
 @Ogden50Plus
 @Ogden50Plus

April 2024



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





BOARD EXECUTIVE 2024

CHAIR	Dave Swanson
VICE	Darleen Bowser
2nd. VICE	Donna Martin
SECRETARY	Mike Gale
TREASURER	Marjorie Irwin

DIRECTORS

Irene de Froidmont
 Don Miller
 Frances Nelson
 Juergen Pung
 Jim Zucchiatti

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	Julia Moczas	julia@ogden50plus.org
HOUSEKEEPING Ext. 202	Jasmine Chiang	jasmine@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

Message from the Executive Director

April

Hello everyone in April!

I would like to express my appreciation and thank Duane Bumstead and Bill Chepil for their many years of service on the Board of Directors and for making such significant contributions to the centre.

At the same time, I would like to warmly welcome the two new members of the Board of Directors, Juergen Pung and Jim Zucchiatti.

I believe our co-operation will be long lasting and will bring many benefits to the Ogden 50+ Activity Centre and the community.

Let's hope the weather will be kinder to us in April, because we are all tired of this snow and the low temperatures.

Two important announcements:

First, on April 12, we will host a volunteer appreciation lunch for all who help at the Ogden 50+ Activity Centre. All volunteers work collaboratively with the staff and Board of Directors. As a large team, we do everything we can to make Ogden 50+ the best facility in Calgary. Thank you so much for everything!

The second announcement concerns income tax for low-income seniors. The last day is April 23. If you need assistance and meet all criteria, please contact Sonia at 403-279-2003 ext. 204 or sonia@ogden50plus.org.

All the best to everyone born in April -- lots of health, happiness and God's Providence. Happy Birthday!



R. Michalski

Renata Michalski
Executive Director





Message from the Chairman

April

I wanted to start this with **HAPPY SPRING & HAPPY EASTER**
Not with **BAH HUMBUG – More Snow.**

Mother Nature did not get the memo that winter is over and we should be having
April Showers to bring May flowers.

Here it is April, our AGM is over and we are going forward into spring.
I am Dave Swanson your new Board Chairman.

Your Board for the coming year is:

Darleen Bowser – 1st Vice Chair Donna Martin – 2nd Vice Chair

Marjorie Irwin – Treasurer Mike Gale – Secretary

Board Members: Irene de Froidmont, Frances Nelson

Don Miller, Juergen Pung, & Jim Zucchatti.

I would like to Thank Duane Bumstead and Bill Chepil for their service to the
Board and welcome Juergen Pung and Jim Zucchatti. Also, to thank Mike Gale for
his year as Board Chair. He would like to slow things down.

Our goal this year is to **KEEP** Ogden 50+ Activity Centre as the **BEST** Seniors
Centre in Calgary.

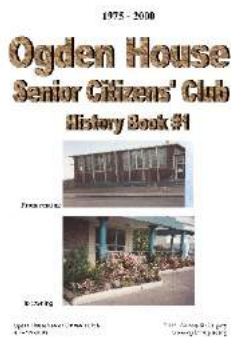
We have lots of activities coming up, so watch for them on social media, in the
Newsletter, on the Website, on the big screen in the lobby and the bulletin boards
around the Centre.

Let's work with the Staff and keep improving the Centre.
Until next month. Take Care, stay warm and we will get through this.

Cheers Dave







THE BEGINNING - GROWING

Members concentrated their energies in many directions during the club's first 25 years,

Community involvement, member trips, courses, fund raising, crafts, games, meetings, dinners, dances and guest speakers helped strengthen friendships and fulfill a need in the community.

Courses

Courses were the seeds from which the club started to grow. Before the club was officially recognized – oil painting and leatherwork courses were popular and from these the club expanded. Every year new courses have been introduced at minimal cost to members.

Fund Raising

From the beginning Ogden House Seniors have needed fundraising ventures to support their club activities. Financial help also came from a variety of sources such as including all levels of government, the Royal Canadian Legion #154, the Lions Club, and local merchants.

Games

Games have been a major part of the club's attraction. Many different games have been played over the years. Card games, carpet bowling, and billiards have survived the test of time.

General Activities

In addition to crafting and playing, Ogden House members were kept up-to-date on topics such as health, frauds, community projects and social activities. Lunches and dinners were also a welcome addition to the program.

1975 - 2000

Ogden House Senior Citizens' Club History Book #1



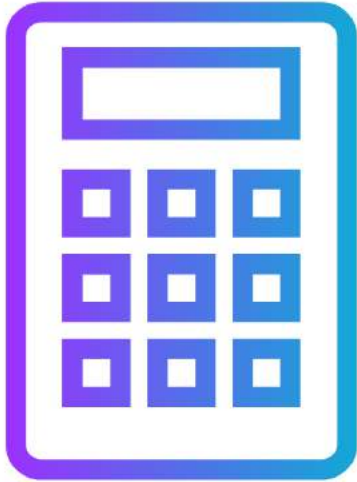
From resting



to dining

Ogden House Senior Citizens' Club - 1 - 2162 - 49 Ave SE Calgary
403.279.2803 www.ogdenclub.ca





TAX
CLINIC
IS
HERE



EVERYONE WELCOME
STARTING MARCH 1, 2024

FINAL SUBMISSION DATE
APRIL 23, 2024- 3:00PM

INCOME QUALIFICATIONS APPLY

Contact Sonia (403)279-2003 ext 4 or
sonia@ogden50plus.org



Fraud & Cyber Fraud

What it is, how it happens, and how to protect yourself

Join us for an in person advice session about the different types of fraud. Learn about the most common tactics, and how to spot fraud before it happens and how you can protect yourself.

DETAILS:

Lunch: April 15 - 11:30 am

Sandwich, Coleslaw, Treats, Coffee & Tea - \$7.00

Sign up deadline: April 12

Presentation: April 15 - 12:00 pm

Where : Ogden House 50+ Seniors Centre



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What's Kim Cooking?



PIZZA LUNCH BY KIM
12:00 PM

WEDNESDAY

APRIL 3

**PRE-ORDER AT FRONT
DESK BY MAR 28**

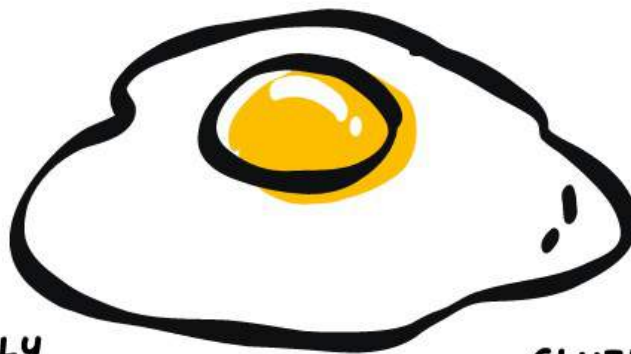
What's Kim Cooking?

BREAKFAST
WEDNESDAY, APRIL 17

10:00 AM

\$10.00

MENU: EGGS BENEDICT, FRUIT & COFFEE



DINE-IN ONLY

GLUTEN FREE AVAILABLE

SIGN UP DEADLINE - APRIL 12



TGIF - APRIL
Easter

FRIDAY, APRIL 26
5:30 PM



**MENU: TURKEY, GRAVY, STUFFING,
POTATOES, SALAD & BUNS**
DESSERT: PEACH COBBLER WITH ICE CREAM

Members \$20

Non-Members \$25

Happy Hour 3 - 5

**Gluten Free
Available**

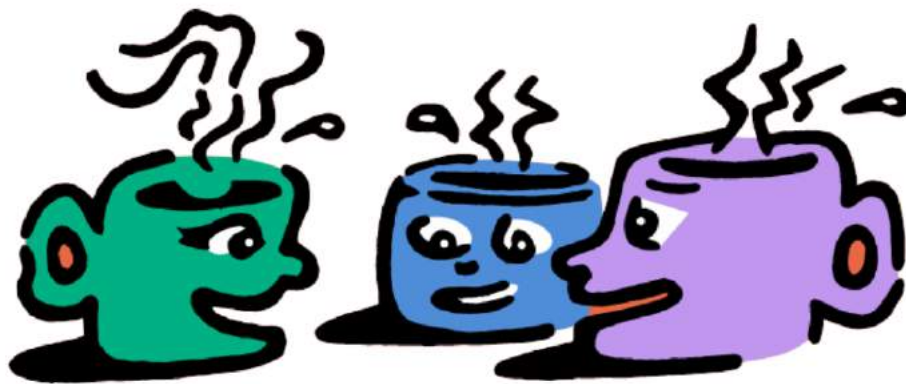
**Dance to Follow by
DJ Tony**

Sign up Deadline - April 23



**WEDNESDAY,
APRIL 10**

**Conversation Café
Dementia**



1:00 - 3:00 PM

Gallery

Has dementia touched your life? Stop in for an open-minded conversation with others who understand. Everyone welcome, no registration required.

New Activity

**NEWLY DONATED
TO OGDEN 50+**

**ALL MEMBERS
WELCOME TO USE**



New Activity

OGDEN 50+ ACTIVITY CENTRE

GAMES NIGHT

MONDAYS @ 7 PM - 8:30 PM
WEDNESDAYS @ 7 PM

LINE DANCING - MONDAYS 7:00 PM

**KANASTA, BRIDGE, EUCHRE, CRIB &
MAH JONG, POOL**



BOARD GAMES

DOMINOES

& MORE!

**MEMBERS
FREE
ADMISSION**

2102 69 Ave SE

**FOR MORE INFORMATION:
403-279-2003**

Mahjong

When you hear a burst of CHOW, PONG, KONG. - ahhhh, you know there is a Mahjong game going on.

The game was originally called 麻雀 (pinyin: máquè; Jyutping: maa4 zoek3-2)—meaning sparrow—which is still used in several Chinese languages, mostly in the south, such as Cantonese and Hokkien. It is said that the clacking of tiles during shuffling resembles the chattering of sparrows

When the fad began, it was a game associated with the American elite, people like President and First Lady Harding and Hollywood celebrities. But it soon became played by and talked about everywhere across the country. The game becomes a way for people, but especially white Americans, to help themselves transition into this new self-consciously modern era, because of its association with connection with Asia. There's also this performative culture around mah-jongg; white women dress up in costumes to play the game in their homes, with their friends. For these white women, it meant that even respectable middle class or wealthy matrons, not just flappers, could inhabit these new boundaries of increasingly sexualized culture and femininity, which speaks to the ways in which gender and race are intertwined and the long history of how ideas of Asian people and Asian culture have taken form.

This extends far outside of American culture, but part of why I think the game has fostered various and rich game cultures around the world is the rhythm of the game itself. In between each round, you have a pause, where you are shuffling the tiles, or “washing” the tiles. And it's just the right amount of time to have a little bit of conversation. I think that tempo is perfect for building new relationships. When you're in a new community or connecting across a generational divide, maybe you don't want to have deep heart-to-heart or can't have one, but you can have a little bit of conversation and over time, those rhythms, especially if you're playing with the same group of people, can build incredibly deep, long-lasting relationships.

So, come out and join us for a game or two. Mah-jjong!! (says like maa-yyong)



Activity Change



Bring your own
lunch Wednesdays
at noon
and eat lunch with the gang.

(replaces potluck lunch)



Thank you to our awesome snow crew at Ogden 50+ that got us through the winter



WOOD CARVERS CLUB

AT OGDEN 50+ ACTIVITY CENTRE
2102-69 Ave SE



WE ARE ACCEPTING DONATIONS
FOR GOOD USABLE WOODSHOP
TOOLS. PLEASE DROP OFF AT
OGDEN 50+ OR CONTACT JERRY
MURPHY 403-256-0630 OR
jk.murphy@shaw.ca FOR PICK UP.



Ask for new CALCARVER newsletter



**CLUB
HAPPENINGS**
WHAT'S UP
AND WHAT TO EXPECT



FEATURED CARVINGS
AND MEET THE
MEMBERS



**CLUB EVENTS AND
HIGHLIGHTS**
PAST AND UPCOMING



OF INTEREST
TUTORIALS, VIDEOS,
AND MORE

CALCARVER

FEBRUARY / MARCH 2024



TED WOODCROFT

one of our well seasoned carvers with loads of experience carving birds gave us a wonderful hands on lesson on making birds feet.



happy
BIRTHDAY

To All Born In April

*Warmest Wishes & All the Best to All of
You in The Year to Come!
From Ogden 50+ Staff*







Is celebrated on April 1st each year



April Fish refers to the tradition of pinning paper fish on people's backs as a prank on April Fools' Day.

In 1957 the BBC aired a fake documentary about spaghetti trees, convincing viewers that spaghetti grew on trees



Some believe that April Fools' Day started from old parties celebrating the start of spring.



In 1985, Sports Illustrated published a story about a fictional baseball pitcher

APRIL FOOLS' DAY FUN FACTS



In 1996, Taco Bell caused a stir with a full-page newspaper ad claiming they bought the Liberty Bell.

NEW YEAR

France's calendar moved New Year's from April 1st to January 1st. Leading to playful pranks on those who still celebrated in April

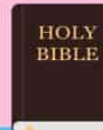


The Tower of London once pranked, claiming it was leaning, alarming many.



During the Holi festival, coinciding with April Fools' Day, Hindus play playful pranks and practical jokes.

The Bible's Proverbs mention April Fools' Day, cautioning against playing tricks on others.



MADEWITHHAPPY.COM



April Showers bring May Showers comes from a poem



Thousands of people visit Chichen Itza in Spring to see a snake-shaped shadow

Meteorological Start Date
MARCH 1ST

Meteorological End Date
MAY 31ST



Honeybees swarm in Spring

FACTS ABOUT

SPRING

Duck hatch in Spring



The Great Sphinx was built to point directly at the sun on the Spring Equinox



Astronomical Start Date
March 20th

Astronomical End Date
June 22nd

March April May

Tornadoes are more common in Spring



Tulips are one of the first flowers to bloom in Spring



Spring Equinox starts 6 months of daylight at the North Pole



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APRIL FOOLS' DAY

Where did April Fools' Day come from?

The true origins of April Fools' Day remain unknown and are probably lost to history, which means trying to solve the mystery is likely itself a fool's errand. Nevertheless, theories abound, of course.

One story goes that April Fools' Day began with France's 1564 Edict of Roussillon, which decreed that New Year's Day, historically observed on Easter by Christians, was moved to January 1 as France switched to the Gregorian calendar from the Julian calendar. Easter is a movable, lunar-based date but often falls in April, so it's said that early adopters dubbed people celebrating the old New Year "April fools."

Another theory suggests that April 1st became the fool's holiday in the late Middle Ages due to Geoffrey Chaucer's 14th century collection, *The Canterbury Tales*, wherein Chaucer includes a playful reference to "32 March," or April 1st, in "The Nun's Priest's Tale." However, most scholars consider it to have been a mere copying error.

The holiday also shares some striking similarities to some ancient antecedents, though. The ancient Roman festival *Hilaria* was also a joyful, springtime festival held on or around March 25.

Another analog is Holi, a Hindu spring festival celebrated in late March during which people can forgive and forget past faults by throwing colored powder and water on one another.





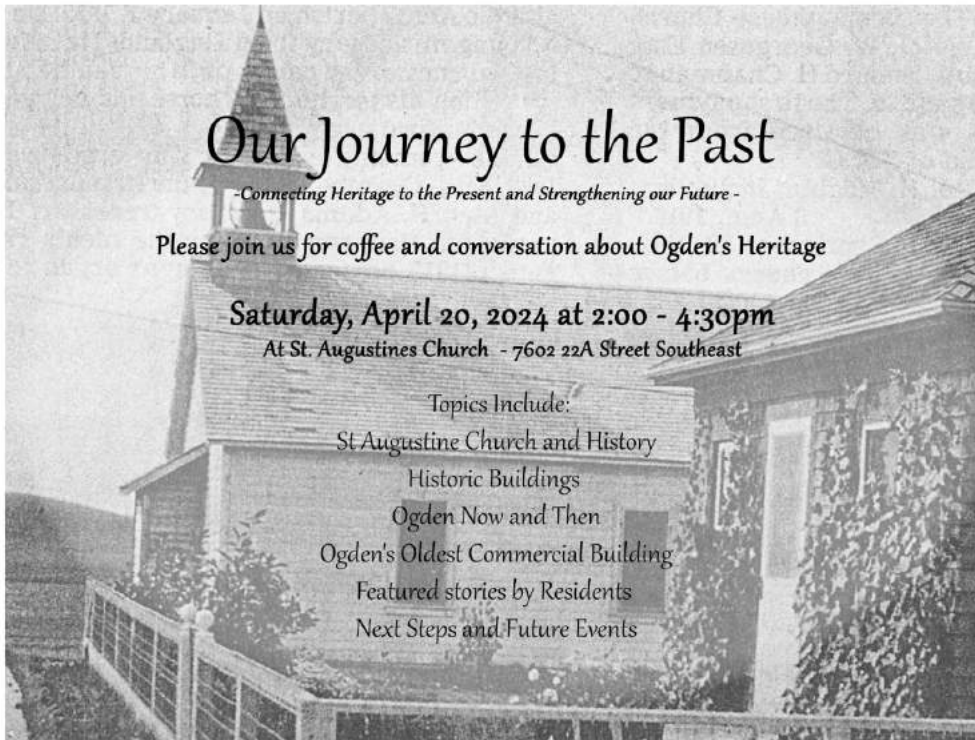
FUN FACTS ABOUT APRIL

- THOSE WHO WERE BORN IN APRIL HAVE A DIAMOND AS THEIR BIRTHSTONE, WHICH REPRESENTS INNOCENCE. THEIR BIRTH FLOWER IS EITHER A DAISY OR A SWEET PEA.
- THERE ARE TWO ZODIAC SIGNS IN APRIL. ARIES, WHICH IS UNTIL APRIL 19TH, AND TAURUS, WHICH IS APRIL 20TH AND ONWARDS.
- APRIL IS A GREAT MONTH FOR METEOR SHOWERS.
- ON APRIL 14, 1912, THE FAMOUS TITANIC SHIP HIT AN ICEBERG AND SANK ON HER FIRST AND ONLY VOYAGE.
- ONE OF THE MOST WELL-KNOWN DATES OF THE MONTH IS APRIL FOOLS' DAY ON THE 1ST OF THE MONTH. NO ONE IS SURE WHERE THIS ORIGINATED FROM, BUT SOME BELIEVE IT TO BE INSPIRED BY GEOFFREY CHAUCER'S STORY IN "CANTERBURY TALES" CALLED "NUN'S PRIEST'S TALE."
- THE SMALLER ANIMALS THAT HIBERNATE FOR THE WINTER IN THE NORTHERN HEMISPHERE USUALLY START COMING OUT OF THEIR BURROWS IN APRIL.
- APRIL IS ALSO THE MONTH THAT THE BIRDS MIGRATE NORTH AND SETTLE DOWN FOR THE SUMMER TO MATE.
- FOR ALL THE CAR ENTHUSIASTS OUT THERE, FORD UNVEILED THEIR FIRST MUSTANG ON APRIL 17, 1964, COSTING \$2,368.



REMINDER

OUR NEXT PROGRAM MEETING WILL
BE TUESDAY, APRIL 9 AT 1:00 PM IN
THE GALLERY.



Our Journey to the Past

-Connecting Heritage to the Present and Strengthening our Future -

Please join us for coffee and conversation about Ogden's Heritage

Saturday, April 20, 2024 at 2:00 - 4:30pm

At St. Augustines Church - 7602 22A Street Southeast

Topics Include:

St Augustine Church and History

Historic Buildings

Ogden Now and Then

Ogden's Oldest Commercial Building

Featured stories by Residents

Next Steps and Future Events

Presented By: The Millican Ogden Heritage Group

Bonny Warbeck - Bob Appleby - Zyrule Maloney - April Muraski - Greg Boyle - Maggie Couper - Colleen Whelan - Chelsea Bartowich

Limited Seating!

Tickets through Eventbrite:



Or RSVP to April:

403-370-1933

Sponsored By:

Scotiabank.



Colleen Whelan
Real Estate Team
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Everyone 18+ is welcome!



SUPER MEMBERSHIP

Become a Member* of 12 Centres!

PARTICIPATING ACTIVITY CENTRES:

- Alberta 55 plus
- Bow Cliff Seniors
- Bowness Seniors
- Confederation Park 55+
- Good Companions
- Greater Forest Lawn 55+
- Ogden 50+
- Parkdale Nifty Fifties
- Rainbow Elders
- SW 55+ Connect
- Unison at Kerby Centre
- West Hillhurst Go-Getters

WITH MORE CENTRES JOINING SOON!

- 
- Free and discounted activities
 - Join clubs & attend classes
 - Special events & trips
 - Speaker Series, Presentations
 - Member-only Professional Services

*Members have voting rights at their home centre AGM. A Full member is age dependent based on mandates of their home centre, usually 50+ or 55+ years old. Those under that age are Associate Members.



**Purchase your
Super Membership Here!**

ONLY \$50



Size: **49" x 63"**

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for
more info

Draw date: May 31



Foot Care will be at Ogden 50+

WEDNESDAY, APRIL 17

9 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.



Spring Word Search



N Q F I P F S D R I B L S B F Z R
 J V P X X O X S B G P I S R E P S
 T D X M R A W S N P T R R F S Q E
 N M Z B G T E A E O Z P E N J M O
 Y D B M P G A R N I X A W A J E U
 G S Y C T X S G I U R V O T N V V
 G I S N Q E T X H V U L H Q X Q C
 E V P F J V E K S Y U S S Z B Y L
 V D T L C P R E N A P R E E Q M I
 K D W O R Y D R U M B R E L L A W
 M R G W D Z B A S E B A L L L R Q
 R R T E Q W Q Y V T J D L A H C E
 M B H R M W D Q T W W Q R Q X H U
 M F M S E R J F N O T T A G S H E
 N G N I R P S X X B G A I S I V W
 E R H I I I L M G R E E N Y L T R
 Y R W D M L G Q T T I A O A F F B

SPRING
 MAY
 GREEN
 WARM
 UMBRELLA



MARCH
 FLOWERS
 GRASS
 SHOWERS
 EASTER



APRIL
 BASEBALL
 SUNSHINE
 RAIN
 BIRDS



www.thriftymommastips.com

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 Centre or email it to sonia@ogden50plus.org for a chance to win a \$10.00 Gift Card.

HIDDEN ITEM

Win a \$10 Gift Card to Tim's!

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

Sally Park

Answer: 6, 12 & 27





BUSINESS CLASSIFIEDS

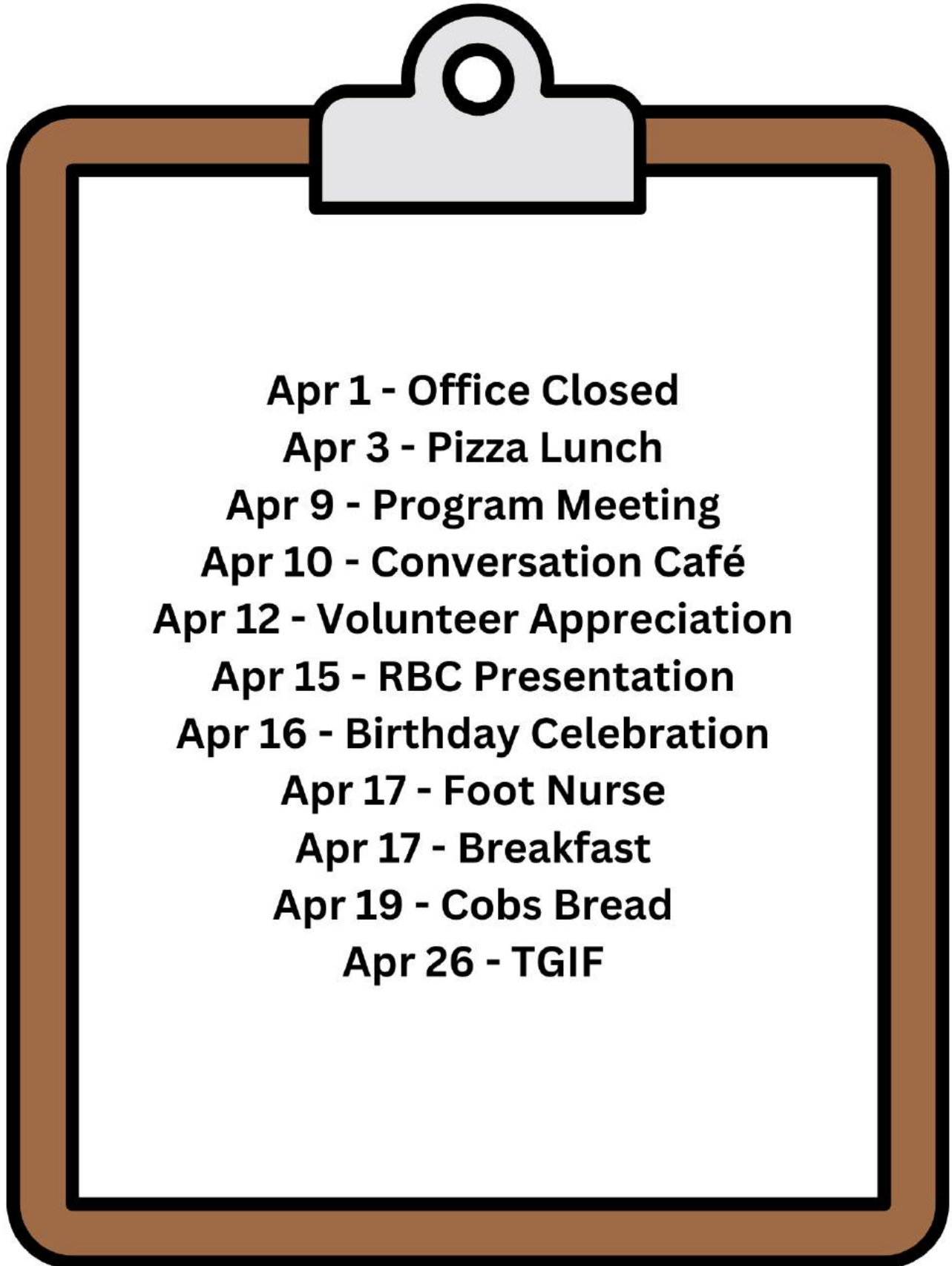
**Rent Ad space for \$10.00 a month
in Ogden 50+ Newsletter**

Great way to advertise in our community

**Contact Sonia at 403-279-2003 ext. 4 or
sonia@ogden50plus.org**



APRIL AT A GLANCE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
April	1	2	3	4	5	6
Cribbage 12:00PM Daily (Except Sundays)	OFFICE CLOSED (EASTER MONDAY)	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BG) 11:00 Tai Chi/Qi Gong 12:00 Pizza Lunch 12:30 Carpet Bowling 3:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour 4:00 Pickleball (BG)	11 - 3 PM Pickleball (Everyone Wel- come)
7	8	9	10	11	12	13
10:30 - 3 Church Auditorium	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 12:30 Carpet Bowling 3:00 Pickleball 7:00 Games Night	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 1:00 Program Meeting 3:00 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BG) 11:00 Tai Chi/Qi Gong 12:30 Carpet Bowling 1:00 Conversation Café 3:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 12:00 Vol Appreciation 3:00 Happy Hour 3:00 Pickleball (BG)	11 - 3 PM Pickleball (Everyone Wel- come)
14	15	16	17	18	19	20
10:30 - 2 Church Auditorium	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 11:30 Lunch 12:00 RBC Presentation 12:30 Carpet Bowling 3:00 Pickleball 7:00 Games Night	9:00 Table Tennis 9:30 Painting/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 2:00 Birthday Celeb 3:00 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BG) 9:00 Foot Nurse 10:00 Breakfast 11:00 Tai Chi/Qi Gong 12:00 Bring your lunch 12:30 Carpet Bowling 3:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour 3:00 Pickleball (BG)	11 - 3 PM Pickleball (Everyone Wel- come)
21	22	23	24	25	26	27
	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 12:30 Carpet Bowling 3:00 Pickleball 7:00 Games Night	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BG) 11:00 Tai Chi/Qui Gong 12:00 Bring your lunch 12:30 Carpet Bowling 3:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour 5:30 TGIF Dinner	8:30 AM - 7 PM Rental
28	29	30				
10:30 - 2 Church Auditorium	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 12:30 Carpet Bowling 3:00 Pickleball 7:00 Games Night	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 3:00 Mahjong 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BG) 11:00 Tai Chi/Qi Gong 12:00 Bring your lunch 12:30 Carpet Bowling 3:00 Pickleball 7:00 Game Night			