





May 2025



 @Ogden50Plus  
 @Ogden50Plus

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

[ogden50plus.org](http://ogden50plus.org) 403-279-2003



**BOARD EXECUTIVE 2024**

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. 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*

## *May*

Hello everyone, and welcome to May!

Happy Mother's Day and Happy Victoria Day!

May is the most beautiful month of the year—everything comes to life: the trees, the grass, the flowers. I love May! I enjoy seeing people happier, smiling more and enjoying the longer days.

This beautiful month also brings Mother's Day. I would like to wish all the mothers out there lots of love, patience and smiles every single day.

We will be celebrating Mother's Day on May 10th from 10 a.m. to 2 p.m. at Ogden 50 Plus, and everyone is welcome!

I also want to thank all the wonderful volunteers who joined us for lunch on April 14th. There were over one hundred people at the lunch, and in total, we had 138 volunteers who helped last year and into this year. Without you, dear volunteers, none of this would be possible. I am so glad we had this time together. Thank you from the bottom of my heart!

As always, I encourage everyone to read our monthly newspaper and calendar. Please invite your friends and neighbours to visit our Centre—many seniors are isolated and it would be wonderful if they became part of the Ogden 50 Plus community.

To all members born in May, I wish you good health, continued happiness and a day filled with love, laughter and God's care. Happy Birthday!



*R. Michalski*

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





# Message from the Chairman

## May

Happy Mother's Day

May already, It is supposed to be April Showers and May Flowers. Well we haven't had much rain yet, so let's wait for May flowers.

We have our Mother's Day Tea on Saturday, 10 May. Our normal Pizza lunch on Wednesday the 7th, a Breakfast on Wednesday the 21st and we will be starting our Garden Sessions. YAHOO, Spring is here and only Ten weeks until Stampede. Register for these great events.

April was very busy with many activities and May will be the same. We had a great TGIF dinner on 25 April. Thanks Kim and her crew for a great meal. Tony for the lively Dance Music and all the others that HELPED put on this great event.

THANK YOU TO ALL THE VOLUNTEERS THAT HAVE HELPED WITH ALL OF OUR ACTIVITIES.

We are looking for entries for our 50th Anniversary Cook Book. See Sonia for more information.

So, in closing for another month, Please check the Newsletter, The Website and Bulletin Boards for information on all the great events that are happening at the Centre.

Until next month, Take Care, Stay Dry and Be Happy.

By the time you read this we will have a new government.  
Hope you got out and voted????

Cheers Dave





# COMMUNITY CLEAN-UP DAY

SATURDAY, MAY 3

9 AM - 2 PM

Ogden 50+ parking lot will be closed





# Ogden House 50th Anniversary

Share your memories in our Memory Jar of Ogden 50+  
for our 50th Anniversary Book

Be remembered by sharing your stories



# RECIPES WANTED!



Become a part of the 50<sup>th</sup> Anniversary Cookbook  
For Ogden House!

STEP ONE: Go to this website: [www.cookbookprinter.com](http://www.cookbookprinter.com)

STEP TWO: Log In (top right hand corner of the webpage)  
USERNAME: OgdenHouse  
PASSWORD: Cookbook!2025

STEP THREE: Select the icon to “SUBMIT RECIPE”  
Enter all necessary information

STEP FOUR: Select the icon to “SUBMIT RECIPE”

Please see Kim In The Kitchen if you have questions or need help  
submitting your recipes.

Deadline for Submissions is AUGUST 29, 2025.







Happy

Mothers Day

You Are The Best Mom!

Sunday, May 11, 2025





# Did you know?

1. **Mother's Day was first suggested by a famous poet.**
2. **Mother's Day founder Anna Jarvis fought back against the commercialization of the holiday.**
3. **People spend a lot of time on the phone on Mother's Day.**
4. **It's usually the busiest day of the year in the restaurant industry.**
5. **The jewelry and spa services industries get Mother's Day boosts, too.**
6. **The flower industry is a big Mother's Day's winner ...**
7. **... But it's hard to beat a classic greeting card.**
8. **Moms around the world are recognized with days throughout the year.**
9. **There are billions of moms in the world.**
10. **People spend far more for Mother's Day than Father's Day.**



**CENTRE CLOSED**

**MAY 19**

**VICTORIA  
DAY**





# Happy birthday, Queen Victoria!



The British queen was born on May 24, 1819. She was a reigning monarch (queen) for 63 years, seven months and two days.

Victoria Day was declared a Canadian holiday by the government in 1845.

At that time, it was celebrated with picnics, parades, sporting tournaments, fireworks and cannon salutes.

When Queen Victoria died in 1901, Canada's parliament officially named the holiday Victoria Day.

It was decided that the day would be celebrated on the second last Monday in May. In 2025, that's May 19th.



# Mother's Day Tea Craft & Bake Sale

SATURDAY, MAY 10, 2025

10:00 AM - 2:00 PM

**Free Admission.**

Strawberry Shortcake/Fruit  
Coffee/Tea  
\$5.00

**Baking Donations Accepted**

**EVERYONE WELCOME!**



**Ogden 50+ Activity Centre  
2102-69 Ave SE**



# 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



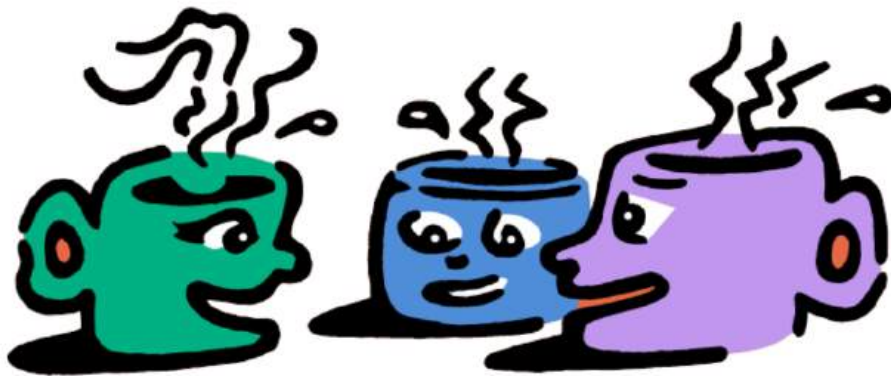
## **REMINDER**

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

**WEDNESDAY,  
MAY 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.



OGDEN 50+ PRESENTS

**MOVIE**

*Matinee*

**THURSDAY, MAY 15**

**1:00 PM**

**FREE  
ENTRY**

**POPCORN &  
POP \$2.00**

*MONSTER-IN-LAW*



**SIGN UP AT FRONT DESK BY MAY 21**

**MONSTER-IN-LAW**

**JANE FONDA &  
JENNIFER LOPEZ**

*What's Kim Cooking?*

# BURGER & BEER

FRIDAY, MAY 16

4:00 PM

\$10.00 MEMBERS



HAPPY HOUR  
FRIDAYS/3 PM - 5 PM

SIGN UP DEADLINE: MAY 13



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

### **Dates Available:**

**May 21**

**June 4**

**June 18**

**July 9**

**July 23**

**Aug 6**



What's Kim Cooking?

# BREAKFAST WEDNESDAY, MAY 21

EGGS  
BENEDICT &  
FRUIT



**\$10.00**  
**10:00 AM**



SIGN UP DEADLINE: MAY 16



**\*Sign up at the  
front board\***

**OGDEN 50+  
ACTIVITY  
CENTRE**

2102 69 AVENUE SE  
CALGARY, AB T2C 3Y4  
(403) 279-2003



# Gardening Information Session

**PLEASE COME WITH YOUR  
QUESTIONS - Q&A TO FOLLOW**



**WEDNESDAY, MAY 21**



**1:00 - 2:00 PM**

**IN THE GALLERY**

**HOSTED BY CHRISTINE POOLE & MARK HASKELL**

**Agenda: General Planting Tips**

# What's Kim Cooking?

**TGIF - May**  
**Friday, May 30**  
**5:00 pm**

**Menu: Ribs, Baked Potatoes, Coleslaw,  
Beans, Salad & Buns**  
**Dessert: Spice Cake & Ice Cream**

**Members \$22**  
**Non-Members \$27**

**Happy Hour 3 - 5**

**Dance to Follow By DJ Tony**

**Sign Up Deadline: May 27**



*What's Kim Cooking?*



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

**WEDNESDAY**

**JUNE 4**

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



## Here's the Dirt - May

It is that time of the year again when we are anxious to get into the garden; it is better to wait for the thorough cleaning until mid May in order to give the good bugs chance to wake up and start their work.

Many think perennials are “plant and forget,” they could, if given the right conditions, location: does it require sun or shade, closeness to buildings, shade from nearby trees, condition of soil to name a few? In order to save water, look for native plants that can tolerate the changing weather of Calgary. As these do not bloom all season think of plants that bloom at varying times.

However never underestimate the value of annuals dotted in the borders - if deadheaded regularly will bloom all summer adding colour.

Containers: These can be purchased already planted. The more economical way is to plant your own- initially they may look a little sparse but soon fill out. When planting keep the root balls from the edge of the container as the roots could burn in mid-summer heat. In order to save water an annual highly recommended is Portulaca, this plant can withstand the summer heat with minimal watering and has bright multi coloured blooms. Cosmos is another plant in this category – these I buy the seeds and plant them in the ground at the end of May.

Avoid putting cold sensitive plants e.g. Tomatoes, peppers, out before the first week of June and even then, be prepared to cover if cooler weather threatens.

“We’re not aging we just need repotting



# Activities



## Painting

Tuesdays & Thursdays

9:30 am - 11:30 am





# HAPPY BIRTHDAY

To All Born In May

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



## Presidents of Ogden House

As we are approaching our fiftieth anniversary it seems timely, we acknowledge our past presidents. This will be done monthly in the leadup to the anniversary on December 1<sup>st</sup> 2025. We hope you take the time to read their brief biographies and appreciate to work done by them and members to inspire and make this the vibrant and important club it is today.



### **Ralph Howard Patriquin (1974-1975)**

Ralph Patriquin was born in Edmonton in 1913. His parents moved to Edmonton in 1909 having come from Nova Scotia. Ralph was one of ten children, six girls and four boys.

Ralph married Ruth Gardner of Dilke, Saskatchewan in 1936 at Innisfail, Alberta. They had four children: Ronald, Donald, Norman and Barbara (Leight).

Ralph was employed at Imperial Oil Ogden for 33 years and served in the army for 2 ½ years in World War II.

First President of Ogden House Senior Citizens' Club (1974)

## Presidents of Ogden House con't



### **Edward Mitchell (1975 – 1978)**

Edward Mitchell was born in Seaham Harbor, England in 1906. He came to Canada in 1929 and until he retired he worked at the Ogden C.P.R. Shop. He retired after working with the C.P.R. for 42 years.

In 1938 he married Marguerite Luke, who was born in Ogden. They had twin daughters, Aileen (deceased in 1959) and Maureen. Maureen married Earl Howden and now resides in Victoria, B.C.

Ed was deputy fire chief of volunteers for the C.P.R.; and held life membership in the Fire and Safety Association, Ottawa He was a member of Royal Canadian Legion #154 of Ogden, a life member of Fraternal Order of Eagles 2098, Scout Leader of Ogden 20th Scout group from 1940- 1942. He was active in sports playing soccer and tennis. He played soccer for Ogden United Church and the Canadian Pacific Club of Wayne. He organized the first girls' hockey club for Ogden.

In 1975 he was elected President of the Ogden House Seniors. He was an excellent organizer and under his management Ogden House Seniors became a vibrant, go-ahead club.

Ed died on Christmas Day 1978.



## Presidents of Ogden House con't



### **George Weiss (1979 – 1980)**

George's parents came to Calgary about 1900; his mother was from Russia and his father from USA. The family lived in Edmonton and in 1915 moved to Calgary. George and his wife Pearl Anderson had three children; Katherine, Gerald and Sandra.

George and Pearl came to Ogden in 1928; he worked at Alberta Distillers Ltd. for 24 years in maintenance. He was an avid angler and trailer fan.

George was a member of the Railroad Rascals and really enjoyed playing his banjo at their many functions. He also taught the Stained Glass class for several years. In his later years George would walk from his home "on the hill" (South Hill) to collect his favorite books, Westerns, at the local library, then return home and read them under his apple tree. This he did twice a week for many years.

# Guess who I am?



Give up? Wait for next months issue  
to find out..... Last month: Sue P.

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





**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.**







# Millican Ogden Heritage Group

Working to share, celebrate and preserve the diverse heritage, histories and stories within the community of Millican Ogden.

## Help us add to our collection documenting Ogden's history!

We're currently collecting **stories** and **artifacts** that help complete the historical view of our neighbourhood. Artifacts can include **photos, newspaper clippings** or similar items that document **people or events in the community** over the years. Maybe your sports team made the news, or your parents volunteered at one of the churches or attended one of the many dances at the Legion - we'd love to hear about it and see your photos!

### Do you have a story or artifact to share?

Contact April at 403-370-1933 or [ogdenstories@gmail.com](mailto:ogdenstories@gmail.com)

*We're also looking for volunteers - please email us if you want to help!*

Join the conversation and follow us #YYCHeritage

 MillicanOgdenHeritage

 MOHeritageYYC

**MO  
HG** Millican  
Ogden  
Heritage  
Group

# 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)





## **“Mans Best Friend”**

**Size: 41” x 48”**

**Tickets:**

**\$2 each or**

**3 for \$5**

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

**Draw date: May 30, 2025**



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

**WEDNESDAY, MAY 14, 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.



# MOTHER'S DAY

## Word Search



BOUQUET  
BREAKFAST  
BRUNCH  
CANDY  
CELEBRATE  
CHERISH

CHILDREN  
CHOCOLATES  
CORSAGE  
DEVOTION  
DINNER  
FAMILY

FLOWERS  
GIFTS  
GREETING CARD  
HONOR  
JEWELRY  
MEMORIES

ORCHID  
PHONE CALL  
PRESENTS  
SPECIAL  
SPRING  
SUNDAY

## JUST FOR FUN

Somewhere in the newsletter we have hidden  
**3 Tulips** 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 April Winner

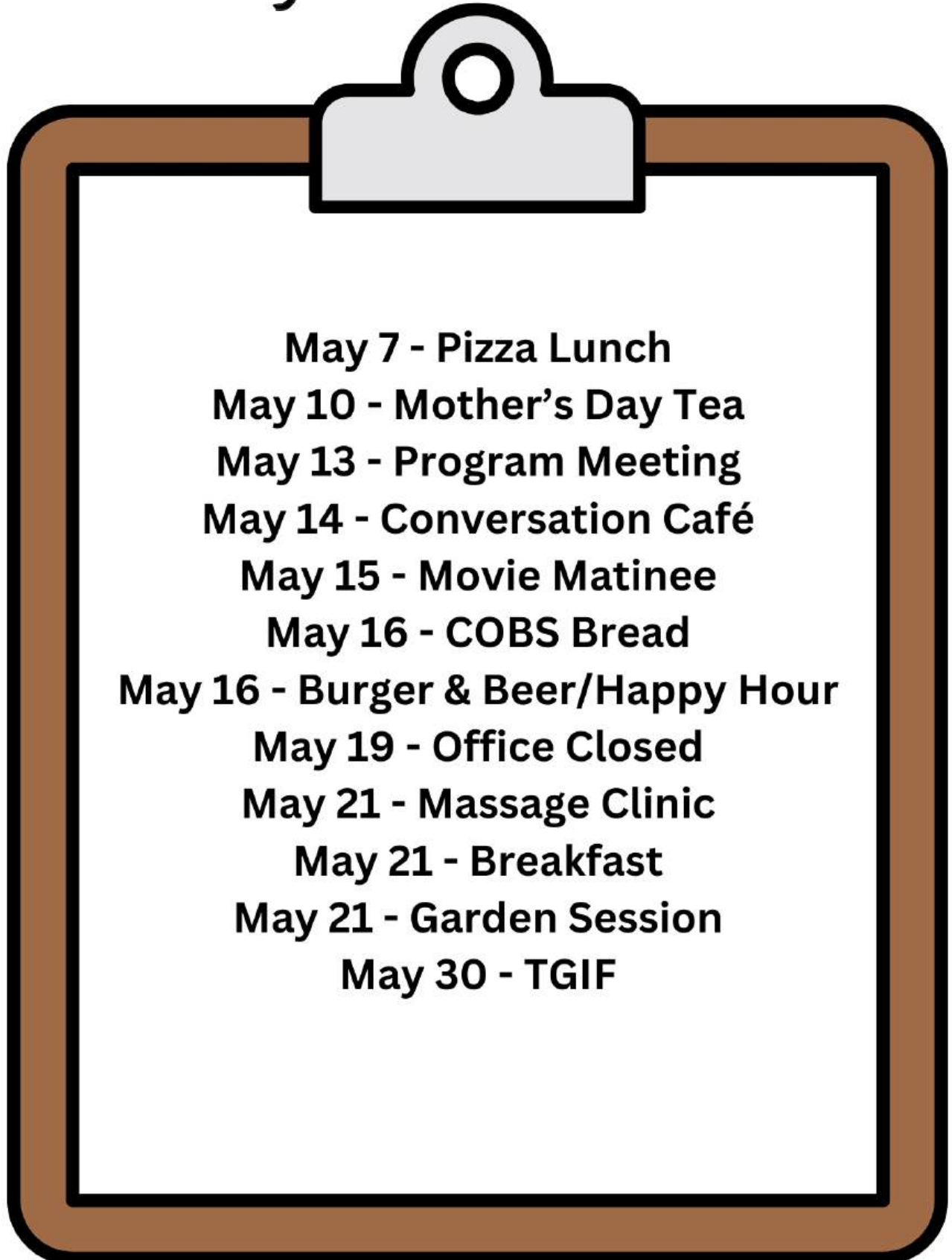
Juergen Pung

Answer: 8, 11 & 33





# May AT A GLANCE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>May</b>				<b>1</b>	<b>2</b>	<b>3</b>
<b>Cribbage 12:00 PM Mon-Fri</b>				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>5 pm—9 pm Rental</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</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 LineDance/Quiddler 5:00 Pickleball (BEG) 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 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>Mother's Day Tea 10 am—2 pm</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</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 LineDance/Quiddler 5:00 Pickleball (BEG) 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 <b>Program Meeting</b> 1:00 Acoustic 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 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 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (ADV/INT) 1:00 <b>Movie Matinee</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 4:00 <b>Burger &amp; Beer</b>	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>OFFICE CLOSED— VICTORIA DAY</b>	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (ADV) 1:00 Acoustic Jam 3:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG) 10:00 <b>Breakfast</b> 11:00 Tai Chi/Qi Gong 11:30 Line Dancing 12:25 <b>Massage Clinic</b> 12:30 Carpet Bowling 1:00 <b>Garden Session</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	<b>All Day/ All Night Rental</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</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 LineDance/Quiddler 5:00 Pickleball (BEG) 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 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 Bring your lunch 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 6:30 <b>Rental</b> 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) 5:00 <b>TGIF</b>	<b>8 am—7 pm Rental</b>