

August 2023





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Sue Pasveer
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Duane Bumstead
Donna Martin
Irene De Froidmont

VISION STATEMENT

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

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	Titiana Vanciu	titiana@ogden50plus.org
HOUSEKEEPING Ext. 202	Zoë Tittle	zoe@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

August

Hello everyone and Happy Heritage Day!!!

There was a lot going on in July, but the highlight was the Stampede breakfast. With so many willing volunteers led by Kim, I would like to say a big thank you to everyone. I am happy to be part of the team of Ogden 50+ Activity Centre. We have an excellent group of volunteers who are always happy to help at all major events. I have said it before, but I will say it again, without your help nothing would be possible. Thank you very much to each of you for your help.

There will be a lot going on in August, so I encourage everyone to familiarize themselves with the calendar.

I wish all those born in August all the best, lots of health, joy, love and God's care.



Best regards,

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

Renata Michalski
Executive Director



Message from the Chairman

August 2023

I can not believe that summer is half over already, this means that we have half of summer left.

There are still lots of summer activities and events going on at the Centre so please keep an eye on the notice boards, Facebook, and Instagram for what is coming. Many involve my two favorite words: “Kim’s cooking”.

If you have any activities that you would like to see start in the fall, please come to a program meeting, mention it to Sonia or Renata.

Calgary is one of the only places I know where you say “Stay cool” and “Keep warm” with the same seasonal frequency.



Stay cool and drink lots (of water)

Mike G





Thank you Kim & all our wonderful volunteers who served over 260 guests at the July 15 Stampede Breakfast. You are amazing!



Reducing Hunger Today, Educating for Tomorrow

Good Food Box Program

Brought to you by the
Community Kitchen Program of Calgary

Order a Nutritious, Affordable Box of Fresh Fruits and Vegetables

Order and pick up your box at Ogden 50+

Small | \$30.00 **Medium** | \$35.00 **Large** | \$40.00

Please see Sonia to order:

sonia@ogden50plus.org / 403-279-2003 Ext. 4

Next order pick-up date: **August 24**

Payment deadline: **August 15**



What's Kim Cooking?

HAPPY HOUR SPECIAL

FRIDAY,
AUGUST 11 @ 4:00 PM

NACHOS

\$10

**BEEF & CHEESE
SIDES OF SOUR CREAM
AND SALSA
SERVES 2**

ORDER BY AUGUST 8



Breakfast

by Kim

WEDNESDAY, AUGUST 16

9:30 - 11:00 AM

\$7.00

Menu:

French Toast with Sausages

Coffee or Juice

Gluten Free Available!

Dine in only - Order by August 11



HAPPY HOUR SPECIAL

**FRIDAY,
AUGUST 25
@ 4:00**

**ITALIAN
PASTA**
SIDE OF GARLIC BREAD

\$10

ORDER BY AUGUST 22



SOUP & *Sandwich* DAY

WEDNESDAY, AUGUST 30

12:00 PM



\$7.00



DINE IN ONLY - ORDER BY AUGUST 25

**GLUTEN FREE
AVAILABLE**

***Sign up at
the front desk**



Gardening Information Session

**PLEASE COME WITH YOUR
QUESTIONS - Q&A TO FOLLOW**

🌻 WEDNESDAY, AUGUST 30TH 🌻

1:00 - 2:00 PM

IN THE GALLERY

HOSTED BY CHRISTINE POOLE & MARK HASKELL





**Thank you to all our wonderful gardeners for looking after the
garden this summer!**






Here's the Dirt - August




What a month July was, here's hoping things will calm down in August. Last month I mentioned giving container plants a "haircut" - if you didn't the hail certainly did!

Many of you will see the garden recovering after the hail, give them a shot of 20-20-20 fertilizer to help in the recovery.



Keep tomatoes and other vegetables consistently moist; inconsistent watering can lead to misshapen fruits and cracks in tomatoes. Another problem with tomatoes and peppers is blossom end rot. A scab forms on the blossom end of the fruit, although looking ugly, it means the plant is lacking in calcium and can be easily rectified by applying some Epsom salts; either liquid or scattered on the soil and watered in. The fruit is still good - just cut the scab away.



Trim leaves (not all) on tomato plants to let the sun get to the fruit. Try not to do this on a hot day, or one forecast, as the fruit could be scorched.



Perennials, shrubs and trees are starting to slowdown and so ease up on the fertilizing of these plants, energy needs to go to roots and not to new growth. You can keep this up on annuals and vegetables until freeze up. Continue deadheading annuals. Note: the hail may have done this job for you!



If only our minds and bodies were in sync think how much work could be done!

**Happy
Hour!**

Potluck Dinner

Friday, August 18

**Happy Hour
3:00 to 5:00 pm**

Potluck @ 4:00 pm

Sign up by Tuesday, August 15

Must bring a dish to participate

**Don't forget to register your dish at
the front desk!**



REMINDER

OUR NEXT PROGRAM MEETING WILL BE
TUESDAY, AUGUST 15 AT 1:00 PM IN
THE GALLERY.



REMINDER

Casino is **September 2/3!**
There are still a few (night)
positions open to
volunteer. If you are
interested, please talk to
Vicki Miller or phone **403-
279-2003**.

**WEDNESDAY,
AUGUST 9**

**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.

**CENTRE
CLOSED**

Monday, August 7

Heritage Day





REMINDER

There will be no pizza lunch or Wednesday potluck lunches in August. They will return in September!

THE OLD
FARMER'S ALMANAC

LAMMAS DAY AUGUST 1

Lammas Day marks the ancient English celebration of the beginning of the wheat harvest.

August 11 marks the end of the "Dog Days of Summer". According to the Irish, what begins on August 17?

a) The Cat Nights

b) The Dog Nights

c) The Whiskey Days

ANSWER ON PAGE 17

TRIVIA TIME

DID YOU KNOW?

August was named after Augustus Caesar! He was the first Roman Emperor and grandnephew of Julius Caesar, who July is named after.



Sandwiches were officially invented in August of 1762 by the Earl of Sandwich, who requested two pieces of bread with meat inside.



In August of 1911, the Mona Lisa was stolen and wasn't recovered for two years. Three Italian handyman hid in a closet of the Louvre overnight and in the morning, lifted the 200 pound painting off the wall. They then boarded an express train out of the city. They were caught when trying to sell the painting to an art dealer in Florence 28 months later.





sport
calgary

**ALL SPORT
ONE COMMUNITY**

August 5th, 2023

George Moss Park

11 AM - 3 PM

SportCalgary.ca

Sport Calgary's newest initiative, All Sport One Community, is a day of sport discovery tailored to YOUR community!

The goal of All Sport One Community is to engage individuals of all ages in new sports and physical activity. By partnering with local sport organizations, participants can meet passionate coaches and instructors in their neighborhood, while learning how to play new sports!

All Sport One Community was created with the whole family in mind, so bring your family and join in on the fun! Join us from 11 am-3 pm in your community, and come see all the amazing sports your community has to offer.

Feel free to come for an hour or two, or stay for the day!
Please bring a water bottle and dress in appropriate activewear.
If you have any questions, please email Hannah at
outreach@sportcalgary.ca

What Is Emancipation Day ?

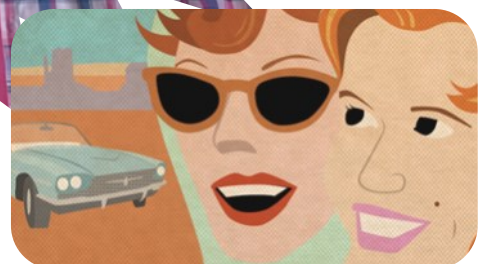


Emancipation Day is the day The Slavery Abolition Act became law in the British Empire (including Canada) and ended the practice of slavery for millions of African People and their descendants around the world. The Act became law on August 1, 1834 marking the first Emancipation Day.

**Thank you to Chef
Rosauero at Atria Canyon
Meadows for the
strawberry cream puffs!**



**Did you know Ogden 50+ have
their very own Thelma & Louise?**





Specs Quilt

Size: **55 ½" x 62 ½"**

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for
more info

Draw date: September 29



Foot Care will be at Ogden 50+

WEDNESDAY, SEPTEMBER 6

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.

COMING TO OGDEN 50+
INFORMATION SESSION

TUESDAY, AUGUST 8 @ 12:30 PM

IN THE GALLERY



Diabetic Foot Care

Neuropathy/PVD

Callus, Corn & Ingrown Nails

Orthotics & Adjustments

Shoe Fitting, Custom Toe Spacers

Leg & Foot Assessment on Every Visit

Blue Cross Direct Billing Available

FINAL SPIKE STEAM TOUR TO MARK ONE-YEAR ANNIVERSARY OF RAILWAY'S CREATION

July 18, 2023



CP 2816 steam locomotive
"The Empress"

The 2816, a 4-6-4 Hudson-type steam locomotive, was built in 1930 by Montreal Locomotive Works. It served as a roving steam-powered ambassador for Canadian Pacific throughout Canada and the U.S. before being placed in storage in 2012. Now, after a decade of slumber, the engine has been carefully prepared to once again travel the rails. The locomotive continues to undergo preparations for next year's tour, including equipping The Empress with Positive Train Control.

Today Canadian Pacific Kansas City (CPKC) announced the 2816 Empress steam locomotive will travel from Canada, through the US and into Mexico departing from Calgary on April 14, 2024, the one-year anniversary of CPKC's creation.

"Our unique, unrivaled railway network connects a continent and links Canada, the U.S. and Mexico," said Keith Creel, CPKC President and Chief Executive Officer. "On April 14, 2023, we drove a ceremonial Final Spike completing that continental connection. We look forward to proudly celebrating that historic railway moment with a special tour starring the 2816, honoring our history and looking forward to an exciting future filled with opportunities for our railroaders, customers and communities."

Following a special anniversary event in Calgary on April 13, 2024, the 2816 will depart Calgary on April 14, 2024, traveling to stops in the following cities:

Moose Jaw, Sask.
Minot, N.D.
St. Paul, Minn.
Bensenville, Ill.
Davenport, Iowa
Kansas City, Mo.
Shreveport, La.
Laredo, Texas
Mexico City, Mex.

The public will be able to see the 2816 up close in these cities with additional details about the stops and related events available early in 2024.

Have you seen CP 2816 around the neighbourhood?



Tips & Tricks

from our July 26 Gardening Info Session

Hail Damage

Have faith! Wait 4 - 5 days to see what perishes, then trim. If there is some green, then there is some hope.

After tidying up give 20-20-20 fertilizer.



Give petunias & lobelias a haircut and they will grow well. Dead head at the stem.



Rearrange perennials as follows:

If they bloom in the spring - shift in the fall

If they bloom in the fall - shift in the spring

Irises - shift in summer

Tiger lilies - carefully shift after it blooms and starts dying down



Plants that do well in Northern exposure:



Bergenia (Elephant Ears)

Pulmonaria

Hostas



🍅 Tomato Plants 🍅

Tomatoes need calcium! Add Epsom salts and water

OR

Egg shells to your soil



The Stigma of Senior Living

Has the stigma of senior living kept you from planning for the future or seeking the support you may need? If so, you're not alone. Studies and polls show over 80% of adults aged 60-80 internalize ageism and negative stereotypes about seniors. Sadly, this can lead to health issues and a reluctance to plan for what we like to call the "freedom years." Let's discuss ageism's impact on older adults and ways to reframe thoughts on retirement and senior living.

Ageism is Condoned

A basic definition of ageism is *prejudice or discrimination against people based on their age*. The person can be any age, but for now, we will focus on older adults. Alas, there's more. Ageism is not only common but **socially condoned**. Many experts say it's the number one form of prejudice that is socially accepted and even promoted. We're surrounded by it, without even realizing it. From the workplace, to advertisements, to medical care: ageism continues to reinforce harmful stereotypes, especially between older and younger generations.

Some media examples include portraying older adults forgetting where they put their clean pants and seniors unable to understand basic financial concepts or needing their grandchildren to explain cell phone usage. According to a 2021 study, "common negative stereotypes about older people include their suffering from poor health and loneliness, physical and cognitive incompetency, unproductivity" and more.

I'm too Young and Active to be in Senior Living

You may have heard someone say, "I'm too young, too active, to move into a retirement home." This statement reveals a belief in a stereotype that older adults residing in community settings aren't living vibrant, purpose-fueled lives. Most residents in any

senior living community would take offense to this. Typically in senior living communities there are dozens of interest groups led by staff members and the residents themselves. You will often meet residents who are still working or running a business, have involvement in government, they may be an author, or a showcased artist. There are a plethora of other ways residents are "living their best and most vibrant life" at senior living communities! Many residents often say once they move in they had wished they moved years earlier! Many build friendships, and various relationships that are very meaningful and contribute to a fulfilled lifestyle.

Ageism Can Cause Health Problems

In the poll mentioned earlier, conducted by the University of Michigan's Institute for Healthcare Policy and Innovation, AARP, and, Michigan Medicine it was discovered that "older adults who experienced more forms of ageism were also more likely to have a chronic health condition such as diabetes or heart disease than those reporting fewer forms." The Healthcare industry believes this sometimes happens because older adults are embarrassed to seek medical care or are afraid of being judged

for their age and struggles. This can lead to health concerns going undiagnosed until they develop into a serious crisis.

Internalizing ageism can also affect a person's mental health. The same study revealed that people who experience more personal ageism report higher levels of depression and a more negative view of their happiness.

Ageism and the stigma of senior living can be a big bundle of uncomfortable thoughts wrapped in a sense of helplessness. **How do we combat this socially condoned prejudice?**

As with anything good, it starts with each person. Ask yourself if you have inadvertently displayed ageism toward someone else. Have you internalized false ideas about your age? And our favourite way to fight ageism: embrace,

embrace, embrace your age (and those of others)! There is beauty and vibrance in every age, every season especially the "freedom years."

Limitless Opportunities

Adults nearing retirement age and who choose senior living communities are about to enter their "freedom years." Or in other words, a season full of:

- Staying in your house (which can become an unfunded liability for seniors) can limit your options; whereas with senior living, the opportunities become limitless. Research has shown, seniors who embrace residing in a community, live longer and are healthier. They have more time for:
 - Continuing education and developing multi-generational relationships
 - Fitness programs designed by educated professionals
 - Spiritual growth and companionship
 - Pursuing dreams and passions that were put on hold while raising families and building careers
- Freedom from home maintenance
- Freedom from yard work
- Freedom from the chore of cooking every single meal
- Freedom to focus on what they want to do rather than what they have to do

Don't let the stigma of senior living or ageism keep you from embracing this season in your life or hinder your planning for the future.

Article from the Calgary Herald

Thank you to Juliette to the submission!

August - National Dog Month

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

BULLDOG
DACHSHUND
GREAT DANE
WEIMARANER

MALTESE
SHIH TZU
BICHON FRISE
BOXER
SCHNAUZER

DALMATIAN
PUG
POODLE
AKITA
BEAGLE

AIREDALE
BASSET HOUND
LHASA APSOS
LABRADOR
TERRIER

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 dalmatians. 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
zoe@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

**August 11 marks the end of the
"Dog Days of Summer".
According to the Irish, what
begins on August 17?**

ANSWER:

a) The Cat Nights

**Named for the witches they believed came
out to prowl as the nights grew longer**

Hidden Object July Winner

ZYRULE MALONEY

Answer: Pages 6, 9 & 11





Birthstone
Peridot

HAPPY BIRTHDAY



Birth flower
Gladiolus

Valerie T - August 1

Bill N - August 2

Dorothy L - August 3

Judy N - August 7

Raylene R - August 7

Claude S - August 15

Michael W - August 16

Linda S - August 18

Jackie W - August 20

Phyllis G - August 22



Leo

July 23 - August 22

There are exciting changes coming your way, Leo. Though it may be scary, remember that change can be for the better and can lead to immense success. You are being pushed out of your comfort zone, but the rewards will be worth it.

Susan J - August 24

Trudy K - August 24

Kim M - August 25

Jackie S - August 26

Margaret P - August 29

Carol S - August 30

Helen P - August 31



Virgo

August 23 - September 22

Your artistic side wants to take to the airwaves in some way. You have the ability to inspire a many people. Take this ability seriously and make use of your creative talents. Don't allow your perfectionist side to stand in your way.

BUSINESS CLASSIFIEDS

IS IT TIME TO DOWNSIZE??

Is Your Current Home Too Large or Too Hard To Maintain?

Call for a **FREE, NO OBLIGATION, Consultation**

- Find Out What You Need To Do To Get Ready To Sell
- Find Out What Your Current Home Is Worth
- Find Out What Housing Options are Available



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Senior Real Estate Specialists

403-605-3774

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info@TheMolzanTeam.com



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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
August	31	1	2	3	4	5
Cribbage 12:00 PM Daily	9:00 Men's Coffee 9:30 Table Tennis 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 2:00 Shuffleboard 3:00 Mahjong 3:00 Pickleball 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 10:00 Art Therapy 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 10:00 Caregiver Group (Gallery) 11:00 Table Tennis 1:00 Pickleball 3:00 Pickleball 3:00 Happy Hour	11 - 3 PM Pickleball
6	7	8	9	10	11	12
10:30 - 2 Church Auditorium 4:00 Pickleball	CENTRE CLOSED Heritage Day	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 12:30 Foot Nurse Info 2:00 Shuffleboard 3:00 Pickleball 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 1:00 Carpet Bowling 1:00 Conversation Café 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 10:00 Caregiver Group (Gallery) 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour 4:00 Nachos by Kim	11 - 3 PM Pickleball
13	14	15	16	17	18	19
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:30 Table Tennis 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 1:00 Program Meeting 2:00 Shuffleboard 3:00 Pickleball 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 9:30 Breakfast by Kim 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 10:00 Caregiver Group (Gallery) 11:00 Table Tennis 1:00 Pickleball 3:00 Pickleball 3:00 Happy Hour 4:00 Potluck Dinner	Rental 8:30 - 7 PM
20	21	22	23	24	25	26
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:30 Table Tennis 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 2:00 Shuffleboard 3:00 Pickleball 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 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 10:00 Caregiver Group (Gallery) 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour 4:00 Italian Pasta by Kim	11 - 3 PM Pickleball
27	28	29	30	31	1	2
4:00 Pickleball	9:00 Men's Coffee 9:30 Table Tennis 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 2:00 Shuffleboard 3:00 Pickleball 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:00 Care Connect (Gallery) 12:00 Soup & Sandwich 1:00 Carpet Bowling 1:00 Gardening Info 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		