



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

# WINTER PROGRAM 2012



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
Hal Osborn	Pat Kincade	Donna Takeda

**Staff**

Executive Director	Randy Smith
Financial Officer/Treasurer	Roberta Svennes
Seniors Programmer	David Ng
Sr. Administrative Assistant	Kathy Filkowski
Administrative Assistant	Shirley Trefan
Reception Supervisor	Valerie Arkinstall
Bookkeeper	Tracy Beauchemin
Head Chef	Bonnie Jadeske
Chef	Vacant
Kitchen Assistant	Gail Krysak
Janitorial	Marco Escobar

**NORD-BRIDGE Senior Citizens Association**

"The Friendly Centre"

1904 - 13<sup>th</sup> Ave. North Lethbridge, AB T1H 4W9

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

Web Page: [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)

Email: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)



**NORD-BRIDGE**  
SENIOR CITIZENS ASSOCIATION

**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. 2012 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 ride Breeze card..or...

\$25.00 for Monthly L.A. Transit Breeze card



## **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.

## **Drop - In Activities cont.**

### 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 at 1:00 pm. *Bridge will also start playing Mondays in the West Community Room at 1:00 pm.* 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 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 January 3, 2012.

## **Cards & Board Games cont.**

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.

## **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 9, 2012.

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 10, 2012 .

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 Craft Room every Monday starting January 23, 2012 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 January 12, 2012.

## **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!

## **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 (**Seniors Helping Seniors**) are on hand to help fill out any government forms. Nord-Bridge also is home to an information officer with Alberta Seniors. 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 in 2012: February 8 (Wednesday), April 4 (Wednesday), and May 30 (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 13, February 10, March 9, April 13, May 11, June 8, July 13, August 10, September 14, October 12, November 9, & December 14. 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 11, February 1, March 7, April 4, May 2, June 6, July 4 & August 1 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 January 11, February 8, March 14, April 11 and May 9. Please note on Constable Vonkeman's March 14th visit he will give a "Wise Owl Fraud Prevention" presentation.

**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 to the monthly Newsletter for dates and times.**



## **Seniors Assistance Programs Continued**

**Friendly Shoppers Program** - Take advantage of 15% Tuesdays (first Tuesday of each month) at local grocery stores with our new "Friendly Shoppers Program". This service is very important for members who require assistance and transportation to the grocery stores. The Friendly Shoppers program requires volunteers who are willing to drive their own car to take a shopping buddy to get their groceries. There will be a sign up sheet at the front desk for volunteer drivers and seniors who need this assistance. For more information please see Val at the Front Desk.

**Norene Easthope** - Information Officer with Alberta Seniors is now located inside Nord-Bridge Seniors Centre! Visit the office (beside 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.





## **Winter 2012 - Classes & Special Programs**

In order to take advantage of Nord-Bridge member price for the programs, a current 2012 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 11	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 2011 Class - Class is Full\*

#### **Paper Tole - Advanced Class (Friday)**

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

Begins: Friday, January 13	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 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, January 12	Ends: February 16	Location: West Community Room
Time: 9:00 am - 11:30 am		Instructor: Yosh Hattori

##### Thursday Afternoon Class

Begins: Thursday, January 12	Ends: February 16	Location: West Community Room
Time: 1:00 pm - 4:00 pm		Instructor: Yosh Hattori

#### **Session 2**

##### Thursday Morning Class

Begins: Thursdays, February 23	Ends: March 29	Location: West Community Room
Time: 9:00 am to 11:30 am		Instructor: Yosh Hattori

##### Thursday Afternoon Class

Begins: Thursdays, February 23	Ends: March 29	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, January 12

Location: Craft Room

Time: 1:00 pm - 3:30 pm

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

**Watercolor I. (Beginners)**

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, March 14 - April 18 (6 Weeks)

Location: Craft Room

Time: 10:00 am – 12:00 pm

Instructor: Glenice Caffyn

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

Maximum 7 students

**Session 2**

Begins: Wednesday, May 2 - June 6 (6 Weeks)

Location: Craft Room

Time: 10:00 am - 12:00 pm

Instructor: Glenice Caffyn

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

Maximum 7 students

**Beginner Ukrainian Easter Eggs**

Basic patterns are drawn on eggs with wax, which protects the covered areas from the dye that is applied. By repeating this process with different colors of dye, a multi-colored pattern is built up. Finally, the wax is removed to reveal the colors that were covered up at each stage. All Materials for this class will be provided for you.

Begins: Thursday, March 15 & 22

Location: Small Craft Room

Time: 1:00 pm

Instructor: Berniece Pavan

Fee: Members: \$30.00 Non-Members: \$40.00

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 in the Craft Room. For information on this club please talk to the co-coordinators Sandy Baceda and Bea Crawford.

\*\*The Watercolor Club is a continuation from the Fall 2011 program - Club is full\*\*

## **Art Club cont.**

### **Knitters Koffee Klub**

Calling all knitters, crochet, crafters... We would like to invite you to meet with us on a weekly basis for a social get together. Bring your own work projects to work on and ideas to be shared. Our klub will meet every Wednesday in the Craft Room from 1:00 pm - 3:00 pm starting on January 11. For more information please see David at the Front Desk or talk to the co-coordinators Jo-Ann Adams and Anette Vogl.

### **Quilters Group**

Are you interested in getting together with other quilters one day a week? You would need to have basic quilting skills as this is not a class. This would be a group that would show and share while having someone to talk to with similar interests. You wouldn't need a machine every week. We will work on our own projects and maybe we could do some charity quilts. Our group will meet every Wednesday in the Southview Meeting Room from 1:00 pm - 3:00 pm starting January 18. For more information please see David at the Front Desk or talk to the coordinator Marilyn Martens.

### **New to You Greeting Cards**

If you can cut along the lines you're hired! The "New To You Greeting Cards" is a new craft group forming and invites all members to participate. The group will use parts of used greeting cards which will be recycled onto new cardstock and envelopes and sold in our "Craft Boutique". This program will start on Thursday, January 12 at 10:00 am in the Small Craft Room. If you are interested or would like more information please see David at the Front Desk or talk to Pat Kincade. This project should be fun and interesting as well as profitable for Nord-Bridge.

## **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 January 17, 2012

Begins:	Tuesday, Jan 17	Time: 10:00 am	Intermediate Class
Begins:	Tuesday, Jan 17	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 Wednesday morning 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, January 11 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.

## **Fitness Programs cont.**

### **Social Dance**

Do you 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 10

Location: Multi-Purpose Hall

Time: 7:00 pm

Instructor: Karen Hooper

Fee: Monthly registration or \$7.00 per class

### **Line Dancing (AM Class)**

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, January 18

Location: Multi-Purpose Hall

Time: 11:30 am - 12:30 pm

Instructor: Della Howg

\*\*No Class on January 25, 2012\*\*

### **Line Dancing (PM Class)**

Line Dancing is a great way to satisfy some of your dance, socializing and exercise needs. Along with enjoying a wide variety of upbeat music, country and modern, you may also notice the added benefits of uplifted spirits and well-being. Have fun learning beginner to more advanced line dancing with no partner required.

Begins: Wednesday, January 11

Location: West Community Room

Time: 7:00 pm

Instructor: June Dash

Fee: Monthly registration or Member \$3.00 per class, Non-Member \$8.00 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 30 - April 18

Location: Multi-Purpose Hall

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

Fee: Members: \$30.00      Non-Members: \$45.00

Maximum: 12 Students

Drop-in: Members: \$2.00/class      Non-Members: \$4.00

\*\*Please note there are no classes on February 13 (Mon), February 20 (Mon), March 19 (Mon), and April 9 (Mon).

### **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, January 24

Location: Multi-Purpose Hall

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

Fee: Members: \$24.00      Non-Members: \$40.00

Maximum: 12 Students

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

## 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 16	Ends: February 27	Location: West Community Room
Time: 9:00 am	*No Class February 20*	Instructor: Urszula Hebert

#### Wednesday Class: Yoga

Begins: Wednesday, January 18	Ends: February 22	Location: West Community Room
Time: 8:20 am		Instructor: Urszula Hebert

#### Friday Class: Yoga/Pilates

Begins: Friday, January 20	Ends: February 24	Location: West Community Room
Time: 9:00 am		Instructor: Urszula Hebert

### Session 2

#### Monday Class: Yoga

Begins: Monday, March 5	Ends: April 16	Location: West Community Room
Time: 9:00 am	*No Class on April 9	Instructor: Urszula Hebert

#### Wednesday Class: Yoga

Begins: Wednesday, February 29	Ends: April 4	Location: West Community Room
Time: 8:20 am		Instructor: Urszula Hebert

#### Friday Class: Yoga/Pilates

Begins: Friday, March 2	Ends: April 13	Location: West Community Room
Time: 9:00 am	*No Class April 6*	Instructor: Urszula Hebert

### Session 3

#### Monday Class: Yoga

Begins: Monday, April 23	Ends: June 4	Location: West Community Room
Time: 9:00 am	*No Class on May 21	Instructor: Urszula Hebert

#### Wednesday Class: Yoga

Begins: Wednesday, April 11	Ends: May 16	Location: West Community Room
Time: 8:20 am		Instructor: Urszula Hebert

#### Friday Class: Yoga/Pilates

Begins: Friday, April 20	Ends: May 25	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**



**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.

**Session 1**Tuesdays

Begins: Tuesday, January 24      Ends: March 27      Time: 11:00 am - 12:00 noon

Wednesday Evenings

Begins: Wednesday, January 25      Ends: March 28      Time: 6:30 pm - 7:30 pm

**Session 2**Tuesdays

Begins: Tuesday, April 3      Ends: May 29      Time: 11:00 am - 12:00 noon

Wednesday Evenings

Begins: Wednesday, April 4      Ends: May 30      Time: 6:30 pm - 7:30 pm

**PRICES FOR EACH TAI CHI - CHI KUNG SESSION and LOCATION:**

**Fee: Members: \$72.00      Non-Members: \$90.00      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.

**Session 1**Wednesday Evenings

Begins: Wednesday, January 25      Ends: April 11      Time: 7:45 pm - 8:45 pm

**Session 2**Wednesday Evenings

Begins: Wednesday, April 4      Ends: May 30      Time: 7:45 pm - 8:45 pm

**PRICES FOR EACH TAI CHI CHUAN YANG STYLE LONG FORM SESSION and LOCATION:**

**Fee: Members: \$72.00      Non-Members: \$90.00      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, January 24

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 19

Location: Multi-Purpose Hall

Time: 1:30 pm

Instructor: Urszula Hebert

\*No Class on March 8 and April 19

\*\* 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.

### **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: February 29. March 2, 7, 9, 14, 16

Time: 9:00 am - 12:00 pm

Fee: Members: \$40.00

Non-Members: \$50.00

Location: Computer Room

Instructor: LCN

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: April 11, 13, 18, 20, 25, 27

Time: 9:00 - 12:00 pm

Fee: Members: \$40.00

Non-Members: \$50.00

Location: Computer Room

Instructor: LCN

Maximum: 6 Students

### **Recording Your Ancestry - Advanced Genealogy**

This advanced course into recording and researching family history is intended to assist seniors with more advanced searches on the computer for their personal family records. This class will focus on European and Eastern Canada research. 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.

Begins: T.B.A. (Please see Front Desk for more information) Location: Computer Room

Time: T.B.A.

Fee: \$5.00

Maximum: 6 Students

Instructor: TBA (Lethbridge Family History Centre)

# 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 three separate machines that are devoted for lower body strengthening, as well as a Chest press for your upper body. 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 3<sup>rd</sup> 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 16, 2012	1:30 pm	Program: A Mexican Fiesta Entertainment - Spanish Music & Picture Show
February 13, 2012	1:30 pm	Program: A Cupid Party with Tom and Curt
March 19, 2012	1:30 pm	Program: Leprechaun Party! Entertainment - T.B.A.
April 16, 2012	1:30 pm	Program: Spring Fling Fun - Wear your special bonnet or hat! Entertainment - T.B.A.
May 14, 2012	1:30 pm	Program: How does your Garden Grow? Entertainment - T.B.A.

## **Social Functions**

Come out and enjoy 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:

Wednesday, January 25, 2012	Richard Popovich "Sheriff Show"	12:30 pm
Friday, February 10, 2012	Valentines Day Luncheon	11:30 am
Friday, March 9, 2012	Moon Dancer Concert	T.B.A.
Thursday, March 15, 2012	In-House Awards Luncheon	11:30 am
Friday, March 23, 2012	Spring Luncheon	11:30 am
Friday, March 30, 2012	Country Jamboree with KFC Trevor Panczak performing	T.B.A.
Tuesday, May 1, 2012	3rd Annual Miner's Banquet	T.B.A.
Friday, May 11, 2012	Mother's Day Luncheon	11:30 am
Friday, June 15, 2012	Father's Day Luncheon	11:30 am