
 @Ogden50Plus
 @Ogden50Plus

January 2024



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

January

Hello everyone and Happy New Year 2024!

I hope you all had a wonderful Christmas and an excellent time with your family and friends. Let the magic of Christmas stay with us all year round. Let us be kind to each other and make every day special. We can make a difference in other peoples lives and our community. As a team we can do anything.

Thank you very much to all the volunteers who worked very hard to organize the food for our Christmas Hampers -- really looked amazing. This year we were able to help 26 low-income seniors.

I would like to thank Gwen Hanna and her team for their many years of help with wrapping Christmas Hampers boxes. This time the committee decided to use bags because the boxes were too heavy.

As usual, I invite everyone to read the calendar and see what will be happening in January.

I wish everyone born in this month all the best --The most important thing being lots of good health, joy and God's protection.



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

Renata Michalski
Executive Director



Message from the Chairman


January

Hello Members,

This is a good time to look back and say a special “Thanks” to all the volunteers. Without you none of the programs, activities and events would happen. “Thanks” to the Housekeepers and the Mow/Snow crew. Without you many seniors would not be able to stay in their homes. A special “Thanks” to Renata and her staff for all they do and for putting up with us.

Have you made a New Year’s resolution to become more active? The centre offers a number of activities and programs for you. If you are not interested in being more active, the centre has programs and activities for you as well. If you have an activity or program that is not currently available, please speak with Sonia.

If you received for Christmas: perfume, cologne or aftershave from your children, grandchildren or great-grandchildren, a reminder that Ogden 50+ is a scent free environment. We have some members that have respiratory issues and may have difficult breathing around strong scents and this includes chemicals like air fresheners.



May the New Year be filled with love, peace, hope and chocolate.

Mike G



ROBBIE BURNS DAY JANUARY 25



Robert Burns (25 January 1759 – 21 July 1796), was a Scottish poet and lyricist. He is widely regarded as the national poet of Scotland and is celebrated worldwide. He is regarded as a pioneer of the Romantic movement, and after his death he became a great source of inspiration to the founders of both liberalism and socialism, and a cultural icon in Scotland and among the Scottish diaspora around the world. Celebration of his life and work became almost a national charismatic cult during the 19th and 20th centuries, and his influence has long been strong on Scottish literature



From The Kitchen



Due to ever-increasing food costs,
I have chosen to increase the purchase
price of meals/entrees to \$6.
Soups will continue to be \$4.

Thank you!
Kim



**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.**

What's Kim Cooking?



PIZZA LUNCH BY KIM
12:00 PM

WEDNESDAY

JANUARY 10

**PRE-ORDER AT FRONT
DESK BY JAN 5**

What's Kim Cooking?

SOUP & SANDWICH THURSDAY, JANUARY 11

12:00 Noon

\$10



Gluten Free Available
Dine In Only

Pre-Order by Jan 8



What's Kim Cooking?

FISH BURGUR DINNER

FRIDAY, JANUARY 19



MENU:
CRISPY FISH BURGER,
CHIPS & COLESLAW

4:00 pm
\$10.00

HAPPY HOUR

3:00 - 5:00 PM

DINE IN ONLY
GLUTEN FREE AVAILABLE



Pre-order by Jan 16

What's Kim Cooking?

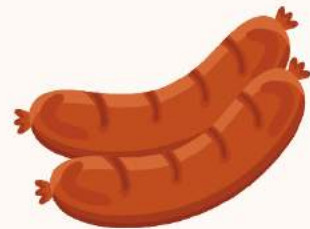
Breakfast

Monday, January 29



10:00 am

\$10.00



Menu:

Scrambled Eggs, Sausages,
English Muffin & Fruit

Gluten Free Available

Dine In Only

Pre-order by Jan 24



TGIF JANUARY

ROBBIE BURNS DAY

Friday, January 26

5:30 pm

Menu: Ribs, Baked Beans, Coleslaw,
Potato Salad & Buns

Dessert: Peach Cobbler & Ice Cream

Happy Hour
3 - 5 pm

Dance to Follow
by DJ Tony

Members \$20
Non-Members \$25

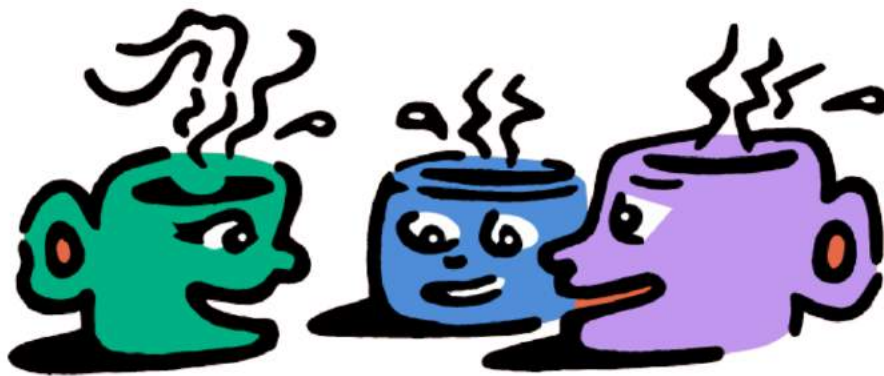


Gluten Free
Available

Pre-Order by Jan 23

**WEDNESDAY,
JANUARY 10**

**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.



FREE HEARING CARE CLINIC

Friday, January 24th
10:00 am to 1:30 pm

Complimentary services include:

- Consultations
- Hearing Screening Tests
- Hearing Aid Clean & Checks



SPACE IS LIMITED!

See the Sonia Provenzano to book an appointment with our Hearing Care Professional.

Sound of the **New Age**

happy
BIRTHDAY

To All Born In January

*Warmest Wishes & All the Best to All of
You in The Year to Come!
From Ogden 50+ Staff*





JANUARY BIRTHDAYS CELEBRATING

Tuesday, January 16 - 2:00 pm

Invitation To All Celebrating
Birthdays Who Were Born In
the Same Month



CHRISTMAS

Hampers

**Special Thanks for All The Donations
and All The Volunteers Who Helped Make
Our Christmas Hampers Happen!**



Seniors Resource Fair

Coming in February



We are asking for volunteers to be a part of the
Resource Fair Committee.
Please contact Sonia at (403)279-2003 ext 4 or
sonia@ogden50plus.org

Ogden 50+ Activity Centre has a Governance Board. The Board focuses on strategy, policy and financial oversight. The Board hired the Executive Director, who is responsible for the day to day operations of the centre.

Our Board is made up of between 3 and 11 members. Board members are elected at the AGM and serve a two year period. Members can serve up to three terms, (or a maximum of six years. They must be re-elected every two years at the AGM.

Some of our Board have completed their term and either retired or could be re-elected for another two year term.

If you are interested, please speak with me or Darleen Bowser or any Board member for additional information.

We want to keep Ogden 50+ Activity Centre the best Centre in Calgary.

Thank you and I hope to speak with you soon.

Cheers Dave



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**



“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.

Name: _____ Date: _____

January Word Search

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

Wool	Wood Stove	Wintertime	Windy	Wind	Thermal
Storm	Snowstorm	Snowflake	Snowboard	Snow	Slippery
Sled	Ski	Scarf	Polar	Mittens	Melt
Jack Frost	Jacket	Icy	Ice Skates	Ice	Hot Chocolate
Heater	Heat	Frost	Frosty	Frostbite	Freezing Rain
Freezing	Fireplace	Fire	earmuffs	Comforter	cold
coat	Chill	Blizzard	Blanket	Black Ice	Bitter Cold
Below Zero	Arctic				

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 Waldos. 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 December Winner

Marilyn Gorgeatt

Answer: 5, 10 & 28



BUSINESS CLASSIFIEDS

AD SPACE FOR

RENT

YOUR AD HERE

\$10 PER MONTH

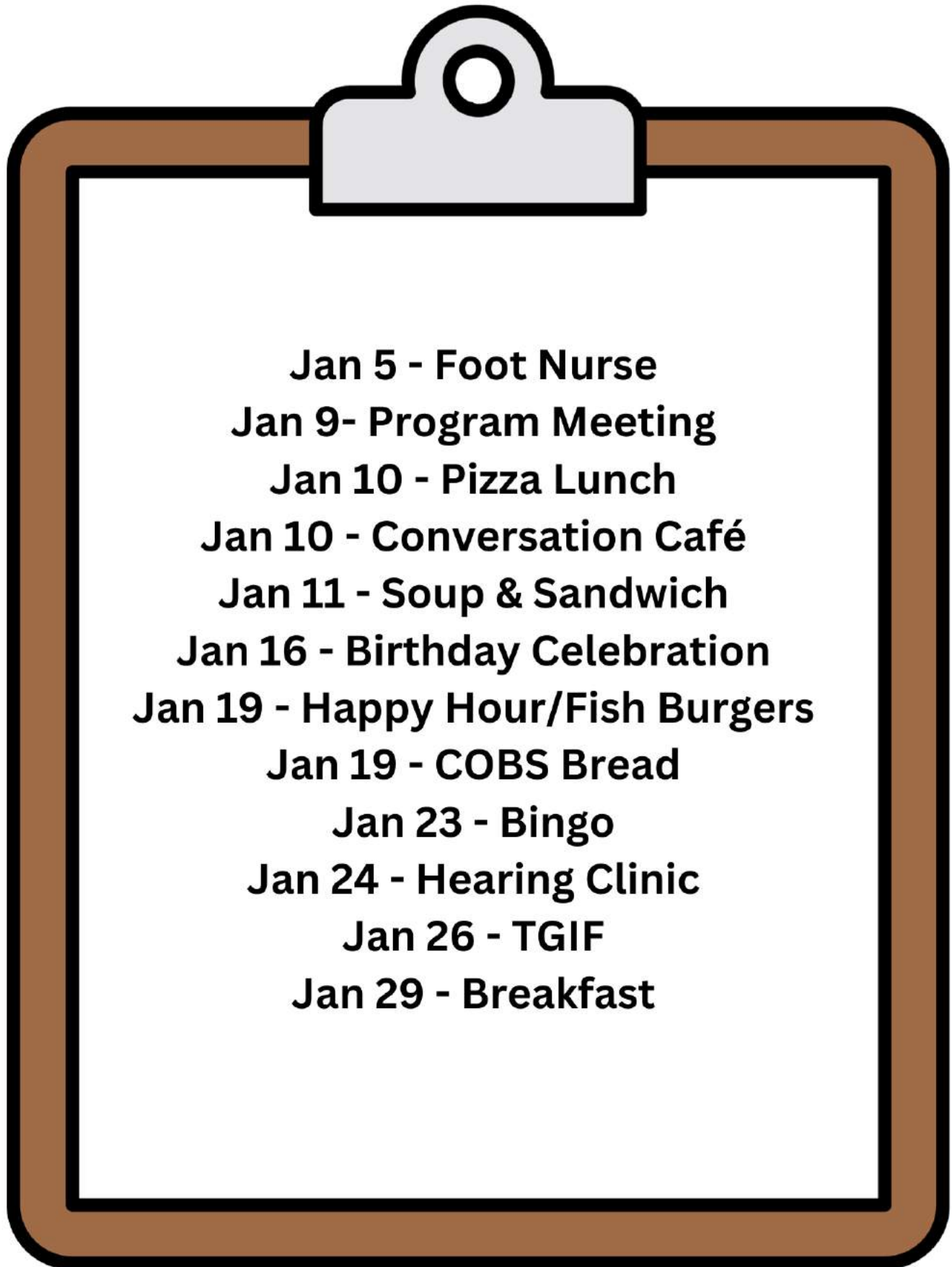
PHONE 403-279-2003 EXT. 202



REMINDER

OUR NEXT PROGRAM MEETING WILL
BE TUESDAY, JANUARY 9 AT 1:00 PM
IN THE GALLERY.

JANUARY AT A GLANCE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
January	1	2	3	4	5	6
Cribbage 12:00 PM Daily (Except Sundays)	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 12:30 Carpet Bowl	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 (BG) 12:00 Potluck Lunch 11:00 Tai Chi/Qi Gong 12:30 Carpet Bowling 3:00 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 Euchre	9:00 Men's Coffee 9:00 Foot Nurse 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour 4:00 Pickleball (BG)	11 - 3 PM Pickleball
	7	8	9	10	11	
	10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 12:30 Carpet Bowl	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 (BG) 11:00 Tai Chi/Qi Gong 12:00 Pizza 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 10:45 Move 'n' Mingle 12:00 Pickleball 12:00 Soup & Sandwich 3:00 Zumba 7:00 Euchre	
	14	15	16	17	18	
	10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 12:30 Carpet Bowl	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 2:00 Bday Celebration 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 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Zumba 7:00 Euchre	
21	22	23	24	25	26	27
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 12:30 Carpet Bowl	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 10:45 Move 'n' Mingle 1:00 Bingo 3:00 Mahjong 4:00 Pickleball (BG) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BG) 10:00 Hearing Clinic 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 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Zumba 6:30 –8:30 pm— Rental 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
28	29	30	31			
8:30 AM - 7 PM Rental	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 10:00 Breakfast 1:00 Quilting 12:30 Carpet Bowl	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 (BG) 11:00 Tai Chi/Qi Gong 12:00 Potluck Lunch 12:30 Carpet Bowling 3:00 Pickleball 7:00 Game Night			