



OGDEN 50+ ACTIVITY CENTRE

 @Ogden50Plus

 @Ogden50Plus

MAY 2023



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



Victoria Day Parade 2022 - Photo from downtownvictoria.ca ©



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 Chairman May 2023

Prairie spring has arrived! This means the occasional late snow fall. It just makes us appreciate the sunny warm days even more. With the change in seasons it is time to plan gardens, day trips to local attractions and other outdoor fun. At the centre we have started to plan outside activities, programs and the occasional Bar-B-Que.

This month we are looking forward to the Community Cleanup (May 6), our traditional Mother's Day Tea Craft and Bake Sale (May 13), Breakfast by Kim (May 18) and T.G.I.F. Dinner (May 26).

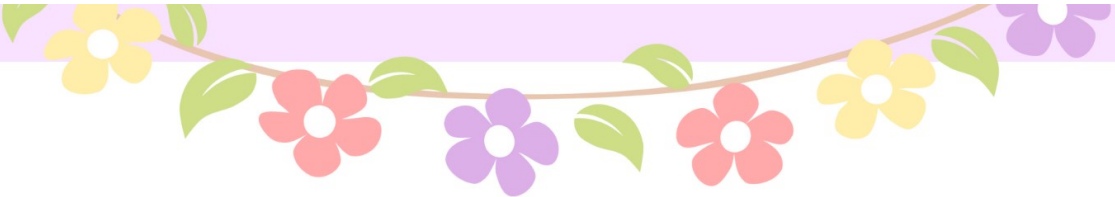
I have heard it said that if you know someone for more than 7 years, they are no longer a friend. They are family. It has been my experience that at Ogden 50+ it does not take that long. I have been told by outsiders that the members and staff genuinely care about each other like no other Centre in the city. This is something I am very proud of and we all should be equally proud.

Everyone get out and enjoy the Spring and Summer because sadly it will be Fall and Winter before you know it.

Mike G

Meet the 2023 Board of Directors





Message from the Executive Director

Hello everyone,

Happy Mother's Day and Victoria Day!!!

Finally, a little warmer; I think a lot of people are tired of this cold weather.

May is the most beautiful month of the year for me because everything comes to life. Finally, we can go for a walk, which I strongly encourage everyone to do. From May 1st, we start with a walking group from 10:00 to 10:30. Please let the front desk know if you are interested.

I cordially invite all moms on May 13th for coffee, tea, and goodies. It will be a lot of fun - please bring a loved one with you. More information in the newsletter, on our website and on Facebook.

Happy birthday to all May babies, lots of love, happiness and health!

Best regards,

Renata Michalski
Executive Director





Life is better with friends.

And a housekeeper.

And a driver.

And a chef.

And more.

Let us show you all the ways our senior living community can make your life better.

After a life of work, chores and responsibilities, you've earned the right to spend your time as you please.

We offer a simplified lifestyle that allows you more time to do what you love.

Come to visit !

Meet our CHEF and see your future HOME

Canyon Meadows Retirement Residence

12 deerview Terrace S.E
403.278.4004



CANYON MEADOWS RETIREMENT RESIDENCE

OPEN HOUSE

**MAY 6- SATURDAY
10AM-4PM TOURS**

Please come and see why
People call us **HOME**
All-inclusive rent with many
amenities we **LOVE**



PLEASE CALL MAGGIE

To book your time for Tour

12 DEERVIEW TERRACE SE 403.278.4004



MOTHERS' DAY TEA CRAFT & BAKE SALE

Saturday, May 13

10 AM - 2 PM

Tickets \$7.00

Menu

☀☀ Finger Sandwiches ☀☀

☀☀ Desserts ☀☀

☀☀ Coffee, tea or lemonade ☀☀

*Baking donations accepted

Table rental \$30.00

Sell your own artwork, crafts or jewelry

Call 403-279-2003 Ext 4 to reserve your table

Deadline: May 11

EVERYONE WELCOME!

Marvelous May!

Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.



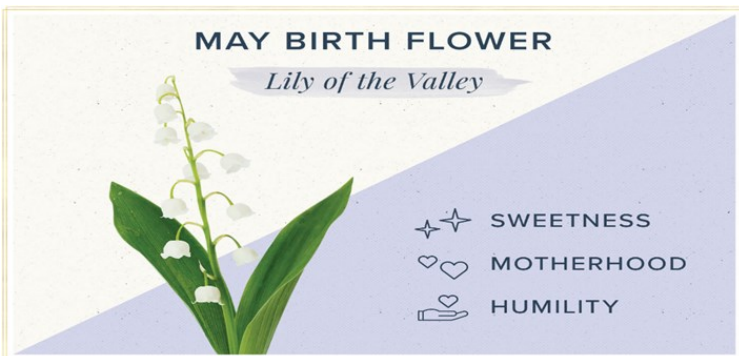
May's full Moon, called the Flower Moon, appears on Friday, May 5.



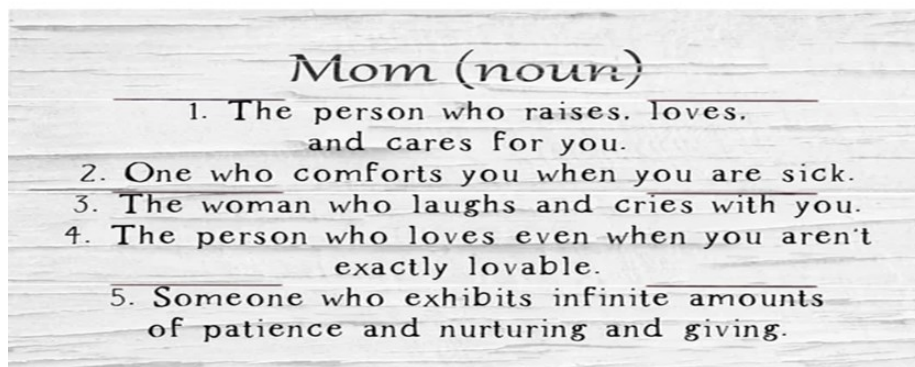
May was once considered a ill-omened time to get married. The old adage goes: "*Marry in May and you'll rue the day.*"



Mother's Day Fact: The oldest first-time mother in the world was 70 when she gave birth in 2009.



May's birthstone is the **emerald**. Emeralds are a symbol of rebirth, and are believed to grant their owner **foresight, good fortune, and youth**. Emerald is derived from the word *smaragdus*, meaning **green** in Greek.



What's Kim Cooking?

TGIF - FRIDAY, MAY 26

Happy Mother's Day

Happy Hour 3 - 5

Dinner 5:30

Dance to follow

MENU

Stuffed Chicken Breast
with gravy/Broccoli Cheese
Rice/ Steamed Peas & Carrots/
Dinner Buns with butter
Dessert: Strawberry Shortcake
Gluten free available

Pre-order by May 23

\$20 Members/\$25 Non-Members
Protein free option available at \$12.00



BREAKFAST

Thursday, May 18

9:30 - 11 AM

\$7.00

Dine in only

**Pancakes, scrambled eggs,
sausages & bacon
Gluten free available**

Pre-order by Monday, May 15

Coming in May

SPRING HAS SPRUNG

**WATCH FOR ICE CREAM,
SALADS, FRUIT & YOGURT**

Available for Sale
See Kim for Details

OGDEN 50+ ACTIVITIES - EXPLAINED

BY: SUE PASVEER

Potluck Sandwich Lunch

Every Wednesday a group gets together to share sandwiches. We call it a potluck because participants each bring 2 sandwiches (all fillings welcome), one for themselves and one to share with someone who didn't bring a sandwich. If you didn't bring anything, you pay \$3 to the lunch fund.

We have 4 talented bakers who rotate bringing dessert. We bring the sandwiches to the kitchen by 11:45 so they can be plated and distributed to the hungry folks at 12. The first Wednesday of the month is **Pizza Day**. Sign up sheets are up two weeks before, you can request a favourite flavour! Popular choices are Hawaiian & Meat Lovers. Cost is \$5 for two pieces, payable on the day. Pizza arrives around noon.

Lunch is a great opportunity to get to know other members. Come and go or stay for a game of cribbage, shuffleboard or carpet bowling!

Next month: Game Night Explained





Here's the Dirt - May



It's May and we are all anxious to get in our gardens; however, don't be too quick - after all this is Calgary!

Rake any debris collected over winter but wait for the thorough cleaning until mid to late May. This gives the beneficial insects time to wake up and be ready to start work for the season.

Many think perennials are "plant and forget;" they could, possibly be with the following considerations at planting time: location - does it require sun or shade, closeness to buildings, shade from nearby trees, condition of the soil to name a few? As these do not bloom all season think of plants that will bloom at varying times. At this time never underestimate the value of a few annuals dotted in the borders - these, if deadheaded regularly, will bloom all summer.

Containers: You can purchase them already planted as they look full with loads of blooms, but they tend to outgrow their pots by mid-summer and look ragged. You can plant your own, it's a way of getting your hands in the soil and are at a higher level than ground! They may look sparse for a couple of weeks, but you can go for coffee at Ogden House and come home to find they have filled the spot! When planting keep the root balls away from the container edge as the mid-summer heat may burn the roots.

Avoid putting cold sensitive plants e.g.: tomatoes, peppers, etc. outside until the first week of June and even then, be aware of the weather and be prepared to cover if cold weather threatens.

Gardeners, don't you wish our backs had hinges?

Gardening Information Session

PLEASE COME WITH YOUR
QUESTIONS - Q&A TO FOLLOW

✿ WEDNESDAY, MAY 24TH ✿

1:00 - 2:00 PM

IN THE GALLERY

HOSTED BY CHRISTINE POOLE & MARK HASKELL

***Sign up at
the front desk**



Upcoming Programs



**COME WALK WITH US AT
OGDEN 50+ ACTIVITY CENTRE**

Starting May 1

**Daily walk Mon - Fri
10:00 - 10:30 am**

**WEDNESDAY,
MAY 10**

**Conversation Café
Dementia**



**1:00 - 3:00 PM
Gallery**



AQUASIZE

with Louise

Tuesday's July 4 - August 22
11:00 am - 12:00 pm

PRICE \$50 - \$70 FOR 8-WEEKS OF CLASSES
 Cost based on number of participants
 Minimum 14 registrations required

Register by May 26 at the front desk

Classes held @
 Millican Ogden
 Outdoor Pool



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

WOOD CARVERS CLUB

AT OGDEN 50+ ACTIVITY CENTRE
 2102-69 Ave SE

IS OPEN TO NEW MEMBERS.

Tuesdays 7:00pm-9:00pm



If you are interested in joining or if you have wood working tools you would like to donate

PLEASE CONTACT JERRY MURPHY
 403-256-0630

★ Famous May Birthdays

Plato
May 21, 428 B.C.

Martha Jane Canary or
 "Calamity Jane"
May 1, 1852

John Wayne
May 26, 1907

Malcolm X
May 19, 1925

Audrey Hepburn
May 4, 1929

Bob Dylan
May 24, 1941

Cher
May 20, 1946

Horoscope

April 20 - May 20



May brings unexpected changes, twists and turns, and the need to adapt to the cosmic forces of change. This can be particularly felt between May 1 and 5, which is when Pluto goes retrograde and the full moon lunar eclipse arrives. During this time, the universe is assisting us in clearing from our lives what no longer serves us, bringing a time of release and letting go.

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:



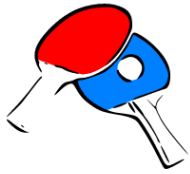
Everyone Welcome - Free Admission - Food & Beverages Included with Registration

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



A BRIEF HISTORY OF TABLE TENNIS

AT OGDEN 50+

by Don Fisherman

In last month's article on table tennis I mentioned that Ogden 50+ has been the home club of many well known and world class table tennis players. In this article I'll introduce them to you. Many of you will certainly remember Verla Boyle, a long time member. Verla was a World's Seniors' Master's Player and very often represented Calgary in Zone 3 at the Alberta Seniors' Games. She played table tennis all over the world and had won more trophies, medals and ribbons than you could shake a stick at. Verla would always play with beginners as well as advanced players and she always made them feel welcome.

Mike Ebanks was a very well known table tennis player in Jamaica and the Caribbean. He won many local tournaments plus he played in many Canadian open men's tournaments before moving to Calgary, joining and playing at Ogden 50+. Mike had excellent control of the ball when he played and was an incredible defensive player (chopper) who could always lob a high arcing ball back onto the table. Unfortunately, both Verla and Mike have recently passed away.

Currently, we have Peter Zvengrowski playing regularly with us. Peter is a Canadian Provincial umpire who played in and officiated in many Canadian National tournaments. A highly regarded player, Peter is the past president of the Alberta Table Tennis Association. He has organized several Canadian National Championships, has represented Canada with the International Table Tennis Federation and participated in a provincial sports exchange with our Chinese sister province, Heilongjiang. Peter's wife Elaine, another excellent player, was a very highly respected table tennis player throughout her native Vietnam.

Over the years table tennis at Ogden 50+ has been played by people from Hong Kong, Holland, Malaysia, Germany, Russia, Egypt, Scotland, Poland, China, Jamaica and even a few from North America (I'm sure I missed a few countries). We are men, women and married couples. We are, and have always been, an incredibly diverse and multicultural activity and are always on the lookout for new players regardless where they come from or their level of play. We play mornings on Monday, Tuesday, Thursday and Friday and we happily invite you to join us. You can't beat table tennis for lots of fun and good exercise.

“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 TUESDAY, MAY 2 & 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.



LET'S THINK LONG-TERM AND SAVE THE
OGDEN BLOCK, NOT JUST BECAUSE OF ITS
PAST, BUT ALSO BECAUSE OF ITS FUTURE.

7044 Ogden Road SE

1914 - Hong Lee Laundry. Boarding house with 18 rooms for rent upstairs.

1916 - Extension to Ogden Military Convalescent Hospital (located in former Ogden Hotel) for recuperating WW1 soldiers.

1919 - Residences. Ice cream store on main floor approximately 1950s or 60s.

2021 - Building purchased by City of Calgary. To be demolished for Green Line construction.

Ogden's Community Revitalization Plan has identified the building as a heritage asset that would enhance future main street development. With Green Line development on the way, this is the perfect opportunity for the building to be used as commercial/office space, a café/restaurant, or artist space!

Despite its recent recognition, and despite the fact that the City has no plans for that particular site, the goal remains to destroy it.

Our community is about to lose our last historical commercial building - a landmark on our main street - and for no identified reason.



Members of the Millican Ogden Heritage Group rally outside the historic building at 7044 Ogden Road that they are hoping to save from demolition on Wednesday, April 5, 2023. The building, originally a Chinese laundry, has been slated for demolition as part of construction for the Green Line. Gavin Young/Postmedia

To voice your support,
contact the Ward 9 office at:

403-268-5330
ward09@calgary.ca

Councillor Gian-Carlo Carra
Ward 9, City of Calgary
c/o Office of the Councillors
PO Box 2100, Stn M
Mail Code #8001A
Calgary, AB T2P 2M5

For more information or to
help support the heritage
in our community, contact:

The Millican Ogden Heritage Group
at bonnylynn98@gmail.com

SPRING

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



APRIL SHOWERS
BUNNIES
COTTONTAIL
GREENERY



BAREFOOT
CHICKS
GALOSHES
REFRESHING



CRYPTOGRAM #5

This quote by John Lennon demonstrates how he felt about materialism in the world.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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O O ' T
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- T T O
 Q R Q P F P Q F J D E A

T . T '
 F J P K H X R F D

- T T O
 Q R Q P F P Q F J D E A

T O .
 F J P O C E Y K P L

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 ice cream treats 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 March Winner

MARY WONG

Answer: Pages 7, 12, 14



April TGIF Winners

Free Dinner: Vicki Miller

Toonie Draw: Cor Pasveer

Door Prize: Marilyn Gorveatt

Prize Draws: Gerald Melanson &
Darleen Swanson

Happy Birthday!

Barb W - May 1
Maruiz M - May 1
Pat M - May 2
Cheryl W - May 3
Gregory I - May 3
Chuck B - May 4
Margaret M - May 5
Frank S - May 6
Christine H - May 10
Dan W - May 11
Janet S - May 12
Catherine B - May 13
Gerry S - May 14
Jim Z - May 14
Corinne S - May 15
David H - May 17
Gil T - May 19
Dorma J - May 19
Ian M - May 20
Bill C - May 20
Donna K - May 21
Christine M - May 22
Howie C - May 22
Frank O - May 23
Pat A - May 23
Vicki M - May 24
Janet K - May 26
Susie R - May 26
Ron H - May 27
Carol F - May 28
Rod V - May 28
Jackie C - May 28
Dave S - May 29





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 House 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**



LIVING WITH DEMENTIA

1. Agree, never argue
2. Divert, never reason
3. Distract, never shame
4. Reassure, never lecture
5. Reminisce, never say "remember"
6. Repeat, never say 'I told you'
7. Do what they can do, never say "you can't"
8. Ask, never demand
9. Encourage, never condescend
10. Reinforce, never force

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
May	1	2	3	4	5	6
Cribbage 12:00 PM Daily Walk 10:00 Daily	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 10:00 Foot Care 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 12:00 Pizza Day 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	Community Clean Up 8 - 4 *no parking* 11 - 3 PM Pickleball
7	8	9	10	11	12	13
10:30 - 2 Church Auditorium 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 11:30 Potluck 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 Pickleball 3:00 Pickleball (BG) 3:00 Happy Hour	Mother's Day Tea 10 - 2 PM
14	15	16	17	18	19	20
Mother's Day 10:30 - 2 Church Auditorium 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 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 9:30 Breakfast by Kim 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
21	22	23	24	25	26	27
10:30 - 2 Church Auditorium 4:00 Pickleball	CENTRE CLOSED: VICTORIA DAY	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 Gardening Info 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 (BG) 2:00 TGIF Set-Up 3:00 Happy Hour 5:00 TGIF Dinner	Auditorium Rental 8:30 - 7
28	29	30	31	1	2	3
4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 10:00 Fit Minds Grad (Chartwell) 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			