

NORD-BRIDGE SENIORS

NEWSLETTER

July 2012



**Janay & Randy Smith at Monument Valley,
Navajo Nation Reservation, near the Arizona-Utah state line**

**2012-2013
NORD-BRIDGE SENIORS
EXECUTIVE**

President	Jim Hahn
Vice-President	Pat Santa
Treasurer	Roberta Svennes
Secretary	Linda Liptak
Past-President	Harry Fischer

BOARD OF DIRECTORS

<u>FIRST YEAR</u>	<u>SECOND YEAR</u>	<u>THIRD YEAR</u>
Vacant	Eva Deringer	Gordon Kometz
Bob Bunn	Paul White	Elaine Molyneux
Rodney Fosterlan	Mac Culloch	Donna Takeda

ADMINISTRATIVE STAFF

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)
Bookkeeper	Tracy Beauchemin
Seniors Programmer	David Ng
Reception Supervisor	Valerie Arkinstall
Reception Assistant	Heather Belle
Rentals	Kathleen Filkowski / Shirley Trefan
Head Chef	Bonnie Jadeske
Cook	Sally Reyna
DR Cashier/Kitchen Asst.	Gail Krysak
Kitchen Asst.	Margaret Fleming
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.	Linda Liptak * (Chair), Harry Fischer, Gordon Kometz, Judy Cartwright
Crafts Boutique	Heather Newsham, Bob Bunn (Financial)
Finance Committee	Roberta Svennes * (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 Prog.	Harry Fischer, Norene Easthope

CARDS & BOARD GAMES

Contract Bridge	Rodney Foster * Board Rep
Crib	Kathy Ludwig
Eucre	Mike Bennett, Vi Segouin
Military Whist	Rodney Foster
Trump Whist	Ruth Balogh
Scrabble	Marilyn Saunders, Pat Veres
Texas Hold'em	Sheila Brust
EDUCATION	Butch Olsen
Oil Painting	Elaine Molyneux *, Board Rep
Paper Toile	Yosh Hattori
Wood Carving	Hazel Harvie
Watercolor	Don Johnson
Ukrainian Easter Eggs	Glenice Caffyn
Watercolor Club	Berniece Pavan
Krafters Koffee Klub	Sandy Baceda, Bea Crawford
Quilters Group	Jo-Ann Adams
	Marilyn Martens

New To You Greeting Cards
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
Chi Kung
Yoga/Pilates
Fitball/Exercise With Arthritis
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

SPORTS & RECREATION

Clogging
Line Dancing A.M./P.M.
Handbells
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

Pat Kincade
Lethbridge Family History Centre
Lethbridge Community Network
Pauline Rapson
Nadia Campbell, Jack Simmons,
Ted Sillito

Pat Santa *, Board Rep
Harry Fischer *, Board Rep
Mike Bennett
Shirley Cavanaugh & Frances Wallace

Helen Gepneris, Blaine Hyggen
Bonnie Hammond
Leonard Hutchinson

Paul White *, Board Rep
Urszula Hebert, Nancy Berlando
Nancy Berlando
Urszula Hebert
T. J. Dunn

Jim Scott (Volunteer Trainer)
Donna Takeda*, Board Rep
Valerie Arkinstall
Lydia Prokop/Kathleen Boschman
Valerie Arkinstall
Mary Potvin

Eva Deringer*, Board Rep
Eva Deringer
Doug Youngren
Barbara Stewart
Eva Deringer
Karen Hooper

Sandy Nowell
Della Howg
Lucy Graham
Vacant*, Board Rep

Clay Olsen
Norene Irwin, Woody Neely
Ken Bobinec
Eileen Sawatsky
Vacant

Harry Fischer
Steve King, Rudy Grams
Clay Olsen
Jerry Mikusek, Dave Bergen
Dan Deringer

Bob Bunn *, Board Rep
Valerie Arkinstall
Kathy Filkowski, Shirley Trefan
Valerie Arkinstall
Mike Bennett
Clay Olsen

Jim Hahn *, Board Rep
Clay Olsen, Harry Fischer
(Structure Under Review)

Ian Mac Culloch *, Board Rep
Harry Fischer, Mike Bennett
Mike Bennett, Clay Olsen
Two year terms appointed by City
David Ng (and Alberta Health Svc)

David Ng
David Ng, Sheila Brust, Allyn Mills
Jim Hahn, Roberta Svennes,
Harry Fischer, Randy Smith
Randy Smith
Clay Olsen, Delores Bourk
Harry Fischer

View our Website

www.nordbridgeseniors.com

for information, photos, video, Newsletters 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

Thank you...to the City Councilors and "Lethbridge Elder Abuse Response Network (LEARN)" representatives, who served at our annual Father's Day Luncheon and Pie Auction. Also, a big thanks to all the volunteers and those who supported our pie auction! To MLA Bridget Pastoor – thanks for buying the first pie to set the pace for a record average sale of the 105 pies in the auction!



It seems like June came and went in a flash as we waited for the arrival of summer. Canada is such a great place to live and be able to enjoy all four distinct seasons.

June saw an important royal celebration. Queen Elizabeth II ascended the throne on February 6, 1952 with her coronation on June 2, 1953. The coronation of the Queen was the first ever to be televised, and was also the world's first major international event to be broadcast on television. Her reign of 60 years is the second longest for a British Monarch; only Queen Victoria reigned longer at 63 years. "God Save Our Gracious Queen!"

Now that July is here – it is time for "O' Canada!" and time to cheer on the **Nord-Bridge Sea N' Oars team at the Dragon Boat Races early in July.** At Nord-Bridge Centre, July and August programming slows down a bit as members focus on out door summer activities. It is also a time for travelling and visiting friends and families. Be safe in your travels, enjoy the summer!

**Remember – Keep Active
and Stay Connected!**

Sincerely, *Jim Hahn, President*

BIG SALE

GIGANTIC BOOK SALE!!!!

Friday, July 13, 2012

Due to the many book donations to our Centre recently, we will be having a giant book sale on **Friday, July 13th**, from 10:30 a.m. until 2:00 p.m.

All books will sell for 25¢ each, or a bag-full for \$2.00! Come on in and get your "new to you" reading material for the summer.



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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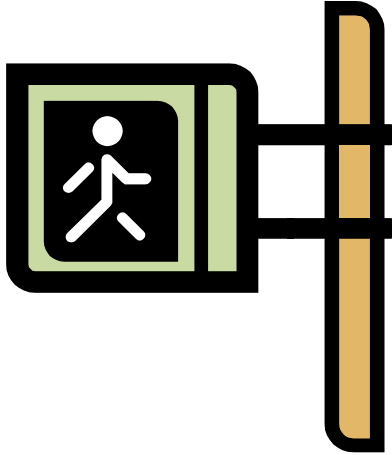
#102, 2527 Fairway Road South, Lethbridge (403) 320-1488 or 1-800-561-7749

ROLL & STROLL CONTINUES ALL SUMMER

We know you love to walk so the "Roll & Stroll" program will continue throughout the entire summer for the special price of only...

...\$2.00...

for the bus. Please meet here by 9:45 a.m. each Wednesday. We'll "tour" a different scenic path each week, rain or shine!



EXECUTIVE DIRECTOR'S REPORT

Greetings Members,



The summer holiday season is finally here, and that means the Centre is a little slower . . . with many visiting family, working in the yard, and enjoying other summer activities. For the staff at Nord-Bridge, we too have been taking some breaks. After June's Senior's Week, and the Nord-Bridge Father's Day event - - which I thank all members and political leaders for supporting - - Janay and I took a week plus off, and made a trip with four other couples to southern Utah, eastern Colorado, and northern Arizona to motorcycle the National Parks and sites of the Grand Canyon area. Our bikes were trailered to the starting point. We then visited: Bryce Canyon; the Grand Staircase, the Mesa Verda (aboriginal) cliff dwellings; Monument Valley and the Navajo



Nation Reservation; Lake Powell and the Glenn Canyon Dam; the north rim of the Grand Canyon; and Zion National Park. What a beautiful road trip of about 3,000 + km's, great scenery, food, and fun!!! We then trailered back home via Idaho and Montana,

where we saw one of the big western wild fires. We were blessed to return home to Alberta's more moderate and accommodating climate! The desert is fun to visit, but I couldn't live there.

As for Nord-Bridge, I would report that our Association submitted a bid, back in late April, to co-host the 2013 Alberta Seniors Services Conference in Lethbridge. This is the major senior service providers conference held each fall by the Government of Alberta. The successful co-host organization should be notified by late June / early July. Nord-Bridge and LSCO are also supporting / partnering with the Lethbridge Sports Council on a proposal for the City to host the 2015 Alberta 55 Plus Winter Games. Our submission is going to City Council on July 23, for their support. If you want to see the "Seniors Games" return to Lethbridge, we invite you to support this presentation at Council. Watch the local media for times. And have a great summer!

Yours truly, *Randy*

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VOLUNTEERS ARE NEEDED...

...to work Bingos at Lucky's Bingo Hall (SABA) one or two days per month. If you are interested please call:

Mike Bennett

403-329-3222 (Nord-Bridge)
403-381-0495 (Home)
403-894-5241 (Cell)

Clay Olsen

403-329-3222 (Nord-Bridge)
403-382-0492 (Cell)

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SOCIAL COMMITTEE by Eva Deringer

“Seniors Week”, June 4th to 10th ushered in a full week of activities including a music jam, a toonie pancake breakfast, a carpet bowling tournament, a picnic at Pavan Park and a special bingo event. Every activity was well attended and thoroughly enjoyed. Our 50/50 winners at the picnic were: David Last (Hazel Carroll’s brother-in-law who was visiting from Wales), and our own Marilyn Saunders. Each lucky winner took home \$69.

On Friday, June 15th we celebrated Father’s Day with our Annual Luncheon & Pie Auction, an amazing “Pop” event! Music was provided by Yvonne Nelson and our MC was President, Jim Hahn. Lunch was most efficiently served by guest volunteers including Alderman Bridget Mearns, and “Lethbridge Elder Abuse Response Network (LEARN)” representatives, organized by our staff programmer, and LEARN rep., David Ng.

The Pie Auction was conducted by auctioneers Dean Oseen and Gary Jensen. Their skill and enthusiasm kept the bidding fast and furious, as well as entertaining and successful. Over 100 pies were auctioned off. Our earnings including the auction and donations were \$2,604. These proceeds will be evenly shared by our Outreach Program and LEARN.

A “sweet” thank you is extended to everyone who participated toward making this Luncheon and fundraiser such a success. Included in this group are luncheon attendees, pie donors, cash donors, auction bidders, auctioneers, our terrific volunteers, David’s team, Nord-Bridge staff and our Social Committee. A special “thank you” to Mayor Dodic for his donation of six luncheon tickets.

Our next Social event will be the “Annual Whoop-up Toonie Pancake Breakfast” on Wed., August 22nd. Dust off your cowboy hat and polish your boots and join us!

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LUNCH WITH CITY REPRESENTATIVES



**Tues
July
3rd**

**Alderman
Ryan Parker**



**Fri.
July
6th**

**Alderman
Bridget Mearns**



**Fri.
July
20th**

**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.

Programmer's Report by David Ng

Summer has just arrived but I have to start thinking about the **Fall 2012 Program registration** which will begin on **Wednesday, September 5th at 1:00 pm. We will start handing out numbers at noon.** Once you have your 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 2012 Program booklet will be available on August 29, 2012.

The Nord-Bridge Seniors dragon boat team, the Sea 'N' Oars, will once again be competing in the annual Lethbridge Rotary Dragonboat Festival. The races run on the weekend of July 6 - 8 at Henderson Lake. If you are in town that weekend I encourage everyone to come out and cheer on our team! You will easily spot our team this year as their shirts are bright lime green! *"Go! Sea 'N' Oars Go!"*

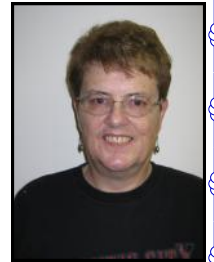


Last month we had another successful Senior's Week! The main highlight of the week once again was the "Annual BBQ Picnic" at Pavan Park. I would like to extend my thanks to all the volunteers who made the BBQ picnic a success. To the jammers who entertained the 150+ members and guests, Clay and Butch for barbecuing, Jim for helping transport the food and equipment, Sandy and Janet for running the front gate, and to Lil and Delores who went above and beyond by helping with setup, coffee and tea preparation! Without all the help from volunteers our special events would not be as special as they are!

David

FROM THE DESK OF VAL

Congratulations to the following members who won "Seniors Week" daily prizes just for coming to the Centre and signing in at the front desk: **Wilfred Kobe**, \$10 gift certificate from **Chad Baker's Medicine Shoppe**; **Ken Mack**, a coffee mug donated by **Greg Weadick, M.L.A Lethbridge West**; **Joy Abbey**, a FREE hair cut from **Image Centre** and a magnetic note pad donated by **Noreen Easthope of Alberta Senior Benefits**; **Alan Kimber** a FREE massage from **Jean Adam of Optimum Health**; **Ruth Balogh** a pillow donated by **Shoppers Home Health Care**; and **Graham Bailey**, an alarm clock donated by **Bridget Pastoor, M.L.A. Lethbridge East**. Please remember to sign in at the front desk daily; we need an accurate daily count for our records and you just could win something! "Seniors Week" was a blast and we enjoyed many activities. Seniors Week occurs annually during the first week of June.



In June we welcomed Heather Belle, our new part-time front desk receptionist and my assistant. Stop in and say "hi" and give her a "friendly" welcome to Nord-Bridge. Heather will be a great help to me and to our members.

To my committed volunteers, you are AWESOME and with the extra help now, there will always be someone available to conduct tours, and to spend a little extra time with those who need it. To those of you who are taking a break, enjoy your time resting, and relaxing, and enjoying your summer activities. **YOU DESERVE IT!**

Valerie

Dunford Diner



Friday Lunch Specials \$5.75

July 6	Beef Dinner; Mashed Potatoes, Veggie
July 13	Veal Cutlet; Mashed Potatoes, Veggie
July 20	Salisbury Steak, Mashed Potatoes, Veggie
July 27	Turkey, Mashed Potatoes, Veggie, Stuffing



REMINDER
All You Can Eat
Breakfast Buffet
Wed., July 4th



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

Clara Lapointe June 12th \$92
Jolane Molnar June 25th \$71

MONTHLY 50/50 Toonie Draw

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the 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!

JUNE WINNER...

Betty Cowan \$130.00
Next Draw July 27th, 2012

SOUND SYSTEM DRAW

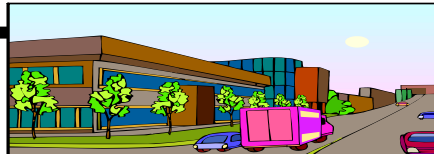
Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



50/50 WINNERS

- June 4 Joyce Orsten \$72 / Eldon Graf \$72
- June 11 Geri Kanewischer \$31 / Doreen Smid \$32 / Liz Borau \$31
- June 18 Roy & Helen \$40 / Marg Peto \$40
- June 25 Roy & Helen \$41 / Sandi Fischer \$42

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

No new donations

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2012 to June 22, 2012: **\$ 8,825.00**



BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$5,898,921	
From City of Lethbridge	650,000	95%
From Various Provincial Grants	2,000,000	83%
From Various Federal Grants	1,000,000	4%
From Nord-Bridge		
- by Fundraising	2,000,000	97%
- by City Loan	248,921	100%

Total Contributions to our

Building Fund 1998 to July 2012 \$ 1,947,896

Still needed from members:

- by November 1, 2012 **\$ 20,743**
for final payment of City loan

ATTENTION: NEWSLETTER CONTRIBUTORS and ADVERTISERS

Thank you for your reports, stories, and advertisements. It's nice to get a variety of items and subjects and a great way to keep members informed of what's happening here at the Centre and within Lethbridge.



If you want to contribute but need help with your composition please bring your idea to Kathy and she will help you. The **deadline for all contributions and cancellations of standing ads is the 15th of the month** (prior to publication); **earlier if you need help with your story or poster.** All submissions should be delivered to the office of the Administrative Assistant or by e-mail to:

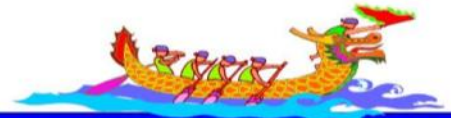
friendly@nordbridgeseniors.com









For advertising rates please contact Bob Bunn at 403-329-3222.





Thank you



July 2012



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CENTRE CLOSED FOR CANADA DAY</p> 	<p>3</p> <p>9:00 Golf 9:00 Shuffleboard 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 2:00 Arthritis Exercise 6:30 Bocce Ball</p>	<p>4</p> <p>9:30 Carpet Bowling 10:00 Roll & Stroll 1:00 Darts 1:00 Euchre 3:00 Fitball 3:00 Advantage Hearing</p> 	<p>5</p> <p>10:00 Floor Curling 1:00 Trump Whist 5:00 Winners Bingo 6:30 Bocce Ball 7:00 Table Tennis</p>	<p>6</p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p>9</p> <p>10:00 Floor Curling 1:00 Bridge 1:30 Military Whist</p>	<p>10</p> <p>9:00 Golf 9:00 Shuffleboard 10:45 Winners Bingo 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 2:00 Arthritis Exercise 6:30 Bocce Ball</p>	<p>11</p> <p>9:30 Carpet Bowling 10:00 Roll & Stroll 10:45 Winners Bingo 1:00 Darts 1:00 Euchre 3:00 Fitball</p>	<p>12</p> <p>10:00 Floor Curling 1:00 Trump Whist 6:30 Bocce Ball 7:00 Table Tennis</p>	<p>13</p> <p>9:00 Legal Consultations </p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>
<p>16</p> <p>10:00 Floor Curling 1:00 Bridge 1:30 Military Whist</p> 	<p>17</p> <p>9:00 Golf 9:00 Shuffleboard 10:45 Winners Bingo 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 2:00 Arthritis Exercise 6:30 Bocce Ball</p>	<p>18</p> <p>9:30 Carpet Bowling 10:00 Roll & Stroll 10:45 Winners Bingo 1:00 Darts 1:00 Euchre 3:00 Fitball</p> 	<p>19</p> <p>1:00 Trump Whist 1:30 Keep Fit 6:30 Bocce Ball 7:00 Table Tennis</p> 	<p>20</p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 

<p>23</p> <p>10:00 Floor Curling 1:00 Bridge 1:30 Military Whist</p>	<p>24</p> <p>9:00 Golf 9:00 Shuffleboard 10:45 Winners Bingo 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 6:30 Bocce Ball</p>	<p>25</p> <p>8:30 Dr. Bolokoski Foot Clinic 9:30 Carpet Bowling 10:00 Roll & Stroll 10:45 Winners Bingo 1:00 Darts 1:00 Euchre</p> 	<p>26</p> <p>10:00 Floor Curling 1:00 Trump Whist 6:30 Bocce Ball 7:00 Table Tennis</p> <p><i>Scrabble Answer:</i></p> <p>BIFLEX REFLEX</p>	<p>27</p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p>30</p> <p>10:00 Floor Curling 1:00 Bridge 1:30 Military Whist</p> 	<p>31</p> <p>9:00 Golf 9:00 Shuffleboard 10:45 Winners Bingo 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 6:30 Bocce Ball</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 Lethbridge Transit "Breeze Card".

- SENIORS HELPING SENIORS - EVERY TUESDAY AND THURSDAY 9:00 A.M.
- FRIENDLY SHOPPERS PROGRAM - FIRST TUESDAY OF EACH MONTH (CALL Val at 403-329-3222 TO ARRANGE)
- TRIP - FORT MACLEOD EMPRESS THEATRE, TUES., JULY 3
- ADVANTAGE HEARING, WED, JULY 4 (by appointment)
- TRIP - CALGARY STAMPEDE, TUES., JULY 10
- MYSTERY TRIP (1 OF 2), THURS., JULY 12



- LEGAL CONSULTATIONS, FRI., JULY 13 (by appointment)
- LOCAL CASINO TRIP, TUES., JULY 17
- TRIP - KOOTENAI BROWN MUSEUM, PINCHER CREEK, THURS., JULY 19
- TRIP - WATERTON LAKES (1 OF 2) TUES., JULY 24
- FOOT CLINIC BY DR. BOLOKOSKI, WED., JULY 25 (by appointment)
- WINNERS BINGO - JULY 5, 10, 11, 17, 18, 24, 25, 31



WINNERS



Thursday is SENIORS DAY!

Half-price Regular & Gold Cards for all players

60+ For more information Call 403-327-7454

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CUSTOMER APPRECIATION

Fri. Afternoon July 20th

BIRTHDAY BASH Monday Evening July 30th



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803 - 3 Ave. S., Lethbridge, AB 403.381.4142

EUCHRE



We had a good turn out and lots of fun at our May 23rd Tournament. An added bonus was LOTS of prizes! **Helen Paquin** took home the door prize, a basket of products from "Expressions Gift & Gourmet". Other prizes were provided by; Uplands Sobey's, Humpy's, London Drugs, Savers, Image Centre, Medicine Shoppe, Avon, and others. Thanks to everyone who participated. Our Tournament winners were: **#1 Jeri Moore, #2 Ron McCaugherty, and #3 Nora Weaver.** Congratulations, to all of you! Remember, Euchre will be played throughout July & August on Wednesdays at 1 o'clock. Have a great summer; see you in September.

What do we live for if not to make the world less difficult for each other?

Rodney Foster, Convener

Tougher penalties for drunk driving coming to Alberta on July 1

(from Lethbridge Sun times June 27, 2012)

The Alberta government is bringing in its tougher new penalties for drinking and driving on the July 1 long weekend. Transportation Minister Ric McIver says the amount of booze a driver can consume before getting behind the wheel hasn't changed, but the consequences have. Drivers caught with a blood alcohol level higher than .08 will lose their license immediately and not be allowed behind the wheel until charges are resolved.

Alberta is the first province to institute indefinite suspensions for being caught after too many drinks. Drivers convicted under federal laws also will have a device installed in their vehicles for up to five years to prevent them from starting (their car) if high blood alcohol is detected. McIver says he's confident the legislation has enough safeguards and avenues for appeal to survive a constitutional challenge.

THE GLOBE AND MAIL



Nord-Bridge recently took advantage of a great subscription offer from The Globe and Mail. The Globe, "Canada's National Newspaper", offers the most authoritative news in Canada, featuring national and international news, business, arts, sports & life sections, crossword, Sudoku and more. If you're a news hound or simply enjoy interesting stories and editorials check it out the next time you visit the Centre.

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.

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

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We will offer Complimentary
Hearing Evaluations at
Nord-Bridge the First
Wednesday of every month!

Book your appointment
at the front desk!

403-320-5051



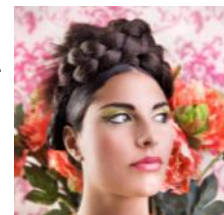
Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

A MEXICAN LOVE STORY

By Edward (Ted) Sillito , Nord-Bridge Mind Joggers

It was just a small town diner, on a beach in Mexico
I had stopped for a cold beer, my progress had been slow.
I was headed farther south, down near Guabitos.
I go there every winter, to meet up with my Amigos.

As I looked down at the menu, I felt a movement at my table.
So I lifted up my head, as far as it was able.
Her skin was all aglow, like the color of spun gold.
And the smile on her face, was coy, yet a little bold.



She had warm lush lips, and dark smoky eyes.
And like the warm Mexican sun, I felt the heat begin to rise.
Then the light went on, and inside me I knew,
I'd likely bit off, more than I could ever chew.

So this warm Mexican beauty, was the cause of my defeat.
My heart must do its duty, I know when I am beat.
Helplessly forever in love, I will always do her bidding.
And I know it won't be long, 'till a date's set for our wedding.

So I never got past that little town, never made it to Guabitos.
I stayed in that little diner, and never met up with my Amigos.
I hope someday they'll forgive me, for choosing this town and this life.
And I hope they all understand, especially.....my wife!!

TRAVEL SAFETY

Whether you're travelling in Canada or elsewhere this summer, the following tips can ensure you'll have a safer, more relaxing holiday.

- ◆ Take out appropriate travel insurance to cover hospital treatment, and medical evacuation.
- ◆ Make copies of your passport details, insurance policy, travelers cheques, and credit/debit card numbers. Carry one copy in a separate place from the originals, and leave a copy with someone at home.
- ◆ Leave a copy of your travel itinerary with someone at home and keep in regular contact with a friend and/or relative.
- ◆ Vaccinations: Check with health professionals for information about relevant shots and other precautions.
- ◆ Check with embassies to determine crime and safety risk.
- ◆ Do not carry or flash large sums of money.
- ◆ Carry valuables in a pouch or money belt worn under your clothing—it's one of the safest places.
- ◆ Be culturally correct in your dress and how you act, and you'll be less likely to stand out as a target for crime and other unwanted attention—leave expensive jewelry at home.
- ◆ Don't accept ground-floor rooms, or any room that has easy access from outside, such as a balcony or a fire escape.
- ◆ Never give your room number to anyone! If someone is coming to meet you, arrange for a meeting in the lobby or some other public location.
- ◆ In public places, including trains and subways, always hold on to carry-on bags, purses and backpacks.
- ◆ Have a trusted friend or relative check your home including inside water appliances and outdoor taps at regular intervals. Also, make arrangements for mail and lawn care.

ANNUAL FISHING DERBY TRAVEL REPORT

On June 20th, 2012, our Nord-Bridge Go Friendly Shuttle took a full bus load, including myself, to Pincher Creek for the Annual Fishing Derby. Even though it rained a little, everyone had a great time. The fish were biting and the sun came out between showers so it was a wonderful day!

After a great morning of fishing, the ladies of the Legion served a fantastic lunch of roast beef, ham, coleslaw, baked beans and dinner buns, followed by cake for dessert. DELISH!

Like last year, two Nord-Bridge members won prizes at the tournament. Liz Hunka won a Canada hoodie for catching the biggest fish, 18 inches long; and Butch Olson won a Canada fleece blanket for catching the smallest fish, about 5 1/4 inches long. Congratulations!

After the prize presentations, we all hopped back on the bus expecting to head straight home. However, our driver, Clay Olsen, made a quick stop for ice cream and then proceeded to take us on a scenic tour of the Pincher Creek area. We drove through the Cowley Boat Club vacation area and past the Old Man River Dam. I can hardly wait to see what the fishing will be like next year.

by Shirley Trefan



SENIORS HELPING SENIORS

Are you buried under a mountain of government forms and paperwork?

Seniors Helping Seniors is a unique program offered at Nord-Bridge on **Tuesday and Thursday mornings from 9 am to 11:30 am**. Bring in your paperwork and a volunteer will help you sort through what needs to be done and provide assistance in completing forms. (Alberta Seniors Benefits, Special Needs Assistance for Seniors, Old Age Security, Guaranteed Income Supplement, Canada Pension Plan and/or Income Tax forms). **There is no need for an appointment; please sign in at the front desk** and we will have a volunteer available to assist you.



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Candice Elliott-Boldt
BC-HIS,
Registered Hearing Aid Practitioner



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GET WELL WISHES WENT OUT TO...

...members in hospital including: Lee Hargrave, Mary Krull, Evelyn Prokop, Art Secretan, and Don Ward who is in I.C.U. Louise Talbot and Dora Iwaskiw are still in St. Michaels. We're happy to report that Audrey Melvin is now out and about following a case of shingles.



CONDOLENCES WENT OUT TO...

...Faye Cain & Family, loss of Pat; Donna Farkas, loss of husband; the Dulong family, loss of Outreach member, Esther Dulong; Jolane Molnar, loss of brother; Ruth Orchard, loss of son; the family of Life Member, Georgia Martin; and to Connie French (stylist at the Image Centre) loss of mother.



Kindly remember those who are not well. Sometimes a quick visit or a greeting card is "just what the doctor ordered". If you know of a member who is sick, either at home or in hospital, please let us know so we can send a cheery card, and hopefully bring a smile to someone who needs it.

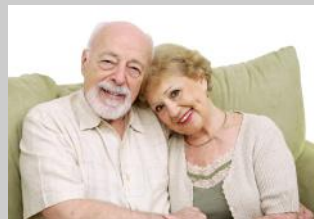
Bridget A. Pastoor, MLA
Lethbridge East



Contact Bridget at:
2816 - 5th Avenue North
Lethbridge, AB T1H 0P1
Phone: 403-320-1011



ALBERTA SENIORS



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.

S C R A B B L E

□ □ F L E X

What two different, two-letter words can be placed in the spaces above to form two, new high-scoring words?

(Answer on Calendar—July 26)

Another Way to Become a Better Scrabble Player:

Consider Your Next Play. Make every play with an eye toward your next play. You can do so simply by saving some good tiles on your rack. Your best odds of having a great rack is to save some combination of these letters: **A...E...I...L...N...R...S...T...** ideally, saving either the same number of vowels and consonants, or just an extra consonant.

**Scrabble meets
 Tuesdays at 1:30 p.m.
 in the Dunford Diner.**



**HAPPY
 CANADA
 DAY!**

Sheila Brust, Convener

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**Call June at
 (403) 892-7116**



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.

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- Walk-in Tubs & Bathroom Safety Products
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APRIL 7 TO 25, 2013

**\$4,599.00 Per Person
 Double Occupancy.**

**\$5,699.00 Per Person
 Single Occupancy**

LIMITED SEATS AVAILABLE

Final meeting November 3rd,
 2012. Deposit required at the
 final meeting to hold
 seats.



For more information call
 Donna at Triple D Tours
 403-394-0349

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. 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 use your "Breeze Card".



TRAVEL NEWS



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



Tuesday, July 3, 2012

Fort Macleod Empress Theatre

"a lively Comedy/Romance Musical performance"
Then watch the "Musical Ride"
Cost: \$30 (Bus, show & Musical Ride)

SOLD OUT

Annual Waterton Lakes Outing—1st Outing **SOLD OUT**

Tuesday, July 24, 2012



2nd Outing—Tuesday, August 14, 2012

A day of sightseeing, shopping, picnic lunch or maybe just relaxing by the lake and watching the boats, then enjoy an ice cream cone before heading home.

Cost: \$30 (Inc. bus, lunch & gate admission)



The Calgary Stampede—Seniors Day

Tuesday, July 10, 2012

A full day event with lots of walking so be prepared, wear good shoes, bring your water bottle and a hat.
BUS DEPARTS CENTRE AT 7:45 AM.
Cost: \$45 (Bus & Admission)

SOLD OUT

Thursday, August 23, 2012

Yates Theatre Production "Party On"

This show brings fun, laughs and marvelous music featuring songs by Billy Joel, Eagles, Phil Collins and Whitney Houston.

Cost: \$28 (includes bus and show) Buy your own supper.
Payment deadline Aug. 15/2012.



Annual Mystery Trip—1st Outing **SOLD OUT**

Thursday, July 12, 2012



2nd Outing—Thursday, AUGUST 9, 2012

The rule is, IF YOU GO ON THE FIRST TRIP—YOU MUST NOT TELL ANYONE WHERE YOU WENT UNTIL AFTER THE SECOND TRIP. Let's leave it a Mystery????

Cost: \$30 (Bus & Lunch and Mystery Destination tour)
Bus leaves Centre at 10:30 AM for both trips.

September 27-28, 2012—STETTLER TRAIN EXCURSION

An overnight trip to Stettler to ride the train through the countryside to see fall colors. A deposit of \$100 is due on sign up. Cost: \$275/person (double occupancy), including accommodation at the Canalta Hotel, train fare, Carefree Luxury Bus, Tour of Blackfoot Crossing Interpretive Centre. **Only 5 Seats remaining.**



Tuesday, July 17, 2012
LOCAL CASINO OUTING

Cost: \$6.00

Bus departs Centre at 9:30 a.m. SHARP.
This trip sells out quickly.

Thursday, July 19, 2012

Kootenai Brown Museum in Pincher Creek
This museum is a must-see destination.
Cost: \$27 (Includes bus & tour admission)
Buy your own lunch.



TRAVEL NEWS

Several trips in June were SELL OUTS again—Medicine Hat Casino, Rosebud Theatre and of course, the Annual Fishing Derby. It's great to see that everyone enjoys these outings. (Rosebud got rave reviews) As you can see, several trips for July are SOLD OUT already, with 2nd outings planned for some. Remember, you must register early so you don't miss out on your favorite trips.

WE ARE NOW A BOOKING AGENT FOR RED ARROW BUS. If you need to get to the Calgary Airport or Foothills Hospital, Please contact the front desk and ask for Kathy, David, Shirley or Val. We will be able to do your online reservation right here from the Centre.



Triple D Tours

- Deadwood South Dakota - 2 Trip Dates:** Sun., September 2 - 8, 2012, or Sun., September 16 - 22; \$515.00 Per Person Double Occupancy.
- Spokane Fall Shopping Getaway** (4 days); Fri., October 19 - 22, 2012; \$349 Per Person Double Occupancy.
- Cross Iron Mills Mall Shopping/Christmas Light Tour** (Airdrie & Calgary); Wed., Dec. 12/12; \$40 Per Person

Book at the Nord-Bridge Front Desk or...

Contact Donna at

Triple D Tours 403-394-0349

or tripleddtours@hotmail.com for additional information

PLEASE REMEMBER THAT NORD-BRIDGE GETS A COMMISSION ON EACH TRIP BOOKED HERE AT NORD-BRIDGE CENTRE

CAUTION

FOOD AND DRUG INTERACTIONS

People combine foods all the time but do not consider the consequences of drug interactions with food and beverages. These interactions may include delayed, decreased, or enhanced absorption of a medication.

- ♥ Dairy products interfere with the absorption of many drugs such as certain antibiotics and should, therefore, be taken at a different time of day.
- ♥ Grapefruit or grapefruit juice affects the metabolism of certain drugs such as cholesterol medication (i.e. Lipitor) and some blood pressure medications and should be avoided at all times.
- ♥ Pickled or aged foods can reduce the metabolism of a class of antidepressants known as MAOI's causing dangerously high levels in the body.
- ♥ Alcohol can increase side effects of certain drugs (i.e. sleeping pills) or reduce the effectiveness of other drugs (i.e. stimulants).
- ♥ Licorice interacts specifically with Digoxin causing higher than normal blood levels.
- ♥ Caffeinated beverages reduce the effectiveness of sleeping pills.
- ♥ Green leafy vegetables can reduce the effectiveness of Warfarin.



Some medications should be taken with food, while others on an empty stomach. Your pharmacist can provide you with the information you need to receive the best benefits from your medications.

**Information provided by:
Chad Baker, the Medicine Shoppe**

WANTED

YOUR DONATIONS FOR OUR SILENT & LIVE AUCTIONS



This year's "PRESIDENT'S DINNER & AUCTION" will be held on Tuesday, September 18, 2012. 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. Items can be; an unused gift from home, a cash donation, an item or gift card from your favorite business, a home made craft, a collectable or an antique. This early notice will give you time to prepare any craft projects. 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!



Event Coordinator, Jim Hahn, President



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 13th, 2012

between the hours of 9:00 a.m. & 11:30 a.m.

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



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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UNTIL SEPT. 11 ONLY!



ENTERTAINMENT
plus... Silent & Live
AUCTIONS!

FOURTH ANNUAL
PRESIDENT'S DINNER & AUCTION



TUESDAY SEPT. 18TH 2012

Doors Open 4 p.m.

- ♦ Silent & Live Auction (Dean Oseen) 5 p.m.
- ♦ Baker Family Singers ♦ Dinner 6 p.m.
- ♦ Keister Family Fiddlers 7:15 p.m.
- ♦ \$25.00 Per Person
- ♦ Door Prizes

RESERVED SEATING
AVAILABLE FOR TABLES OF 6

Main Course
NORD-BRIDGE
ROAST
BEEF
DINNER



Cash Bar

For ticket information contact
friendly@nordbridgeseniors.com
or Phone: 329-3222
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**Keister Family
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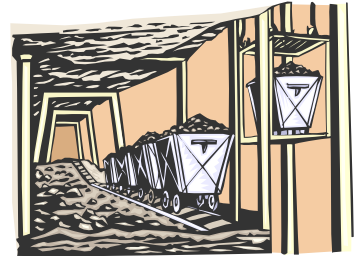


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LOCAL MINING IN THE 1950's

In 1957 Mike Stefancsik worked at the Murray Mine at East Coulee near Drumheller. At the time the mine had a three foot seam of coal. It was Mike's job to pick out the coal floor sufficient to run track and mine cars into the seam.

In 1958 Mike was working at the Crown Mine at East Coulee. This mine had a large coal seam and the mine shaft was supported by approximately eight foot support beams. According to Mike "coal was on both the top and bottom. Sometimes they had about 27 feet without a timber. It was sure nice to work in."



Lights in the coulee on three different levels (run between 4:30 and 6:00 p.m.) were used as a signal to the miners as to which mine would be working the next day. If the light designated for your shift came on, then you knew to go to work the next day; otherwise, you stayed home!

This past April, Mike & Edith Stefancsik made an interesting donation to our miner's artefact collection which is located inside our main entrance. The Stefancsik's donation includes three items: a carbide holder (grey container with a sliding lid); a brass carbide lamp; and a galvanized water canteen.

According to Mike, the carbide holder contained small carbide rocks about the size of a marble. These carbide rocks were placed in the holder portion of the lamp. The top section of the lamp held water which would drip down onto the carbide and create a gas



reaction. The volume of the gas would depend upon the amount of water that was dripping down the tube onto the carbide. The volume of gas would correlate to the brightness of the light. The lamp was then placed on the helmet.

We extend sincere thanks to Mike and Edith and to all those who have so generously contributed to our miner's collection.



ATTENTION CRAFTERS

Advance Notice

Our Gift Boutique **Fall/Winter Craft Sale** is scheduled for **Saturday, October 27th, 2012**. Tables may be booked now: \$15 for members; \$25 for Non-members. Please call Val at 403-329-3222 to reserve a table. We will also need volunteers on that day. Please speak with Heather Newsham or Jo-Ann Adams if you are able to help. **Thank you!**