

OGDEN 50+ ACTIVITY CENTRE

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APRIL 2023



Ogden 50+ Activity Centre
2102 – 69 Avenue SE, Calgary, AB T2C 3Y4
ogden50plus.org 403-279-2003





BOARD EXECUTIVE 2023

CHAIR	Mike Gale
VICE	Darleen Bowser
2nd. VICE	Bill Chepil
TREASURER	Marjorie Irwin
SECRETARY	Frances Nelson
DIRECTORS	Sue Pasveer
	Don Miller
	Duane Bumstead
	Donna Martin
	Irene De Froidmont

VISION STATEMENT

A community where every person who is 50+ has what they need to thrive.

CENTRE HOURS

Monday to Friday
8:00 AM - 4:00 PM

STAFF & PHONE EXTENSIONS (403) 279-2003

EXECUTIVE DIRECTOR Ext. 205	Renata Michalski	renata@ogden50plus.org
BOOKKEEPER Ext. 201	Titiana Vanciu	titiana@ogden50plus.org
HOUSEKEEPING Ext. 202	Zoë Tittle	zoe@ogden50plus.org
MOW/SNOW Ext. 203	Rick Scott	rick@ogden50plus.org
PROGRAMS Ext. 204	Sonia Provenzano	sonia@ogden50plus.org


IMPORTANT PHONE NUMBERS		
POLICE		403-266-1234
OGDEN FIRE STATION		403-264-1022
BUS ROUTE INFO		403-262-1000
OGDEN HOUSE		403-279-2003
MOW/SNOW		403-236-8139
DISTRESS CENTRE		403-266-4357

2023 BOARD

CHAIRMAN: MIKE GALE
FIRST VICE: DARLEEN BOWSER
SECOND VICE: BILL CHEPIL
SECRETARY: FRANCES NELSON
TREASURER: MARJORIE IRWIN
DIRECTOR: DON MILLER
DIRECTOR: DUANE BUMSTEAD
DIRECTOR: SUE PASVEER
DIRECTOR: DONNA MARTIN
DIRECTOR: IRENE DE FROIDMONT

Thank you to Dave Swanson for his 6 years of service to the board, 4 as chairman and 2 as secretary.

Thank you Dan MacLellan who is stepping down as director after 3 years. We appreciate your contributions and you will be missed!





Message from the Executive Director

Hello everyone, I wish you a healthy and happy Easter!!!

It is supposed to be spring already here but only on the calendar! Oh, this winter.... Most people are tired of this snow already. But hey... it is what it is... and we should enjoy every moment.

Ogden 50+ Activity is always fun. There is a lot going on, please check the calendar.

I would like to extend a warm welcome to our new Chairman Michael Gale, new Secretary Frances Nelson, and Directors Irene De Froidmont and Donna Martin. I am looking forward to working with our new Board of Directors.


I would like to thank our past President Dave Swanson for six years of great cooperation and dedication. I could always count on Dave for help and advice. He was always an awesome person; it was my pleasure to work with you Dave. Thank you!

Happy Birthday to all April babies!!!

R. Michalski

Renata Michalski
Executive Director





Message from the Chairman April 2023

I would like to introduce myself. I am Mike Gale, the new Chair of the Board of Directors. I have been a member of Ogden House for over 9 years and an active volunteer. I was born and raised in this community, attended both Sherwood and Ogden schools and have deep roots here. There is always room at my table. Please sit down, have a coffee and chat or maybe even a game of crib. Welcome to our two new directors, Donna Martin and Irene de Froidmont.

We are in constant need of volunteers for activities, programs, and events. This Centre operates on member driven volunteerism and support. We cannot have our monthly TGIF dinner without a group to set up tables, decorate the auditorium, set the tables and put away the tables. None of us want to sit on the floor and eat with our fingers. If you see a notice or hear about an activity, program, or event that you are interested in helping with or you have an idea for an activity, program or event there is a program committee meeting on the second Tuesday of each month, please bring your thoughts and ideas. Our Program Coordinator (Sonia) will be happy to hear them.

The Centre offers programs to assist in and around your home, Mow/Snow is a yard maintenance program for anyone that finds it difficult to shovel snow or cut the lawn. Please contact our Mow/Snow Manager (Rick). We also have a housekeeping service so if when you walk across the floor and you hear crunching contact our Housekeeping Co-ordinator (Zoe). These services are very affordable and you may qualify for a government subsidy. I am a client of both services and appreciate the help.

Our Centre is a very busy place with limited space for all that is happening. I would ask participants in activities that are taking place in the auditorium to exercise patience, tolerance and understanding toward all the other group that use this space. It takes time to take down and set up equipment for most of the activities and events.

Our Centre has a zero-tolerance policy toward harassment or abusive behavior either verbally or physically directed at any member, staff personnel or guest. Such behavior may result in suspension or expulsion from the Centre for a designated time period or permanently. Our Centre should and must continue to be a safe place for everyone.

With spring just around the corner, it is time to start thinking about planting flowers, the community garden boxes, taking a walk in the neighborhood and other outdoor activities. The rabbits are starting to change colour and I am pretty sure I saw a robin. Spring is coming, it is just under the snow.

Mike G



Annual General Meeting Summary

- We began the meeting with the Treaty 7 Land acknowledgement and a moment of silence for all the members we lost over the past year.
- We thanked Canyon Meadows for supplying the muffins and cookies.
- We then moved into our guest speakers: Cristina Badelita and Ciccika Kahn from Kahn Halpern Marshall Chart Professional Accountants, Anne Marie Richardson from Coldwell Bankers, Sue Saunders from MortgageLine, Jordan Koch and Monib Hayyouni from IG Wealth Management, and Rachelle Butler and Darren Boomhower from Rad Renovations.
- We heard from Vicki Miller on the September 2/3 Casino, she is looking for more volunteers.
- We reviewed the audited financial statements.
- The new by-laws were passed, Visit our website **ogden50plus.org** for a full summary of changes.
- Donna Martin and Irene de Froidmont were elected to the board. Dave Swanson (Chairman) and Dan MacLellan (Director) have stepped down.
- Slim Weegar won the door prize.

Thank you to all who attended!

Happy St. Patrick's Day



Happy Birthday



Happy birthday Renata, Gwen
and all our March babies!



All About April

Fun Fact!

Ford unveiled their first Mustang on
April 17, 1964, costing \$2,368.



Special Days

April 10 - National Siblings Day

April 25 - World Penguin Day 

Famous Birthdays

April 15, 1452 - Leonardo Da Vinci

April 23, 1564 - Shakespeare

April 21, 1926 - Queen Elizabeth II

April cold with dripping rain
Willows and lilacs brings again,
The whistle of returning birds,
And trumpet-lowing of the herds.
-Ralph Waldo Emerson (1803-82)

Oh, how fresh the wind is blowing!
See! The sky is bright an clear,
Oh, how green the grass is growing!
April! April! Are you here?
-Dora R. Goodale (1866-1953)





KIM APPRECIATION!

Thank you for all the hard work that you do behind the scenes. And thank you to Gail for bringing this beautiful gift! A reminder that Kim is not employed by Ogden 50+ and volunteers a lot of her time for us. Please make her day easier by cleaning up after yourself in the kitchen.



What's Kim Cooking?

**TGIF APRIL –
Friday, April 28**

Happy hour 3 – 5

Dinner 5:30

Special appearance from the
Easter Bunny!



Menu

Maple Baked Ham

Cheesy Scalloped Potatoes

Baked Beans, Coleslaw & Buns

Dessert: Key Lime Pie

\$20 Members/\$25 Non-Members

Order by Tuesday, April 25

BBQ LUNCH

Thursday, April 13

\$7

12:00 pm - 1:00 pm

Sausage on a bun, coleslaw & potato chips

Gluten free buns available

Pre-order by Monday, April 10



Community Cleanup

Saturday, May 6th 2023 from 9AM - 2PM

Acceptable materials include:

Furniture (e.g., side tables), electronics, toilets, recyclable metals, broken recreational items (e.g., old treadmills), lumber from old fences/decks, small working appliances, pots & pans, dishes.

Materials that will NOT be accepted include:

Tires, batteries, paint, oil & liquids, glass, propane tanks, hazardous materials.

Volunteers Needed!

If you're interested in volunteering, please email:
generalmanager@millicanogdencommunity.com
for more information



Thank you Community Strategies and Waste & Recycling for supporting this event!

Calgary



****NO PARKING FROM 8 AM TO 3 PM SATURDAY, MAY 6****

PICKLEBALL

Schedule:

Monday 7 PM

Tuesday 12 PM & Beginner 3 PM

Wednesday 9 AM & 7 PM

Thursday 12 PM & 7 PM

Friday 1 PM & Beginner 3 PM

*No pickleball Friday, April 14

Saturday 11 AM - 3 PM

*No pickleball Saturday, April 22

*No pickleball Saturday, April 29

Sunday 4 PM



TABLE TENNIS

4 tables/16 people can play 4 times a week

Schedule:

Monday 9:30 - 1:00 PM

Tuesday & Thursday 9:30 - 10:45 AM

Friday 11:00 - 1:00 PM

All equipment provided



TABLE TENNIS AT OGDEN HOUSE



by Don Fisherman

Table tennis, or ping pong, has been played at Ogden House for many, many years. It is played mainly for the exercise benefits of movement, bending and stretching. Throw in some running (or trotting) and a whole lot of laughing and you have the perfect recipe for a great sport and activity for seniors. Ogden House has playing space and 4 regulation tables that can accommodate 4 players each when playing doubles, which we mainly do. We did have 5 tables at one time but 20 players playing at the same time got rather crowded so we donated one of the tables to the teen club at M.O.C.A.

Presently, table tennis is played 4 times a week for about 2 hours each. Our games are played to 11 points unless there is a tie at 10. However, because one side has to win by 2 points a game can go to 14 – 12, 16 – 14 and occasionally 20 – 18. It can be very exciting. There's a lot of movement in table tennis as both players on each side of the net have to alternate shots. There's no standing around waiting for the ball to come to you; rather you have to be moving and in the game from start to finish. I wear my step counter now and then and it is not uncommon to put on 4,000 to 5,000 steps in 2 hours of play. The play is never strenuous but it is good healthy movement and exercise. Plus, the ceiling fans and projector are very rarely in play so there are virtually no stoppages or replays for an out of bounds shot. A set of best out of 3 games can last upwards of 20+ minutes so the workout is excellent.

Our table tennis group is totally non competitive. We constantly rotate through tables and teams so that everybody gets maximum play time to play with everyone else. Sometimes a ball may be returned with a smash but, because we have players of all different levels of play, we never try to discourage newer players with smashes or goofy spins. But that doesn't mean that we don't or haven't had some excellent players among us.

Besides the exercise value of playing table tennis at OHS there is the socializing afterwards. We meet in the lounge area afterwards for coffee and cookies and the laughing you hear in the gym comes with us. We are a diverse group of nationalities and cultures and everyone is welcome. A yearly club membership is only \$35.00 and the table tennis is free. So, I'd like to invite anyone who is interested in a really good time with a side of exercise thrown in to join us. Right now we play Mondays (9:30 a.m. – 1:00 p.m.), Tuesdays and Thursdays (9:30 a.m. - 10:45 a.m.) and Fridays (11:00 a.m. - 1:00 p.m.). All equipment is provided.

"LOONS"
donated by Wood Carvers Club

RAFFLE
1 For \$3.00 or 3 For \$8.00
Draw Date: April 28



Foot Care will be at Ogden 50+ on TUESDAY, MAY 2 FROM 10 AM - 2:30 PM

Contact Foot Care Nurses directly at **403-408-9668** to book an appointment. Prices are \$50 per person for foot care and \$10 for hand care. Patients with a prescription can be billed directly to Blue Cross.

Please bring your health card to your appointment.

Program Updates

Tax Clinic

Deadline April 19

Total income must be under \$35,000 for 1 person, and \$45,000 for two persons. Please see Sonia to apply.

WOOD CARVERS CLUB

AT OGDEN 50+ ACTIVITY CENTRE
2102-69 Ave SE

IS OPEN TO NEW MEMBERS.

Tuesdays 7:00pm-9:00pm

If you are interested in joining or if you have wood working tools you would like to donate

PLEASE CONTACT JERRY MURPHY
403-256-0630



**WEDNESDAY,
APRIL 12**

**Conversation Café
Dementia**



**1:00 - 3:00 PM
Gallery**

**LAST DAY FOR
PIZZA ORDERS
APRIL 4**

PIZZA DAY
WEDNESDAY, APRIL 5
12:00 PM

Potluck Lunch

OUR WEDNESDAY POTLUCK LUNCHES ARE IN NEED OF SANDWICH MAKERS! IF YOU ARE INTERESTED, PLEASE COME BY WEDNESDAY AT NOON WITH A SANDWICH FOR YOURSELF AND ONE TO SHARE WITH A FRIEND.



OGDEN 50+ ACTIVITY
CENTRE HAS A FREE
LIBRARY FOR
MEMBERS. LOTS OF
BOOKS FROM
MYSTERY/CRIME TO
GENERAL FICTION.
BORROW OR
DONATE BOOKS
(HARDCOVER
EXCLUDED)



HAPPY READING!



Autism Awareness Month - Autism Later in Life

THE AUTISM SPECTRUM: First described in the 1940s, the autism spectrum encompasses a group of highly neurodiverse conditions with different clinical presentations, yet they share many impactful characteristics, including challenges in communication, social reciprocity and symptomology. Behaviours common among them include deficits in communication and social interaction, repetitive behaviours, insistence on sameness, and sensory sensitivities. Today, those on the autism spectrum are usually diagnosed during childhood, with an estimated prevalence of 1:68 in North America. The symptoms and characteristics across the spectrum vary greatly and there is no prototypical description of a person with autism. It is likely that there will be many causes of autism. There are now well over 100 genes that are known to increase the risk for autism. A number of environmental factors have also been implicated either alone or in conjunction with genetic factors. Individuals on the autism spectrum often have one or more co-morbid conditions including intellectual disability, gastrointestinal problems, epilepsy and anxiety. There are currently numerous treatment options, with the most frequently employed being behavioural interventions and medications. The field is moving towards treating disabling features rather than autism as a whole.

THE KNOWLEDGE GAP: Historically, professionals and researchers have focused their attention to children on the autism spectrum. More recently they have expanded efforts to include individuals in their transition years, which are often referred to as “emerging adulthood.” The autism community has recently expanded its attention to individuals in their mid and senior years, with interest in their physical, social, and mental health needs. This is compounded by the realization that numerous adults, including seniors on the spectrum, are undiagnosed or misdiagnosed, and therefore receive little or no care and support, or may possibly be given inappropriate care

INCREASING AWARENESS AND UNDERSTANDING: With no prototypical person on the spectrum, day-to-day challenges are uniquely individual, ranging from modest accommodations to 24/7 care. One common feature, though, is the need for greater understanding and awareness among society, especially within the health care system. Although there is slow and steady progress, greater efforts are required to educate the public as well as sufficiently train health care practitioners and allied professionals on how to effectively and sensitively accommodate the diverse needs and idiosyncrasies of individuals on the spectrum across the lifespan. Similar to their non-autistic peers, autistic seniors often need to be motivated to be physically active and seek out social connections. They also need to understand when it is necessary to ask others for help, especially with respect to navigating the community and health care system. Finally, autistic seniors may be more vulnerable to fraud and abuse/neglect; hence, protective safeguards need to be in place.



Upcoming Programs

AQUASIZE with Louise

**Tuesday's July 4 - August 22
11:00 am - 12:00 pm**

PRICE \$50 - \$70 FOR 8-WEEKS OF CLASSES

Cost based on number of participants

Minimum 14 registrations required

Register by **May 26 at the front desk**

**Classes held @
Millican Ogden
Outdoor Pool**

Fit Minds - Join us starting April 17 from 10:00am - 12:00 pm in the common area.



Presented by Chartwell

Did you know? 1 in 3 cases of dementia are preventable through lifestyle changes and cognitive stimulation. That's a staggering statistic but it is reassuring to know that we can take positive steps, proactively, to slow cognitive decline as we age.

In each session, we focus on a different aspect of brain health, and take a deeper dive to understand positive steps that you can take now to keep your brain healthy.



Meet the Instructor

Tomoko (Tommy) Sato will be leading the 6-week FitMinds course. You may have seen her volunteering at the Chartwell booth at our Stampede Breakfast and other Ogden 50+ events! She is an experienced instructor with a passion for helping older adults. Thank you Chartwell and Tomoko for offering this amazing course to our members.

Fit Minds will run from Monday April 17 to May 29 from 10 AM to 12 PM (no class on May 22)

Please sign up in the lounge or phone Sonia at 403-279-2003 Ext. 204



Your smile moves us!



Coming to Ogden 50+ April 19

90 min appointments available

starting at 9 AM

- We have room for your wheelchair or walker
- LGBTQ+ Friendly
- Digital x-ray machine
- All insurance plans accepted - we can bill directly to insurance

Contact us!

☎ (403) 465-1552

🌐 www.patriciasmobiledhygiene.com

✉ patriciasmobiledhygiene@gmail.com



INTRODUCES

GLA:D®

HIP & KNEE

COME TO OGDEN 50+

APRIL 19

FOR A 30 MINUTE

FREE PRESENTATION

12:00 PM - 12:30 PM.

The GLA:D Canada™ program is a nationwide evidence-based initiative that follows the current recommendations for the treatment of hip and knee OA. Research confirms this program improves the quality of life of patients living with mild, moderate, and severe OA, and delays or prevents the need for surgical intervention.

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 Easter Eggs Now it's up to you to find them!



When you do, fill out the form and drop it off at Ogden House 50+ Activity Club or email it to zoe@ogden50plus.org for a chance to win a \$10.00 Gift Card.

HIDDEN ITEM

THIS MONTH'S FIND THE ITEM WINNER

\$10.00 Gift Card

NAME: _____

PHONE: _____

PAGE & ARTICLE: _____

Important Numbers to Have on Hand

811 – Health Link Nursing Advice

403-266-4357 Senior Connect & Distress Centre

403-705-3250 Elder Abuse Resource Line

211 24 Hour information on community and social services in Calgary

311 City of Calgary 411 Telephone Directory 403-266-1234 Calgary Police Service

911 Emergency 511 – Traveller Information Services 611 – Telus

403– SENIORS 403-736-4677 The Way In Network

Hidden Object March Winner

EILEEN MEIERHOFER

Answer: Pages 5, 11 & 21



March TGIF Winners

Free Dinner: Anna Black

Toonie Draw: Lori Haslam

Door Prize: Marian Rose

SPOT THE DIFFERENCE

Find the 12 differences in the two Easter images below.



Please see Zoë for the answer key!

GARDEN PLOTS FULLY BOOKED

All Ogden 50+ garden plots have been reserved for the 2023 season! Thank you everyone and happy gardening



Are you interested in having your **LAWN MOWED OR A SPRING/FALL YARD CLEAN UP DONE?** The Mow/Snow program out of Ogden House offers **EXTREMELY REASONABLE RATES**, that are based upon the job size. You do not need to be a senior or belong to the Ogden House to utilize this service. We can also do it temporarily if you are going away. For more information or to arrange a free, no obligation quote, please call 403.236.8139 and ask for Rick.

**AD SPACE FOR
RENT
YOUR AD HERE
\$10 PER MONTH
PHONE 403-279-2003 EXT. 202**

An advertisement for a mobile hair stylist. It features a central image of a woman's long, wavy, brown hair with blonde highlights, framed in an arched window. Below the image, the text reads: **MOBILE HAIR STYLIST FOR SENIORS**. At the bottom, it says: **CALL TO BOOK WITH JESSICA - 403-200-6214 MANE STREET HAIR SPECIALISTS**.

Happy Birthday

Diane F. - April 1	Gerald M. - April 17
Robert H. - April 4	Kathy C. - April 18
Darryl F. - April 4	Darlene O. - April 20
Lorraine V. - April 7	Elsie M. - April 20
Rolande L. - April 7	John B. - April 22
Brian R. - April 8	Gerard O. - April 24
Mike G. - April 9	Velma B. - April 25
Wes A. - April 9	Charles N. - April 26
Neville W. - April 9	Doug S. - April 26
John K. - April 10	Salome V. - April 28
Marjorie T. - April 11	Dale S. - April 29
David I. - April 11	Randal H. - April 30
Robert H. - April 15	Arthur C. - April 30
Gurrugchaa N. - April 16	April M. - April 30



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
April 1/2	3	4	5	6	7	8
Saturday: 11 - 3 PM Pickleball Sunday: 10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 2:00 Shuffleboard 3:00 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 12:00 Pizza Day 1:00 Carpet Bowling 7:00 Pickleball 7:00 Games Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Zumba 7:00 Pickleball 7:00 Euchre	CENTRE CLOSED: Good Friday	11 - 3 PM Pickleball
9	10	11	12	13	14	15
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 1:00 Program Meeting 2:00 Shuffleboard 3:00 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:30 Potluck Lunch 1:00 Conversation Café 1:00 Carpet Bowling 7:00 Pickleball 7:00 Games Night 7:45 Stage West	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 12:00 BBQ Lunch 3:00 Zumba 7:00 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Auditorium Rental 3:00 Happy Hour	11 - 3 PM Pickleball
16	17	18	19	20	21	22
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 10:00 Fit Minds 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 2:00 Shuffleboard 3:00 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Mobile Dental Hygiene 9:00 Pickleball 11:30 Potluck Lunch 12:00 Hip & Knee Presentation 1:00 Carpet Bowling 4:00 Submissions for tax clinic due 7:00 Pickleball 7:00 Games Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Zumba 7:00 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Pickleball (BG) 3:00 Happy Hour	Auditorium Rental 8:30 AM - 7 PM
23	24	25	26	27	28	29
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 10:00 Fit Minds 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 2:00 Shuffleboard 3:00 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:00 Care Connect (Gallery) 11:30 Potluck Lunch 1:00 Carpet Bowling 7:00 Pickleball 7:00 Games Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Zumba 7:00 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball (BG) 2:00 TGIF Set-Up 3:00 Happy Hour 5:00 TGIF Dinner	Auditorium Rental 8:30 AM - 4 PM
30	1	2	3	4	5	6
4:00 Pickleball	Cribbage 12:00 PM Daily					