





HAPPY  
St. Patrick's  
Day



 @Ogden50Plus  
 @Ogden50Plus

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



**BOARD EXECUTIVE 2024**

CHAIR	Dave Swanson
VICE	Darleen Bowser
2nd. VICE	Donna Martin
SECRETARY	Mike Gale
TREASURER	Marjorie Irwin

**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**

**DIRECTORS**

Irene de Froidmont  
 Don Miller  
 Frances Nelson  
 Juergen Pung  
 Jim Zucchiatti

**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

<b>IMPORTANT PHONE NUMBERS</b>		
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*

## *March*

Hello everyone,

Happy St. Patrick's Day and Happy First Day of Spring!

March 8th is International Women's Day. It is very popular in Europe, so I would like to wish all women the strength to face challenges and to never forget the beauty of the little moments.

March 18th will be our Annual General Meeting. I encourage everyone to come as it is an important event for the Ogden 50+ Activity Centre. At 12:00 pm there will be a free lunch and at 1:00 pm the meeting will start. Please sign up by March 13th if you want to have lunch as Kim must do some shopping.

As every month, there is a lot going on in the Centre so I encourage everyone to check the calendar. If you have any questions or comments, please feel free to ask. I will be happy to help.

To all those born in March I wish God's grace, dreams come true and lots of health.



*R. Michalski*

**Renata Michalski**  
**Executive Director**





## **Message from the Chairman**

### **March**

February has made us realize what it means to be an Albertan, -26 one day and +4 the next but Spring cannot be far behind.

March is here and it can bring rain, wind, sleet and snow but it also brings many events at our Centre such as Massage Clinics, Foot Nurse, Happy Hours, a Hearing Clinic, Bowling and a Wine & Cheese afternoon. We also have our Annual General Meeting which we hope you can all attend.

Volunteers are the lifeline of our Centre. We need you, whether it is your time or your skills.

Volunteering does not mean we are asking for an ongoing commitment but just help when and if you are able, is all we ask.

Volunteers help to make this place the great Centre it is and without volunteers we could not have the activities that we all enjoy.

March brings Spring on Thursday, March 20,  
3:01 AM MDT

Darleen  
1st Vice Chairman





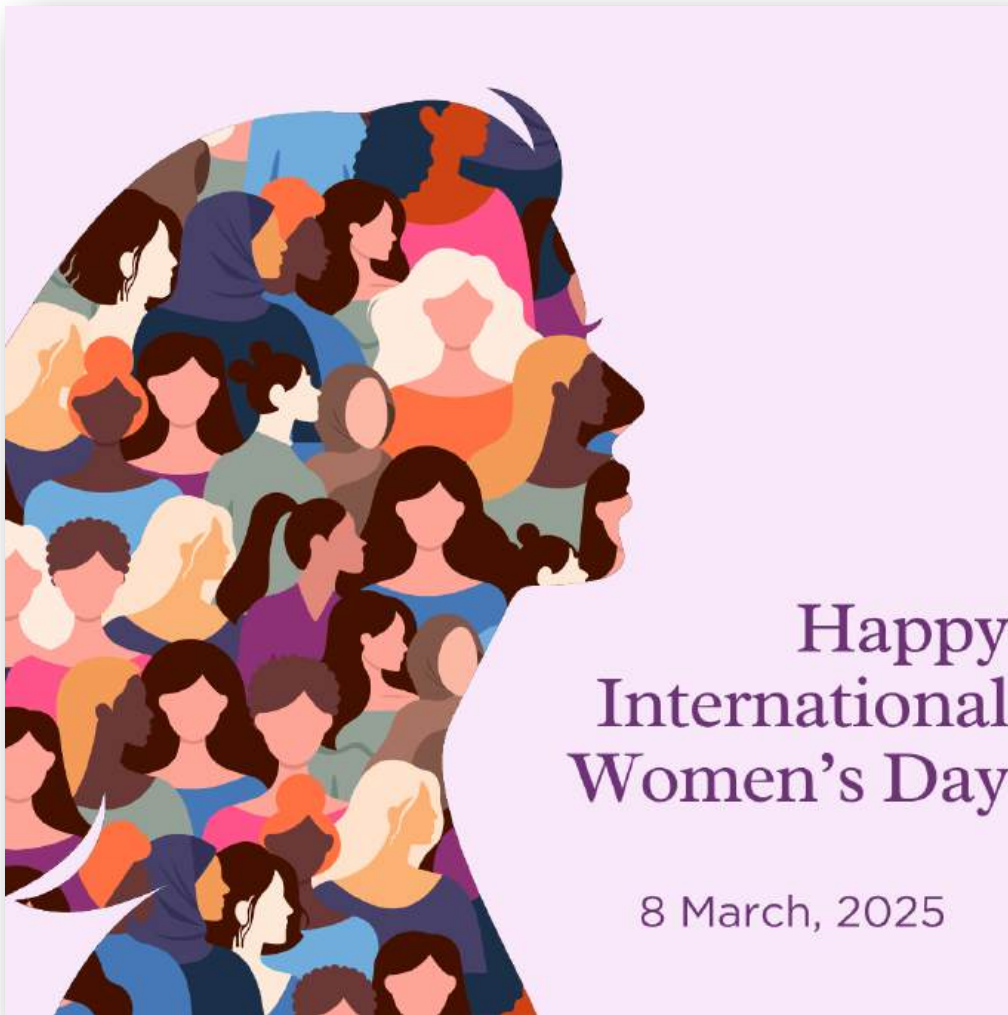


## Who was St. Patrick?



St. Patrick was a Christian missionary, bishop and a patron saint of Ireland. He was born in Roman Britain to a wealthy family near the end of the fourth century. At age 16, he was captured by Irish raiders and brought to Ireland, where he spent six years in captivity, working as a shepherd. He became a devout Christian and, it's believed, began to dream of converting the Irish to Christianity. He then escaped back to England. He wrote that a voice — God's — spoke to him in a dream telling him to leave Ireland.

After reaching England, Patrick described having a second dream in which an angel told him to go back to Ireland as a missionary. He started religious training to become a priest. He was later sent to Ireland on a mission to convert the Irish to Christianity and minister to Christians already there. Rather than replacing pagan Irish rituals, he incorporated them into his teachings. For instance, the Irish used to honor their gods with fire, so Patrick used bonfires to celebrate Easter. He died in A.D. 461 on March 17, which became St. Patrick's Day.




# Happy International Women's Day

8 March, 2025







# Fun Facts About Spring

Your sense of smell improves in Spring 🌷

With new flowers blooming, spring is a feast for the sense of smell. In fact, studies show that people's ability to detect smells improves in spring!

First Spring Flowers

The snowdrop is often one of the first flowers to bloom in the spring.

Earth's Tilt

Spring occurs because of the Earth's tilt on its axis, not its distance from the Sun.

Ladybug Luck 🐞

Ladybugs are more active in the spring and are considered good luck. Plus, they help gardeners by eating pests!

Monarch Butterflies Travel Thousands of Miles 🦋

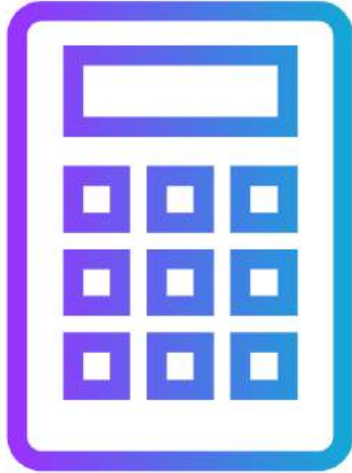
Monarch butterflies undertake one of the longest insect migration routes. They travel thousands of miles from Mexico to the United States and Canada, arriving with the warmer weather in spring.

Rainbows are Unique to Planet Earth.

Earth is the only planet in the solar system where rainbows occur.

Spring Break Origins 🎉

Spring break has its roots in the 1930s when it was originally conceived as a period for college swim teams to practice. Fast forward to today, and it's evolved into a much-anticipated week of relaxation and fun in the sun for people of all ages.



TAX  
CLINIC  
IS  
HERE

EVERYONE WELCOME  
STARTING MARCH 1, 2025

FINAL SUBMISSION DATE  
APRIL 24, 2025- 3:00PM

INCOME QUALIFICATIONS APPLY

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



March 9, 2025

# Spring Forward

Don't Forget to Change Your Clock

+1 hour

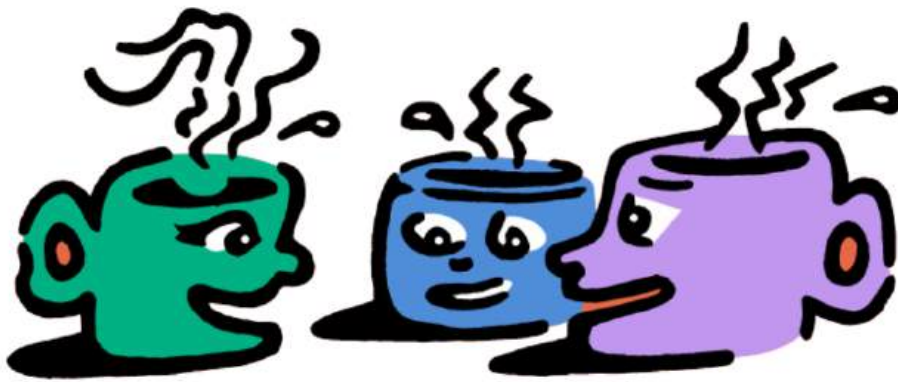


## REMINDER

OUR NEXT PROGRAM MEEING WILL BE  
TUESDAY, MARCH 11 AT 1:00 PM IN  
THE GALLERY.

**WEDNESDAY,  
MARCH 12**

**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.



OGDEN 50+ PRESENTS

**MOVIE**

*Matinee*

**THURSDAY, MARCH 13**

**1:00 PM**

**FREE  
ENTRY**

**POPCORN &  
POP \$2.00**



**SIGN UP AT FRONT DESK BY MAR 12**

**PRINCESS BRIDE**

**WITH CARY ELWIS &  
ROBIN WRIGHT**

# What's Kim Cooking?

## Shepherd's Pie

Friday, March 14

4:00 pm - \$10.00



Happy Hour  
3 - 5 pm

Sign up deadline: March 11





# **2025 ANNUAL GENERAL MEETING**

**TUESDAY, MARCH 18, 2025**

**FREE LUNCH 12:00  
SOUP & SANDWICH**

**REGISTER FOR LUNCH BY  
THURSDAY, MARCH 13**

**MEETING 1:00**



# Canadian Made!

## WINE & CHEESE

**\*Made in Canada\***



**THURSDAY, MARCH 20**

**1:00 PM - \$13.00**

**Enjoy a Glass of  
Red or White Wine &  
Cheese Snack Plate**

**LIMITED SPACE**

**EXTRA GLASS OF WINE AT  
BAR PRICE - \$4.00  
SEE BARTENDER**

**SIGN UP DEADLINE: MARCH 17**





# FREE HEARING CARE CLINIC

**Wednesday, March 26**  
**10:00 am to 1:30 pm**

Complimentary services include:

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



## **SPACE IS LIMITED!**

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

**Sound of the New Age**

# IMPORTANT NOTICE

Effective immediately  
Ogden 50+ Activity Centre is  
enforcing the zero tolerance  
policy of intimidating and  
abusive behavior.

Ogden 50+ is and always has  
been a safe and welcoming  
environment for everyone.

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The Board

## CHINOOK BOWLADROME

5 - Pin Bowling

Thursday, March 27 - 1:15 pm

3 Games - \$24.50 includes shoes & GST

Snack Bar

Sign up at front desk by March 24

Join us for a game!





# TGIF MARCH

**FRIDAY, MARCH 28  
5:00 PM**

Menu: Corned Beef,  
Roasted Potatoes,  
Sauteed Cabbage, Carrots  
Salad & Buns  
Dessert: Carrot Cake

Members \$22  
Non-Members \$27

Gluten Free Available

Happy Hour 3 - 5

Dance To Follow By  
DJ Tony

**Sign up Deadline - March 25**





**PIZZA LUNCH BY KIM**  
**12:00 PM**

**WEDNESDAY**

**APRIL 2**

**PRE-ORDER AT FRONT DESK**  
**BY MARCH 28**

## Activities



# ACOUSTIC JAM

Tuesdays 1 - 3 pm

Come Join The Acoustic Music Jam.  
Bring your Musical Instrument and/or  
your Singing Voice.



# Activities

Pickleball \*

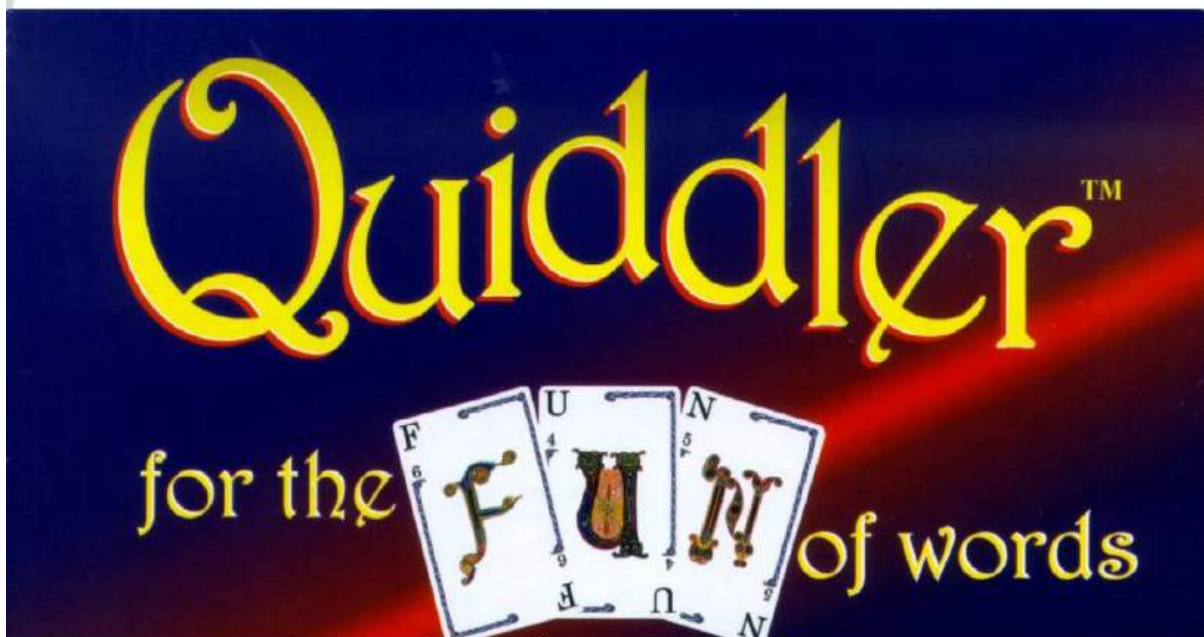


Table  
Tennis \*



New Time

**Bring your Quiddler cards &  
come play with us  
Mondays 3:00 pm - 4:30 pm**



**Quiddler challenges players to create words from an ever-increasing number of letter cards in their hand. The game lasts eight rounds, with three cards being dealt to each player in the first round, four cards in the second, five in the third, and so on. Each card has one or two letters on it as well as a point value.**

**31**  
DAYS IN THE MONTH

**♀**  
Womens History Month

National Crayon Day

$\pi$   
3.1415  
Pi Day

National Craft Month

Daffodil

**Aquamarine**  
Birthstone

National Teenage Mutant Ninja Turtle Day is March 19

**MARCH FUN FACTS**

Dr. Seuss' Bday & Read Across America

Goodbye Winter

Hello Spring

Coca-Cola was invented in March 1886.

Astrology Signs

St. Patrick's Day Mar 17th

**3**  
rd Month of The Year

**MADEWITHHAPPY.COM**

**HAPPY BIRTHDAY**  
TO ALL BORN IN MARCH

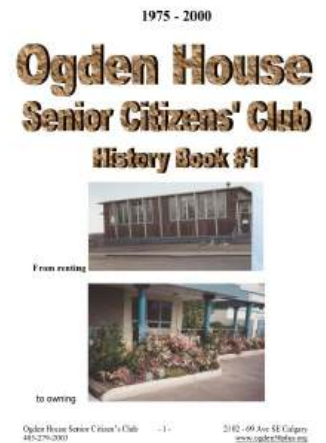
*Warmest Wishes & All The Best To All Of You In The Year To Come!*  
*From Ogden 50+ Staff*

# Ogden House History con't

1996-2000

## FUND RAISING –

- Consumer's Fair – 20 tables rented
- Entertainment books sold at \$40 per book
- Casino earned \$720 (bad year)
- Drama Club Dinner Theatre “Shooting of Dan McGrew”
- Ogden House withdrew from Bingo Association
- Railroad Rascals Band hosted Backward Dinner
- Ogden House Favorite Recipe Cook Book produced and sold
- Frank Rennie built 124 birdhouses for Ogden House sales
- Lunch 50-50 draw
- Ogden House pins
- Ogden House shirts with logo sold
- Riverbend Craft Sale
- Beef raffle in June
- Casino earned \$36,000
- T.G.I.F. parties
- Y2K bugs (Dot Rennie and crew) 600 sold
- Hard Times Dinner organized by the Railroad Rascals Kitchen Band
- Flea market held in October
- M.O.W. program sponsored by Wild Rose Foundation
- Fashion Show and Tea
- Quilt raffle – 4000 tickets sold
- 50-50 draw at meetings
- Pie draw \$.25 or 5 for \$1 at meetings and foot doctor Y2K bug
- M.O.W. - \$18,000 donated by Calgary Foundation
- Ogden House 25<sup>th</sup> Anniversary Key Chains
- I.Y.O.P. pins (International Year of the Older Person)
- M.O.W./SNOW program supported by United Way and Calgary Foundation
- Lions donate \$3,500 to band and \$250 for table tennis equipment





# Ogden House History con't

## 1996-2000

- Quilt raffle – 4000 tickets sold again
- Canada Day support \$3,500 raised from local Ogden, Riverbend merchants (*organized by Don Smith*)
- Ogden House put mementos in I.Y.O.P. capsule
- Year 2000 Cookbook being compiled Dot Rennie)
- 1999 Casino \$59,015.59 (good year!!!!)
- Grocery Raffle replaces beef raffle for July 2000.



Harry's Place (*Ellen & Harry Huish*)

## GAMES –

- Ogden House hosts Seniors Games carpet bowling
- Portable golf course built by Walter Hudson
- Seniors Games Bridge hosted at Ogden House
- Seniors Games Snooker hosted at Ogden House
- Ping-Pong started – table loaned from Parks and Recreation
- Seniors Games: Hanna Anderson (Gold in running)  
Millie McPhedran (Bronze in snooker)
- Ogden House carpet bowling tournament – Ogden House invitational to other Seniors clubs
- Ogden House enters Senior Olympics at Golden Age Club
- Five pin bowling
- Ogden House / Lions baseball team formed
- Ogden House carpet bowlers win silver at Seniors Games
- Ogden House Lions vs Greater Forest Lawn (Ogden House won at Slo Pitch)

# Guess who I am?



Give up? Wait for next months issue  
to find out..... Last month: Darleen S.

If anyone has a pic they want to share for  
newsletter please submit to Sonia at  
[sonia@ogden50plus.org](mailto:sonia@ogden50plus.org)

# RENTALS

HOST YOUR NEXT EVENT OR MEETING  
AT OGDEN 50+ ACTIVITY CENTRE

Church Groups Welcome

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](mailto:sonia@ogden50plus.org)





## **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](mailto:sonia@ogden50plus.org)**





## "Fan Quilt"

Size: **46" x 57"**

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for  
more info

Draw date: Mar 28, 2025



**Foot Care will be at Ogden 50+**

**WEDNESDAY, MARCH 19, 2025**

**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.



# ST. PATRICK'S DAY WORD SEARCH



c i r e l a n d s i p  
 j s w e u m a r c h t  
 p f p a c u h s d a r  
 f a o i k a c p s r a  
 a o t u y h e a h t i  
 l e p r r e c h a u n  
 u m a a i t r r m w b  
 i e r r o c e s r x o  
 r r a s d l k p o t w  
 i a d g g o l d c h n  
 s l e a r v l l k t d  
 h d s c h e s a i n t  
 k w e e r r e f r i e  
 h c g o h o l n t f k

Irish  
 Emerald  
 Clover  
 Lucky'  
 Ireland

Parade  
 Leprechaun  
 Patrick  
 Gold  
 Rainbow

Pot  
 Shamrock  
 Green  
 Saint  
 March



## JUST FOR FUN

Somewhere in the newsletter we have hidden  
**3 Gnomes** 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](mailto: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

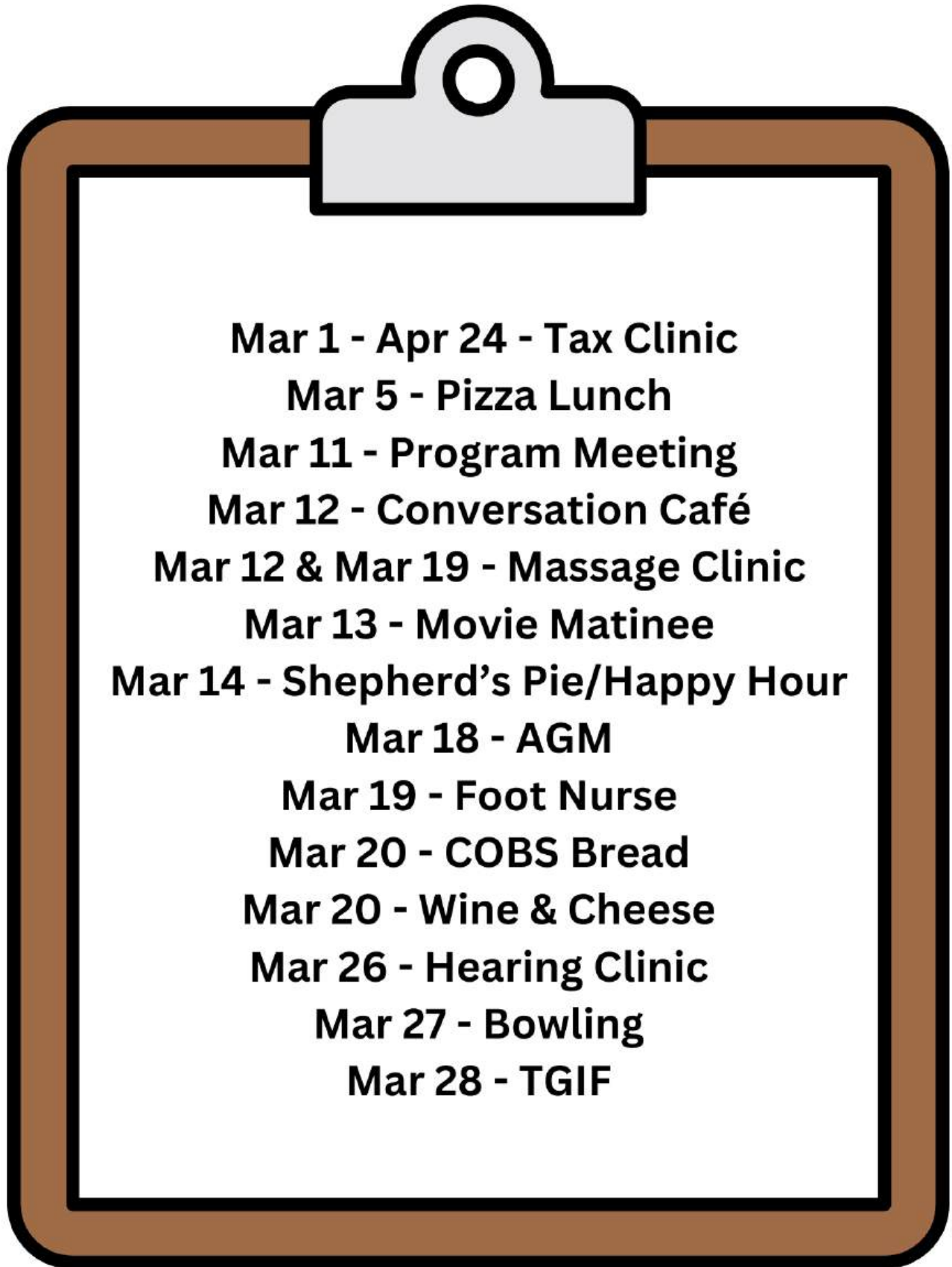
### Hidden Object February Winner

Laura Friesen

Answer: 5, 5 & 17



# March AT A GLANCE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>March</b>						<b>1</b>
<b>Cribbage 12:00PM Daily (Except Sundays)</b>						
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 1:30 French Class 3:00 Line Dancing 3:00 Quiddler 5:00 Pickleball (Beg) 7:00 Games Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:30 Sketching 11:00 Move 'n' Mingle 12:30 Pickleball (ADV) 1:00 Accoustic Jam 3:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG) 11:00 Tai Chi/Qi Gong 11:30 Line Dancing 12:00 <b>Pizza Lunch</b> 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (ADV/INT) 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	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 1:30 French Class 3:00 Line Dancing 3:00 Quiddler 5:00 Pickleball (Beg) 7:00 Games Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:30 Sketching 11:00 Move 'n' Mingle 12:30 Pickleball (ADV) 1:00 <b>Program Meeting</b> 1:00 Accoustic Jam 3:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (Beg Only) 11:00 Tai Chi/Qi Gong 11:30 Line Dancing 12:00 Bring your lunch 12:00 <b>Massage Clinic</b> 12:30 Carpet Bowling 1:00 <b>Conversation Café</b> 3:00 Pickleball (ADV/INT) 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (ADV/INT) 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 <b>Shepherd's Pie</b> 5:00 <b>Rental</b> (to 12 am)	<b>All Day/ All Night Rental</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>All Day - 7 PM Rental</b>	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 1:30 French Class 3:00 Line Dancing 3:00 Quiddler 5:00 Pickleball (Beg) 7:00 Games Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:30 Sketching 12:00 <b>Lunch/AGM</b> 1:00 Accoustic Jam 3:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 <b>Foot Nurse</b> 9:00 Pickleball (Beg Only) 11:00 Tai Chi/Qi Gong 11:30 Line Dancing 12:00 Bring your lunch 12:00 <b>Massage Clinic</b> 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (ADV/INT) 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	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>-----30 -----31</b>	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 1:30 French Class 3:00 Line Dancing 3:00 Quiddler 5:00 Pickleball (Beg) 7:00 Games Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:30 Sketching 11:00 Move 'n' Mingle 12:30 Pickleball (ADV) 1:00 Accoustic Jam 3:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (Beg Only) 10:00 <b>Hearing Clinic</b> 11:00 Tai Chi/Qi Gong 11:30 Line Dancing 12:00 Bring your lunch 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (ADV/INT) 1:15 <b>Bowling</b> 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 Happy Hour 5:00 <b>TGIF</b>	