
 @Ogden50Plus
 @Ogden50Plus

February 2024

HAPPY
Valentine's
Day



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

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

February

Hello everyone in February! Happy Valentine's Day and Happy Chinese New Year!

Another cold month lies ahead of us, but the days are getting longer and summer is getting closer. I do not know about others, but I am already waiting for the sun and warmer days. I like winter, but I love summer.

As usual, I encourage everyone to read the monthly newsletter and calendar.

Please check out our whiteboard with all the posters and announcements.

Sonia does a great job with all this information about all the events -- when to book and pay to attend the programs.

If you are renewing or purchasing a new membership, I kindly ask everyone to answer all questions on the survey forms. This form comes from the City of Calgary and based on this survey, the center receives reports from the city and fundings. That means 25% comes from the City of Calgary and 75% from the Government of Alberta. Most people have no problem answering questions, but unfortunately a response I saw was, "It is none of anyone's business." Let me explain. If our centre is funded by the government and the city, it is really their business. I must send a report to the City of Calgary every year for every penny we spend. If the City of Calgary and Government of Alberta are helping centres like Ogden 50+ exist...yes, that is their business. Funders want to know where, for what and on whom these funds are spent. Therefore, I am asking everyone to understand and complete all forms.

With great respect, thank you very much!

I wish everyone born in February a lot of health, God's blessing, happy days, and fulfillment of all dreams.



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

Renata Michalski
Executive Director



Message from the Chairman


February

Hello Members,

We have made it through a cold January and are looking forward to February with all the programs and activities Ogden 50+ has to offer. I'm not a gardener but is it too early to start thinking about planting season?

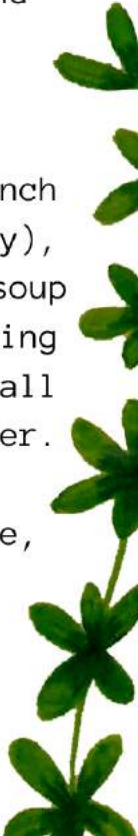
The Centre has lots of programs and activities to offer: Table Tennis, Pickleball, Carpet Bowling, Pool, Quilting, Crafting, Mahjong, Euchre, Shuffleboard, both Ladies and Men's coffee groups and I cannot forget cards. These are offered to all members regardless of your skill level. From first-time beginners to experts. I ask all participants from beginner to expert to remember a few things: to have fun is the most important. We were all beginners at one time and somewhere out there, there is someone who can make our "experts" look like beginners.

As we move into February, we look forward to the pizza lunch at the beginning, heart-shaped burger (for Valentine's Day), the birthday celebration, TGIF and ending the month with soup and sandwich. One would think all we do is eat. The sharing of a meal with friends and loved ones has been a part of all societies since the beginning. Lets keep this going forever.



A reminder at Ogden 50+ we believe that truth, acceptance, compassion and tolerance make our club a better place.

Stay warm and safe,
Mike G








Where does the name Valentine come from?

The holiday is aptly named after Saint Valentine, but who exactly was he?

Valentine is likely based on a combination of two Valentines who were executed on February 14 in different years by Roman Emperor Claudius II in the 3rd century A.C.E., according to NPR. The Catholic Church maybe have established St. Valentine's Day to honor these two martyrs. Legend says that one of these men, Saint Valentine of Terni, had officiated weddings for Roman soldiers in secret, going against the emperor's wishes, making him seen to some as a proponent of love.

Another story involves the practice of writing love letters to your valentine. It's said that St. Valentine wrote the first “valentine” greeting to a young girl he tutored and fell in love with while he was imprisoned for the crimes outlined above. According to The History Channel, before his death, he wrote her a letter signed “From your Valentine,” which remains a commonly used phrase to this day.

But these romantic anecdotes are only legends. So little historical information is known about the martyrs named St. Valentine that in 1969 the Roman Catholic Church removed the feast day from its calendar, though St. Valentine is still recognized as a saint.



HAPPY GROUNDHOG DAY FEBRUARY 2



GROUNDHOG DAY IS CELEBRATED IN CANADA AND THE UNITED STATES EVERY YEAR ON 2 FEBRUARY. LEGEND HAS IT THAT WATCHING A GROUNDHOG EMERGE FROM ITS BURROW CAN DETERMINE THE WEATHER FORECAST FOR THE COMING WEEKS. ACCORDINGLY, IF IT IS A SUNNY DAY AND THE GROUNDHOG SEES ITS SHADOW, IT GOES BACK TO SLEEP FOR SIX MORE WEEKS OF WINTER. IF THE WEATHER IS CLOUDY AND THE GROUNDHOG DOES NOT SEE ITS SHADOW, IT STAYS OUTSIDE, MEANING THAT THE WORST OF WINTER IS OVER AND SPRING WILL SOON ARRIVE.

L – R Olive Murray, Alderman Rick Smith, Lee Shrake, Cliff Harrison (Pres), Curtis Benson, Harry Huish, Irene Roberts



On hand for the ribbon-cutting ceremony were Aldermen for Ward 9 Rick Smith and Lee Shrake, wife of the MLA for Millican-Ogden, Gordon Shrake. Construction of the 6500 sq ft building commenced in September 1989 and opened for use in March. Constructed on one-level the wheelchair accessible structure has a snooker and shuffleboard room, excellent wood working facility, a crafts shop, a lounge, kitchen and multipurpose activity room. The centre also operates recreational programs for seniors and has a health and outreach department, which serves over 30 clients.

The decision to get their own drop-in centre originated among members in the mid-eighties, said Harrison, when the club was operating in the Ogden School building which was inadequate for their needs. The club had been sharing the school for two days a week since the club was incorporated in 1975. Back then the club had between 30 – 40 members. The membership now stands at about 260 people.

The opening culminated many years of hard work and fundraising efforts of a membership determined to have it's own seniors citizens' centre.

"The members are excited and have every right to be proud", said club president Cliff Harrison of the \$600,000 structure.

2024 ANNUAL GENERAL MEETING

THURSDAY, MARCH 14, 2024

FREE LUNCH 12:00

Soup & Sandwich

MEETING 1:00

REGISTER BY MONDAY, MARCH 11

What's Kim Cooking?



PIZZA LUNCH BY KIM
12:00 PM

WEDNESDAY

FEBRUARY 7

**PRE-ORDER AT FRONT
DESK BY FEB 2**

What's Kim Cooking?



CHINESE NEW YEAR LUNCH

WEDNESDAY, FEBRUARY 14

**MENU: SWEET & SOUR PORK,
DUMPLINGS, FRIED RICE & VEGETABLES**

Dine In Only

NOON

\$10.00

Gluten Free
Available

PRE-ORDER BY FEB 9

What's Kim Cooking?



Heart Shaped Hamburgers

Friday, February 16



HAPPY *HOUR* 3 PM - 5 PM

*Menu: Heart shaped hamburgers,
coleslaw, potato chips & chocolate ice cream*

4:00 PM
\$10.00

Dine in only



PRE-ORDER BY
FEB 13

Gluten free
available

What's Kim Cooking?

SOUP & SANDWICH THURSDAY, FEBRUARY 29

12:00 Noon

\$10



Gluten Free Available
Dine In Only

Pre-Order by Feb26





TGIF FEBRUARY

VALENTINE'S

FRIDAY, FEBRUARY 23
5:30 PM



MENU: SALAD, STUFFED CHICKEN BREAST WITH
SAUCE, BABY POTATOES, VEGETABLES & BUNS
DESSERT: CARROT CAKE



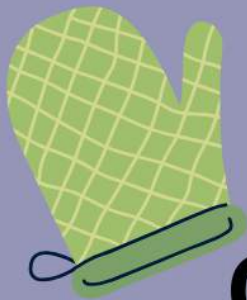
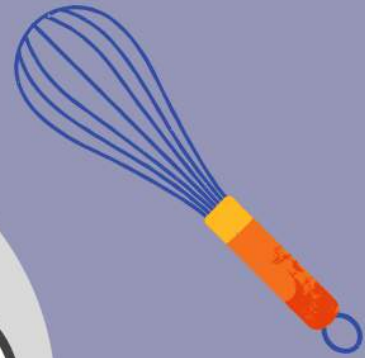
GLUTEN FREE
AVAILABLE

DANCE TO FOLLOW BY
DJ TONY

HAPPY HOUR
3 - 5

MEMBERS \$20
NON-MEMBERS \$25

PRE-ORDER BY FEB 20



Cook At Work

**When kitchen is in use,
the door from the auditorium into
the kitchen will be LOCKED.**

**This is due to AHS Health
Regulations and Insurance Coverage.**

Please be respectful!

**PLASTIC GROCERY BAGS
ARE NO LONGER
AVAILABLE FROM THE
KITCHEN
DUE TO CITY OF
CALGARY BY-LAW**



**NO
PLASTIC
SHOPPING
BAGS**

**PLEASE BRING YOUR OWN
REUSABLE SHOPPING
BAGS
WHEN PICKING UP ITEMS.**

**WEDNESDAY,
FEBRUARY 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.

New Event

**New Games Night Added Monday Nights
7 PM – 8:30 PM**

OGDEN 50+ ACTIVITY CENTRE

GAMES NIGHT

**MONDAYS @ 7 PM - 8:30 PM
WEDNESDAYS @ 7 PM**

**KANASTA, BRIDGE, EUCHRE,
CRIB & MAH JONG, POOL**

BOARD GAMES



DOMINOES

& MORE!

**MEMBERS
FREE
ADMISSION**

2102 69 Ave SE

**FOR MORE INFORMATION:
403-279-2003**



HAPPY BIRTHDAY

To All Born In February

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





FUN FACTS ABOUT FEB

- FEBRUARY FLUCTUATES BETWEEN HAVING 28 AND 29 DAYS PER YEAR. THE 29TH DAY ONLY OCCURS EVERY 4 YEARS DURING LEAP YEARS.
- THE LENGTH OF FEBRUARY WAS FINALIZED WHEN JULIUS CAESAR REMADE THE ROMAN CALENDAR AND ASSIGNED THE MONTH 28 DAYS AND 29 DAYS. IN 713 B.C., FEBRUARY WAS OFFICIALLY ADDED TO THE ROMAN CALENDAR.
- IF YOU WERE BORN IN FEBRUARY, YOUR BIRTHSTONE IS AN AMETHYST, AND YOUR FLOWER IS A PRIMROSE.
- OVER TIME, THE LENGTH OF FEBRUARY KEPT CHANGING. AT ONE POINT, IT HAD AS LITTLE AS 23 DAYS.
- THE NAME OF FEBRUARY COMES FROM THE LATIN WORD "FEBRUUM," WHICH MEANS PURIFICATION.
- FEBRUARY WAS NAMED AFTER A PURIFICATION RITUAL WHICH WAS LIKE AN EARLY ROMAN SPRING CLEANING FESTIVAL.
- THE ODDS OF BEING BORN ON FEBRUARY 29TH ARE ABOUT 1 IN 1,461. THOSE BORN ON A LEAP DAY CAN BE CALLED A "LEAPER" OR "LEAPLING."
- FEBRUARY, MARCH, AND NOVEMBER ALWAYS START ON THE SAME DAY OF THE WEEK UNLESS IT IS A LEAP YEAR.
- IT WAS IN FEBRUARY 1964 WHEN THE BEATLES MADE THEIR FIRST AMERICAN TELEVISION APPEARANCE ON THE "ED SULLIVAN SHOW." OVER 73 MILLION AMERICANS WATCHED!



Our mobile dental services include:

- Complete dental hygiene exams
- Teeth Whitening
- Digital Dental x-rays
- Fluoride treatments
- Denture cleaning
- Oral cancer screening
- Dental cleanings
- Dental Polishing

We also speak SPANISH!



Your smile moves us!

Contact us!

☎ (403) 465-1552

www.patriciasmobilehygiene.com

info@patriciasmobilehygiene.com





DUELING PIANOS

Presented by Millican Ogden Community Association



Saturday, March 16th 2024

7:00 pm to 10:00 pm

M.O.C.A. Hall

2110 69 Avenue SE

Calgary, Alberta

CASH BAR * 50/50 DRAW *

Tickets only \$40.00 each

Contact Marnie at 403-807-5122 OR

marnielynn.common@millicanogdencommunity.com

and [EVENTBRITE.com](https://www.eventbrite.com)

Sunday
March 24th 2024

DEERFOOT INN & CASINO

11500 35 Street SE
Calgary, Alberta

Doors open from 10:00 am to 4:00 pm

TICKETS - \$15.00 in advance
\$20.00 at the door

 **BLISS**
Bridal Show



For more information visit
www.blissbridalshow.com



I can make that!

For your custom creations

Marnie Common

owner/designer

Florals, in silk or handmade.

*Designs for apparel, signs, coffee mugs, beverage tumblers,
puzzles, license plates, mousepads and so much more.*

Phone or Text - (403) 807-5122

Email - uncommonflorals@gmail.com

Visit my website - www.uncommonflorals.com



BUSINESS CLASSIFIEDS

**Rent Ad space for \$10.00 a month
in Ogden 50+ Newsletter**

Great way to advertise in our community

**Contact Sonia at 403-279-2003 ext. 4 or
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**

"Morning Glory"



Size: **53" x 68"**

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for
more info

Draw date: March 22



Foot Care will be at Ogden 50+

WEDNESDAY, FEBRUARY 21

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.

VALENTINE'S DAY



Wordsearch



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

WORD LIST

BE MINE
BOUQUET
CANDY
CARD
CHOCOLATE

CRUSH
CUPID
DECORATE
FEBRUARY
FLOWERS

GIFT
HEART
KISS
LOVE
PINK

RED
ROSE
SWEETHEART
TEDDY
VALENTINE

Homemade
GIFTS MADE EASY

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 Love Heart Candies. 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 January Winner

Kenn Nixon

Answer: 9, 12 & 17



BUSINESS CLASSIFIEDS

AD SPACE FOR

RENT

YOUR AD HERE

\$10 PER MONTH

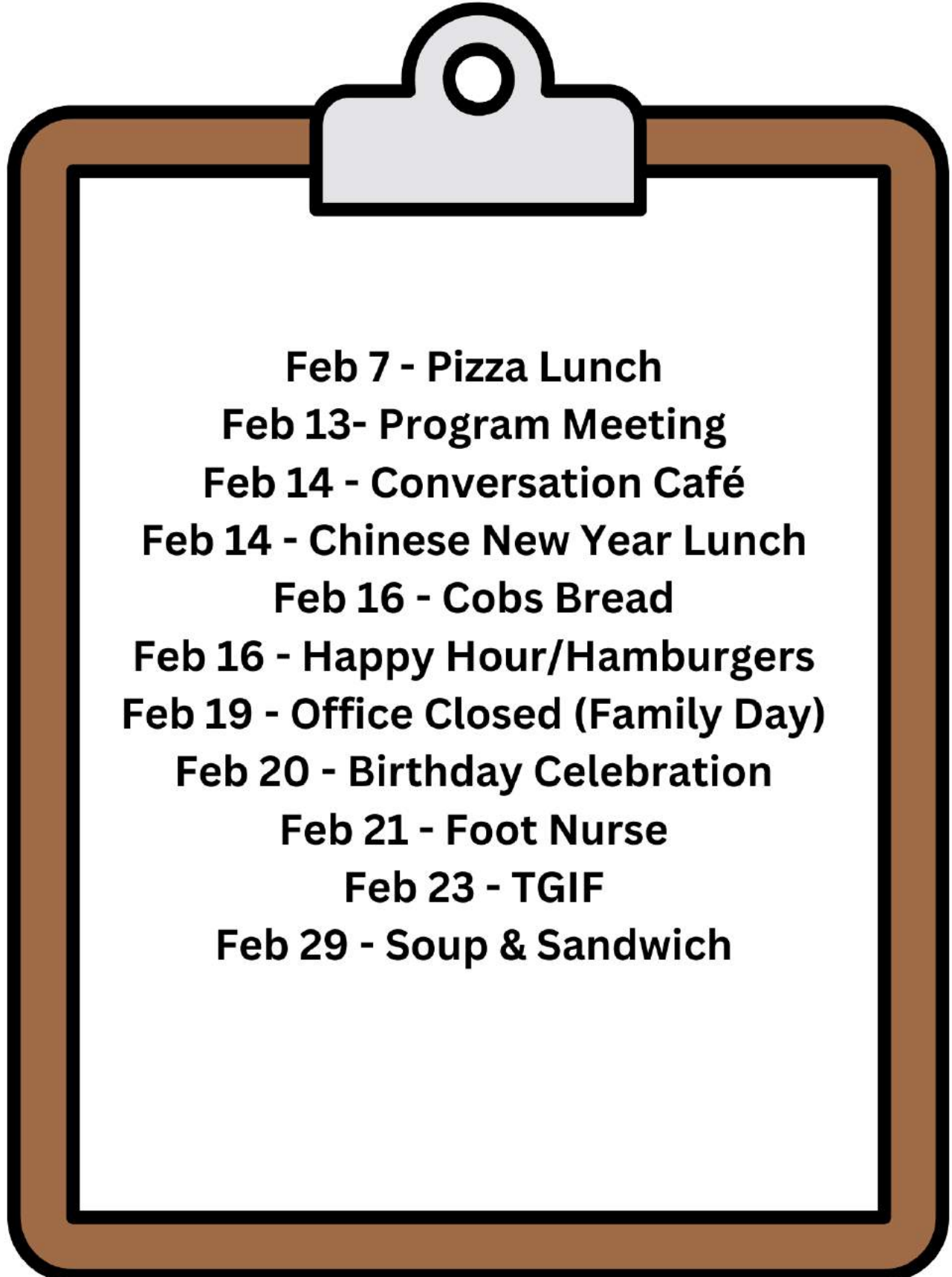
PHONE 403-279-2003 EXT. 202



REMINDER

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

FEBRUARY AT A GLANCE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
February				1	2	3
Cribbage 12:00PM Daily (Except Sundays)				9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour 4:00 Pickleball (BG)	11 - 3 PM Pickleball
4	5	6	7	8	9	10
10:30 - 2 Church Auditorium	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 12:30 Carpet Bowling 3:00 Pickleball 7:00 Games Night	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Mahjong 4:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BG) 11:00 Tai Chi/Qi Gong 12:00 Pizza Lunch 12:30 Carpet Bowling 3:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour 4:00 Pickleball (BG)	11 - 3 PM Pickleball
11	12	13	14	15	16	17
10:30 - 2 Church Auditorium	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 12:30 Carpet Bowling 3:00 Pickleball 7:00 Games Night	9:00 Table Tennis 9:30 Painting/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 1:00 Program Meeting 3:00 Mahjong 4:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BG) 11:00 Tai Chi/Qi Gong 12:00 Chinese Lunch 12:30 Carpet Bowling 1:00 Conversation Café 3:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour/ 4:00 Hamburgers 4:00 Pickleball (BG)	11 - 3 PM Pickleball
18	19	20	21	22	23	24
10:30 - 2 Church Auditorium	OFFICE CLOSED - (FAMILY DAY)	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 2:00 Birthday Celebr 3:00 Mahjong 4:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BG) 9:00 Foot Nurse 11:00 Tai Chi/Qui Gong 12:00 Potluck Lunch 12:30 Carpet Bowling 3:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Zumba 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
25	26	27	28	29		
	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 12:30 Carpet Bowling 3:00 Pickleball 7:00 Games Night	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball 3:00 Mahjong 4:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BG) 11:00 Tai Chi/Qi Gong 12:00 Potluck Lunch 12:30 Carpet Bowling 3:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:00 Soup & Sandwich 12:30 Pickleball 3:00 Zumba 7:00 Euchre		