice experience until December, so be sure to give them a warm welcome! It will be a busy month, but it will be great to see all the members again and the opportunity to meet more.

Stay happy and healthy!

**Ashley**



## OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

Recently, visits were made to Hazel Carroll and Lydia Prokop who are both happy living in Blue Sky and Garden View lodges respectively. These ladies were all smiles. A little visit brings a lot of cheer. Our goal is to do more visiting or a simple phone call just to keep in touch and tell these special people that we care. I have spoken to Nora Weaver's daughter and Nora is doing well. Thanks to Sandy Fischer and Dianne and Joe Smith for their visits with Kay Mann. Both Kay and Nora are 97 years young!

### Outreach Program Needs a Convener

#### QUALIFICATIONS:

- Enjoys seniors in a fun environment
- A friendly smile
- Works well with volunteers
- Assists committee in organizing monthly programs
- Chairs monthly meetings – 1<sup>st</sup> Monday of the month
- Willing to encourage more volunteers to join a great team
- Able to write a short news report for monthly newsletter about Outreach programs
- Willing and able to visit older members living in lodges/private homes to bring cheer especially when they are homebound or find other volunteers to visit.

I invite NEW MEMBERS TO JOIN ME AT THE OUTREACH MEETING on Monday, September 10<sup>th</sup> at 9:30 a.m. Coffee and treats will be available.

The Outreach program is a vital program for our 'Friendly Centre'. It reaches out to the seniors living alone or living in care facilities getting out and about into a different environment.

For more information – Contact your friendly Val anytime.

**IMPRESS** your guests this Holiday Season with delicious home-made baked items from our **Dunford Diner Kitchen**. Order platters of your favorite cookies, squares or pies for your entertaining needs. See the October Newsletter for details.



## Peace of Mind for You and Your Family

Emergency Safety Monitoring System for your loved ones living alone.



Monitor Support Respond

# Chinook LifeCare

Help is always at hand.

#8, 1904 - 13 Avenue North  
Lethbridge, Alberta  
(In the Nord-Bridge Seniors Centre)

403-320-1170



### CONDOLENCES WERE SENT TO...

...To Ruth Balogh on the loss of her son; to Rita Johnston on the loss of her brother; and to the families of Mariel Selk, Valerie Watland, Elizabeth Velhuis, George Kergan, John Dieser and Frank Toth on their loss...



### GET WELL & HEALTH WISHES WERE SENT TO...

...In hospital: Mel Seibert. Mel is 99! Roberta Kimber is back at home with Alan. Diane Bennett is home recuperating after back Surgery, Ann Summers is in the hospital and Helen Deal is in the hospital for an extended stay...

## EUCHRE REPORT

### Rodney Foster, Convener

Hope you all had a great summer. We are now entering into our fall programs. Euchre could be one of your choices. We play on Wednesdays from 1:00 p.m. until 3:00 p.m. We also have lessons at 12:30 p.m. So come out and try something new. You will meet lots of interesting people who have lots of stories. Hope to see you soon.

## Shannon Phillips, MLA Lethbridge West

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



"Please contact me if I can be of any assistance."

## Lethbridge HEARING CENTRE

Call 403-320-6000 to make your personal complimentary consultation today!

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



403.320.6000

www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S.  
Lethbridge, AB

Candice Elliott-Boldt, BC-HIS  
Registered Hearing Aid Practitioners



Nord Bridge members can make an appointment at the Reception desk to meet with Maria here at the Centre on the 2<sup>nd</sup> & 4<sup>th</sup> Friday of each month between 9:30 am & 10:30 am.

## Maria Fitzpatrick

MLA, Lethbridge East

(403) 320-1011 lethbridge.east@assembly.ab.ca

www.MariaFitzpatrick.AlbertaNDPcaucus.ca

f MariaFitzpatrickAB



## JO ANN KELLY

REALTOR®

**Sutton** sutton group – lethbridge  
AN INDEPENDENT MEMBER BROKER

403-320-6411

Selling and /or Buying...  
**ONE CALL**  
Full Service

Over 24 Years Experience



Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday! Happy birthday!

Gus Herresvele



A milestone salute to Nord-Bridge member Gus Herresvele who celebrated his 100th birthday on August 16th, 2018. Gus initiated Winners Bingo for Nord-Bridge. He was also instrumental in bringing part of the 2001 ASCSRA Games to Nord-Bridge Seniors Centre. He worked hard at the Alberta Seniors 55+ Games winning many gold, silver, and bronze medals. He loved the recreational games like floor curling. He achieved his goal of being a great volunteer. He is also Nord-Bridge's oldest member. An achievement and a milestone.

Well done Gus!

Happy birthday! Happy birthday!



Lethbridge Denture Clinic  
Putting that sparkle back in your smile.

We offer complete quality denture care;  
A result of intention, effort, and professional skill  
#2 - 1718 3rd Ave S, Lethbridge AB 403-381-4142  
www.lethbridgedentureclinic.com



Hi! My name is **Joanne Blinco**, I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. I have been coming to Nord-Bridge on the first and third Wednesday from 10 a.m. - Noon to be available to talk about elder abuse. Knowledge and information can prevent abuse from happening. If you, or someone you know is experiencing elder abuse, please give me a call at **403-394-0306** or drop by on the at the times I am at the Centre.

**When it comes to Elder Abuse, silence is not an option.**

**YOUR FRIENDLY GEEK**

WE OFFER THE BEST

**DUE TO JUSTIN'S BUSINESS EXPANDING, HE WILL NO LONGER BE VOLUNTEERING HERE AT NORD-BRIDGE.**

... with your Smartphone.

... available to **NORD-BRIDGE SENIORS ASSOCIATION MEMBERS ONLY** on **THIRD TUESDAY of each month, 11 A.M. UNTIL NOON & 1 P.M. UNTIL 2 P.M.**

**TALK NERDY TO ME™**

www.talknerdytomeinc.com  
222 - 13 St. South  
Lethbridge, AB  
587- 425-4444

*Continuing to Care  
Through the Generations.*

703 - 13 Street North  
Lethbridge, AB  
403-382-3601

Christensen Salmon

**GENERATIONS**

Funeral Home & Cremation Services

A Division of The Caring Group Corp.



## New Zealand, Australia & Canada with Anderson Vacations



Join us to learn about the types of travel offered in New Zealand, Australia & Canada with Anderson Vacations!

**THURSDAY, SEPT. 13TH @ 7PM**  
**MARITIME TRAVEL - LETHBRIDGE**  
**921 - 3RD AVE SOUTH**

- Door Prizes
- Light Refreshments



Please RSVP by September 7th  
 403-329-3373 • 122@maritimetravel.ca

**Maritime Travel**  
 We Know Travel Best.™



921 - 3rd Ave S  
 Lethbridge

### THANK YOU TO OUR SPONSORS

For the 2018 Whoop Up

Pancake Breakfast:

**SAVERS**

Makers of the **COYOTE PANCAKE MIX**

**MIKE AND DIANE BENNETT**

### NOTICE TO ALL CANASTA PLAYERS

Canasta will be starting up again on Tuesday, September 11th, 2018. Please be here at 12:45 p.m. and games will start at 1:00 p.m.

MARK THESE DATES ON YOUR CALENDAR

September 26, 2018 at 10:00 a.m. the Lethbridge College Massage Therapy Students will be here to give you a relaxing massage AND

Friday, September 28, 2018 at 9:30 a.m. the Southern Alberta Institute of Massage Therapy will be here to massage your aching muscles.



## ANNUAL CRAFT AND BAKE SALE

**SATURDAY, OCTOBER 27TH, 2018**

**9:00 a.m. to 2:00 p.m.**

LOTS OF INTERESTING AND UNIQUE  
 HOMEMADE CRAFTS

Some of our vendor items this year:

Quilts, Jewellery, Dolls, Xmas ornaments, pottery, Woodwork items and Hand painted feathers just to name a few!

GREAT CHRISTMAS GIFTS!

A HUGE SELECTION OF BAKING AT THE  
 BAKED GOODS TABLE

MARK IT ON YOUR CALENDAR AND SEE YOU THERE!

The Medicine  
 Shoppe  
 PHARMACY

25 YEARS OF PERSONALIZED CARE



Flu season  
 is right around  
 the corner.



So is your personal  
 pharmacist.

No charge flu shots available  
 October 15th, 2018.

**Nord-Bridge Seniors Centre**  
**#2, 1904 - 13 Avenue N, Lethbridge**  
**(403) 381-0700**



Terry Toth  
 B.Sc Pharm  
 Pharmacist

Chad Baker  
 B.Sc Pharm  
 Pharmacist/  
 Owner





1904 13 AVE. NORTH  
LETHBRIDGE, ALBERTA  
MULTI PURPOSE HALL

**NINTH ANNUAL  
PRESIDENT'S DINNER & AUCTION  
TUESDAY SEPTEMBER 18<sup>th</sup>, 2018**

- ♦ Doors Open 4 p.m.
- ♦ Live Auction with Dean Oseen and Dick Indenbosch) 5:00 p.m.
- ♦ Roast Alberta Beef Dinner 6 p.m.
- ♦ Entertainment 7:15 p.m.
- ♦ Admission \$25/Person
- ♦ Cash Bar
- ♦ Door Prizes



**ENTERTAINMENT BY**  
*Tom Price  
and the Dodge Brothers*



*Continuing to Care  
Through the Generations.*

Christensen Salmon  
**GENERATIONS**  
Funeral Home & Cremation Services

703 - 13 Street North  
Lethbridge, AB  
403-382-3601



For ticket information contact  
[friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)  
or Phone: 403-329-3222  
PROCEEDS TO THE NORD-BRIDGE  
BUILDING FUND

Tickets will be available  
August 18th, 2018 at  
Nord-Bridge Seniors Centre...

**RESERVED SEATING  
AVAILABLE FOR TABLES OF 6**

**ACCOMPANY You**

**Provides Freedom and  
Transportation for Seniors**

- Medical Appointments
- Recreational Outings
- Curb to Door Assistance
- Banking and Paying Bills
- Lethbridge to Calgary Service
- Visiting Friends
- Shopping
- Grocery Shopping
- Genuine Companionship
- Accompanied Appointments

**Call Sharon  
to schedule your appointment.**

**403-380-9072  
slmstein@outlook.com**



**Free Initial Legal Consultation  
Wills...Estate Planning...**  
and other matters as you may require.  
Nord-Bridge offers this service through  
**ALLAN DENBOK, B.Mgt., J.D.**

**HUCKVALE** LLP  
*established 1906*

**Upcoming FREE consultation dates:**  
**Tuesday(s) September 11 and October 9, 2018**  
between the hours of 9:00 a.m. & 11:30 a.m.  
Contact the Nord-Bridge Reception Desk to schedule  
an appointment. **Phone: (403)329-3222**  
**This free service is for Nord-Bridge members only.**



**Downsizing Dilemma?  
Need to Move On?  
We Can Help...**

- Sorting • Organizing
- Selling Unneeded Furnishings
- Packing • Arranging Movers
- Unpacking
- Estate Clear-outs



Call Wendy Gillett for your complimentary in-home  
consultation and free estimate.  
**403-315-1729**  
[www.roost2roost.ca](http://www.roost2roost.ca)

**NORD-BRIDGE SENIORS  
FITNESS 55 CLUB**

Nord-Bridge membership, plus  
a 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, Personal Trainer**  
**Wednesday mornings, for safe training tips and  
motivational goal setting advice.**

**ELVIS**  
*A Tribute to the KING*  
featuring:  
**BRUCE  
ANDREW  
STEWART**  
*"multi-award winning  
ELVIS tribute artist"*

~ Saturday ~  
**SEP 29, 2018**  
Nord-Bridge  
Seniors Centre  
1904 - 13 Ave. N,  
Lethbridge, AB

**TICKETS: \$25**  
2 Shows - Matinee & Evening  
1:30 pm & 7 pm  
Tickets or info: 403-329-3222  
[rockKINGwithElvis.com](http://rockKINGwithElvis.com) 1.877.570.KING

"CASH BAR"

"BACK BY  
POPULAR DEMAND"

*"multiple costumes - exciting and interactive" - starring 'Blaze' as your host*

**Lethbridge**  
HEARING CENTRE

Christensen Salmon  
**GENERATIONS**  
Funeral Home & Cremation Services





**No** wheels? That's not a reason to stay at home. Let our **Go Friendly Shuttle** do the driving. Call us at **403-329-3222** a day ahead and we'll schedule convenient, direct service from your door to our door. The cost to use the **Go Friendly Shuttle** is **\$3.00 each way**, or use your **Lethbridge Transit Breeze Card**.



## TRAVEL

**PLEASE NOTE: ALL NON-MEMBERS must pay an additional \$25 for all Nord-Bridge trips.**

## ROAD REPORT

We had another successful month of travel; Mystery Trip #7 was another smashing time as a bus full + a surprise office staff met the bus at Park Lake for a picnic supplied by the kitchen staff and then the bus rolled over to the Picture Butte Museum for a tour enjoyed by all. A full bus went to the Etzikom museum for a tasty lunch and a great tour. On a sad note, the Saskatoon Berry Farm was cancelled due to a lack of interest. Our Waterton trip was a real struggle as only 30 went

which was not enough but everyone enjoyed the day with NO WIND! Next year we will not be planning a Waterton or Saskatoon Berry Farm outing unless there is more interest. Thanks to Ashley, Jim, Lucy and Care Free Bus Lines for their great driving.

**NOTE to all Travel Passengers.** For all trip planning there will no longer be sign up sheets placed on the front entrance table. You must inquire at the Reception Desk and pay a deposit to guarantee your seat. Payment for Cross Iron Mills Light and Shopping Trip on Wednesday, December 12th is due one month prior to departure date.



## MYSTERY TRIPS 2018

**Trip #8: Thursday, September 20th, 2018**  
**COST: \$45 (includes bus, tour admission and a MYSTERY LUNCH BAG. Bottled water will be provided. Bus will depart Centre at 9:30 a.m. and will return at 4:00 p.m. Still seats available. Payment Deadline—Sept.13/18**

**Wednesday, Sept.5/18** – A fall fishing trip to PAYNE LAKE.  
**NOTE:** You must be a fisherman/woman. **COST:** \$32 Payment deadline – A.S.A.P. **CANCELLED**  
 Bus will depart Centre at 9:30 a.m. If you would like to learn how to fish, someone will teach you so bring your fishing gear and bait.

**Thursday, Sept.6<sup>th</sup>** – Spruce Meadows Horse Show;  
 Cost: \$45 (Member Cost) Please check at the Reception Desk for names signed up. Payment deadline – A.S.A.P. We will be using the Care Free Bus so departure time will be 7:30 a.m. so we can arrive to get good seats in the bleacher end.

**Thursday, Sept.13<sup>th</sup>** – Enjoy an outing to Chinook Honey Farm for a BEE BASIC TOUR learning how honey is made. Then browse their gift shop, taste some tasty honey wine. And upon leaving the farm we will proceed to see the BIG ROCK. **COST:** \$45 (Member Cost, BUS & Admission). We will stop in Nanton for lunch. Bus will depart Centre -9:30 a.m. E.T.R. – 4 P.M. **SOLD OUT** **SORRY SOLD OUT**



## UPCOMING FALL/WINTER TRIPS

**Thursday, Oct. 4th** Calgary Zoo PANDA visit  
 Member Cost: \$65

**Thursday, Oct. 18th** **MYSTERY TRIP #9**  
 Cost: \$10 (incl. bus and educational tour) Buy own lunch here at Centre at 11:30. This outing is unique and different!

**Wednesday, Oct. 31st** Cirque due Soleil—Local show at the Enmax. Cost: \$75. 2 seats open

**Thursday, November 8th** CHRISTMAS ROSEBUD trip. Sherlock Holmes in the Christmas Carol. Member Cost: \$110. There are 20 seats available. Payment Deadline—October 8th

**Thursday, November 22nd** The **FINAL** 2018 **MYSTERY TRIP**. Watch for poster details

**NEW! OUT & ABOUT+coffee TOO** This program runs twice monthly on Wednesdays at 9:45 a.m. Our **Friendly Shuttle** will take you from the Centre for a shopping run to Walmart and back by Noon. Shop, browse or have a coffee. Book now for Wednesday, September 12 & 26.

**COST**  
**\$3**





**Nord-Bridge Senior Centre**  
 1904 13 Ave. North  
 Lethbridge, Alberta  
 Phone: 329-3222

# FALL PROGRAM 2018



**2018  
WHOO UP  
PANCAKE  
BREAKFAST**



THE FALL PROGRAM BOOKLET IS  
 AVAILABLE AT THE RECEPTION DESK.  
 GET YOURS TODAY!  
 FALL REGISTRATION STARTS ON  
 WEDNESDAY, AUGUST 30TH, 2018 AT  
 10:00 A.M.  
 HAVE YOU PICKED OUT AND  
 REGISTERED FOR ALL OF THE FUN  
 THINGS YOU WANT  
 TO DO THIS FALL?

July 10th, 2018 Facebook Post  
 "To Anyone in Canada who still doesn't believe there is a food crisis in the North, this is in Nunavut, when was the last time you paid \$70 for a Watermelon"

We are fortunate down here in Southern Alberta!

Nord-Bridge Celebrates  
**Oktoberfest**  
 Join us on Friday, September 28<sup>th</sup> as we celebrate Oktoberfest 11:00 am – 1:00 pm.  
 \$9.00 Buffet (one plate per person): Bratwurst, Wienerschnitzel, Sauerkraut, Pork Roast, German Potato Salad, and more!  
 No regular lunch menu, Sandwich/Soup Combo available  
 LIVE MUSIC by Rick Wadham (Accordion) 11:00 am - 12:30 pm  
 \*This event is for Nord-Bridge Members and Invited Guests

**Cold Beer \$4.00**

