



BOARD EXECUTIVE 2023

CHAIR Mike Gale VICE Darleen Bowser 2nd. VICE Bill Chepil SECRETARY/TREASURER Marjorie Irwin

VISION STATEMENT

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

DIRECTORS

Don Miller
Duane Bumstead
Donna Martin
Irene De Froidmont
Frances Nelson

CENTRE HOURS

Monday to Friday

8:00 AM - 4:00 PM

STAFF & PHONE EXTENSIONS (403) 279-2003

renata@ogden50plus.org **EXECUTIVE DIRECTOR Ext. 205** Renata Michalski **BOOKKEEPER Ext. 201** Julia Moczas julia@ogden50plus.org jasmine@ogden50plus.org **HOUSEKEEPING Ext. 202** Jasmine Chiang rick@ogden50plus.org MOW/SNOW Ext. 203 Rick Scott sonia@ogden50plus.org **PROGRAMS** Fxt. 204 Sonia Provenzano

TOUTHAINIS LALL 204	Joina i Tovenzano	30111a@0gac1130pias.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 March

Hello everyone in March. Happy St. Patrick's Day and Happy Easter!

March 8th is International Women's Day. Women have played an extraordinary role in the history of their countries and communities. It is a day when women are recognized for their achievements across national, ethnic, linguistic, cultural, economic and political boundaries. Happy International Women's Day. All the best!

The Annual General Meeting will be held on March 14th at 1 p.m. At 12 p.m. there will be a free lunch for which you must register at reception by March 11th.

We have a lot of programs and activities during this month -- that is why I ask you to check the calendar. Make sure you are not waiting until the last day to register yourself for the events. This is especially helpful for the chef in preparing the food for all the lunches and dinners. Your collaboration is greatly appreciated.

Babies born in March are special. Why... because it is the official beginning of Spring. A time of renewal and growth. Flowers are starting to bloom, birds are chirping and trees are sprouting new leaves. Their special day surrounded by the beauty of nature makes me wish everyone born in March health, God's grace and fulfillment of all dreams.

Renata Michalski Executive Director

R. Hielialski



Wow! Another month has rolled by. Spring is just around the corner.

As I am writing this, I am reminded that just a couple of days ago it was -20, overcast, snowing and a nasty north wind but have hope spring is coming. Before you know it, summer will be here and we will have forgotten the cold and will be complaining about the heat.

The Annual General Meeting is being held on March 14, 2024. I know that Renata and her team have been working hard preparing for the AGM. Kim is serving a soup and sandwich lunch prior to the meeting. Please register your attendance for lunch at the front desk by no later than March 11, 2024. Please come and enjoy lunch and be brought up-to-date on this special place we call "Ogden 50+ Activities Centre".

There are lots of programs and activities happening around the centre, so keep watching the bulletin boards for something that might interest you. If you do not see something that is of interest and you'd like to maybe get it started yourself, please speak to Sonia.

Have a safe and happy March!

Mike G

OGDEN 50+ ACTIVITY CENTRE

At Ogden House we believe that Truth,
Acceptance, Compassion and Tolerance
Make our Club a better place
Those who abuse are not welcome here

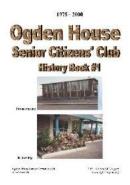




Happy St.Patrick's Day

St. Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 CE to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Manylegends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.



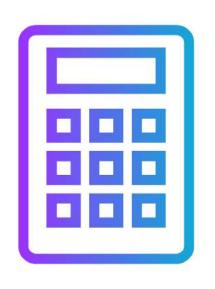


Once the club members took possession it was quite evident that all needs were not met with the room layout and design. More funding had to be found and renovations made. Andy Vandersteen, gathered a great crew of men, Derek Spooner,

Sandy Rubletz and others and became the expansion project manager. Their aim was to make the building more functional and cozy. They oversaw construction of The Gallery, office, bar and storage room (later turned to the present craft room.) An island was built in the kitchen, work bench in the carpenter shop and many other projects i.e.: shelving, cabinets, and sandwich boards for advertising; all to make the club operate more smoothly. Bob Ellison took the responsibility of the floor upkeep.

These renovations and improvements allowed more volunteers to work more proficiently in the kitchen eg. Rose Speigl, Ellen Huish, Bob Ellison, Clara and Sandy Rubletz and Phil Bircham were a few of the many who worked in the kitchen over the years. They were responsible for catering suppers, lunches and any other functions which arose. Coffee and tea were available for people coming into the Club; baking was done by Phil Bircham and his team. The craft room was for any member, some of the regulars being Dot Rennie, Myrna Spooner, Blanche Barnes, Olive Murray, Aideen Brown to name a few who worked there. The crafts were sold at teas and community craft sales in order to raise funds for the general running of Ogden House.





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

What's Kim Cooking?



PIZZA LUNCH BY KIM 12:00 PM

WEDNESDAY

MARCH 6 PRE-ORDER AT FRONT DESK BY MAR 1



MONDAY, MARCH 11 1:00 PM



A MAN CALLED OTTO

WITH TOM HANKS

MOVIE - FREE POPCORN & POP \$2.00

Sign up at front desk by Mar 7



2024 ANNUAL GENERAL MEETING

THURSDAY, MARCH 14, 2024

FREE LUNCH 12:00 Soup & Sandwich

MEETING 1:00

REGISTER BY MONDAY, MARCH 11

What's Kim Cooking?



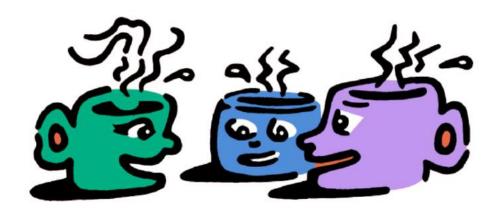
St. Patrick's Day Celebration!





WEDNESDAY, MARCH 13

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.



When kitchen is in use, the door from the auditorium into the kitchen will be LOCKED.

This is due to AHS Health Regulations and Insurance Coverage.

Please be respectful!

Activity-(See New Times)

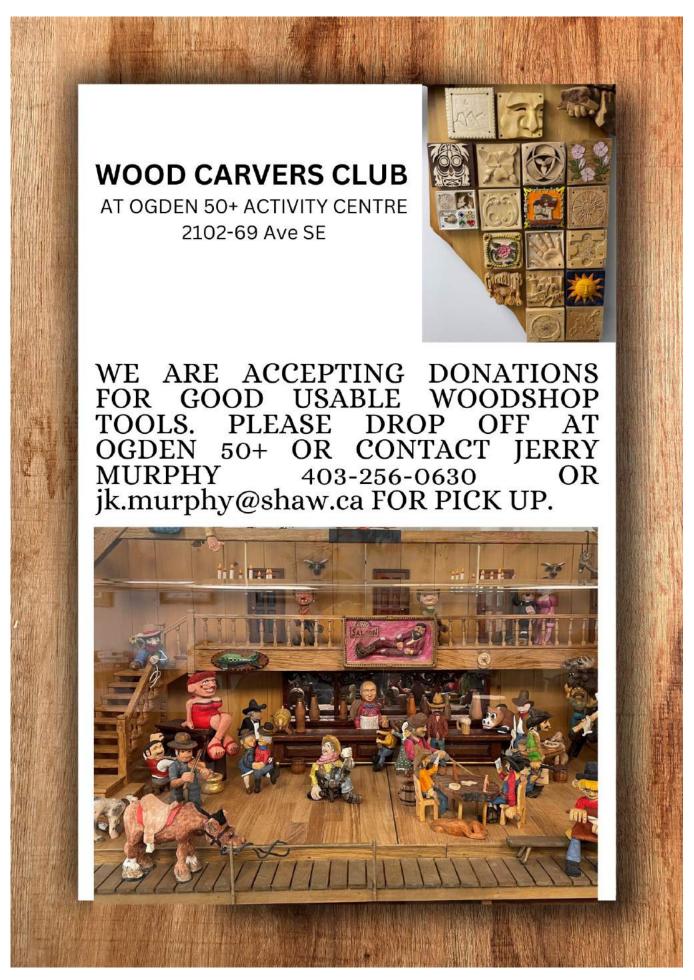


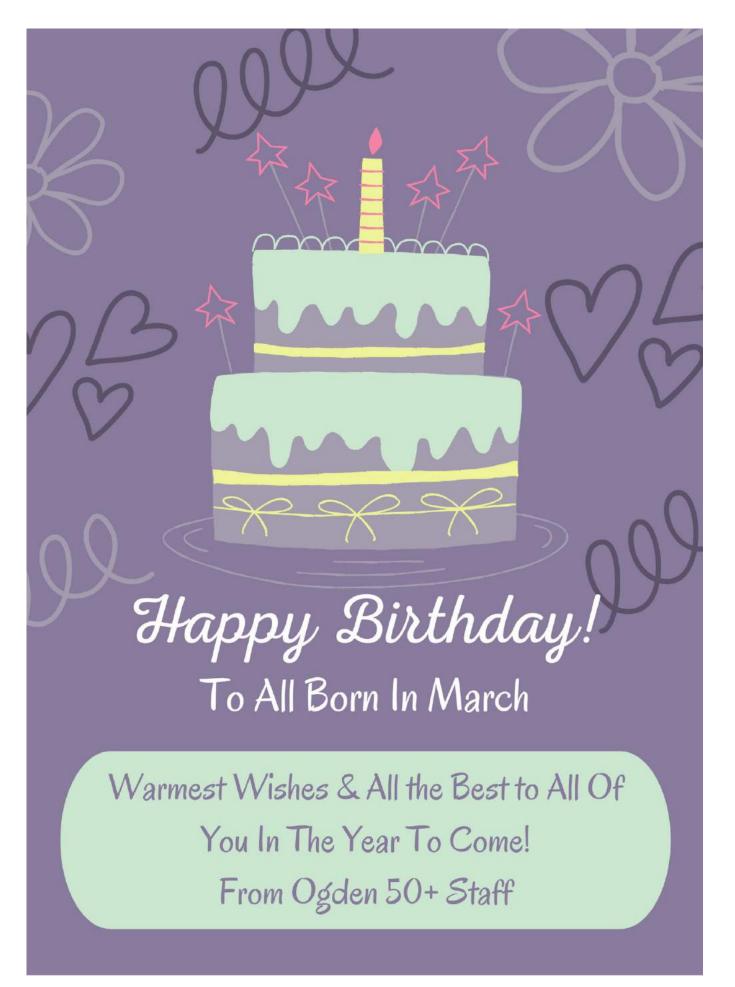
Activity Change



Activity

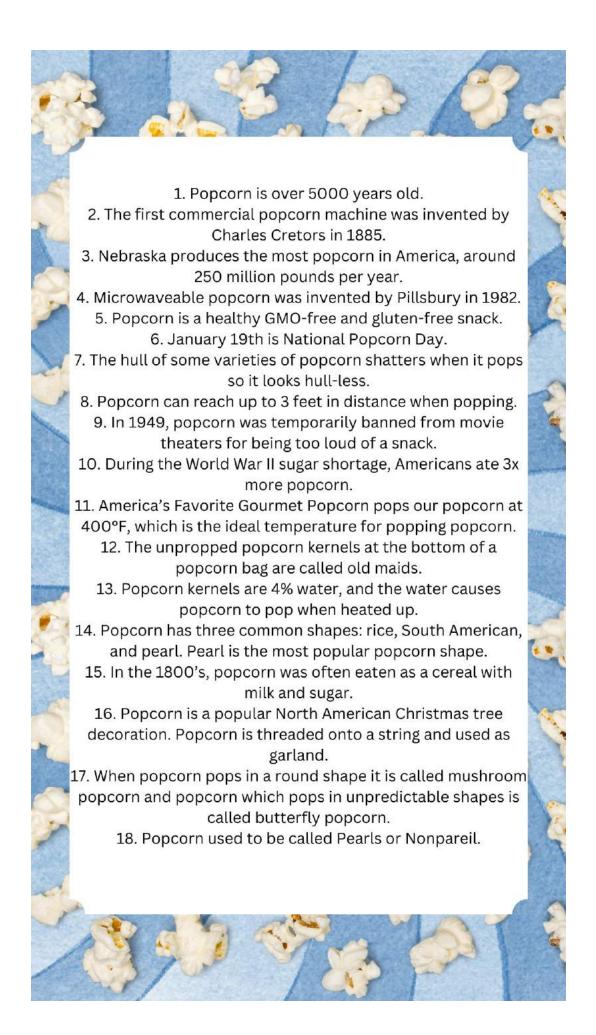














Winnipeg's renowned candy company, the Nutty Club, is shutting its doors after more than 100 years of business.

The company says it cannot sustainably operate Nutty Club without significant investments to increase its scale and scope to compete with national distributors.

Started in 1903 by Albert Scott and James Bathgate — the company became famous for products like pink popcorn, pearled peanuts and dozens of other products including candies, syrups, nuts, condiments and food colouring.

The company was started at time when Western Canada had an estimated population of only 600,000.

The cracks in the company's strength in the market began to appear in the 1960s and '70s when multinational food conglomerates emerged on the scene.

"Nutty Club sort of went from being a big player in Western Canada to really being a small regional brand."

The company stopped manufacturing its own products some time ago, and had instead been purchasing candies made by others and repackaging them under the Nutty Club label.

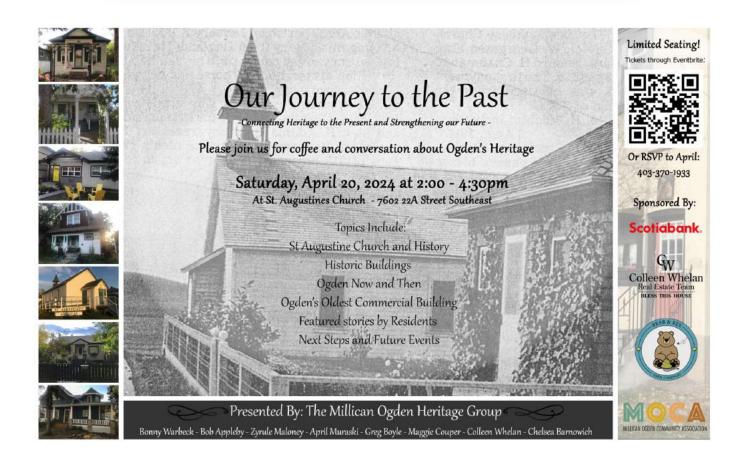


FUN FACTS ABOUT MARCH

- IN OLD ROMAN CALENDARS, ONE YEAR USED TO BE TEN MONTHS LONG, STARTING IN MARCH AND ENDING IN DECEMBER.
- IF YOU WERE BORN IN MARCH, YOUR BIRTH FLOWER IS A DAFFODIL!
- MARCH BABIES ARE SPOILED WITH TWO BIRTHSTONES: AQUAMARINE AND BLOODSTONE, WHICH SYMBOLIZE COURAGE.
- THE FIRST MONTH OF SPRING IS MARCH, WHICH STARTS BETWEEN THE 19TH AND THE 21ST.
- EVERY YEAR, MARCH AND JUNE FINISH ON THE SAME DAY OF THE WEEK.
- MARCH IS THE TIME OF YEAR WHEN ANIMALS START WAKING UP FROM HIBERNATION.
- THE NAME FOR MARCH COMES FROM MARS, THE ROMAN GOD OF WAR. IT WAS NAMED AS SUCH IN BOTH THE JULIAN AND GREGORIAN CALENDARS.
- THE VERNAL EQUINOX OCCURS AROUND MARCH 20 OR 21ST. THIS IS WHEN THE SUN IS DIRECTLY ABOVE THE EQUATOR, MAKING THE DAY AND
- ON MARCH 10, 1876, ALEXANDER GRAHAM BELL MADE THE FIRST-EVER PHONE CALL. IT WAS TO HIS ASSISTANT, AND HE SAID, "MR. WATSON, COME HERE. I WANT TO SEE YOU.NIGHT EQUAL IN LENGTH.



OUR NEXT PROGRAM MEETING WILL BE TUESDAY, MARCH 12 AT 1:00 PM IN THE GALLERY.





DUELING PIANOS

Presented by Millican Ogden Community Association



Saturday, March 16th 2024 7:00 pm to 10:00 pm M.O.C.A. Hall 2110 69 Avenue SE Calgary, Alberta

* CASH BAR ** 50/50 DRAW *

Tickets only \$40.00 each
Contact Marnie at 403-807-5122 OR
marnielynn.common@millicanogdencommunity.com
and EVENTBRITE.com

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free delivery

mininum \$30 order

call or text us (403) 400 6670

order online

www.subsnmore.ca/simon-pies

use code: freeshipping





I can make that!

For your custom creations Marnie Common

owner/designer

Florals, in silk or handmade.

Designs for apparel, signs, coffee mugs, beverage tumblers, puzzles, license plates, mousepads and so much more.

Phone or Text - (403) 807-5122

Email - uncommonflorals@gmail.com

Visit my website - www.uncommonflorals.com

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

"Morning Glory"



Size: 53" x 68"

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for

more info

Draw date: March 22



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.



EASTER WORD SEARCH



EASTER
BUNNY
CHICK
EGGS
CARROT
SPRING
DAFFODIL
LAMB
BASKET
HUNT
TULIP
CANDY
DUCKLING
RABBIT
BLOSSOM



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JUST FOR FUN

Somewhere in the newsletter we have hidden **3 Shamrocks.** 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 February Winner

Carol Finlay

Answer: 12, 19 & 20





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







MARCH AT A GLANCE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
March			,		1	2
					9:00 Men's Coffee	<u>=</u> _
Cribbage					10:00 Seated Fitness	
12:00PM					11:00 Table Tennis	8:30 AM -
Daily					1:00 Pickleball	4 PM
(Except					3:00 Happy Hour	Rental
Sundays)					4:00 Pickleball (BG)	
3	4	5	6	7	8	9
	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	
	9:00 Quilting	9:30 Paint/Sketch	9:00 Pickleball (BG)	9:30 Painting	11:00 Table Tennis	
	9:30 Table Tennis	10:00 Ladies Coffee	11:00 Tai Chi/Qi Gong	10:00 Ladies Coffee	1:00 Pickleball	11 - 3 PM
10:30 - 3	1:00 Quilting	11:15 Move 'n' Mingle	12:00 Pizza Lunch	11:15 Move 'n' Mingle	3:00 Happy Hour	Pickleball
Church	12:30 Carpet Bowling	12:30 Pickleball	12:30 Carpet Bowling	12:30 Pickleball	3:00 Pickleball (BG)	
Auditorium	3:00 Pickleball	3:00 Mahjong	3:00 Pickleball	3:00 Zumba		(Everyone Welcome)
	7:00 Games Night	3:00 Pickleball (BG)	7:00 Game Night	7:00 Euchre		welcome
		6:00 Woodcarvers				
10	11	12	13	14	15	16
	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	
	9:00 Quilting	9:30 Painting/Sketch	9:00 Pickleball (BG)	9:30 Painting	11:00 Table Tennis	
10:20 2	9:30 Table Tennis	10:00 Ladies Coffee	11:00 Tai Chi/Qi Gong	10:00 Ladies Coffee	1:00 Pickleball	0.20 444
10:30 - 2	1:00 Quilting	11:15 Move 'n' Mingle	12:00 Bring your lunch	11:15 Move 'n' Mingle	3:00 Happy Hour/	8:30 AM -
Church	1:00 Movie Matinee	12:30 Pickleball	12:30 Carpet Bowling	12:00 AGM Lunch	4:00 Nachos	7 PM
Auditorium	12:30 Carpet Bowling	1:00 Program Meeting	1:00 Conversation Café	1:00 AGM Meeting	3:00 Pickleball (BG)	Rental
	3:00 Pickleball	3:00 Mahjong	3:00 Pickleball	3:00 Zumba		
	7:00 Games Night	3:00 Pickleball (BG)	7:00 Game Night	7:00 Euchre		
		6:00 Woodcarvers				
17	1.0	10	20	2.1	2.2	2.2
17	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	23
	9:00 Quilting	9:30 Paint/Sketch	9:00 Pickleball (BG)	9:30 Painting	11:00 Table Tennis	
	9:30 Table Tennis	10:00 Ladies Coffee	11:00 Tai Chi/Qui Gong	10:00 Ladies Coffee	1:00 Pickleball	4:00 PM -
10:30 - 2	1:00 Quilting	11:15 Move 'n' Mingle	12:00 Bring your lunch	11:15 Move 'n' Mingle	3:00 Happy Hour	1:00 AM
Church	12:30 Carpet Bowling	12:30 Pickleball	12:30 Carpet Bowling	12:30 Pickleball	5:30 TGIF Dinner	Rental
Auditorium	3:00 Pickleball	2:00 Birthday Celebr	3:00 Pickleball	3:00 Zumba	3.30 1011 21111111	nemai
	7:00 Games Night	3:00 Mahjong	7:00 Game Night	7:00 Euchre		
		3:00 Pickleball (BG)				
		6:00 Woodcarvers				
24	25	26	27	28	29	30
	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	9:00 Table Tennis		
	9:00 Quilting	9:30 Paint/Sketch	9:00 Pickleball (BG)	9:30 Painting	OFFICE	11 - 3 PM
	9:30 Table Tennis	10:00 Ladies Coffee	11:00 Tai Chi/Qi Gong	10:00 Ladies Coffee	OFFICE	Pickleball
	1:00 Quilting	11:15 Move 'n' Mingle	12:00 Bring your lunch	11:15 Move 'n' Mingle	CLOSED -	
10:30 - 2	12:30 Carpet Bowling	12:30 Bingo	12:30 Carpet Bowling	12:30 Pickleball	(GOOD	(Everyone
Church	3:00 Pickleball	3:00 Mahjong	3:00 Pickleball	3:00 Zumba	,	Welcome)
Auditorium	7:00 Games Night	6:00 Woodcarvers	7:00 Game Night	7:00 Euchre	FRIDAY)	
31						
						36