

Happy Mother's Day



@Ogden50Plus

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

DIRECTORS
 Doug Bell
 Loretta Leonhardt
 Frances Nelson
 Gary Vegelis
 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

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

May

Welcome to May, everyone.

Happy Mother's Day and Happy Victoria Day!

May always reminds me of the height of spring. For me, it is the most beautiful month of the year. It is green and colorful, with flowers blooming. Spring is arriving late in Calgary, but let's be optimistic and positive, because we really have no other choice.

Blessing To All Mothers! May this special day bring love to your heart, health to your body and peace and joy to your home always.

At our centre, we are delighted to invite you to our Mother's Day Tea on May 9th from 10:00 a.m. to 2:00 p.m. Please join us as we come together to celebrate this special day with warmth, laughter and good company. We would love to see you there!

On April 22nd, we celebrated Volunteer Appreciation Day, and once again, I would like to sincerely thank all our volunteers for your generous gift of time and effort. We truly appreciate your support; it means so much to us.

As always, I encourage everyone to read the newsletter and check the calendar for upcoming events. You are all warmly invited to the Ogden 50+ Activity Centre, we look forward to seeing you there.

To those celebrating birthdays in May, I wish you God's blessings, good health and joy every day!



R. Michalski

Renata Michalski
Executive Director





Message from the Chairman

May

HAPPY MOTHER'S DAY

Its May and we should be getting May flowers, not winter number ????.

We have had a busy April; a Volunteer Appreciation luncheon with some fantastic entertainment along with a grand meal. **THANK YOU VOLUNTEERS.** Without Volunteers we would not have our centre.

We had a fabulous TGIF Dinner. Thanks Kim for the great meal and all those who helped.

In May we have our Mother's Day Tea on Saturday 9 May. We have a Pizza lunch, Bowling, Bingo, a Breakfast, Appetizers during Happy Hour and our monthly TGIF Dinner, along with all the other activities at the centre.

Lots of Food and plenty of Activities. So, Please, come and join us.

So, in closing **PLEASE** check the Newsletter, the Website and Bulletin Boards for all the **GREAT** Activities that are happening.

So, watch for more to come.

Until next month, take care, stay warm, stay dry and be **HAPPY.**

Cheers Dave





DID YOU KNOW MOTHER'S DAY?

- IS THE SECOND MOST SHOPPED-FOR HOLIDAY
 - THE GREETING CARD IS THE GO-TO GIFT
- THE CARNATION IS THE MOST POPULAR FLOWER



CENTRE CLOSED

MAY 18

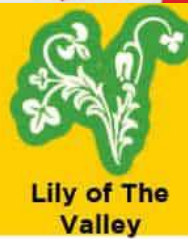
VICTORIA DAY



31
DAYS IN THE MONTH



National Pet Month



Emerald Birthstone

MAY

Cinco De Mayo



FUN FACTS



5
th Month of The Year



Astrology Signs



Taurus Gemini



MADEWITHHAPPY.COM

Canadian Pizza Unlimited is Back



**2
SLICES
\$7**

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

**MAY 6, 2026
PRE-ORDER AT FRONT DESK
BY MAY 4**

A background of pink carnations in various shades and stages of bloom, scattered across the page.

MOTHERS' DAY TEA CRAFT & BAKE SALE

Saturday, May 9

10 AM - 2 PM

Free Admission

Cake & Strawberries

Coffee/Tea/Juice


\$5.00

★ Baking donations accepted


★ Vending Tables for Rent
Contact Sonia at 403-279-2003 ext 4

EVERYONE WELCOME!

Ogden 50+ Activity Centre
2102 69 Ave SE


A cluster of large, light pink peonies in the top left corner.

BAKING DONATIONS
MAY 9, 2026

Three pink hearts arranged vertically on the right side of the page.

We are looking for bakers for the
Saturday, May 9 bake sale!

If you would like to donate baking for
our Mother's Day Tea
please drop off baking on
Friday, May 8 afternoon or
Saturday, May 9 at 9:00 am.

A large pink peony flower in the bottom right corner, with other smaller flowers and leaves visible around it.

**WEDNESDAY,
MAY 13**

**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.



REMINDER

OUR NEXT PROGRAM MEETING WILL
BE TUESDAY, MAY 12 AT 1:00 PM IN
THE GALLERY.

CHINOOK BOWLADROME

5 - Pin Bowling

Thursday, May 14 - 1:00 pm

3 Games - \$21.00 includes shoes & GST

Snack Bar

Sign up at front desk by May 7

Join us for a game!



[HAPPY HOUR]



APPETIZER FRIDAY

FRIDAY, MAY 15
4:00 PM - \$10.00



Sign up deadline May 12

HAPPY HOUR

EVERY FRIDAY
3 - 5PM





TUESDAY, MAY 19, 2026

1:00 pm



5 Games - Prizes

Free



Lunch 12:30 pm
Hot Dog, Chips
Coffee or Lemonade
\$7.00

Sign up for lunch at front desk by May 14

***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 20, 2026

1:00 - 2:00 PM

IN THE GALLERY

HOSTED BY CHRISTINE & MARK

Agenda: General Planting Tips

BREAKFAST

THURSDAY, MAY 21, 2026

EGGS
BENEDICT &
FRUIT



\$10.00
10:00 AM



SIGN UP DEADLINE: MAY 15

MASSAGE OUTREACH

2102-69 Ave SE
Calgary, AB, T2C3Y4

2026

MOUNT ROYAL UNIVERSITY MASSAGE THERAPY STUDENTS

**Coming various Thursday 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:

May 21

May 28

June 4

June 18

July 2

July 16

July 30

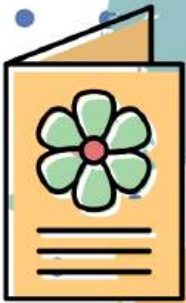


CARD MAKING



THURSDAY, MAY 21
9:30 AM - 12:30 PM

CRAFT ROOM



HOSTS: SUE & SUSAN

ALL MATERIALS
SUPPLIED

JOIN US & BE CREATIVE!
DROP INS WELCOME!



TGIF

May

Mother's Day

Friday, May 29, 2026

5:00 pm

*Menu: Bacon Wrapped Chicken Breast,
Mashed Potatoes with Gravy, Roasted Carrots,
Mixed Salad & Buns
Dessert: Strawberry Rhubarb Pie & Ice Cream*

Happy Hour 3 - 5 pm

Dance to Follow by DJ Tony

Members \$24

Guests \$29

Sign up Deadline: May 26

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**

Activities

CRIBBAGE Training

★ **WEDNESDAYS** ★
1:00 – 3:00 PM

Starting April 15, 2026

Learn how to play Cribbage

Regular Cribbage hours
★ **Mon – Fri** ★
1:00 – 3:00 pm

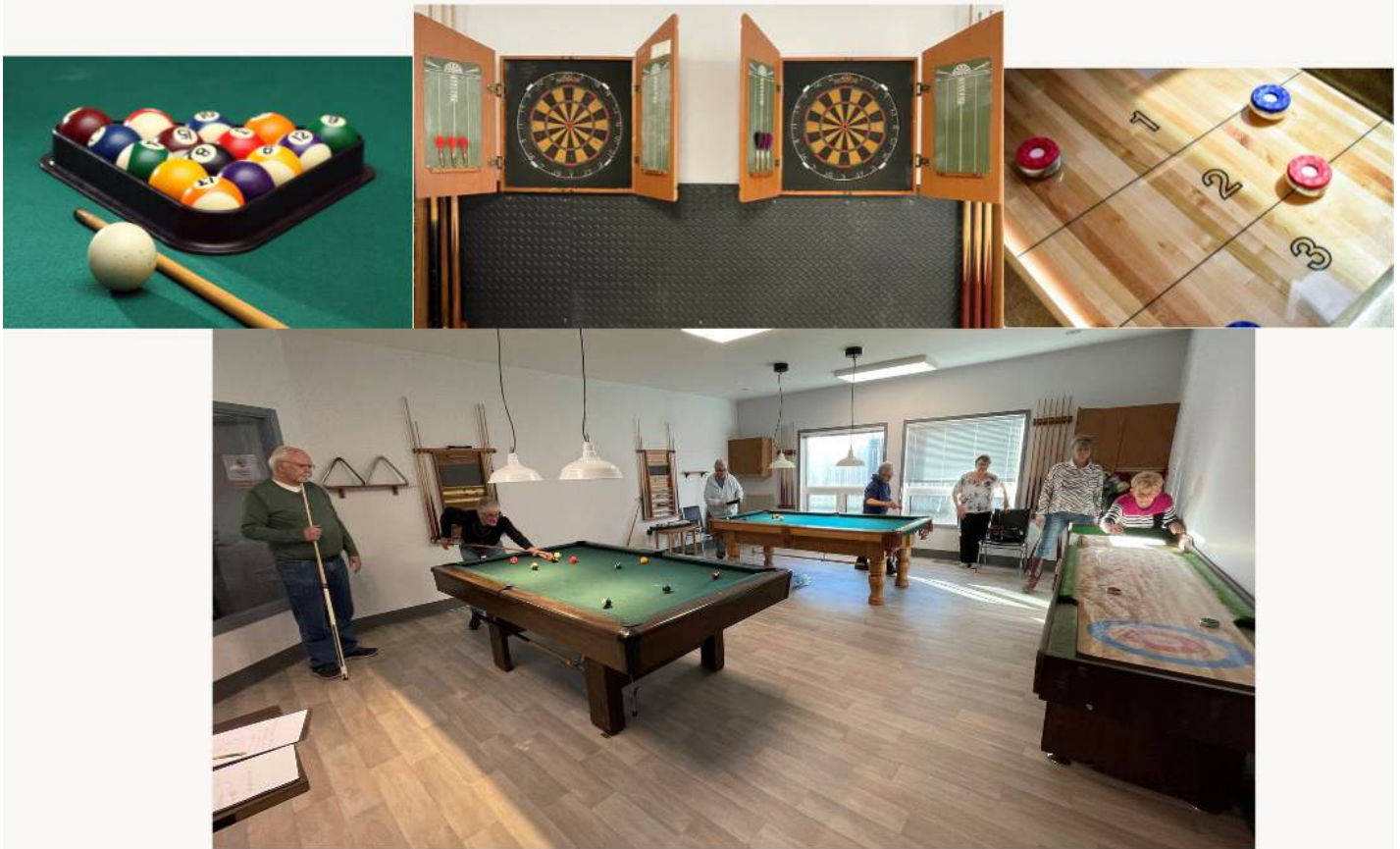
Sign up at front board



Activities

GAMES

Pool Tables/Shuffleboard/Darts
Available To Play Anytime During
Office Hours



VOLUNTEER APPRECIATION APRIL 22, 2026





Here's the Dirt - May 2026

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.

Before purchasing plants think of Ogden 50+ plant fundraiser organised by Kim.

<https://ogdenhouse50plus.growingsmilesfundraising.com/home>

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



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

“

QUOTE

*"Whoever is happy will
make others happy
too."*

ANNE FRANK

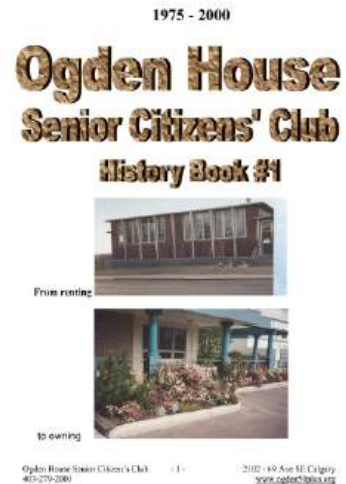
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COMIC STRIP



Ogden House History

1984-1985



OGDEN HOUSE RAILROAD RASCALS KITCHEN BAND
The Ogden House Railroad Rascals Kitchen Band was formed in 1984-85 with a Government Grant from the New Horizons Fund as an Outreach Program.

The first musical director was Margaret Branscombe followed by Harry Friedman. Milly McPhedran has been our director for the past 12 years.

The original Band consisted of 16 – 18 members and has now grown to 26 with some mentally challenged members.

We entertain at Schools, Senior Lodges, Nursing Homes, Community Associations, and Conventions and Clubs such as the Lions and Kiwanis, Hospitals etc. and on special occasions our own Seniors Centre (Ogden House). We have also traveled out of town to perform at the Fraternal Order of Eagles in Nelson BC, the Royal Canadian Legion at Edgewater BC and the Senior Citizen's Centre in Lethbridge. The Railroad Rascals Kitchen Band also played on TV – Channel 10. We were privileged to entertain at the Jubilee Auditorium in Calgary in a production called “Up With Seniors” in 1985 and at the Seniors Performing Arts Festival of Canada in 1993.

Ogden House History con't

1984-1985

Ogden House Kitchen Band As of January 2000

Executive:

Milly McPhedran – Director

Elsie Burndred – Board Contact, Sec Treas

Ivy Cooper, Hazel Firmston, Ted Lefebvre,

Dot Rennie, Dorothy Westling



Margaret Blackstock

Elsie Burndred

Dot Cockram

Ed Cooper

Ivy Cooper

Diane Dmytryshyn

Martin Ell

Hazel Firmston

Margaret French

Opal Harrison

Marion Headley

Mabel Heaston

Hazel Hudson

Audrey Lefebvre

Ted Lefebvre

Ted Lefebvre Jr

Linn Lewis

Irene McIntyre

Milly McPhedran

Susan Owen

Connie Paterson

Erma Perreault

Dot Rennie

Gail Sanderson

George Stagg

Dorothy Westling

OGDEN HOUSE

RAILROAD RASCALS KITCHEN BAND 1995



B.R. (LtoR) Ed Cooper, Linn Lewis, Dot Westling, Martin Ell, George Weiss, George Stagg, Hazel Hudson

M.R. (LtoR) Connie Paterson, Ivy Cooper, Dot Rennie, Elsie Burndred, Joyce Gale, Nancy Robinson, Isabel Heaston

F.R. (LtoR) Margaret Blackstock, Marg Wylie, Dot Cockram, Milly McPhedran, Florence Smith, Kay McKnight



We are all kids at heart!

Guess who I am?



Give up? Wait for next months issue
to find out..... Last month: Ronda B.

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



“Simple Simon”

Size: 47” x 54:

Tickets:

\$2 each or

3 for \$5

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

Draw date: May 29, 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.

Mother's Day

WORD SEARCH

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

WORD BANK:

APPRECIATION	FLOWERS	LOVING	MUM
CARDS	GIVING	MAY	SUNDAY
CARING	HUGS	MEMORIES	SUPPORTIVE
CELEBRATE	INSPIRING	MOM	ROLE MODEL
FAMILY	LOVE	MOTHER	THOUGHTFUL

WWW.ALWAYSTHEHOLIDAYS.COM

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 Pink Carnations. 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 April Winner

Del Miller

Answer: 5, 5 & 19



May AT A GLANCE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
May					1	2
Cribbage 1:00 PM Mon-Fri					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	3:00 PM - 10:00 PM Rental Common Area/Gallery
3	4	5	6	7	8	9
	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 Pizza Lunch 12:30 Carpet Bowling 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) 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 Tea Set Up 3:00 Happy Hour	10:00 AM — 2:00 PM Mother's Day Tea
10	11	12	13	14	15	16
	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 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 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 Bowling 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 Appetizers	
17	18	19	20	21	22	23
	OFFICE CLOSED— VICTORIA DAY	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:00 Hot Dogs/Bingo 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 Garden Session 3:00 Pickleball (ADV/INT) 6:30 Game Night	9:00 Table Tennis 9:30 Cardmaking 10:00 Ladies Coffee 10:00 Breakfast 11:00 Move 'n' Mingle 12:25 Massage 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	All Day / All Night Rental
24	25	26	27	28	29	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 12:30 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) 6:30 Game Night	9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:25 Massage 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 TGIF	
31						