



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

2011 FALL PROGRAM



Nord-Bridge Senior Citizens Association
Officers and Staff

Executive Committee

President	Harry Fischer
Vice - President	Jim Hahn
Treasurer	Roberta Svennes
Secretary	Linda Liptak
Past - President	Clay Olsen

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Eva Deringer	Helen Gepneris	Elaine Molyneux
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Financial Officer/Treasurer	Roberta Svennes
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Sr. Administrative Assistant	Kathy Filkowski
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Bookkeeper	Tracy Beauchemin
Head Chef	Bonnie Jadeske
Chef	Beverly Janson
Kitchen Assistant	Gail Krysak
Janitorial	Marco Escobar

NORD-BRIDGE Senior Citizens Association

"The Friendly Centre"

1904 - 13th Ave. North Lethbridge, AB T1H 4W9

Phone [403] 329 - 3222 Fax [403] 329 - 8824

Web Page: www.nordbridgeseniors.com

Email: friendly@nordbridgeseniors.com



MISSION OF THE ASSOCIATION

The provision of educational, social, and support services programs for Senior Citizens and the fostering of independence, self worth, and a sense of community pride amongst the senior citizen population of Lethbridge, and surrounding communities in Southern Alberta.

GOAL OF NORD-BRIDGE

To be known as "The Friendly Centre."

HOURS OF OPERATION

The Senior Centre is open Monday to Friday, 8:30 am - 4:30 pm.

MEMBERSHIPS

Memberships are open to individuals 55 years of age and older. 2011 membership fees are \$45.00. First time members, and lapsed renewals are charged an additional \$3.00 administration fee. Joint Nord-Bridge/L.S.C.O. memberships are also available for \$80.00.

DINING ROOM (Dunford Diner)

Our dining room serves delicious and nutritious hot home cooked meals daily. Breakfast is served daily from 8:30 am - 1:00 pm (limited breakfast menu after 10:00 am). A breakfast Buffet is served on the first Wednesday of each month. Lunch hours are: 11:00 am - 1:00 pm. Luncheon Specials are featured daily. Hot soup and sandwiches are available until 3:00 pm. All menu items are available for take - out, and coffee is always on.

GIFT BOUTIQUE

The Gift Boutique is an ideal place to purchase hand made gifts for any occasion. The hours of operation for the Gift Boutique are Mondays to Thursdays 10:00 am - 3:00 pm and on Fridays 9:00 am - 3:00 pm. Consignment items are made by members. Everyone is welcome to shop in the Gift Boutique. (For consignment information, see the Gift Boutique).

LIBRARY

Our library continues to grow each year. Choose from a wide variety of genres (mystery, biographies, history, romance, non-fiction and popular fiction). Check out the great selection of books and puzzles.

Program Areas

Nord-Bridge Senior Citizens Association provides a well-rounded variety of programs, to meet the needs of the membership.

Educational & Life-Skills Programs - Nord-Bridge partners with various agencies; Lethbridge Community Network, Chinook Health Region, Lethbridge Life Long Learning and also works independently to offer classes to its membership.

Fitness & Socialization Programs - Programs are organized and administered for daily socialization and fitness activities appropriate for seniors, to foster participation in Alberta Seniors Games and Zone competitions, or for general health and well being.

Keep-In-Touch Program - Daily phone calls by volunteers to seniors confined at home. Visits by volunteers to members' homes, as needed, are also a part of this program.

Outreach Program - Socials and activities geared for isolated seniors are hosted along with transportation provided to Nord-Bridge and City venues. Hospital visits, get well, and bereavement support for members is also provided as part of the Outreach Program.

Social Programs - Themed luncheons and socials are planned for special events and occasions. Please see the back of this booklet for dates of socials and luncheons.

Travel Programs - Day excursions and extended trips are offered to various attractions and activities. Stop by our Travel Board for updates on trips.

Volunteer Recruitment - Volunteers are the mainstay of the Nord-Bridge Senior Centre. Offering your services helps put knowledge and experience back into the community and the Centre. If you would like a volunteer opportunity at Nord-Bridge, please leave your name at the Front Desk.

Go Friendly Shuttle Service - This door-to-door transportation service between member homes and Nord-Bridge has been operating since February 2008. The *Go Friendly* service started as a pilot venture of the City of Lethbridge, LA Transit and Nord-Bridge. It has now been expanded to include service to LSCO. Just phone the Front Desk at 403-329-3222 the day before to arrange a pick-up. This service is available:

MONDAY THROUGH FRIDAY : ALL DAY SERVICE 8:30 a.m. to 4:00 p.m.

COST: \$2.50 per one-way trip (CASH).. or...

\$20.00 for 10 L.A. Transit Strip tickets...or...

\$25.00 for Monthly L.A. Transit "Senior Bus Pass"



Drop - In Activities

Drop-In Activities are open to all members, you do not need to sign up for the following programs:

Carpet Bowling - [Convener position vacant](#)

This is a team sport played on an indoor carpet, using bowls and a jack. The object is for the team to gain as many shots as possible by getting their bowls nearer to the jack than their opponents. Our group welcomes any new members, and is willing to give instruction if needed. Carpet Bowling is held on Wednesdays & Fridays at 9:30 am in the Multi-Purpose Hall.

Darts - Ken Bobinec, Convener

Darts is an indoor game in which players take turns throwing darts. Players start at a set score of usually 501 and win by reducing their score to zero. There are ten dartboards in the Multi-Purpose Hall. Darts is played every Wednesday at 1:00 pm. New/Novice players welcomed.

Floor Curling - [Convener position vacant](#)

Floor Curling is a team sport very similar to ice curling, with a lead, second, third and skip. The object of the game is to gain as many shots as possible by getting your teams rocks nearer to the centre of the house than your opponents. The Floor Curlers meet on Mondays & Thursdays at 10:00 am in the Multi-Purpose Hall. Come out & join in the fun. Beginners, novice & experienced players are all welcomed.

Pool - [Convener position vacant](#)

Located in the Veres Family Games Room are four pool tables: one ten-foot regulation lady snooker table, one Eight/Nine Ball regulation table for both men & ladies, and two twelve-foot tables suitable for pool golf and snooker. Drop-in any time. The Veres Family Games Room is open daily 8:30 to 4:30. Each year an invitational tournament is hosted, along with in-house tournaments.

Shuffleboard - Clay Olsen, Convener

Shuffleboard is a game in which players slide metal weighted pucks down a long smooth wooden table into a scoring area at the opposite end of the table. There are three shuffleboards in the Veres Family Games Room. The Scheduled day for the program is Tuesdays at 9:00 am, members are welcome to drop in anytime to play a game or two.

Table Tennis - Jerry Mikusek & Dave Bergen, Convener

This activity is located in the Multi-Purpose Hall on Thursday evenings at 7:00 pm, and includes open play, singles & doubles. New members are welcome & instruction is available if required.

Nintendo Wii Bowling - Join this group as they hit the virtual lanes! This game allows you to bowl without lifting a heavy bowling ball. This activity takes place in the Multi-Purpose Hall on Thursdays at 3:00 pm.

Cards & Board Games

Cribbage - Mike Bennett & Vi Segouin, Conveners

Cribbage is played with a regular 52-card deck, by two, three, or four players. The Crib program is played every Friday at 1:15 pm in the Dining Room Annex.

Euchre - Rodney Foster, Convener

Euchre is generally played by four persons, with a pack of 32 cards, consisting of nines through the aces. The Euchre program runs Wednesdays at 1:00 pm. in the Dining Room Annex.

Contract Bridge - Kathy Ludwig, Convener

This program meets on Fridays in the Southview Meeting Room. Anyone wishing to learn the game or wanting to play the game, please stop by at 1:00 pm.

Cards: Whist Program

The classic game of whist is a plain-trick game without bidding, for four players in fixed partnerships. Rules are simple, and there are various forms of whist. Three varieties of whist are played at Nord-Bridge: Trump Whist, Military Whist and Norwegian Whist.

Military Whist - Ruth Balogh, Convener

This program is played every Monday at 1:30 pm in the Dining Room Annex.

Norwegian Whist - Vi Segouin, Convener

This program is played every Tuesday at 1:30 pm in the Dining Room Annex.

Trump Whist - Marilyn Saunders, Conveners

This program is played every Thursday at 1:30 pm in the Dining Room Annex.

Texas Hold'em - Butch Olsen, Convener

The subject of many a disagreement in Westerns, was from the game Texas Hold'em. Fast forward to present day and minus the saloon / gun fights, Texas Hold'em has become the most popular poker game in North America. Hold'em is a community card game where each player may use any combination of the five community cards and his/her own two hole cards to make a poker hand. This is a fun and easy game to learn. There will be a small fee to play the game each week. Texas Hold'em is played every Tuesday at 1:00 pm in the West Community Room. This program will start on September 13, 2011.

Scrabble - Jenny Oleksy & Sheila Brust, Conveners

Scrabble is a word game in which two to four players score points by forming words from individual lettered tiles on a game board. The words are formed across and down in a crossword fashion. Players meet on Tuesdays at 1:30 pm in the Dunford Diner. If you are interested in participating, drop in any Tuesday.

Gaming

In House Bingo - Shirley Cavanaugh & Frances Wallace, Conveners

All members and their friends (over the age of 18) are welcome to attend our weekly bingo program. This ongoing program is held on Fridays at 1:00 pm in the Multi-Purpose Hall. The Go Friendly Shuttle service is available for this program, contact the Front Desk for more information. Come out & give your luck a try!

Social Activities

Jammers - Doug Youngren, Convener

This is one of our Centres' most popular programs. If you enjoy music (playing or listening) stop by to perform with the group or sit back and enjoy the music. The Jammers meet in the Dunford Diner & Dining Room Annex every Monday from 10:00 am - 12:00 pm. There is a \$2.00 fee for non-members to attend this program. The Jam Session will start on Monday, September 12, 2011.

Monday Matinee

This program runs weekly. It is an opportunity to come out and watch a movie with your friends. Be sure to bring some change as you can purchase popcorn & refreshments. This program runs in the Community Room at 1:15 on Mondays. Monday Matinee will start on Monday, September 26, 2011.

Music Makers - Barb Stewart, Convener

The Music Makers are a group that gets together weekly to sing. The groups main focus is music and performing at different seniors' health & housing facilities. The group meets weekly at Nord-Bridge in the Dining Room Annex on Tuesdays from 10:00 am - 11:30 am. New singers and acoustic instrumentalists are welcome. This program will start on September 6, 2011.

Handbells - Lucy Graham, Convener

Come and learn how to play handbells. No experience necessary, if you can count to 4 Lucy can teach you how to play. Join Lucy in the Computer Room every Monday starting September 26 at 1:30 pm

Education

Mind Joggers Writing Group - Ted Sillito, Jack Simmons & Nadia Campbell, Conveners

The Mind Joggers Writers Group is a casual, friendly group that is always looking for new members. Each person has memories that are important to record for future generations. This group is here to offer encouragement and support as you get started in writing. You will be pleasantly surprised at how easy it is to write, once you get over the initial fear. Drop-in to the Craft Room on Thursdays at 9:30 am to see if this program is for you. You may listen to, or join our discussions. If you have a story to share, it would be most welcome. Mind Joggers will start on September 8, 2011.

Education Class

Spanish for Beginners - Introductory to Spanish - Jorge Ventura, Instructor

If you plan to travel to any Spanish speaking countries in the near future, sign up for our new Spanish for beginners class. This 3 part class will run 2 days a week for 9 weeks. Jorge Ventura will lead the class through a three part series which will include:

(Weeks 1 - 3) Learn the phonetics of the Spanish language, vowels and some alphabets. From this participants will learn proper word pronunciation and how to form sentences and phrases.

(Weeks 4 - 6) Participants will now begin to use Spanish in conversation. Jorge will ask questions in either Spanish or English and participants will need to reply in Spanish.

(Weeks 7 - 9) The last few weeks will be a recap and review. The goal is to have you only speak Spanish by the last few weeks! Participants will be able to carry a basic conversation with each other. Jorge's main objective for this class is for everyone to have fun! Jorge has a passion for teaching and sharing his native language with those interested in learning Spanish.

Begins: Tuesdays & Thursdays, October 4 - December 15 Location: Southview Meeting Room

Time: 9:30 am - 11:30 am

Instructor: Jorge Ventura

Fee: Members: \$5.00 Non-Members: \$15.00

Maximum: 8 Students

Senior Assistance Programs

On a monthly basis, professionals & Lethbridge College students will provide their services to assist seniors with legal consultations, foot care, hearing consultations and massages. Also, during the income tax season, community volunteers help seniors complete their income tax returns. On a weekly basis, volunteer seniors are on hand to help fill out any government forms. Nord-Bridge also is home to an information officer with Alberta Seniors and Community Supports. For further details on all programs please see below.

Dr. Bolokoski - Foot Care - 8:30 am - 12:00 pm. Dates Dr. Bolokoski will be visiting Nord-Bridge: August 24 (Wednesday), October 19 (Wednesday), December 14 (Wednesday). Appointments are necessary (for members only), please book appointments at the front desk. If appointments are all booked - you will be placed on a waitlist and will be given a spot on the next foot clinic date. If you have an appointment and are unable to make it, please call Nord-Bridge to let us know, so we can fill your appointment with someone on the waitlist. Please be advised a \$10.00 co-pay per patient, per visit will be charged by Dr. Bolokoski. Also, effective immediately each nail care patient will now be required to provide their own towel for which they place their feet on for all nail care appointments.

Spencer Ash of Huckvale Wilde Harvie MacLennan - Legal Consultation is offered once monthly - **Fridays** 9:00 to 11:30 am. Spencer will be at Nord-Bridge on the following dates: September 9, October 14, November (TBA), December 9. Members can sign up at the front desk for 1/2 hour free consultations. These are initial consultations only, Mr. Ash will discuss members' needs and offer advice on how best to legally proceed.

Brad Lindsay of Advantage Hearing Centre offers complimentary hearing tests and consultations once a month on Wednesdays. Brad will be here on September 7, October 5, November 2 & December 7 from 3:00 pm to 4:30 pm to provide information, answer questions or concerns about hearing loss, hearing aids & other hearing related topics. Appointments are necessary, please book your 1/2 hour appointment at the front desk.

Coffee with a Constable - Lethbridge Regional Police Services - Constable Les Vonkeman will sit down and chat with you about any questions you may have regarding law enforcement concerns. Constable Vonkeman will be here the second Wednesday of each month from 10:00 am - 11:30 am starting on September 14, October 12, November 9 & December 14.

Lethbridge College - Massage Therapy Students - If your muscles are sore come in for a free massage! The massages will be on a first come first served basis. **No dates have been confirmed at this time, please refer the monthly Newsletter for dates and times.**

Seniors Assistance Programs Continued

Norene Easthope - Information Officer with Alberta Seniors and Community Support is now located inside Nord-Bridge Seniors Centre! Visit the office (besides the Vere's Family Games Room) to pick up forms, information and other resources. If you require additional help you can make an appointment with Norene. Norene can assist with; Alberta Seniors Benefits, Special Needs Assistance, Dental/Optical Programs, Aids to Daily Living, Alberta Health & Alberta Blue Cross. **Appointments are necessary**, please contact [381-5469].

Seniors Helping Seniors - Are you buried under a mountain of government forms and paperwork? Seniors Helping Seniors is a unique program offered at Nord-Bridge on Tuesday and Thursday mornings from 9 am to 11:30 am. Bring in your paperwork and a volunteer will help you sort through what needs to be done and provide assistance in completing forms. (Alberta Seniors Benefits, Special Needs Assistance for Seniors, Old Age Security, Guaranteed Income Supplement, Canada Pension Plan and/or income tax forms). There is no need for an appointment; please sign in at the front desk and we will have a volunteer available to assist you.

Go Friendly Grocery - Take advantage of 15% Tuesdays (first Tuesday of each month) at local grocery stores with our Go Friendly Grocery Shopping Trip service. Take the Go Friendly Shuttle or arrange for you own transportation to Nord-Bridge and have lunch and socialize with other members. Then at 12:00 noon pay \$3.00 and our Go Friendly Shuttle #2 will drive you to a local grocery store. Arrange for groceries to be delivered by the store to your home. After your shopping is complete the Go Friendly Shuttle #2 will drop you off at home. For more information or to sign up please see Val at the Front Desk.

University of Lethbridge - Nursing Students

Through the months of September - December third year nursing students from the University of Lethbridge will be here on Mondays and Tuesdays. The students will be here observing and learning about Nord-Bridge and its members as a part of their community health studies portfolio. The students primary objective will be to research Nord-Bridge member needs in following areas: Health Promotion, Health Protection & Injury Prevention. From their research they will program and implement different learning series/information sessions and a health fair to address the needs and interest from our membership. Please give the students and their instructor (Penni Wilson) a warm welcome when you see them around the building. They will be participating in some programs on September 26 and 27 to get to know our members and programs.





FALL 2011 - Classes & Special Programs

In order to take advantage of the Nord-Bridge member price for the programs, a current 2011 membership is required. The course registration fee must be paid in full prior to the start of class.

Arts & Crafts Programs

Paper Tole - Advanced Class (Wednesday)

This class is for art enthusiasts who enjoy the craft of creating three-dimensional pictures from art prints. Participants in this class take more than 1 of the same art print and cut, shape, mold and elevate to make the prints three dimensional. This class is an advanced class, and just for fun as everyone helps each other.

Begins: Wednesday, September 14	Location: West Community Room
Time: 10:00 am to 3:00 pm	Instructor: Hazel Harvie
Fee: Members: \$15.00 Non-Members: \$25.00	Maximum 16 students
This is a continuation from the Winter 2011 Class - Class is Full	

Paper Tole - Advanced Class (Friday)

To register for this advanced class, paper tole experience is necessary.

Begins: Friday, September 16	Location: West Community Room
Time: 10:30 am to 4:00 pm	Maximum 16 Students
Fee: Members: \$15.00 Non-Members: \$25.00	
This is a continuation from the Winter 2011 Class - Class is Full	

Oil Painting

This course is designed to acquaint the novice to oil paint, brushes and the wet on wet painting technique of oil painting, without the expense of buying equipment and materials. Materials supplied: the use of easel, paint & thinner, brushes, paint board & the instruction video or DVD disc. (Also a picture provided by the instructor to guide the student, while painting their picture). This course is ideal for the person who wishes to learn to paint for fun but is not necessarily interested in going to art school. *Supply fee for each session is \$20.00 & \$5.00 for video/DVD (\$5.00 is refunded when you return the video/DVD). Procedure: At home watch the picture to be painted (on video or DVD). Come to class and paint the picture step by step with the instructor available at all times. The student will complete the picture in three hours or less. The series contains six pictures.

Session 1

Thursday Morning Class

Begins: Thursday, September 22	Ends: October 27	Location: West Community Room
Time: 9:00 am - 11:30 am		Instructor: Yosh Hattori

Thursday Afternoon Class

Begins: Thursday, September 22	Ends: October 27	Location: West Community Room
Time: 1:00 pm - 4:00 pm		Instructor: Yosh Hattori

Session 2

Thursday Morning Class

Begins: Thursdays, November 3	Ends: December 8	Location: West Community Room
Time: 9:00 am to 11:30 am		Instructor: Yosh Hattori

Thursday Afternoon Class

Begins: Thursdays, November 3	Ends: December 8	Location: West Community Room
Time: 1:00 pm to 4:00 pm		Instructor: Yosh Hattori

PRICES FOR EACH OIL PAINTING Class & Maximum Students Allowed are:

Fee: Members: \$30.00 Non-Members: \$40.00 Maximum: 12 Students

Woodcarving

In this class you will learn the art of carving wood. You will be able to create your own carved projects. Beginning students who have little or no experience in carving are welcome. Come join us for an adventure in Woodcarving. This class is ongoing so you can register and join anytime.

Begins: Thursday, September 15

Location: Craft Room

Time: 1:00 pm - 3:30 pm

Fee: Members: \$10.00 Non-Members: \$18.00

Watercolor I. (Beginners - For those who have not painted before)

This is a fun relaxed social class, learning the basics of watercolor. The goal is to enjoy the 6 weeks! There will be new projects and handouts each week. Having fun and keeping the cost low is the main emphasis. No need to bring anything to the first class (a supply list will be given at the first class).

Session 1

Begins: Wednesday, Sept 21 - Oct 26 (6 Weeks)

Location: Craft Room

Time: 10:00 am – 12:00 pm

Instructor: Glenice Caffyn

Fee: Members: \$15.00 Non-Members: \$25.00

Maximum 6 students

Session 2

Begins: Wednesday, Nov 9 - Dec 14 (6 Weeks)

Location: Craft Room

Time: 10:00 am - 12:00 pm

Instructor: Glenice Caffyn

Fee: Members: \$15.00 Non-Members: \$25.00

Maximum 6 students

Stampin Up Christmas Cards

Add a personal touch this year to your Christmas Cards. Learn how to make beautiful and creative Christmas cards through stamping techniques. Participants will make a total of 10 cards during the series of classes. The instructor will provide most of the materials for the class, however some supplies will be required (a supply list will be available upon registration).

Begins: Date TBA

Location: South View Meeting Room

Time: 1:00 pm - 3:00 pm

Instructor: Jeannie Ng

Fee: Members: \$10.00 Non-Members: \$18.00

Maximum: 6 students

ART CLUB**Watercolor Club**

The Watercolor Club is a group of painters who have been meeting on a regular basis, sharing ideas, techniques and resources. While our primary purpose is to paint; it is important that the group retain its friendly, positive, encouraging atmosphere. The group plans to have occasional one day workshops, and would welcome artists who would be willing to teach. The Watercolor Club meets every Tuesday afternoon at 1:00 pm. For information on this club please talk to the co-coordinators Sandy Baceda and Bea Crawford.

The Watercolor Club is a continuation from the Winter 2011 program - Club is full

Fitness Programs

Clogging

Clogging is an American folk dance that is similar to tap dancing. Clogging is done to almost any kind of upbeat music. Country & traditional bluegrass music are the most popular. Clogging is a great form of exercise, so come out and try this form of dancing. Program runs for 10 weeks in the West Community Room starting October 4, 2011.

Begins: Tuesday, Oct 4	Time: 10:00 am	Intermediate Class
Begins: Tuesday, Oct 4	Time: 11:00 am	Advanced Class
Fee: Members: \$42.00	Non-Members: \$50.00	Instructor: Sandy Nowell
Drop In Fee: \$5.00 Members	\$6.00 Non-Members	Location: West Community Room

Roll and Stroll Walkers

Join this active group of walkers who walk each week around different parks and pathways throughout our beautiful city. Every Wednesday our walkers choose a different location to walk. Enjoy the beautiful paths of Henderson Lake, Nicholas Sheran Park, Indian Battle Park or stroll through around one of the several man-made lakes we have around the city. On days that the weather does not cooperate the group will walk indoors (ie. Shopping Malls)

Begins: Wednesday, September 7	Time: 9:30 am
Fee: Participants of this program are responsible for the cost of transportation on the "Go Friendly Shuttle". Please see the front desk for more information.	

Social Dance

Tap your toes when you hear music and feel like dancing? This class includes social dance, beginner country, basic Latin & much more! No partner is required & everyone is welcome.

Begins: Tuesdays, September 6	Location: Multi-Purpose Hall
Time: 7:00 pm	Instructor: Karen Hooper
Fee: Monthly registration or \$7.00 per class	**No Class on September 20, 2011**

Line Dancing

Line Dancing is a relaxed and fun form of country and western dancing, and you don't need a partner. Also, it is excellent exercise for both body and mind. Just one stipulation – you MUST enjoy music (we use various music types, not just country)! Join us or just drop by to enjoy the music.

Begins: Wednesday, September 21	Location: Multi-Purpose Hall
Time: 11:30 am - 12:30 pm	Instructor: Della Howg

Fitball

As a partnership between Nord-Bridge Senior Centre and Alberta Health Services, this group exercise class will involve a variety of movements intended to stimulate the mind & body by using a combination of tools, including fitballs, tennis balls and bodyweight resistance. Build confidence in your strength and balance while you challenge yourself within your individual level of fitness and coordination. This class runs twice a week (Mondays and Wednesdays) for 1 hour, a qualified instructor will guide you through a session that blurs the line between work and play.

Begins: (Mondays & Wednesdays) October 31 (6 Weeks)	Location: Multi-Purpose Hall
Time: 3:00 pm - 4:00 pm	Instructor: TJ Dunn (AHS)
Fee: Members: \$18.00	Non-Members: \$25.00
Drop-in: Members: \$2.00/class	Non-Members: \$3.00
	Maximum: 12 Students

Yoga/Pilates

This class offers an opportunity for students to strengthen the body/mind connection. The instructor will explore aging, anatomy, meditation, breathing and relaxation. Asanas [postures] are slow gentle movements done in a non-intimidating friendly manner. Participants are asked to wear loose clothing and bring a yoga mat. Pilates class focuses on increasing the strength of the 'core' muscle group. Core muscles are the abdominals, glutes, and upper legs. They are the key for stability, balance, good posture and also aid in the reduction of injuries. All Pilates classes are beginner to intermediate friendly.

Session 1

Monday Class: Yoga

Begins: Monday, September 19
Time: 9:00 am

Ends: October 31
No Class on Oct 10

Location: West Community Room
Instructor: Urszula Hebert

Wednesday Class: Yoga

Begins: Wednesday, Sept 21
Time: 8:20 am

Ends: October 26

Location: West Community Room
Instructor: Urszula Hebert

Friday Class: Yoga/Pilates

Begins: Friday, September 23
Time: 9:00 am

Ends: October 28

Location: West Community Room
Instructor: Urszula Hebert

Session 2

Monday Class: Yoga

Begins: Monday, November 7
Time: 9:00 am

Ends: December 12

Location: West Community Room
Instructor: Urszula Hebert

Wednesday Class: Yoga

Begins: Wednesday, November 2
Time: 8:20 am

Ends: December 7

Location: West Community Room
Instructor: Urszula Hebert

Friday Class: Yoga/Pilates

Begins: Friday, November 4
Time: 9:00 am

Ends: December 16
No Class Nov 11

Location: West Community Room
Instructor: Urszula Hebert

PRICES FOR EACH YOGA SESSION & Maximum Students Allowed are:

Fee: Members: \$15.00

Non-Members: \$20.00

Maximum: 12 Students

Exercising with Arthritis

This is a group exercise class focusing on individuals with osteoarthritis. The class is offered in a partnership between Alberta Health Services and Nord-Bridge. The instructor TJ Dunn is a Kinesiologist with Alberta Health Services. TJ will teach participants various strengthening and "range of movement" exercises. Along with the exercises, an education component will be taught to help participants manage their chronic condition.

Begins: Tuesday, November 1 (6 Weeks)

Location: Multi-Purpose Hall

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

Fee: Members: \$12.00

Non-Members: \$24.00

Maximum: 12 Students

Drop-in: Members: \$3.00/class

Non-Members: \$5.00

Tai Chi - Chi Kung

Three reasons to come to a Chi Kung class !!! To loosen up and relax; to breathe deeply and improve your health; and to enjoy a wonderful journey of less stress, relaxation, increased energy, better flexibility and balance, improved circulation and co-ordination and increased focus and concentration. Anyone, regardless of age, ability or fitness level will enjoy the benefit and flow of these simple exercises. They can be done either standing or seated. What are you waiting for? Come and find out for yourself. First class is free.

Tuesdays

Session 1 (12 Weeks)

Begins: Tuesday, September 20 Ends: December 6 Time: 11:00 am - 12:00 noon
 Fee: Members: \$88.00 Non-Members: \$110.00 Location: Multi-Purpose Hall

Wednesday Evenings

Session 1 (12 Weeks)

Begins: Wednesday, Sept 21 Ends: December 7 Time: 6:30 pm - 7:30 pm
 Fee: Members: \$88.00 Non-Members: \$110.00 Location: Multi-Purpose Hall

Tai Chi Chuan Yang Style Long Form

For those who want a bit more of a challenge Tai Chi Chuan is a wonderful experience of learning and enhanced well being. In other words you just feel good after the class. Often called "meditation in motion" this ancient, Chinese movement ritual will help you live your life with less stress and more relaxation, increased energy, better flexibility and balance, improved co-ordination and increased focus and concentration. First class is free.

Wednesday Evenings

Session 1 (12 Weeks)

Begins: Wednesday, Sept 21 Ends: December 7 Time: 7:45 pm - 8:45 pm
 Fee: Members: \$88.00 Non-Members: \$110.00 Location: Multi-Purpose Hall

Keep Fit - Adapted Aerobic Class **

This class is geared toward a gradual and safe improvement in fitness levels. Class instruction will focus on aerobic conditioning, toning & stretching. This is a fun, safe, enjoyable effective exercise class specifically designed for the active senior.

*This class is for members only

Begins: Tuesday, September 20 Location: Multi-Purpose Hall
 Time: 10:00 am Instructor: Nancy Berlando

Keep Fit - Strength & Flexibility Class **

Want to tone & shape your muscles? This class is geared to develop muscular strength and endurance. Light hand weights and mat work will be utilized in this class. Movements will focus on how to reduce bouncing, jarring & impact and to increase energy.

*This class is for members only

Begins: Thursday, September 22 Location: Multi-Purpose Hall
 Time: 1:30 pm Instructor: Urszula Hebert

Computer Classes

The following computer classes are offered through a co-operative program between Lethbridge Community Network and Nord-Bridge Senior Centre.



Basic Computer & Internet

A basic course, no minimum skill or qualifications to participate. This course is intended to be an entry level introduction to using a computer and using the Internet. This course introduces the student to 'Windows' and how to manage the programs. Learn how to search on the Internet. Each student will create and learn how to use an e-mail account. Students will also learn how to use a scanner to scan photos or documents into the computer; be sure to bring in some photos/documents that you would like to have scanned. Basic word processing will also be taught in this course.

Begins: October 12, 14, 19, 21, 26 & 28

Location: Computer Room

Time: 9:00 am - 12:00 pm

Instructor: LCN

Fee: Members: \$40.00 Non-Members: \$45.00 Maximum: 6 Students

Ask the Computer Guy

This course is intended for individuals who have a basic understanding/knowledge about operating a computer and navigating the Internet. The course will explore more advanced 'Windows' management and Internet / E-mail focus. You will learn about the different search engines you can use on the Internet and safe practices while you are online. Another key component to this class will be designated time to ask questions about your computer needs.

Begins: November 23, 25, 30 & December 2, 7 & 9

Location: Computer Room

Time: 9:00 - 12:00 pm

Instructor: LCN

Fee: Members: \$40.00 Non-Members: \$50.00 Maximum: 6 Students

Recording Your Ancestry / Intro to Genealogy, 101

This introductory course into recording and researching family history is intended to assist seniors in creating, on computer, a personal family record. You will be introduced to various free and / or low cost software available to record personal and family histories. You will also learn basic information on free Internet and library sites available to do research. Sites are generally established by governments (around the world), family history organizations, and some profit based companies. GENEALOGY / FAMILY HISTORY IS THE MOST USED ACTIVITY ON THE INTERNET. Minimal computer familiarization is needed. You can use the Nord-Bridge computer lab, or bring your own laptop. All you will really need is your own flash drive, available at any office supply business, to save your information. This is a FREE CLASS.

Begins: Wednesday, September 28 (6 weeks)

Location: Computer Room

Time: 1:30 - 3:30 pm

Maximum: 6 Students

Instructor: Diane Wall (Lethbridge Family History Centre)

Health/Education Programs

Nord-Bridge hosts several health/educational information sessions throughout the year. Presentations and programs such as Alzheimer's awareness, Heart and Stroke awareness, Fraud Prevention/Identity Theft, and Seniors Week activities will all be planned. Please refer to the monthly Newsletter for dates and times of these various health and education programs.

Fitness 55 Club

Here we grow again! With over 250 members attending the Fitness 55 Club, we have decided to add three new pieces of equipment!

- **AB Coaster**

The AB Coaster targets your upper and lower abdominals and obliques. The natural arc motion creates a constant core contraction.



- **Leg Extension**

The Leg Extension machine primarily targets your quadriceps. This machine compliments the Leg Curl machine we already have in the Fitness 55 Club
this machine is on order



- **Chest Press**

The Chest Press machine primary focus is to work your pectoral muscles in your chest. This machine also enlists the help of you shoulders and triceps.
this machine is on order



NORD-BRIDGE SENIORS FITNESS 55 PLUS CLUB

The "Fitness 55 Club" operates on a special pass program. A current year paid in full Nord-Bridge membership* is required (\$45 per year) plus a special pass user fee will be charged to access the fitness room. The fee will assist Nord-Bridge with fitness room capital costs and ongoing maintenance.

The "Fitness 55 Club" offers something for everyone. We have included a wide variety of cardio-vascular equipment for all physical abilities (4 treadmills, 2 ellipticals, 2 recumbent bikes, 2 upright bikes, and 1 recumbent elliptical). All the cardiovascular equipment is low impact and senior friendly. We have also included a wide variety of strength equipment in the "Fitness 55 Club". There is a multi-jungle machine which offers 4 stations for upper body strengthening. There are two separate machines that are devoted for lower body strengthening. Also there is a selection of free weights for muscle strengthening. Two Vibration Trainers are also available for Fitness 55 Club members

FEES

Annual Pass - \$180*

Monthly Pass - \$18*

20 Visit Pass - \$25*

*Plus a \$10 refundable deposit on the electronic access key fob.

HOURS

Fitness 55 Club hours
of operation
are from 8:30 am - 4:30 pm.
Monday - Friday



All Nord-Bridge members are invited to visit the new FITNESS 55 CLUB. Prospective Nord-Bridge members are welcome to a free orientation to the Fitness 55 Club by booking an appointment with the Seniors Programmer or come and visit our volunteer

Jim Scott (certified Personal Training Specialist & Older Adult Specialist) on Wednesdays from 9:00 am - 11:00 am

*Membership is available if either you or your spouse is 55 or older.



Nord-Bridge Senior Centre
 1904 13 Avenue, North Lethbridge
 Phone: 329-3222

Outreach Program

Nord-Bridge Seniors Outreach Program provides special programs to Seniors 55+. Monthly socials are organized the 3rd Monday of each month. Transportation is available to and from home (provided participants mobility is good because our "GO FRIENDLY SHUTTLE" is not wheelchair accessible). A small cost is applied to these monthly socials to help with food and related expenses.

September 19, 2011 1:30 pm Program: Y'All Come Back—Welcome Back to School
 Entertainment - TBA

October 17, 2011 1:30 pm Program: Harvest of the Cornucopia - A Time of Thanks
 Entertainment - Oscar & Yvonne

November 21, 2011 1:30 pm Program: Snowman & Snowflakes
 Entertainment - Bonnie Laurien

December 12, 2011 1:30 pm Program: Let's Party with Mr. & Mrs. Claus
 Entertainment - Handbells

Social Functions

Come out and join companionship and good food at the same time. Everyone is welcome to attend these events (please note there is a charge to attend these events) dates are as follows:

Friday, August 26, 2011	Whoop-Up Fest	6:30 pm
Monday, September 12, 2011	Birthday Party	2:30 pm
Tuesday, September 20, 2011	3rd Annual Nord-Bridge President's Dinner & Auction	4:00 pm
Friday, October 7, 2011	Thanksgiving Day Luncheon	11:30 am
Friday, December 2, 2011	Annual Bake Sale	11:30 am
Tuesday, December 6, 2011	Christmas Entertainment Show Entertainment by: Country Blend	7:30 pm
Friday, December 9, 2011	Christmas Luncheon	11:30 am