



March, 2011

2010-2011 NORD-BRIDGE SENIORS

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

	<u>BOARD OF DIRECTORS</u>	
<u>First Year</u>	<u>Second Year</u>	<u>Third Year</u>
Gordon Kometz	Mike Bennett	Bob Bunn
Elaine Molyneux	Helen Gepneris	Eva Deringer
Donna Takeda	Pat Kincade	Al Frohlick

	<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, Frank Deane, Phil Story, Clay Olsen, Harry Fischer, Mike Bennett
Memberships	Shirley Trefan
Newsletter	Kathy Filkowski (Production), Bob Bunn (Sales)
Nominations Committee	Dan Deringer (Chair), Mary Potvin, Clay Olsen *

CARDS & BOARD GAMES

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

Other Education Programs

Computer Training
Library
Mind Joggers

FUNDRAISING

GAMING

Casino Coordinator
In-House Bingo Coordinators

Monday Jam Draws
Winners Bingo Rep / Coord
Winners Bingo Alternate

HEALTH & FITNESS

Keep Fit Classes
Chi Kung
Tai Chi

Yoga / Pilates
Fitball

Fitness 55 Club

OUTREACH

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

SOCIAL ACTIVITIES

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

SPORTS & RECREATION

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

TRAVEL

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

VOLUNTEERISM

Building Set-up Volunteers
Volunteer Committee Chair
Volunteer Committee Assistant

AFFILIATIONS

ACA Representative
ASCSRA
Economic Development Leth
Health Education Presentations

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

(Various Other Committees)

Lethbridge Community Network
Pauline Rapson
Nadia Campbell, Jack Simmons,
Ted Sillito
Jim Hahn*, Board Rep
Bob Bunn*, Board Rep
Mary Insley
Shirley Cavanaugh & Frances
Wallace

Jim Hahn
Bonnie Hammond
Leonard Hutchinson
Elaine Molyneux*, Board Rep
Urszula Hebert, Nancy Berlando
Nancy Berlando
Vacant

Urszula Hebert
T. J. Dunn
Jim Scott (Volunteer Trainer)
Donna Takeda*, Board Rep

Dianne David
Lydia Prokop
Valerie Arkininstall
Vacant

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, Marg Scallon
Nadine Taylor, Victor Boychuk
Harry Fischer
Dan Deringer
Clay Olsen
Jerry Mikusek, Dave Bergen
Dan Deringer

Harry Fischer*, Board Rep

Valerie Arkininstall
Kathy Filkowski, Shirley Trefan
Valerie Arkininstall
Mike Bennett
Clay Olsen

Jim Hahn*, Board Rep

Clay Olsen
Elaine Molyneux
Vacant

Clay Olsen*, Board Rep

Harry Fischer, Mike Bennett
Clay Olsen, Ron Kincade
Clay Olsen
David Ng (through Alberta Health
Services)
David Ng
David Ng, Allyn Mills
Clay Olsen, Roberta Svennes,
Harry Fischer, Randy Smith
(N-B Staff Representative(s))

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

PRESIDENT'S REPORT

Hello Everyone;

The gopher said we would get an early spring, but what does he know? I am soooo tired of shovelling. BUT the calendar says first day of spring is March 20. I'll believe it when I see it.

The last few weeks were quite busy at our friendly Centre. Valentine's Day Luncheon, and of course rubbing shoulders with some of our Cabinet Ministers: Mary Anne Jablonski, Gene Zwozdesky, and Greg Weadick. Congratulations to Greg on his promotion to Minister of Advanced Education, a promotion well earned. We also had a visit and presentation by Danielle Smith, leader of the Wild Rose Party. With all the changes in Edmonton, we should be in for some exciting times in the next few months.

Some of us have completed our income tax refresher course and are ready to file your returns. Please make appointments at the front desk once you have all your information slips. We will be ready to file on the second week in March.

Our Annual General Meeting is Wednesday, March 2, 2011. Please make sure you are in attendance, thank you.

Harry Fischer



New Members

- | | | |
|-----------------|----------------------|----------------|
| Frank Halkyard | Kala Watmough | Alyce Ries |
| Michael Connor | Andrienne Riehl | Les Beres |
| Rose Gordon | Sheila Urban | Shirley Beres |
| Wally Ellingson | Andrea Ramsey | Helen Deal |
| Ed Cutler | Gail Sauter | Dianne Dirk |
| Ruth James | William Carpenter | Jerry Dirk |
| Jack Hogleund | Donna Courtoreille | Judy Hogleund |
| Don Murfin | Adeline Murfin | Melvin Salmon |
| Elsie Krasman | Eileen Sommerfeldt | Lucille Miller |
| Roger Carter | Sandra Doughty-Moore | Elsie Grey |

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

Nord-Bridge Meetings Reminder

Each Month

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

Annually

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

Go Seniors Society

Regular Board Meetings

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

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

Greetings Members;

Some months ago I told our membership that Nord-Bridge had been **successful in securing a "New Horizons for Seniors, Capital Assistance Program" grant** from the Government of Canada (Service Canada). The grant totaled \$25,000, to be used in upgrading the lighting and ceilings in the Centre's Entrance, Central, and West corridors. This work is now well underway, and you may have noticed the new ceiling and electrical fixtures being installed at Nord-Bridge. You should be pleased to learn that the **new light fixtures are "energy efficient"**, and we have been advised they **will consume about one third of the energy** previously used in the affected areas. These electrical fixtures also produce almost **double the illumination**, so you should notice the Centre is much brighter. Naturally, the new white ceilings also help. We have also needed to upgrade our fire suppression system as part of the installation. The Centre's entrance corridor will also be upgraded over the first weekend in March. We are trying to do this work with as little impact as possible on the daily "comings and goings" in the Centre. Finally, this grant is being used to improve our Electrical Room, bringing the room into adherence with present fire safety code. I would take this opportunity to thank the Government of Canada, New Horizons Program for this assistance. **Thanks is also extended to MP Rick Casson for his support of our application.**

On another note, I remind all members of the Association's Annual General Meeting scheduled for Wednesday, March 2, at 9:30 a.m. in the Multi-Purpose Hall. We are looking forward to providing you with our Financial Statements and program reports for Fiscal 2010. Our Executive and Board will also be elected at this meeting.

Finally, I would take this opportunity to **congratulate MLA Greg Weadick on his recent appointment as the new Minister of Advanced Education and Technology.**

Randy Smith

NORD-BRIDGE SENIORS CENTRE



IN-HOUSE BINGO Friday Afternoon

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

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

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

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

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

Annual Pass - \$180

Monthly Pass - \$18

20 Visit Pass - \$25

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

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

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Pool Report by Dan Deringer



We recently had two of our pool tables refurbished at a cost of \$1,979.25. This money was raised by a few of our pool & shuffleboard players, and others. Many thanks for your consideration. **Now for the bad news.** Our 50/50 raised a mere \$500 over the past year; that compares dismally with 2005 when it raised \$1,000. At the same time we have more people than ever using the Veres Family Games Room and our expenses have seen a very sharp increase.

Thanks to our faithful 50/50 players and especially those who generously donate their winnings back to the program. However, we have quite a few players who never contribute. Why not? I want to know? The 50/50 gives you an opportunity to win twice; putting money in your pocket and keeping **YOUR PROGRAM** well stocked and maintained in a comfortable building. **Why not make that small 50¢ donation daily?** Think about this: It costs about \$10.00 an hour to play pool in any other pool hall. **If this lack of voluntary 50/50 support continues it will be necessary to implement a user fee for the program.**

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Programmer's Report by David Ng

The countdown to spring is on! The month of March means one of two things; one golf season is just around the corner and two, the deadline to file your 2010 income tax is less than 60 days away!

Nord-Bridge has once again signed on to provide the Community Volunteer Income Tax Program to members and non-members of the community. We have numerous volunteers who have participated in the income tax training program provided by Canada Revenue Agency. Over the next two months these volunteers will help individuals and couples file their 2010 income tax returns online through E-file or old fashioned paper base mail in returns. The Community Volunteer Income Tax Program is set to begin on **March 7th**. To book an appointment please see the front desk or phone (403)329-3222 to book an appointment. Please be advised volunteers cannot complete returns for incomes over \$35,000 for a single person and \$45,000 for a couple. Volunteers do not complete income tax returns which require a statement of business or rental income and expenses, limited partnerships, self-employment, capital gains, income tax returns for deceased or bankrupt individuals or any complex tax situations. To assist volunteers please bring copies of your 2009 income tax returns. Please note this is a free service, however, donations to Nord-Bridge will be gratefully accepted.

The annual In-House Awards Luncheon is set for **March 17** (Thursday) starting at 11:30 am. If you participated in the 2010 In-House Tournament you are invited to the Awards Luncheon. Tickets for guests can be purchased for the awards luncheon at the front desk for \$8.00. We will hand out medals and trophies to the winners of each activity.

Spanish for beginners starts on March 29 and runs Tuesdays and Thursdays until May 26. There are still two spots left in the class. Sign up at the front desk if you are interested in learning some Spanish before your next trip! **David**



FROM THE DESK OF VAL

You haven't heard from me for a couple of months but now I'm back and I'm back with a familiar theme: VOLUNTEERS. Volunteers are key to the vitality of Nord-Bridge. Volunteering allows you to get to know others and it keeps you physically & mentally active which is very important for seniors. We have many long-time volunteers but have a need now for new helping hands because some helpers deserve a break even as our Centre continues to grow. There are volunteer opportunities now for our Outreach and Travel Programs.

What is Outreach? It is a monthly Program that reaches out to those seniors who rarely get out due to reduced mobility and transportation issues. We entertain them with music, games and snacks. This program has grown to full capacity and is open to senior groups from all over our community. I am reaching out to recruits to help with organizing, cashiers, hosting, food preparation, servers and set up/take down. Hats off to my group of committed volunteers in this program. Without these people, this Program would not be so successful. BUT, these faithful people need a rest, too. Spring and summer are coming and the TRAVEL PROGRAM needs volunteer drivers. Our volunteer drivers will take our members on trips to locales in and around southern Alberta and assist Jack, as required, during special events here at the Centre. I heard a rumor that my casino gamblers suggested going to the local casino twice a month so here's another opportunity for more drivers. Qualified drivers will have a good driver's record and enjoy spending time with and assisting seniors onto an off of the bus. If you are interested in this opportunity please contact Harry.

Don't forget to mark your calendar for **Saturday, March 12th** the day of our **1ST EVER ARTS AND CRAFT SALE** from 10 a.m. – 3 p.m. in our **Multi-Purpose Hall**. Bring your many friends, family, and neighbours and see for yourself what crafty members we have including our own Boutique consignees. There will also be refreshments like juice, coffee, sandwiches, and muffins available for purchase.

Dunford Dining Room Menu

IN THE CAFETERIA—EVERYONE WELCOME!

- Breakfast Daily 8:30 to 1 p.m.
- Daily Lunch Specials, Soup & Sandwiches and orders from the menu 11 a.m. to 1 p.m.
- Breakfast Buffet—1st Wed of the month.



Don't feel like making **Breakfast**? We make eggs, bacon, ham, potatoes, pancakes and more Monday through Friday. We also offer daily **Lunch Specials** plus an assortment of sandwiches, hearty soups, salads, desserts and other treats ...and...**coffee is always on**. Please check the menu board for Daily Lunch Specials and á la carte items including: **HAMBURGERS, CHICKEN BURGERS, DENVER SANDWICH, SALMON BURGERS, FRENCH FRIES, ONION RINGS and more.**

DAILY LUNCHEONS
Served 11:00 AM to 1:00 PM
Take Out Available

Greetings Everyone!

We are very pleased to report that the number of players has increased substantially during the last two or three weeks. A big thank you to all who come including the many new faces, and, of course, our faithful players of the past. Hopefully, this will continue. We will be here every week, so that should be reason enough for you to come - even if it is to come to see the caller, or the crew at the back table.

Speaking of volunteers - we would like to extend our appreciation to Blaine Hyggen for coming in to call some of the numbers. Thank you Blaine! We can hardly wait until Blaine is old enough so that he can join the Center and be part of our group (although I don't think I will live long enough to see that happen). Thanks again Blaine! In the meantime just keep coming as we can use all the help we can. I know most of our players, especially the women, love having you here.

For \$5.00 you can play, plus you can purchase cards (\$1.00 each) for our special games, namely the "Quickie"; the "Intermission" and the "Bonanza" which by the way paid out \$95.00 last week.

'Til next time - All my love Shirley

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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.



LATEST WINNER

January 18, 2011

Louis Lirette \$320.50

(New pot approaching \$400!)



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!



FEBRUARY WINNER...

Reg Prawdzik \$160.00

Next Draw March 18th, 2011

SOUND SYSTEM DRAW

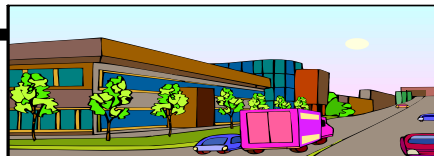
Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



50/50 WINNERS

- January 31 Clay Olsen, \$52; Ann Hirsche, \$51
- February 7 Norman Stelter, \$29; Arlene Scott, \$29
- February 14 Brian Bruchet, \$38; Helen Graf, \$38.

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

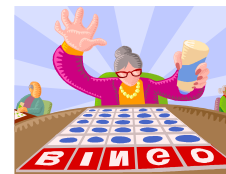
Anonymous \$ 100.00

Russell Scratch \$ 200.00

Maurine Maslen (In Memory of Ruth Maslen) \$400.00

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 7, 2011 to February 18, 2011: **\$2,156.00**



BUILDING FUND UPDATE:

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

Total Contributions to our

Building Fund 1998 through Dec. 2010 \$642,783

Still needed from members:

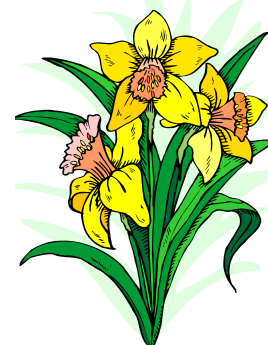
- short term \$ 16,547
- for payment of City loan (2yrs) \$ 41,486

THE CANADIAN CANCER SOCIETY

will be selling daffodils at Nord-Bridge on March 31 & April 1 and needs volunteers to sit at the booth which will be open 10 a.m. to 1p.m.



We also need a site co-ordinator who will be in charge of confirming the volunteers and picking up the money both days and bringing it down to the Canadian Cancer Society located at 317 – 10 Street South. If you can offer any assistance, or for more information please call

Diane Herrick at 403-317-4655.



March 2011



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>First Day of Spring March 20th</p>	<p>1</p> <p>9:00 Shuffleboard 10:00 Music Makers/Clogging 10:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:30 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>2</p> <p>8:20 Yoga 9:30 ANNUAL GENERAL MEETING 9:30 Paper Tole 1:00 Darts/Euchre 1:00 Watermedia 3:00 Fitball 3:00 Advantage Hearing</p>	<p>3</p> <p>9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:30 Trump Whist 1:30 Keep Fit Str. & Flex. 3:00 Nintendo Bowling 7:00 Table Tennis</p>	<p>4</p> <p>9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p>7</p> <p>9:00 Yoga 10:00 Floor Curling 10:00 Jam Session 1:15 Movie Matinee 1:30 Military Whist 3:00 Fitball</p> 	<p>8</p> <p>9:00 Shuffleboard 10:00 Music Makers/Clogging 10:00 Keep Fit Aerobics 10:45 Winners Bingo 1:00 Watercolor I 1:00 Texas Hold'em 1:30 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>9</p> <p>8:20 Yoga 9:30 Paper Tole 9:30 Roll & Stroll 10:00 Carpet Bowling 10:45 Winners Bingo 1:00 Darts/Euchre 1:00 Watermedia 3:00 Fitball</p>	<p>10</p> <p>9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:30 Trump Whist 1:30 Keep Fit Str. & Flex. 3:00 Nintendo Bowling 7:00 Table Tennis</p>	<p>11</p> <p>9:00 Legal Consultations 9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p>14</p> <p>9:00 Yoga 10:00 Floor Curling 10:00 Jam Session 1:15 Movie Matinee 1:30 Military Whist 3:00 Fitball</p>	<p>15</p> <p>9:00 Shuffleboard 10:00 Music Makers/Clogging 10:00 Keep Fit Aerobics 10:45 Winners Bingo 11:00 Chi Kung 1:00 Watercolor I 1:00 Texas Hold'em 1:30 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>16</p> <p>8:20 Yoga 9:30 Paper Tole 9:30 Roll & Stroll 10:00 Carpet Bowling 10:45 Winners Bingo 1:00 Darts/Euchre 3:00 Fitball 6:30 Chi Kung</p>	<p>17</p> <p>9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 11:30 Awards Luncheon 1:00 Woodcarving 1:00 Oil Painting 1:30 Trump Whist 1:30 Keep Fit Str. & Flex. 3:00 Nintendo Bowling 7:00 Table Tennis</p>	<p>18</p> <p>9:00 FREE MASSAGE 9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>

<p>21 9:00 Yoga 10:00 Floor Curling 10:00 Jam Session 1:30 Military Whist 1:30 OUTREACH An Irish Leprechaun Party  3:00 Fitball</p>	<p>22 9:00 Shuffleboard 10:00 Music Makers/Clogging 10:00 Keep Fit Aerobics 10:45 Winners Bingo 11:00 Chi Kung 1:00 Watercolor I 1:00 Texas Hold'em 1:30 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>23 8:20 Yoga 9:30 Paper Tole 9:30 Roll & Stroll 10:00 Carpet Bowling 10:45 Winners Bingo 1:00 Darts/Euchre 3:00 Fitball 6:30 Chi Kung</p>	<p>24 9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:30 Trump Whist 1:30 Keep Fit Str. & Flex. 3:00 Nintendo Bowling 7:00 Table Tennis</p>	<p>25 9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib </p>
<p>28 9:00 Yoga 10:00 Floor Curling 10:00 Jam Session 1:15 Movie Matinee 1:30 Military Whist 3:00 Fitball </p>	<p>29 9:30 Spanish 10:00 Music Makers/Clogging 10:00 Keep Fit Aerobics 10:45 Winners Bingo 11:00 Chi Kung 1:00 Watercolor I 1:00 Texas Hold'em 1:30 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>30 8:20 Yoga 9:30 Paper Tole 9:30 Roll & Stroll 10:00 Carpet Bowling 10:45 Winners Bingo 1:00 Darts/Euchre 3:00 Fitball 6:30 Chi Kung</p>	<p>31 9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:30 Trump Whist 1:30 Keep Fit Str. & Flex. 3:00 Nintendo Bowling 7:00 Table Tennis</p>	<p>APRIL 1 Spring Luncheon 11:30 a.m. Tickets available now! </p>

SCHEDULE OF TRIPS & EVENTS

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

- SENIORS HELPING SENIORS EVERY TUESDAY & THURSDAY 9 TO 11:30 A.M.
- TAX PROGRAM...ALL MONTH
- GROCERY SHOPPING, TUESDAY, MAR. 1
- ADVANTAGE HEARING, WED, MAR. 2 (by appointment)



- LOCAL TRIP: LUNCH & MOVIE MILL, THURSDAY, MAR. 10
- LEGAL CONSULTATIONS, FRIDAY, MAR. 11
- LOCAL CASINO TRIP, TUESDAY, MAR. 15
- IN-HOUSE AWARDS LUNCHEON, THURSDAY., MAR. 17
- OUTREACH , MONDAY, MAR. 21
- "ANNIE GET YOUR GUN" RAYMOND, SAT., MAR. 26
- WINNERS BINGO - MAR. 8, 9, 15, 16, 22, 23, 29, 30



WINNERS



A Whole New Experience!

CUSTOMER APPRECIATION
Afternoon
Monday, March 21st
BIRTHDAY BASH
Evening, March 28th

Thursday is SENIORS DAY!

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

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Call 403-327-7454

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Crownsnest Trail

HUGE CASH
PLAYOFF EVENT IN
EARLY APRIL

WIN \$10,000
OR
A NEW CAR!



LIFETIME HIGHS INC.

SLOTS OF FUN ADVENTURES (CASINOS)

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

DOMESTIC & INTERNATIONAL ADVENTURES

- ENGLISH GARDENS TOUR: MAY 21 TO 28, 2011
- HOMERUNS, SHOWS & BIG APPLE FUN: SEPT. 15 - 19, 2011
From the Yankees to Broadway New York City awaits you!
- EAST AFRICA WONDERS TOUR TANZANIA, ZANZIBAR: OCT. 7-25, 2011
Featuring the Serengeti Migration.
- POLAR BEARS @ CHURCHILL: NOVEMBER 2011. CALL FOR DETAILS
- EASTERN CARIBBEAN CRUISE, CELEBRITY LINE: JAN 31 - FEB. 11 2012
Additional pre-tour in Puerto Rico available.
- "DANUBE RIVER CRUISE" JUNE 2010: Passau, Germany to Budapest, Hungary. Viking Cruise Line; Pre-tour Prague/Post tour Budapest.
- SOUTH PACIFIC CRUISE: MARCH 2013 (ITINERARY TBA)

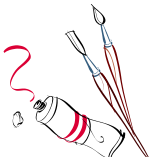
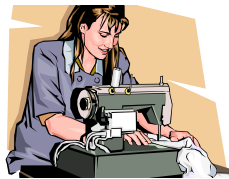
GIFT CERTIFICATES AVAILABLE

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

To register or for more information visit our website or contact us at
LIFETIME HIGHS INC. www.lifetimehighs.com
PHONE: 403-282-5734
lifetimehighs@shaw.ca

BOUTIQUE NEWS by Heather Newsham

Winter is finally ending so spring and summer crafts are needed. Consignments are accepted every Friday, 9 a.m. to noon. New consignees are welcome!



STRESSED OUT? TOO MUCH SHOVELING?

Get a FREE MASSAGE
Here at Nord-Bridge on Friday,
March 18th from 9 a.m.
until about 11 a.m.

This service is provided by MASSAGE THERAPY
STUDENTS OF LETHBRIDGE COLLEGE



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

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

- accelerates injury rehabilitation
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Submitted By.....The Mind Joggers

Written By.....Judith A. Knox



I Love Books



I love books. Old books, new books, brown books, blue books.
Books with pictures, books without, books about people travelling round and
about.

Books that's expensive, books that are cheap, books about places for people
to meet.

Books about actions, books about love, books about heaven, and stars up
above.

Books about hate, books about war, books so good leave me wanting to read
more.

Books about science, books about life, books about husbands, lovers, and
wives.

Books that are spineless, books that are rare, books with torn pages, here
and everywhere.

Books about learning, books about rhymes, books with obscene words are not
my kind.

Books that teach children to read and write, books for adults looking
forward to fright.

But books about French, Spanish and such, books with instructions we learn
so much.

Books in the attic, books on the floor, books are forever, and forever more.
Books about subjects, too many to name. Yes, I love all books cause none
are the same.



OUTREACH REPORT *by Mary Potvin*

Thanks to entertainers Tom & Curt, we hosted our largest ever Outreach Program on February 14th, Valentine's Day. Those boys did a marvelous job singing and playing their guitars for our crowd of 163 people. Attendees represented 12 groups from the area plus 22 from Nord-Bridge and 17 volunteers to take care of everything from set-up to driving. The door prize of two free admissions for our next social was won by a resident of the Picture Butte Pyami Health Centre.



Our next Program will be "An Irish Leprechaun Party" on Monday, March 21st at 130 p.m. with the "Classic Legends" as our entertainers. Remember to register early and of course plan to WEAR GREEN!

Val has a few "Tom and Curt and Friends" CD's which are available for \$5.00. Selections include some oldie favorites and two professional Nashville recorded original tracks by Trevor Panczak. The entire proceeds of these CD's will go to the benefit of Chinook Autism Society here in Lethbridge.

Get well wishes are sent to...



...a few people who are in the hospital: Anne Alm, Nettie Fabbie, and Mary Lazuruk who is now in St. Micheal's Rehab after breaking her hip. Art Secretan is in a Community Bed at Park Meadows Good Samaritans awaiting permanent placement elsewhere. Barbara Coates is now at home after her stay in the hospital.

Condolences were sent to...



...Doreen Seaman, loss of husband Ken; and to Brenda Nicoll loss of husband Don.

Sincere thanks is extended to Jo Ann Adams for sending out condolence cards over the past six years. Dianne David has graciously offered to take on this important volunteer activity giving JoAnn a much deserved break. Thanks also to Lydia Prokop who spends many hours travelling by bus, to visit people in hospital or at home. Jo Ann, Lydia and Dianne are super for taking on these important jobs. A card or a visit means so much for one who is ill or grieving.


PREARRANGING IS SOMETHING YOU DO FOR YOUR FAMILY.

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

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

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EUCHRE

by Rodney Foster

Spring is officially here March 20th. So gardeners, start looking at your seed catalogues then join us for Euchre on Wednesday at 1:00. We are now a group of 20 – 24 who are very good players and of course that means that we can teach you how to play the game, and we have plenty of room for more people. We play until 3 p.m. then break for coffee and conversation in the Dunford Diner. Don't forget to wear green on St. Pat's Day, March 17th.



PERSONAL TOUCH HOME CHECK

Regular Home Checking While You Are Away

- HELPING SNOWBIRDS & VACATIONERS HAVE A MORE ENJOYABLE HOLIDAY...
- MEETS ALL INSURANCE REQUIREMENTS...
- EXTRA CHECKS DURING SEVERE CONDITIONS...

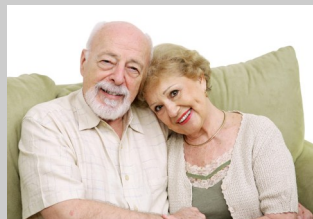


Fully insured and bonded.

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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

HOOKS

Place a single letter in front of each word below (a different letter for each) to form three new words.

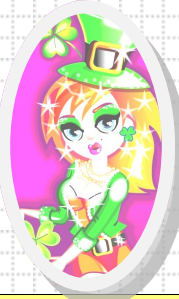
? E D U C T S ? A S S I S T

? P R A Y E D

(Answers on the calendar next to March 31.)

Scrabble Club meets Tuesdays at 1:30 p.m. in the Dunford Diner. Please join us. Remember to wear green on St. Patrick's Day, March 17th and have an

♪ IRISH EYES ARE SMILIN' ♪ day!



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.



HEALTHCARE SOLUTIONS FOR BETTER LIVING

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

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



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

LOCAL GROCERY SHOPPING TRIP
Tuesday, March 1, 2011



Sign up at the front desk for this Go-Friendly service for those who need transportation. Bus will depart Centre at Noon to go to Sobey's, Wal-Mart, or Safeway. Sobey's and Save-on-Foods will deliver your groceries free of charge.

LOCAL CASINO
Tuesday, March 15/11



COST: \$5.00. Sign up early.

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

Spring will be here, hopefully soon and I will be starting to plan the spring outings. One member has suggested going to the Telus World of Science Exhibit in Calgary to see the artifacts of the Titanic in May, 2011. Any interest? Leave name at the front desk. Also, another summer outing this year will be the Nanton Big Railway Garden. This is a fabulous place so we cannot forget this place this year.



Locally, the performance of "River Dance" is coming Saturday, April 16th to the Enmax. If there is interest for seating in Sections E and O. Ticket cost: \$62.50. Add \$5 for BUS COST, if enough for bus.



There is talk that the country singer, Dolly Parton might be coming to Lethbridge some time in October, 2011. Please let me know if this concert would be of interest to you.

Thursday March 10/11



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

COST: \$10 (INC. Bus and lunch). Your movie entrance fee will be your own cost at 1/2 price.



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

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

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

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

Seats still available. DEADLINE FOR signing up will be March 25th. This show will be **cancelled** if we do not have 40 names by the deadline. We now have 31 people signed up.



RAYMOND THEATRE presents. . .
"Annie Get Your Gun"



Date: Saturday, March 26, 2011
Cost: \$25.00 (Includes bus and show)
Bus pick-ups at 4:45 PM. We will have supper in Lethbridge before we leave for Raymond.

Payment Deadline: March 14, 2011

Life Time High's is offering some new trips:

June 18-21/11 - Swift Current, Moose Jaw, & Regina; Casinos.

Oct.30-Nov.3/11 - Clearwater River Resort and Casino, near Lewiston, Idaho.



Brochures AVAILABLE !

TRIPLE D TOURS has several trips going out-of-town. Brochures are available at the front desk/travel.

The Coeur d'Alene Casino resort trip has been cancelled!

Coming in April, there will be a Spokane Getaway April 15th - 17th, 2011.



PLEASE NOTE: Please sign up at the front desk if you are going on these tours because we receive a commission for each member.

Tis the sneezin...



..for learning how to control your allergies.

Three of the most common medicines for treating allergies are Loratadine, Fexofenadine and Cetirizine. All three are known as 'second-generation antihistamines', which have shown to have less sedating (drowsiness) properties than 'first-generation antihistamines'.

Like all medication, these three medicines have slight differences that may interact with other drugs or produce side effects. Be sure to consult with your physician or your Medicine Shoppe® pharmacist before taking them. That way, we can all breath easier.

Call or visit the pharmacy for more details, plus check out this month's exciting offers.



\$9⁹⁹
reg. \$12¹⁹

Claritin Non Drowsy
10mg 10 Tablets



\$1⁹⁹
reg. \$4³⁹

Extra Strength Tylenol
500mg 24 Caplets



\$4⁹⁹
reg. \$6⁹⁹

REXALL BRAND Allergy Formula
25mg 24 Caplets



\$9⁹⁹
reg. \$15⁰⁹

Ensure Protein Shake
6 x 235ml Assorted Flavors

* Limit 2 per person. While supplies last. Offer expires March 31, 2011.

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Pharmacist/Owner

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Lethbridge, Alberta

403-381-0700



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

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



Self-Contained Apartments for Rent

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- Rent is **30 %** of gross monthly income
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To apply, please call (403) 329-0556



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

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

Huckvale Wilde Harvie MacLennan

The next free consultation date at Nord-Bridge is

Friday, March 11, 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



MINER'S RAFFLE

4 Prizes (Total Value \$2,425)

Grand Prize. . .

Invacare 4-wheel Scooter

Donated by *Ultimate Freedom Plus*
220 D - 12A Street North, Lethbridge

Second Prize

"Blue Jay" Paper Tole (3-D Picture)

Donated by Nord-Bridge Paper Tole Club

Third Prize

Framed Photo of Japanese Gardens

Donated by Alderman Bridget Mearns

Fourth Prize

Wine & Cheese Basket

Donated by Nord-Bridge Member, Sheila Brust



TICKETS 2/\$5

Only 1,500 tickets printed.

DRAW DATE:

April 30, 2011

at the Miner's Banquet

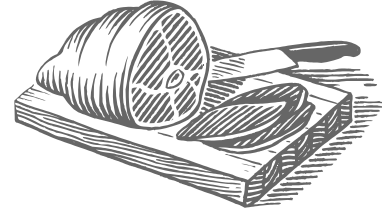
All proceeds to Nord-Bridge Seniors Centre for design and development of the Nord-Bridge Miner's Memorial



SPRING & EASTER LUNCHEON

APRIL 1, 2011 11:30 AM

\$8.50



**Ham, scalloped potatoes,
salad, dessert.**

LIVE ENTERTAINMENT!

EVERYONE WELCOME!

Tickets are on sale now!

SOCIAL ACTIVITIES by Eva Deringer

Our bi-annual Birthday Party was held on Monday, Feb. 7 in the Dunford Diner. Unfortunately a very small group celebrated their birthdays due to the dreadfully cold and snowy conditions. However, we enjoyed playing four games of card bingo. The winners were: Lou Burton, Kay Sauter, Helen Gaetz and Jolane Molnar. The door prize was won by Florence Zimmer. Thanks to volunteers Kay and Lillian. Our next Birthday Party will be in September. Hopefully we'll have a better turnout at that event. Remember, everyone is welcome.



The Valentine's Luncheon on Friday, Feb. 11th was enjoyed by a sell-out crowd of 140. Yvonne Nelson entertained on piano. Harry and Randy welcomed all and Mike said grace. Special guests included MLA Bridget Pastoor representing the provincial government and our newest City Alderman, Jeff Coffman. Our special "Valentine" was Margaret Hewlett who was celebrating her 90th birthday! Cupid provided some door prizes which were won by: Vi Segouin, Norma Firth and Valentine (Ducky) Tarnava.



A very satisfying meal of roast beef was served by 18 very capable volunteers all appropriately decked out in red. Your hard work and dedication is appreciated.

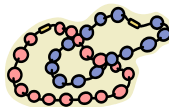
A special thank you is extended to Jeff Coffman and Randy for lending a hand.

Attention: Craft Artists & Customers

**NORD-BRIDGE ARTS & CRAFTS SALE
SATURDAY, MARCH 12, 2011
MULTI PURPOSE HALL - 10 A.M. TO 3 P.M.**

**NEW home made crafts ONLY including:
Watercolors, Paper Tole, Mind Joggers,
Boutique Items and other Creative Work**

Members table rental fee \$10.00
Non-members table rental fee \$20.00



For more information please
phone Valerie at
403-329-3222



Lunch snacks will
be available for
sale!