



# ACTIVITY CLUB

## MAY 2020





**BOARD EXECUTIVE 2020**

CHAIR Dave Swanson  
 1<sup>ST</sup> VICE Mike Gale  
 2<sup>ND</sup> VICE Brenda Oswald  
 TREASURER Marjorie Irwin  
 SECRETARY Dan McClellan

**PAST CHAIR** Marlene Phillips

**DIRECTORS**  
 Carol Finlay  
 Debbie Larocque  
 Darlene Bowser  
 Duane Bumstead  
 Bill Chepil  
 Brian Dreher

**VISION STATEMENT**

We are an organization that gives purpose to our lives by keeping us involved socially, emotionally, physically and intellectually.

**CENTER HOURS**

CENTER IS CLOSED  
 UNTIL FURTHER NOTICE.

**STAFF & PHONE EXTENSIONS (403) 279-2003**

ED #5	Renata Michalski	renata@ogden50plus.org
BOOKKEEPER #1	Titiana Vanciu	titiana@ogden50plus.org
PROGRAMS & VOLUNTEERS #2	Erika Rodríguez	erika@ogden50plus.org
FILLING THE GAP #4	Marnie Zelinsky	marnie@ogden50plus.org
MOW/SNOW #3	Rick Scott	rick@ogden50plus.org

<b>IMPORTANT PHONE NUMBERS</b>		
POLICE		403-266-1234
FIRE		403-269-0442
BUS ROUTE INFO		403-262-1000
OGDEN HOUSE		403-279-2003



# Essential numbers for seniors in Calgary

<b>9-1-1</b> Emergency (24-Hour)	<b>403-SENIORS (403-736-4677)</b> The Way In
For EMERGENCY medical, fire and police response.  Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice and help accessing programs and benefits for older adults.
	<b>403-266-HELP (403-266-4357)</b> Distress Centre and SeniorConnect (24-Hour)
<b>8-1-1</b> Health Link (24-Hour)	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
Health advice (including dementia advice) from a registered nurse.	
<b>3-1-1</b> City of Calgary (24-Hour)	<b>403-943-1500</b> Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a>	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1</b> Community Resources (24-Hour)	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a>	Confidential information and support, or to report a suspected case of elder abuse.



### **TGIF DINNER TO GO....May 29**

Ogden House cares for you. We are having our TGIF dinner to GO. YES!!! deliver to your front door. MAY 29. Salad, cabbage rolls, perogies, sausage and dessert for \$15.00

To order and get your dinner delivered to the comfort of your home, please register with Erika at 403.279-2003 ext. 2 or [erika@ogden50plus.org](mailto:erika@ogden50plus.org)

Last day to order May 22. Option for pick up is also available,



Ogden House has been closed for seven weeks now. Our contractor has been busy in the building. Bathrooms are almost complete, a few little things to complete. The kitchen has a new countertop, a new sink and it looks fabulous. He is now working in the bar to replace cupboards and sink. Will look great.

Staff and Board members continue to contact all club members, doing welfare checks on them. Checking on if there is anything they need. Most are doing OK. A little Cabin Fever. Now that the weather has warmed up, we will be able to sit outside, as long as we keep our Social Distancing.

Last week and this week Titiana & Renata, with some helpers, have been cooking up a storm of gastronomical delights. Soup, salad, stew and risotto. These have been delivered to needy seniors in the community who need some help. A group of dedicated volunteers have helped deliver them. If you are able to help please let Erika know.

With all events cancelled until fall ??????? we are working at finding things to keep you going. We have done several ZOOM, video meetings.

The Men's coffee group have been meeting on Monday, Wednesday and Friday mornings at 09:30.

The Ladies coffee group have been meeting on Tuesday at 09:30

Tracey Rand has been doing a "Fit to Age" group meeting at 11:00 on Tuesday and Thursday mornings.

Wednesday afternoon at 1:30 we have Gina doing a Chair Yoga class.

Friday afternoon at 3:00 we are doing a Happy Hour.

All these are on a ZOOM Video conference. If you are interested, call or send Erika an email and she will send you the link. This works neat. See your friends and chat.

I hear that Erika is even working on Spanish lessons. More to come on this.

Watch for more ideas on our website. OR if you have an idea let us know.

You can sign up for an email version of our newsletter. "Ogden House Seniors".

So, in closing for this month; Take Care, Stay Warm, Stay Safe and Stay Strong.

Remember to keep your Social Distance, Wash Your Hands lots and we shall return.

HAPPY BIRTHDAY to all those celebrating. We will have a BIG Birthday party soon.

If there is anything you need PLEASE call.

MOTHERS DAY to all wonderful Moms.

Our center has been closed for one and a half months. A new reality has met us all and we do not know how to deal with it, I know that many people are already very tired and me too, but what can I say, I wish you patience and myself as well.

As a team, we try to do the best job we can. We contact our members; help with shopping and pick up medicines from the pharmacy. Meetings are organized by Erika on Zoom: coffee, yoga, fit2age, happy hours.

We provide food hampers and free lunches. With Titiana's great talent, we can help her cook delicious dishes and soups and share with valuable seniors.

Erika is working on a new website; Marnie helps seniors as much as possible and this is our new reality but for how long? Who knows, for now we will be closed till the end of August. We are contacting many members and I know that together we will get through this without a problem. The renovation in the center is slowly coming to an end and there are a few things that must be done. We will have a big party when we can open our centre. I think it looks very nice -- please look at some pictures from the washrooms and the kitchen.

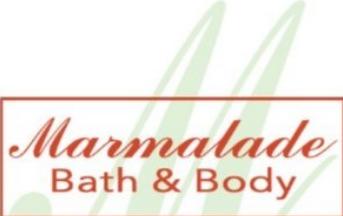
I would like to wish the best birthday to everyone who was born in May.

People born in May are understanding, resolute and enthusiastic, and their physical attractiveness, coupled with their mental strength, makes them irresistible.

So those **born** under the signs of Taurus and Gemini should consider themselves blessed by the stars.

With thanks,

Renata



**Carolyn Openshaw**  
Owner  
(403) 619-8350  
info@marmaladebathandbody.ca  
www.marmaladebathandbody.ca

**Natural Goodness  
Handcrafted for You!**

Visit our website for all your bath and body needs.  
From lotions to soap, we have you covered.  
For those that want to craft their own creations, we offer  
a variety of classes to help you on your way

- wash your hands frequently. This is the single most effective way of preventing the spread of disease. Use hand sanitizer, when you can't wash your hands with soap and warm water.
- Catch your germs: Cover your mouth and nose when you cough or sneeze by using the inside of your elbow or your shoulder.
- Avoid touching your face: In between handwashing, keep your hands away from your eyes, ears, nose and mouth.
- Eat well, exercise daily and get enough rest to help support your immune system.
- Please **STAY HOME** if you are feeling sick: If you are experiencing, fever, cough, difficulty breathing or other flu like symptoms, stay home and away from others and contact your healthcare provider.
- If you have questions or concerns about your health contact Health Link 811.

Some of the first Spring flowers at the Center.



**April Winner: Marg Skalicky**



Now it's up to you to find it!

When you do, fill out the form and drop it off at Ogden House 50+ Activity Club or email it to :

[erika@ogden50plus.org](mailto:erika@ogden50plus.org) for a chance to win a \$10.00 Gift Card.

THIS MONTH'S FIND THE ITEM WINNER

\$10.00 Gift Card

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

PAGE & ARTICLE: \_\_\_\_\_

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## **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

We are offering help if you need someone to pick up groceries for you, picking up prescriptions, talking to you and also delivering some great meals prepared by our caring and talented Titiana Vanciu with Renata's help. The past few days they prepared delicious soup, salad, beef stew and other delicious and healthy meals that we are delivering to those who want it.



I hope all of you are staying safe and healthy.

A new month starting in this new way of living: in isolation, keeping social distance, working from home, interacting with our friends and family members online. Its ok, its ok, it will get better, we need to keep positive and hold on a bit longer to make sure we can stop the spread of this virus. I know it is hard not to been able to get out, hug our loved ones, going for coffee or wine, etc. we will get there, everything will be fine, we just need faith and patience. We have to be grateful that we are alive and healthy and here...we also have to remember and pray for those who aren't here anymore.

This difficult and strange times have been hard and take a lot of energy from people. There are lots of resources to help you out psychological, economical and in social area. If you need help please contact me I can direct you to the proper channels.

Thanks God the weather is nicer, sunshine's, longer days, flowers blooming, birds singing, blue skies, all is great. We can go for walks and enjoy the fresh air but make sure to keep distance and continue following the Health and Government authorities recommendations.

This new normal all over the world has giving us stress and worries, but also has giving us the opportunity to value more our time with family members, to connect more, to cook more, to clean the house even when is clean, to read that book that has been waiting, to enjoy our morning coffee in without rushing, to be more caring with ourselves, to be more grateful for each new day, each breath we take. This situation has helping us to become more humans, I know it has for me.

We are in this together and we can overcome this time and our fears if we keep have faith, help each other, stay home, stay safe, be kind, be grateful, show love. This shall too pass.

Don't forget that in Ogden House even when the Center is closed until further notice, we are working keeping you connected with the resources and help you need, with delivering some food, helping you if you need a hand with buying groceries or just someone to talk to. Please contact me if you need anything. Lots of blessings.

Coming soon: Spanish Lessons through ZOOM, registrations now open.

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

BREAKFAST

CARD

CARNATIONS

CELEBRATE

CHILDREN

DAUGHTERS

FAMILY

FLOWERS

LOVE

MAY

MOMMY

MOTHERHOOD

MOTHERS

MUMMY

SECOND

SONS

Helen Pendle	May 3
Chuck Banush	May 4
Robert Parker	May 4
Terry Ukraineec	May 5
Margaret Moffat	May 5
Christine Todd	May 5
Frank Snider	May 6
Jessica Fung	May 9
Jim Bullough	May 9
Christine Hayman	May 10
Dan Wardlaw	May 11
Gord Richardson	May 11
Gordon Eld	May 14
Gerald Sylvester	May 14
Corinne Schopff	May 15
Gilbert Tremblay	May 19

William, Bill Chepil	May 20
Lucille Varty	May 20
Allen Tracey	May 21
Christine MacLellan	May 22
Howie Cummings	May 22
Vicky Miller	May 24
Jamie Buechler	May 25
Ronald Harrison	May 27
Carol Dressier	May 27
Carol Finlay	May 28
David Swanson	May 29
Ellen Appleyard	May 30
Wendy Arthur	May 31

