



Nord-Bridge Senior Centre

1904 13 Ave. North

Lethbridge, Alberta

Phone: 329-3222

2011 WINTER PROGRAM



Nord-Bridge Senior Citizens Association
Officers and Staff

Executive Committee

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

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Eva Deringer	Helen Gepneris	Elaine Molyneux
Al Frohlick	Pat Kincade	Donna Takeda

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Reception Supervisor	Valerie Arkinstall
Head Chef	Bonnie Jadeske
Chef	Mark Wuerfel
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...

\$26.00 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 - Helen Gepneris, Convener

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 - Nadine Taylor & Victor Boychuk, Conveners

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 - Dan Deringer, Convener

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 - Bob Wasilenko, 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 and 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.

Bocce - Clay Olsen, Convener

Anyone interested in Bocce, should come out to the Nor-Bridge Lions Park at 6:30 pm (weather permitting) on Tuesdays and Thursdays. Bocce will start once the weather starts to warm up (April or May), for more information refer to our monthly Newsletter.

Golf - Harry Fischer, Convener

Bring your golf clubs on Tuesdays (weather permitting) at 9:00 am as the group heads out to various courses in and around the city. Watch for more information in the monthly Newsletters as to when the golf program will start.

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– Sharon Mudge & 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 South View Meeting Room. This program will start on January 18, 2011.

Scrabble - Jenny Oleksy, Convener

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, January 10, 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, January 24, 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 January 11, 2011.

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 January 13, 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 March 29 - May 26

Time: 9:30 am - 11:30 am

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

Location: Southview Meeting Room

Instructor: Jorge Ventura

Maximum: 10 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: January 12 (Wednesday), March 9 (Wednesday), May 11 (Wednesday) & June 29 (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: January 14, February 11, March (TBA), April 8, May 13, June 10, July 8, August 12, 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 January 5, February 2, March 2, April 6, May 4, June 1, July 6 & August 3 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 - Constables will sit down and chat with you about any questions you may have regarding law enforcement concerns. **No dates have been confirmed at this time, please refer to the monthly Newsletter for dates and times.**

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.

Community Volunteer Income Tax Program - If you are unable to complete your income tax and benefit return by yourself and are unable to pay for assistance, our Community Volunteer Income Tax Program may be for you. Each year volunteers from the community are trained by Canada Revenue to complete simple income tax returns. Volunteers do not complete income tax and benefit returns for deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. Please note volunteers cannot prepare returns for incomes over \$25,000 for a single person and \$30,000 for a couple. This program is offered from February to April, dates will be announced once volunteers are confirmed. Please see the front desk or check the Newsletter for start dates of this program. Appointments can be made at the front desk or by calling 403-329-3222. Income taxes can also be dropped off at Nord-Bridge (please make sure all your tax information is included along with your birth date, marital status and social insurance number). This is a FREE service; however donations to Nord-Bridge would be greatly appreciated.

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 \$2.00 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.



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WINTER 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, January 12	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 Fall 2010 Class - Class is Full

Paper Tole - Advanced Class (Friday)

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

Begins: Friday, January 14	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 Fall 2010 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, January 13	Ends: February 17	Location: West Community Room
Time: 9:00 am - 11:30 am		Instructor: Yosh Hattori

Thursday Afternoon Class

Begins: Thursday, January 13	Ends: February 17	Location: West Community Room
Time: 1:00 pm - 4:00 pm		Instructor: Yosh Hattori

Session 2

Thursday Morning Class

Begins: Thursdays, February 24	Ends: March 31	Location: West Community Room
Time: 9:00 am to 11:30 am		Instructor: Yosh Hattori

Thursday Afternoon Class

Begins: Thursdays, February 24	Ends: March 31	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: \$38.00 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, January 13

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 costs 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: Tuesday, January 18 - February 22 (6 Weeks)

Location: Craft Room

Time: 1:00 pm - 3:00 pm

Instructor: Glenice Caffyn

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

Maximum 6 students

Session 2

Begins: Tuesday, March 8 - April 12 (6 Weeks)

Location: Craft Room

Time: 1:00 pm - 3:00 pm

Instructor: Glenice Caffyn

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

Maximum 6 students

Expressive Watermedia

Develop a deeper understanding of the elements of visual design and challenge your creative comfort zone through this series of classes. Exercises are simple but thought provoking. Primary focus is on the exploration of color although attention is also given to the emotive power of other compositional elements. Bring your current watercolors and / or acrylic paints. Mixed media materials will be provided for in-class use.

Begins: Wednesday, January 19 - March 9 (8 Weeks)

Location: Craft Room

Time: 1:00 pm - 4:00 pm

Instructor: Bev Mazurick

Fee: Members: \$18.00 Non-Members: \$28.00

Maximum 10 students

Butterflies and Dragonflies - Earrings, Pins, Magnets, etc

Learn how to make this environmentally friendly craft with Hazel. All you need is one empty 2L washed, clear pop bottle! Hazel will show participants how to cut the patterns, attach the design and pins or magnets. These make great gifts or beautiful accessories for you, friends and family members.

Begins: Thursdays, April 7 & 14

Location: South View Meeting Room

Time: 1:00 pm - 3:00 pm

Instructor: Hazel Harvie

Fee: Members: \$5.00 Non-Members: \$10.00

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 Community Room January 18 - March 22, 2011

Begins: Tuesday, Jan 18	Time: 10:00 am	Intermediate Class
Begins: Tuesday, Jan 18	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 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, January 12	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, January 11	Location: Multi-Purpose Hall
Time: 7:00 pm	Instructor: Karen Hooper
Fee: Monthly registration or \$7.00 per class	

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) January 17 (10 Weeks)	Location: Multi-Purpose Hall
Time: 3:00 pm - 4:00 pm	Instructor: TJ Dunn (AHS)
Fee: Members: \$30.00	Non-Members: \$40.00
Drop-in: Members: \$2.00/class	Non-Members: \$4.00
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, January 17	Ends: February 21	Location: West Community Room
Time: 9:00 am		Instructor: Urszula Hebert

Wednesday Class: Yoga

Begins: Wednesday, January 19	Ends: February 23	Location: West Community Room
Time: 8:20 am		Instructor: Urszula Hebert

Friday Class: Yoga/Pilates

Begins: Friday, January 21	Ends: February 25	Location: West Community Room
Time: 9:00 am		Instructor: Urszula Hebert

Session 2

Monday Class: Yoga

Begins: Monday, February 28	Ends: April 4	Location: West Community Room
Time: 9:00 am		Instructor: Urszula Hebert

Wednesday Class: Yoga

Begins: Wednesday, March 2	Ends: April 6	Location: West Community Room
Time: 8:20 am		Instructor: Urszula Hebert

Friday Class: Yoga/Pilates

Begins: Friday, March 4	Ends: April 8	Location: West Community Room
Time: 9:00 am		Instructor: Urszula Hebert

PRICES FOR EACH YOGA SESSION & Maximum Students Allowed are:

Fee: Members: \$15.00 Non-Members: \$20.00 Maximum: 12 Students

"Rockin Robics" Workout

Pull out the leg warmers and dust off the old vinyl records, because we're going back to the future in fitness. Groove on back to the 60's, 70's and 80's with some great retro music! This class incorporates low impact aerobics moves and effective core and muscle strength exercises using weights and balls, in this funky fun energetic workout! Get ready to Rock! (Participants will require good mobility and endurance.) This class is also open to non-members so members tell your adult kids, friends & neighbors!

Begins: Wednesdays, January 19	Location: Multi-Purpose Hall
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Time: 5:15 pm - 6:15 pm	Instructor: Nancy Berlando
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Fee: Member: \$25.00 Non-Member: \$40.00

Drop in: Member: \$3.00/class Non-Member: \$5.00/class

Please register at the Front Desk or call 403-329-3222 to register

Chi Kung

This particular Chi Kung consists of a series of 18 simple but highly effective exercises which can help to reduce stress, increase flexibility, create a feeling of wellbeing and promote the bodys natural healing energy with a focus on breathing. Easy to do, 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. Instructor is Nancy Berlando.

Tuesdays**Session 1 (8 Weeks)**

Begins: Tuesday, January 18 Ends: March 29 Time: 11:00 am - 11:45 am

Fee: Members: \$52.00 Non-Members: \$64.00 Location: Multi-Purpose Hall

No Class on February 22, March 1 & 8

Session 2 (8 Weeks)

Begins: Tuesday, April 5 Ends: May 24 Time: 11:00 am - 11:45 am

Fee: Members: \$52.00 Non-Members: \$64.00 Location: Multi-Purpose Hall

Wednesdays Evenings**Session 1 (8 Weeks)**

Begins: Wednesday, January 19 Ends: March 30 Time: 6:30 pm - 7:30 pm

Fee: Members: \$64.00 Non-Members: \$76.00 Location: Multi-Purpose Hall

No Class on February 23, March 2 & 9

Session 2 (8 Weeks)

Begins: Wednesday, April 6 Ends: May 25 Time: 6:30 pm - 7:30 pm

Fee: Members: \$64.00 Non-Members: \$76.00 Location: Multi-Purpose Hall

Keep Fit - Adapted Aerobic Class **

This class is geared toward a gradual & 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, January 18

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, January 20

Location: Multi-Purpose Hall

Time: 1:30 pm

Instructor: Urszula Hebert

*** For a complete workout, both Keep Fit Classes complement each other.*

Computer Classes

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



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: February 9, 11, 16 & 18

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: Tuesdays, February 15

Location: Computer Room

Time: 1:30 - 3:30 pm

Maximum: 8 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.

Some programs / presentations to look for are:

- January is Alzheimer's Awareness month. The Lethbridge and area chapter of the Alzheimer Society has partnered with Nord-Bridge Seniors Centre to present an information session / presentation in January.
- The Schizophrenia Society of Alberta Lethbridge and Area Chapter has offered to give a free presentation to people who are interested in learning about schizophrenia. A person with schizophrenia will be on hand to talk about their experience with being diagnosed, symptoms, medications and support they have received. Time will be allotted for the audience to ask question and try to clear up any misconceptions.
- March is Fraud Prevention month. A fraud and identity theft presentation from the Lethbridge Regional Police Service will take place sometime in March.
- Elder Abuse Awareness month is in June. A presentation from the Lethbridge Elder Abuse Response Network will be planned to educate participants on the different forms of elder abuse, how to recognize it and information / resources on where you can get advice and how abuse can be reported.

Nord-Bridge Seniors Fitness 55 Club Trainer

JIM SCOTT

Jim Scott's Bio

1945 - When a loaf of bread was - \$.09, a new car - \$732.00, a new home - \$8,131.00. A year of celebrity births - Rod Steward, Tom Selleck, Goldie Hawn and many others. A year that brought the end of the Second World War.

It's also the year I was born. Hi, my name is Jim Scott. I was born and raised in Nova Scotia until I was 16 years old. My family moved to Alberta where I completed High School.

I went into an apprenticeship program to be an electrician, and am still doing that today. I've always been interested in fitness since I was a kid. At fourteen my Dad sent for weights to be delivered from Montreal and from that day on I was pretty well hooked. Steve Reeves of the old "Hercules" movie was my hero.

As I grew older I thought it would be fun to "pass on" my knowledge and experience to others. My dream was to own my own gym someday. That quickly vanished as working long hours and raising 6 kids took all my time, energy and finances. More time passed - kids are all gone and married (I have 17 grandchildren) that gave me more time to take courses to become certified. I have taken a Fitness Instructors Course, a Personal Training Course and an Older Adult Course.

I was looking for an opportunity to "get started" with helping others, when Nord-Bridge established their new gym facilities. After visiting with Randy Smith and David Ng, it was agreed, for now anyways, that I would volunteer every Wednesday morning, working with and training members in proper exercise techniques and sound exercise principles. Through this experience I have met some wonderful people. People who want to energize themselves physically through proper exercise and good lifestyle management.

What a great opportunity for the folks at Nord-Bridge to have this wonderful facility. The equipment is great and the folks are awesome. I hope more will take advantage of this opportunity.

At the end of the day it's about wellness and growing old gracefully. Together we can make this happen.

See you at the gym, have fun, exercise smart.
Jim Scott, PTS, OAS



NORD-BRIDGE SENIORS FITNESS 55 PLUS CLUB

Welcome to the Nord-Bridge "Fitness 55 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 on-going 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 Pro-
grammer or come and visit our volunteer **Jim Scott (certified Personal Training
Specialist & Older Adult Specialist) on Wednesdays from 9:00 am - 11:00 am**

COME OUT AND GET FIT!!!

Lethbridge's newest fitness facility
Developed for adults 55 plus.

*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.

January 17, 2011	1:30 pm	Program: Bells and Balloons for the NEW YEAR! Entertainment - Oscar Odney & Yvonne
February 14, 2011	1:30 pm	Program: A Cupid Party Entertainment - TOM & KURT
March 21, 2011	1:30 pm	Program: The Luck of the Irish PARTY. Wearin' of the Green Entertainment - The Classic Legends
April 18, 2011	1:30 pm	Program: An Easter Parade Celebration. Wear your SPRING HAT Entertainment - Piano Music TBA
May 16, 2011	1:30 pm	Program: ANNUAL FASHION SHOW Entertainment - Nord-Bridge Music Makers
June 20, 2011	1:30 pm	Program: SUMMERFEST - Indoor Picnic Fun with Games & Food Entertainment - TBA

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, February 11, 2011	Valentines Luncheon	11:30 am
Monday, February 28, 2011	Entertainment Festival	1:30 pm
Monday, March 7, 2011	Birthday Party	2:30 pm
Thursday, March 17, 2011	In-House Awards Luncheon	11:30 am
Friday, March 25, 2011	Entertainment Festival & Banquet	6:00 pm
Monday, April 11, 2011	Entertainment Festival	1:30 pm
Friday, April 15, 2011	Easter Luncheon	11:30 am
Saturday, April 30, 2011	2nd Annual Miners Banquet	TBA
Friday, May 6, 2011	Mother's Day Luncheon	11:30 am
Friday, June 17, 2011	Father's Day Luncheon	11:30 am
TBA	Seniors Week Picnic	TBA
TBA	Whoop-Up Pancake Breakfast	TBA