



OGDEN HOUSE 50+ ACTIVITY CLUB MARCH 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

March 2022 Three weeks until Spring, Happy St. Patrick's Day, Daylight Savings in two weeks.

And hopefully the relaxing of restrictions from COVID – 19.

February is almost over and hopefully it will quit snowing.

In early February the Government removed the requirement to show QR codes on your vaccination status and on Tuesday 1 March we should no longer have to wear Face Coverings / Masks. Cross your fingers.

We have decided at Ogden House that it is your choice whether you wear or don't wear a mask. If you feel more comfortable wearing a mask, then wear a mask.

NO ONE HAS THE AUTHORITY TO CHALLENGE YOUR CHOICE.

We are starting to get more active at Ogden House. We have started with Games night on Wednesday evenings. We have had over 25 in attendance playing Mexican Train, Bid Euchre, Mah Jong, Cribbage, Pool and Pickle Ball. Other games are available. We have a Chess set and Checkers. Come out and join the gang.

On Thursday evenings they are back playing Bid Euchre.

Friday afternoons we have started to hold Happy Hour. Come and join your friends.

As well, our day time activities are going great guns. We have Carpet Bowling, Cribbage, Mah Jong, Table Tennis, Pickle and Pool. The Painters and Quilters have started. So come and join the fun.

OGDEN HOUSE ACTIVITIES CENTRE IS ONE OF THE BEST, IF NOT THE BEST SENIORS' ACTIVITY CENTRES IN THE CITY. LET'S KEEP IT THAT WAY.

On Valentines we had a great Soup and sandwich lunch enjoyed by all.

On Friday 25 February we had our monthly TGIF dinner. It was a Chinese meal, enjoyed by all.

Monday 28 February and Tuesday 1 March we had a Casino.

**OUR ANNUAL GENERAL MEETING WILL BE ON TUESDAY 22 MARCH AT 1:00 PM
LUNCH WILL BE SERVED AT 12 NOON.**

So, until next month; Stay Calm, Stay Warm and Stay Safe. We will get back together.

Cheers Dave

EXECUTIVE DIRECTOR MESSAGE

Hello everyone,

Happy St. Patrick's Day and First Day of Spring.

March 8 is International Women's Day, so I would like to take this opportunity to convey my best wishes for health, love and family satisfaction to all women because this is the most important thing.

Premier Jason Kenney announced plans to lift all COVID-19 restrictions in Alberta in early March. What does this mean for our center? If someone does not feel safe without a mask, wear a mask, as psychological comfort is especially important in these times. I am asking everyone to respect and understand others. Together, we can get through it without insulting or criticizing anyone.

I am pleased to announce that for the first time in our center there will be brunch on March 12 at 11:00. More information you can find out in our newsletter.

On February 25th we were celebrating the Chinese New Year. Thank you to all the volunteers for your help.

Our next TGIF Dinner will be on March 25th. We cordially invite everyone.

I wish all the best to all those born in March. That life will be filled with love, happiness and health!!!!

*Your birthday is in March
like the coming of the spring.
I'm constantly reminded
of the sunshine that you bring.
May you always be as happy
as you can along the way.
May the love and joy you give
be returned to you each day.*

1021G

©'06 DRS

Best Regards,
Renata Michalski



Nurse Next Door®
home care services



HOME CARE DONE DIFFERENTLY
Our Care Team is here for you 24/7

**IT'S ABOUT
CARING
NOT JUST
HEALTH CARE**

LET US TAKE CARE OF YOU

- Access companions, caregivers, and nurses 24/7
- We create customized care plans for clients and families in need of extra support
- We find the perfect match between caregiver and client to ensure all needs are met and more!

CONTACT US FOR A FREE CARING CONSULT



403-454-1399

CARE.CALGARY@NURSENEXTDOOR.COM





MARCH

GRANDDAUGHTERS
personal care for seniors inc.



“To care for those who once cared for us is one of the highest honours- Tia Walker”

March 3rd is Caregivers Appreciation Day. As a caregiver it's never too late or too early to seek support or if you are simply interested in prevention or information. Alzheimer's Calgary is an amazing resource. They offer FREE monthly webinars:

Tues, March 15 10:30-11:30am
Presentation by an Expert: Living with Dementia: Strategies to Deal with Common Issues.



Wed, March 16 10:00-11:30am
Caregiver Strategies Part 2: A Caregiver's Journey.

Wed, March 9 10:00-11:30 am
Strategies Part 1: Communication and Behaviours.

Thur, March 24 10:00-11:30am
Specific Behaviours: Bathing, Sundowning and Agitation

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.






VIRTUAL TAX CLINIC

For low income seniors. We will accept applications from March 1st to April 25.

For more information please call 403-279-2003.



| GOOD FOOD BOX | | |
|---|---|---|
| ORDER DEADLINE: MARCH 8, 2022 |  | SMALL: 20 lbs / \$25.00 |
| DELIVERY DATE: MARCH 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**:

February Winner:

Marj Irwin



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

WINNERS:

Tim Hortons card Vicky Miller

Free Dinner: Ron Harrison

TGIF dinner to go.

Friday March 25, we will provide a delicious dinner.

Dine in, pick up or deliver to the comfort of your home for only:
\$15.00 for members & \$20.00 for non-members

Dinner: BBQ Ribs, roasted potatoes, baked beans, coleslaw & dinner roll. Pecan pie with ice cream/whipped cream.



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 at 587-433-8619 and she will be happy to book an appointment. You are required to bring a towel, health care card and \$30.00 to your appointment.

Next appointment: MARCH 18 –2022

Brunch

Saturday March 12th @ 11 am

Fruit & Veg Tray

Meat & Cheese Tray

Waffles

Bacon

Stuffed Chicken with Scalloped Potatoes

Assorted Pastries for dessert

\$15 members/\$20 non-members



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



ST. PATRICK'S DAY WORD SEARCH



LEPRECHAUN

LUCKY

POT OF GOLD

IRISH

RAINBOW

GREEN

SHAMROCK

CLOVER

GOLD

MARCH

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



ANNUAL GENERAL MEETING MARCH 22 @ 1:00 PM

Lunch will be served at Noon

Only members can vote



We will have a special guest talking about the important topic of : Fraud.

MARCH 2022

| | |
|------------------|----------|
| Bernie Dick | March 2 |
| Diane St Pierre | March 2 |
| Gwen Horan | March 2 |
| Tina Peres | March 3 |
| Donald McLean | March 3 |
| Jim Bragg | March 6 |
| Neville Wells | March 9 |
| Bill Townshend | March 9 |
| Debra Nunes | March 10 |
| Mary-Leigh Doyle | March 11 |
| Gail Van Leeuwen | March 11 |
| Chris Allen | March 19 |
| Gwen Hanna | March 21 |
| Susan Endean | March 23 |
| Doris Parisian | March 27 |
| Juliette Hachey | March 29 |
| Alana Nail | March 30 |

| 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 | 11:00 Brunch |
| 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 | 29 | 30 | 31 | | |
| | 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 | | |
| * Sunday's Rocky Mountain Church Service | | | | | | |