

July 2023





BOARD EXECUTIVE 2023

CHAIR	Mike Gale
VICE	Darleen Bowser
2nd. VICE	Bill Chepil
TREASURER	Marjorie Irwin
SECRETARY	Frances Nelson

DIRECTORS

Sue Pasveer
Don Miller
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

Hello everyone, have a great summer and Happy Canada Day!!!

I would like to welcome Lochlan Reed, our summer student.

Lochlan has just graduated from high school and will be assisting us at the front desk, helping members and staff.

I hope you and your family are doing well. The weather is beautiful so let's take advantage of it, because as we all know, 40 centimeters of snow fell in Jasper on June 19th. Well, in Alberta, the weather can surprise us at any time.

July is a very special month in Calgary because we have the Stampede. A little history of the Stampede – in 1912 Guy Weadick introduced the first Calgary Stampede. There were no loading ramps or the eight-second rule. The horses were saddled and mounted in the middle of the arena. If the cowboy stayed in the saddle, he rode until the horse stopped bucking. I think there is something to celebrate, and I invite everyone for a big stampede breakfast on July 15th from 9 am to 11 am. Also there will be live music and lots of fun.

I encourage everyone to familiarize themselves with the calendar of what will be happening in the centre.

I wish all those born in July all the best, above all a lot of health, love and God's care.



Best regards,

Renata Michalski
Executive Director





Message from the Chairman

July 2023

Hello fellow members, some of our activities and events are taking a summer vacation but will be returning in the fall. If you have any ideas for activities over the summer, please let Sonia know.

I have been told that Kim has a few fun food plans, including a Stampede Breakfast on July 15.

Have a great summer and stay hydrated.



Mike G

Thank you Lochlan for all your help with the newsletter this month!



What's Kim Cooking?



FRIDAY, JULY 21

APPETIZER BUFFET

4 PM

**Menu: Chicken Wings, Potato Skins,
Sweet & Sour Meatballs**

All Items Gluten Free

\$7.00 - Dine in only

Pre-order by July 18

WEDNESDAY, JULY 26

LUNCH BY KIM

12 PM



Soup & Sandwich



\$5.00 - Dine in only

Gluten Free available

Pre-order by July 21

Stampede Breakfast



Saturday, July 15
9 AM - 11 AM
with live country music 🎵

***Please see Sonia if you are interested in volunteering!**

REMINDER

There will be
NO pizza lunch
or potlucks in
July and
August

We have a Caregiver Group
using our Gallery from
10 AM - 12 PM
every Friday from
July 7 to August 25
Please be respectful and
welcoming!

Upcoming Programs

***Sign up at
the front desk**



Gardening Information Session

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

WEDNESDAY, JULY 26TH

1:00 - 2:00 PM

IN THE GALLERY

HOSTED BY CHRISTINE POOLE & MARK HASKELL




From the Garden:
Thank you to Kim for the pictures!





HAPPY HOUR PUB TRIVIA


FRIDAY, JULY 28



Happy Hour
3 - 5 PM

Trivia with Tony
4 - 5 PM

Dinner by Kim
5 PM



Menu:

Roast Beef with Gravy & Yorkshire Pudding

Side of Vegetables

Gluten Free Available

\$7.00 - Dine-in only

Pre-order by July 25

On what date was "Ogden House Senior
Citizens' Club" incorporated in 1975?

November 15

December 1

January 25

October 12

Answer on page 11

FINANCIAL PRESENTATION

TUESDAY, JULY 25 2 – 3 PM

**Learn how to pay less taxes and have more
disposable income each month**

Refreshments, giveaways and prizes!

No sign-up required



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

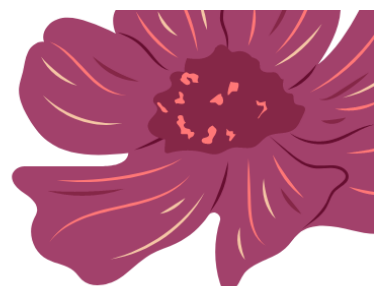
Please see Sonia to order:

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

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

Payment deadline: **August 15**





Here's the Dirt - July

Hard to believe it's July and the days are getting shorter albeit minutes a day. Plants start slowing down their growth after the middle of July in order to download and build up their root system to help survive the winter.

If you haven't already pruned your lilacs, prune them ASAP. This is in order to get loads of blooms next year, do not leave this job until the fall.

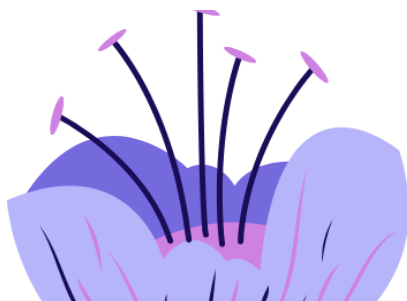
Continue dead heading annuals and even giving them a "haircut" if they look straggly. This is a good thin to do if you are going away for a few days - saves a lot of dead heading when you return and you will be blessed with a new flush of blooms.

Watering: this question came up in the program so here is a break down. The best time to water is in the morning before the sun is too strong, this prevents loss through evaporation. Also avoid getting the leaves wet as droplets can act as a magnifying glass, especially on hot, sunny days. Evening watering can cause mold and other fungi to form on the leaves if wet. Ideally, a soaker hose thread through the garden where the water can go directly to the roots.

A fertilizer with a high middle number is beneficial for perennials although ease up after the middle of July. However, you can keep fertilizing annuals (flowers and tomatoes, etc.) right until fall.

This is the time to relax and enjoy your garden; seeing and tasting the fruits of your labour.

Old gardeners never die, they just spade away.



Weekly Farm Stand MOCA Parking Lot



Fridays
1 PM - 6 PM



Support local
calgary.ca/localfood



In partnership with:



fresh routes



BC
Orchards



TRIVIA ANSWER:

On what date was "Ogden House Senior
Citizens' Club" incorporated in 1975?

December 1

Fresh BC Blueberries!

Coming to Calgary!

When: Friday, July 14th 2pm-3pm

Where: Ogden 50+ Activity Centre

2102 69 Ave SE, Calgary, AB T2C 3Y4

Price: \$35 for a 10lbs Box of Fresh Berries

Have Questions or Want to Reserve a Box?

Call: 250-302-9470

Email: hi@bcberry.ca

Pre-order Online: bcberry.ca/order

Payment is only required at time of pickup!

Thank you! We can't wait to share our bountiful harvest with you!

Fun Fact!

Blueberries were called “star fruits” by North American Indigenous peoples because of the five-pointed star shape that is formed at the blossom end of the berry.



National and International Days In



1
Canada day
National Gingersnap day

2
world UFO day

3
National eat your beans
day
International drop a rock
day

4
Independence day
National Caesar salad day

5
National Hawaii day
National Apple turnover day

6
National Fried Chicken day

7
World Chocolate day
National day of Rock 'n'
Roll

8
National raspberry day
National Freezer pop day

9
National sugar cookie
day

10
National Pina Colada day
National kitten day

11
Cow appreciation day
National 7-eleven day
National Mojito day

12
National eat your Jello day
National Pecan Pie day

13
National Barbershop Music
Appreciation day

14
National French Fry day
World Kebab day
National Tape Measure day

15
National Gummi Worm day

16
World Snake day
National Ice Cream day

17
National Lottery day
World Emoji day

18
World listening day
Nelson Mandela
international day

19
Nation sour candy day

20
National Hot Dog day
Global Hug Your Kids day

21
National Moon day
International Chess day

22
National Junk Food day

23
National day of the Cowboy
National Hammock day
National Mango day

24
Gorgeous Grandma day
National Parents day

International Self Care day
National Cousins day
National Drive-thru day
National Amelia Earhart day
National Tequila day

25
National Wine and Cheese
day

National Merry-go-round
day

26
National Bagelfest day

27
National Scotch day
National Creme Brulee day

28
National Waterpark day
Buffalo Soldiers day

29
International Tiger day
National Chicken Wing day
National Lasagna day

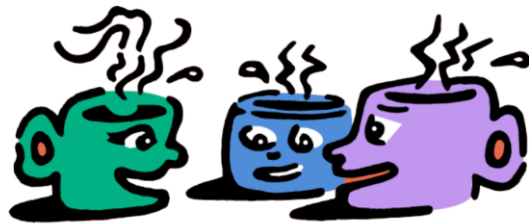
30
International Day of
Friendship
National Father-in-law day
National Cheesecake day

31
World Ranger day
National Avocado day
National Mutt day
National Raspberry Cake day



**WEDNESDAY,
JULY 12**

**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.

NEWSFLASH

**DEMENTIA
IS **NOT**
CONTAGIOUS**



**VISIT THEM
HUG THEM
HOLD THEIR HANDS**

*DON'T LET THOSE THAT FORGET
BECOME THE FORGOTTEN !*

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+ on WEDNESDAY, JULY 26 FROM 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. Patients with a prescription can be billed directly to Blue Cross. Please bring your health card to your appointment.

Canada Day Word Search

Find the words hidden in the grid below.



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



ALBERTA
FLAG
MONTREAL
PATRIOT
UNIFICATION

BEAVER
LEAF
ONTARIO
TERRITORIES
VANCOUVER

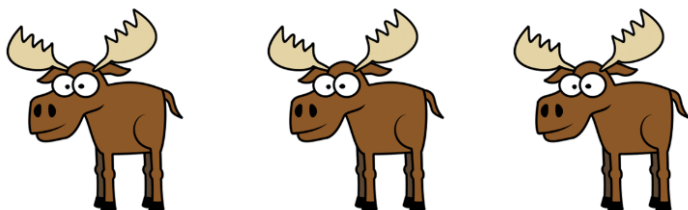
CANADA
MAPLE
OTTAWA
TORONTO
YUKON



www.thefairyprint.com

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 moose. 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 GETS A
\$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

Hidden Object June Winner

SHIRLEY BULLOUGH

Answer: Pages 7, 12 & 16
(+ BONUS TIE ON PAGE 6)



June TGIF Winners

Free Dinner: Jackie Combden

Toonie Draw: Margaret Oelrich

Rag Quilt: Renata Michalski

Door Prizes: Shirley Bullough,
Fay Yoner, Jackie St. Pierre



Lynne M - July 1
Terry N - July 1
Mary Anne F - July 1
Barb M - July 2
Juergen P - July 3
Ted W - July 4
Rolande L - July 4
Gail R - July 5
Trish H - July 6
Marilyn G - July 6
Donna D - July 9
Irene D - July 9
Anne C - July 9
Christine T - July 10
Robert W - July 14
Sybil G - July 15
Murray Y - July 17

Christine R - July 18
Linda M - July 18
Mary Lou M - July 20
Del M - July 21
James G - July 21
Colleen W - July 22
Lois R - July 23
Laurel W - July 24
Don G - July 25
Mike L - July 27
Doug B - July 29
Sharyn G - July 28
Lorna S - July 28
Patricia B - July 29
Dairdre T - July 30
Darleen B - July 30



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



Debra & Peter Molzan
Senior Real Estate Specialists

403-605-3774

www.TheMolzanTeam.com
info@TheMolzanTeam.com



Assisting Seniors & Their Families Since 1991

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Riverbend. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

4 LIMITLESS SERVICES: Small company with affordable rates for home maintenance projects.

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
July	3	4	5	6	7	8
Saturday July 1 HAPPY CANADA DAY! 11 - 3 PM Pickleball	CENTRE CLOSED	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 (BG) 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 (BG) 3:00 Happy Hour	11 - 3 PM Pickleball
Sunday, July 2 10:30 - 2 Church Auditorium 4:00 Pickleball						
9	10	11	12	13	14	15
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 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 (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 10:00 Art Therapy 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 2:00 BC Blueberries 2:00 Stampede Setup 3:00 Happy Hour	Stampede Breakfast 9 - 11 AM 12 - 3 PM Pickleball
16	17	18	19	20	21	22
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 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 (BG) 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 (BG) 3:00 Happy Hour 5:00 BBQ by Kim	Auditorium Rental 8:30 AM - 7 PM
23	24	25	26	27	28	29
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 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 Servus Presentation 2:00 Shuffleboard 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 10:00 Art Therapy 10:00 Foot Care 11:30 Lunch by Kim 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	9:00 Men's Coffee 10:00 Seated Fitness 10:00 Caregiver Group (Gallery) 11:00 Table Tennis 1:00 Pickleball (BG) 3:00 Happy Hour - Pub Trivia	11 - 3 PM Pickleball
30	31	1	2	3	4	5
4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball					
Cribbage 12:00 PM Daily Walk 10 AM Daily						20