



HAPPY  *Father's* DAY



 @Ogden50Plus
 @Ogden50Plus

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



BOARD EXECUTIVE 2026

VISION STATEMENT

CHAIR Dave Swanson
 VICE Irene de Froidmont
 2nd. VICE Linda Van der Veen
 SECRETARY Veronica Szmyt
 TREASURER Don Miller

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

DIRECTORS
 Doug Bell
 Loretta Leonhardt
 Frances Nelson
 Gary Vegelis
 Jim Zucchiatti

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



2026 Board of Directors



Dave Swanson

Chairman



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First Vice Chair



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Director



Message from the Executive Director

June

Welcome to June everyone! Happy Father's Day!

Happy first day of summer and the longest day of the year! I hope everyone is healthy and getting more exercise. The weather may not be the best, but it is still good enough to go for a walk, work in the garden and enjoy the sunshine.

Remember that exercise is highly recommended at all ages; it gives us positive energy, makes us happier and helps us spread that positive energy to those around us.

I wish all fathers, in-laws and fathers who are no longer with us Happy Father's Day. Thank you for always being our guides, defenders and greatest supporters.

As always, in June we will be celebrating our Multicultural Fiesta. There are only 30 spots available for our members. It is now full. Thank you for participating.

I encourage you to check the bulletin board, website and our newsletter to learn more about our other programs so you don't miss out!

I would like to sincerely thank everyone who volunteered for the Mother's Day Tea.

From setup to serving and cleanup, your help made the day run smoothly and beautifully. Thank you for giving your time and energy to make the event so enjoyable.

To everyone born in June, I wish that your day is filled with sunshine, love and all the things that bring you joy. God bless you.



R. Michalski

Renata Michalski
Executive Director





Message from the Chairman

June

Happy Fathers Day, Happy Seniors Week

It's June and summer is just around the corner. The weather has warmed up. YA HOO

We had lots of great activities in May and more to come in June.

We had Bingo, Bowling and more activities. Several meals and some great TGIF's.

In June we will celebrate Seniors' week with Smokies on the patio, food at TGIF, Massages and a Happy Hour BBQ. Lots of great food coming up.

Our attendance at our May TGIF was lower than normal. So come out and join us in June. We have special entertainment by Elvis.

July will bring Stampede and our Stampede Breakfast and Chili Cook-off.

Thanks to all of our great Volunteers that help every day.

So, in closing check the Newsletter, Website and Bulletin Boards in the club for more grand activities.

Take Care and have a fantastic summer and I will see you in the fall.



Cheers Dave





HAPPY
Father's
DAY!

June 21

DID YOU KNOW FATHER'S DAY?

- FATHER'S DAY WAS INVENTED BY AMERICAN MRS. SONORA SMART DODD WHO WANTED TO HONOUR HER FATHER, A VETERAN WHO HAD, AS A SINGLE PARENT, RAISED HIS SIX CHILDREN. THE FIRST FATHER'S DAY WAS CELEBRATED ON JUNE 19, 1910.



30
DAYS IN THE MONTH

World Milk Day

National Donut Day

Longest Day of The Year

National Yo-Yo Day

Rose

Flag Day

Father's Day

Goodbye Spring

Hello Summer

Astrology Signs

Most Popular Wedding Month

Pearl Birthstone

th Month of The Year

JUNE

FUN FACTS

Gemini Cancer

MADEWITHHAPPY.COM

QUILTS

Please support Ogden 50+ by purchasing quilt tickets anytime during office hours.

A new quilt goes out every 2 months.

Thank you to our wonderful quilters for putting in their time and effort into making them for us!



HAPPY BIRTHDAY
TO ALL BORN IN JUNE

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

Canadian Pizza Unlimited is Back



**2
SLICES
\$7**

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

**JUNE 3, 2026
PRE-ORDER AT FRONT DESK
BY JUNE 1**



**SENIORS' WEEK
SMOKIES
THURSDAY, JUNE 4, 2026
12:00**



**SMOKIE, COLESLAW, CHIPS & LEMONADE
\$10.00**

**BBQ WILL BE HELD ON BACK PATIO.
BRING YOUR OWN LAWN CHAIR**

SIGN UP DEADLINE: JUNE 3





REMINDER

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

**WEDNESDAY,
JUNE 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.



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, June 17 - 9:00 am to 2:30 pm.



OGDEN 50+ ACTIVITY CENTRE

2102-69 Ave SE
Phone 403-279-2003

second harvest

Reducing Food Waste At Home Presentation

**Wednesday, June 17, 2026
11:00 am**

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

Must register by June 15





Chicken *Skewers*



FRIDAY, JUNE 19, 2026

Chicken Skewers, Greek Salad & Pita Bread

4:00 pm - \$12.00

HAPPY HOUR

3 - 5 PM



Sign up deadline:
June 16





TGIF - Father's Day

FRIDAY, JUNE 26, 2026

5:00 pm

Menu: Steak, Baked Potato with Trimmings, Peas & Carrots, Caesar Salad & Garlic Bread
Dessert: Pecan Pie



Happy Hour 3 - 5 pm



Members \$24

Guests \$29

Entertainment: ELVIS



Sign up deadline: June 23

TACO *Tuesday*

Tuesday, June 30, 2026

12:00 Noon – \$10.00



**BEEF
WITH
FIXINGS**

Sign up Deadline: June 25

MASSAGE OUTREACH

MOUNT ROYAL UNIVERSITY MASSAGE THERAPY STUDENTS

**Coming various Wednesday afternoons to provide 25
minute massages through clothing.
Students will perform a brief interview prior to treatment
to see of any areas of concern.**

Sessions are Free

**Please sign up with Sonia
403-279-2003 ext 4 or sonia@ogden50plus.org**

Dates Available:

July 30

August 13



Activities

GAME TRAINING

MAHJONG
MONDAYS
1 - 3 PM



CRIBBAGE
WEDNESDAYS
1 - 3 PM



BID EUCHRE
THURSDAYS
1 - 3 PM



WEEKLY

Activities

GAMES

Available Anytime
Monday - Friday
8 am - 4 pm

Shuffleboard
Pool
Darts
Bocce
Quiddler/Card Games
Cribbage
Dominoes
Chess
Checkers
Mahjong/Rummikub
Backgammon
Wooden Horse Race
Yahtzee

The graphic is a vibrant collage of game-related icons. At the top left is a black spade symbol. Below it are two dominoes. To the right is a large orange starburst. Further right are two playing cards: the Ace of Spades and the Ace of Diamonds. Below the starburst is a green starburst. In the center is a large orange arrow pointing right, containing the text 'Available Anytime Monday - Friday 8 am - 4 pm'. Below the arrow is a list of games: Shuffleboard, Pool, Darts, Bocce, Quiddler/Card Games, Cribbage, Dominoes, Chess, Checkers, Mahjong/Rummikub, Backgammon, Wooden Horse Race, and Yahtzee. To the right of the list are several icons: a die, a green starburst, a cluster of letters (C, Y, I, V, T, A, L, G), and pool balls (13, 8, 9) with a cue stick. At the bottom left is a chessboard with pieces. At the bottom right is an illustration of three people sitting around a table playing a card game. The entire graphic is set against a blue background with a grid of yellow and green squares.

Growing Smiles Fundraising
Thank you to everyone that supported
Ogden 50+ Activity Centre





Thanks Kim!





Here's the Dirt - June





Planting and clearing the garden should be almost finished so now is the time to enjoy it with a small amount of maintenance. If you still have planting wait until the evening when it will be cooler and the plants have a chance to settle in overnight. If you have to plant in the heat, shade the roots for a few days.

Be patient with fall perennials as some take time to start growing; however, if they have not appeared by July 1st they have not overwintered!

Deadhead any spring perennials and you may get a second flush of blooms. It is important to deadhead peonies; the plant will now send all its strength to the roots and not into making seeds.



Containers: being in a confined space these need extra consistent water and fertilizer.

Now is the time to stake tall plants as it can be difficult once they have grown to full height.





Attracting hummingbirds: I have found in my garden are attracted more to flowers than the feeder. Bright colours and tubular flowers, petunias, honeysuckle and scarlet runners are the most popular. The birds will probably appear about the beginning of July through August.

Note: if you keep losing hand tools in the garden try wrapping with bright coloured electrical tape.



Remember don't get down without a plan on how to get up!!!



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.





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**



RENTALS

HOST YOUR NEXT EVENT
AT OGDEN 50+ ACTIVITY CENTRE

2102 - 69 Ave SE
Calgary, AB, T2C 3Y4
403-279-2003

Member Discount rates



We provide the tables & chairs



You provide the decor

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

Supporting



Ogden United Church

DAD'S DAY BBQ

Fundraiser at Ogden 50+

Limited tickets available!



\$15

- * Cheeseburgers
- * Chips
- * Coleslaw
- * Lemonade

Enjoy Happy Hour
Pricing at the Bar!
Most Beer \$4!



*See you
there!*

JUNE 12

3-6PM

Sign up with Mike Gale &
Dave Swanson or the
church office
office@mcdunited.com
403-252-1620

OGDEN 50+
ACTIVITY
CENTRE

“

QUOTE

"Life is a great big canvas; throw all the paint you can at it."

DANNY KAYE

”

COMIC STRIP



Ogden House History

Chapter V

OGDEN HOUSE DRAMA CLUB

The Ogden House Drama Club was formed in October 1995 and consists of the following Charter Members:

**Blanche Barnes Vera Telle Ken Holley Don Smith Marion Headley
Milly McPhedran Margaret Blackstock Dot Rennie Lil Whiteside
Lois Holley**

Gary Miller, well known Calgary actor, director and musician, was employed through the City of Calgary Parks and Recreation to be the Director.

“The Shooting of Dan McGrew” by Robert W. Service was chosen for the first production. This was presented as a Dinner Theatre on February 16 and 17, 1996.

Ivy Cooper was Kitchen Convener and with members of the Ogden House Railroad Rascals Kitchen Band, in keeping with the theme of the play, a superb dinner was served of Bon Ton meat pie, bacon with beans, coleslaw, sourdough bread and rice pudding with C.P.R. Strawberries.

Support staff included Sherry Telle, Projectionist, Karen McKeown, Makeup Supervisor, Hazel Firmston, Liaison and Ticket Control, Frank Rennie who produced slides for the projector and Lynn Cantley, Photographer and Publicity and Program, Lois Holley.

1975 - 2000

Ogden House Senior Citizens' Club History Book #1



Ogden House Senior Citizens' Club 403-279-2810 2102 - 49 Ave SE Calgary AB T2C 1B6 (500.00)

Ogden House History con't

1984-1985

**LtoR): Ken Holley, Vera Telle,
Milly McPhedran, Blanche Barnes,
Margaret Blackstock, Marion
Headley, Lois Holley, Lil Whiteside,
Don Smith, Dot Rennie**



Both performances were sold out and tremendously enjoyed by all that attended. The Drama Club's rendition of "Dan McGrew" proved to be hilarious and the Club was urged by all to "do it again soon".

Rehearsals resumed in March 1996 for the Drama Club's next presentation "Cyanide & Dirty Linen" Based on "Arsenic & Old Lace", only ours had a slightly different twist and added characters.

The Dinner Theatre format was chosen again with this performance on June 7 and 8, 1996. We lost some of our original cast but picked up some new faces.

**The cast for this presentation included:
Lois Holley Ted Lefebvre Lil Whiteside
Marion Headley Milly McPhedran Margaret Blackstock Walter Hudson
Phil Bircham Dot Rennie
With Gary Miller as Director and cast member.**

Ivy Cooper and members of the Railroad Rascals served a dinner of Ham steaks, scalloped potatoes, vegetables, sourdough bread, apple crisp and a weird concoction of "juice" served in Wine carafes clearly marked to contain "Cyanide".

Once again this play was a huge success and sold out for both nights.



We are all kids at heart!

Guess who I am?



Give up? Wait for next months issue to find out..... Last month: Darlene O.

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



“Western Mosaic”

Size: **49” x 52”**

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for
more info

Draw date: Aug 14, 2026



Foot Care will be at Ogden 50+

WEDNESDAY, June 17, 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.

Father's Day Word Search

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



CARD
CARING
CELEBRATE
CHILDREN
DAD
FAMILY

FATHER
GIFT
HOLIDAY
JUNE
LOVING
PARENT



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JUST FOR FUN

Somewhere in the newsletter we have hidden
3 Bow Ties. 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 May Winner

Jurgen Pung

Answer: 8, 27 & 33



June AT A GLANCE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
June	1	2	3	4	5	6
Cribbage 1:00 PM Mon-Fri	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 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG) 11:00 Tai Chi/Qi Gong 11:45 Line Dancing 12:00 Pizza Lunch 12:30 Carpet Bowling 1:00 Crib Training 3:00 Pickleball (ADV/INT) 6:30 Game Night	9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:00 Smokies 12:25 Massage 12:30 Pickleball (OP) 1:00 Euchre Training 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)
7	8	9	10	11	12	13
	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 12:30 Carpet Bowling 1:00 Crib Training 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) 1:00 Euchre Training 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	8:00 AM - 12:00 AM Rental
14	15	16	17	18	19	20
	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 11:00 Tai Chi/Qi Gong 11:00 Second Harv 11:45 Line Dancing 12:00 Bring your lunch 12:30 Carpet Bowling 1:00 Crib Training 3:00 Pickleball (ADV/INT) 6:30 Game Night	9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:25 Massage 12:30 Pickleball (OP) 1:00 Euchre Training 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 Chicken Skew	11:30—2:30 PM Pickleball (OP)
21	22	23	24	25	26	27
	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 1:00 Crib Training 3:00 Pickleball (ADV/INT) 6:30 Game Night	10:00 Ladies Coffee 10:00 Multicultural Fiesta 1:00 Euchre Training 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	All Day / All Night Rental
28	Mon 29		Tues 30			
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 12:00 Taco Tuesday	12:30 Pickleball (ADV) 1:00 Acoustic Jam 2:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers		