
 @Ogden50Plus

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June 2023



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



Photo from Parkland Peonies – Okotoks, AB



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 Vice Chair

June 2023

I am filling in for our illustrious leader and Chairman, Mike Gale. Mike is recovering from eye surgery, and we all wish him a speedy recovery.

June is finally here which is normally our first glimpse of summer weather. May surprised us with hotter than normal temperatures but we won't complain.

A group of volunteers have done a beautiful job of renewing our front flower beds. Thank you all.

We all appreciate the great work that Kim does in our kitchen - but we need to take into consideration that she is running a business and needs to focus her time and attention to her work.

We will be celebrating Father's Day June 16 with a BBQ
(see sign up sheet).

We also have two teams that will be representing us June 11 at the Bowling Fundraiser @ Bow Cliff Seniors. Good luck!

Hurry Back Mike
Darleen B

A Night in June

by William Wordsworth

The sun has long been set,
The stars are out by twos and threes,
The little birds are piping yet
Among the bushes and trees;
There's a cuckoo, and one or two thrushes,
And a far-off wind that rushes,
And a sound of water that gushes,
And the cuckoo's sovereign cry
Fills all the hollow of the sky.
Who would go "parading"
In London, and "masquerading"
On such a night of June
With that beautiful soft half-moon,
And all these innocent blisses?
On such a night as this is!



Message from the Executive Director



Happy Father's Day!!!

Wow, it is about to be the first day of summer and the longest day of the year. Time is rushing by so fast - many people will be going on vacation. May you have a safe journey and a nice rest.

Seniors' Week is also approaching too, so I want to wish you all the best.

Many thanks to Mark Haskell and everyone who helped with the flower garden at the front of the building. It looks amazing, but I need help with watering to keep the garden looking beautiful all season.

There is a lot going on in the centre, so I encourage you to check the calendar and bulletin boards.

I wish everyone born in June a lot of health, joy, and God's care! Happy Birthday!!

Best regards,

Renata Michalski
Executive Director





Rest in Peace

Brenda Oswald

February 2, 1952 – May 6, 2023

Brenda was born in Regina, Saskatchewan. She travelled Western Canada in her early adult years until settling in Calgary in the 80s, where she met her future husband, Randy Oswald. Brenda married Randy Oswald in 2004 but was widowed in 2008. She was a member of, and volunteered, with Ogden 50+ in her retirement years and enjoyed all the activities there.

Brenda is survived by her son and daughter-in-law, Aaron and Stacey of Calgary, AB; brother Kevin of Nanaimo, BC; brother and sister-in-law, Les and Bonnie and their daughter Morgan of Coldstream, BC; brother and sister-in-law Ray and Jacquie Oswald of Calgary, AB; as well as her boyfriend Ron Dye of Calgary, AB; and numerous cousins, and friends.

What's Kim Cooking?

TGIF

FRIDAY, JUNE 23

"Happy Father's Day"

MENU

**Steak & Baked Potato
Baked Beans, Coleslaw, Buns & Butter
Dessert: Ice Cream Sundae**

\$20 Members/\$25 Non-Members

Happy Hour 3 - 5

Dinner 5:30

Dance to follow

Pre-order by June 20

FATHER'S DAY BBQ LUNCH

Burger with ripple chips & lemonade

\$7.00

Friday, June 16 @ 1:00 PM

*Dine in only

GF available

Pre-order by June 13

KIM IS ON HOLIDAY!

STARTING:

FRIDAY, JUNE 30

RETURNING:

FRIDAY, JULY 14

We will miss you



TABLE TENNIS

4 tables/16 people can play 4 times a week

Schedule:

Monday 9:30 - 1:00 PM

Tuesday & Thursday 9:30 - 10:45 AM

Friday 11:00 - 1:00 PM

All equipment provided

PICKLEBALL

June Schedule:

Sunday 4 PM

Monday 7 PM

Tuesday 12 PM & Beginner 3 PM

Wednesday 9 AM & 7 PM

Thursday 12 PM & 7 PM

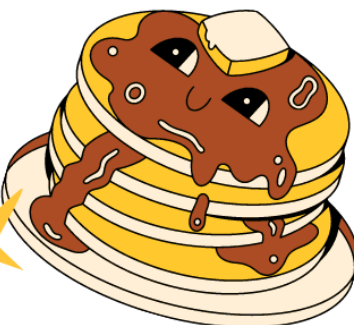
Friday 1 PM & Beginner 3 PM

*TGIF set-up Friday, June 23 @ 2

Saturday 11 AM - 3 PM

*No pickleball Saturday, June 10 & 17

Stampede Breakfast



2
SLICES
\$5

PIZZA LUNCH
12:00 PM

WEDNESDAY

JUNE 14



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

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

Here's the Dirt - June

Planting and clearing the garden should be almost finished, however the smoke and heat may have slowed things down. If you still have more planting, wait until the evening when it will be cooler and the plants will have a chance to recover overnight. If you have to plant in the heat, shade the roots for a few days.

Some perennials take time to begin growing. If they have not appeared before July 1st the chances are they have not overwintered.

Now is a good time to stake and tie tall plants as it can be difficult once they have grown to their full height.

Deadhead any of the Spring perennials and you may get a second blooming (depending on the weather). It is important to deadhead peonies, the plant will now send all its strength to the roots and not into making seeds. If you want to split them, wait until late August or early September. I will talk about this later in the season as I have had many questions on this subject.

Fertilizer: First number on fertilizer package is for leaves and greenery and applied in Spring. Second number for fruit and flowers and applied in the Summer. Third number is for strong roots and applied in the Fall.

If you keep losing hand tools in the garden, try wrapping the handles in bright coloured electrical tape.

Remember, don't get down without a plan on how to get up!!

PLANTS HAVE FEELINGS TOO



NATALYA LOBANOVA





Tips & Tricks

from our Gardening Info Session

🌸 Peonies - The Divas of the Flower World 🌸

When they're finished blooming, cut down the spent flower stalks

Plant them shallowly and separate in late August or early September

Our experts recommend **bone meal** to ensure stronger growth

Having problems with low light or difficult soil?

Try using compost to moisten the soil

Try plants like the ligularia (leopard plant) that thrive in the shade



Did you know?

You can plant garlic straight from the grocery store!
The downside is it can take over 10 months to harvest...

Issues with aphids? 🐛

Combine 3-4 tbsp liquid soap in 1 gallon of water, spray plants
OR

Cover a yellow cup in Vaseline for a homemade fly trap

Upcoming Programs

MARIA KUPREEVA, MSC RD PRESENTS

HEALTHY AGING AND NUTRITION

JOIN A DIETITIAN FOR DISCUSSION &
Q&A SESSION



TOPICS COVERED

- Role of nutrition in aging
- Changes to expect and how to tackle them
- When to seek help
- Ask Questions!

JOIN US AT OGDEN 50+
MONDAY, JUNE 19
FOR AN HOUR FREE PRESENTATION
11:30 AM - 12:30 PM

GOLDENAGENUTRITION.CA



Coming Soon...

Bowling Stones II

Our 2nd Annual Lawn Bowling Fundraiser!

Sunday June 11th, 2023 at 1:00pm

Bow Cliff Seniors: 3375 Spruce Drive SW



A lawn bowling afternoon to celebrate our amazing seniors!
Sign up on a team or join us for a fun afternoon. Contact your activity
centre for more details.

Thank you to our Sponsors:



R&D Retirement Solutions



CHARTwell
retirement residences



Northeast Eyeopener Lions Club

Everyone Welcome - Free Admission - Food & Beverages Included with Registration



MOVE 'N MINGLE

Last day of this session:
Thursday, June 8

Upcoming assessments:
Thursday, June 1
10:45 - 12:00 PM

Tuesday, June 13
10:45 - 12:00 PM

Thursday, June 15
10:45 - 12:00 PM

Next session begins:
Tuesday, June 20

PHONE LIZ @ **403-955-1554** TO REGISTER





Caregiver Support Program

Community Conversation with JFSC's

This conversation will identify who caregivers are, what caregivers contribute, and the impact of caregiving on caregivers' own health and wellbeing, explore support options to cope with caregiver stress, and provide information on JFSC's free Caregiver Support Program.



June 12 2023 at 2:00PM
Parkdale Nifty Fifties Seniors Association
3512 5 Ave NW
Call the office at 403-283-0620 to register

www.pdnf.org



Care Bear Quilt -

Drawn at Mother's Day Tea

Winner: Gord Roy

**WEDNESDAY,
JUNE 14**

**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.



REMINDER

OUR NEXT PROGRAM MEETING WILL BE
TUESDAY, JUNE 13 AT 1:00 PM IN THE
GALLERY.

Register now for FREE:

The Story of You ART THERAPY

Sessions will include mindfulness practices to prepare for expressive art-making including painting, drawing, collage and sculpting.

Wednesdays
July 5-August 2
10am-12noon
5 Week Registered Series



Register by June 28.
Call 403-279-2003 or
Email sonia@ogden50plus.org



Kristen

What is art therapy?

Art therapy is a form of therapy that uses creative arts as a means of expression and communication. It can help individuals cope with stress, trauma, and mental health concerns. Art therapy combines the creative process and psychotherapy, facilitating self-exploration and understanding. Using imagery, colour and shape as part of this creative therapeutic process, thoughts and feelings can be expressed that would otherwise be difficult to articulate. We believe that everyone has the capacity for creativity and self-expression. Your art therapist, Kristen will help you tap into your inner artist and use art as a tool for self-discovery and healing.

Who is facilitating the class?

Kristen is a practicum student for the Masters of Psychotherapy and Spirituality in Art Therapy. She is currently in her 3rd year of study, working on her practicum hours. She is passionate about helping people and believes in the powerful combination of counselling therapy and the arts. Her approach to therapy involves guiding clients through experiential interventions and mindfulness-based art therapy methods to achieve therapeutic goals. Her counselling style is grounded in compassionate communication and a supportive therapeutic relationship. Kristen is supervised by Heidi Pedersen, a registered art therapist, who consults with her on cases. You can contact her at resonanceartstudio@gmail.com

Do I need to be an artist?

No, you don't need to have any artistic skills or experience to benefit from art therapy. Are you hesitant to try art therapy because you're not an artist? Don't worry! Kristen will guide you every step of the way. Art therapy can be especially helpful for individuals who have difficulty expressing their emotions through words. It provides a safe and non-judgmental space for self-expression and exploration.

What happens during an art therapy session?

The art therapist will guide you through various mindfulness, meditation and art-making exercises and techniques during an art therapy session. You may be asked to draw, paint, or sculpt using a variety of materials. The art therapist will then help you explore the emotions and thoughts that come up during the creative process. You may be invited to share with the group, but you decide what you are comfortable sharing.

Do I need to attend all the sessions?

Ideally, yes. The registered series is intended to be attended by those who register for the 5 weeks. This is not a drop-in class. If you need to miss a class for a week, no worries! We look forward to seeing you again the following week. If you anticipate missing more than one week, please indicate this when you register.



VERTIGO THEATRE

#161 - 115 – 9 Ave SE / phone 403-221-3708

Celebrate Seniors Week with our two one Act Plays in Senior Matter II at Vertigo Theatre June 8-11. Tickets: tickets@vertigotheatre.com. Ticket price for seniors \$25.00. Come celebrate Seniors Week and enjoy these two one act plays! Bill C773 will make you think about recent events impacting Seniors...

It is a controversial, speculative fiction where the combining forces of the grey tsunami; skyrocketing health costs and increased use of MAID (Medical Assistance in Dying) intertwine to create a shocking future for Canadian Seniors! while..... The Replacement will leave you with a laugh... The Replacement is a poignant and funny one-act play set in a middle-class living room. Widower Norman nervously awaits his friend from work for a cozy dinner, his first since his wife passed away. But when a younger stranger arrives in her place, they both learn a lot about the challenges of letting go and reaching out.

OGDEN 50+ ACTIVITIES - EXPLAINED

BY: SUE PASVEER



Game Night

Game Night? What game? Who chooses? Who is coming? All questions I asked when Game Night was first announced, but I figured, let's go and see who shows up. If nothing else we could just play shuffleboard or pool. Guess what, there are real board games available too, Racko, Sequence, chess and checkers, tile rummy, plus sets of 6,9,or 12 dominoes. Also a cribbage board and lots of decks of cards. So, lots of choices, or you can bring your own game, and teach others to play.

Currently there is a group playing Mexican train (dominoes). 2 people playing Sequence, and a variety of Pickleballers. Sometimes some crib players too. A request for someone to play chess would be appreciated. The game tables for pool and shuffleboard are also available. Decide on a game, bring a partner or come on your own and we'll find a place for you, and teach you how to play. We can still learn something new. "It's better than staying home, watching reruns (or sports)".

Game night goes Wednesday night from 7:00-9:00....so you can still drive home in daylight, for a couple months anyway! Come and give us a try. You might get hooked on games night, Lots of laughs and a little friendly competition.





Rabbits on the walk

Our Puzzle Corner has tons of new puzzles! Located in the Gallery



DARLEEN SWANSON
2023 Faces of Community



Darleen is an exceptional volunteer whose dedication and unwavering commitment make her an invaluable asset to the Ogden 50+ Activity Centre. Her innate understanding of the centre's needs is truly remarkable, as she anticipates and takes care of tasks without even being asked. Darleen's contributions are evident in every aspect of the centre's operations. From ensuring we have beautiful decorations for various occasions to meticulously maintaining a clean kitchen, she leaves no stone unturned. Whether it's restocking supplies or managing the water softener, Darleen's attention to detail and proactive approach ensure that everything runs smoothly and efficiently. Her remarkable ability to stay on top of tasks that keep the centre running is truly commendable.



Green Line LRT

Join us to learn about Green Line's 78 Avenue Project

To prepare for the Green Line LRT, a significant construction project will begin this summer in your community. Please join us to learn more about what you can expect during construction. Please note, the same information will be presented at both sessions.

Information Session I: Tuesday, June 13, 2023, at the Millican Ogden Community Association (2110 69 Avenue S.E.) from 6-8 p.m.

Information Session II: Saturday, June 24, 2023, at the park located at 7626 27 Street S.E. from 2-4 p.m.*

**In the event of bad weather, this event will be cancelled, and additional pop-up sessions will be scheduled for the following week.*

[Calgary.ca/GreenLine78Ave](https://calgary.ca/GreenLine78Ave)

**Golden Giveaways
50/50 Raffle**

**Enter
to Win**

Ticket Prices:

100 for \$100

20 for \$50

4 for \$20

1 for \$10

Draw Date - June 11

Purchase online at:

rafflebox.ca/raffle/bowcliffseniors

“Rag Quilt”



Size: 48” x 67”

Tickets:

\$3 each or

3 for \$8

A light throw to use throughout the warmer days ahead. A soft cozy flannel on the back with colourful blocks surrounded by fuzzy frayed seams on the front.

Phone 403-279-2003 for more info

Draw date TBD



Foot Care will be at Ogden 50+ on WEDNESDAY, JUNE 14 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.



Help Us Remember

Canada's Fallen Peacekeepers



Since June 29, 1948 (UNTSO – Palestine) Canada has provided Peacekeeping military personnel, Army, Navy and Air Force, for service around the world in an effort to support the United Nations in its efforts to help bring peace to troubled lands. The Canadian Association of Veterans in United Nations Peacekeeping (CAVUNP) was established in 1986 to honour fallen Peacekeepers and to support the families of those who willingly suffered the supreme sacrifice.

Canadians have served on United Nations Peace Enforcement and Peacekeeping missions in disputed territories around the world including Korea, the Congo, Cyprus, Bosnia, Croatia, Gaza Strip, Golan Heights, Haiti, Central African Republic, Vietnam, Rwanda, Afghanistan and Mali in Northwest Africa. During these missions, dozens of Canadian military personnel have given their lives in the service of peace.

On the 9th of August 1974, during the United Nations peace mission in Egypt, on a flight to Damascus, the Canadian Buffalo aircraft #115461 was shot down by Syrian Armed Forces killing all 9 Canadian military personnel on board. The Syrians claimed it was an accident. During over 75 years of U.N. International Peace Support operations, this was the largest single incident loss of life during which Canadian soldiers have been involved. In honour of these brave souls and their sacrifice the Government of Canada proclaimed the 9th of August as Canadian Peacekeepers Day on June 18, 2008.

Every year on the Sunday that falls closest to the 9th of August the members of the Colonel Donald S. Ethell (Calgary) Chapter of CAVUNP honour our fallen Peacekeepers including the “Buffalo Nine”. This is also the time that we honour the Memorial Cross families as we remember their loved ones. The names of our fallen Peacekeepers are forever remembered as their names are engraved on the Wall of Honour at Calgary’s Peacekeepers Park in Garrison Green.

This year, 2023, marks the 75th anniversary of the first Peacekeeping mission, the United Nations Truce Supervisory Organization (UNTSO) and will be held at Peacekeepers Park on August 13 with the service beginning at 1130 hours. Everyone is welcome to attend and to remember those living and deceased who have fought for the peace enjoy in this country.



ALEXANDRITE

BARBECUE

D-DAY

DIPLOMA

FATHER'S DAY

FLAG DAY

GARDEN

GEMINI

GRADUATION

HONEYSUCKLE

JUNE

JUNETEENTH

LEMONADE

LONGEST DAY

OUTDOORS

PEARL

PICNIC

ROSE

SOLSTICE

STRAWBERRY

SUMMER

THIRTY DAYS

VACATION

WEDDING

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 bowties. 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: _____

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 May Winner

PAT SULEK

Answer: Pages 9, 11, 13



May TGIF Winners

Free Dinner: Travis Allen

Toonie Draw: Vi Denton

Door Prize: Trish Hoffman

Loon Draw: Mark Haskell



Gail N - June 1	Mary H - June 17
Mike O - June 1	Pat S - June 19
Sarah H - June 3	Lona F - June 19
Byron G - June 3	Dale C - June 20
Joe M - June 6	Don G - June 26
Heinz J - June 6	Garnet A - June 26
Kelly W - June 8	Judy H - June 27
Edith K - June 8	Amalia R - June 29
Vicky F - June 9	Diana P - June 29
Brenda H - June 11	Susan C - June 29
Beth W - June 13	Dean B - June 30
Bob S - June 16	Jacqueline S - June 30



June Birth Flower

ROSE



The rose symbolizes friendship, love and appreciation. You are a romantic person by nature. You are outgoing and make friends easily. You are quick to forgive and excel in times of difficulty.

Are you a retired/semi retired trades person that wants a fun job to keep busy and supplement your income? We have the perfect opportunity for you to use your skills! The DIY Training Center runs classes teaching homeowners how to do their own home renovations and is looking to hire several part time trainers to facilitate these courses. We are looking for a jack-of-all trades that has experience in many aspects of home renovations including tiling, vinyl plank flooring, framing, finishing carpentry, bathroom renovation, basic plumbing, electrical, door hanging etc. A ticket in a particular trade will also be very helpful. Please only apply if you have a trades background such as a carpenter. This is a contract position with part time hours but is perfect for someone retired / semi-retired that just loves teaching and wants to pass on their knowledge and skills. Hours are flexible as we run courses every day of the week but we are looking for people that are available to work daytime, evening and weekends as well. What is MOST important is that we are looking for someone that has a genuine interest in helping homeowners achieve success with their DIY projects by showing them how to do it right. No updated resume? No worries.

Please reply and tell us all about yourself.

ABOUT US

Check out our website at diytrainingcenter.com for more details and to get an insight about our business.

Job Types: Part-time, Casual Part-time hours: 5-20 per week Salary: \$25.00 per hour



Email: office@diytrainingcenter.com



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.

AD SPACE FOR
RENT
YOUR AD HERE
\$10 PER MONTH
PHONE 403-279-2003 EXT. 202

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
June	29	30	31	1	2	3
Cribbage 12:00 PM Daily Walk 10:00 Daily	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 Mahjong 3:00 Pickleball (BG) 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 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Pickleball (BG) 3:00 Happy Hour	11 - 3 PM Pickleball
4	5	6	7	8	9	10
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 Seniors Week	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 Volunteer Appreciation Day 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 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Pickleball (BG) 3:00 Happy Hour	Auditorium Rental 8:30 AM - 7 PM
11	12	13	14	15	16	17
Lawn Bowling @ Bow Cliff 1:00 PM <hr/> 10:30 - 2 Church Auditorium <hr/> 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 10:00 Fit Minds 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 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 10:00 Foot Care 11:30 Pizza Lunch 1:00 Conversation Café 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 11:00 Table Tennis 1:00 Father's Day BBQ 1:00 Pickleball 3:00 Pickleball (BG) 3:00 Happy Hour	Auditorium Rental 8:30 AM - 4 PM
18	19	20	21	22	23	24
Father's Day 10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 11:30 Nutritionist 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 Mahjong 3:00 Pickleball (BG) 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	9:30 Painting 10:00 Multicultural Fiesta 10:00 Ladies Coffee 3:00 Zumba 7:00 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 11:00 Fit Minds Grad (Chartwell) 1:00 Pickleball (BG) 2:00 TGIF Set-Up 3:00 Happy Hour 5:30 TGIF Dinner	11 - 3 PM Pickleball
25	26	27	28	29	30	1
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 Mahjong 3:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:00 Care Connect (Gallery) 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 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Pickleball (BG) 3:00 Happy Hour	24