



OGDEN HOUSE 50+ ACTIVITY CLUB

JANUARY 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

January 2022

HAPPY NEW YEAR

WOW, 2022. Where did 2021 go? I am glad it is over and maybe 2022 will be a better year.

Happy New Year (I hope). It is very cold out, so I hope everyone is keeping warm and now we have more restrictions.

When I wrote my December Message things were starting to look good. We had been able to open more, start more programs and now as we go into a New Year, in a deep freeze and with the Omicron variant going rampart, what can we expect for this year?

In December we had a fabulous TGIF dinner, with over 40 in attendance. Our MLA, Tanya Fir joined us for dinner and we had a special guest. Santa paid us a visit.

We also delivered 26 Christmas Food Hampers to seniors in the community. THANK YOU to all those who helped prepare, pack and deliver these hampers.

In the new year we will be looking for a few new candidates to run for our Board of Directors. If you are interested, please let us know.

As we have completed some Governance training, we are forming several committees. Anyone interested in joining one please let us know.

HAPPY BIRTHDAY to all those January Birthday Babies.

A great big THANK YOU to our wonderful staff for all the work they have done over the past year, keeping the centre going.

Hopefully things will improve over the coming months and we will get back to normal????

Take Care, Stay Warm, Stay Strong and we shall overcome this pandemic.

Ogden House Seniors Centre is one of the best, if not the BEST Seniors Centres in the city. Let us keep it that way.

Until next month. Have a great month.

Cheers Dave

EXECUTIVE DIRECTOR MESSAGE

Happy New Year 2022!!!

Hello everyone in the New Year. I want to wish each of you a lot of health, safety and lots of love in this coming year. I hope you spent this Christmas time with your family and friends and all of you had a wonderful time. A lot had happened last year, but it was not bad overall. Our center operated as normally as possible. All members and staff followed the restrictions and protocols from Alberta Health Services and the Government of Alberta. We must remember that safety always comes first!!!

In this New Year, we will have new fitness classes starting from 10:00 am to 11:00 am on January 7th. The cost is \$ 20.00 per month. It will be a 1 hour, 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 functional movement, strength, balance and stretching using a variety of tools. 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 several community centers and recreation facilities over the years. She likes to have fun and enjoys variety in her classes!

Please sign yourself up as soon as possible, the phone number 403-279-2003.

On Friday, January 14th, there will be a breakfast from 9:00 am to 10:30 am. Scrambled eggs, bacon, sausage, French toast (gluten-free) and hashbrowns plus coffee tea or juice.
\$ 8.00 for members \$ 12.00 for non-members.

On Friday, January 28th, there will be a TGIF dinner where we will serve baked lasagna with garlic bread and a side salad and Neapolitan parfait for dessert.

To order breakfast and dinner please contact us at 403-279-2003 or email us at erika@ogden50plus.org.

I wish you all the best, health, happiness and dreams come true to everyone born in January!

Sincerely

Renata Michalski



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>



ARE YOU INTERESTED IN PLAYING Pickleball? At Ogden House we started to play. Please come and join us. For detailed schedules please see our calendar at the end of the newsletter.



JANUARY

GRANDDAUGHTERS
personal care for seniors inc.



January can be a hard time of year, with the winter holidays in the rear-view. Seniors are at risk of developing the winter blues, because of their mobility issues and smaller social circles. Thankfully there are a few things that can help keep your energy levels up all season long.

HAPPY NEW YEAR

Eat Healthy

When you're low on energy your body craves sugar and simple carbs for a boost. These foods will just make you more tired, instead stick to lean proteins, vegetables, complex carbs and fruit. Also don't forget to drink your 8 glasses of water a day.

Brighten up your home

Vitamin D can really elevate your mood. Make sure to open your curtains and soak up as much daylight as you can.

Keep In Touch

Look for fun group activities to join at your local senior centre, or find a place to volunteer. If you can't see your loved ones in person, try to make time to chat over the phone or on video.

Keep On Moving

Exercise is important no matter what time of the year it is. While the winter weather might make it harder to get outside for a walk, try getting in your steps indoors, like a mall or community centre.

Don't forget to look for signs of the Winter Blues in your friends these could be:

- Oversleeping
- Weight changes
- Tiredness or low energy
- Moving slower
- Their memory is off
- Your otherwise healthy friend is getting sick a lot.

*** These of course are not all the signs and symptoms.*

Stay safe, happy and healthy this New Year



On December 17th we give thanks to the support and generosity of members, volunteers, staff and different organizations. We were able to do our Annual Christmas Hampers Program. 26 families were benefited from food hampers delivered to their doorstep so they could have a special Christmas.

These are some pictures of the work done previously to get the hampers done. Thanks again to everyone involved in this wonderful program.

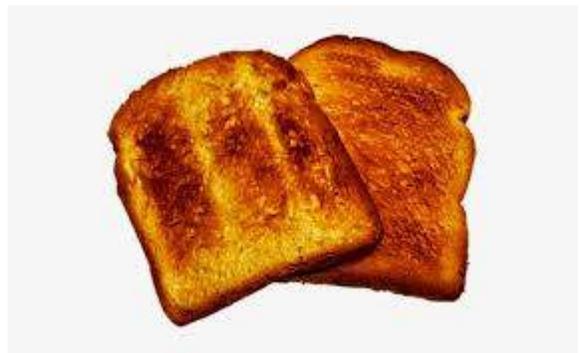


Breakfast is back at Ogden House

January 14 from 9 am to 10:30 am

Scrambled eggs, bacon, sausage, French toast (gluten free) & hashbrowns, plus coffee tea or juice.

\$8.00 for members \$12.00 non-members



ORDER DEADLINE: JANUARY 18, 2022		
DELIVERY DATE: JANUARY 27, 2022		
		
SMALL: 20 lbs / \$25.00		
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**:

December Winner:

Sue Pasveer



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 DECEMBER

Quilt: Malcom Murray
Christmas Basket: Erika Rodriguez

MEMORIES OF OUR TGIF CHRISTMAS DINNER AT OGDEN HOUSE



Wave goodbye to the old year
and embrace the new -

2022

full of hope, dreams, and good
health.
Wishing you a happy new year
full of joy!

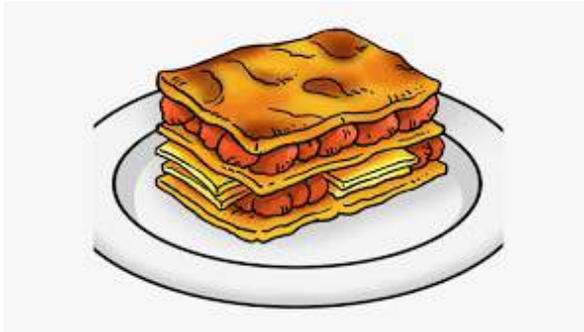


TGIF dinner to go.

Friday, January 28 we will provide a delicious dinner. 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: Baked lasagna with garlic bread and side of salad. Neapolitan parfait 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 .



Our hard working housekeepers and supervisor at the Christmas Lunch.

Thank you ladies for all the work you do to help seniors keep their homes clean and safe.





MOBILE HAIRSTYLING

Hairstyles in the comfort
of your home!

ITEM	PRICE
HAIRCUTS	\$20.00
PERMS	\$65.00 & UP
COLORS	\$45.00 & UP

CONTACT

Kaylynn Miller
403-807-9807

or

kmiller.yeoldeevents@gmail.com

FOOT NURSE

January 21-2022

FROM 9:00 am TO 12:00 pm

Please bring a towel

Your Alberta Health Card

\$30.00

Make an appointment with the Front Desk



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

403-828-0550
www.granddaughters.ca



Here are some pictures of the Carpet Bowling members and Wood Carvers. These are some of the programs currently running at Ogden House.



FITNESS EXERCISES ARE BACK AT OGDEN HOUSE

STRENGTH & BALANCE WORKOUT

Starting January 7, 2022 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



Happy New Year

BEGINNING
FRIENDS
MIDNIGHT
TIME

CELEBRATIONS
GAMES
NEW
YEAR

EXPECTATIONS
HAPPY
PARADES
JOY

FAMILY
HOLIDAY
PARTIES

FOOD
HOPE
PLANS

FOOTBALL
JANUARY
RESOLUTIONS

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

JANUARY 2022

Iryn Zayarny	January 1
Frances Nelson	January 2
Henry Bernice	January 3
Iris Allen	January 10
Wong Sher Kin	January 11
Betty Dancy	January 11
Sherry Lewin	January 16
Helga Griebel	January 20
Brian Poole	January 21
Sharleen Fraser	January 22
Don Miller	January 22
Sandy Townshend	January 23
Pat Bumstead	January 26
Brian Mann	January 27
Peter McArthur	January 28
Michael Nelson	January 30



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
			CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	
2	3	4	5	6	7	8
	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	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 Table Tennis 10:00 Strength & balance workout 12:00 Pickleball	
9	10	11	12	13	14	15
	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	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 Breakfast 9:00 Table Tennis 10:00 Strength & balance workout 12:00 Pickleball	
16	17	18	19	20	21	22
	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	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 Table Tennis 9:00 Foot Nurse 10:00 Strength & balance workout 12:00 Pickleball	
23	24	25	26	27	28	29
	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	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 Table Tennis 10:00 Strength & balance workout 12:00 Pickleball 5:00 TGIF DINNER	
30	31	* Sunday's Rocky Mountain Church Service				