
 @Ogden50Plus
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OGDEN **50+** ACTIVITY
CENTRE

December 2023



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





BOARD EXECUTIVE 2023

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

VISION STATEMENT

A community where every person who is 50+ has what they need to thrive.

DIRECTORS

Sue Pasveer
Don Miller
Duane Bumstead
Donna Martin
Irene De Froidmont
Frances Nelson

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	Julia Moczas	julia@ogden50plus.org
HOUSEKEEPING Ext. 202	Jasmine Chiang	jasmine@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

December

Hello everyone in December! I wish you a Merry Christmas and a Happy New Year!!!

Time passed so quickly. It is already approaching Christmas and the end of the year.

I would like to take this opportunity to thank all the club members, especially the volunteers who have devoted and continue to devote their time to ensure this centre runs smoothly. I would like to thank our Board of Directors, who are supportive in my decisions. It is essential for non-profit organizations to have a Board of Directors that work together with the Executive Director.

I would like to thank my team for their great cooperation and mutual support. Thank you very much to our Chef Kim for the great food and supporting our members and the club.

Thanks to all these people, I can say that we were the best centre in Calgary this year. I hope it will remain like this for many years.

We would like to organize a New Year's party this year. This year we ask everyone who wants to be part of this event to participate in a potluck as Kim will be on vacation. If anyone is interested, please sign up at the front desk.

I wish everyone born in December all the best, lots of health, joy and fulfillment of all your dreams!



Merry Christmas and Happy New Year!!!

A handwritten signature in cursive script that reads "R. Michalski".

Renata Michalski
Executive Director



Message from the Chairman

November 2023

Happy Holidays to all Members!

I read on Facebook (so it has to be true) to use the greeting “Happy Holidays” which is completely proper at this time of the year. From the beginning of November to the middle of January, 14 of the worlds major religions celebrate one of their major holy days.

I am asking all members to look at the bulletin board in front of the reception desk at the centre. This has listed all the items still needed for the Christmas Hampers. If you can donate any of the required items or cash please do.

I want to Wish all members and staff of Ogden 50+ from my family to yours, “A Very Happy Holiday Season.” Please remember it is who is around the tree and not what is under it that is the most important.

Mike G





We wish you a Merry Christmas



Christmas Hampers Accepting Donations

Food Can Be Dropped Off At Ogden 50+
or

We Accept Monetary Donations via Cash, Cheques,
Debit/Credit or E-Transfers.

Help Make Someone's Christmas Special!

Deadline - December 15





Glad Tidings from Kim In The Kitchen

With Christmas just around the corner, I wanted to express my thanks and gratitude to everyone at Ogden 50+. It's hard to believe I'm heading into my third year in the kitchen!

Special Thanks to Renata Michalski for believing in me! Without her insight - I wouldn't be where I am with Ogden 50+ today. It's been another wonderful year that I'm proud to be a part of. To all the Staff, the Board, Volunteers and Members — your support and appreciation has been fantastic.

I wish you all the best during the holiday season - and in the New Year too!



What's Kim Cooking?



PIZZA LUNCH BY KIM
12:00 PM

WEDNESDAY

DECEMBER 6

**PRE-ORDER AT FRONT
DESK BY DEC 1**

What's Kim Cooking?

The graphic features a central light blue circle with a gold border. Inside the circle, there is an orange hexagon at the top containing the text 'EGGS BENEDICT Coffee & Tea'. Below the hexagon, the text 'Thursday, December 7' is written in gold. Further down, '10:00 AM' and '\$10.00' are listed in gold. Below that, 'Gluten Free Available' and 'Dine-In Only' are written in gold. At the bottom of the circle, 'Pre-Order by Dec 4' is written in gold. The background of the entire graphic is a repeating pattern of fried eggs on a light orange background, all enclosed within a thick orange border.

EGGS BENEDICT

Coffee & Tea

Thursday, December 7

10:00 AM

\$10.00

Gluten Free Available

Dine-In Only

Pre-Order by Dec 4



T.G.I.F Christmas

Friday, December 15

Menu: Country Ham, Scalloped Potatoes, Coleslaw,
Vegetables & Buns Dessert: Trifle Parfait

HAPPY HOUR 3 - 5

DINNER 5:30

SANTA 6:30

ROCKY MOUNTAIN CHURCH CHOIR 6:45

Gluten Free Available

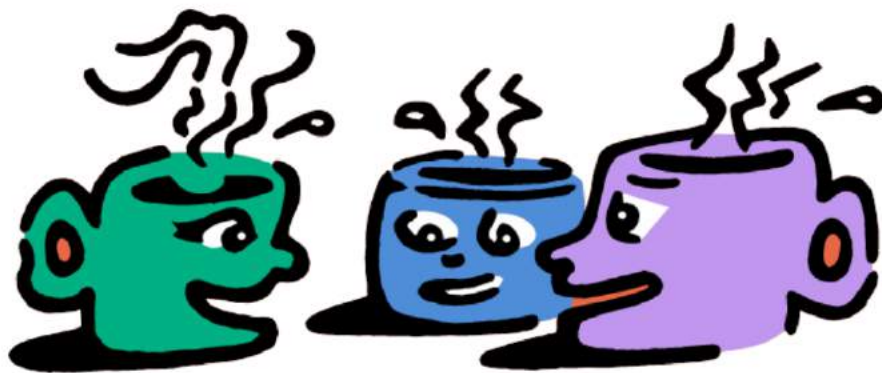
Members \$20 - Non-Members \$25

Pre-Order by Dec 12



**WEDNESDAY,
DECEMBER 13**

**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.





Happy Birthday!

To All Born In December

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



NEW YEAR'S EVE

Potluck

December 31st

4:00 PM - 8:00 PM

Bartender On Duty

Please Bring a Dish From The Following Groups:

Potatoes/Rice

Meat/Fish

Salad/Vegetables

Dessert

SIGN UP AT FRONT DESK
INDICATING DISH PLEASE

ACTIVITIES

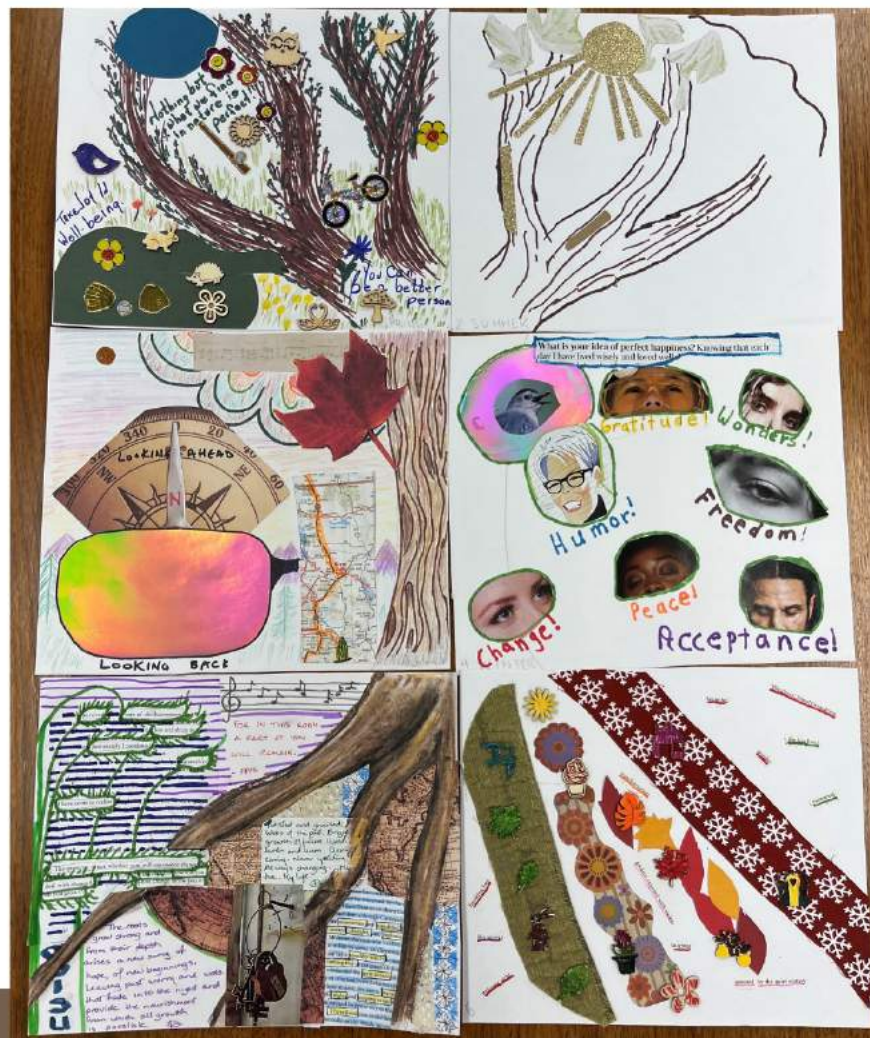
GAMES

Pool Tables & Shuffle Board
Available To Play Anytime During
Office Hours



ACTIVITIES

Our 6-week art therapy class has concluded! Thank you to our amazing instructor Kristen for taking the time to work with our seniors. They learned so much about themselves and found the class helped them to remove stress and feel more motivated 🎨



NEW ACTIVITY

TAI CHI/QI GONG CLASSES

**VOLUNTEER INSTRUCTOR
STARTING NOVEMBER 6
MONDAYS**

FREE

**11:00 AM -
12:30 PM**

STAND OR SIT

Sign up with Sonia
403-279-2003 x4
sonia@ogden50plus.org



Everyone 18+ is welcome!



SUPER MEMBERSHIP

Become a Member* of 10 Centres!

PARTICIPATING ACTIVITY CENTRES:

- Unison at Kerby Centre
- SW 55+ Connect
- Parkdale Nifty Fifties
- Ogden 50+
- West Hillhurst Go-Getters
- Greater Forest Lawn 55+
- Good Companions 50+
- Confederation Park 55+
- Bowness Seniors
- Bow Cliff Seniors

WITH MORE CENTRES JOINING SOON!

- 
- Free and discounted activities
 - Join clubs & attend classes
 - Special events & trips
 - Speaker Series, Presentations
 - Member-only Professional Services

*Members have voting rights at their home centre AGM. A Full member is age dependent based on mandates of their home centre, usually 50+ or 55+ years old. Those under that age are Associate Members.



403-279-2003
ogden50plus.org

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

**Super Membership
through Ogden 50+
ONLY \$50**

NEW PROJECT

In January we will be starting a project writing biographies (short 1-2 pages) of lifetime members and depending on response it may extend to long term and other members.

You have the option of writing it yourself, have someone interview you over the phone or at Ogden House. Your stories and experiences are valuable and are an integral part of the club. Thank you for your co operation.

Any questions contact: Darleen Bowser, Mike Gale or Christine Poole.





The Basics Of Safe Ice Walking: How To Walk On Ice

- **Penguin Walk:** Yes, you read that right. Mimic the waddle of a penguin by keeping your center of gravity over your front foot as you walk. It ensures that your full weight is distributed across the entire foot, reducing the risk of slipping.
- **Slow and Steady:** Rushing can be your enemy on icy surfaces. Take small, deliberate steps, ensuring that you place your whole foot down at once rather than leading with the toes.



Stay Flat-footed: While walking, try to stay as flat-footed as possible. It increases the surface area of your foot, ensuring maximum contact and grip.

Avoid Hands in Pockets: Keeping your hands out of your pockets ensures you can use them for balance. If you're carrying bags, distribute the weight evenly or use a backpack.

- **Always Test the Surface:** Before walking on what appears to be a clear path, test the surface. Black ice can often be invisible and is incredibly slippery. A simple tap with your foot can give you an idea of the surface condition.



Here Is Our New Name Tag With Our New Logo.

If you are interested in ordering please contact Sonia at 403-279-2003 ext 4 or sonia@ogden50plus.org

\$12.00 Fee

Searching
for
Store Flyers?

Looking
For
Food Deals?

The Flipp logo is centered in the middle of the advertisement. It features the word "flipp" in a white, lowercase, cursive-style font. The logo is set against a solid blue rectangular background. Above and below the logo are decorative wavy lines.

FLIPP IS YOUR ONE-STOP MARKETPLACE FOR SAVINGS AND DEALS. BROWSE WEEKLY DIGITAL FLYERS FROM RETAILERS NEAR YOU, OR SEARCH FOR THE ITEMS YOU NEED. FOR THE BEST MOBILE EXPERIENCE AND TO BROWSE PRODUCTS ON-THE-GO, DOWNLOAD THE FLIPP APP TODAY.

MOW SNOW

Would like to thank Darlene D.
for the generous donation of an
Air Compressor, a Router donated
to The Wood Carvers and several
miscellaneous tools.



Thank you
from the Mow/Snow team



TRIVIA TIME

DID YOU KNOW?



- IN THE ROMAN CALENDAR, THERE WERE 29 DAYS IN DECEMBER.
- DISNEY RELEASED HIS FIRST CARTOON, FEATURING MICKEY MOUSE, CALLED STEAMBOAT ON DECEMBER 5, 1901.
- DR. PEPPER WAS THE SOFT DRINK SERVED FOR THE FIRST TIME ON DECEMBER 1, 1835.
- FORD MOTOR COMPANY INTRODUCED THE FIRST MOVING ASSEMBLY LINE ON DECEMBER 1, 1913.
- ASA GRIFFS CANDLER INVENTED COCA-COLA ON DECEMBER 30, 1851.
- ON DECEMBER 10, 1958 THE FIRST US COMMERCIAL JET FLIGHT LAUNCHED
- THE FULL MOON IN DECEMBER IS CALLED THE FULL COLD MOON
- WHO IS THE REAL SANTA CLAUS? SANTA WASN'T DEPICTED AS FAT, JOLLY AND WITH A WHITE BEARD, UNTIL COCA-COLA COMMISSIONED AN ARTIST TO REIMAGINE SANTA'S IMAGE IN 1931.





Luxe FITBIT Raffle

Tickets \$2.00 each or
3 for \$5.00

DRAW:
DECEMBER 15,
2023

Donated by Member
Many Thanks!





“Mountain Splendor”

Size: **70” x 76”**

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for
more info

Draw date: January 26

Reversible Quilt



Foot Care will be at Ogden 50+

FRIDAY, JANUARY 5

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 \$10 for hand care.

1975 - 2000

Ogden House Senior Citizens' Club History Book #1



From renting



to owning

Ogden House Senior Citizen's Club
403-279-2903

- 1 -

2102 - 69 Ave SE Calgary
www.ogden55plus.org

Ogden House Sod Turning Ceremony

Thursday, September 14, 1989



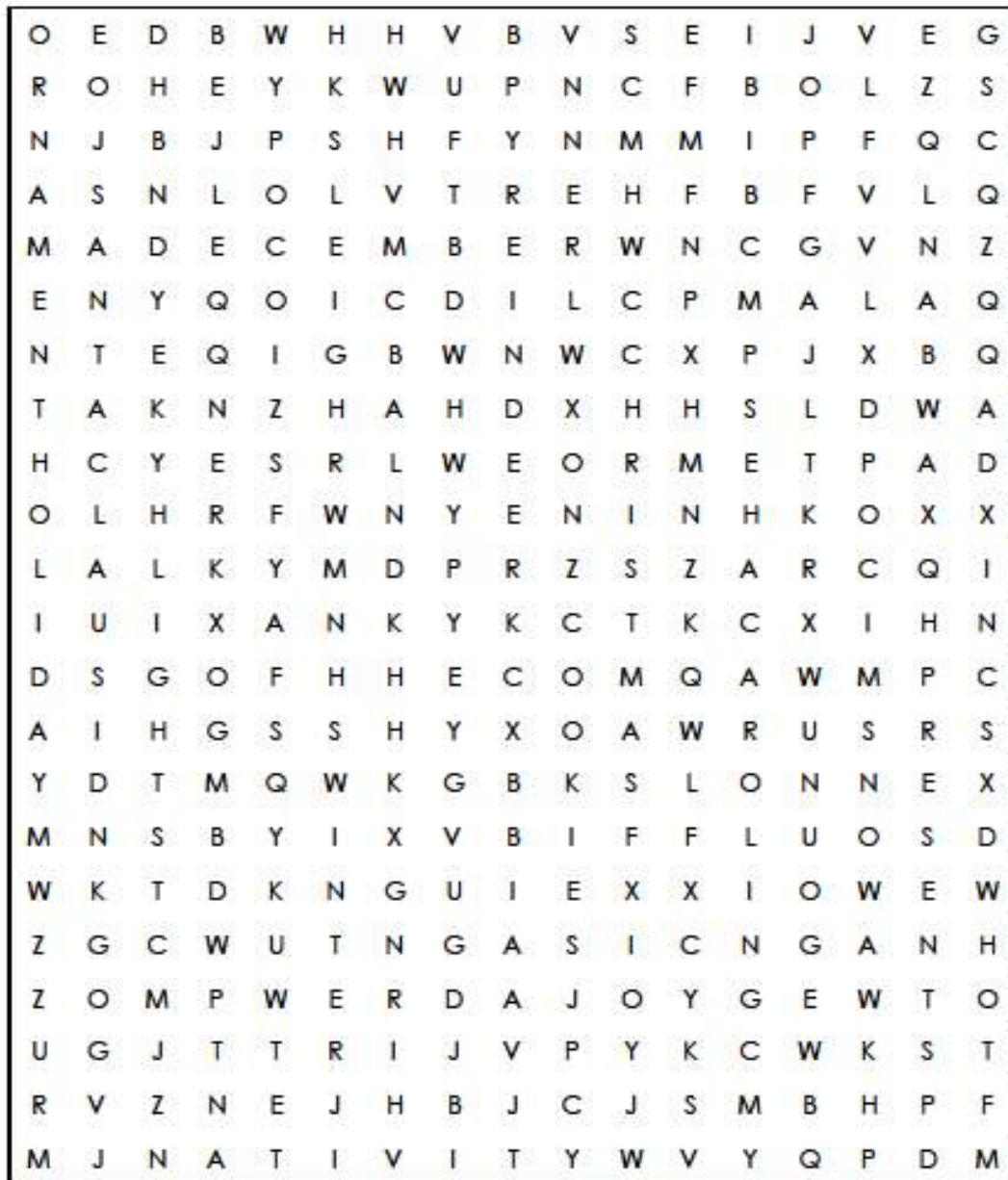
OGDEN HOUSE HISTORY continued.....

The following history address was given by **Nancy Robinson**

“Today is our great day, the day most of us thought would never happen. How often have you heard - We’ll never see it happen. But it did and here we are making a start. We have many to thank for being able to raise the funds we needed. There are the Lions who have always given their support and raffled a motor home and turned the entire profits over to us. The Lions gave generously of their time and effort selling raffle tickets. The Legion who have always helped with donations and needed equipment from the very beginning of our club, the Canadian Pacific, The Imperial oil and many more small companies. Then of course we mustn’t forget our members who gave and helped in any way they could to make that building fund grow. Then we must not forget our executives who have done a fantastic job for us. We don’t realize the countless hours our President Cliff Harrison, secretary, Irene Roberts and our treasurer Olive Murray have put in. They have had to access countless pamphlets and filled mountains of forms on our behalf. We hear our secretary read out the minutes and our treasurer our money balances and think that is the end of it. They often spent a large part of many days through the week working on our behalf, and they deserve our gratitude. We also have to thank our members of Parliament who have been behind us all the way and who persuaded the Government to release enough of the funds from the lotteries to bring our bank balance high enough to make our dream come true.

Name: _____

December Word Search



DECEMBER	REINDEER	ORNAMENT
CHRISTMAS	PRESENTS	JOY
SNOW	COOKIES	WINTER
SANTA CLAUS	CAROLING	NATIVITY
HOLIDAY	LIGHTS	SLEIGH



© Monsterwordsearch.com

Navioe

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 Grinches. 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 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 November Winner

Thelma Green

Answer: 5, 6 & 26



BUSINESS CLASSIFIEDS

AD SPACE FOR

RENT

YOUR AD HERE

\$10 PER MONTH

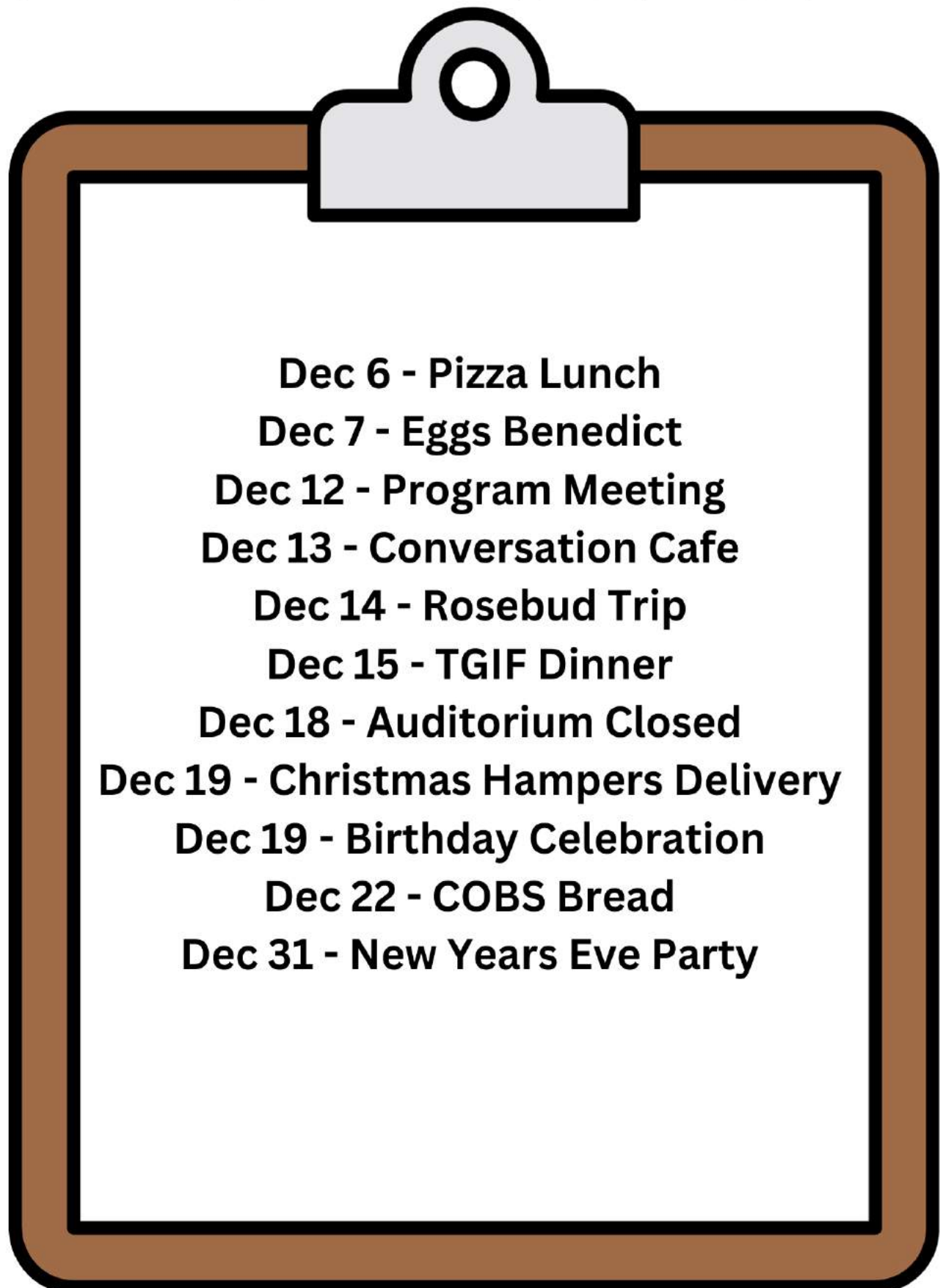
PHONE 403-279-2003 EXT. 202



REMINDER

OUR NEXT PROGRAM MEETING WILL
BE TUESDAY, DECEMBER 12 AT 1:00
PM IN THE GALLERY.

DECEMBER AT A GLANCE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
December					1	2
Cribbage 12:00 PM Daily (Except Sundays)					9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour	8:30 am — 5:00 pm Rental
3	4	5	6	7	8	9
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 11:00 Tai Chi 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Mahjong 4:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 12:00 Pizza Lunch 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:00 Breakfast 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 Happy Hour	11 - 3 PM Pickleball
10	11	12	13	14	15	16
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 11:00 Tai Chi 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 1:00 Program Meeting 3:00 Mahjong 4:30-9:00 pm Rental 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 12:00 Potluck Lunch 1:00 Carpet Bowling 1:00 Conversation Cafe 7:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:00 Rosebud 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 Happy Hour 5:30 TGIF Dinner	8:30 AM - 7 PM Rental
17	18	19	20	21	22	23
4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 1:00 Quilting Auditorium Closed All Day	9:00 Xmas Hampers 9:30 Paint/Sketch 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 2:00 B-Day Celeb 3:00 Mahjong 4:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 12:00 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 Happy Hour	Office Closed
24	25	26	27	28	29	30
10:30 - 2 Church Auditorium ____ 31 4:00 New Year's Eve Party	Office Closed	Office Closed	Office Closed	Office Closed	Office Closed	Office Closed