



HAPPY  
*St. Patrick's*  
DAY

MARCH 17



@Ogden50Plus

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



**BOARD EXECUTIVE 2026**

CHAIR Dave Swanson  
 VICE Darleen Bowser  
 2nd. VICE Frances Nelson  
 SECRETARY Irene de Froidmont  
 TREASURER Don Miller

**DIRECTORS**  
 Loretta Leonhardt  
 Juergen Pung  
 Veronica Szmyt  
 Linda Van der Veen  
 Jim Zucchiatti

**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**

**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

<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*

Welcome to another wonderful month at the Ogden 50+ Activity Centre! We wish all women a very Happy International Women's Day and everyone a joyful St. Patrick's Day.

As we begin March, we look forward to longer days and hopefully warmer weather. Although as we know the weather in Calgary can sometimes be unpredictable.

We are incredibly grateful to see our community continue to grow and flourish. Thank you to everyone who joined us last month. Your positive energy, laughter and friendship are what make this centre so special. We have an exciting program of classes, social gatherings and special events planned, so we encourage you to participate actively. Try something new - read our monthly newsletter to find out the many activities that are taking place each month. Whether you're here for fitness, friendship or fun; our Centre always has a place for you.

To all those celebrating birthdays this month, we wish you good health, God's protection and many happy days ahead.



*R. Michalski*

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





# Message from the Chairman

## March

February has come and gone. We had Winter, Summer then back to Winter. Now March is coming in like a lamb. So here we go again.

We had lots of activities in February. Our TGIF Dinner was great.

Now in March we wait for spring and warm weather.

We have lots of activities coming in March. We have all of our usual events. We will be having a Wine tasting and Charcuterie event this month. So come out and support the centre and have some fun. It's St. Patrick's Day on the 17th, so wear green for the day.

Our AGM is Tuesday 7 April. We have been looking for Volunteers for the Board, BUT have had no Volunteers come forward. Without a Board we have no CENTRE. PLEASE speak with one of the Board members and find out about us. THANK YOU.

On a brighter side, I had cataract surgery and can see you now.

So, in closing, enjoy the weather, come out and participate in all the activities that make our centre the BEST in the city. Let's keep it that way.

THANK YOU to all the VOLUNTEERS we have that keep this centre going. THANK YOU.



Until next month  
Cheers Dave



March 8, 2025

# Spring Forward

Don't Forget to Change Your Clock

+1 hour



Happy  
International  
Women's Day

8 March



# ST. PATRICK'S DAY

## ORIGINS



March 17th marks the feast day of St. Patrick, the patron saint of Ireland, who is credited with bringing Christianity to the Emerald Isle in the 5th century. Born in Roman Britain in the late 4th century, he was abducted at the age of 16 and brought to Ireland as a slave. After escaping, he returned around 432 CE with the mission of converting the Irish to Christianity. By the time of his death on March 17, 461, he had founded monasteries, churches, and schools and numerous legends emerged about him.



**31** DAYS IN THE MONTH

**Womens History Month**

**National Crayon Day**

**National Craft Month**

**Daffodil**

**Aquamarine Birthstone**

**National Teenage Mutant Ninja Turtle Day is March 19**

**Dr. Seuss' Bday & Read Across America**

**MARCH FUN FACTS**

**St. Patrick's Day Mar 17th**

**Goodbye Winter**

**Hello Spring**

**Coca-Cola was invented in March 1886.**

**Astrology Signs**

**Pisces**

**Aries**

**3rd Month of The Year**

**MADEWITHHAPPY.COM**

HELLO.....

**SPRING**

FIRST DAY OF SPRING  
MARCH 20, 2026

# Spring Facts



- In 2026, the first day of spring will be on Friday, March 20.
- Spring was formerly referred to as lent, which was changed to springtime around the 1300s, and eventually was shortened to spring. Spring is derived from the time of year when plants begin to grow again or spring from the earth.
- If you were to stand on the equator during either the spring or fall equinox, you would see the sun pass directly over the top of your head.
- In the North Pole, the spring equinox marks the start of six months of uninterrupted daylight...
- ...whereas in the South Pole, the spring equinox marks the start of six months of darkness.
- Studies show that babies born in the spring are more likely to be night owls and optimistic.
- Although baby birds are born with the ability to sing, they usually don't learn how to until spring, when they hear other birds chirping while looking for a mate.
- The reason why we have spring (and other seasons) is because of the Earth's tilt. If the Earth were perfectly perpendicular to the sun, the seasons or hours of daylight would not change.



## **Enjoy at Home Tea**

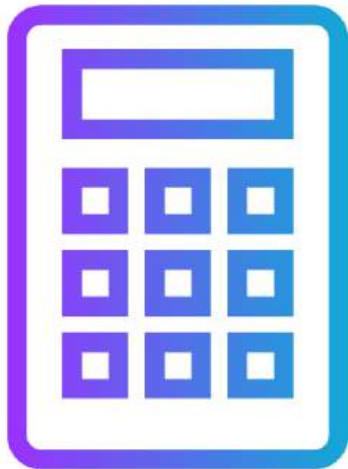
**This tea is the best,  
so dear friend be our guest,  
no time, no place, no need to dress up  
just brew this tea bag and enjoy a cup.  
After you enjoy a delicious cup of tea please**



**Send or bring a donation to:**

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

**No donations are too small or too large and  
are greatly appreciated!**



TAX  
CLINIC  
IS  
HERE

EVERYONE WELCOME  
STARTING MARCH 1, 2026

FINAL SUBMISSION DATE  
APRIL 23, 2026- 3:00PM

CONDITIONS /INCOME  
QUALIFICATIONS APPLY

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

Canadian Pizza Unlimited is Back



**2  
SLICES  
\$7**

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

**MARCH 4, 2026  
PRE-ORDER AT FRONT DESK  
BY MAR 2**



# Join Us

**March 5<sup>th</sup> Thursday**  
**11:00 AM**  
**OGDEN 50+ ACTIVITY CENTRE**

*Win Great  
Prizes!*

## **FINDING THE PERFECT WALKING SHOE**

- »» FOOT HEALTH EDUCATION
- »» PROPER FOOTWEAR FITTING TIPS
- »» ON SITE SELECTION OF PRODUCTS
- »» UNDERSTANDING YOUR FEET

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**Canadian  
Footwear**

Dalhousie Station Centre  
Unit 173-5005  
Dalhousie Drive NW  
Calgary



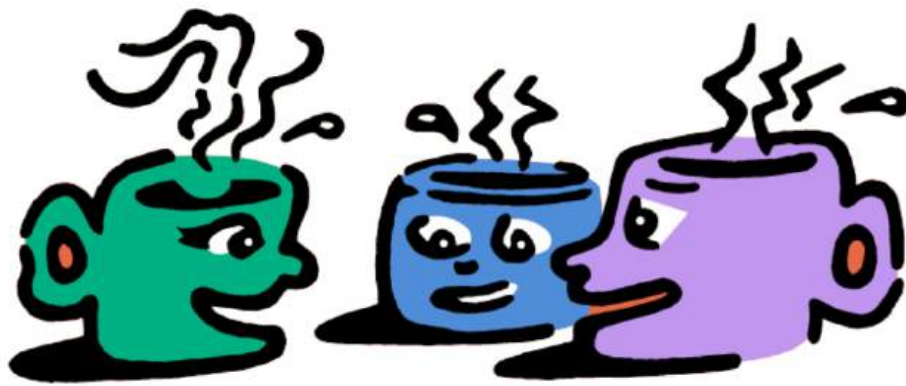
# REMINDER

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OUR NEXT PROGRAM MEETING WILL  
BE TUESDAY, MAR 10 AT 1:00 PM IN  
THE GALLERY.

**WEDNESDAY,  
MARCH 11**

**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.

# CARD MAKING



THURSDAY, MARCH 12,  
9:30 AM - 12:30 PM

CRAFT ROOM



VOLUNTEER  
INSTRUCTORS: SUE &  
SUSAN

ALL MATERIALS  
SUPPLIED  
JOIN US & BE CREATIVE!  
DROP INS WELCOME!



# *Wine Tasting & Charcuterie*

Thursday, March 12  
1:00 pm -- \$10.00 per person

Join us for a unique and fun wine tasting experience and learn about an award-winning winery in Millarville, AB.

Spirit Hills Winery will offer 6 samples of their very flavorful and smooth wines crafted with organic nectar, berries and flowers. This wine does not cause headaches or reactions. Made with no tannins. Very low sulfites and over 100 times the antioxidants compared to regular grape wines.



Wine Available for Purchase

Sign up Deadline: Mar 9



**COMMUNITY KITCHEN AND OGDEN 50+ BRING YOU:**



**Kitchen Kompanions Cooking Program**

**Tuesday, March 17, 2026 - 12:00 pm**



**Do you love to cook? Do you want to be part of a ground breaking program that teaches cooking to peers that helps community?**

**We are pleased to announce that Community Kitchen Programs and Ogden 50+ Activity Centre are collaborating on a pilot program called Kitchen Kompanions. A cooking program co-created by seniors for seniors.**

**Please! We need your help by volunteering for Kitchen Kompanions!**

**Goal of Kitchen Kompanions - to build a cooking program from the food knowledge of those who love to cook in order to develop a cooking program for peers and community.**

**Kitchen Kompanions focuses on learning by doing, peer support, and practical, everyday skills that people can use in their homes.**

**Kitchen Kompanion volunteers are supported by Community Kitchen Programs by learning together, sharing experiences, and passing on practical cooking knowledge within their communities.**

**Please join us for an information session about Kitchen Kompanions and how you can help**

**Tuesday March 17th, 2026 for 12 pm at Ogden 50+ Activity Centre to learn more about this fantastic volunteer opportunity**

**Please register for this event through Ogden 50+ Activity Centre Contact Sonia @ 403-279-2003 or [sonia@ogden50plus.org](mailto:sonia@ogden50plus.org)**





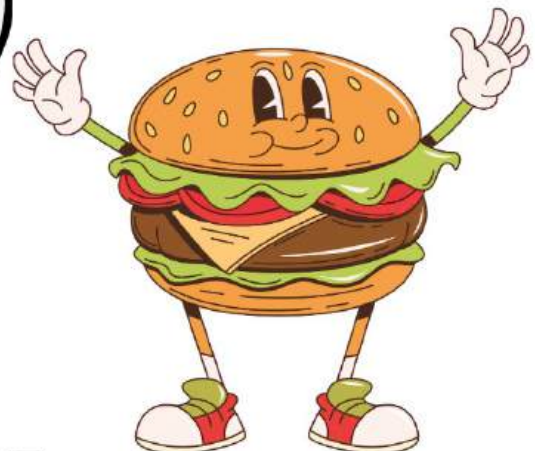
# *BBQ Burgers*



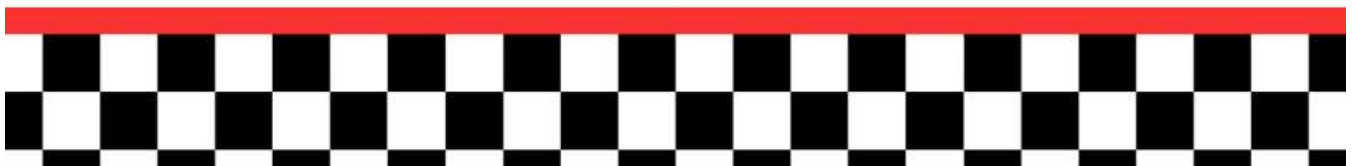
**FRIDAY, MARCH 20, 2026**

**BBQ BURGERS, COLESLAW & CHIPS  
4:00 PM - \$12.00**

**HAPPY HOUR  
3 - 5 PM**



**Sign up Deadline: March 17**



# CITY OF CALGARY PRESENTATION

at Ogden 50+ Activity Centre

**MONDAY, MARCH 23, 2026**

**10:30 AM - 12:00 PM**

★ Local Area Planning Project

★ Join us and have a say on development and community improvements


★ Coffee, tea & treats provided

Carburn Communities include: Ogden, Douglasdale, Douglasglen, Riverbend & Shepard Industrial





TGIF - ST. PATRICK'S  
FRIDAY, MARCH 27, 2026

*Menu:*  Beef Irish Stew, Mashed Potatoes,  
Cauliflower Cheese, Spinach Salad & Buns  
Dessert: Bread & Butter Pudding

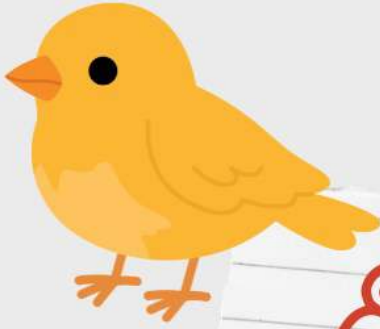
*Happy Hour:*  3 - 5 PM

*Dinner:*  5:00 PM

 Dance to follow

Members \$24  
Guests \$29

Sign up deadline: Mar 24



# Early Bird Breakfast

**MONDAY, MARCH 30, 2026**

MENU: CASSEROLE & FRUIT,  
COFFEE OR TEA

**8:30 AM**

**\$7.00**



**SIGN UP DEADLINE: MAR 25**

Canadian Pizza Unlimited is Back



**2  
SLICES  
\$7**

**PIZZA LUNCH BY  
CANADIAN PIZZA UNLIMITED**

**12:00 PM**

**WEDNESDAY**

**APRIL 1, 2026**

**PRE-ORDER AT FRONT DESK  
BY MAR 30**

# Activities

Game Night

*Wednesdays*

*Play*  
**Mexican Train**



*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*



“

## QUOTE

*"There is just one life  
for each of us:  
our own."*

EURIPIDES

”

## COMIC STRIP





Friday,  
March 6, 2026  
6:30 pm



# Sweet Spring Notes: A Tasty Mix of Music and Treats

**JOIN US FOR A FUNDRAISER**

**FEATURING:**

- Concert
- Silent Auction
- Delicious Desserts



Purchase Tickets here:

Adults \$20  
Kids \$10

 **McDougall**  
UNITED CHURCH  
8516 Athabasca Street SE

Featuring Performances from:

- Collective Spirit
- Foothills Caledonia Youth Pipe Band
- Hippocratic Oath Big Band
- McUke Players
- Tanya Wan Lim (piano) & Briam Perez (Cello)
- AND MORE



# Ogden House History

1996-2000

1975 - 2000  
**Ogden House  
Senior Citizens' Club  
History Book #1**



Ogden House Senior Citizens' Club 403-279-2900 2102 - 49 Ave SE Calgary www.ogden5500.com



**Rose Whyte winner of garden award in  
Millican/Ogden Community**



**FASHION SHOW**

**Blanche Barnes, Lois Holley, Gail Sanderson,  
Marg Skalicky, Ardelle Bircham, Lynn Cantley**

# Ogden House History con't

## 1996-2000

### COMMUNITY –

- Lions Children's Christmas Party at Ogden House
- Home Aide worker working with Pat Schickerowski
- New Years Eve party
- Ogden House hosted Express Line Steering Committee
- M.O.C.A./LINK Interagency representative from Ogden House
- Mount Royal College students carried out a seniors survey organized by Ogden House (900 seniors of Douglasdale, McKenzie area)
- Ogden House volunteers work at Stampede Heritage Days
- Seniors Summer Fun and Games
- Sherwood School Grand Parenting Program
- SNOW Program – Ogden House organize snow removal for seniors
- Ogden House representative sits on the M.O.C.A. Civic Affairs Committee
- A.R.P. hosted by Ogden House (Chaired by Derek Spooner) meetings held at Ogden House
- Lunch 50-50 draw donated to Alzheimer's Society
- Complimentary M.O.C.A. memberships available to Ogden House members
- Neighborhood Planning – Ray Wright – urges Ogden House to get involved. It does and Derek Spooner is Chairperson of the A.R.P.
- Questionnaire produced for A.R.P.
- Stampede Breakfast
- Program initiated encouraging residents to clean out their medicine cabinets
- Ogden House members volunteer for C.O.P.S. program (Constable Proud)
- 50-50 luncheon draw profits donated to Alzheimer's Society again
- Christmas hampers available for seniors
- I.Y.O.P. (International Year of the Older Person) - Ogden House participating and sponsoring local Canada Day Celebrations
- Ogden House quilters made seven blocks for the Calgary I.Y.O.P. quilt (displayed at City Hall)

### Beauty Pageant



Milly McPhedran & Ken Holley



Ed Cooper



Don Smith



Milly & Joe Ceci

# Guess who I am?



Give up? Wait for next months issue  
to find out..... Last month: Thelma G.

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



**“Runner/Placemats/Mug Rugs”**

**Size: nil**

**Tickets:**

**\$2 each or**

**3 for \$5**

**Phone 403-279-2003 for  
more info**

**Draw date: Mar 27, 2026**



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

**WEDNESDAY, April 22, 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.



# 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 Shamrocks** 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

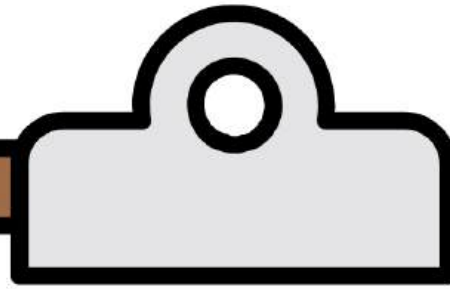
### Hidden Object February Winner

Cor Pasveer

Answer: 1, 6 & 14



# MARCH AT A GLANCE



**Mar 1 - Tax Clinic**

**Mar 4 - Pizza Lunch**

**Mar 4 - Massage**

**Mar 5 - Canadian Footwear  
Presentation**

**Mar 10 - Program Meeting**

**Mar 11 - Conversation Café**

**Mar 12 - Cardmaking**

**Mar 12 - Wine Tasting & Charcuterie**

**Mar 17 - Kitchen Companions  
Presentation**

**Mar 18 - Massage**

**Mar 20 - BBQ Burgers/Happy Hour**

**Mar 20 - COBS Bread**

**Mar 23 - City Planning Presentation**

**Mar 27 - TGIF**

**Mar 30 - Early Bird Breakfast**

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>March 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Cribbage 1:00 PM Mon-Fri</b>	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 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 <b>Pizza Lunch</b> 12:25 <b>Massage</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 11:00 <b>Can Footwear</b> 12:30 Pickleball (OP) 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)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 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 <b>Program Meet</b> 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 <b>Conversation Café</b> 3:00 Pickleball (ADV/INT) 7:00 Game Night	9:00 Table Tennis 9:30 Painting 9:30 <b>Cardmaking</b> 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (OP) 1:00 <b>Wine Tasting</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 Pickleball (INT) 3:00 Happy Hour	<b>All Day / All Night Rental</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</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 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 <b>Kitchen Kompan</b> 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 12:25 <b>Massage</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 (OP) 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>BBQ Burgers</b>	11:30—2:30 PM Pickleball (OP)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 10:30 <b>City Comm Plan</b> 12:30 Carpet Bowling 1:00 Quilting 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 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 (OP) 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 <b>TGIF</b>	11:30—2:30 PM Pickleball (OP)
<b>29</b>	<b>30</b>	<b>31</b>				
	8:30 <b>Breakfast</b> 9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 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				