

NORD-BRIDGE SENIORS

NEWSLETTER

September 2012



“The Friendly Centre”

**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 Foster	Ian 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
Drawing	Glenice Caffyn
Watercolor Club	Glenice Caffyn
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
Tai Chi
Yoga/Pilates
Fitball/Exercise With Arthritis
Zumba
Fitness 55 Club

OUTREACH

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

SOCIAL ACTIVITIES

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

SPORTS & RECREATION

Bocce
Carpet Bowling
Darts
Dragon Boat Team
Floor Curling
Golf
Pool
Shuffleboard
Table Tennis
Tournament Awards Luncheon
TRAVEL
Travel Trip Bookings
Bus Bookings
Driver Co-ordination –Travel Trips
Driver Co-ordination – Card Trips
Vehicle (Bus 2) Maintenance

VOLUNTEERISM

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

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

Pat Kincade
Lethbridge Family History Centre
Lethbridge Community Network
Pauline Rapson
Judy Knox, 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
Lynn Hunter-Johnston
Urszula Hebert
T. J. Dunn

Jeannie Williamson
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
Janet Bobinec, Alice Strickland
Harry Fischer

Steve King
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.

PRESIDENT'S REPORT

A hot August has come and gone. One event I always look forward to is Whoop Up Days when we can celebrate with our Annual Whoop Up Pancake Breakfast. This event had a record attendance with 815 plates served between 8 am and 11 am. Special thanks to all the volunteers including our Nord-Bridge Jammers, along with MP Jim Hillyer on the fiddle, who entertained us with their good old time music! Thanks also to the food sponsors and to all those who attended. Please come again for a visit.



Get ready for our 4th Annual Presidents Dinner & Auctions on Tuesday, September 18. Just a reminder that the auctions will begin at 5 pm (before supper) this time. Please bring your auction item to be included to Nord-Bridge Centre ASAP!

Nord-Bridge is a member of the Lethbridge Community Bingo Association and we regularly host bingos in the afternoons when other charities are not available to work bingos. Gaming revenues have always been an important part of our financial strength. Bingo revenues are improving and we have the opportunity to pick up extra bingos. What we need is someone to volunteer to coordinate the bingo workers. Would that be you? Talk to Harry Fischer if you can help.

In mid September, the Nord-Bridge Executive will be travelling to Edmonton where we will attend the first Annual Meeting of the Alberta Senior Centres Association prior to attending the Alberta Senior Services Conference. As a reminder, Nord-Bridge has bid to Co-Host the 2013 Senior Services / Grey Matters Conference. We are also a partner in the City of Lethbridge bid to host the 2015 Alberta 55 Plus Winter Games.

Because of our attendance at the Grey Matter Conference, Board members are reminded that our September meeting has been changed from Sept. 12 to Sept. 19.

Remember – Keep Active and Stay Connected!

Sincerely, *Jim Hahn, President*



Robert Lemay
Karl Sinnott
Paul Takahashi
Ellen Neufeld

George Lybbert
Linda Scarlett
Randi Richardson
Donna Lemay
Betty Parkvold
Ken Tokuda
Valerie Watland
Doreen Church
George Neufeld

*We hope you 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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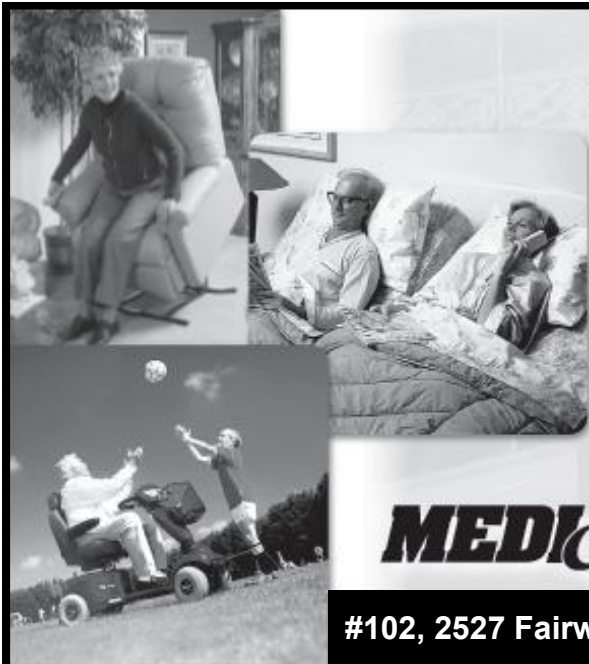
Annually

Annual General Meeting	First Tuesday of April	9:00 a.m.
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**LEARN More About:
Lethbridge Elder Abuse Response Network**

Elder abuse situations are often especially complex and require a multi-faceted approach to intervention. Based on that idea, LEARN was created to meet the needs of the community and to respond to the unique needs of elder abuse victims. Various community agencies are part of LEARN, representing many service providers that work with older adults. Member agencies include: Alberta Health Services, Lethbridge Regional Police Service, City of Lethbridge FCSS, Lethbridge Senior Citizens Organization, Nord-Bridge Senior Citizens Association, Lethbridge Family Services, Government of Alberta Seniors and many more.

LEARN has three main functions:

- ◆ to increase community awareness of elder abuse;
 - ◆ to increase the capacity of support services; and
 - ◆ to provide intervention and case management for abused seniors.
- After successfully receiving grant funding from the Solicitor General Victims of Crime fund, LEARN hired a coordinator to provide comprehensive and inclusive case management, and act as an access point for all other member agencies.

Either by contacting the Coordinator directly or by referral, services and supports are put in place to help abused older adults. The coordinator works with the individual to create a plan for services as well as set achievable goals. With a plan in place, the Coordinator supports the individual in reaching their goals. This can manifest as advocacy with other agents on behalf of the abused person, providing emotional support or referral information and more. All services are tailored to meet the unique and specific needs of the individual accessing them. The ultimate goal of case management is to assist older persons in identifying risk and potential abuse, and becoming more resilient through increased support systems.

LEARN Case Management services will be officially launched mid-September. However, the Coordinator can be reached at (403) 394-0306, or by stopping by the office in meeting room E, second level, LSCO, Monday – Friday 8am – 4pm.

Jennifer Payne
LEARN Coordinator
(403) 394-0306

CHINOOK LIFECARE ASSOCIATION

Affordable lifeline within the Community

Chinook LifeCare has been providing emergency response service for over 27 years to clients in Lethbridge, Taber and surrounding communities.

Visit our new office at Nord-Bridge Senior Centre to view all the options for extending independent living.

#8, 1904-13 Ave North, Lethbridge Phone: 403-320-1170



When it's time to move on, we'll help you clear out your old nest, and feather your new one!"



Call us for your complimentary, in-home consultation. Don't stay stuck because you don't know where to start.

We can help!

Janice Ross 403.330.4482
Wendy Gillett 403.388.4122

EXECUTIVE DIRECTOR'S REPORT



Greetings Members;

When you read this September Newsletter article, we will be back into the Fall Program season at Nord-Bridge. Hopefully you have had a good summer, and are looking forward to rejoining your friends for socialization and activities that will improve your health and happiness. Programmer David Ng has been working hard at completing Nord-Bridge's fall program offerings. Please stop by the Centre and pick-up the new "Fall Program 2012" catalogue, or visit our website at www.nordbridgeseniors.com to view on your computer. Congratulations to David, Val, and all the conveners who have worked to put this fall's activities into place! In September, your Nord-Bridge Executive, David, and myself will be attending the Alberta Seniors Services / Grey Matters Conference in Edmonton. We have been attending this conference annually for several years now. Here we have an opportunity to participate in educational sessions organized by Alberta Seniors, Alberta Health, AMA, the Universities of Alberta and Calgary, and many others. This conference, about the only such event attended by Nord-Bridge management and governance, has been very helpful. One benefit has been that we are able to learn from the leadership of other senior centres, share in information exchange on best practices, etc. Also coming up in September will be Nord-Bridge's Annual President's Dinner and Auction, planned for Tuesday, September 18. We hope you mark this event down in your personal calendar.

For some months I have intended to comment on the new Chinook LifeCare office now located within our Centre. Chinook LifeCare is the former Chinook LifeLine Association, who were formerly located in the Lethbridge Regional Hospital. They moved here in March as their space in the hospital was needed for additions there. We are glad they found Nord-Bridge as an appropriate location for their new client office. We welcome Paula and JaneAnne, their friendly staff. Please stop by their office for safety items like personal buttons (neck or wrist); stove monitors; flood monitors; door monitors; bed/ chair occupancy monitors; fall detectors; movement monitors; and temperature monitors. Check out their ad just to the left of this article.

Respectfully, *Randy Smith*

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SOCIAL COMMITTEE by Eva Deringer

Our Whoop-up Breakfast on Wed., Aug. 22 was a tremendous success thanks to 815 eager attendees who supported our event and our 50/50 draws as well. The pancakes and sausages were delish; our "Jammers" music amazing; and our volunteers awesome. It was great to see so many people decked out in western attire.

Special guests included: MP Jim Hillyer who jammed along (on fiddle) with our musical entertainers; MLA Bridget Pastoor; Alderman Liz Iwaskiw; and Senator Joyce Fairbairn. We thank you for your support!

Donations helped us tremendously with this event. Accordingly, we extend a special "thank you" to...**ATCO Gas; Mike Bennett; McDonald's; P & H Milling Group; Richardson Oilseed Ltd.; and Saver's.**

Our next event will be the **"Fourth Annual President's Dinner & Auction"**. This is one of our most important annual events and offers a large variety of entertainment as well as good food and libations. It is also a major fund raising activity for our Centre. Tickets are on sale now at our reception desk for \$25.00 each. Why not buy one for yourself and one for your sweetie, and join us on **Tuesday, September 18th?** Doors open at 4 p.m. followed by auctions, entertainment, dinner, more entertainment and door prizes! I hope to see you all there.

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LUNCH WITH CITY REPRESENTATIVES



Tues
Sept.
4th

Alderman
Ryan Parker



Fri.
Sept.
14th

Alderman
Bridget Mearns



Fri.
Sept.
21st

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

The month of September always seems to be a busy one. Farmers are anxious to get into the field to harvest and kids are (well most) excited for the new school year. For our members here at Nord-Bridge I hope everyone is excited for another program session! I hope everyone had a restful yet fun filled summer. We have a variety of new programs/classes and presentations this fall. Please see the Fall 2012 program book for more details.

One of the new programs I would like to highlight is "Drawing For Beginners" (starts Friday Sept 14th). Instructor Glenice Caffyn is looking forward to sharing her drawing skills with beginners who wish to learn the basics of drawing. There are two sessions you can register for in the Fall. Please check the Fall 2012 program book for details.

The "Fitness 55 Club" is offering a **FREE open house** on Wed., Sept. 19th from 9:00 am - 3:30 pm. Jim Scott our volunteer personal trainer will be on hand to walk you through the fitness room and show you some of the equipment and exercises you can do in the Fitness Room. If you plan on attending this open house all we ask is that you bring in a clean pair of indoor dedicated footwear.

I am looking for Friday lunch entertainers this fall. One of the great weekly traditions we have on Fridays over the lunch hour is the live entertainment. We are running low on volunteer musicians and would like to recruit a few more. If you play piano or any other instrument and would like to entertain the dining room patrons on Fridays (usually once a month) please speak with me at the Front Desk.

David

FROM THE DESK OF VAL

Summer has been a stew of hot, humid weather and many magnificent flower gardens. It has been slow here at the Centre but with the nice weather, many of you have been able to garden, golf, and get away for a holiday.

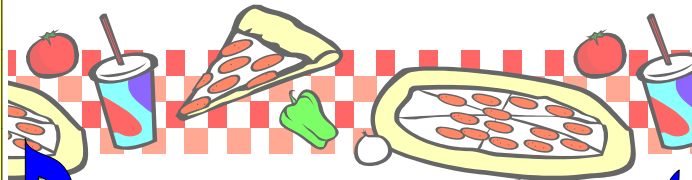
At the time of this Newsletter going to press I will be away from my desk enjoying myself. With September just around the corner, we will be back in full fall fling soon, with program registrations, NEW and RENEWAL memberships, selling tickets for the annual President's Dinner fundraiser, and more.

Our policy at the front desk: BE PATIENT as we can only serve one customer at a time. In return we will be patient, friendly, and will take time to visit with anyone who needs to chat. Working at the front desk is very challenging but also rewarding. Our processes are evolving with new technology so we'll need a little time to re-adjust.

I would like to extend a huge thank you to all the bus drivers who drove the bus for my summer trips. Your continued dedication is greatly appreciated by the Nord-Bridge staff and everyone who goes on these trips. See you in September!

DON'T FORGET, our Outreach Program resumes on September 17th with a "MEXICAN FIESTA". RSVP by Sept. 14th.

Bienvenido a la fiesta!



Dunford Diner

Friday Lunch Specials \$6.00

Sept. 7	Meatloaf, Mashed Potatoes & Veggies
Sept. 14	Cabbage Rolls, Perogies & Smokie
Sept. 21	BBQ Chicken Leg, Oven Roast Potatoes, Veggie
Sept. 28	Baked Ham, Scalloped Potatoes & Veggies
October 5	THANKSGIVING DAY LUNCHEON—\$10.00 Tickets available at front desk.



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



NORD-BRIDGE SENIORS CENTRE



IN-HOUSE BINGO Friday Afternoon

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

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

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

WIN CA\$H AT NORD-BRIDGE! DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre.

IN ORDER TO PARTICIPATE YOU MUST:

1. Hold a current **REGULAR, ASSOCIATE** or **LIFE** Membership.
2. Cost to play is 25¢
3. Draws will be made at 12:15 p.m.
4. After the draw, members may sign-in for the next day's draw.



RECENT WINNERS

August 14 Helen Ruston \$312.50
August 17 Betty Enander \$24.00

MONTHLY 50/50 Toonie Draw

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month.

Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming. **TO PLAY:** 1. Fill out an envelope for the draw at the draw desk in the Dunford Diner.



2. Drop a Toonie into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!

AUGUST WINNER...

Nadine Taylor
\$ 113 .00

Next Draw Sept. 21, 2012

SOUND SYSTEM DRAW

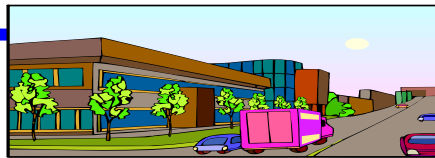
Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



50/50 WINNERS

The "Jammers" will return to their regular programming schedule on **Monday, September 10th at 10 a.m. in the Dunford Diner**. This program is **Free for Members** and **\$2.00 for Non-Members**.

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 donations in the past month.

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2012 to Aug. 24 2012: **\$ 11,913.00**



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 August 2012 \$ 1,947,936

Still needed from members:

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

LIFETIME HIGHS INC.

SLOTS OF FUN ADVENTURES (CASINOS)

- KOOTENAI RIVER INN & CASINO 2012: Sept. 4-7; Nov. 21-24, 2012, Black Friday Shopping.
- RIVER CREE RESORT & CASINO, EDMONTON: September 16-18, 2012 [LETHBRIDGE DEPARTURE FROM NORD-BRIDGE SENIOR CENTRE](#)
- 5 DAY CLEARWATER RIVER RESORT/KOOTENAI RIVER INN CASINO TOUR. Call for details.
- DEADWOOD, SOUTH DAKOTA : 7 Day Trip, Oct. 27-Nov. 2, 2012.
Out of Calgary casino visits can be arranged for for Lethbridge groups. Give us a call.

DOMESTIC & INTERNATIONAL ADVENTURES

- POLAR BEAR TOUR: One day fly in-fly out from Calgary tour in Churchill, Oct. 27, 28 & Nov. 3, 2012; or from Edmonton Oct. 20 & Nov. 11, 2012
- MARITIMES FALL COLORS TOUR—An amazing tour of Nova Scotia and PEI w/Optional 4-day pre-tour of Newfoundland. Sept. 21-29, 2012
- SOUTH PACIFIC CRUISE: Oceania (Marina) with 3 NIGHT PRE-CRUISE AT PAPEETE April 4-20, 2013
- ECUADOR, THE GALAPAGOS ISLANDS, THE AMAZON, THE ANDES & QUITO; PERU AS AN OPTION. Nov. 7-25, 2013

To register or for more information visit our website or contact us at:

LIFETIME HIGHS INC. www.lifetimehighs.com

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

lifetimehighs@shaw.ca



September 2012




Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 CENTRE CLOSED FOR LABOUR DAY</p> 	<p>4</p> <p>9:00 Shuffleboard 10:00 Music Makers 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise</p> 	<p>5</p> <p>9:30 Carpet Bowling 10:00 Roll & Stroll 1:00 Darts 1:00 Krafters Klub 1:00 Quilting 1:00 Euchre 3:00 Advantage Hearing</p> 	<p>6</p> <p>9:00 Clever Crafters 10:00 Floor Curling 1:00 Trump Whist 5:00 Winners Bingo 5:20 Zumba 7:00 Table Tennis</p> 	<p>7</p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p>10</p> <p>10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 Military Whist</p> 	<p>11</p> <p>9:00 Shuffleboard 10:00 Music Makers 10:00 Keep Fit 10:45 Winners Bingo 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise</p>	<p>12</p> <p>9:30 Carpet Bowling 10:00 Roll & Stroll 10:00 Paper Tole 10:00 Watercolor 10:45 Winners Bingo 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Krafters Klub 1:00 Quilting</p>	<p>13</p> <p>9:00 Clever Crafters 9:30 Mind Joggers 10:00 Floor Curling 1:00 Trump Whist 1:00 Woodcarving 1:30 Keep Fit Str. & Flex 5:00 Winners Bingo 5:20 Zumba 7:00 Table Tennis</p>	<p>14</p> <p>9:00 Legal Consultations</p>  <p>9:30 Carpet Bowling 10:00 Drawing 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>
<p>17</p> <p>9:00 Yoga 10:00 Floor Curling 10:00 Jammers 10:00 Military Id. Road Show 1:00 Bridge 1:30 Military Whist 1:30 Outreach "Mexican Fiesta"</p> 	<p>18</p> <p>9:00 Shuffleboard 10:00 Music Makers 10:00 Keep Fit 10:00/11:00 Clogging 10:45 Winners Bingo 1:00 Texas Hold'em 1:00 Norwegian Whist 1:15 Tai Chi 1:30 SCRABBLE 4:00 PRESIDENT'S DINNER & AUCTION</p>	<p>19</p> <p>8:20 Yoga 9:30 Carpet Bowling 10:00 Roll & Stroll 10:00 Paper Tole 10:00 Watercolor 10:45 Winners Bingo 11:00 Line Dancing 1:00 Darts 1:00 Krafters Klub 1:00 Quilting 1:00 Euchre</p>	<p>20</p> <p>9:00 Oil Painting 9:00 Clever Crafters 9:30 Mind Joggers 10:00 Floor Curling 1:00 Trump Whist 1:00 Woodcarving 1:30 Keep Fit Str. & Flex 5:00 Winners Bingo 5:20 Zumba 7:00 Table Tennis</p>	<p>21</p> <p>9:00 Yoga 9:30 Carpet Bowling 10:00 Drawing 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 

<p>24</p> <p>9:00 Yoga 10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 Military Whist 1:30 Hand Bells 3:00 Fitball</p> 	<p>25</p> <p>9:00 Shuffleboard 10:00 Music Makers 10:00 Keep Fit 10:00/11:00 Clogging 10:45 Winners Bingo 1:00 Texas Hold'em 1:00 Norwegian Whist 1:15 Tai Chi 1:30 SCRABBLE 3:00 Arthritis Exercise</p>	<p>26</p> <p>8:20 Yoga 9:30 Carpet Bowling 10:00 Roll & Stroll 10:00 Paper Tole 10:00 Watercolor 10:45 Winners Bingo 11:00 Line Dancing 1:00 Darts 1:00 Krafters Klub 1:00 Quilting 1:00 Euchre 3:00 Fitball</p>	<p>27</p> <p>9:00 Oil Painting 9:00 Clever Crafters 9:30 Mind Joggers 10:00 Floor Curling 1:00 Trump Whist 1:00 Woodcarving 1:30 Keep Fit Str. & Flex 5:00 Winners Bingo 5:20 Zumba 7:00 Table Tennis</p> <p><i>Scrabble Answer:</i> GG ...as in ...AGGRO</p>	<p>28</p> <p>9:00 Yoga 9:30 Carpet Bowling 10:00 Drawing 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
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	<p>UNIVERSITY OF LETHBRIDGE SCHOOL OF NURSING: Nursing students and their instructor will be back at Nord-Bridge this fall to offer "Information Clinics" to our members. They'll help you with your concerns regarding, blood pressure, dietary issues and other health topics of interest to you. Their schedule is yet to be confirmed but watch for posters with details. This program will start in September.</p> 	<p>COFFEE WITH A CONSTABLE</p> <p>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. Chat with him on Sept. 12th, Oct. 10th, Nov. 14th and Dec. 12th</p> 
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SCHEDULE OF TRIPS & EVENTS

<p>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 <i>Lethbridge Transit "Breeze Card"</i>.</p> <ul style="list-style-type: none"> • 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) • CENTRE CLOSED - MON., SEPT. 3 "LABOUR DAY" • ADVANTAGE HEARING - WED., SEPT. 5 (by appointment) • SPRUCE MEADOWS (FIRST TRIP) THURS. SEPT. 6 • SPRUCE MEADOWS (SECOND TRIP) SAT. SEPT. 8 	<ul style="list-style-type: none"> • LEGAL CONSULTATIONS - FRI., SEPT. 14 (by appointment) • LOCAL CASINO TRIP - TUES., SEPT. 18 • 4TH ANNUAL PRESIDENT'S DINNER & AUCTION - Tues., Sept. 18 • DR. BOLOKOSKI FOOT CARE - WED., SEPT. 19 (by appointment) • MOVIE MILL - TUES. SEPT. 20 • AUTUMN LEAVES ROAD TRIP - TUES., SEPT. 25 • STETTLER TRAIN EXCURSION - THURS. to FRI., SEPT. 27 - 28. • WINNERS BINGO - SEPTEMBER 6 (P.M.), 11, 12, 18, 19, 25, 26 
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WINNERS



Thursday is SENIORS DAY!

Half-price Regular & Gold Cards for all players

60+ For more information Call 403-327-7454

A Whole New Experience!

CUSTOMER APPRECIATION
Thurs. Afternoon
September 20th
BIRTHDAY BASH
Monday Evening
Sept. 24th



Two blocks west of the Casino on Crowsnest Trail

Lethbridge Denture Clinic

Putting that sparkle back in your smile.



www.lethbridgedentureclinic.com
803 - 3 Ave. S., Lethbridge, AB 403.381.4142

New Business in Town!

NAKED FEET MOBILE FOOT CARE FOR SENIORS

NAIL TRIM & CALLUS REMOVAL - \$30; 1 HR. THAI REFLEXOLOGY FOOT MASSAGE - \$40. Benefits include reduced pain and stiffness, better and deeper sleep, improved circulation in feet and legs, just to name a few. Certified Advance Pedicurist & Certified Thai Reflexologist. For more information, call Barbara Mossa at 403-308-9836. You may qualify for Seniors Benefits.



EUCHRE



Rodney Foster, Convener

A big thank you to Dolores Meyers and Marilyn Saunders for looking after Euchre for the summer months. They managed to get four or five tables out each week.

During my break, I was able to travel to my nieces' weddings on Quadra Island and Victoria, BC. At home I had a chance to do some gardening and of course get a few rounds of golf in.

We still play every Wednesday from 1 to 3 o'clock followed by coffee/tea and conversation in the Dunford Diner. If you want to try something new, come out and join us! We are fun group and enjoy new faces.

MIND JOGGERS

Mind Joggers welcome back everyone, fresh from the summer vacation. We can hardly wait to hear what happened, not only to our members, but to you as well. Do join us and see if it would not be fun to share with us your tales of adventure. You might find out you like it! We'll resume regular meetings on Thursday, September 13th. At 9:30 a.m. in the Craft Room. See you then! Judith Knox

NORD-BRIDGE SENIORS FITNESS 55 CLUB

The "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.

Free Open house 9 a.m. to 3:30 p.m. Wed., Sept. 19th. Come in and see our Fitness Room and try out some of our equipment. (Bring clean gym shoes.)

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Your health. Our priority.



It's flu season...

Are you prepared?

An annual vaccination against the flu can help prevent or reduce the severity of the symptoms should you get sick. Come in today and speak with our certified immunizing pharmacist for more information.

Transferring
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IS EASY.

Call or visit us today
for more details.



403-381-0700

Nord-Bridge Senior's Centre
#2, 1904 - 13th Avenue North
Lethbridge, AB

Hours of Operation

Monday to Friday: 9:00 am - 5:30 pm
Saturday: 9:00 am - 1:00 pm
Sundays and Holidays: Closed

Chad Baker

B.Sc.Pharm, Pharmacist/Owner



 **ZUMBA[®]**
fitness

with Jeannie

*All fitness levels welcome!

Are you ready to party yourself into shape? That's exactly what Zumba® is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health!



Thursday's
5:20-6:20pm
at the
Nord-bridge
Senior's Center
Starts
September 6th

\$7.00 drop-in rate

For more info email: tj3618@telus.net



ADVANTAGE
HEARING CENTRE

406-6th St. South Lethbridge, Alberta

**Nord-Bridge Complimentary
Hearing Evaluations**

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

DARTS REPORT



The qualifying Playoff for Zone 1 (2013 Provincial Winter Games) will be held here at Nord-Bridge on Wed., Nov. 28, 9 a.m. to 4:30 p.m. All players MUST be registered by Wed., Nov. 21. All players must be "Alberta 55 Plus" members. The categories are: Men's Singles age 55-70 and 70 and over; and Women's Singles aged 55-70 and 70 and over. "Alberta 55 Plus" memberships may be purchased at the door before the Playoff.

If you have any questions or concerns please talk to me any Wednesday afternoon during our regular Darts program.

Thanks, Ken Bobinec

Boutique News

Thank you to all who volunteered during the summer months. A special thanks is extended to Sandy, Dawna, Anis and Billy for filling in while regular volunteers enjoyed a well deserved vacation.

Our next "Fabric & Notions Sale" will be held September 14 through September 21, 2012.

REMINDER TO CRAFTERS:

Our annual Fall Sale will be held on Saturday, October 27. Members may purchase display tables for \$15 per table. Non-members \$25 per table. Book your table early to avoid disappointment. Make your reservation with our Reception Desk.

Thanks, Heather & Jo-Ann

GET WELL WISHES WENT OUT TO...

...Don Ward, now out of ICU but still a long way to full recovery; Art Secretan - at the Regional; Lee Hargrave in St. Michael's with kidney problems; and card player, Heather Dodderidge who had a fall and broke 2 vertebrae. Diane Bennett is at home slowly recovering from a knee replacement. It is nice to see Helen Gepneris out and about again, and dropping in for coffee with us. She is healing day to day from a fall.



CONDOLENCES WENT OUT TO...



...the Quinton family, loss of Vera Quinton's son; the Stendall family, loss of Gloria's husband; the Furukawa family, loss of Doris' husband, Ken; Marjorie Brown's family, loss of daughter-in-law, Joyce Nickle and to Anna Duban and family on the loss of a daughter-in-law.

Thanks to our "Clever Crafters" who make Sympathy and Get Well cards, and more. Their unique products are for sale for only 75¢ in our *Craft Boutique*, and are quite beautiful. Why go to the dollar store?

Lethbridge HEARING CENTRE

Lethbridge's
Trusted Source For
Hearing Solutions

- Full hearing evaluations
- AADL, DVA, & WCB Vendor
- Digital hearing devices
- Repairs & Adjustments on all makes/models
- Listen Hear products

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



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Authorized Dealer

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Lethbridge, AB
403 320 6000 T



LETHBRIDGE EAST PC AGM

September 20, 2012

Nord-Bridge Dunford Diner

1904 - 13 Avenue North, Lethbridge

7:00 PM Meet & Greet

7:30 PM AGM Call to Order



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.

SCRABBLE

SEEING DOUBLE

What doubled letter can be placed in the spaces below to form a word meaning "Rivalry"?

Answer on Calendar, Sept. 27

A _ _ R O

One of the ways to become a better Scrabble player:

Learn the "Q" without "U" words. The official *Scrabble Players Dictionary 4th Edition* lists these: QADIS, QATS, QAID, QI, QOPH, FAQIR, QANAT, TRANQ, QINDAR, QWERTY, and SHEQEL; plus, all of these words can be pluralized.

Please come to the
 Dunford Diner on
 Tuesdays at 1:30 p.m.
 and play Scrabble.

Sheila Brust,
 Convener

Enjoy your Labour Day weekend!



FLOOR CURLING by Alice & Janet

The summer months were fairly slow but we still managed to attract 10 to 12 people each week. We expect more to turn out beginning in September. Everyone is welcome; we have plenty of space. We meet every Monday and Thursday morning at 10 a.m. in the Multi-Purpose Hall. Come out and give curling a try! We hope everyone had a nice summer.



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
- Walk-in Tubs & Bathroom Safety Products
- Back Care, Supports & Braces
- Aids to Daily Living
- Porch Lifts & Stair Lifts

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119 Stafford Drive South,
 Lethbridge
 (403) 327-4511
 1-800-661-1032

AADL, WCB, NIHB and DVA vendor

TREASURES OF CHINA

with Triple D Tours

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. Be ready and be patient for all pick-ups. To cancel a pick-up please phone in by 3 p.m. or sooner on the previous 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.



We have 2 trips going to
**Spruce Meadows Masters
Equestrian Event, Calgary**

**1st—Thursday, September 6, 2012
2nd—Saturday, September 8, 2012**

COST: \$45.00 (bus only) Buy your own lunch.
Buses will leave Nord-Bridge at 7:30 AM.
Payment deadline Sept. 4, 2012



**Thursday, September
20, 2012
MOVIE MILL OUTING**

This monthly event will
be resuming on the
third Thursday of every



**Tuesday, September 18, 2012
LOCAL CASINO OUTING**

Cost: \$6.00
Bus departs Centre at 10:00 a.m. SHARP.
Why not try your luck?



**TUESDAY, September 25, 2012 and
THURSDAY, October 2, 2012
AUTUMN LEAVES OUTING**



Be prepared for an awesome drive to Nanton for lunch and the drive west to the Cowboy Trail and see the Porcupine Hills.
COST: \$25 (Bus only) BUY YOUR OWN LUNCH.
1st Trip is SOLD OUT.
FULL PAYMENT IS REQUIRED TO SECURE YOUR SEAT.

**September 27-28, 2012
STETTLER TRAIN EXCURSION**

An overnight trip to Stettler to ride the train through the countryside to see fall colors. Cost: \$275/person (double occupancy), including accommodation at the Canalta Hotel, train fare, Carefree Luxury Bus, Tour of Blackfoot Crossing Interpretive Centre. **FULL PAYMENT IS NOW DUE.** There is only 1 seat remaining for someone to share a room. **NO REFUNDS.** An itinerary will be available for pick up on Sept. 15th. Get ready for lots of fun and maybe a train robbery???



**WEDNESDAY, OCTOBER 24, 2012
Stage West Dinner Theatre, Calgary
"SEXY LAUNDRY"**

A musical comedy starring William Moses. We need at least 40 names to book the Carefree Bus.
**Cost: \$80 (Members);
\$90 (Non-Members)**
Payment Deadline is October 10th.



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 make your online reservation right here from the Centre.



NEWS ABOUT PAST OUTINGS:

The summer travel outings were a blast and once again, many trips sold out quickly. We have received many positive comments on many of our trips. Next year, if you want to go on an outing, sign up early or you might miss out on a day of fun. Bring your suggestions for fun outings to me.

Bon Voyage



Triple D Tours

1. **Deadwood South Dakota - 2 Trip Dates:** Sun., September 2 - 8, 2012, or Sun., September 16 - 22; \$515.00 Per Person Double Occupancy.
2. **Foothills Fall Tour** - October 3, 2012—Itineraries now available. Cost \$55.
3. **Spokane Fall Shopping Getaway** (4 days); Fri., October 19 - 22, 2012; \$349 Per Person Double Occupancy.
4. **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

MILITARY IDENTIFICATION ROAD SHOW

Do you have any military objects that you cannot identify? Glenn Miller of the Royal Canadian Legion would like to help you while raising awareness of the intrinsic value of these historic items.

Lethbridge and southern Alberta have contributed over a century toward a very proud and rich military heritage. Sadly, there is very little available in our museums to tell the story to youngsters and future generations.

Nord-Bridge members may be in possession of unique items either earned, handed down or maybe just found in the attic or garage. If you suspect that your unusual item is of military origin or significance perhaps Glenn can provide that historical description to you. He would also like to hear your descriptions of objects and pictures with military significance.

You are invited to bring your items in to Nord-Bridge Centre for Glenn to examine, on Monday, September 17th (or Monday, November 5th) from 10 a.m. to 1 p.m. Let's help to preserve the memory of those who have fought for our freedom!



BRIDGE

I hope everyone had a great summer and are looking forward to playing Bridge. I'd like to thank all those who have been looking after things during summer. We welcome anyone wishing to play on Mondays and Fridays at 1:00 p.m.

Kathy Ludwig, Bridge Convener



**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, Sept. 14, 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**

WANTED

YOUR DONATIONS FOR OUR SILENT & LIVE AUCTIONS

**MORE
ITEMS
ARE
NEEDED!**

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. **TO DATE, 19 ITEMS HAVE BEEN DONATED BUT MORE ITEMS ARE NEEDED.** 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**



Continuing to Care Through the Generations.

Christensen Salmon
GENERATIONS

Funeral Home & Cremation Services

703-13 Street North, Lethbridge / 403-382-3601

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

LIMITED SEATING
TICKETS ON SALE AT
NORD-BRIDGE
SENIORS CENTRE!
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
PROCEEDS TO THE NORD-BRIDGE
BUILDING FUND

Entertainment by...
**Keister Family
Fiddlers**



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**THE BEST KEPT
SECRET**

**NORD-BRIDGE'S
"DUNFORD DINER
BREAKFAST BUFFET"**
FIRST WEDNESDAY OF
THE MONTH

(Sept. 5, Oct. 3, Nov. 7, Dec. 5)

WE GO ALL OUT TO OFFER YOU A
SCRUMPCIOUS BREAKFAST BUFFET

**ONLY \$6.00
ALL YOU CAN EAT!**

8:30 A.M. TO 10:30 A.M.

TYPICAL FARE INCLUDES:
FRUIT, PASTRIES, EGGS,
HASH BROWNS, PANCAKES/
FRENCH TOAST, HAM, SAUSAGE,
COFFEE, TEA, JUICE BOXES.



**TREAT YOURSELF - BRING A FRIEND
A GREAT WAY TO START THE DAY**

**EXPERIENCE THE
SERVUS DIFFERENCE.**

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Scenic Drive branch, 480 Scenic Drive S

Uplands branch, 2829 - 26 Avenue N

West Lethbridge branch, 65 Columbia Boulevard W

feel good about your money.



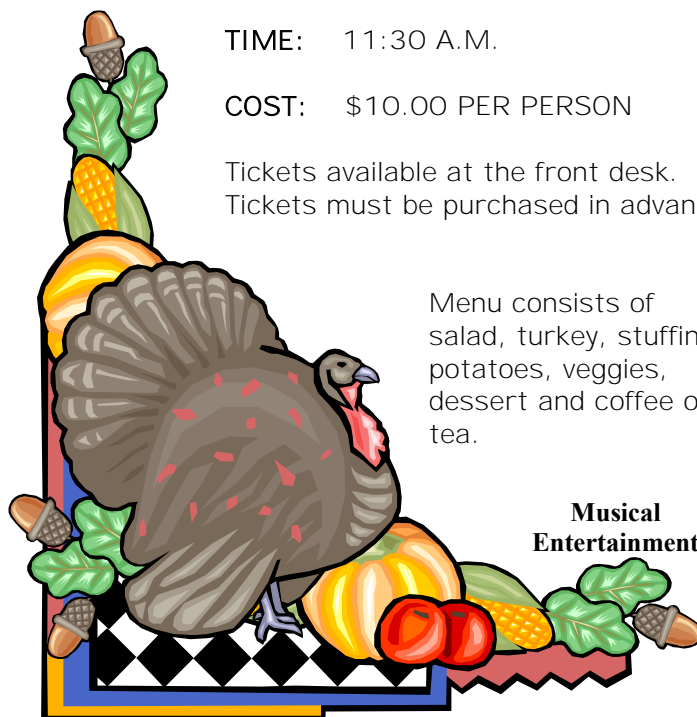
THANKSGIVING LUNCHEON

DATE: FRIDAY, OCTOBER 5, 2012

TIME: 11:30 A.M.

COST: \$10.00 PER PERSON

Tickets available at the front desk.
Tickets must be purchased in advance.



**Musical
Entertainment**