



OGDEN HOUSE 50+ ACTIVITY CLUB

FEBRUARY 2022



OGDEN HOUSE 50 + ACTIVITY CLUB
2102 - 69th Avenue S.E., www.ogden50plus.org

FAX # 403-279-1009 PHONE: 403-279-2003
CALGARY, AB T2C 3Y4





BOARD EXECUTIVE 2021

CHAIR Dave Swanson
 VICE Darleen Bowser
 TREASURER Marjorie Irwin
 SECRETARY Mike Gale

DIRECTORS
 Carol Finlay
 Doug Bell
 Don Miller
 Duane Bumstead
 Bill Chepil
 Dan MacLellan
 Juliette Hachey

VISION STATEMENT

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

CENTER HOURS

**Monday to Friday
 8:00 am to 4:00 pm**

STAFF & PHONE EXTENSIONS (403) 279-2003

EXECUTIVE DIRECTOR #5	Renata Michalski	renata@ogden50plus.org
PROGRAMS & HOUSEKEEPING #2	Erika Rodríguez	erika@ogden50plus.org
BOOKKEEPER #1	Sonia Provenzano	sonia@ogden50plus.org
MOW/SNOW #3	Rick Scott	rick@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 CENTER		403-266-4357

MESSAGE FROM THE CHAIRMAN

February 2022 - Happy Valentines Day - Happy Family Day - Happy almost end of Winter

February, where did January go??? We had some very cold weather and now some warm weather. Let's hope it stays nice until spring.

Again, we missed Robbie Burns Day. So, No HAGGIS, No Bagpipes and No Kilts. NEXT YEAR????

We have been going strong at Ogden House. On the 14th of January we had a scrumptious breakfast with 33 in attendance.

On the 28th of January we will have our monthly TGIF Dinner.

Our Coffee groups have been quite active with good attendance. Mah Jong has started again as well as Pickle Ball. So, who knows what is next?

As of now I have not heard of anyone being sick. That is great news.

If you have not filled out your 2022 membership renewal and paid your membership you are not covered by our insurance. So, if you haven't, please do so as soon as possible.

It is only a little more than 50 days until Spring. Hopefully Mother Nature will get the memo to end winter and we can get on with spring.

Happy Birthday to all of the February babies.

Remember that Valentine's Day is soon, so pick up those flowers and chocolates for your loved ones.

We plan on having our AGM in March this year. So, watch for the announcement.

We are still looking for a few more people to put their hat in the ring to join our Board of Directors. Any takers??

So, in closing:

Take Care, Stay Safe, Stay Warm and Stay Safe.

Until next month;

Cheers Dave

EXECUTIVE DIRECTOR MESSAGE

Happy Chinese New Year on February 1st!!!
Happy Valentine's Day!!!

I hope you all are well and safe.

On February 25th, we will have a TGIF dinner and celebrate the Chinese New Year. The menu will include spring rolls and ginger beef, pork dumplings and special fried rice.

Monday, February 14th there will be soup and sandwich lunch at noon for Valentine's Day. Everyone is welcome, please call 403-279-2003 or send an email to erika@ogden50plus.org

January passed so quickly that everyone is wondering how it is happening. Maybe it is time to stop for a while, spend time with family and friends. This pace of life makes people stressed and sick, and COVID does not help with all of this.

Therefore, from February every Friday, there will be Happy Hours at 3:00 pm, and night games on Wednesday at 7:00 pm. We invite everyone to social life. It is very important to all of us.

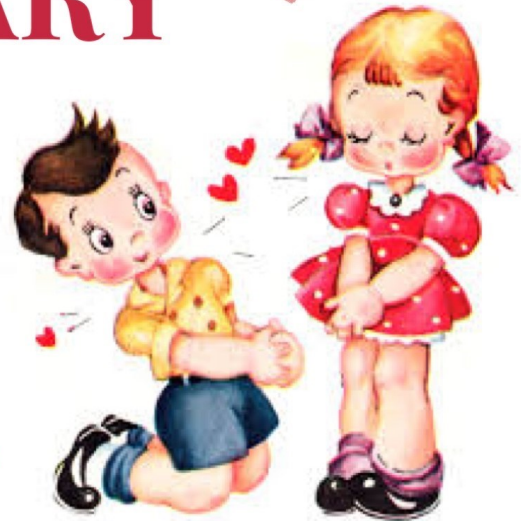
Amethyst is beautiful purple quartz and is a beautiful blend of violet and red and this is a February baby's stone!!! Happy Birthday!!!



Best Regards,
Renata Michalski

FEBRUARY

GRANDDAUGHTERS
personal care for seniors inc.



Wear Red Canada is celebrated annually on Feb 13 to raise awareness about Women's Heart Health. Heart Disease can be different for women than men.

Women are more likely to present 3 or more symptoms in addition to chest pain.

- . Pain in the jaw, neck arms or back
- . Abnormal excessive sweating
- . Shortness of breath
- . Stomach pain or discomfort
- . Nausea or indigestion

With increasing age people become more sensitive to salt which may cause an increase in blood pressure. Get regular check ups. Test for blood sugars, blood pressure and cholesterol.

To take care of others you need to take care of yourself.

- Be active keep moving
- Choose foods low in trans fats, sugars, and salts.
- Manage Stress
- Live free from commercial tobacco and nicotine
- Limit alcohol intake



Stay safe and healthy senior friends.



SILVERSHADES PODCAST

Connecting With Seniors Every Week

Ogden House has a weekly podcast available to all of you. Silver Shades is released every Thursday at 3 pm. You can find the podcast on the website silvershades.ca; Spotify, Overcast, Apple podcast, Pocket cast, Anchor, and Google podcast.

In this podcast, we will discuss topics of importance to seniors and the community in general. We will also share stories and connect with seniors in the City. For suggestions for what to cover in the podcast or comments, please refer to the feedback form on the website.

Please listen to the Podcast and stay connected.....<https://silvershades.ca>



- ✓Dementia Care
- ✓Hourly & Overnight Care
- ✓Respite Care
- ✓Personal Care
- ✓Medication Reminders
- ✓Companionship Care

403-828-0550
www.granddaughters.ca



Starting February, every Wednesday from 7:00 pm to 9:00 pm is

GAME NIGHTS....

bar will be open

EVERYBODY WELCOME!!!



HAPPY HOUR

Every Friday starting at 3 pm.




Valentines Day Lunch

February 14 at Noon

Soup & sandwich combo

\$9.00 for members \$13.00 non-members



GOOD FOOD BOX		
ORDER DEADLINE: FEBRUARY 8, 2022		SMALL: 20 lbs / \$25.00
DELIVERY DATE: FEBRUARY 17, 2022		MEDIUM: 30 lbs / \$30.00
		LARGE: 40 lbs / \$35.00
We need 5 orders, paid in full before we can arrange for delivery		

JUST FOR FUN

Somewhere in the newsletter we have hidden **this image:**
January Winner:

Irene DeFroidmont



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 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



WINNER'S FOR JANUARY

It is with great sadness that we say goodbye to our longtime member Dianne Olive Fountain. Dianne passed away on January 7, 2022, at the age of seventy-six after a courageous battle with cancer.

Dianne was a member of Ogden House since 2014. She was a regularly active member and helped a lot with updating the memberships. She was a nice and gentle person.

We will miss you, Dianne! Rest in Peace.



TGIF dinner to go.

Friday February 25, we will provide a delicious dinner to celebrate Chinese New Year.

Dine in if restrictions allow, pick up or deliver to the comfort of your home for only:

\$15.00 for members & \$20.00 for non-members

Dinner: Spring rolls, ginger beef, pork dumplings & special fried rice. Ice cream for dessert.



To order dinner call: 403-279-2003 or email me at:
erika@ogden50plus.org



The **Housekeeping Program** continues working and helping seniors.

This is a convenient service to help low-income seniors keep their home clean and safe.

Services can be provided even if you do not qualify for the Government Program.

If you do not qualify, you can still receive the services for a setup rate.

To apply or for more info please contact Erika Rodriguez, Supervisor. (587) 839-6405 .



MOBILE HAIRSTYLING

Hairstyles in the comfort
of your home!

ITEM	65YRS +	PRICE
HAIRCUTS		\$20.00
PERMS		\$65.00 & UP
COLORS		\$55.00 & UP

CONTACT

Kaylynn Miller

403-807-9807

or

kayshairandconsulting@gmail.com

Every Third Friday of each month we have FOOT HEALTH CARE at Ogden House.



It is very easy: Contact Tracey Dubas-Ward directly to 587-433-8619 and she will be happy to book an appointment. You required to bring a towel, health care card and \$30.00 to your appointment.

Next appointment: FEBRUARY 18TH –2022



LTH TOURS 2022 TOURS
LIFE TIME HIGHS

info@LTHtours.ca
www.lthtours.ca
587 223 0203

Regina / Medicine Hat Feb 11 - 14 2 nts Regina Delta, 1 nt Medicine Hat Lodge

Kelowna Mar 6 - 9 Delta Hotels by Marriott Grand Okanagan Resort. Time to be Spoiled!

Bonnars Ferry Mar 20 - 23 Relax at the Kootenai River Resort Casino and Spa. Unplug at the Riverside Deli. Win big at the casino! Shop in Sandpoint!

Camrose April 24 - 26 Enjoy resort, casino, spa, pool & hot tub. Enjoy Ennis Sisters' music at Bailey's Theatre

Moose Jaw - Saskatoon - Medicine Hat May 15 - 18 Moose Jaw Temple Gardens Spa and Casino, Dakota Dunes Resort and Casino, & Medicine Hat Lodge & Casino

Deadwood, SD May 31 - June 7 Mount Rushmore, Crazy Horse, and Devil's Tower, Chuckwagon Dinner & Show.

Seattle Blue Jays July 5 - 12 5 nights - Hyatt Hotel downtown Seattle, 2 nights - Coeur D'Alene Casino & Resort, MLB games: Blue Jays vs Mariners - 4 Games

Winnipeg Folklorama Aug. 6 - 12 Special VIP tour of Folklorama. Explore the Forks District, Club Regent Casino, McPhillips Station Casino

Polson / Kalispell Sept. 6 - 9 Go on a sunset cruise on Flathead Lake, Tour a smokejumper base. Stay at a Best Western Resort w casino, Travel through Glacier National Park, Kalispell Shopping

Okanagan Oct 12 - 19 Our Luxury Water and Wine Tour - wine tasting, Salmon Arm, Kelowna, Nelson, Davison Orchards, Okanagan Lake cruise, beaches, spoil yourself

Christmas in Branson Nov. 17th - Dec. 2 Discover the Live music show capital of the world, Travel through two provinces and eight states!

Check out lthtours.ca or call for more details for all our trips!

SERVING CALGARY, LETHBRIDGE, MEDICINE HAT AND POINTS IN BETWEEN.

FITNESS EXERCISES ARE BACK AT OGDEN HOUSE

STRENGTH & BALANCE WORKOUT

Every Friday from 10 am to 11 am

\$20.00 per month

Strength & Balance Workout is a 1-hr, moderately-paced exercise class designed for adults with varying degrees of endurance and mobility. The movements can be done seated or standing, and modifications will be offered. Work on improving your functional movement, strength, balance and stretching using a variety of tools.

Participants needing assistance to work out are required to bring along their own caregiver.

Instructor Bio:

Louise Gourdine has been leading exercise classes for adults since 2017. She is a member of the AFLCA (Alberta Fitness Leader Certification Association) and is certified to instruct Land and Water classes. In addition, her qualifications include completing the City of Calgary's Gentle Fitness program and instructing for Alberta Health Services' Healthy Living Program. Louise has worked for a number of community centers and recreation facilities over the years. She likes to have fun and enjoys variety in her classes!

To sign up please email: erika@ogden50plus.org



Celebrating
**POLISH
CANADIAN
HERITAGE MONTH**



POLISH - CANADIAN HERITAGE DAY

Parlament prowincji Alberta uchwalił każdą drugą niedzielę czerwca Dniem Dziedzictwa Polaków zamieszkałych w Kanadzie (Bill 217). Poniżej zamieszczamy treść przemówienia premiera Alberta – Jasona Kenny w parlamencie Prowincji Alberta w trakcie dyskusji nad powyższą uchwałą:

„Thank you Mr. Speaker. I'd like to commend the Member for Peace River for this bill and for his very eloquent speech. Members may be aware that the Member for Peace River recently lost his mother, Marianne Maykut, who was a proud daughter of Poland. I know she would be very proud of her son tonight in remembering her Polish heritage.

Mr. Speaker, Canada has been immensely enriched by the presence and contributions of over a million Canadians of Polish descent. We in Alberta have been especially blessed to have the second-largest population of Polonia, the Polish community, on a per capita basis, some 200,000 Albertans of Polish origin.

The first Polish community in the province was established at a parish in village of Skoro about 80 kilometers northeast of Edmonton, Our Lady of Good Counsel parish that was established there at the turn of the last century.

Like so many other immigrants from Eastern Europe, they were people who come from what we would now regard as abject poverty but people of great strength, people of tremendous character, and people of a bottomless faith that guided everything they did in life. They chose a new future in what was then the newest part of the new world in this enormous frontier of the great Canadian northwest on the prairies. Like so many other eastern European pioneers in the northern prairies, they plowed virgin soil to create communities through nothing but their toil and their work ethic. Why? Because they were impelled to create a brighter future for their children in a land of freedom.

I say in a land of freedom because, as the Member for Peace River alluded to, the history of Poland is a tragic one. There are very few nations which more clearly represent the concept of nationhood than Poland, as the beautiful citation from St. John Paul II articulated. Through much of history that nation was not a country with formal borders. It did not have control of its own sovereignty. That's particularly true of modern Poland.

Modern Poland was born out of the Great War in 1918 at the Treaty of Versailles but only shortly thereafter was invaded in part by the Soviets, and eventually, of course, in 1938, that Poland, interwar Poland, which struggled for its survival, ultimately was torn apart as a result of the Molotov-Ribbentrop Pact, the infamous pact between Stalin and Hitler, which divided Poland in half. That Poland went on to live the horrors of the Nazi Reich and eastern Poland the atrocities of Stalinist communism.

Sadly, Mr. Speaker, after the war, when Canadians and others fought so hard for the liberation of Europe, Poland was left behind the Iron Curtain, only to be liberated thanks to the revolution of hope and dignity led by the great St. John Paul II. That Pope, that great Polish Pope, the greatest Pole of the modern era, visited us here in Alberta, here in Edmonton, said Mass here in this community, visited St. Joseph's Basilica, not far from us.

We can see in our own country symbols of Poland intertwined in our own history. Just look at the Canadian flag, red on white. When Lord Wellington was leading the British Forces in the Napoleonic Wars, he was most profoundly impressed by the discipline and military effectiveness of his allies in the Polish hussars, who carried red and white banners. So he made red and white, in recognition of them, the colours of the British Army, which is how red and white became the colours of the standard of the Royal Military College of Canada, founded in the 1870s.

Fast-forward to the 1960s, when George Stanley, the principal at RMC, proposed the RMC flag as the model of the Canadian flag, and that was adopted by Parliament in 1965, a direct lineage between the colours of our flag and the colours of the Polish army.

Mr. Speaker, I personally have had the great privilege of visiting Poland on many occasions, representing Canada in Kraków, the great cultural and intellectual cradle of Poland, and in Gdańsk, the centre of the Solidarność movement, led by Lech Wałęsa, which ultimately led to the fall of the Iron Curtain and the liberation of hundreds of millions across Europe. I visited the museum of Polish Jewry to see the magnificent but also tragic history of the Jewish people in Poland. I visited the museum of the Polish uprising and saw there a recovered Royal Canadian Air Force Halifax bomber that was dropping supplies to support the freedom fighters rising up against the Nazis. Unforgettably, I've had the opportunity of visiting what they call the Polish Golgotha, the Nazi German death and concentration camp at Auschwitz-Birkenau.

Mr. Speaker, those places represent the pathos of modern Polish history, and we just say thank you to all of those Poles who've chosen Canada as their new home, who've helped us to build this magnificent, pluralistic democracy. I want to thank the members for this motion. Let me say, in closing, *Niech żyje Polska, long live Poland, and vive le Canada.*”

ANNUAL GENERAL MEETING MARCH 22 @ 1:00 PM

Lunch will be served at Noon

Only members can vote



FEBRUARY 2022

Evelyn Marie Oakden	February 3
Sheila Kadey	February 4
Mark Haskell	February 7
Heinz Dreimann	February 9
Don Fisherman	February 14
Bob Hager	February 14
Ken Kindjerski	February 14
Hazel Banush	February 16
Marianne Wilkat	February 16
Moneca Sorenson	February 17
Mary Wong	February 20



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
		9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Computer Class 12:00 Pickleball 1:00 Cribbage 3:00 Mahjong	9:00 Men's Coffee 9:00 Pickleball 1:00 Carpet Bowling 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 12:00 Pickleball 1:00 Cribbage 3:00 Silver Shades Podcast 3:00 Zumba	9:00 Men's Coffee 10:00 Strength & balance workout 12:00 Pickleball 3:00 Happy Hour	
6	7	8	9	10	11	12
	9:00 Men's Coffee 9:00 Table Tennis 9:00 Quilting 1:00 Quilting 1:00 Carpet Bowling	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 12:00 Pickleball 1:00 Cribbage 3:00 Mahjong	9:00 Men's Coffee 9:00 Pickleball 1:00 Carpet Bowling 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 12:00 Pickleball 1:00 Cribbage 3:00 Silver Shades Podcast 3:00 Zumba	9:00 Men's Coffee 10:00 Strength & balance workout 12:00 Pickleball 3:00 Happy Hour	
13	14	15	16	17	18	19
	9:00 Men's Coffee 9:00 Table Tennis 9:00 Quilting 12:00 Special Lunch 1:00 Quilting 1:00 Carpet Bowling	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 12:00 Pickleball 1:00 Cribbage 3:00 Mahjong	9:00 Men's Coffee 9:00 Pickleball 1:00 Carpet Bowling 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 12:00 Pickleball 1:00 Cribbage 3:00 Silver Shades Podcast 3:00 Zumba	9:00 Men's Coffee 9:00 Foot Nurse 10:00 Strength & balance workout 12:00 Pickleball 3:00 Happy Hour	
20	21	22	23	24	25	26
	9:00 Men's Coffee 9:00 Table Tennis 9:00 Quilting 1:00 Quilting 1:00 Carpet Bowling	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 12:00 Pickleball 1:00 Cribbage 3:00 Mahjong	9:00 Men's Coffee 9:00 Pickleball 1:00 Carpet Bowling 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 12:00 Pickleball 1:00 Cribbage 3:00 Silver Shades Podcast 3:00 Zumba	9:00 Men's Coffee 10:00 Strength & balance workout 12:00 Pickleball 3:00 Happy Hour 5:00 TGIF dinner	
27	28					
	9:00 Men's Coffee 9:00 Table Tennis 9:00 Quilting 1:00 Quilting 1:00 Carpet Bowling					
		* Sunday's Rocky Mountain Church Service				