

OGDEN 50+ ACTIVITY CENTRE

 @Ogden50Plus

 @Ogden50Plus



Ogden 50+ Activity Centre
2102 – 69 Avenue SE, Calgary, AB T2C 3Y4
ogden50plus.org 403-279-2003





BOARD EXECUTIVE 2023

CHAIR	Dave Swanson
VICE	Darleen Bowser
2nd. VICE	Bill Chepil
TREASURER	Marjorie Irwin
SECRETARY	Mike Gale
DIRECTORS	Sue Pasveer
	Don Miller
	Duane Bumstead
	Dan MacLellan
	Frances Nelson

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

Hello everyone,

I wish you all a happy Valentine's Day!

January flew by so fast that I did not have time to look around and we are already in February. I hope everyone is healthy and doing well.

On February 14 we invite everyone for tea and cake to celebrate St. Valentine.

Why is this day important?

"It originated as a Christian feast day honouring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world."

Please check our website and calendar for all activities. If you have any questions, please call our centre and we will be happy to assist you.

For all who were born in February I wish all the best - lots of love and happiness and of course the best of health.

R. Michalski

Renata Michalski
Executive Director



Message from the Chairman

February 2023



February already. Only 50 days until Spring. Happy Valentine's Day, and happy Family Day.

We had a great January. The weather was good, except for a few days. But we are Canadian and can take the weather. A fabulous New Year's Eve party. Great food, fabulous music and a grand time by all. We celebrated Chinese New Year. Had a great brunch. Our TGIF dinner was grand. Lots of great food, music and haggis. Thank you to Kim and helpers for our meal, Tony for the music and Darleen Swanson for the haggis.

THANK YOU to all the Volunteers who continually help us out.

We have been busy this month, Games Night, cards and other activities. If you are interested come on out and join the fun.

HAPPY BIRTHDAY to all you February babies and those celebrating an anniversary.

We have our Annual General Meeting planned for March. So, watch for the announcement.

With Valentine's Day around the corner, please remember to pick up those flowers and chocolates for your loved ones.

MEMBERSHIP

Membership to Ogden 50+ Activity Centre is January 1 to December 31.

If you have not renewed your membership for 2023, then technically you are not a member. For new members, your first visit is free. Your next visit will require a \$5 drop-in fee. If you'd like to continue using the facilities, your membership fee will be \$30.

Please see the front desk to renew your membership.

So in closing, take care, stay warm and stay safe. Let's keep Ogden 50+ the BEST Seniors Activity Centre in Calgary.

Until next month.

Cheers Dave





Fun Facts About February

- ♥ February is one of the most misspelled words in the English language. The White House has even misspelled it in a press release!
- ♥ Between the North and South hemispheres, February is the equivalent of August.
- ♥ February comes from the Latin word "februum" meaning purification. It was named after an early Roman spring cleaning festival.
- ♥ The odds of being born on February 29th are about 1 in 1,461.
- ♥ In Welsh, February is known as "y mis bach," meaning little month.

Robbie Burns TGIF Dinner - January 27th

Thank you as always to Kim for the delicious meal & Sue for being our wonderful host.



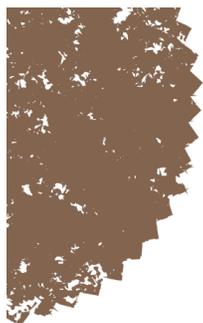
**SCOTTIE
BLESSING
THE
MEAL**



**DARLEEN
PRESENTS
THE
HAGGIS**



**WORLD'S
CUTEST
BARTENDER**



Beginner Card Making

Tuesday, Feb 7 - 1:30 - 3:00 PM

FREE for members

No previous skills needed! Sherry will lead you in completing 2 fun themed cards to make and take. All supplies provided.

Beginner Scrapbooking

Tuesday, Feb 21 - 1:30 - 3:00 PM

FREE for members

Sherry will lead you in completing your first scrapbook page. You may bring 2-4 photos but not necessary. All supplies provided

Sign up with Sonia or email sonia@ogden50plus.org



VALENTINE'S TEA

TUESDAY, FEBRUARY 14
1:00 PM

Order by:

February 9

Beverage of your choice (coffee, tea, juice)

Valentine's Treats



\$5



February is Black History Month

Here are 3 Black Calgarians who changed the city's history:



Oliver Bowen

1942-2000

Engineer who designed and launched the CTrain system



Virnetta Anderson

1920-2006

First Black city councillor



Violet King

1929-1982

First Black female lawyer in Canada

Article from CBC News—
February 24, 2021

Conversation Café

- Free
- Volunteer-driven
- Supportive, informative and encouraging
- Casual and informal
- No solicitation of any kind

For more information check out dementianetworkcalgary.ca

The next cafe is: **February 8**

Ogden House Conversation Cafe
2nd Wed each month at 1pm
2102 - 69th Ave SE,
Contact: dementianetworkcalgary.ca
or call 403-290-0110

RECOVERY COACHES ALBERTA

WE'RE HERE TO HELP



CANADA POST

WALKING SIDE BY SIDE WITH YOU ON YOUR JOURNEY OF RECOVERY

ADDICTION CAN BE INSIDIOUS, QUIET, AND KNOWS NO BOUNDARIES.

GIVE US A CALL
LET'S TALK

SAFE, CONFIDENTIAL,
COMPASSIONATE
AT NO COST.

587-358-2999

Coping With Change

An Emotional Wellness Presentation

Wednesday, February 8, 2023 11:45-12:15
Ogden 50+ Activity Centre | Auditorium

Do you sometimes feel overwhelmed by the changes happening to you and around you? Join us in discussing life's changes and how to cope with them.



Jackie Herman

B.A., MSW, RSW



Thank you to the wonderful and talented
Sue Pasveer for teaching us how to make
dryer balls!



Sandy's birthday party
Saturday, January 27th
Happy birthday, here's to
many more!



Your mental health matters

Symptoms of Seasonal Affective Disorder

Many people go through short periods of time where they feel sad or not like their usual selves. People may start to feel down when the days get shorter and begin to feel better in the spring, with longer daylight hours. In some cases, these mood changes are more serious and can affect how a person feels, thinks, and handles daily activities. If you have noticed significant changes in your mood and behaviour when the seasons change, you may be suffering from SAD, a type of depression. Common symptoms include:

Changes in appetite or weight

Having problems with sleep (too much or too little)

Feeling sluggish or agitated

Feeling hopeless or worthless

Social withdrawal

Difficulty concentrating

Losing interest in activities you once enjoyed

What can you do help?

Try to get as much natural light as possible, even a brief lunchtime walk can be beneficial. Sit near windows when you're indoors and make your home space light and airy. Try to exercise as much as possible and eat a healthy, balanced diet. If you know someone who is struggling, reach out. If you are experiencing symptoms regularly, please speak with your healthcare practitioner.

Information from: National Institute of Mental Health - "Seasonal Affective Disorder"
[nimh.nih.gov/health/publications/seasonal-affective-disorder](https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder)

What's Kim Cooking?



TGIF FEBRUARY

Taste of Italy

Friday, February 24

Happy Hour 3 - 5

Dinner served at 5:30

Menu

Caesar Salad

Lasagne with meat sauce

Garlic Bread

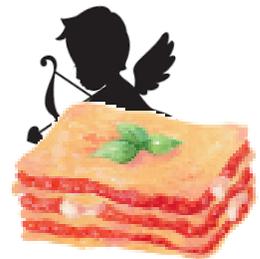
Dessert

Strawberry Cheesecake

with chocolate sauce & whipped cream

***Gluten free options available**

**\$20 Members/\$25 Non-Members
Order by Tuesday, February 21**



OGDEN HISTORY MINUTE

When the Second World War started, thousands of Calgarians enlisted in the Armed Forces, but hundreds of others did their part for the war effort by staying home and manufacturing munitions.

In 1940, the Canadian Pacific Railway's Ogden Shops became a gun factory, turning out naval artillery and mountings for the Canadian Navy, and later, 105-mm howitzers for the U.S.

The Ogden Shops, built in 1913 as the railway's western repair depot, had always been a busy facility, but the pace increased during the war, with CPR employees working on the 12-pounders and other guns made in Calgary.

Although CPR employees were experienced in machining, much of the equipment required to service steam locomotives and rail cars was not suitable for the precision work required to make guns. As the pace of gun building increased, the huge shop was refitted with up-to-date machine tools, and with single-purpose machines for such tasks as boring and rifling the long gun barrels.

The Ogden Shops, named after a senior CPR executive, were a welcome addition to Calgary's economy when they opened in 1913. Most of the employees lived in the community of Ogden that grew nearby, and the shop set the rhythm for daily life.

"We kept time by the whistle from the Ogden Shops," said Art Boote.

The whistle signalled the start and end of shifts and breaks. It was so much a part of Ogden life, it lent its name to the community's local history book.

"That's where my dad got the name for the book, the Ogden Whistle," said Boote.

Ogden was not spared the effects of the Depression, but rather than fire people outright, the CPR put people on "short time," said Arthur Teale.

-Excerpt from the Calgary Herald, March 11, 2021



CANADIAN PACIFIC RAILWAY ARCHIVES ©

Quilt - "Memories, Photo Frames"



Size: 52" x 70"

Tickets:

\$3 each or

3 for \$8

Support our Quilters and
the Club!

Phone 403-279-2003 for
more info

Draw at February 24th TGIF



FootCare

Every third Friday of each month we have foot care at Ogden House

Contact Tracey Dubas directly at **587-433-8619** to book an appointment.

You are required to bring a towel, health care card and \$30.00 to your
appointment.

Next appointment: February 17

ELVIS PRESLEY

WORD SEARCH PUZZLE



- | | | | |
|------------------|---------------|----------------|---------------|
| ALL SHOOK UP | GIRL HAPPY | JAILHOUSE ROCK | PRISCILLA |
| BLUE HAWAII | GLADYS | KID GALAHAD | ROCK AND ROLL |
| BLUE SUEDE SHOES | GRACELAND | KING CREOLE | ROUSTABOUT |
| BURNING LOVE | GUITAR | LISA MARIE | SPINOUT |
| COLONEL PARKER | HOUND DOG | LOVE ME TENDER | SUN RECORDS |
| DON'T BE CRUEL | IN THE GHETTO | MEMPHIS | TUPELO |

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 Cupids. 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

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 511 – Traveller Information Services 611 – Telus

403– SENIORS 403-736-4677 The Way In Network

Hidden Object January Winner

COR PASVEER

Answer: Page 3, 13, 18



January TGIF Winners

Free Dinner: Scottie Porter

Door Prize: Don Fisherman

Toonie Draw: Darrell Forster



HAPPY Birthday

WE WISH YOU
ALL THE BEST

Brenda O - February 2

Evelyn O - February 3

Sheila K - February 4

Mark H - February 7

Ernest B - February 9

Heinz D - February 9

Jo W - February 11

Ken K - February 14

Bob H - February 14

Don F - February 14

Richard A - February 15

Marianne W - February 16 

Hazel B - February 16

Moneca S - February 17

Gary V - February 18

Mary W - February 20

Donna M - February 25



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
FEB	30	31	1	2	3	4
		Cribbage 12:00 PM Daily	9:00 Men's Coffee 9:00 Pickleball 12:00 Pizza Lunch 1:00 Carpet Bowling 3:00 Zumba 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 Chinese New Year Lunch 2:00 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Pickleball (WS) 3:00 Happy Hour 4:30 Auditorium Booked	Auditorium Rental
5	6	7	8	9	10	11
Church Auditorium 3:00 - Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 1:00 Carpet Bowling 3:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 1:30 Beginner Cards 2:00 Shuffleboard 3:00 Mahjong 3:00 Pickleball (WS) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:30 Potluck Lunch 11:45 Presentation: Coping with Changes 1:00 Conversation Cafe 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 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Pickleball (WS) 3:00 Happy Hour	Auditorium Rental
12	13	14	15	16	17	18
Church Auditorium 3:00 - Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 1:00 Carpet Bowling 3:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 1:00 Valentine's Tea 2:00 Shuffleboard 3:00 Mahjong 3:00 Pickleball (WS) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:30 Potluck Lunch 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 Euchre	9:00 Men's Coffee 11:00 Seated Fitness 12:00 Table Tennis 12:00 Foot Care 2:00 Pickleball 3:00 Pickleball (WS) 3:00 Happy Hour	11 - 1 PM Pickleball
19	20	21	22	23	24	25
Church Auditorium 3:00 - Pickleball	Centre Closed: Family Day	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 1:00 Program Meeting 1:30 Beginner Scrapbooking 2:00 Shuffleboard 3:00 Mahjong 3:00 Pickleball (WS) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:30 Potluck Lunch 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 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 2:00 TGIF Set-Up 3:00 Happy Hour 5:00 TGIF Dinner	11 - 1 PM Pickleball
26	27	28	1	2	3	4
3:00 - Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 1:00 Carpet Bowling 3:00 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 (WS) 6:00 Woodcarvers				