
 @Ogden50Plus
 @Ogden50Plus

October 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
SECRETARY/TREASURER	Marjorie Irwin

VISION STATEMENT

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

DIRECTORS

Sue Pasveer
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

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

October

Hello everyone! Happy Thanksgiving and Happy Seniors Day!

I would like to thank everyone for their help at the Casino on September 2nd and 3rd. Without your help it would not have been possible to do this. Thank you from the bottom of my heart! I love such a beautiful autumn. I was in the mountains and it was beautiful looking at all the different colours of the trees and bushes that nature displays.

I hope all is well with you too. Please read the monthly newsletter. There's a lot going on -- we have many different programs, workshops and entertainment for everyone.

We are currently raising funds for the "Make Believe Tea" that will go towards Christmas hampers for low-income seniors in our area. I cordially encourage you to join such a noble campaign so that by sharing our goods, everyone can enjoy their Christmas.

Once a year we organize a trip to Canmore which will take place on October 17th. I hope many of you will take part in this fun trip.

We invite everyone who has a birthday in October to celebrate it on the third Tuesday of the month at 2:00 p.m.
Happy birthday to everyone born in October.

Lots of love, happiness, health and God's protection.



Best regards,

A handwritten signature in cursive script that reads "R. Michalski".

Renata Michalski
Executive Director





Message from the Chairman

October 2023

Hello Members,

Please join me in thanking Marjorie Irwin for volunteering to add the duties and responsibilities of Board Secretary to her duties as Treasurer. Marjorie will be the Secretary/Treasurer until the AGM this spring.

Spooky season has arrived and I know that the Centre has plans for some fang-tastic activities this month. This would be a good time to start thinking about and planning to help the Centre this Christmas with the hampers. If this is something that interests you, please contact Sonia.



Respectfully, Mike G



SENIORS DAY

CELEBRATE NATIONAL SENIORS DAY Every year on October 1

Canadians pay tribute to seniors—the men and women who have helped make our country what it is today and who continue to enrich our lives.

Why celebrate seniors? Seniors have made—and continue to make—a profound contribution to Canada: at home, in the community and as part of the workforce. They represent a large and growing proportion of our population. We can all think of a senior who has made a difference in our lives. They are our mentors, teachers, grandparents and loved ones. They are volunteers and role models. They have contributed generously, building our families, communities, workplaces and country.

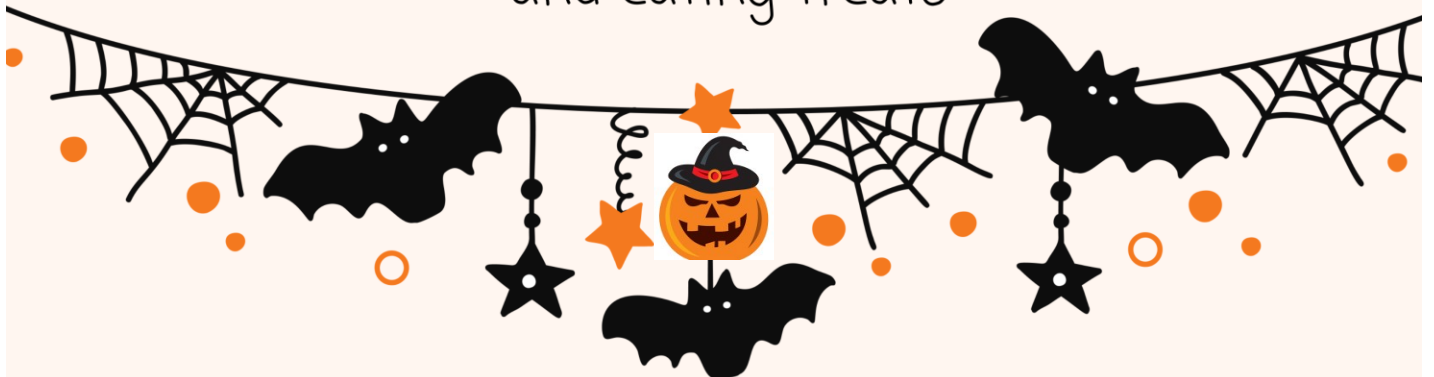
Why get involved? National Seniors Day is an opportunity to recognize the important role seniors play in our society. It's also a great way to connect with the community, network with contacts and raise awareness of issues that matter to seniors. Whether you spend time with a senior or host an event for your entire community, celebrating National Seniors Day shows your appreciation for the contribution seniors make every day to Canadian life.





Halloween is a holiday celebrated each year on October 31, and Halloween 2023 will occur on Tuesday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween.

Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats





"MAKE BELIEVE TEA"

Enjoy at Home Tea

This tea is the best,
so dear friend be our guest,
no time, no place, no need to dress up
just brew this tea bag and enjoy a cup.
After you enjoy a delicious cup of tea please

Send or bring a donation to:
Ogden 50+
2102 69 Ave SE, Calgary, AB, T2C 3Y4



No donations are too small or too large and we really appreciate!

What's Kim Cooking?

CHEESEBURGER DINNER

Friday, October 13

4:00 pm



Happy Hour
3 - 5 pm



Trivia with Tony



Meal: Cheeseburgers, Potato Chips, & Dessert

4:00 pm

Members \$10 Non-Members \$15 Gluten Free Available Dine-In

Pre-order by Oct 10



BREAKFAST

Monday, October 23

9:00 am

Menu: Eggs Benedict & Fruit

Members \$10 Non-Members \$15

Gluten Free Available Dine-In

Pre-Order by Oct 11



What's Kim Cooking?



LUNCH
Thursday, October 19
12:00 noon
BBQ Smokies, Potato Chips & Dessert
Members \$10 Non-Members \$15
Gluten Free Available Dine-In
Pre-Order by Oct 16



TGIF
HALLOWEEN
FRIDAY, OCTOBER 27
FEATURING: "NIGEL 50S & 60S" BAND
PRIZES FOR COSTUMES
MENU: TURKEY WITH GRAVY,
MASHED POTATOES, STUFFING, VEGETABLES
DESSERT: PUMPKIN PIE
GLUTEN FREE AVAILABLE
MEMBERS \$20 NON-MEMBERS \$25
HAPPY HOUR 3 - 5
DINNER 5:30
DANCE TO FOLLOW
PRE-ORDER BY OCT 24 NO PICK UPS BEFORE 4:30





Harmony in Every Season

MINDFULNESS-BASED ART THERAPY

This six-week registered art therapy program focuses on embracing the changing seasons of life as an opportunity for growth, self-awareness, and creative discovery.

Week 1-Introduction to Mindfulness-Based Art Therapy

Week 2: "Autumn" – Letting Go and Reflecting

Week 3: "Winter" – Finding Inner Stillness

Week 4: "Spring" – Renewal and Rebirth

Week 5: "Summer" – Embracing Vibrancy and Joy

Week 6: Collaborative Art and Closure

TUESDAYS 10AM-12NOON

OCTOBER 17-NOVEMBER 21

OGDEN 50+ ACTIVITY CENTRE

Register by October 10

Call 403-279-2003

Email sonia@ogden50plus.org

\$42 to register



REMINDER

OUR NEXT PROGRAM MEETING WILL
BE TUESDAY, OCTOBER 10 AT 1:00 PM
IN THE GALLERY.

**WEDNESDAY,
OCTOBER 11**

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.



JOIN US @ OUR
CRAFTY GARAGE SALE
OCTOBER 28th, 2023 10-3pm
Coffee & Tea / Cake & Cookies
Avail for purchase while you shop!
Bring Cash and a shopping bag.



Scrapbook
Paper/ tools
Stickers
Die-cuts
Punches
Albums
Organizers
Stamps Ink

Yarn Ribbon
Material
Sewing stuff
Assorted
Crafty Items

FREE ENTRY



Ogden 50+ Activity Center
2102 69th Ave. SE 403-279-2003

CANMORE TRIP

OCTOBER 17, 2023

\$28.00 per person

Lunch at Rose & Crown Restaurant - 11:30 am
(not included in fee)

Bus Arrival at Ogden 50+ - 9:20 am

Bus departure from Ogden 50+ - 10:00 am

Arrival at Rose & Crown Restaurant - 11:30 am

Departure from Canmore - 2:30 pm

Calgary Arrival - 4:00 pm

Register by Oct 4



Coach Bus Charter by Southland Transportation



2102 -69 Ave SE
Calgary, AB, T2C 3Y4
(403)279-2003

Rosebud *Theatre*

December 14, 2023

\$100.00 per person

Buffet Starts at - 11:00 am

Show - 1:30 pm

Bus Arrival at Ogden 50+ - 9:50 am

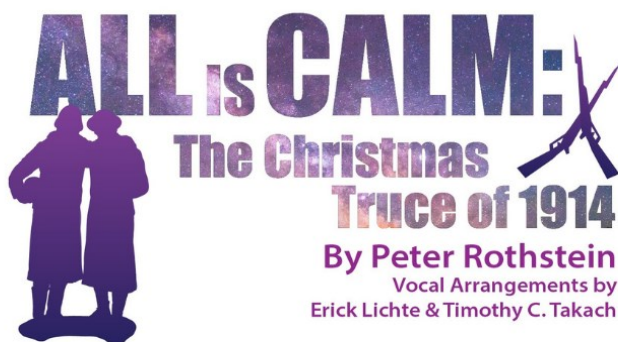
Bus Departure from Ogden 50+ - 10:30 am

Arrival at Rosebud Theatre, Rosebud, AB - 11:45 am

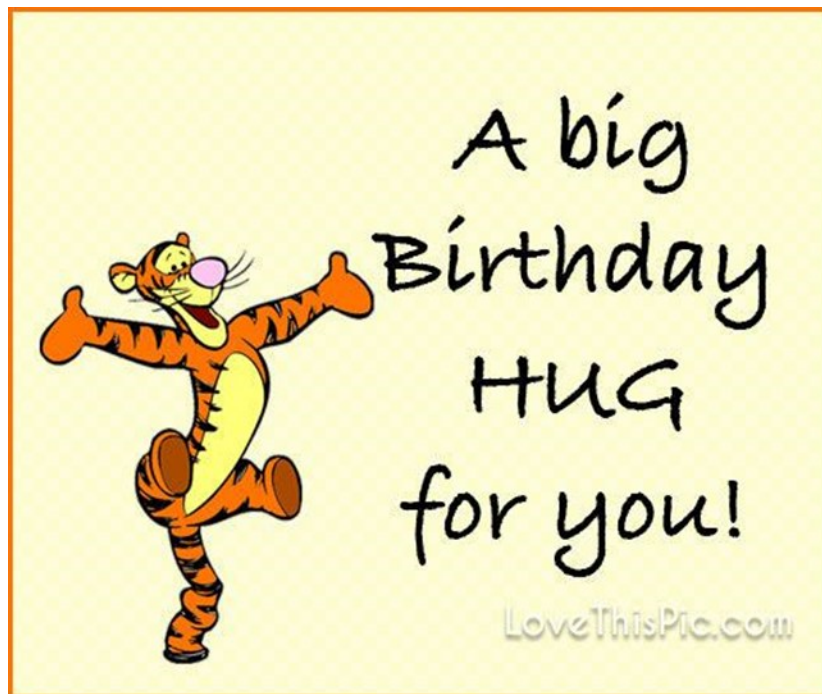
Departure from Rosebud - 4:00 pm

Calgary Arrival - 5:15 pm

Register by: Nov 28



Coach Bus Charter by Southland Transportation



TRIVIA TIME

DID YOU KNOW?

- LIKE FINGERPRINTS, EVERYONE'S TONGUE PRINT IS DIFFERENT.
- RUBBER BANDS LAST LONGER WHEN REFRIGERATED.
- THERE ARE 293 WAYS TO MAKE CHANGE FOR A DOLLAR.
- THE AVERAGE PERSON'S LEFT HAND DOES 56% OF THE TYPING (WHEN USING PROPER POSITION OF THE HANDS ON THE KEYBOARD).
- A SHARK IS THE ONLY KNOWN FISH THAT CAN BLINK WITH BOTH EYES.
- THE LONGEST ONE-SYLLABLE WORDS IN THE ENGLISH LANGUAGE ARE "SCRAUNCHED" AND "STRENGTHED".
- "DREAMT" IS THE ONLY ENGLISH WORD THAT ENDS IN THE LETTERS "MT"
- ALMONDS ARE A MEMBER OF THE PEACH FAMILY.
- THERE ARE ONLY FOUR WORDS IN THE ENGLISH LANGUAGE WHICH END IN "DOUS": TREMENDOUS, HORRENDOUS, STUPENDOUS AND HAZARDOUS



DID YOU KNOW?

There are more than 1,000 types of bananas worldwide, which are divided into 50 groups. Cavendish bananas are the most common and most exported sweet banana.

FUN FACTS ABOUT OCT

- THE CALENDAR ONCE LOOKED A LOT DIFFERENT! IN THE ORIGINAL 10-MONTH CALENDAR, OCTOBER WAS MONTH 8. HENCE THE NAME, OCTO, LATIN FOR 8.
- THE OPAL IS THE BIRTHSTONE OF OCTOBER. IT IS THE ONLY BIRTHSTONE THAT ISN'T CRYSTALIZED AND CAN TAKE ON MANY SHAPES AND COLORS. IT WAS ALSO A FAVORITE OF CLEOPATRA. OPAL DEPOSITS HAVE EVEN BEEN DISCOVERED ON MARS.
- THE FLOWER THAT HAS COME TO REPRESENT OCTOBER IS THE CALENDULA OR MARIGOLD. WHEN WE SEE THIS BRIGHT YELLOWY-ORANGE FLOWER WE THINK OF THE FALL SUNSET AND THE CHANGING LEAVES. MARIGOLDS REPRESENT COMFORT, HEALING AND PROTECTION.
- OCTOBER IS KNOWN AS THE SPOOKIEST MONTH ON THE CALENDAR. MANY PEOPLE CELEBRATE THE CREEPY, FRIGHTENING, DARK, AND MACABRE THROUGHOUT ALL OF OCTOBER. OCTOBER IS SEEN AS A LEAD UP TO THE GRANDDADDY OF SPOOKY DAYS, ALL HALLOWS EVE AKA HALLOWEEN ON OCTOBER 31ST.
- THE WORLD'S LARGEST BEER FESTIVAL TAKES PLACE EVERY YEAR IN THE BAVARIAN REGION OF GERMANY. YES, WE'RE TALKING ABOUT OKTOBERFEST! THIS TRADITIONAL GATHERING IS SO POPULAR THAT OVER 6 MILLION VISITORS CONSUME OVER 7 MILLION LITERS OF BEER EACH YEAR. ALL THE BEER!





The Window

Size: **56" x 56 ½"**

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for
more info

Draw date: November 24



Foot Care will be at Ogden 50+

WEDNESDAY, NOVEMBER 1

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.

1975 - 2000

Ogden House

Senior Citizens' Club

History Book #1



From renting



to owning

Ogden House Senior Citizen's Club - 1 - 2102 - 69 Ave SE Calgary
403-279-2003 www.ogden50plus.org



Old Ogden House

SW corner of 76th Ave and 20a st SE Calgary

Ed Mitchell was the prime mover in obtaining the new location and coordinated all these programs. John Nichol from City Parks and Recreation (employee) took over this, as the space was shared with Ogden Elementary School and a teen group. Funds were raised by selling crafts at Ogden School teas.

At the time (around 1974) there were not many activities for seniors in Ogden. When the new Ogden Elementary School was built, Ed Mitchell and Ralph Patriquin were able to get the use of the old school building as a meeting place for the local seniors. We began dropping in for visiting and sampling baking brought in by some of the women. Gradually, we brought in a dartboard, pool table, shuffleboard etc. and began doing arts and crafts and holding teas, fashion shows, and dances.

My job, of keeping the kitchen stocked and clean and ensuring that tea, coffee, and goodies were always available, soon expanded (with lots of good help) to organizing dinners and potluck suppers. Years later, the membership had grown, and the new Ogden House was built.

Submitted by Mary Hill



Garden Session Discussion with Christine - August 30, 2023.



Alberta Wild Rosehips:

- Rosehips are a valuable food. Leave on plant for birds during winter.
- Rosehips are a valuable source of vitamin C.

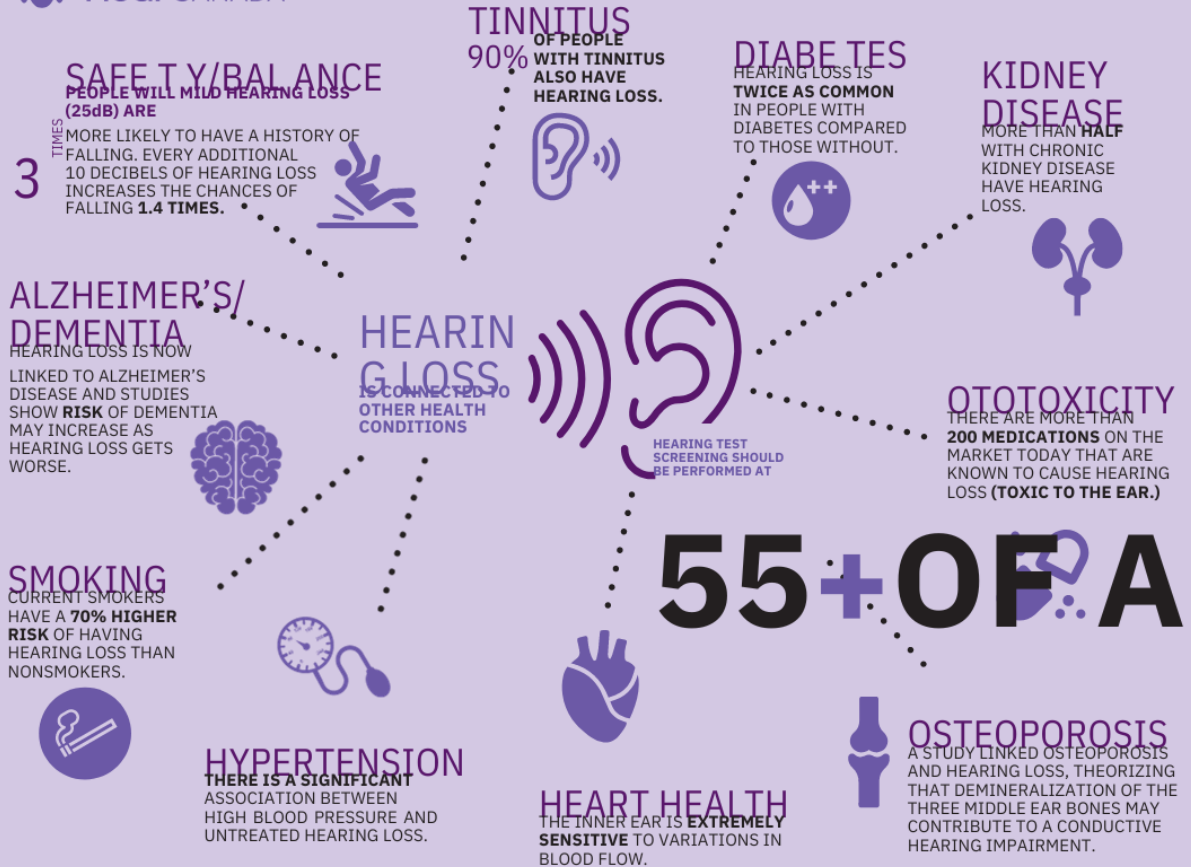
Discussion on Bees:

- There are 11 species of bees in Alberta.
- Bees are endangered because of loss of habitat.
- Regular bees collect pollen from open plants.
- Bumblebees have long spikes that can get into tubular flowers.
- Keep leaves in garden as native bees shelter there for winter.
- Don't clean up leaves until after May 20 so not to disturb.
- To get information about flowers for bees, see wildaboutflowers.ca

*** RESPECT MOTHER NATURE.....SHE ALWAYS WINS***



WATCH FOR HEARING CLINIC COMING IN NOVEMBER BY HEAR CANADA



Watch for Flu Clinic Coming in October

Covid Vaccines Available

GET YOUR FLU SHOT HERE:

Ogden 50+ Activity Centre



**ACHILLES
FOOT CLINIC**

DIABETIC FOOT CARE

COMMON QUESTIONS

Braithwaite Boyle Centre
#606, 1701 Centre St NW, Calgary, AB
Tel: (403) 277-9476

Mayfair Place
#232, 6707 Elbow Drive SW
Calgary, AB
Tel: (403) 777-0085

Watch for more next month

I Have Diabetes. Will I Lose My Feet?

In past years many patients with diabetes developed gangrene and the result led to amputation of a lower extremity. Today with better knowledge and proper care, amputations have been decreased by 50%. Begin by learning about your feet and how diabetes can damage them. Prevention and education are the keys to successful care.

How Does Diabetes Affect My Feet?

Foot conditions in persons with diabetes are usually the result of two primary factors: Neuropathy (loss of feeling or sensation) and poor circulation. If you step on a tack and do not feel pain you most likely have neuropathy. There are varying degrees of nerve loss. You may be aware of excruciating pain but not feel simple injuries or the pressure of a poor fitting shoe. Poor circulation is also a factor. Blood vessels become clogged as we age. In diabetics the blood vessels age quicker and become clogged faster, as a result not enough blood gets to the feet. Minor cuts and scrapes can become major infections in some patients. If the patient is neuropathic and can't feel their feet, they may not be aware of infection until it has progressed to a critical level. In addition to a loss of feeling and a decrease in blood flow, diabetes can affect the small muscles in the feet. The loss of muscle function produces a foot deformity, and a foot deformity increases the risk level for problems.

What Can I Do To Avoid Foot Problems?

Recent research shows that good blood sugar control will cut complications by almost 50%. Maintaining good constant blood sugars will decrease the chance of all foot problems. It is also very important to see your podiatrist on a regular basis. Untreated foot problems can become infected, ulcerated, or gangrenous, and in the most severe cases lead to amputation of a toe, foot, or leg. Many foot deformities can be neutralized either by placing the foot into a corrective orthotic or with preventative surgery.



Subscribe

JUDITH MARION GLORIA HARTLEY

— 27-Jun-1956 - 14-Aug-2023 —

Obituary Overview

In Loving Memory

Judith Harley passed away on August 14, 2023. She was predeceased by her father in December of 1984, mother in March of 2013 and her sister Kathy as a baby. Judy leaves to mourn her passing her brother Bill Hartley of Calgary and her dear friends Gail, Irene, Larry and many friends and associates.

Born to a country school teacher who moved to various places in Saskatchewan during the "50's, 60's and 70's, Judy grew up in the summers in Irvine Alberta where we had a house for vacations.

When our father retired to Medicine Hat, she had her schooling first in Bow Island then in Medicine Hat itself. Moving to Calgary, she took a degree in Environmental Design. Following this she did work in various jobs such as docent at the Calgary Zoo and volunteering at the Humane Society.

Judy taught school after getting a Bachelor of Education degree. She taught in Drumheller and then with the Calgary Board of Education. A Masters degree allowed her to be a resource teacher and advocate for needy children.

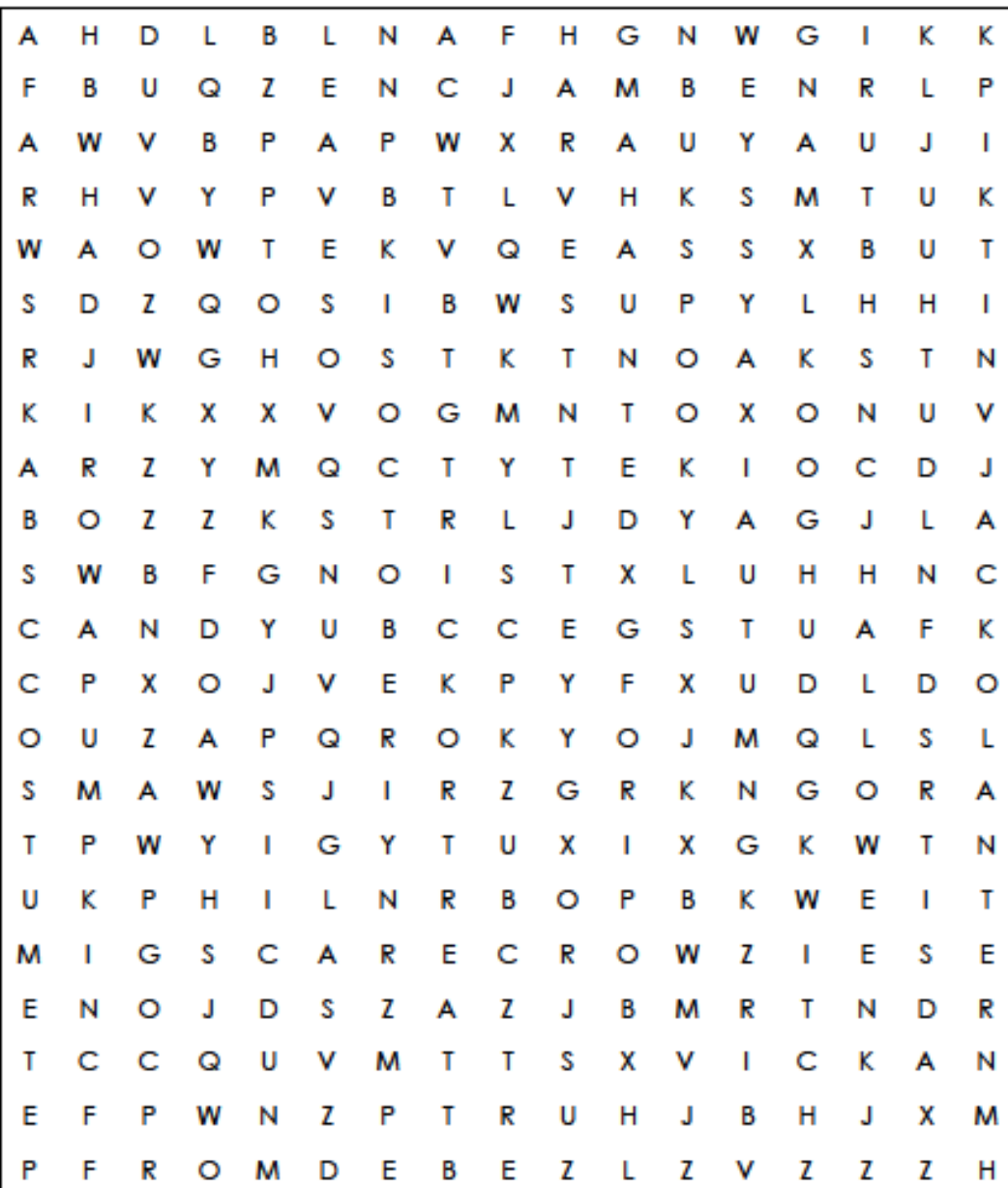
On retirement she volunteered at the immigration society and Calgary Public Library ESL programs. She enjoyed the Senior Centres of Ogden 50+ and GFL 55+ and was an active member.

A Funeral Service will be held at Mountain View Funeral Home ~ Prairie View Chapel (1605 100 Street SE, Calgary) on Saturday, September 23, 2023 at 2:00 p.m. with viewing beginning at 1:00 p.m.

Condolences from family and friends

Name: _____

October Word Search



OCTOBER	WITCH	CANDY
HALLOWEEN	HAUNTED	SCARECROW
PUMPKIN	AUTUMN	SPOOKY
COSTUME	LEAVES	JACK-O'-LANTERN
GHOST	HARVEST	TRICK-OR-TREAT



© Monsterwordsearch.com

Novice

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 pumpkins. 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
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 September Winner

Carol Finlay

Answer: 7, 17 & 20





HAPPY BIRTHDAY



Slim W - October 1

Dick W - October 2

Duane B - October 3

Allan M - October 5

Linda L - October 5

Bob C - October 6

Mike D - October 6

Sandra H - October 7

Dev M - October 8

Dorothy S - October 10

Hilarie B - October 10

Leon Popik - October 14

Gerald S - October 12

Serhii K - October 13

Catherine R - October 13

Gerry R - October 15

Mark H - October 19

Maire D - October 19

Louise M - October 20

Brad K - October 21

Doreen H - October 21

Jean B - October 23

Merv G - October 24

Vi D - October 25

Phil J - October 28

Mike R - October 31



Libra

**September 23 -
October 22**

**Extroverted, frank,
friendly.**



Scorpio

**October 23 -
November 21**

Elusive & Mysterious

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Riverbend. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

4 LIMITLESS SERVICES: Small company with affordable rates for home maintenance projects.

Call Abbas for a no - obligation quote at 587 - 837 - 1717

AD SPACE FOR

RENT

YOUR AD HERE

\$10 PER MONTH

PHONE 403-279-2003 EXT. 202



Are you interested in having your **LAWN MOWED** **OR A SPRING/FALL YARD CLEAN UP DONE?** The Mow/Snow program out of Ogden 50+ offers **EXTREMELY REASONABLE RATES**, that are based upon the job size. You do not need to be a senior or belong to the Ogden 50+ 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.

Ogden, Riverbend, Quarry Park and Lynnwood only*

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
October	2	3	4	5	6	7
Oct 1 Cribbage 12:00 PM Daily (Except Sundays)	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 11:00 Self-Defense 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 3:00 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:00 Self-Defense 12:00 Pizza Lunch 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game 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	11 - 3 PM Pickleball
8	9	10	11	12	13	14
10:30 - 2 Church Auditorium 4:00 Pickleball	CENTRE CLOSED Thanksgiving Day	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 1:00 Program Meeting 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:00 Self-Defense 1:00 Conversation Cafe 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game 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 10:30 Care Connect 11:00 Table Tennis 1:00 Pickleball 3:00 Pickleball (BG) 3:00 Happy Hour-Triv 4:00 Cheeseburgers	11 - 3 PM Pickleball
15	16	17	18	19	20	21
10:30 - 2 Church Auditorium 4:00 Pickleball	8:30 Flu Clinic in Auditorium 9:00 Men's Coffee 9:00 Quilting 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Canmore Trip 9:30 Painting 10:00 Ladies Coffee 10:00 Art Therapy 10:45 Move 'n' Mingle 12:00 Pickleball 2:00 B-Day Celebration 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:00 Self-Defense 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Lunch 12:00 Pickleball 3:00 Zumba 6:30—8:30 Rental 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	Rental 8:30 AM - 7 PM
22	23	24	25	26	27	28
10:30 - 2 Church Auditorium 4:00 Pickleball	Auditorium Rental All Day 9:00 Men's Coffee 9:00 Quilting 1:00 Quilting 7:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:00 Art Therapy 10:00 Brunch 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:00 Self-Defense 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game 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 5:00 TGIF Dinner	Crafty Garage Sale 10 AM- 3 PM
29	30	31	1	2	3	4
Rental 9:30 AM— 4 PM	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 11:00 Self-Defense 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:00 Art Therapy 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 10:00 Food Nurse 11:00 Self-Defense 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game 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 Happy Hour	11 - 3 PM Pickleball