

OGDEN 50+ ACTIVITY CENTRE

April 2026

HAPPY
Easter

RENEW YOUR SPIRIT, EMBRACE THE JOY



@Ogden50Plus
@Ogden50Plus

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



BOARD EXECUTIVE 2026

CHAIR Dave Swanson
 VICE Darleen Bowser
 2nd. VICE Frances Nelson
 SECRETARY Irene de Froidmont
 TREASURER Don Miller

DIRECTORS
 Loretta Leonhardt
 Juergen Pung
 Veronica Szmyt
 Linda Van der Veen
 Jim Zucchiatti

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. 5	Renata Michalski	renata@ogden50plus.org
BOOKKEEPER Ext. 1	Titiana Vanciu	titiana@ogden50plus.org
HOUSEKEEPING Ext. 2	Jasmine Chiang	jasmine@ogden50plus.org
MOW/SNOW Ext. 3	Rick Scott	rick@ogden50plus.org
PROGRAMS Ext. 4	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

April

🌸 Welcome to April and Happy Easter to everyone!

Spring; I wish I could say is finally here! But that is okay; this month is bringing longer days. Let's hope for warmer weather and maybe even some time to work in our gardens. We are excited to enjoy this month together with fun activities, special events and our wonderful members at the Centre. Take advantage of the warmer weather with a short daily walk; even 10–15 minutes can boost your mood and energy!

On April 22nd we will celebrate our amazing volunteers who make our Centre so special. We will be calling each of our volunteers to invite them to a wonderful lunch with entertainment, as we really want to express our gratitude. We are grateful for our wonderful community and look forward to celebrating with you at the Centre. Thank you from the bottom of my heart for everything you do for the Ogden 50+ Activity Centre.

Happy Easter to all! This season reminds us of renewal, hope and the joy of spending time together with our friends and family.

🎂 Happy Birthday to all our April celebrants! We wish you a wonderful year ahead filled with health, happiness, and God's blessings.



R. Michalski

Renata Michalski
Executive Director





Message from the Chairman

April

Happy Spring, Happy Easter

It's Spring!! Well with the changing weather who knows???

Soon the weather will clear up, we will see the flowers start to grow and the weather will warm up. We have had a roller coaster of a winter and spring.

We have had lots of activities in March and here comes April with lots more activities to come. Check the Activities sheet in the Newsletter, the Bulletin Board, the TV Monitor in the Lobby or speak with a member of the Board or Staff. Let us keep Ogden Seniors GREAT.

April is TAX Time, see if you qualify to have yours done here. We will have a couple of Massage Clinics, the Foot Nurse, our AGM with lunch, Volunteer Appreciation and of course our TGIF Dinner. LOTS OF ACTIVITIES.

WE are always looking for Volunteers. So, if you can PLEASE Volunteer.

Easter is around the corner, so don't eat too many Easter eggs.

Let's keep Ogden 50+ Activity Centre the BEST Seniors Club in Calgary.

So, in closing, have a great month, enjoy the weather???. Stay Warm, Stay Safe and Stay Happy.

Cheers Dave







**facts about
SPRING**

April Showers bring May Showers comes from a poem

Thousands of people visit Chichen Itza in Spring to see a snake-shaped shadow

Meteorological Start Date
march 1st

Meteorological End Date
MAY 31st

Honeybees swarm in Spring

Duck hatch in Spring

Spring is marked by the opening of the cherry blossoms in Japan

March April May

The Great Sphinx was built to point directly at the sun on the Spring Equinox

Tornados are more common in Spring

Tulips are one of the first flowers to bloom in Spring

Spring Equinox starts 6 months of daylight at the North Pole

Astronomical Start Date
March 20th

Astronomical End Date
June 22nd

NORTH POLE

MADEWITHHAPPY.COM

APRIL FOOLS DAY



MANY HISTORIANS BELIEVE THE HOLIDAY BEGAN IN 1582 WHEN FRANCE SWITCHED FROM THE JULIAN CALENDAR TO THE GREGORIAN CALENDAR. THOSE WHO DIDN'T GET THE NEWS OR STUBBORNLY CONTINUED TO CELEBRATE NEW YEAR'S DAY ON APRIL 1ST WERE TEASED AND CALLED "APRIL FOOLS".



is celebrated on April 1st each year



April Fish refers to the tradition of pinning paper fish on people's backs as a prank on April Fools' Day.

In 1957 the BBC aired a fake documentary about spaghetti trees, convincing viewers that spaghetti grew on trees



Some believe that April Fools' Day started from old parties celebrating the start of spring.



In 1985, Sports Illustrated published a story about a fictional baseball pitcher



France's calendar moved New Year's from April 1st to January 1st. Leading to playful pranks on those who still celebrated in April



During the Holi festival, coinciding with April Fools' Day, Hindus play playful pranks and practical jokes.

The Bible's Proverbs mention April Fools' Day, cautioning against playing tricks on others.



The Tower of London once pranked, claiming it was leaning, alarming many.



In 1996, Taco Bell caused a stir with a full-page newspaper ad claiming they bought the Liberty Bell.



MADEWITHHAPPY.COM

Enjoy at Home Tea

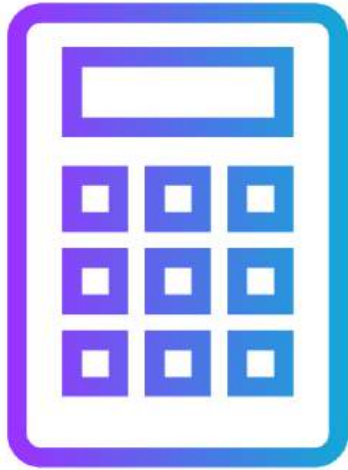
**This tea is the best,
so dear friend be our guest,
no time, no place, no need to dress up
just brew this tea bag and enjoy a cup.
After you enjoy a delicious cup of tea please**



Send or bring a donation to:

**Ogden 50+ Activity Centre
2102 – 69 Ave SE, Calgary, AB, T2C 3Y4**

**No donations are too small or too large and
are greatly appreciated!**



TAX
CLINIC
IS
HERE

EVERYONE WELCOME
STARTING MARCH 1, 2026

FINAL SUBMISSION DATE
APRIL 23, 2026- 3:00PM

CONDITIONS /INCOME
QUALIFICATIONS APPLY

Contact Sonia (403)279-2003 ext 4 or
sonia@ogden50plus.org



2026 ANNUAL GENERAL MEETING

TUESDAY, APRIL 7, 2026

FREE LUNCH 12:00

Soup & Scone

**MUST REGISTER FOR LUNCH BY
THURSDAY, APRIL 2**

MEETING 1:00

AGM LUNCH

Tuesday, April 7 - 12:00 pm

Serving

Cheese Scones

&

Chicken Noodle Soup



Sign up Deadline: Thurs, April 2

**WEDNESDAY,
APRIL 8**

**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.

The Gift of Time is Priceless

*Valuable is the work you do
Outstanding in how you always come through
Loyal, sincere, and full of good cheer
Untiring in your efforts throughout the year
Notable are the contributions you make
Trustworthy in every project you take
Eager to reach your every goal
Effective in the way you fulfill your role
Ready with a smile like a shining star
Special and wonderful-- that's what you are!!
-Anonymous*



REMINDER

**OUR NEXT PROGRAM MEETING WILL
BE TUESDAY, APR 14 AT 1:00 PM IN
THE GALLERY.**

SPRING CLEANING & DOWNSIZING PRESENTATION

Thursday, April 16, 2026
1:00 pm



2102-69 Ave SE
Phone 403-279-2003

Join us at Ogden 50+ for a free presentation presented by
Soft Landings Downsizing & Relocation Services

 **SPRING REFRESH** 

Tips & Tricks to Get You in the Mood for Spring Cleaning and
Downsizing

Get inspired to simplify your space this spring. Discover easy,
manageable tips to declutter, downsize, and feel more in control
of your home.

Must register by Tuesday,
April 14



HAPPY HOUR SPECIAL

**FRIDAY,
APRIL 17 @ 4:00 PM**

NACHOS

Happy Hour
3 - 5 pm

\$10

**BEEF AND
ALL THE FIXINGS**

ORDER BY APR 14





Calgary Foot Care Nurses are coming to Ogden 50+ monthly

Contact Foot Care Nurses directly
at 403-**408-9668** to book an appointment.

Prices are \$50 per person for foot care and \$15 for hand care.
Billing with payment to Alberta Seniors Benefit.

Next appointment:
Wednesday, April 22 - 9:00 am to 2:30 pm.





2102-69 Ave SE
Phone 403-279-2003



**Busting Date Labelling
Myths & Food Storage
Presentation**

**Thursday, April 23, 2026
11:00 am**

**Join us for a free
presentation at Ogden
50+ presented by
Second Harvest**

Must register by April 21



CARD MAKING



THURSDAY, APRIL 23
9:30 AM - 12:30 PM

CRAFT ROOM



INSTRUCTORS: SUE &
SUSAN

ALL MATERIALS
SUPPLIED
JOIN US & BE CREATIVE!
DROP INS WELCOME!



TGIF APRIL - HAPPY EASTER

Friday, April 24, 2026

Menu:

Baked Salmon/

Scalloped Potatoes/

Steamed Broccoli/Mixed Green

Salad & Buns

Dessert: Carrot Cake & Ice Cream

Happy hour 3 - 5

Dinner 5:00

Dance to follow by DJ Tony

\$24 Members/\$29 Guests



Sign up Deadline:
Tuesday, April 21



Canadian Pizza Unlimited is Back



**2
SLICES
\$7**

**PIZZA LUNCH BY
CANADIAN PIZZA UNLIMITED
12:00 PM
WEDNESDAY**

**MAY 6, 2026
PRE-ORDER AT FRONT DESK
BY MAY 4**

MAHJONG

TRAINING

MONDAYS

NEW TIME

1:00 - 3:00 PM



SIGN UP ON
FRONT
BOARD

Line Dancing

Join Us
Everyone Welcome!

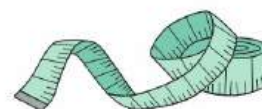
Benefits:

- Cardiovascular
- Muscle Strength
- Balance
- Memory



Activities

Afternoon Quilting Group Celebrating Bernie's 96th



Sign up for Spring Clean Up & Mow Service Now



WE SERVICE:

OGDEN
LYNNWOOD
RIVERBEND

MOWING IS EXPANDING TO:

QUARRY PARK
DOUGLAS GLEN



Are you interested in having your LAWN MOWED OR A SPRING/FALL YARD CLEAN UP DONE? Or a Power Rake or aerate? 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+ Activity Centre 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.





Happy Birthday!

To All Born In April

Warmest Wishes & All the Best to All Of
You In The Year To Come!
From Ogden 50+ Staff

“

QUOTE

"Life is a succession of moments. To live each one is to succeed."

CORITA KENT

”

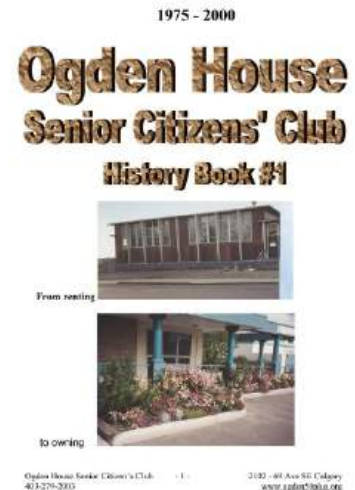
COMIC STRIP

THE BIGGEST JOKE
ON MANKIND IS THAT
COMPUTERS HAVE STARTED
ASKING HUMANS TO PROVE
THAT THEY ARE NOT
ROBOTS



Ogden House History

1996-2000



- **1998 M.O.W. program sponsored by Wild Rose Foundation helped 46 customers with four workers**
- **Seniors grocery bus service tried on temporary basis**
- **A.R.P. appreciation night held at Ogden House**
- **Tony Storcer attended Senior Housing Symposium**
- **Community Canada Day celebrations (in Calgary) organized by Ogden House**
- **Ogden House offers classroom space for E.S.L. (English as a Second Language) program**
- **Foot Doctor visited every six weeks then expanded to two doctors every six weeks**
- **Drama Club and Railroad Rascals perform at M.O.C.A. Winter Festival**
- **Ogden House representative at Wise Owls**
- **Property Tax workshop**
- **Ogden House representative of A.R.P. business plan implementation**
- **Community Plan talk (Jack Scissons)**
- **Representatives of Ogden House joined Library Homework Help program**

**Canada Day Celebration presentation by
Wayne Cao (M.L.A.) to
Derek Spooner (Current
President)**



Ogden House History con't

1996-2000

Canada Day Breakfast



Judy Jacobsen, Eleanor Davies, Ghislaine Carpan



Harry's Family Of Gun fighters



Guess who I am?



Give up? Wait for next months issue to find out..... Last month: Gwen H.

If anyone has a pic they want to share for newsletter please submit to Sonia at sonia@ogden50plus.org



“Simple Simon”

Size: 47” x 54:

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for
more info

Draw date: May 29, 2026



Foot Care will be at Ogden 50+

WEDNESDAY, April 22, 2026

9 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 \$15 for hand care.

Easter Word Search

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



BASKET
BUNNY
CARROT
CELEBRATION
CHICK
CHOCOLATE
DECORATED

DUCKLINGS
EASTER
EGGS
FLOWERS
GRASS
HOP
HUNT

JELLYBEANS
PARADE
RABBIT
SPRING
SUNDAY
TULIP



JUST FOR FUN

Somewhere in the newsletter we have hidden
3 Easter Eggs Now it's up to you to find them!



When you do, fill out the form and drop it off at Ogden
50+ Activity Centre or email it to
sonia@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

Hidden Object March Winner

Del Miller

Answer: 6, 8 & 20



APRIL AT A GLANCE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
April			1	2	3	4
Cribbage 1:00 PM Mon-Fri			9:00 Men's Coffee 9:00 Pickleball (BEG) 11:00 Tai Chi/Qi Gong 11:45 Line Dancing 12:00 Pizza Lunch 12:25 Massage 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 6:00 Rental 6:30 Game Night	9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (OP) 3:00 Zumba 6:45 Euchre	OFFICE CLOSED— GOOD FRIDAY	10:00 AM - 5:00 PM Rental
5	6	7	8	9	10	11
	OFFICE CLOSED— EASTER MONDAY	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 12:00 —AGM Lunch 1:00 AGM 1:00 Acoustic Jam 2:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG) 11:00 Tai Chi/Qi Gong 11:45 Line Dancing 12:00 Bring your lunch 12:30 Carpet Bowling 1:00 Conversation Café 3:00 Pickleball (ADV/INT) 6:30 Game Night	9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (OP) 3:00 Zumba 6:45 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Pickleball (INT) 3:00 Happy Hour	11:30—2:30 PM Pickleball (OP)
12	13	14	15	16	17	18
	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 1:00 Mahjong Training 3:00 Line Dancing 7:00 Pool	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (ADV) 1:00 Acoustic Jam 1:00 Program Meet 2:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG) 11:00 Tai Chi/Qi Gong 11:45 Line Dancing 12:00 Bring your lunch 12:25 Massage 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 6:30 Game Night	9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (OP) 1:00 Soft Landings Presentation 3:00 Zumba 6:45 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Pickleball (INT) 3:00 Happy Hour 4:00 Nachos	All Day / All Night Rental
19	20	21	22	23	24	25
All Day - 7 PM Rental	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 1:00 Mahjong Training 3:00 Line Dancing 7:00 Pool	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (ADV) 1:00 Acoustic Jam 2:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG) 9:00 Foot Nurse 12:00 Vol Appreciation 12:00 Bring your lunch 3:00 Pickleball (ADV/INT) 6:30 Game Night	9:00 Table Tennis 9:30 Cardmaking 10:00 Ladies Coffee 11:00 Move 'n' Mingle 11:00 Second Harvest Pres 12:30 Pickleball (OP) 3:00 Zumba 6:45 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00-2 Pickleball (ADV) 3:00 Happy Hour 5:00 TGIF	8:30 AM - 4:00 PM Rental
26	27	28	29	30		
	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 1:00 Mahjong Training 3:00 Line Dancing 7:00 Pool	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (ADV) 1:00 Acoustic Jam 2:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG) 11:00 Tai Chi/Qi Gong 11:45 Line Dancing 12:00 Bring your lunch 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 6:30 Game Night	9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (OP) 3:00 Zumba 6:45 Euchre		