All of us join in saying “Thank You” and wishing you a Happy Holiday and a Healthy New Year.

Nord-Bridge Board and Staff

“The Friendly Centre”
Telephone 403-329-3222
Fax 403-329-8824
1904—13th Ave. North
Lethbridge, Alberta T1H 4W9
Open Monday to Friday - 8:30 a.m. to 4:30 p.m.
2012-2013
NORD-BRIDGE SENIORS
EXECUTIVE

President: Jim Hahn
Vice-President: Pat Santa
Treasurer: Roberta Svensnes
Secretary: Vacant
Past-President: Harry Fischer

BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>FIRST YEAR</th>
<th>SECOND YEAR</th>
<th>THIRD YEAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vacant</td>
<td>Eva Deringer</td>
<td>Gordon Kometz</td>
</tr>
<tr>
<td>Bob Bunn</td>
<td>Paul White</td>
<td>Elaine Molyneux</td>
</tr>
<tr>
<td>Rodney Foster</td>
<td>Vacant</td>
<td>Donna Takeda</td>
</tr>
</tbody>
</table>

ADMINISTRATIVE STAFF

Executive Director: Randy Smith
Sr. Administrative Ass’t: Kathleen Filkowski (Wed, Thu, Fri)
Administrative Assistant: Shirley Trefan (Mon, Tues, Wed)
Financial Officer: Roberta Svensnes
Financial Assistant: Bob Bunn (Volunteer)
Bookkeeper: Tracy Beauchemin
Director of Programming: David Ng
Reception Supervisor: Valerie Arkinstall
Reception Assistant: Heather Belle
Rentals: Kathleen Filkowski / Shirley Trefan
Cook II: Allina Lewandowska
DR Cashier/Kitchen Asst.: Gail Krysk
Janitorial: Marco & Carla Escobar

ON-SITE PARTNER PROGRAMS & SERVICES

Alberta Seniors: Norene Easthope 403-381-5469 or 1-877-644-9992
FSNA: Allyn Mills 403-328-0801
Chinook Lifecare Assoc.: Paula / Jane-Anne 403-330-1170
Leth. Community Network: Jim Campbell 403-317-7799

PROGRAMS, COMMITTEES, CONVENERS, & BOARD REPRESENTATIVES*

(* indicates individual on Board responsible for Program Area)

ADMIN. PROGRAMS
By-Laws & Policies Comm.: Vacant* (Chair), Harry Fischer, Gordon Kometz, Judy Cartwright
Crafts Boutique: Heather Newsham, Bob Bunn (Financial)
Finance Committee: Roberta Svensnes * (Chair), Jim Hahn, Clay Olsen, Frank Deane, Harry Fischer, Mike Bennett, Bob Bunn
Memberships: Shirley Trefan
Newsletter: Kathy Filkowski (Production), Bob Bunn (Sales)
Nominations Committee: Harry Fischer * (Chair), Mary Potvin, Clay Olsen, Dan Deringer
Seniors Helping Seniors Program: Harry Fischer, Norene Easthope, Rodney Foster * Board Rep

CARDS & BOARD GAMES
Contract Bridge: Kathy Lud wig
Crib: Mike Bennett, Vl Segouin
Euchre: Rodney Foster
Military Whist: Ruth Balogh
Trump Whist: Marilyn Saunders, Pat Veres
Norwegian Whist: Vl Segouin
Scrabble: Sheila Brust
Texas Hold’em: Butch Olsen

EDUCATION
Elaine Molyneux *, Board Rep

Oil Painting: Yosh Hattori
Paper Tole: Hazel Harvie
Wood Carving: Don Johnson
Watercolor: Glencie Caffyn
Drawing: Glencie Caffyn
Watercolor Club: Sandy Baceda, Bea Crawford
Krafters Koffee Klub: Jo-Ann Adams
Quitters Group: Marilyn Martens

Clever Crafters
Genealogy
Computer Training
Library
Mind Joggers

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

HEALTH & FITNESS
Keep Fit Classes
Tai Chi
Yoga/Pilates
Fitball/Exercise With Arthritis
Zumba
Fitness 55 Club

OUTREACH
Bereavement Cards
Get Well Cards & Visits
Keep-In-Touch Program
Outreach Program

SOCIAL ACTIVITIES
Decorations
Monday Music Jams
Senior Music Makers
Socials Committee & Specials
Social Dance
Clogging
Line Dancing A.M./P.M.
Handbells

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

AFFILIATIONS
ACA Representative
Alberta 55 Plus
Economic Development Leth.
Health Education Presentations
Lethbridge Seniors Forum
N-B Income Tax Program
SASCC (Srs. Centre Coalition)

Alberta Assoc. of Senior Centres
Go Seniors Society
New Horizons for Seniors Program

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

MEMBERSHIP: OPEN TO ALL SENIORS AGE 55 PLUS. ASSOCIATE MEMBERSHIP: TO YOUNGER INDIVIDUALS WHOSE SPOUSE IS 55 AND A MEMBER.
PRESIDENT’S REPORT

Season's Greetings!

It has been a busy year at Nord-Bridge Centre with increased membership and good participation in programming and events.

I am pleased to announce that Marilynn Heaton has offered to volunteer as our Acting Secretary until our March 2013 AGM. She could then be appointed to that position permanently, if she accepts. Thanks, Marilynn, we can use your skills.

Our first Veterans Memorial Banquet was a success and the entertainment by Sgt. Wilson’s Army Show was fabulous. Thanks to all who attended, and especially the volunteers who made it happen.

Just a reminder that Country Blend will be here Wednesday evening, December 5th. Tickets are available at our reception Desk now, or at the door. This show is classic country at its best!

’Tis the season for giving and a few instances come to mind. Each year, Peter at A.E. Cross Studio selects a charity to support. This year he has selected Nord-Bridge to be the recipient. If you’re planning to have a Christmas portrait taken then you should book with Peter now before the end of December. See their display ad in this Newsletter issue.

Nord-Bridge qualifies for a grant from the Alberta Community Spirit Program which is determined by the amount of donations received in a year. The more cash donations we can report – the larger the grant will be. Donations are also eligible for official tax receipts. Thanks to all the donors for your gifts in the past and thanks for your consideration now.

Due to popular demand, our major fundraiser, “Old Favourites” at the Yates Theatre is being planned once again jointly with LSCO. This will be the fourth presentation of a new comedy and music review performed by the usual cast and crew. This is live music theatre at its best with performers Erica Hunt, Scott Carpenter, Arlene Bedster, Kelly Roberts, Jordana Kohn, Andre Royer and Jeff Carlson. Just in time for Christmas giving, the tickets will go on sale at the Ticket Centre on December 1st.

Remember – Keep Active and Stay Connected!

Sincerely, Jim Hahn, President

Nord-Bridge Meetings Reminder

<table>
<thead>
<tr>
<th>Each Month</th>
<th>First Monday</th>
<th>9:30 a.m.</th>
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</thead>
<tbody>
<tr>
<td>Outreach Committee</td>
<td>Second Tuesday</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Winners Bingo Committee</td>
<td>Second Wednesday</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Board of Directors Meeting</td>
<td>Last Thursday</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Finance Committee</td>
<td>First Wednesday</td>
<td>9:30 a.m.</td>
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</tbody>
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<tr>
<th>Annually</th>
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<tbody>
<tr>
<td>Annual General Meeting</td>
<td>First Wed of March</td>
</tr>
<tr>
<td>General Member Meeting</td>
<td>First Wed of November</td>
</tr>
</tbody>
</table>

Go Seniors Society

Regular Board Meetings

<table>
<thead>
<tr>
<th>Feb., April, June, October</th>
<th>Second Tuesday</th>
<th>9:00 a.m.</th>
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<tr>
<th>Annually</th>
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</thead>
<tbody>
<tr>
<td>Annual General Meeting</td>
<td>First Tuesday of April</td>
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</table>

SHUTTLE MAX.ca

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LETHBRIDGE - CALGARY

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**THE TALL EVERGREEN**  
By Judith Knox of the Mind Joggers

Out in the forest  
Grows a tall evergreen  
All by itself, undetected and unseen.

How long has it been there?  
Nobody knows.  
Just silent and waiting,  
As it continuously grows.

Its branches are full  
And thick all around.  
Its shape is so perfect,  
From its top to the ground.

It’s home to the birds,  
Protection from storms.  
High in its branches,  
Dry and kept warm.

It’s ground cover for fawns  
That hide from their foe.  
Mother near by,  
A concerned mother doe.

It survived many years  
Out of sight and unseen.  
The tree in the forest…  
The tall evergreen.

---

**EXECUTIVE DIRECTOR’S REPORT**

Seasons Greetings Members,

I hope the season finds you in good health, and with plans for spending time with family and close friends. I too am looking forward to visits with daughters, their spouses, and our grandchildren.

This season is a time for remembering others, . . . and in that spirit I take this occasion to thank all of the volunteers, and staff, that have contributed to the year at Nord-Bridge. We have a great governance Board and Executive, with whom I enjoy the association and guidance. There are also some 297 volunteers, who over the course of the most recent reported year donated over 19,387 hours to the operations and programs of our Centre. Government rates for placing a financial value on these hours would equate to $290,805.00, and this sum does not include the actual funds raised by our volunteers through working bingo’s, fundraising events and dinners, and in program fees and memberships resulting from volunteer activities. These services by conveners, program chairs, and volunteers would easily double the sum.

On the staffing side of Nord-Bridge, I expressly thank all current staff, listed in the front of this Newsletter. Each staff member takes a critical role in our day-to-day operations. All contribute to the sum of our successes. On that note, I would thank Bonnie Jadeske who worked here for many years as Head Chef, and prepared many great meals for our membership and events. Bonnie resigned in November to work elsewhere, and we wish her well in her new challenge. I would also welcome our new Cook II Alina Lewandowska. She brings novel skills, and we are sure you will enjoy her European specialties. The upbeat synergy of our new kitchen team of Gail Krysak, Sally Reyna, and Alina is welcomed. We are hearing lots of positive comments on our new entrees, and the expanded variety of daily specials. These ladies are doing a great job, and would appreciate your support and friendship. They are also really open to menu suggestions and recipes.  

Have a Merry Christmas!

Respectfully,

Randy Smith
Thousands of Alberta seniors enjoy the benefits of Seniors Plus. You can, too!
If you’re an Albertan age 65 or over, consider the value of a Seniors Plus plan from Alberta Blue Cross.
Our plans fill the gaps in government-sponsored benefits for Alberta seniors—with useful supplementary coverage to help you maintain your health and avoid out-of-pocket costs.
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The secret is out so call or drop in for a friendly no pressure tour.
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LUNCH WITH CITY REPRESENTATIVES

- Alderman Ryan Parker
- Alderman Bridget Mearns
- Alderman Jeff Coffman

Learn more about our City’s governance and our representatives in our comfortable and convenient Dunford Diner. All Aldermen are encouraged to join us frequently. Confirm your visits by e-mail to friendly@nordbridgeseniors.com.
FROM THE DESK OF VAL

Ho! Ho! Ho! Yes, it is already time to prepare for the festive season. Christmas is a time for family and friends, especially the little ones. My “friendly” elves continue to be busy at the front desk selling tickets for our special events, taking your 2013 membership renewals, welcoming new members, giving tours, and most of all, being friendly to everyone.

Just a little reminder for all bus riders: PLEASE don’t assume you are on the daily bus schedule for pick up. You MUST ALWAYS check first by phoning ahead to confirm your pick-up. Also...please BE READY when the bus arrives. The driver has a demanding schedule and will not be unable to make adjustments for you. He cannot accommodate you like a personal driver or a taxi service.

I will be doing my annual Christmas community project by donating a small tree to the food bank who will then pass it on to a deserving family. By December 1, we will have a tree at the front desk. I am asking for your donation of small tree ornaments so my elves can decorate the tree. The deadline for your special ornament will be December 14. I will deliver the tree to the Food Bank on Thursday, December 20. Also, at our next Outreach Program (Dec. 10), we will be collecting an admission fee and will be donating that money to a special family.

Another friendly reminder: We’ve been calling all members to ask for a baked goods donation for our “Annual Bake Sale” on Friday, December 7, at 9:30 a.m. sharp! If you don’t bake, please stop in and buy something. All proceeds from this sale will benefit our “Outreach Program”. Merry Christmas to all and have a safe and healthy festive season.

Valerie

Programmer’s Report by David Ng

Christmas is almost here and my kids wish list to Santa is only three miles long! By the time we bring the boys to see Santa at the mall I am guessing it will be close to five miles!

The new Winter 2013 Program book will be available at the front desk on December 10, 2012. Registration for Winter 2013 programs will begin on Tuesday, December 18th at 10:30 AM. We will start handing out numbers at 9:00 AM. Once you have a number you can have coffee and enjoy some Christmas Songs from the kindergarten class of Our Lady of the Assumption School.

I would like to give a big thanks to the University of Lethbridge Nursing students. Over the past three months the students organized various information sessions and provided health education and resources to our members. The students final project was a Health Fair which was held last month. The students recruited over 30 health service agencies to participate. The Health Fair was very well attended and offered something for every member. Thank you: Alana, Christina, Courtney, Dani, Jenn, Kate, Latifah, Luc, Neena, Peggy-Sue, Stella, Steve and Penni (instructor). Best of Luck in your remaining studies and future endeavors!

Program Notice: Please note starting immediately Keep Fit Classes on Tuesdays will move from 10:00 AM to a 10:15 AM start time. This time change will allow for the new Instructor, Lorelei Waters-Huss, to get here from another fitness class she teaches.

Merry Christmas & Happy New Year - David

Dunford Diner

Friday Lunch Specials $6.00

Fish & Chips with Coleslaw ...plus...

Dec. 7 Beef Dip with Au Jus & French Fries
Dec. 14 Chili Dog & Salad
Dec. 21 Hot Hamburger, Mashed Potatoes & Veggies
Dec. 28 Liver & Onions, Mashed Potatoes & Veggies

REMINDER
All You Can Eat Breakfast Buffet
Wed., Dec. 5th
$6.00

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; $2.50 each way. Phone Front Desk at least one day ahead at 329-3222 to confirm.
WIN CA$H 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
Nov. 5, 2012
Ralph Thompson $255.00

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 Diner. 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!

NOVEMBER WINNER...
Lee Conine
$ 172.00
Next Draw December 21, 2012

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

50/50 WINNERS
Nov. 5  Debbie Abbott $59; Stan Peters $59
Nov. 19 Jim Randa $45; Lee Hargrave $45
Nov. 26 Liz Doroshuk $50; Larry Kozelenko $50

Thanks Jammers, Volunteers and Patrons. Thanks also to Helen Gepneris & Blaine Hyggen for selling tickets for weekly Jam draws.

NORD-BRIDGE BUILDING FUND
RECENT INDIVIDUAL, GROUP & CORPORATE DONORS
Joseph & Eveline Polczer $200
John Gogo $100
Linda Liptak $1,000

NORD-BRIDGE IN-HOUSE BINGO
Cumulative proceeds from Jan 1, 2012 to Nov. 23, 2012: $ 16,972.00

BUILDING FUND UPDATE:
Total Fund-Raising Goal $6,250,000
Achieved
From City of Lethbridge 750,000 82%
From Various Provincial Grants 2,500,000 66%
From Various Federal Grants 500,000 7%
From Nord-Bridge - by Fundraising 2,500,000 78%
Total Contributions to our Building Fund 1998 to December 2012 $ 1,950,406
Still needed by N-B Fundraising $ 549,624

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Lori 403-328-3081
Arlene 403-795-6059

DARTS NEWS by Ken Bobinec, Convener
Women & Men Singles Tournament Winners:
GOLD:  Janet Bobinec, Bill McTighe
SILVER: Verna Penner; Ken Bobinec
BRONZE: Alice Strickland; Gordon Skidmore

Our “Double’s Tournament” is still in progress. I’ll report those winners in the January Newsletter.

Merry Christmas, and Happy New Year to you!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>3 9:00 Yoga</td>
<td>4 9:00 Shuffleboard</td>
<td>5 8:20 Yoga</td>
<td>6 9:00 Oil Painting</td>
<td>7 9:00 Yoga/Pilates</td>
</tr>
<tr>
<td>10:00 Floor Curling</td>
<td>10:00 Music Makers</td>
<td>9:30 Carpet Bowling</td>
<td>9:00 Clever Crafters</td>
<td>9:30 BAKE SALE</td>
</tr>
<tr>
<td>10:00 Jammers</td>
<td>10:15 Keep Fit</td>
<td>10:00 Roll &amp; Stroll</td>
<td>9:30 Mind Joggers</td>
<td>10:00 Drawing</td>
</tr>
<tr>
<td>1:00 Bridge</td>
<td>1:00 Texas Hold’em</td>
<td>10:00 Paper Tole</td>
<td>10:00 Floor Curling</td>
<td>10:30 Paper Tole</td>
</tr>
<tr>
<td>1:30 Military Whist</td>
<td>1:00 Norwegian Whist</td>
<td>10:00 Watercolor</td>
<td>1:00 Trump Whist</td>
<td>1:00 In-House Bingo</td>
</tr>
<tr>
<td>1:30 Hand Bells</td>
<td>1:30 Arthritis Exercise</td>
<td>11:00 Line Dancing</td>
<td>1:00 Woodcarving</td>
<td>1:00 Bridge</td>
</tr>
<tr>
<td>3:00 Fitball</td>
<td>7:00 Social Dance</td>
<td>1:00 Darts/Euchre</td>
<td>3:00 Fitball</td>
<td>1:15 Crib</td>
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<tr>
<td></td>
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<td>1:00 Krafters/Quilting</td>
<td>3:00 ADVANTAGE HEARING</td>
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<td></td>
<td>By appointment</td>
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<tr>
<td>10 9:00 Yoga</td>
<td>11 9:00 Shuffleboard</td>
<td>12 9:30 Carpet Bowling</td>
<td>13 9:00 Clever Crafters</td>
<td>14 9:00 LEGAL</td>
</tr>
<tr>
<td>10:00 Floor Curling</td>
<td>10:00 Music Makers</td>
<td>10:00 Paper Tole</td>
<td>9:30 Mind Joggers</td>
<td>CONSULTATIONS</td>
</tr>
<tr>
<td>1:00 Bridge</td>
<td>10:15 Keep Fit</td>
<td>10:00 Paper Tole</td>
<td>10:00 Floor Curling</td>
<td>By appointment</td>
</tr>
<tr>
<td>1:30 Outreach “Santa’s Big Day”</td>
<td>10:45 WINNERS BINGO</td>
<td>10:45 WINNERS BINGO</td>
<td>1:00 Trump Whist</td>
<td>9:00 Yoga/Pilates</td>
</tr>
<tr>
<td>“Santa’s Big Day”</td>
<td>1:00 Texas Hold’em</td>
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<td>1:00 Woodcarving</td>
<td>9:30 Carpet Bowling</td>
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<td>1:30 Military Whist</td>
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<td>1:00 Darts/Euchre</td>
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<td>10:30 Paper Tole</td>
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<td>3:00 Fitball</td>
<td>7:00 Social Dance</td>
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<td>3:00 Fitball</td>
<td>1:00 In-House Bingo</td>
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<td></td>
<td></td>
<td>7:00 Table Tennis</td>
<td>1:00 Bridge</td>
</tr>
<tr>
<td>17 9:00 Yoga</td>
<td>18 9:00 Shuffleboard</td>
<td>19 9:30 Carpet Bowling</td>
<td>20 10:00 Floor Curling</td>
<td>21 9:30 Carpet Bowling</td>
</tr>
<tr>
<td>10:00 Floor Curling</td>
<td>9:30 ECS Carolers</td>
<td>10:00 Roll &amp; Stroll</td>
<td>10:00 Trump Whist</td>
<td>1:00 In-House Bingo</td>
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<tr>
<td>10:00 Jammers</td>
<td>10:30 WINTER PROGRAM REGISTRATION</td>
<td>10:00 Paper Tole</td>
<td>1:00 Woodcarving</td>
<td>1:00 Bridge</td>
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<tr>
<td>1:00 Bridge</td>
<td>10:15 Keep Fit</td>
<td>10:00 Paper Tole</td>
<td>1:30 Keep Fit Str. &amp; Flex</td>
<td>1:15 Crib</td>
</tr>
<tr>
<td>1:30 Military Whist</td>
<td>10:45 WINNERS BINGO</td>
<td>10:45 WINNERS BINGO</td>
<td>5:20 Zumba</td>
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<td>1:30 Hand Bells</td>
<td>1:00 Norwegian Whist</td>
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<td>7:00 Table Tennis</td>
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<td>7:00 Social Dance</td>
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**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 Lethbridge Transit “Breeze Card”.

- JENNIFER PAYNE, ELDER ABUSE - 4TH THURS. OF EACH MONTH AT 10
- FRIENDLY SHOPPERS PROGRAM - FIRST TUESDAY OF EACH MONTH (CALL 241-329-3222 TO ARRANGE)
- ADVANTAGE HEARING - WED., DEC. 5 (by appointment)
- COUNTRY BLEND Christmas & Country Classic - WED., DEC. 5, 7:30 p.m.
- ANNUAL BAKE SALE FRI., DEC. 7 - 9:30 a.m. SHARP
- OUTREACH - MON., DEC. 10 “Santa’s Big Day” 1:30 p.m.

- U OF L NUTCRACKER BALLET - TUES., DEC. 11
- COFFEE WITH A CONSTABLE - WED., DEC. 12, 10 a.m.
- BROXBURN/GREEN HAVEN OUTING - WED. & THURS., DEC. 12 & 13
- CHRISTMAS LUNCHEON - FRI., DEC. 14 11:30 a.m. (SOLD OUT)
- FREE LEGAL CONSULTATIONS - FRI., 14 (by appointment)
- LOCAL CASINO TRIP - TUES., DEC. 18
- WINNERS BINGO - DECEMBER 11, 12, 18, 19, 26
- LOCAL YATES - THURS., JAN. 3 “Tidings”
Thursday is SENIORS DAY!

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

For more information Call 403-327-7454

EUCHRE

Rodney Foster, Convener
I would like to wish all of you a very Merry Christmas. I hope you get what you wish for. One of the presents you could give Nord-Bridge is a few hours of volunteer time. I hope you keep the spirit of Christmas and give some time to your favorite charity. Our Euchre group is growing again. The players are learning a fun game and meeting new people. We play Wednesdays at 1:00. Everyone is welcome to play and then stay for coffee talk!

“A Cool Yuletide & Fantastic First!”

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.

LEARN is an acronym for….
Lethbridge Elder Abuse Response Network
403-394-0306 learn@lethseniors.com

Free Initial Legal Consultation
Wills...Estate Planning... and other matters as you may require.
Nord-Bridge offers this service through

HUCKVALE WILDE HARVIE MACLENNAN

Upcoming FREE consultation dates at Nord-Bridge: Fridays, Dec. 14 & Jan. 11 between the hours of 9:00 a.m. & 11:30 a.m.

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

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The Holiday Season is Upon Us!
This can be a joyous season to spend time with loved ones, but not everyone may be celebrating this year. Christmas can be a very hard time for a number of people due to recent losses, illness or isolation. Statistics show that depression is a very real phenomenon in the elderly population, directly or indirectly affecting 46% of the entire population of Southern Alberta. There are many reasons for people to feel down. One type of depression is seasonal affective disorder, also known as ‘seasonal depression’. According to Body and Health Canada, this is experienced due to the decreased number of daylight hours, cold temperatures and restricted access to sunlight over the winter months. Other causes of depression are related to limited social supports, poor coping skills, financial strain and ill health. The good news is that there can be light this holiday season. There are numerous ways to combat feelings of depression and loneliness. To boost your spirits try any or all of the following:

♥ Go for a walk.
♥ Care for a pet.
♥ Meet a friend for coffee.
♥ Write a letter to a loved one.
♥ Find a reason to laugh!
♥ Reach out to friends.
♥ Help someone in need.
♥ Medication or complimentary Therapies.
♥ Listen to music.

If you continue to feel down, it is important that you consult your physician as feeling down or depressed is not a normal part of aging. If you have been feeling down, reach out and ask for help. If you see someone else in need, remember that everybody could use the support of a friend. Supporting one another and lending an ear is a great way to ensure we all have a joyous holiday season.

We would like to wish you all the best this holiday season. Merry Christmas! From your friends, The Nursing Students.
OUTREACH REPORT by Mary Potvin

Our November Outreach with a Music Jam/Remembrance theme was enjoyed by 85 guests and 17 volunteers. Oscar & Yvonne provided great musical entertainment. Our door prize went to Joyce Kenzie. The next Outreach will be on December 10th with the profits going to the Food Bank to sponsor a family for Christmas. Please plan on attending by registering early as seats are limited. Entertainment will be provided by our own Nord-Bridge Music Makers and the Nord-Bridge hand bells group. Santa & Mrs. Claus will be stopping by to wish each and every one of you a Merry Christmas!

GET WELL WISHES WENT OUT TO...

...Oscar Ludwig who is back home now. Juliette Terleski has been transferred to St. Michael’s P.A.R.P. program. A card was sent to members Jim and Evelyn Thompson who have both been ill. Jim has been in Calgary hospital but will be coming home soon. Janet Groeneweg was in the hospital but is resting at home now.

CONDOLENCES WENT OUT TO...

...the Christie family on the loss of husband, Hugh; to the family of Jack Peake on the loss of his wife; Bev McDonald on the loss her daughter, Shaunalea Merton; and to Ann Sera on the loss of a brother.

Please remember to let the front desk know who is sick especially those in the hospital. A card of cheer means a BIG SMILE for those who need a little cheer.

Boutique News by Heather and Jo-Ann

Thank you to all the volunteers who made our “Fall Craft Sale” a success. Despite the poor weather we made $659.00 for the Centre.

The Boutique has a wide variety of Christmas gift ideas for everyone. Be sure to drop in and take a look. We will close for the holidays at noon, Friday, December 21 and reopen Wednesday, January 2, 2013.

Merry Christmas to all!

MIND JOGGERS – Judith A. Knox

We enjoyed a great fall with many stories and adventures told. Our membership is now at 8 writers but we welcome new contributors. We also welcome guests who would like to pop in to listen to our interesting story tellers with no obligation to write, just to listen and see what Mind Joggers is all about. We’ll take a Christmas break from December 13th to January 10th.

We wish you and yours a blessed Christmas and a Happy New Year!

The “Mind Joggers” writing group meets weekly in our Craft Room on Thursdays at 9:30 a.m. This friendly drop-in program will offer encouragement and support so that you can start writing about your memories.

How Much Dough Is in the Jug?

Take a guess for $1.00 and you could win $100.00. The money will be counted & the draw will be made by Dec. 31.

All proceeds go towards the “Go Seniors Society” bus fund.

Annual Bake Sale
Friday, December 7th
In the Multi Purpose Hall
At 9:30 a.m. Sharp!

Please bring in donations Thursday, December 6th

Bake Sale proceeds benefit our “Outreach Program.” Thank you!
Effective immediately: Anyone seeking information on programs and services may help themselves to the printed materials on display in our office located within the Nord-Bridge Seniors Centre at 1904 - 13 Avenue North. You may also visit the government website www.seniors.gov.ab.ca. Alberta Seniors has advised that they are no longer providing walk-in service or appointments. Direct all calls to the Alberta Supports Call Centre at 1-877-644-9992. All mail should be sent directly to Alberta Seniors/Special Needs, Box 3100, Station Main, Edmonton, AB T1J 4W3.

A Christmas message from the Scrabble Club to one and all...We all know what “merry” means but this is what “Christmas” means.

C Is for the cheer we give to others.
H Is for the help we give to others.
R Is to remember to be thankful for all things, big or small.
I Is to initiate the first smile when greeting another.
S To Stay positive, stay happy and stay young.
T Is to take time to sit and appreciate that you can still sit!
M Is to make merry and enjoy your life.
A Is for an act of kindness.
S Is to smile for ourselves and others.

Come to the Dunford Diner on Tuesdays at 1:30 p.m. and play Scrabble. Everyone Welcome!

Social Activities by Eva Deringer

The Sgt. Wilson Army Show & Veterans Memorial Banquet on Nov. 7th was an amazing commemorative event. From the bag pipes ushering in our special guests at the dinner to the show featuring music of the 40’s and 50’s the ambiance and entertainment were first class. Special attention was paid to all those who have served in the forces including the “vacant table for one” representing those who never made it back home. A delicious roast beef dinner was served by our staff and volunteers. For the Show portion, our Hall was transformed into a war time era theater with special effects and great audio, costumes, singers and yes, some comedy! Very special thanks is extended to our sponsors, Christensen Salmon Generations Funeral Home and 1st Choice Savings and Credit Union.
Go Friendly Shuttle

TO CONFIRM OR CANCEL A PICK-UP, CALL 403-329-3222 at least one day prior. BE READY and BE PATIENT. If you are not ready when the bus arrives, you will have to find another ride to the Centre. The Driver will be unable to return due to his schedule. The cost is $2.50 per one-way trip (Cash); or use your “Breeze Card.”

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

We are now taking on line bookings for Red Arrow. If anyone needs to go to Calgary or places north, please stop by the front desk to see Val or Heather and we can book your ticket. Red Arrow Motorcoach will give Nord-Bridge a commission for all on-line bookings.

Thursday, January 3/13 (evening performance) “TIDINGS” presented by Yates Theatre
Get rid of the winter blahs by gathering with family, friends, and co-workers for the best of New West!
COST: $25 (INC. BUS AND SHOW) Sign up at the front desk with your payment. Buy your own supper.

Tuesday, December 18, 2012
LOCAL CASINO OUTING
Cost: $6.00
Bus departs Centre at 10:00 a.m. SHARP.
Sign-Up deadline is Friday, December 14/12

EACH WEDNESDAY – Join our friendly walkers, rain, snow, or shine, for a friendly walk in one of our local parks, Park Place Mall or Wal-Mart. Meet at the Centre at 9:45 a.m. This program is for everyone, including those using a walker.
COST: $3 for bus transportation.

Tuesday, Dec.11/12
U.of L. Theatre trip to see “THE NUTCRACKER.” Your payment of $10 includes bus & show
Bus will depart Centre at 11:30 a.m.
Enjoy lunch or breakfast here at Centre.

Wednesday & Thursday, December 12 and 13
Local Outing(s) at Broxburn to enjoy lunch and browse the Christmas displays at Country Blooms and Green Haven.
COST: $13 (INC. BUS)
Payment deadline – Dec. 11/12

We are now taking on line bookings for Red Arrow. If anyone needs to go to Calgary or places north, please stop by the front desk to see Val or Heather and we can book your ticket. Red Arrow Motorcoach will give Nord-Bridge a commission for all on-line bookings.

Coming May & June 2013 STAGE WEST SHOWS
* Watch for sign up sheet in January for the April/May musical, “Chicago” at Calgary’s Stage West Dinner Theatre. A deposit will be required when you sign up.

* Another musical, “Uptown Country Girls”, for all country music lovers is coming to Stage West starting June 27th. If you are interested, leave your name at the front desk.

TRAVEL NOTES
We rolled two full trips to the Hillspring Barn Dance and thoroughly enjoyed the outing. Thanks to drivers Clay and Lucy. A sold out bus also went to Stirling’s Galt Railway Park Victorian Christmas show—something unique and new.

2013 Trips with TRIPLE D TOURS
♦ Deadwood, SD in September 2013.
♦ Spokane Shopping Getaway in October 2013.

TRIPLE D TOURS
TRIPLE D TOURS WOULD LIKE TO THANK EVERYONE THAT HAS TRAVELLED WITH US THIS PAST YEAR. WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO WISH EVERYONE A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR.

Donna, Bob and Ian Dobra
Book at the Nord-Bridge Front Desk or...
Contact Donna at
TRIPLE D TOURS 403-394-0349
or tripledtours@hotmail.com for additional information
PLEASE REMEMBER THAT NORD-BRIDGE GETS A COMMISSION ON EACH TRIP BOOKED HERE AT NORD-BRIDGE CENTRE
Season’s Greetings Special

Our own Nord-Bridge “Clever Crafters” create beautiful, unique greeting cards. During December all Christmas Cards will be specially priced at just

3 for 75¢

The Clever Crafters wish to thank all those who have supported us by buying our cards this year. A big thank you also to those who keep us supplied with their “old” cards. We are taking a break in mid-Dec and will be back at work early in January. Come and join our group on Thursday mornings. Merry Christmas and Happy New Year to everyone. Pat Kincade

Supporting Canada’s Veterans
By Jim Hillyer, Member of Parliament

Prior to the implementation of the New Veterans’ Charter (NVC), in 2006, the only benefits available to modern-day Veterans, were the disability pension program and related health care. The New Veterans Charter introduced a suite of programs and services tailored to the transitional needs of the modern-day Veteran and their family. It was based on the principles of wellness, rehabilitation and modern disability management. The services and benefits included:

• comprehensive rehabilitation services,
• health benefits,
• career transition services,
• new financial benefits, including the monthly Earnings Loss benefit and the Permanent Impairment Allowance,
• Disability Award, and death and detention (prisoner of war) benefits,
• Support through case management and mental health services.

Following the implementation of this Charter, some Veterans and stakeholders expressed concern that it had shortfalls and was not meeting the needs of the individuals it was intended to serve. The Government of Canada responded by bringing forward Bill C-55, the Enhanced New Veterans Charter Act, which received Royal Assent in March 2011 and the provisions came into force that fall. The enhancements contained in the Act include:

• improving access to monthly benefits of up to $1632 for approximately 3500 seriously disabled Veterans;
• providing an additional $1000 per month to approximately 500 Veterans who cannot be suitably or gainfully employed;
• offering flexible payment options for disability awards; and
• providing a minimum annual pre-tax income of $40,000 for CF Veterans participating in VAC’s rehabilitation program.

Our government values its CF members and will by ensuring they have the support they need when and where they need it.

Jim Hillyer, MP
Lethbridge
255 8th St. S
Lethbridge, AB T1J 4Y1
403-320-0070 e-mail: hillyer@jimhillyer.com

Greg Weadick, MLA
Lethbridge West
Associate Minister for Municipal Affairs

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

LEGACY PORTRAITS

Offer ends 29th Dec 2012

Lasting memories for you, your friends and family.

Couple/Individual Session
Exclusive Viewing
Framed 5x7 Portrait
Only $45 - $25 of which will be donated to
(Total Value $1x4)
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Limited Spaces
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Greg Weadick, MLA
Lethbridge West
Associate Minister for Municipal Affairs

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

BILLY ROY

Wed., Dec. 5, 2012
Nord-Bridge Centre
1904—13 Ave. North
Lethbridge, AB

Time: 7:30 p.m.
Tickets: $20.00 (advance)
$25.00 (at the door)

Tickets Available at:
Nord-Bridge Centre
403.329.3222

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www.countryblend.ca

PROCEEDS TO NORD-BRIDGE BUILDING FUND

City of
Lethbridge

Keeping You on the Move

When it snows the City of Lethbridge plows, sands and de-ices roads based on a priority system

What can you do to help?

Slow down and drive with care
Keep a safe distance from the vehicle in front of you
Stay a safe distance behind snow plows and sand trucks
Never pass a snow plow or sanding truck

For more information, including a priority map, visit
www.lethbridge.ca/WinterRoads or follow us on Facebook and Twitter.