

**April, 2011**

## 2010-2011 NORD-BRIDGE SENIORS

	<u>Executive</u>
President	Harry Fischer
Vice-President	Jim Hahn
Treasurer	Roberta Svennes
Secretary	Linda Liptak
Past-President	Clay Olsen

	<u>BOARD OF DIRECTORS</u>	
<u>First Year</u>	<u>Second Year</u>	<u>Third Year</u>
Eva Deringer	Gordon Kometz	Mike Bennett
Pat Santa	Elaine Molyneux	Helen Gepneris
Hal Osborn	Donna Takeda	Pat Kincade

	<u>ADMINISTRATIVE STAFF</u>
Executive Director	Randy Smith
Sr. Administrative Ass't	Kathleen Filkowski (Wed, Thur, Fri)
Administrative Assistant	Shirley Trefan (Mon, Tues, Wed)
Financial Officer	Roberta Svennes
Financial Assistant	Bob Bunn (Volunteer)
Reception Supervisor	Valerie Arkininstall
Seniors Programmer Rec., Health, Education	David Ng
Rentals	Kathleen Filkowski / Shirley Trefan
Cooks	Bonnie Jadeske / Bob Wan
Kitchen Asst. / DR Cashier	Gail Krysak
Janitorial	Marco & Carla Escobar (Skyview Window Cleaning & Bldg. Mtce.)

### ON-SITE PARTNER PROGRAMS & SERVICES

Alberta Seniors	Norene Easthope	403-381-5469 or 1-877-644-9992
FSNA	Allyn Mills	403-328-0801
Leth. Community Network (Public Computers Supply & Maintenance)	Jim Campbell	403-317-7799

### **PROGRAMS, COMMITTEES, CONVENERS, & BOARD REPRESENTATIVES\***

(\* indicates individual on Board responsible for Program Area)

#### ADMIN. PROGRAMS

By-Laws & Policies Comm.	Linda Liptak * (Chair), Harry Fischer, Gordon Kometz
Crafts Boutique	Heather Newsham, Bob Bunn (Financial)
Finance Committee	Roberta Svennes * (Chair), Jim Hahn, Phil Story, Clay Olsen, Harry Fischer, Mike Bennett
Memberships	Shirley Trefan
Newsletter	Kathy Filkowski (Production), Bob Bunn (Sales)
Nominations Committee	Dan Deringer (Chair), Mary Potvin, Clay Olsen *

#### CARDS & BOARD GAMES

Contract Bridge	Mike Bennett*, Board Rep
Crib	Kathy Ludwig
Euchre	Mike Bennett, Vi Segouin
Military Whist	Rodney Foster
Norwegian Whist	Ruth Balogh
Trump Whist	Vi Segouin
Scrabble	Marilyn Saunders
<u>EDUCATION</u>	Jennie Oleksy
Oil Painting	Pat Kincade*, Board Rep
Paper Tole	Yosh Hattori
Wood Carving	Hazel Harvie
Watercolor	Don Johnson
Easter Chocolates	Glenice Caffyn
Pysanky Easter Eggs	Hazel Harvie
	Berniece Pavan

#### Other Education Programs

Computer Training  
Library  
Mind Joggers

#### FUNDRAISING

##### GAMING

Casino Coordinator  
In-House Bingo Coordinators

Monday Jam Draws  
Winners Bingo Rep / Coord  
Winners Bingo Alternate

##### HEALTH & FITNESS

Keep Fit Classes  
Chi Kung  
Yoga / Pilates  
Fitball

Fitness 55 Club

##### OUTREACH

Bereavement Cards  
Get Well Cards  
Keep-in-Touch Program  
Outreach Program

##### SOCIAL ACTIVITIES

Social Activities Staff Liaison  
Decorations  
Monday Music Jams  
Senior Music Makers  
Socials Committee & Specials  
Social Dance  
Clogging  
Line Dancing

##### SPORTS & RECREATION

Bocce  
Carpet Bowling  
Darts  
Dragon Boat Team  
Floor Curling  
Golf  
Pool  
Shuffleboard  
Table Tennis  
Tournament Awards Luncheon

##### TRAVEL

Travel Trip Bookings  
Bus Bookings  
Driver Co-ordination – Travel Trips  
Driver Co-ordination – Card Trips  
Vehicle (Bus 2) Maintenance

##### VOLUNTEERISM

Building Set-up Volunteers  
Volunteer Committee Chair  
Volunteer Committee Assistant

##### AFFILIATIONS

ACA Representative  
ASCSRA  
Economic Development Leth  
Health Education Presentations

Lethbridge Seniors Forum  
N-B/FSNA Income Tax Program  
SASCC (Srs. Centre Coalition)

(Various Other Committees)

Lethbridge Community Network  
Pauline Rapson  
Nadia Campbell, Jack Simmons,  
Ted Sillito

**Jim Hahn\*, Board Rep**  
**Pat Santa\*, Board Rep**

Mary Insley  
Shirley Cavanaugh & Frances  
Wallace

Jim Hahn, Blaine Hyggen  
Bonnie Hammond  
Leonard Hutchinson

**Elaine Molyneux\*, Board Rep**  
Urszula Hebert, Nancy Berlando  
Nancy Berlando  
Urszula Hebert

T. J. Dunn  
Jim Scott (Volunteer Trainer)

**Donna Takeda\*, Board Rep**  
Dianne David

Lydia Prokop  
Valerie Arkininstall

Mary Potvin  
**Eva Deringer\*, Board Rep**

David Ng  
Eva Deringer  
Doug Youngren

Barbara Stewart  
Eva Deringer

June Dash  
Sandy Nowell

Vacant  
**Helen Gepneris\*, Board Rep**

Clay Olsen  
Helen Gepneris  
Ken Bobinec  
Eileen Sawatsky

Nadine Taylor, Victor Boychuk  
Harry Fischer  
Dan Deringer

Clay Olsen  
Jerry Mikusek, Dave Bergen

Dan Deringer  
**Hal Osborn\*, Board Rep**

Valerie Arkininstall  
Kathy Filkowski, Shirley Trefan

Valerie Arkininstall  
Mike Bennett

Don Murfin  
**Jim Hahn\*, Board Rep**

Clay Olsen, Harry Fischer  
Elaine Molyneux

Vacant  
**Clay Olsen\*, Board Rep**

Harry Fischer, Mike Bennett  
Clay Olsen, Ron Kincade

Clay Olsen  
David Ng (through Alberta Health  
Services)

David Ng  
David Ng, Allyn Mills

Clay Olsen, Roberta Svennes,  
Harry Fischer, Randy Smith

(N-B Staff Representative(s))

View our Website  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
for information, photos, video, Newsletters and more.

### PRESIDENT'S REPORT

Hello Everyone;

In like a lamb, out like a lion. RIGHT? Look out for the end of March. Snow and MORE snow??? I hope not!

We held our Annual General Meeting March 2, 2011. I welcome PAT SANTA and HAL OSBORN to our BOARD and welcome back returning member EVA DERINGER. I look forward to their input over the next three years.

Our Canadian Volunteer Income Tax Program is in full gear and running smoothly. We now have six volunteers here on a daily basis to help you with your return. Please make an appointment with SHEILA BRUST.

Congratulations to our members that participated and won at the ALBERTA 55+ SENIOR GAMES in St. Albert. Also, congratulations to all participants and winners in our own IN-HOUSE TOURNAMENTS.

Thanks to everyone who assisted with the "Old West Favourites 2" performances. Nord-Bridge's share of the profits was in excess of \$13,000. Good job!

Spring is here and, therefore, people are thinking about yard clean-up. Hopefully, we'll be able to get to that soon. Whatever your circumstances, you deserve some nice warm weather.

*Harry Fischer*



### New Members

- Marian Pacan
- Larry Kozelenko
- Deone Zmurchyk
- Russ Bonnett
- Doug Brown
- Lee Bruneau
- Max Davies
- Ken Tamura
- Betty Kato
- Steve Spisak

- Peggy Joyce
- Eileen Tegart
- Heather Grenier
- Peter Zmurchyk
- Judith Thomas
- Jim Randa
- Doreen Friesen
- Shirley Davies
- Edna Symes
- Howard Dell
- Carol Burrows

*We hope you will enjoy your association with Nord-Bridge! "THE FRIENDLY CENTRE"*

### Nord-Bridge Meetings Reminder

Each Month

Outreach Committee	First Monday	9:30 a.m.
Winners Bingo Committee	Second Tuesday	9:00 a.m.
Board of Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Thursday	9:00 a.m.
Executive Meeting	First Wednesday	9:30 a.m.

Annually

Annual General Meeting	First Wed of March	9:30 a.m.
General Member Meeting	First Wed of November	9:30 a.m.

### Go Seniors Society

Regular Board Meetings

Feb., April, June, October	Second Tuesday	9:00 a.m.
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Annually

Annual General Meeting	First Tuesday of April	9:00 a.m.
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## Executive Director's Report

Greetings Members;

President Harry Fisher has provided you with a brief report on the Association's early March Annual General Meeting. I too would like to express sincere appreciation to retiring Board members Bob Bunn and Al Frohlick. Bob spent 8 years on the Board, including 2 terms replacing vacated seats; Al's tenure was 3 years. Welcome also to new first time Board members Hal Osborn and Pat Santa. **What would Nord-Bridge be without all of our great volunteers! Certainly you have made our organization strong,** and our programs and services could not survive without the hundreds who have helped Nord-Bridge out as conveners, program leaders, kitchen workers, and office workers over the years. To each, and everyone, thank you!

On the topic of **volunteering at Nord-Bridge**, I would announce the Board has scheduled a **Volunteer Appreciation Barbeque** for **this fall**, Thur., Sept. 8th. The threshold for invitations was set at 100 hours / annum. The initial estimate is that about 125 members currently qualify. So if you volunteer at Nord-Bridge, please turn in your time-sheets, or fill in the logs kept by the administration for your program. Also relating to volunteerism, I would report to our members that at this year's AGM the Board announced the names of new **Life Members**. These individuals have been members of Nord-Bridge for at least 10 years; have reached the age of 80; and have volunteered at the Centre. 2011 inductees include: Isabel Duell, Wally Ellingson, Christina Figenshau, Hazel Harvie, Doreen Irwin, Alan & Roberta Kimber, Gordon Kometz, Bill & Jennie Oleksy, Pauline Rapson, Dorine Roberts, Zoltan Sera, Ike Thiesen, Evelyn & Frank Wince, and Florence Zimmer. Ninety year inductees were: Nettie Fabbi, William Hooper, Mary Krull, Freda Mikalson and Juliette Terlesky. These members will receive their Life Memberships at a special recognition luncheon **and Dunford Dining Room fundraiser on Friday, April 15**. Please see announcement on Page 6 this Newsletter, and plan to attend. Randy

## NORD-BRIDGE SENIORS CENTRE



### IN-HOUSE BINGO Friday Afternoon

- Bonanza Pre-call 1:00 pm
- Games Start 1:30 pm
- Regular Book - \$5.00
- 3 Extra Games - \$1.00 each

Pay Outs & the number of regular players continue to grow !

Transportation is available for members; \$2.50 each way. Phone Front Desk at least one day ahead at 329-3222 to confirm.

## NORD-BRIDGE SENIORS FITNESS 55 CLUB LETHBRIDGE'S NEWEST FITNESS FACILITY

The new "Fitness 55 Club" within the Nord-Bridge Senior Centre is **a Special Pass Program**. Nord-Bridge membership, plus a special user fee is applicable. Fees have been approved by the Board as follows:

**Annual Pass - \$180**

**Monthly Pass - \$18**

**20 Visit Pass - \$25**

There is also a \$10 refundable deposit on the electronic access key fob.

*Meet with Jim Scott, Certified Personal Trainer  
Wednesday mornings, for safe training tips and  
motivational goal setting advice.*

## Getting Your Affairs In Order

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**SNOOKER CONTEST** by Walter "Red" Nowell

**FOURTEEN SHOOTERS VIED FOR PRIZES AT OUR MARCH 10<sup>TH</sup> NORD-BRIDGE TOURNAMENT.**

We hosted eight local entrants, two from Fort Macleod and four from Vulcan. I extend a big "thank you" to all for their support of our event and for extending their friendship to our Centre.



Thank you also to everyone who helped with the tournament and especially to Rudy Grams for great table clean-up. Here are the results:

- SNOOKER:** First - Lee Hargrave. Second - Lyle Brown.  
Third - Walter "Red" Nowell.  
**8 BALL:** Gord Vaselenak.

*Continuing to Care  
Through the Generations.*

Christensen Salmon  
**GENERATIONS**

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**BRIDGE TOURNAMENT RESULTS**

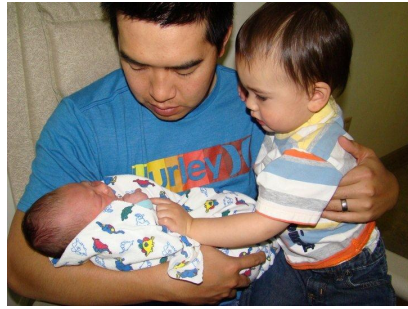
Our Tournament was held on March 10, 2011. Thanks to all who came from Brooks, Medicine Hat, Taber and Lethbridge. The Winners Were:

1. Harry & Ted from Lethbridge
2. Pat & Chuck from Nord-Bridge
3. John & Erna from Taber
4. Joe & Cosimo from Nord-Bridge



## Programmer's Report by David Ng

Will the month of April bring more spring-like weather? I hope so, I'm eager to trade in the snow shovel for the golf clubs! Speaking of trading, I will be trading my programmers hat for a diaper changing hat! I will be taking about 6 weeks off starting at the end of April to look after my two boys as my wife returns to work. I am looking forward to spending some quality time with my kids as they are growing up way too fast.



We are nearing the completion of many of our registered programs. However, there has been some interest to run some spring classes in YOGA, FITBALL and EXERCISING WITH ARTHRITIS. Yoga (Monday) will run on April 18 (no classes April 25 or May 23) to June 6; Friday classes will start on April 29 and run for 6 weeks to June 3. Fitball will start a 10 week session starting April 11<sup>th</sup> and run Mondays and Wednesdays at 3:00 pm. Exercising with Arthritis will also run a 10 week session starting April 12<sup>th</sup> (Tuesdays) with a new start time of 2:00 pm. You can register for any of these three classes starting on Wed., April 6 at 10 a.m. All classes will fill on a "first come first served" basis.

I have been approached by a few members asking if we will run a line dancing class again. If you are interested in line dancing please talk to me at the front desk. If there is enough interest I will see if we can find an instructor.

There will be some programming cancellations for the month of April. **April 14 & 21 (Thursday) Floor curling and Keep Fit will be cancelled**, a Crib Tournament will be held on the 14<sup>th</sup> and on the 21<sup>st</sup> a Table Tennis Tournament will be held. Sorry for any inconvenience. **David**

## Clint Dunford Fundraising Special



Join CLINT DUNFORD and our very special new LIFE MEMBER INDUCTEES at the

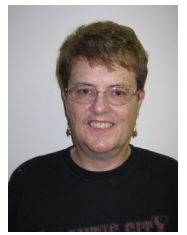
**Dunford Fundraising Luncheon**  
**April 15th at 11:30**  
 featuring "DUNFORD'S HASH"  
**Only \$5.50 (including coffee or tea)**  
**Tickets NOT Required**  
**Pay at the Door**

Clint will serve at this event and also **provide the recipe and all of the ingredients** for this special. Our own cooks will prepare the food (under Clint's direction).

Proceeds from this fundraiser will benefit our **KITCHEN EQUIPMENT FUND.**

**DUNFORD DINING ROOM DAILY LUNCHEONS**  
**Served 11:00 AM to 1:00 PM**  
**Take Out Available**

## FROM THE DESK OF VAL



April showers bring May flowers! Finally, warmer weather is coming and the days are getting longer, so get out there and take a walk in the fresh air. Despite the long cold winter, we have had some busy days with new members joining us. I welcome all of you, and hope you are meeting new friends by joining our recreational activities and of course looking to VOLUNTEER your skills. As I mentioned in last month's article, volunteering is extremely important to our Centre.

I am very happy to introduce three new drivers: Wendy Kalkin, Lucy Graham and Don Murfin. In addition to driving, Don has agreed to be our bus maintenance liaison. If you notice maintenance issues with Bus #2, please inform Don by calling him at 380-4730. With the warmer weather coming, we'll be taking more trips so introduce yourselves to our new drivers as you meet them.

There are still volunteer openings in the Outreach Program. These jobs can be very rewarding as you will interact with older seniors who have very few options for socialization and entertainment. They are sweet, lovely folks who appreciate a break with a little levity. I welcome Mary Potvin who had been "promoted" to the important job of Outreach Convener. If you're thinking about volunteering with the Outreach Program, you'll find that Mary is a great "people person": and someone you can easily work with.

In closing, I offer you "Happy Easter Greetings". I will be away a few days during April, taking a much needed vacation. Thanks to my front desk volunteers for filling in for me while I enjoy a leisurely bus tour to new exciting places I'll be seeing for the first time!



**Valerie Arkinstall,**  
**Reception Supervisor &**  
**"Friendly" Travel Agent**

# B

# I

# N

# G



## BINGO REPORT

by Frances Wallace

April is the month every gardener starts thinking about spring and the plants that will make their containers beautiful for summer. Plants have names like..

Begonia  
 Iris  
 Nasturtium  
 Geranium  
 Osteospermum



Every Friday at Nord-Bridge Harry, Clay or Blaine start the pre-call at 1 p.m. Come join our loyal Bingo players and win some tax free money. See you there!

## WIN CASH AT NORD-BRIDGE! DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre.

### IN ORDER TO PARTICIPATE YOU MUST:

1. Hold a current **REGULAR, ASSOCIATE** or **LIFE** Membership.
2. Cost to play is 25¢
3. Draws will be made at 12:15 p.m.
4. After the draw, members may sign-in for the next day's draw.



### RECENT WINNERS

March 14 Gail Petrie \$546.75  
March 15 Randy Smith \$ 24.10  
March 17 Joan Marles \$ 17.00



## MONTHLY 50/50 Toonie Draw

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month.

Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming. **TO PLAY:** 1. Fill out an envelope for the draw at the draw desk in the Dunford Dining Room.

2. Drop a Toonie into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!



### MARCH WINNER...

**Joe Tomiyama \$143.00**

Next Draw April 15th, 2011

## SOUND SYSTEM DRAW

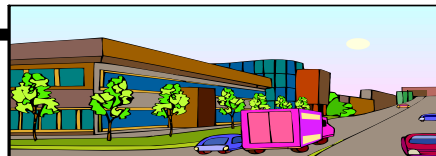
Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



### 50/50 WINNERS

Feb 28 Back Table Bandits \$38; Doreen Jurgins \$37  
Mar 7 Ann Hirsche \$41; Jean Butlin \$41  
Mar 14 Gord Vaselenak \$42; Elden Graft \$41  
Mar 21 Les Cooper \$40; Jim Randa \$39

Thanks Jammers, Volunteers and Patrons!  
Thanks also to Blaine Hygen & Team for selling tickets at weekly Jam draws!



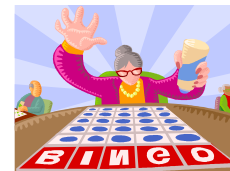
## NORD-BRIDGE BUILDING FUND

*RECENT INDIVIDUAL, GROUP & CORPORATE DONORS*

In Memory of Anne Alm \$665.00  
Order of the Royal Purple Lodge #32 \$2,000.00  
Donna Takeda \$100.00  
Fred & Doris Molyneux \$50.00

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 7, 2011 to March 18, 2011: \$3,433.00



### BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal (00-09)	\$3,755,526	
From City of Lethbridge	505,120	100%
From Various Provincial Grants	1,371,454	95%
From Various Federal Grants	1,000,000	1%
From Nord-Bridge	908,251	
- by Fundraising	659,330	97%
- by City Loan	248,921	100%

### Total Contributions to our

**Building Fund 1998 to March 2011** **\$642,541**

Still needed from members:

- short term	\$ 20,743
- for payment of City loan (2yrs)	\$ 41,486

## ARTS AND CRAFT SALE REPORT

Our first ever Arts & Crafts sale held at Nord-Bridge, Saturday, March 12 was well attended and successful for exhibitors and consumers. The snack bar crew also did well providing sandwich-



es, muffins, coffee, tea, and juice for everyone attending. Proceeds will benefit our Outreach Program. Door prizes were donated by exhibitors and drawn throughout the day. Background music provided by Dale Ketcheson and friend was enjoyed by all. Thanks to my many volunteers for helping to make this day such a successful event. Val



# April 2011



**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**



**TAX RETURNS ARE DUE BY THE END OF APRIL...** Need help with your return? Call us. If you qualify we can do your return for you **free of charge\***

Call 403-329-3222 to make an appointment.

*\*Donations greatly appreciated.*

**SCRABBLE ANSWER**

FEWER  
DWARF  
KENO

- 1**
- 9:00 Yoga/Pilates
  - 9:30 Carpet Bowling
  - 10:30 Paper Tole
  - 11:30 **Spring Luncheon**
  - 1:00 In-House Bingo
  - 1:00 Bridge
  - 1:15 Crib



- 4**
- 9:00 Yoga
  - 10:00 Floor Curling
  - 10:00 Jam Session
  - 1:15 Movie Matinee
  - 1:30 Military Whist



- 5**
- GO SENIORS ANNUAL GENERAL MEETING 9 A.M.**
- 9:30 Spanish
  - 10:00 Music Makers/Clogging
  - 10:00 Keep Fit Aerobics
  - 11:00 Chi Kung
  - 1:00 Watercolor I
  - 1:00 Texas Hold'em
  - 1:30 Norwegian Whist
  - 1:30 **SCRABBLE**
  - 7:00 Social Dance

- 6**
- 8:20 Yoga
  - 9:30 Paper Tole
  - 9:30 Roll & Stroll
  - 9:30 Carpet Bowling
  - 1:00 Darts/Euchre
  - 1:00 Watermedia
  - 3:00 **Advantage Hearing**



- 7**
- 9:00 Oil Painting
  - 9:30 Spanish
  - 9:30 Mind Joggers
  - 10:00 Floor Curling
  - 1:00 Woodcarving
  - 1:00 Butterfly Jewelry
  - 1:00 Oil Painting
  - 1:30 Trump Whist
  - 1:30 Keep Fit Str. & Flex.
  - 3:00 Nintendo Bowling
  - 7:00 Table Tennis

- 8**
- 9:00 **Legal Consultations**
  - 9:00 Yoga/Pilates
  - 9:30 Carpet Bowling
  - 10:30 Paper Tole
  - 1:00 In-House Bingo
  - 1:00 Bridge
  - 1:15 Crib



- 11**
- 9:00 Yoga
  - 10:00 Floor Curling
  - 10:00 Jam Session
  - 1:15 Movie Matinee
  - 1:30 Military Whist
  - 3:00 Fitball



- 12**
- 9:30 Spanish
  - 10:00 Music Makers/Clogging
  - 10:00 Keep Fit Aerobics
  - 10:45 **Winners Bingo**
  - 11:00 Chi Kung
  - 1:00 Watercolor I
  - 1:00 Texas Hold'em
  - 1:30 Norwegian Whist
  - 1:30 **SCRABBLE**
  - 2:00 Arthritis Exercise
  - 7:00 Social Dance

- 13**
- 9:30 Paper Tole
  - 9:30 Roll & Stroll
  - 9:30 Carpet Bowling
  - 10:45 **Winners Bingo**
  - 1:00 Darts/Euchre
  - 3:00 Fitball
  - 6:30 Chi Kung

- 14**
- CRIB TOURNAY TODAY**
- 9:30 Spanish
  - 9:30 Mind Joggers
  - 1:00 Woodcarving
  - 1:00 Butterfly Jewelry
  - 1:00 Oil Painting
  - 1:30 Trump Whist
  - 3:00 Nintendo Bowling
  - 7:00 Table Tennis

- 15**
- 9:00 **Free Massages**
  - 9:30 Carpet Bowling
  - 10:30 Paper Tole
  - 11:30 **Special Lunch**
  - "DUNFORD'S HASH" also**
  - Life Member Awards**
  - 1:00 In-House Bingo
  - 1:00 Bridge
  - 1:15 Crib





<p><b>18</b>                  9:00 Yoga                  10:00 Floor Curling                  10:00 Jam Session                  1:30 Military Whist  <b>1:30 OUTREACH</b>  <b>Spring Hats</b>                   3:00 Fitball</p>	<p><b>19</b> 9:30 Spanish                  10:00 Music Makers/Clogging                  10:00 Keep Fit Aerobics  <b>10:45 Winners Bingo</b>                  11:00 Chi Kung                  1:00 Watercolor I                  1:00 Texas Hold'em                  1:30 Norwegian Whist                  1:30 <b>SCRABBLE</b>                  2:00 Arthritis Exercise                  7:00 Social Dance</p>	<p><b>20</b>                  9:30 Paper Tole                  9:30 Roll &amp; Stroll                  9:30 Carpet Bowling  <b>10:45 Winners Bingo</b>                  1:00 Darts/Euchre                  3:00 Fitball                  6:30 Chi Kung</p>	<p><b>21</b>   <b>TABLE TENNIS TOURNEY TODAY</b>                  9:30 Spanish                  9:30 Mind Joggers                  1:00 Woodcarving                  1:00 Oil Painting                  1:30 Trump Whist                  3:00 Nintendo Bowling</p>	<p><b>22 CENTRE CLOSED</b>    <b>GOOD FRIDAY</b></p>
<p><b>25 CENTRE CLOSED</b>  </p>	<p><b>26</b> 9:30 Spanish                  10:00 Music Makers/Clogging                  10:00 Keep Fit Aerobics  <b>10:45 Winners Bingo</b>                  11:00 Chi Kung                  1:00 Watercolor I                  1:00 Texas Hold'em                  1:30 Norwegian Whist                  1:30 <b>SCRABBLE</b>                  2:00 Arthritis Exercise                  7:00 Social Dance</p>	<p><b>27</b>                  9:30 Paper Tole                  9:30 Roll &amp; Stroll                  9:30 Carpet Bowling  <b>10:45 Winners Bingo</b>                  1:00 Darts/Euchre                  3:00 Fitball                  6:30 Chi Kung</p>	<p><b>28</b>                  9:30 Spanish                  9:30 Mind Joggers                  10:00 Floor Curling                  1:00 Woodcarving                  1:00 Oil Painting                  1:30 Trump Whist                  1:30 Keep Fit Str. &amp; Flex.                  3:00 Nintendo Bowling                  7:00 Table Tennis</p>	<p><b>29</b>                  9:00 Yoga/Pilates                  9:30 Carpet Bowling                  10:30 Paper Tole                  1:00 In-House Bingo                  1:00 Bridge                  1:15 Crib</p> 

## SCHEDULE OF TRIPS & EVENTS

**Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior to book a ride. Cost is \$2.50 each way, or use your L.A. Transit pass.**

- SENIORS HELPING SENIORS EVERY TUESDAY & THURSDAY 9 TO 11:30 A.M.
- GROCERY SHOPPING, TUESDAY, APRIL 5
- ADVANTAGE HEARING, WED, APRIL 6 (by appointment)
- LEGAL CONSULTATIONS, FRIDAY, APRIL 8



- LOCAL TRIP: LUNCH & MOVIE MILL, THURS., APRIL 14
- FREE MESSAGES, FRIDAY, APRIL 15TH, 9-11 A.M.
- NEW LIFE MEMBERS & SPECIAL LUNCH FUNDRAISER , FRI., APR. 15TH
- OUTREACH , MONDAY, APRIL 18
- LOCAL CASINO TRIP, TUESDAY, APRIL 19
- STAGE WEST, CALGARY, WED. APR. 27 "ALL SHOOK UP"
- WINNERS BINGO - APR. 12, 13, 19, 20, 26, 27



# WINNERS



## A Whole New Experience!

**CUSTOMER APPRECIATION**  
Wednesday Evening  
April 20th  
**BIRTHDAY BASH**  
Monday Afternoon,  
April 25th

# Thursday is SENIORS DAY!

## Half-price Regular & Gold Cards for all players 60+

### For more information Call 403-327-7454

Two blocks west of the Casino on Crowsnest Trail



# LIFETIME HIGHS INC.

## SLOTS OF FUN ADVENTURES (CASINOS)

- KOOTENAI RIVER INN & CASINO, BONNERS FERRY, IDAHO: MAY 29 - JUNE 1; AUG 29 - SEPT 1; NOV 29 - DEC 2, 2011
- DEADWOOD, SOUTH DAKOTA : 7 DAY TRIP, 2011. CALL FOR DETAILS
- SWIFT CURRENT/MOOSE JAW CASINOS: 4 DAYS JUNE 18 - 21
- CLEARWATER RIVER RESORT/CASINO (NEW NEAR LEWISTON) OCT 30-NOV 3
- OTHER CASINO TRIPS CAN BE ARRANGED. GIVE US A CALL.

## DOMESTIC & INTERNATIONAL ADVENTURES

- ENGLISH GARDENS TOUR: MAY 21 TO 28, 2011
- HOMERUNS, SHOWS & BIG APPLE FUN: SEPT. 15 - 19, 2011
- From the Yankees to Broadway New York City awaits you!
- POLAR BEARS @ CHURCHILL: NOV/OCT 2011. FROM CALGARY OCT 29, 30 & NOV 5. FROM EDMONTON OCT 23, NOV 11.
- EAST AFRICA WONDERS TOUR TANZANIA, ZANZIBAR: SEPT. 29 - OCT. 17, 2011 Featuring the Serengeti Migration.
- PUERTO RICO & SOUTHERN CARIBBEAN SUN CRUISE, CELEBRITY LINE: JAN. 31 - FEB. 11 2012. Additional pre-tour in Puerto Rico available.
- "DANUBE RIVER CRUISE" JUNE 6-21, 2012: Passau, Germany to Budapest, Hungary. Viking Cruise Line; Pre-tour Prague/Post tour Budapest.
- SOUTH PACIFIC CRUISE: MARCH 2013 (ITINERARY TBA)

### GIFT CERTIFICATES AVAILABLE

Booking a cruise? Talk to us! Great Prices Guaranteed.

To register or for more information visit our website or contact us at  
**LIFETIME HIGHS INC.** [www.lifetimehighs.com](http://www.lifetimehighs.com)  
PHONE: 403-282-5734 FAX: 403-220-0689  
[lifetimehighs@shaw.ca](mailto:lifetimehighs@shaw.ca)

## MEET & GREET CITY REPRESENTATIVES



**Alderman JEFF COFFMAN** will join us for lunch on **Fri., April 15** in the Dunford Diner.



**Alderman RYAN PARKER** will join us for lunch on **Tues., April 19** in the Dunford Diner.

Learn more about our City's governance and our representatives in a comfortable and convenient venue. **All Alderman are encouraged to join us frequently. Confirm your visits by e-mail to [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com).**



## STRESSED OUT?

Get a **FREE MASSAGE** Here at **Nord-Bridge** on **Friday, April 15<sup>th</sup>** from **9 a.m. until about 11 a.m.**

This service provided by **MASSAGE THERAPY STUDENTS, LETHBRIDGE COLLEGE**



## Increase your strength, balance and flexibility. Soothe joint pain.

Vibration Exercise technology naturally tenses your muscles, leading to improved circulation, muscle strengthening and increased bone density, without the usual strain of conventional exercise on joints and ligaments.



- accelerates injury rehabilitation
- decreases arterial hardening
- reduces the effects of stress
- accelerates weight loss
- enhances digestion
- and much more...

*"We are so confident that you will love your Vibration Trainer that we offer a money-back guarantee."*

— Jack & Sharry Yaeck

3 years parts & service warranty



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Health for Life  
[www.hothealth.ca](http://www.hothealth.ca)

1-877-393-6114

# Revival

---

It's a skeleton of steel, wood and cloth  
 Relic of a bygone day; doleful it stands  
 Forgotten, left untouched by human hands,  
 If an impression to recall what then?  
 Age of horse and buggy, crisp jingling sleigh  
 The motor's roar versus a horse's neigh.

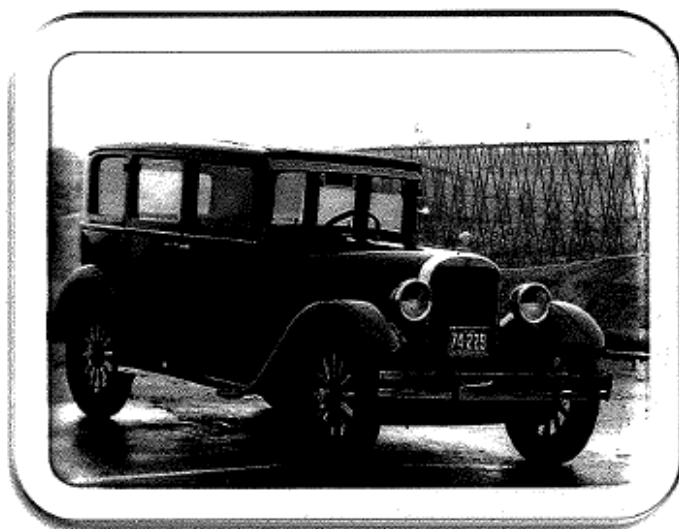
If you could talk what stories would you tell?  
 Of children, men, grand ladies all on cue  
 Their lives unfolding in your lamplight view,  
 Purr- r- r in my ear of picnics on the green  
 Of hoe-downs, parties, wild robust youth  
 The circus, fairs; charity kissing booths.

There you sit in darkened corner of space  
 Former glory gone; a dim memory  
 Of barn-raising, weddings and chivaries'  
 Did I hear a toot from that rusty horn?  
 Here for a purpose, not just survival  
 Now I've got it, a brand new revival!

To live again in the year two thousand  
 Awake to a world of travel in space  
 Of jet planes, trains; World Class Indy Car Race  
 All polished and gleaming, strutting your stuff  
 You've spoken; we'll do it, and there you'll be  
 Right back in the race of humanity

**Submitted By...**  
**The Mind Joggers**

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**Written By...**  
**Kala Watmough**

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## OUTREACH REPORT by Mary Potvin

On March 21st, our Outreach social celebrated St Patrick's Day. We hosted 108 guests including six groups, Nord-Bridge individuals and volunteers. As each guest arrived they were given a lucky gold coin by our resident leprechauns (Frank & Justine Sera). Later we played two games of card bingo and were entertained by the "Classic Legends". Irene Craddock of Columbia Assisted Living was the lucky door prize winner.

Please hop on down for our next Outreach program, Monday, **April 18th** when we celebrate "Easter & Spring". **Wear your very special Easter bonnets.** Entertainment will be provided by "**JustAnk Harmony**". See you there!



### Condolences went out to...

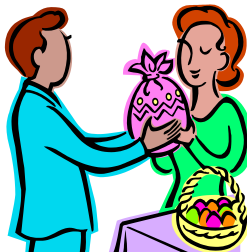
Alm family – loss of Anne, committed lifetime member,  
 Vicky Linn's family – loss of grandson,  
 Clara Lapointe – loss of husband, Ernie  
 Helen Thiessen – loss of husband John  
 Ann Murray—loss of sister Mary Buryan  
 Ducky Tarnava – loss of son, Gregory

**Get well wishes are sent to...**  
 Helen Deal, Eileen Sawatzky, Glen Perrault,  
 and Alice Wickend. Ike Thiessen and Mary  
 Lazaruk are currently in hospital. Oscar  
 Ludwig is now home and doing well.



### EUCHRE by Rodney Foster

April showers bring May flowers or so they say. We are hoping for a great spring and summer. We deserve it! We are still playing Euchre on Wednesdays at 1 p.m. so come on out and enjoy some laughs and lots of fun



Hope you all have a great Easter and that you receive lots of goodies. May you never miss a rainbow or sunset because you are looking down.

## PREARRANGING IS SOMETHING YOU DO FOR YOUR FAMILY.

It spares them from making emotional decisions that may not be consistent with your own wishes.

Our flexible payment options, available over 1, 3, 5, 10 or 15 year term, make it affordable for everyone. Call for more information.

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 Funeral Home & Crematorium

Corner of Mayor Magrath Dr.  
 & 28th Ave. S., Lethbridge

403-381-7777 (24 Hrs)

www.cornerstonefuneralhome.ca



### MILITARY WHIST by Ruth Balogh

We enjoyed a very successful Military Whist Tournament on March 10, 2011. We had 19 teams from Hays, Claresholm, Vulcan, Taber & Lethbridge.

#### 1st Place:

Tillie, Helen, Lillian & Margaret O. (Lethbridge)

#### 2nd & 3rd Place were tied:

Charlotte, Judy, Ruth & Barb (Taber)  
 Yvonne, Evelyn, Jean & Aime (Claresholm)

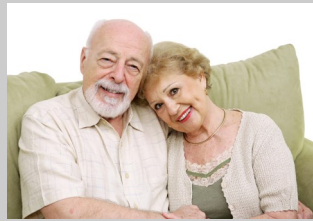
The two 50/50 draws of \$100 each were won by Kay Sauter (Lethbridge) and the Hays Seniors group. We appreciated all the help and hope to see everyone back next year.

### Bridget A. Pastoor, MLA Lethbridge East



Contact Bridget at:  
 2816 - 5th Avenue North  
 Lethbridge, AB T1H 0P1  
 Phone: 403-320-1011  
 lethbridge.east@assembly.ab.ca

# ALBERTA SENIORS AND COMMUNITY SUPPORTS



Our Resource Centre is located within the  
**Nord-Bridge Senior Citizens Centre, 1904—13 Avenue North**  
**Lethbridge, Alberta T1H 4W9**  
**403-381-5469 or 1-877-644-9992 [www.seniors.gov.ab.ca](http://www.seniors.gov.ab.ca)**

**Visit our Resource Centre at your convenience.**

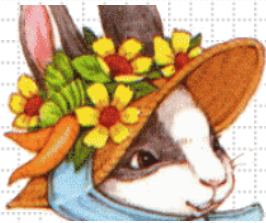
## SCRABBLE

### Playing the "W"

Rearrange the letters in the words below to make  
 three five-letter words when a "W" is added.

FREE FARD KENO

(Answers on the calendar next to April 1)



Scrabble Club meets Tuesdays at  
 1:30 p.m. in the Dunford Diner; everyone  
 welcome, especially new  
 players. Have a "Happy Easter" on  
 March 24. Hopefully, we will get an  
 Easter Basket and lovely spring  
 weather so we can parade our  
 Easter bonnets.



## SOCIAL ACTIVITIES by Eva Dertinger

A MUST ATTEND event is the  
 2nd Annual Miners' Banquet and Raffle  
 on Friday, April 30th (evening). Please  
 suggest this fundraiser to your friends.  
 We promise a very entertaining program.  
 Tickets are on sale at the front desk.

Our Annual Mother's  
 Day Luncheon will be  
 held on Friday, May 6th.  
 Get your tickets early!  
**This event will sell out!**  
**Tickets are \$8.50 each.**



## HEALTHCARE SOLUTIONS FOR BETTER LIVING

The last Thursday of every month is Senior's Day!  
 Seniors receive a 20% discount with a Shoppers Optimum Card.

- Wheelchairs & Scooters
- Blood Pressure & Home Diagnostic Products
- Walk-in Tubs & Bathroom Safety Products
- Back Care, Supports & Braces
- Aids to Daily Living
- Porch Lifts & Stair Lifts

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## Lethbridge Denture Clinic

Putting that sparkle back in your smile.

**Kimberley A Ankermann D.D**  
 803A 3 Ave South, Lethbridge, AB T1J 0H8  
 Phone (403) 381-4142

**GO-FRIENDLY SHUTTLE** Need a ride to the Centre? Phone 403-329-3222 the day prior to book a ride and we will pick you up at your door. This service has been expanded to include Monday through Friday with all-day service between 8:00 a.m. & 11:00 a.m. and 12:30 p.m. & 4:30 p.m. The cost is: \$2.50 per one-way trip (Cash); or \$20.00 for 10 LA Transit Strip tickets, or \$25.00 for a monthly LA Transit "Senior Bus Pass".



## TRAVEL NEWS



PLEASE NOTE: ALL NON-MEMBERS must pay an additional \$10 for all Nord-Bridge trips.

### NEWS UPDATE:

Due to the recent fuel price increases **ALL NORD-BRIDGE IN-TOWN TRIPS** will be increased: Grocery Trips and Roll 'n Stroll - \$3, Movie Mill with lunch - \$12, Local Casino - \$6. These prices will take **EFFECT APRIL 1st, 2011.**



### LOCAL CASINO Tuesday, April 19, 2011

COST: \$6.00. Sign up early.



Bus will depart Centre at 10:15 a.m. to arrive at the casino 11:15 a.m. Come with us and try your luck!

### LOCAL GROCERY SHOPPING TRIP Tuesday, April 5, 2011



**SIGN UP AT THE FRONT DESK**  
BUS WILL DEPART NORD-BRIDGE AT NOON  
WE'LL GO TO SOBEY'S, WAL-MART, OR SAFEWAY  
(YOUR CHOICE)  
SOBEY'S AND SAVE-ON-FOODS WILL DELIVER  
YOUR GROCERIES FREE OF CHARGE.



### Thursday, April 14, 2011

Sign up for an outing to the Movie Mill to watch a movie of your choice and enjoy lunch with others.

COST: \$12 (includes Bus and lunch).  
Your movie entrance fee will be your own cost (Seniors 1/2 price)



### STAGE WEST THEATRE (Calgary) PRODUCTIONS "All Shook Up"

Featuring the music of **Elvis Presley**  
Wednesday, April 27/11

Join us for another great show at  
Calgary's Stage West!

**COST: \$80**  
(INC. BUS, SHOW, AND MEAL).

THIS TRIP IS A GO!  
85% OF THE SEATS ARE SOLD.



### ...COMING IN MAY

Cardston Community Centre presents "Willy Wonka" - a musical play. Watch for sign up sheet at the front desk.

Thursday, May 5th is 2 for 1 night.

COST: \$20 (INC. BUS & SHOW) Buy own meal.

**Triple D Tours** has some wonderful trips planned for the upcoming months.



1. Spokane Getaway - April 15th. There are still seats available. COST: \$250 (Dbl. Occupancy)
2. Wed. May 18th - Saskatoon Farm/Chinook Honey Company Trip; Cost: \$39. Brochures available.
3. Heritage Park/Chinook Mall - Wed. July 20/11  
COST: \$39. Brochures available.
4. Spokane Valley Shopping Getaway - Oct. 21-23rd/11  
Cost: \$259.00 (Dbl. Occupancy)
5. Deadwood Trip - Sept. 4-10; Cost: \$499 (Dbl. Occupancy). Get on board for this great fall getaway. We have 8 committed members so far. Come in and fill out a registration form. A \$100 deposit will confirm your seat. Several interesting side tours are included.

**Remember:** Nord-Bridge gets a commission on each trip booked here at the Centre.



**We'll shed some light.**

The prescriptions in your medicine cabinets are there to help...but sometimes they can hurt. Birth control pills, antibiotics, anti-depressants or medications that treat diabetes, high cholesterol, and high blood pressure can deplete certain nutrients in your body.

At The Medicine Shoppe Pharmacy, we'll determine the vitamins and minerals you may be missing and help you restore them. Together with regular prescriptions, the right supplements can help you enjoy your best health.



**\$7<sup>99</sup>**  
reg. \$10<sup>00</sup>

**Complete for Adults 50+**  
29 Multivitamin with Lutein 100's



**\$1<sup>99</sup>**  
reg. \$4<sup>30</sup>

**Extra Strength Tylenol**  
500mg 24 Caplets with Lutein 100's



**\$12<sup>99</sup>**  
reg. \$16<sup>00</sup>

**Advil Liqui-Gels**  
Extra Strength 50's



**\$9<sup>99</sup>**  
reg. \$15<sup>00</sup>

**Ensure Protein Shake**  
6 x 235ml Assorted Flavors

\*Limit 2 per person. While supplies last. Offer expires April 30, 2011.

**The Medicine Shoppe**  
PHARMACY

Chad Baker, B.Sc.Pharm  
Pharmacist/Owner

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Lethbridge, Alberta

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Monday - Friday: 9:00 a.m. - 6:00 p.m. | Saturday: 9:00 a.m. - 1:00 p.m.

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- HELPING SNOWBIRDS & VACATIONERS HAVE A MORE ENJOYABLE HOLIDAY...
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**Email: [personaltouchhomecheck@live.ca](mailto:personaltouchhomecheck@live.ca)**



**Self-Contained Apartments for Rent**

- Electricity & Cable TV **free for the first 3 months** (limited offer)
- Rent is **30 %** of gross monthly income
- 50 years + No pets No smoking

**To apply, please call (403) 329-0556**



**Free Initial Legal Consultation Wills...Estate Planning...**

And other matters as you may require  
Nord-Bridge offers this service through

**Huckvale Wilde Harvie MacLennan**

**The next free consultation date at Nord-Bridge is**

**Friday, April 8, 2011**

**Between the hours of 9:00 AM - 11:30 AM**

Contact the Front Desk to schedule an appointment. **Phone: (403)329-3222**

**Greg Weadick, MLA**  
LETHBRIDGE WEST



Contact Greg at (403)329-4644 or via e-mail at:  
[lethbridge.west@assembly.ab.ca](mailto:lethbridge.west@assembly.ab.ca)  
or drop by 402 - 8 Street South  
Lethbridge, AB T1J 2J7



# “A Tribute to Miners” Memorial Banquet 2

Saturday, April 30, 2011

Nord-Bridge Hall - 1904 13 Avenue North

Doors Open at 4:30, Presentations at 5:00, Roast Beef Dinner at 6:00

**EVERYBODY WELCOME!**

...INTRODUCTION OF 4 PIONEER MINERS...

PAUL SZOKE, FRED EGGER, CHUCK WESSELMAN & FRANK TOTH

..PRESENTATIONS..

by Belinda Crowson of the Galt Museum; Les Toth, President, Galt #8 Mine Historic Site Society and Randy Smith  
“An Update on the Nord-Bridge Miners Memorial Wall”

...MINE RAFFLE DRAWS...



..ENTERTAINMENT BY..

**Doug & Friends**



**GET TICKETS AT NORD-BRIDGE (403) 329-3222**

**Cost: \$20.00**

Tickets On Sale now!



**Cash Bar**



**Seniors Community Forum Presents**

## AM I LOSING MY MIND?

As we age baby boomers wonder if forgetting their bank code or forgetting an appointment are signs of dementia or normal mental aging.

Join us for a lively discussion about what we know about how our brain grows old, about what we know that contributes to healthy brain aging, and what remains a mystery.

Tuesday, April 12<sup>th</sup>, 2011 at 7 p.m

Lethbridge Senior Citizens Organization 500-11<sup>th</sup> Street South  
(L.S.C.O.) Gym #2. For more information call 403-320-2222.

**A FREE PRESENTATION SPONSORED BY**



April 1- 22, 2011

The City of Lethbridge will be conducting the 2011 Census **beginning April 1** for a period of three weeks. All information must be collected by April 22.

As a resident of Lethbridge, you are requested to provide the required information beginning April 1 by:

- completing the form online at [www.lethbridge.ca](http://www.lethbridge.ca)
- responding when the Census Taker comes to your door
- complete callback form left at your residence

The following information is required:

1. number of residents at your address
2. gender
3. age group

Census information is important to:

- plan for municipal services
- secure maximum grant funding based on population

All census information is collected in accordance with Freedom of Information and Protection of Privacy Act. Census information is only used for statistical information.

As a Lethbridge resident, you benefit when you “Count Yourself In”. Thank you for participating!

Census Office, 2<sup>nd</sup> Floor, City Hall  
Telephone – 403-329-7329  
403-320-4083



[www.lethbridge.ca](http://www.lethbridge.ca) *Lethbridge*

FORM NUMBER: COL 1 00001 E 02 11



**LAST CHANCE....GET YOUR TICKETS FOR OUR APRIL 1<sup>ST</sup> “SPRING LUNCHEON”. ON SALE AT OUR RECEPTION DESK. JUST A FEW LEFT!**

