



NORD-BRIDGE SENIORS

# ***NEWSLETTER***

## October 2011



*“The Friendly Centre”*

Telephone 403-329-3222 FAX 403-329-8824

1904 - 13<sup>th</sup> Avenue North Lethbridge, Alberta T1H 4W9

Open Monday to Friday - 8:30 a.m. to 4:30 p.m.

[friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

## 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)
Bookkeeper	Tracy Beauchemin
Seniors Programmer Rec., Health, Education	David Ng
Reception Supervisor	Valerie Arkininstall
Rentals	Kathleen Filkowski / Shirley Trefan
Food Services Coordinator	Bonnie Jadeske
Cook	Beverly Janson
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/Sheila Brust
Oil Painting	Pat Kincade*, Board Rep
Paper Toile	Yosh Hattori
Wood Carving	Hazel Harvie
Watercolor	Don Johnson
	Glenice Caffyn

#### 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 & Visits  
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

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 Hutchinsson

**Elaine Molyneux\*, Board Rep**

Urszula Hebert, Nancy Berlando  
Nancy Berlando  
Urszula Hebert

T. J. Dunn

Jim Scott (Volunteer Trainer)

**Donna Takeda\*, Board Rep**

Valerie Arkininstall

Lydia Prokop

Valerie Arkininstall

Mary Potvin

**Eva Deringer\*, Board Rep**

David Ng

Eva Deringer

Doug Youngren

Barbara Stewart

Eva Deringer

June Dash

Sandy Nowell

Della Howg

**Helen Gepneris\*, Board Rep**

Clay Olsen

Vacant

Ken Bobinec

Eileen Sawatsky

Vacant

Harry Fischer

Vacant

Clay Olsen

Jerry Mikusek, Dave Bergen

Dan Deringer

**Hal Osborn\*, Board Rep**

Valerie Arkininstall

Kathy Filkowski, Shirley Trefan

Valerie Arkininstall

Mike Bennett

Hal Osborn

**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](http://www.nordbridgeseniors.com)  
for information, photos, video, Newsletters and more.

### PRESIDENT'S REPORT

September has come and gone and October is on the horizon. What a fast month this has been. It was not that long ago we were still planning the PRESIDENT'S DINNER, and now it is history. Of course it was another very successful venture. I was pleased to see so many dignitaries in attendance: our Mayor; several Councilmen; MLA; and of course, Senator Fairbairn.



Everyone enjoyed the accordion music with Yvonne Elkin and the Baker Family Singers. Trevor Panczak was fantastic as our featured entertainer. Thanks go to Christensen Salmon GENERATIONS our event sponsor. The West Jet tickets compliments of Blaine Hyggen of CUSTOM TRAVEL SOLUTIONS were won by our own Rodney Foster. Aloha Rodney! It was very nice to see our own Frank & Evelyn Wince win the "Longest Marriage Award" (62 years, WOW). Enjoy your vacation!

This fun event and fundraiser was again financially successful, netting Nord-Bridge almost \$3,200.00. Thank you to all who donated items for our auction, and of course thank you to all the buyers. Also, thanks to Dean Oseen who donated his time to be our very capable auctioneer. Without your support, we would not be as successful. Thank you!

*Harry*

### SOCIAL ACTIVITIES By Eva Deringer

On Monday, Sept. 12 seventeen people enjoyed our Birthday Party. We played card bingo, and EVERYONE received a gift and were treated to delicious cake and beverages. Thank you to our dedicated volunteers who have assisted over the years, and thanks also to all members who supported our efforts. Unfortunately, due to dwindling attendance we have decided to discontinue this program.

Our "Third Annual President's Supper & Auction" on Tues., Sept. 20 was a super success, and real fun event. The entertainment, as Harry stated, was fantastic! The delicious roast beef supper was efficiently served by our crew of volunteers. The Auction was the best part, lively and fun. Thanks to all donors and bidders, and of course our auctioneer Dean Oseen. Don't miss this event next year. It is a MUST to attend.



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### NEW MEMBERS

Judy Cartwright  
Johanna McKenzie  
Maria Perry  
Brad Goodman  
Patricia Rock  
Gordon Goodridge  
Wayne Brown  
Wendy Harvey  
Barbara Crawford  
Betty Phillips  
Diane Cote

Leona Watson  
Jesse Curran  
David Perry  
Eva Goodman  
Annette Furo  
Joyce Goodridge  
Hilda Tinordi  
Helen Paquin  
Allen DeBoer  
Philomena Walter  
Annette Vogl

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



**NEW MEMBERS: PLEASE STOP IN AT THE FRONT DESK TO HAVE YOUR PICTURE TAKEN FOR OUR MEMBERSHIP PHOTO ALBUM.**

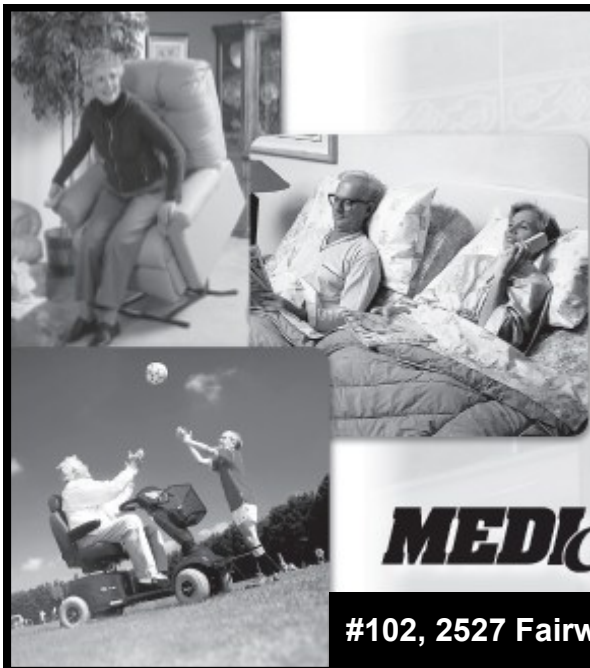
### Nord-Bridge Meetings Reminder

<u>Each Month</u>		
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.

<u>Annually</u>		
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

<u>Regular Board Meetings</u>		
Feb., April, June, October	Second Tuesday	9:00 a.m.
<u>Annually</u>		
Annual General Meeting	First Tuesday of April	9:00 a.m.



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## EXECUTIVE DIRECTOR'S REPORT

In late September, representatives from the Nord-Bridge Executive and Board, along with David and myself, attended the "Seniors Services Conference 2011" in Calgary, sponsored by Alberta Seniors and Community Supports. Noreen Easthope of the Alberta Senior's program office (located at Nord-Bridge) also attended. The conference co-sponsor was the Kirby (Seniors Centre) in Calgary. Nord-Bridge salutes the Alberta department of Seniors and Community Supports, along with the Kirby Centre, for their great job in organizing this instructive gathering. Most of the twenty four plus (24+) sessions were helpful to the N-B delegation in learning of trends and conditions effecting our City's seniors population, and our Centre. The N-B attendees had pre-organized their schedule so as to have some representation at numerous workshop sessions that were held concurrently. Sessions we attended included: A Review of Financial Assistance Programs; Alberta's Personal Information Protection Act; Charitable Planned Giving; Myths and Realities About Cognitive Changes in Aging; Keeping Seniors Mobile; Alberta's Family Violence, Bullying, and Elder Abuse Curriculum; Writing for the (World-wide) Web; Protecting Yourself from Fraud; The Changing Face of . . . and Managing Volunteers; and others (just to name a few). All sessions were helpful in sharpening our skills. This year's "Keynote Speaker" was Colin Milner, CEO of the International Council on Active Aging. Milner is one of the world's visionaries on the health and well-being of older adults. He has twice presented to the World Economic Forum. Copies of most presentations should be posted on the web later this fall at: [www.kirbycentre.com](http://www.kirbycentre.com).



During this (Third Annual) province wide conference, the Alberta Association of Seniors Centres also met for their first AGM and election of Directors (10 in total). You might remember AASC was incorporated under the Societies Act this past summer. Twenty three (23) seniors centres from across Alberta officially joined the organization on September 22. Officers elected included Roger Lange of SAGE, in Edmonton, as President; Luanne Whitmarsh of Kirby Centre, in Calgary, as President-Elect; myself as Treasurer; and Rob Miyashiro from LSCO as Secretary. Dianna Josse from Medicine Hat, another founder of AASC, remains on our Board. The AASC will be working with government on seniors centre advancements and issues.

I would also take this occasion to thank all the members who volunteered, attended at, donated to, or supported in any way the Sept. 20 President's Dinner and Auction. Please see President Harry Fisher's "Newsletter" article for more details. I would, however, especially recognize the attendance of various Federal, Provincial, and local government leaders who continue to show strong support of Nord-Bridge. Attending were: Senator Joyce Fairbairn; MLA Bridget Pastoor; His Worship Mayor Rajko Dodic; City Aldermen Jeff Carlson, Jeff Coffman, Liz Iwaskiw, and Ryan Parker; and County of Lethbridge Reeve Lorne Hickey.

Finally, I recognize all staff and volunteers who make so many programs and activities successful. Nord-Bridge could not operate without you. You truly make us "The Friendly Centre"!

Respectfully,

## 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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Come visit our booth at Nord Bridge Seniors Centre on Friday, October 7th 9:30 a.m. to 11:30 a.m. for free goodies.

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LUNCH WITH CITY REPRESENTATIVES



Alderman Ryan Parker

Thurs. Oct. 4th



Alderman Bridget Mearns

Friday Oct. 14th



Alderman Jeff Coffman

Tues. Oct. 20th

Learn more about our City's governance and our representatives in our comfortable and convenient Dunford Diner. All Alderman are encouraged to join us frequently. Confirm your visits by e-mail to friendly@nordbridgeseniors.com.

## Programmer's Report by David Ng

If you see me around the Centre in October you may see tears streaming down my face. Don't be alarmed because they will be both tears of sadness and happiness! The tears of sadness will be from the golf season ending, but on the upswing the happiness tears will be for the start of hockey season! For Nord-Bridge October is the start of many of our programs, so there shouldn't be any tears, but rather smiles on everyone's faces.

I wanted take this month's Newsletter to highlight some of the services that Nord-Bridge has to offer: • The Lethbridge College Massage Therapy students are back to offer their services this fall. Starting on October 21st from 9:00 to 11:00 a.m. in the Craft Room. These are FREE neck and back massages. • Constable Les Vonkeman will be here on October 12th from 10:00 to 11:30 a.m.. If you have any questions about law enforcement concerns please stop by and visit with the Constable. • Dr. Bolokoski is here on October 19th from 8:30 am - 12:00 p.m. Please book an appointment at the front desk. Please remember there is a \$10 charge for this service (payable to Dr. Bolokoski's assistant) ; also, you must be a Nord-Bridge member to access this service. • Advantage Hearing is here on October 5th from 3:00 to 4:30 p.m. to offer complimentary hearing tests. To make an appointment please see the front desk. • Spencer Ash from Huckvale Wild Harvie MacLennan is here on October 14th from 9:00 to 11:30 a.m. for free legal consultation. To make an appointment please see the front desk.

By now you may of seen some of the U of L nursing students around the Centre on Mondays and Tuesdays. I would like to welcome: Shane, Karly, Laurie, Lorna, Sarah, Simone, Jordan, Rianne, Tim and their instructor Penni to Nord-Bridge. The students have put together a survey to gather more information about what our members opinions are about personal health. Please take the time to fill out one of these surveys (available at the front desk) to help the students identify the key information sessions they can offer our membership in the next few months.

David

## FROM THE DESK OF VAL

Wow-wee! The weather has been ideal; so far my prediction for 4 months of extended summer has proven correct with lots of sunshine and heat. Maybe it's due to witchcraft! Too bad that the days continue to shorten. I don't think I can whip up any spell to change that.

The Centre is much alive now all day and some evenings with activities scheduled in almost all available space. Oh yes, it's also time to renew your membership. Pay early and receive a beautiful FREE wall calendar for 2012. Stop by and view the nice selection anytime. If you are not a member stop by and ask for a tour or enjoy a breakfast or lunch in our "Dunford Diner".

My great team of front desk volunteers are back in action and ready to give all a friendly welcome back smile when you pay for your dues, bus pass, trip, program, etc. Welcome back to Front Desk Volunteer—Cheryl Hodgson. Bud and Cheryl have decided to remain in Lethbridge and bud is sure looking remarkably well after his surgery.

**Mark your calendar FOR OUR "Fall and Winter Arts and Crafts Sale", Saturday, October 29th, 10 a.m. to 3 p.m., in our Multi-Purpose Hall. We'll have knitting, pottery, jewellery, wood art, paper told, and more!**

Check out our travel page in the Newsletter. We have lined up some great destinations and seating sells out very quickly. Don't be disappointed!

*Valerie Arkininstall,*

Reception Supervisor & "Friendly" Travel Agent

## Dunford Diner

### October Friday Lunch Specials

- Oct. 7 Thanksgiving Dinner - Tickets \$8.50  
(Soup/Sandwich in Hall 11:30 to 12:45)
- Oct. 14 Veal Cutlet Mashed, Veggies \$5.50
- Oct. 21 BBQ Chicken Leg, Mashed, Veggies \$5.50
- Oct. 25 Salisbury Steak, Fried Onion, Mashed & Veggies \$5.50



**REMINDER**  
All You Can Eat  
Breakfast Buffet  
Wednesday,  
October 5th



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## BINGO REPORT

What has 25 squares and will get you some unexpected cash? Come to BINGO on Friday for pre call at 1 p.m. and you could solve the question. Your \$5.00 could turn into BIG MONEY! The jolly bingo crew will be ready to make it your lucky day.

As we move into fall why not make an appointment to meet your friends here each Friday for fun, entertainment and maybe a win.

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.

See you there!  
Frances Wallace

# 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

*September 13, 2011*  
**Arlene Butler \$145.40**



## 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!



### OCTOBER WINNER...

???? ?????? \$????.??

Next Draw October 21, 2011

## SOUND SYSTEM DRAW

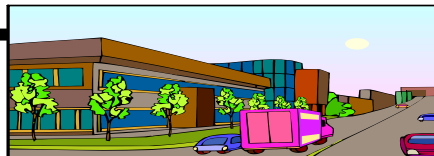
Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



## 50/50 WINNERS

- Sept. 12 Ann Lindsay, \$39; Lawrence Velker, \$39
- Sept. 19 Jim Randa, \$46; Helen Gepneris, \$46.
- Sept. 26 Marg Peto, \$32; Back Table Bandits, \$31

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*

**Doreen Irwin \$150.00**

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 7, 2011 to Sept. 23, 2011: **\$ 11,166.00**



### 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 September 2011 \$651,343.86**

### Still needed from members:

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

### Save NOW on a home retrofit /Save later on your energy bills.

The government of Canada has renewed the ecoENERGY retrofit - Homes grant program from June 6, 2011 to March 31, 2012, to help homeowners make their homes more energy-efficient and reduce the burden of high energy costs. **Detailed information packets are available at the Alberta Seniors & Community Supports Office within the Nord-Bridge Centre.**

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Lesla Butler - RHAP

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# October 2011



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>9:00 Yoga 10:00 Floor Curling 10:00 Jammers 1:15 Monday Matinee 1:30 Military Whist 1:30 Hand Bells</p> 	<p><b>4</b></p> <p>9:30 Spanish 10:00 Music Makers 10 &amp; 11:00 Clogging 10:00 Keep Fit Aerobics <b>10:45 Winners Bingo</b> 11:00 Tai Chi - Chi Kung 1:00 Texas Hold'em 1:30 <b>SCRABBLE</b> 7:00 Social Dance</p>	<p><b>5</b> 8:20 Yoga 9:30 Roll &amp; Stroll 9:30 Carpet Bowling 10:00 Paper Tole 10:00 Watercolor 11:30 Line Dancing 1:00 Darts/Euchre 1:30 Genealogy 101 <b>3:00 Advantage Hearing</b> 6:30 Tai Chi - Chi Kung 7:45 Tai Chi Chuan Yang</p>	<p><b>6</b></p> <p>9:00 Oil Painting 9:30 Spanish 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:00 Trump Whist 1:30 Keep Fit 7:00 Table Tennis</p> 	<p><b>7</b></p> <p>9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole <b>11:30 Thanksgiving Luncheon</b> 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p><b>10</b></p>  <p><b>Centre Closed Today</b></p>	<p><b>11</b></p> <p>9:30 Spanish 10:00 Music Makers 10 &amp; 11:00 Clogging 10:00 Keep Fit Aerobics <b>10:45 Winners Bingo</b> 11:00 Tai Chi - Chi Kung 1:00 Texas Hold'em 1:30 <b>SCRABBLE</b> 7:00 Social Dance</p>	<p><b>12</b> 8:20 Yoga <b>9:00 Basic Computer</b> 9:30 Roll &amp; Stroll 9:30 Carpet Bowling 10:00 Paper Tole/Watercolor <b>10:45 Winners Bingo</b> 11:30 Line Dancing 1:00 Darts/Euchre 1:30 Genealogy 101 6:30 Tai Chi - Chi Kung 7:45 Tai Chi Chuan Yang</p>	<p><b>13</b></p> <p>9:00 Oil Painting 9:30 Spanish 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:00 Trump Whist 1:30 Keep Fit 7:00 Table Tennis</p>	<p><b>14</b></p> <p>9:00 <b>Legal Consultations</b> <b>9:00 Basic Computer</b> 9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>
<p><b>17</b> 9:00 Yoga 10:00 Floor Curling 10:00 Jammers 1:30 Military Whist 1:30 Hand Bells <b>1:30 OUTREACH</b> <i>"Halloween/Oktoberfest"</i></p> 	<p><b>18</b></p> <p>9:30 Spanish 10 &amp; 11:00 Clogging 10:00 Keep Fit Aerobics <b>10:00 Local Casino</b> <b>10:45 Winners Bingo</b> 11:00 Tai Chi - Chi Kung 1:00 Texas Hold'em 1:30 <b>SCRABBLE</b> 7:00 Social Dance</p>	<p><b>19</b> 8:20 Yoga <b>8:30 FOOT CARE</b> <b>9:00 Basic Computer</b> 9:30 Roll &amp; Stroll 9:30 Carpet Bowling 10:00 Paper Tole/Watercolor <b>10:45 Winners Bingo</b> 11:30 Line Dancing 1:00 Darts/Euchre 1:30 Genealogy 101 6:30 Tai Chi - Chi Kung 7:45 Tai Chi Chuan Yang</p>	<p><b>20</b></p> <p>9:00 Oil Painting 9:30 Spanish 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:00 Trump Whist 1:30 Keep Fit 7:00 Table Tennis</p>	<p><b>21</b></p> <p><b>9:00 FREE MASSAGE</b> <b>9:00 Basic Computer</b> 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 



<p><b>24</b>                  9:00 Yoga  <b>10:00 Floor Curling Tournament</b>                  10:00 Jammers                  1:15 Monday Matinee                  1:30 Military Whist                  1:30 Hand Bells</p> 	<p><b>25</b>                  9:30 Spanish                  10:00 Music Makers                  10 &amp; 11:00 Clogging                  10:00 Keep Fit Aerobics  <b>10:45 Winners Bingo</b>                  11:00 Tai Chi - Chi Kung                  1:00 Texas Hold'em                  1:30 <b>SCRABBLE</b>                  7:00 Social Dance</p>	<p><b>26</b> 8:20 Yoga  <b>9:00 Basic Computer</b>                  9:30 Roll &amp; Stroll                  9:30 Carpet Bowling                  10:00 Paper Tole                  10:00 Watercolor  <b>10:45 Winners Bingo</b>                  11:30 Line Dancing                  1:00 Darts/Euchre                  1:30 Genealogy 101                  6:30 Tai Chi - Chi Kung                  7:45 Tai Chi Chuan Yang</p>	<p><b>27</b>                  9:00 Oil Painting                  9:30 Spanish                  9:30 Mind Joggers                  10:00 Floor Curling                  1:00 Woodcarving                  1:00 Oil Painting                  1:00 Trump Whist                  1:30 Keep Fit                  7:00 Table Tennis</p>	<p><b>28</b>  <b>9:00 Basic Computer</b>                  9:00 Yoga/Pilates                  9:30 Carpet Bowling                  10:30 Paper Tole                  1:00 In-House Bingo                  1:00 Bridge                  1:15 Crib</p> 
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**31** 9:00 Yoga  
 10:00 Floor Curling  
 10:00 Jammers  
 1:15 Monday Matinee  
 1:30 Military Whist  
 1:30 Hand Bells  
 3:00 Fitball




**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.**

- U OF L STUDENT NURSE VISITS EVERY MONDAY & TUESDAY.
- LOCAL GROCERY TRIP, TUES. , OCT. , 4
- ADVANTAGE HEARING, WED, OCT. 5, (by appointment)
- LEGAL CONSULTATIONS, FRI., OCT., 7 (by appointment)
- THANKSGIVING LUNCHEON, FRI., OCT. 7



- COFFEE WITH A CONSTABLE, WED., OCT. 12
- LUNCH & MOVIE MILL, THURS., OCT. 13
- LOCAL CASINO TRIP, TUES., OCT. 18
- FOOT CARE WITH DR. BOLOKOSKI - WED., OCT., 19 (by appointment)
- FREE MASSAGES - FRI., OCT. 21
- NEW YORK HUTTERITE COLONY TOUR - THURS., OCT. 20 & OCT. 27
- WINNERS BINGO - OCT., 11, 12, 18, 19, 25, 26



# WINNERS



## A Whole New Experience!

**CUSTOMER APPRECIATION**  
Thurs. Evening  
October 20th

**BIRTHDAY BASH**  
Monday Afternoon  
October 31st

# Thursday is SENIORS DAY!

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

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

Two blocks west of the Casino on Crowsnest Trail



# LIFETIME HIGHS INC.

## SLOTS OF FUN ADVENTURES (CASINOS)

- KOOTENAI RIVER INN & CASINO (4-Day Trips) Nov 29-Dec 2, 2011; Super Bowl, Feb 4-7, 2012.
- RIVER CREE RESORT & CASINO, EDMONTON: Winter/Spring 2011-2012
- CLEARWATER CASINO (NEAR LEWISTON, IDAHO) - OCT 30-NOV 3.
- DEADWOOD, SOUTH DAKOTA : 7 Day Trip, 2012. Call for details.
- SASKATCHEWAN CASINO CIRCLE TOUR. Spring 2012. Call for details.

Out of Calgary casino visits can be arranged for Lethbridge groups. Give us a call.

## DOMESTIC & INTERNATIONAL ADVENTURES

*DON'T DELAY—THESE ARE FILLING UP FAST*

- POLAR BEAR ADVENTURE, CHURCHILL, MB: Departing from Calgary Oct. 29, Oct. 30 & Nov. 5. From Edmonton Oct. 23 & Nov. 11 (4 LEFT)
- PEBBLE BEACH GOLF TOUR, CALIFORNIA. 4 day weekend; play at Pebbles premier golf courses. 2012. Call for details.
- ENGLISH GARDEN TOUR & FLOWER SHOW. Spring 2012. Call for info.
- "DANUBE WALTZ RIVER CRUISE" JUNE 6-21, 2012: Passau, Germany to Budapest, Hungary. Viking Cruise Line; Pre-tour Prague/Post tour in Budapest available. (9 LEFT)
- MARITIMES FALL COLORS TOUR—SEPT 21-29, 2012. (Optional 4-day Newfoundland Tour)
- SOUTH PACIFIC CRUISE: MARCH 2013 (Cruise Line & Itinerary T.B.A.)

## GIFT CERTIFICATES AVAILABLE

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PHONE: 403-282-5734 FAX: 403-220-0689

[lifetimehighs@shaw.ca](mailto:lifetimehighs@shaw.ca)

## Did you know? #3 in a Series by Hal Osborn

The wonderful word "horsepower". Yes, it does give all of us an immediate interpretation of something. To some folks it means speed, sound, and fast results. To others it means strength, size, and muscular shape. Being a person who has had a life style on both sides of the fence I thought a look back into the past would be an interesting subject to share.

Horse power was originally defined to compare the output of steam engines with the power of draft horses. When it comes to original horsepower a lot of us animal folks may think of the Clydesdale horse with it's majestic size, confident stance, and dam big feet... called hoofs. Along with that a mental vision comes to mind of a parade and the team of Clydesdale horses pulling the world famous Budweiser beer wagon. Various Clydesdale teams have a history of doing this for about 75 years. For the record it is noted that a Clydesdale horse has pulled 2000 lbs. at 5 mph about an 1/8 of a mile, or 660 feet! That is some horsepower.

Not to be out done as to the "horsepower" of a Clydesdale, there is another horse called the Falabella. This animal is from Argentina. The claim to fame here



is this...it is smaller than the Icelandic pony, the Shetland pony and others from the Greek island of Skiros.

This horse is a Lilliputian-

sized animal about the size of some dogs. This was accomplished by a constant inbreeding of a small group of undersized horses that were discovered in the southern part of Argentina. That would be about 71 cm. (28 inches) high! This breed was first developed by Patrick Newtall in 1868. Patrick was a vet and an expert in genetics. The breeding process took place over a 70 year span continuing through the efforts of Patrick's son-in-law, Juan Falabella and descendant Julio C. Falabella. This horse is known for its gentle disposition and being a great little companion. This "horsepower" is not the kind you want under the hood, but how about in the back seat; or the back yard?

Submitted by...The Mind Joggers

Written by...Judith A. Knox

## Connie's Final Rest

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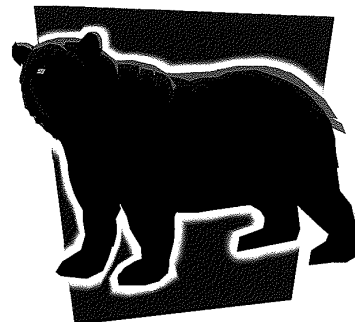
Place me high upon my deathbed,  
Made of branches, leaves and pine.

Let all who wander near me,  
See a shell that is mine.

Pay me homage by looking upward,  
See my spirits winging home.  
See a bear off in the distance,  
That is me, so watch me roam.

Leaving behind my human life form,  
I no longer dwell inside.  
My spirit is in the mighty bear,  
bearFilled with honor, strength and pride.

So should you see an eagle soaring,  
Near a bear that saunters close.  
Stop and ponder what the odds are,  
The bear is me, I'm his ghost.



## OUTREACH REPORT

Our teacher Miss Valerie Crabapple, welcomed everyone "Back to School" with our singing of "Oh Canada". Our four groups of 46 guests, plus our 15 walk-in guests enjoyed our fitness class, arithmetic test, story time and sing-a-long. During recess, our 16 volunteers handed out brown bag lunches. We played a few games of card bingo and the door prize was won by one of our DeCapo caregivers.



Our next Social is Monday, October 17th with a Halloween/Oktoberfest theme. We will have guitar and accordion music with "Oscar and Yvonne". I hope to see you all there!



*Mary Potvin, Convener*

## Get Well Wishes went out to...

Mary Lazuruk, John Dieser, Verda Hamilton, Beulla Chervinski and Pauline Rapson. Verda belongs to the Paper Tole group.



## Condolences

were sent to...

kitchen volunteer, Berniece Pavan who recently lost husband Benny;

to Eva Deringer, on the loss of her sister; to the Bogusky family on the loss of Mary, one of our Paper Tole participants.

## 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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BC-HIS,  
Registered Hearing Aid Practitioner



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## EUCHRE

By Rodney Foster

Fall program registration began at the end of August. I hope you were able to enroll in all of your favorite activities before space filled. Euchre started up also but we are an "open" activity which means we can accommodate anyone interested in playing Euchre and having a good time. We play for about two hours on Wednesdays beginning at 1p.m. We are a most "friendly" group and encourage new players. So come on out and learn a new game and meet lots of friendly people. After our games we stay for coffee, tea or hot chocolate in the Dunford Diner.



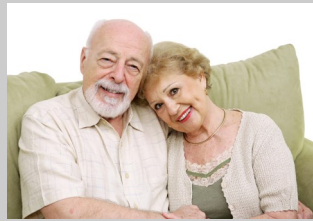
*Happy Halloween!*

Bridget A. Pastoor, MLA  
Lethbridge East



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

# ALBERTA SENIORS AND COMMUNITY SUPPORTS



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

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

## SCRABBLE

**By SHEILA BRUST**  
**"THE HISTORY OF SCRABBLE"**

In 1948, Alfred Butts brought the SCRABBLE game to the market place. Years earlier, the Poughkeepsie, N.Y. architect had observed, "...there is one thing that keeps word games from being as popular as card games; they have no score." With this in mind, Butts created LEXIKO, a scoring word game that he refined in the early 1930's and 1940's and later called CRISS CROSS WORDS.

Butts churned out game sets from his home to fill orders from all over the country as he tried in vain to acquire a patent, a copyright and a manufacturer. Finally, in 1948, he had all three. With a name change to SCRABBLE and a redesign of the gameboard, his pet project was rolling off the assembly line.



Now SCRABBLE is manufactured in the millions each year and is played worldwide in many languages!

**The Scrabble Club meets Tuesdays at 1:30 p.m. in the Dunford Diner. We welcome two new players, Johanna and Eva. Enjoy your day!**

**STUDENT VOLUNTEER:** I hope you all had a chance to meet **Andrew Gerk** our student volunteer. Andy is a Grade 12 student at Catholic Central High. He chose to help us here at the Centre during Sept./Oct. as part of his final year requirements. Andy came along at a great time as we were in great need of his help. While Pauline Rapson rested at home Andy kept up our Library which involved quite a lot of time and daily attention. He was also helpful moving furniture for our various programs, doing some office tasks for me, and bussing tables at our President's Dinner. I wish Andy every success in the future and also hope he continues to embrace the spirit of volunteering within the community.

*Val Arkinstall*

## COFFEE WITH A CONSTABLE

Lethbridge Police Services **Constable Les Vonkeman** will sit down and chat with you about any concerns you have regarding law enforcement. Constable Vonkeman will be here the second Wednesday of each month 10:00 to 11:30 a.m. His next scheduled visit is Wednesday, October 12<sup>th</sup>.



## 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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 Phone (403) 381-4142

**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".



## TRAVEL NEWS



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

**TUESDAY, OCTOBER 4, 2011**

**LOCAL GROCERY TRIP - COST: \$3.00**

Sign up for this Go Friendly service to pick up your groceries on 15% off Tuesdays. The Shuttle will leave Nord-Bridge Centre at 12 Noon to go to Sobey's or Walmart.



**THURSDAY, OCTOBER 13, 2011**

**Local Movie Mill Outing**

**Cost is \$13** (includes bus and movie)

Now that fall is here, we will be resuming our monthly Movie Mill trips so there is no need to stay home. Why not join us for lunch and the show? This trip will go the 2nd Thursday for the months of October through March.



**2nd AUTUMN LEAVES OUTING**

*Thursday, October 6th*

See the colors of autumn. Enjoy a picturesque drive around the Pincher ~~SORRY SOLD OUT~~ area. We will depart the Centre at 9:30 a.m. and return to the Centre in Pincher Creek. (Buy your own lunch) Cost: \$25.00 (includes bus)  
We will return at approximately 4:30 p.m.



**Tuesday, October 18, 2011**

**LOCAL CASINO OUTING**

**Cost: \$6.00.**



Sign up early. Bus departs Centre at 10 AM to arrive at Casino by 11:15 AM. Come out and try your luck.

**THURSDAY, OCTOBER 27, 2011**—New York HUTTERITE COLONY

We are going back to the New York Colony to enjoy a great lunch and a tour of the colony. The 1st trip sold out in about 5 minutes. ONLY 6 SEATS REMAINING FOR THIS 2nd TRIP.

**Cost: \$20.00 (includes bus & lunch)**



**NEWS ABOUT THIS SUMMER'S TRIPS !!**



Recently a group of members returned from Deadwood (Triple D Tours) and reported that they had a great time and saw many special attractions.

Everyone enjoyed the two trips to the Spruce Meadows equestrian events. This trip is so popular it will probably become an annual outing.



Both of our autumn leaves trips are sold out. Wendy Kalkan will be driving the first trip and she is very familiar with the Pincher Creek area; Clay Olsen, also familiar with the area will take the second trip.

Our faithful gamblers requested a trip to the Medicine Hat Casino. I wonder how many will come back with the big \$\$\$???

Our local casino trip is getting more popular and usually sold out in advance. We may go twice a month if interest continues to grow.



**Thursday, November 17, 2011**

**ROSEBUD DINNER THEATRE**

~~SORRY SOLD OUT~~

The 56-passenger Carefree bus is sold out.

**WE ARE TAKING A WAIT LIST AT THIS TIME!**

**TOTAL COST: \$88.00 (includes bus, buffet & show)**

**PAYMENT DEADLINE: October 14, 2011**



**Triple D Tours**

is now offering the following trips!



- Spokane Getaway**—Oct. 21-23, 2011  
Cost: \$259.
- Saskatchewan Casinos Getaway**—May 13-18/2012  
Cost: \$499. Includes Swift Current, Prince Albert, North Battleford and Saskatoon.
- Excursion to China** - April 6 to 28, 2013. Brochures now available.

**REMEMBER...**

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





FROM THE UNIVERSITY OF LETHBRIDGE:  
SCHOOL OF NURSING:

**IT'S FLU SEASON**

Immunization clinics will be opening this month. The most effective way to prevent the flu is to get the vaccine every fall. The earlier you get immunized the better protected you will be throughout the flu season. Please remember, there are other preventative measures you can take along with getting vaccinated to keep yourselves healthy:



**WASH YOUR HANDS - Remember to scrub for at least 30 seconds; GET PLENTY OF SLEEP; SCHEDULE TIME FOR DAILY EXERCISE; EAT A BALANCED DIET - Make sure you include lots of fruits, vegetables, and yogurt (Yogurt contains probiotics); DRINK PLENTY OF FLUIDS!!!**

These tips will all help boost your immune systems.  
**Happy Flu-less Season!**

(Information sourced from Health Canada)

*The student nurses will be here at Nord-Bridge most Mondays and Tuesdays until December 6. They'll do their best to answer your health questions and concerns.*



**FALL**

**and**

**WINTER**



**ALL ARTS & CRAFTS SALE**

**Saturday, October 29, 2011**

**10 a.m. to 3 p.m.**



**Multi-Purpose Hall**  
**1904-13 Avenue North**



- ◆ 30 Vendor Tables Featuring New Handmade Items
- ◆ Beautiful Creative Handiwork
- ◆ Practical Unique Seasonal Gifts
- ◆ Great Variety of Items

Muffins, coffee and other beverages will be available for purchase.



**NORD-BRIDGE'S  
DUNFORD DINER  
"THANKSGIVING  
DAY LUNCHEON"**

**FRIDAY,**

**OCTOBER 7<sup>TH</sup>**

**11:30 A.M. SHARP!**

**ONLY \$8.50**

**MENU INCLUDES:  
ROAST TURKEY AND ALL  
THE TRIMMINGS, MASHED  
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