

JULY 2011



**The 2011 Nord-Bridge Dragonboat Team
The SEA 'n' OARS**

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, Frank Deane, 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

(Various Other Committees)

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)

Go Seniors Society

(N-B Staff Representatives)

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

Bob Bunn, Ash Adams

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

PRESIDENT'S REPORT

Finally, decent weather; now comes lawn mowing twice a week! This means it must be SUMMER! Summer also brings a lull in our programming activities, while we make plans and gear up for the fall session, only two months away. To all of you who are travelling, visiting and sightseeing, have a great time and be careful.



Our "Father's Day Luncheon & Pie Auction" was again a tremendous success. A big THANK YOU to all the people who donated pies, and a HUGE THANK YOU to all the buyers of the pies. Without your generosity we would not have raised \$2,200. A SPECIAL THANKS to all VOLUNTEERS who served the meal and helped with the Auction. Thanks to our Mayor and Aldermen for attending our function. It's always nice to see you at our Centre.

Harry Fischer



New Members

- | | |
|----------------|-----------------|
| Frank Tuttle | Mavis Tuttle |
| Dean Cofell | Tom Duce |
| Delores Bourk | Marj Whitlock |
| Diane Whitlock | Barbara Preston |
| Graham Bailey | |

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

WELCOME ABOARD TWO NEW VOLUNTEERS...

...Delores Bourk and Brenda Colling. Brenda did an excellent job helping Lil Colwill organize 101 pies for our auctioneers. Delores joined our Outreach program crew. **THANK YOU TO ALL OUR DEDICATED VOLUNTEERS WHO WORK SO TIRELESSLY FOR OUR 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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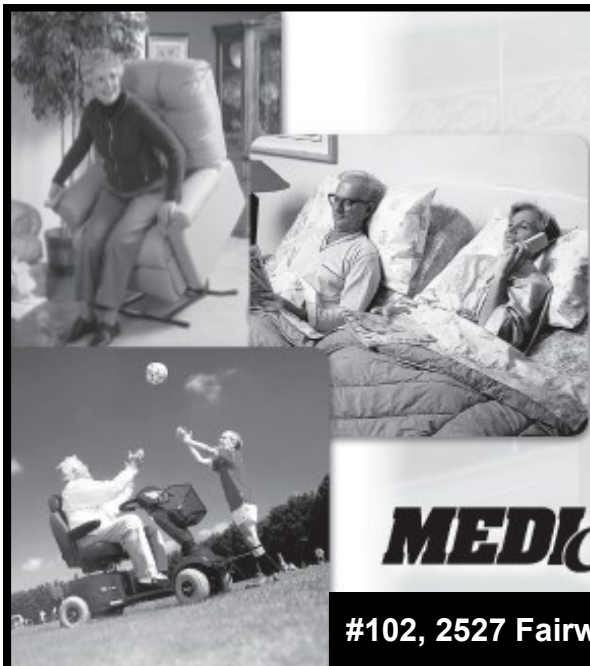
LOGO HISTORY

The Nord-Bridge Seniors logo represents three people linked together, after the fashion of the Lethbridge Canadian Pacific High Level Bridge. Just as the criss-crossing of the support beams within the trestle adds strength to a bridge, seniors linked together in friendship, activity and unity receive strength from one another. The coloured version of the logo represents the diversity of individual members within Nord-Bridge.

Nord-Bridge prides itself as being "the Friendly Centre". We hope you remember this message each time you look at our logo.



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION



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EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

June was "Seniors Month" and many organizations took time to pay special attention to seniors and issues important to that demography.

Unfortunately, one of those issues is **abuse**. We were made aware of two specific cases of financial abuse through internet communications. (See "Online Dating Safety" on the Page 10) However, abuse surfaces in many ways so we all need to get very careful about who we trust and learn how to protect ourselves. Anyone can be victimized. If you need help you can get it from the City Police, Alberta Elder Abuse Awareness Network (www.albertaelderabuse.ca) or the Family Violence Information Line 403-310-1818. If you want to talk to someone locally see Norene Easthope of Alberta Seniors, myself or any of our staff.

Our Picnic held on June 9th, was great! After such a long winter and soggy spring it was wonderful to enjoy an outdoor event. The food was fantastic, the mosquitos stayed away and the entertainment kept the mood very upbeat. Thanks to our volunteers and staff who worked their "buns" off to ensure a successful event; to local corporate sponsors for their generous donations; and to all of our members who supported it.

Our Father's Day Luncheon and Pie Auction on June 17th was another resounding success. It is very gratifying that our members are so supportive of our special events. Thanks to everyone who bought a ticket and came to the Luncheon & Auction. I was also very pleased with the government representatives took time out of their busy schedules to join us. Thank you Mayor Dodic, Aldermen Coffman and Wickersham, and Dr. Raj Sherman from Edmonton. Of course this event was not all fun and games. There was a very considerable effort made by our volunteers who took the time to phone our members and ask for pie donations. Our members responded most generously with 101 pies which were sold for \$2,200.00! This was truly a wonderful joint effort that required much organization by everyone involved; phoners, bakers, buyers, and volunteers including several of our Outreach Committee, Board Members and of course our Auctioneers, Dean Oseen & Gary Jensen.

Please join me on July 15th in the Dunford Diner from 9 a.m. to 1 p.m. when we'll celebrate our 10 Year Anniversary at this new location with free cake & refreshments.

Randy Smith



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.*

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.

Getting Your Affairs In Order

By planning ahead your family will be able to **celebrate your life**, and they won't be overwhelmed by the stresses of being unprepared.



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toll free: 1-800-382-2901 Fax: 403-382-3623

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2011 ALBERTA 55 PLUS SUMMER GAMES JULY 21-24 FAIRVIEW

By Clay Olsen

Join me in supporting our members who will represent Zone 1 in the Games. We are sending two Floor Curling Teams including: Joe Ellan, Eva Ellan, Norene Irwin, Eva Deringer, Lorna Vandervalk, Kay Sauter, Kay Ek and Audrey Melvin. Floyd Irwin will be competing in floor Shuffleboard. Good Luck! Everyone!



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MEET & GREET CITY REPRESENTATIVES



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



**Alderman
RYAN PARKER**
will join us for
lunch **Tues.,
July 7th** 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.**

Programmer's Report by David Ng

Sunscreen and bug spray will be my fragrance of choice this summer! The mosquitos are out and looking for meals! Don't let them feast on you, remember to protect yourself this summer with bug spray. Health Canada recommends adults use up to a 30% concentration of bug spray containing DEET every 6 hours.



If you had a chance to get out to Lethbridge's annual Dragonboat Festive last month to cheer on Nord-Bridge's Sea 'N' Oars dragon boat team you would have witnessed the best times ever posted by our team! The team started the weekend off strong by winning their first race and posting a time of 2:39.60. The other times were 2:44.65, 2:40.62 and **2:39.31** (this is a best time our team has posted ever!). The **Sea 'N' Oars** eclipsed their personal best time set last year by 15 seconds. Awesome job team! A great big thanks to our **Manager Eileen Sawatzky** and **Coach Dawn Vickers**. Eileen kept the team together and involved throughout the year with fun socials and great team bonding events. Dawn, trained and coached the team on and off the water this year getting them into peak physical condition for the Festival! Also, thanks to our sponsors that supported the Sea 'N' Oars (Medichiar Lethbridge, Medicine Shoppe - Chad Baker & Express Coffee and Tea). For a complete list of this years team and sponsors please see Page 10 of this Newsletter.

Fall 2011 program registration will begin on Wednesday August 31st at 1:00 pm. We will start handing out numbers at 12:00 p.m. Once you have a number you can have lunch or coffee in the Dunford Diner and wait for your number to be called at 1:00 pm. The Fall 2011 Program booklet will be available on August 23, 2011 at the front desk.

It has finally stopped raining long enough for the city to repaint the lines for the bocce ball field at Nor-Bridge Loins Park! Join the group on Tuesdays and Thursday evenings at 6:30 pm for a game or two!

David

FROM THE DESK OF VAL



Will we ever get summer? June 20th was the 1st day of summer but we are still waiting for the weather to cooperate. We need the heat especially for our gardens. However, life still goes on whether the weather is crappy or nice. How time is flying by! As we approach July, we all can get some rest and relax since many programs here at the Centre have stopped for July & August. I would like to thank all volunteers for the hard work you have done this year. You all deserve some time to yourselves so you can come back refreshed when all the programs resume in September. The volunteer hours at the front desk are cut back from 10 am to 2 pm, so if you have some spare time this summer and are interested in learning how the front desk operates, stop by to see me. I will require volunteer help July 4th – 8th all day. Thank you to all the Outreach workers as well. **VOLUNTEERS ARE TOPS IN MY BOOK!**

The good news to report is that Bud Hodgson had a successful operation and he and his wife, Cheryl, will be staying in Lethbridge. They will be back volunteering at the Outreach program and front desk. Cheryl has volunteered at the desk previously so she knows the routine.

In closing, have a safe and healthy summer and let's bring on some heat so we can enjoy the outside. If you are going somewhere on vacation, drive carefully, have a great time and we'll see you when you return.

Valerie Arkinstall,

Reception Supervisor &
"Friendly" Travel Agent



NORD-BRIDGE MEMBERS REEL IN MEDALS

The fish were biting and the weather was beautiful on June 22 when Nord-Bridge members traveled to Pincher Creek for the Annual Chamber of Commerce/ Legion Fishing Derby. Our contingency joined another 100 or so anglers from various groups from across the south for this annual organized fishing competition. Fishing started promptly at 10 a.m. followed by awards and a full lunch including beef-on-a-bun, ham, cold slaw, cake, juice, tea & coffee.



Nord-Bridge Members **Lorna Vandervalk** (biggest fish) and **Shirley Trefan** (smallest fish) show off their catch of the day and their medals.

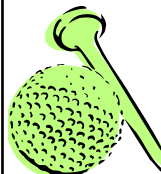
BINGO REPORT

B

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G



We play bingo in our cool Multi-Purpose Hall every Friday **EXCEPT CANADA DAY** which falls on **FRIDAY JULY 1**, when the Centre will be closed and we will all be celebrating elsewhere. But we'll be back the following Friday and every other Friday all summer long, rain or shine. The 48 number pre-call for Bonanza begins at 1:00 p.m. and regular games begin at 1:30 p.m. For only \$5.00 you can play all of the regular games. Early Bird pays out 65% of proceeds; Intermission 50%; and Bonanza 50%. Cards for these games are \$1.00 each.

We are an important asset to Nord-Bridge. Cumulative Bingo proceeds from January 7th to the end of June now totals \$7,289.00, pretty darn terrific, even if I do say so myself. We get many regular dedicated players each week but we have room for many more. Hot in your house? Come out and play in air-conditioned comfort. We'll be here all summer long, having fun and winning money! Why not join us?

See you on Friday, Shirley

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 WINNER

Patrick Cashen \$79.00
June 16th

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!



JUNE WINNER...

Mary Potvin \$103.00

Next Draw July 22, 2011

SOUND SYSTEM DRAW

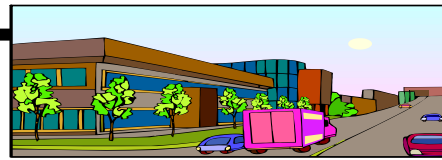
Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



50/50 WINNERS

- June 6 A. Lindsay, \$36; B. Moore, \$36.
 June 13 D. Tarnava, \$42; S. Peters, \$42.
 June 20 S. Peters, \$38; H. Beatty, \$37.
 June 27 J. Hahn, \$33; A. Hirsche, \$33.

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



NORD-BRIDGE BUILDING FUND

RECENT INDIVIDUAL, GROUP & CORPORATE DONORS

Andrew Veres \$100.00
 Dan Rohovie \$25.00
 Sylvia Marshall \$25.00
 Helen Ferez \$25.00
 Mary Leister \$25.00

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 7, 2011 to July 1, 2011: \$ 7,289.00



BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$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 June 2011 \$646,816.86

Still needed from members:

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

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July 2011



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">YOU ARE INVITED TO THE TEN YEAR ANNIVERSARY PARTY</p> <p style="text-align: center;">Nord-Bridge moved from the Bill Kergan Centre to this location 10 years ago. To celebrate this milestone all members are invited for FREE coffee, juice and birthday cake on Friday, July 15th, 2011 from 9 a.m. to 1 p.m.</p>				<p style="text-align: center;">1</p> <div style="text-align: center;"> </div> <p style="text-align: center;">CENTRE CLOSED</p>
<p>4 10:00 Floor Curling 1:30 Military Whist</p> <div style="text-align: center;"> </div>	<p>5 9:30 Golf 1:30 SCRABBLE 6:30 Bocce Ball</p> <div style="text-align: center;"> </div>	<p>6 9:30 Roll & Stroll 9:30 Carpet Bowling 1:00 Darts 1:00 Euchre 3:00 Advantage Hearing</p> <div style="text-align: center;"> </div>	<p>7 10:00 Floor Curling 1:30 Trump Whist 4:30 Winners Bingo 6:30 Bocce Ball 7:00 Table Tennis</p> <div style="text-align: center;"> </div>	<p>8</p> <div style="text-align: center;"> </div> <p>9:00 Legal Consultations 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>
<p>11 10:00 Floor Curling 1:30 Military Whist</p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p style="text-align: center;">Scrabble Answer "G" GHAT</p> </div>	<p>12 9:30 Golf 10:45 Winners Bingo 1:30 SCRABBLE 6:30 Bocce Ball</p> <div style="text-align: center;"> </div>	<p>13 9:30 Roll & Stroll 9:30 Carpet Bowling 10:45 Winners Bingo 1:00 Darts 1:00 Euchre</p> <div style="text-align: center;"> </div>	<p>14 10:00 Floor Curling 1:30 Trump Whist 6:30 Bocce Ball 7:00 Table Tennis</p>	<p>15</p> <div style="text-align: center;"> </div> <p>9:00 ANNIVERSARY CELEBRATION 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>

<p>18 10:00 Floor Curling 1:30 Military Whist</p> 	<p>19 9:30 Golf 10:45 Winners Bingo 1:30 SCRABBLE 6:30 Bocce Ball</p> 	<p>20 9:30 Roll & Stroll 9:30 Carpet Bowling 10:45 Winners Bingo 1:00 Darts 1:00 Euchre</p>	<p>21 10:00 Floor Curling 1:30 Trump Whist 6:30 Bocce Ball 7:00 Table Tennis</p>	<p>22 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p>25 10:00 Floor Curling 1:30 Military Whist</p> 	<p>26 9:30 Golf 10:45 Winners Bingo 1:30 SCRABBLE 6:30 Bocce Ball</p>	<p>27 9:30 Roll & Stroll 9:30 Carpet Bowling 10:45 Winners Bingo 1:00 Darts 1:00 Euchre</p> 	<p>28 10:00 Floor Curling 1:30 Trump Whist 6:30 Bocce Ball 7:00 Table Tennis</p>	<p>29 9:30 Carpet Bowling 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.

- LOCAL GROCERY SHOPPING TRIP, TUES., JULY 5
- ADVANTAGE HEARING, WED, July 6 (by appointment)
- LEGAL CONSULTATIONS, FRI., JULY 8 (by appointment)
- YATES THEATER "TWIST & SHOUT", TUES., JULY 12
- HISTORIC NANTON TOUR, THURS., JULY 14



- NORD-BRIDGE NEW LOCATION 10 YEAR ANNIVERSARY PARTY, FRIDAY, JULY 15
- LOCAL CASINO TRIP, TUESDAY, JULY 19
- CARDSTON THEATER "THE KING & I" THURS., JULY 21
- PICTURE BUTTE MUSUEM... AND ...THE COALDALE BIRDS OF PREY WED., JULY 27
- WINNERS BINGO - JULY 7 (P.M.) 12, 13, 19, 20, 26, 27



WINNERS



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CUSTOMER APPRECIATION
Wed. Afternoon
July 20th

BIRTHDAY BASH
Monday Evening,
July 25th

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Thursday is SENIORS DAY!

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

For more information Call 403-327-7454

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ONLINE DATING SAFETY

We have heard some unhappy stories from seniors who have been duped by people they have met online. Following are some tips to help to ensure your safety.



Only use reputable online dating services that require a subscription payment. Free sites are more likely to attract dishonest people. **DO YOUR RESEARCH!**

Create a separate email account from the one you use everyday so that people cannot look up your regular email address to learn more about you.

Do not provide your personal information to anyone you meet online.

Trust your instincts. If you begin to feel uncomfortable about a specific person do not continue to communicate with them.

If you choose to meet someone in person, make sure you choose a public place where there are a lot of people around.

DO NOT SEND MONEY TO SOMEONE YOU'VE NEVER MET! Many people have been conned by unscrupulous people they have met online.

Beware of anyone who tells you they are currently working in Nigeria. This is where a lot of these scams originate.

Tell a friend about your online relationship in case you need emotional support.

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2011 SEA'N'OARS TEAM: Heather McCloy, Gail Duncan, Izis Karkanis, Susan Hendricks, Lorita Janzen, John Cicman, Shirley Hill, Marie Turmel, Ann Nyenhuis, Debbie Epp, Dawn Vickers (Coach), Gordon Szpak, Diane Lewicki, Earl Barton, Betty Barton, Elaine Molyneaux, Diane Button, Randy Butterwick, Helen Zuback, Bobbie Tedesco, Eileen Sawatzky (Team Manager), Lloyd Banbury, Bob Epp, Jim Campbell, Pete Slobodian.

Submitted by... The Mind Joggers

Written by... Gloria Johnson

Fear

What is fear? It's that feeling in the pit of your stomach that rolls over and makes you want to run, grab a gun, hide in a closet or basement, or flee the country! You know, it's just that awful "icky" feeling.

Why do we have fear? We were not born with it, so we must have learned it. Many times, when fear is upon us, if we stand still, listen and be calm the fear will pass or the situation will dissolve. If you are in the wilderness, it's not always wise to run or climb a tree. Bears are capable of catching up to you and can climb trees faster than humans.

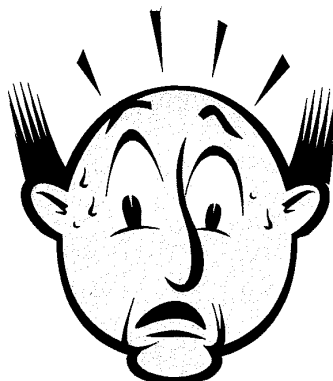
Here are some of the descriptions of fear from the dictionary;

An emotion experienced in anticipation of some specific pain or danger (usually accompanied by a desire to either flee or fight).

Terror, worry, being afraid of, nervousness, dread, fright, panic, alarm, apprehension.

Regard with feelings of respect and reverence; consider hallowed or exalted or be in awe of.

Winston Churchill once said, "There is no fear but fear itself."



OUTREACH REPORT *by Mary Potvin*

Our last social of the spring session was held on June 20th. We welcomed 90 guests from eight groups as well as ten walk-in guests. Our 15 volunteers were kept busy serving refreshments including Strawberry Shortcake! Everyone enjoyed the piano entertainment provided by Bonnie Laurien. The lucky winner of the Door Prize was Vi Arkinstall.



Our crew will take a much deserved break for the summer. Our next social will be held on Monday, **September 19th at 1:30 p.m.** At that time we will welcome all of you back from summer break for **"School Days"** so don't be late or you'll be in trouble!



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Did you know? *by Hal Orborn*

The No. 1 Drift Mine 1888 location dictated the town and later the City of Lethbridge. This mine was started on October 13, 1882 under the guidance of William Stafford. It and Mine No. 2 beside it were opened by the North Western Coal and Navigation Company Ltd. of Sir Alexander



Tilloch Galt. By December, coal was being picked up by the North West Mounted Police and hauled by wagon to Fort Macleod.

Check out my diorama depiction of the mine in our Mine Artifacts display in the main entrance display case.

Get Well Wishes went out to. . .

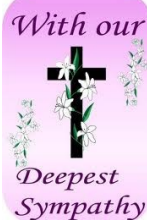


I hope
you feel
better
soon

Barbara Coates, who is improving and sends her greetings to everyone at the Centre. Norah Weaver is also doing well after her fall. Thank you to Lydia Prokop who visits our ailing members.

Condolences were sent to. . .

The Matthew family – loss of Georgie;
The Gier family – loss of Alice;
The Chervinski family – loss of Ab;
The Palmarchuk family – loss of Mary;
The McLeod family – loss of Louise; and
Vi Last – loss of husband. Georgie, Ab, and Mary were all Nord-Bridge Life Members.



EUCHRE IS BACK

ATTENTION EUCHRE PLAYERS:

We are back playing Euchre while Rodney is enjoying his summer holiday. We are meeting at the usual time and place; The **Dunford Diner Annex on Wednesdays at 1:00 p.m.** The Centre is comfortable, air-conditioned and relaxing in the summer so come on out and join us.

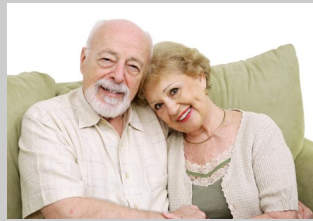
Marilyn Saunders

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

Visit our Resource Centre at your convenience.

SCRABBLE

FRONT HOOKS

? H A T

What initial consonant will turn this common word into a new word that means "passage leading to a river"?

(Answer on the calendar on July 11th)

The Scrabble Club meets Tuesdays at 1:30 in the Dunford Diner. Everyone welcome!



CANADA DAY July 1st.
We get a long weekend to celebrate and enjoy some of the festivities lined up for us. Don't forget your flag!

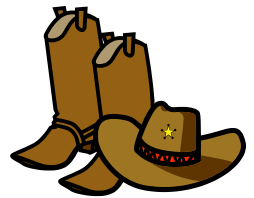
SOCIAL ACTIVITIES by Eva Deringer

The Social Scene in June was much busier as it started with "Seniors Week". We had a Strawberry Tea on June 6 and our Annual BBQ on June 9. Both events were enjoyed by all who attended.

The Father's Day Luncheon & Pie Auction was held on June 17 and was a huge success. Special guests included Dr. Raj Sherman, Mayor Rajko Dodie, Aldermen Coffman and Wickersham. After a delicious meal, 101 pies were sold by our entertaining auctioneers, Gary Jensen and Dean Oseen, who donate their time for this each year. Thank you! Also a big thank you to all the donors, bidders and buyers. Your support is wonderful! Our volunteers stepped up again so thank you to the phoning committee who made the hundreds of calls to bring in the pies. Well done!

UPCOMING EVENTS INCLUDE:

August 24th—Whoop-Up Days
 Toonie Breakfast
 September 12th—Birthday Party
 September 20th—Presidents Dinner & Auction



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GO-FRIENDLY SHUTTLE Need a ride to the Centre? Phone 403-329-3222 AT LEAST one day prior to book a ride and we will pick you up at your door. You must call to confirm EVERY pickup. Also: To cancel a pick-up please phone in by 3 p.m. or sooner on the prior day. 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".



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

LOCAL GROCERY SHOPPING TRIP
Tuesday, July 5, 2011
 Cost: \$3.00
SIGN UP AT THE FRONT DESK



BUS WILL DEPART NORD-BRIDGE AT NOON
 AND GO TO SOBEY'S OR WAL-MART.

LOCAL CASINO
Tuesday, July 19, 2011



COST: \$6.00. Sign up early.



Bus will depart Centre at 10:00 a.m. to arrive at the casino 11:15 a.m. Come with us and try your luck!

SPECIAL JULY OUTINGS

July 12—Yates Theatre—"Twist & Shout" – New West Theatre takes you back to the decade of poodle skirts, soda shops, and pink Cadillacs. With music from rock and roll legends like Elvis Presley and doo wop darlings like The Supremes. Twist & Shout will be one swinging sock hop! **Cost: \$ 25.00** (Includes bus & show) . **Two seats available.**



July 14—Excursion to Nanton—Itinerary includes Grain Elevator Tour at 10:30. Then after Lunch (own expense) FREE TIME to explore Nanton at your leisure: See the Air Museum, antique shops on Main St., or the fantastic Candy Shop. To see something really unique go to the Big Sky Railway Garden Park. At 2:15 as a group we'll tour the World of Miniatures Museum. **Cost: \$ 25.00** (includes bus & elevator tour). **SEATS STILL AVAILABLE.**

July 21—Cardston Theatre—"The King and I" – Another great excursion to Cardston. Cost: \$ 40.00.

SORRY SOLD OUT

July 27—Picture Butte Museum & Coaldale "Birds of Prey Centre" – Tour the museum which hosts more than 100 agricultural machines as well as a historical exhibit. Lunch at "Eddie's". To end the afternoon we'll visit the "Birds of Prey" in Coaldale. **Cost: \$ 20.00** (includes bus and Birds of Prey admission)

SORRY SOLD OUT



SEE VALERIE AT THE FRONT DESK FOR FURTHER DETAILS ON ANY OF THESE TRIPS.

DON'T FORGET THE ANNUAL MYSTERY TRIP which is coming up on August 11

SORRY SOLD OUT



This promises to be another exciting event with a picnic lunch included. Cost: \$28.00



Thursday, November 17, 2011
ROSEBUD DINNER THEATRE
 "The Gift of the Magi"

A "Carefree Bus" tour. **ONLY 19 SEATS REMAINING.**
 \$20 Deposit required at sign up.
TOTAL COST: \$88.00 (includes bus & show)

Triple D Tours is offering the following trips!



1. Calgary Heritage Park/Chinook Mall – Wed. July 20/11
 COST: \$49. Brochures available.
2. Deadwood S. Dakota – Cost: \$499 (Dbl. Occupancy). **Sorry SOLD OUT**
3. Spokane Valley Shopping Getaway – Oct.21-23rd/11
 Cost: \$259.00 (Dbl. Occupancy)
4. Brochures now available for an excursion to China, April 6 to 28, 2013.



Don't FORGET! Nord-Bridge gets a commission on each trip booked here at the Centre.

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Saturday: 9:00 a.m. - 1:00 p.m.

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We take pride in knowing your name when you walk through our door. And we

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Offer expires July 31st, 2011. Limit 2 per person.
While supplies last.

1.99 each



REXALL BRAND
Hand Sanitizer 3X60 ml
Offer expires July 31st, 2011. Limit 2 per person.
While supplies last.

3.99 each



REXALL BRAND
ASA 81mg Low Dose
Enteric Coated 120 Tablets
Offer expires July 31st, 2011. Limit 2 per person.
While supplies last.

9.99 each



REXALL BRAND
Anti-Diarrheal Caplets
24's (2mg Loperamide)
Offer expires July 31st, 2011. Limit 2 per person.
While supplies last.

9.99 each

Chad Baker, B.Sc.Pharm
Pharmacist/Owner

Nord-Bridge Senior's Centre
#2, 1904 - 13 Avenue North
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CONGRATULATIONS CLINTON E. DUNFORD, Doctor of Laws, honoris causa

A member of the Legislative Assembly of Alberta for 15 years, Clint Dunford was recently awarded an honorary Doctor of Laws Degree by the University of Lethbridge in recognition of his significant contributions to post-secondary education in Alberta. Clint is shown here in our own "Dunford Diner" celebrating with siblings Elaine and Warren Dunford who were visiting from Ontario.




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, July 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 or drop by 402 - 8 Street South Lethbridge, AB T1J 2J7

MEMBERS:

PLEASE BE SURE TO REPORT YOUR VOLUNTEER HOURS



VOLUNTEER RECOGNITION POLICY REVISED

WHEREAS it is important to recognize the many volunteer hours given to Nord-Bridge Senior Citizens Association; and

WHEREAS the Board wishes to recognize these volunteers yearly;

POLICY:

BE IT RESOLVED THAT Nord-Bridge Senior Citizens Association host a Volunteer Barbecue each fall to honor their volunteers, to be planned by the Volunteer Committee; and

BE IT RESOLVED THAT to be considered a volunteer (based on the previous July 1st to June 30th), a person must submit their volunteer hours on volunteer sheets to the Reception Supervisor; and

BE IT RESOLVED THAT volunteers be invited by written invitation only; and

BE IT RESOLVED THAT volunteers whose spouse does not volunteer at the Centre be allowed to attend at a minimal cost.

Approved by the Board of Directors
June 8, 2011

June 8, 2011

Date

H. Fischer

President (Harry Fischer)

L. Liptak

Secretary (Linda Liptak)

These businesses made generous donations to our Bar-B-Que. We extend our sincere thanks to them.



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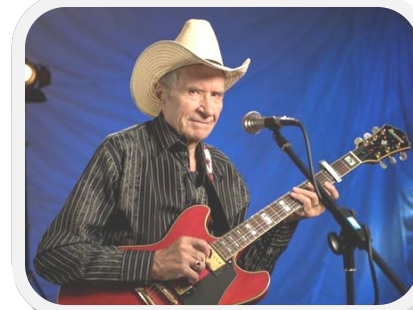


This year's "PRESIDENT'S DINNER & AUCTION" will be held on Tuesday, September 20, 2011. This annual event is a major fund-raiser for Nord-Bridge.

We are once again soliciting our Members & Friends for their generous donations of items for our auctions. This early notice will also give you time to prepare any craft items. Items should be new or very nearly new, or of a collectable or antique nature. Please bring your items to Nord-Bridge Admin. Assistants Kathy or Shirley. Kindly identify your items with your name and give us a fair dollar value if possible.



Thanks from Event Coordinator,
Jim Hahn, V.P.



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