November 2026

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

@Ogden50Plus
@Ogden50Plus

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

November

Welcome to November everyone. Wishing you a meaningful Remembrance Day!

November is a special month in which we remember all the soldiers who fought for our freedom and for the dignified life we enjoy today. We wish to thank them, pay tribute to them and express our gratitude for everything they did for us. They gave their lives to their homeland, helping to ensure that we could enjoy the lives we have today.

I would also like to mention that anyone wishing to donate to veterans may do so by placing a donation in the poppy box located at the front desk.

We have also begun collecting food donations for our Christmas hampers, which will be delivered on December 17. We kindly ask for your support, whether through monetary contributions or food donations. A list of items needed is posted at the front entrance. Thank you very much for all your help and generosity. This year our goal is to assist 25 families.

For more information about what will be happening at our centre in November, I invite you to check our calendar. A printed copy is available at the centre and you can also visit our website for more information at ogden50plus.org

To everyone born in November, I wish all the best, good health and God's protection for every single day.

R. Michalski

Renata Michalski
Executive Director

Message from the Chairman

November

They shall grow not old, as we that are left to grow old.
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

It's November and our weather is changing. We have the Remembrance Day service at the CPKC Memorial. We have a bus taking us there as well as those wishing to watch the service from Ogden House. Then it's the Grey Cup and all sorts of activities here at our club.

October was a busy month with lots of great activities and LOTS more coming in November.

Our October TGIF Dinner was great with many Halloween costumes.

Our Christmas Tea/Craft and Bake sale is on Saturday 14 November.

Check the Newsletter, Bulletin Boards and TV in the centre to see what other GREAT activities will be happening.

On a different note: People are still leaving the taps running in the washrooms. PLEASE turn off the taps when you are finished washing your hands. Thank You.

So, in closing: Stay Warm, Stay Happy and enjoy the BEST Seniors Activities Centre in Calgary.

Cheers Dave
LEST WE FORGET

WHEN WAS THE FIRST REMEMBRANCE DAY?

SPONTANEOUS CELEBRATIONS ERUPTED ACROSS THE UNITED KINGDOM WHEN THE ARMISTICE WAS ANNOUNCED IN NOVEMBER 1918.

STREETS WERE LINED WITH JUBILANT CITIZENS CELEBRATING THE END OF THE CONFLICT THAT HAD CLAIMED SO MUCH FROM COMMUNITIES NATIONWIDE OVER THE LAST FOUR YEARS.

THE FIRST OFFICIAL ARMISTICE DAY TOOK PLACE ON NOVEMBER 11, 1919.

KING GEORGE V LED NATIONAL CEREMONIES AT BUCKINGHAM PALACE, INCLUDING A GREAT BANQUET, WHILE, UP AND DOWN THE COUNTRY, EVENTS WERE HELD AT LOCAL TOWN AND VILLAGE WAR MEMORIALS.

VETERANS AND CIVIC DIGNITARIES LED PROCESSIONS AND WREATH-LAYINGS AS PART OF THESE PROCEEDINGS, AND THEY HAVE BECOME INTEGRAL TO REMEMBRANCE CEREMONIES.

Christmas Hampers

Christmas is not far away! Every year at Ogden 50+ we help isolated and low-income seniors with the Christmas Hamper Program. These hampers make it possible for everyone in our community to have a happy Christmas. You can be part of this wonderful activity by donating for the hampers. Food can be dropped off at Ogden 50+ or we accept monetary donations via cash, cheques or debit/credit. E-transfers can be sent via email to renata@ogden50plus.org

List of Food to Give:

Pancake Mix
Pancake Syrup
Rice - small bag
Pasta - Spaghetti - 450 ml
Pasta Sauce
Soup - Cans
Crackers - Saltines
Canned Goods - Vegetables/Fruit/Tuna
Juice - Apple or Orange - 1 litre
Peanut Butter - 500 g
Jam - small
Cookies - Shortbread

Thank you in advance for being part of someone's

Merry Christmas!

DEADLINE: DECEMBER 15, 2026

OGDEN HOUSE 50 PLUS

COME TOGETHER!

SUPPORT OUR WINTER FUNDRAISER!

All Proceeds to:

Programs & Christmas Hampers

To view & order items:

www.https://ogdenhouse50plus.growingsmilesfundraising.com/home

Order Deadline: NOV 15th, 2026

Delivery: DEC 1st - 1pm to 4pm

Canadian Pizza Unlimited is Back

PIZZA LUNCH BY

CANADIAN PIZZA UNLIMITED

12:00 PM

WEDNESDAY

NOV 4, 2026

PRE-ORDER AT FRONT DESK BY NOV 2

Choose:

Hawaiian

Meat

Veggie

Canadian Pizza Unlimited is Back

PIZZA LUNCH BY

CANADIAN PIZZA UNLIMITED

12:00 PM

WEDNESDAY

DEC 2, 2026

PRE-ORDER AT FRONT DESK BY NOV 30

FIRE SAFETY & FALLS PRESENTATION

Thursday, November 5, 2026

1:00 - 2:30 pm

Info on free programs Calgary Fire Dept offers

★ Sign up on front board ★

Hosted by the Calgary Fire Department

CRIBBAGE
Tournament
SATURDAY, NOVEMBER 7, 2026
1:00 PM $5.00 ENTRY FEE
1st Prize awarded
LEVEL – Beginners +
Sign up deadline: Nov 4
FINISH

REMINDER

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

WEDNESDAY, NOVEMBER 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.

OFFICE CLOSED

Wednesday, November 11

REMEMBRANCE DAY

Lest We Forget

REMEMBRANCE DAY SERVICES - WEDNESDAY, NOVEMBER 11

Canadian Pacific Kansas City Railway (CPKC)

Bus arrives at Ogden 50+ at 10:00 am
Ceremony Begins: 10:40 am
Ceremony Concludes: 11:10 am
Return to Ogden 50+ at 11:45 am approx.

OR

Watch it on TV at Ogden 50+

9:00 am

Boxed Lunch

Egg Salad Croissant/Cookie/Coffee, Tea or Water

$8.00

Sign up Deadline: Nov 6

Sign Up Next Nov 12 & 26

CROCHET CLASSES

2nd & 4TH THURSDAYS
1:00 - 3:00 PM

CROCHET SCARVES FOR
THE MUSTARD SEED

FREE

SUPPLIES INCLUDED

CHRISTMAS TEA
CRAFT & BAKE SALE
CHRISTMAS MARKET
SATURDAY, NOVEMBER 14
10 AM - 2 PM
Free Admission
Scones/Cheese/Fruit
Coffee/Tea/Hot Chocolate
$7.00
Baking Donations Accepted
See you there!
Ogden 50+ Activity Centre
2102-69 Ave SE
403-279-2003

OGDEN 50+ PRESENTS

CRAFT & BAKE SALE

CHRISTMAS TEA

BAKING DONATIONS WANTED

Saturday November 14

We are lookig for bakers for the Saturday, Nov 14 bake sale!

If you would like to donate baking for our Christmas Tea please drop off baking on Friday, Nov 13 or Saturday, Nov 14 at 9:00 am.

Ogden 50+ Activity Centre
2102-69 Ave SE, 403-279-2003

CHRISTMAS CARD MAKING

THURSDAY, NOV 19
10 AM - 11:30 AM

CRAFT ROOM

VOLUNTEER INSTRUCTORS: SUE & SUSAN

ALL MATERIALS SUPPLIED

JOIN US & BE CREATIVE!

DROP INS WELCOME!

LAST ONE THIS YEAR

Sign Up

COOKING
CLASS
BY DIANE
THURSDAY, NOVEMBER 19
1:00 PM
$10.00 CASH
PAY SONIA DIRECTLY
MAX 4 PEOPLE
THEME: SPRING ROLLS
SIGN UP ON FRONT BOARD BY
NOV 12

HAPPY FRIDAY

APPETIZER FRIDAY

FRIDAY, NOVEMBER 20, 2026
4:00 PM - $10.00

Sign up deadline Nov 17 Max 30 people

HAPPY HOUR

EVERY FRIDAY
3 - 5PM

BINGO
TUESDAY, NOV 24, 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 Nov 19

TGIF

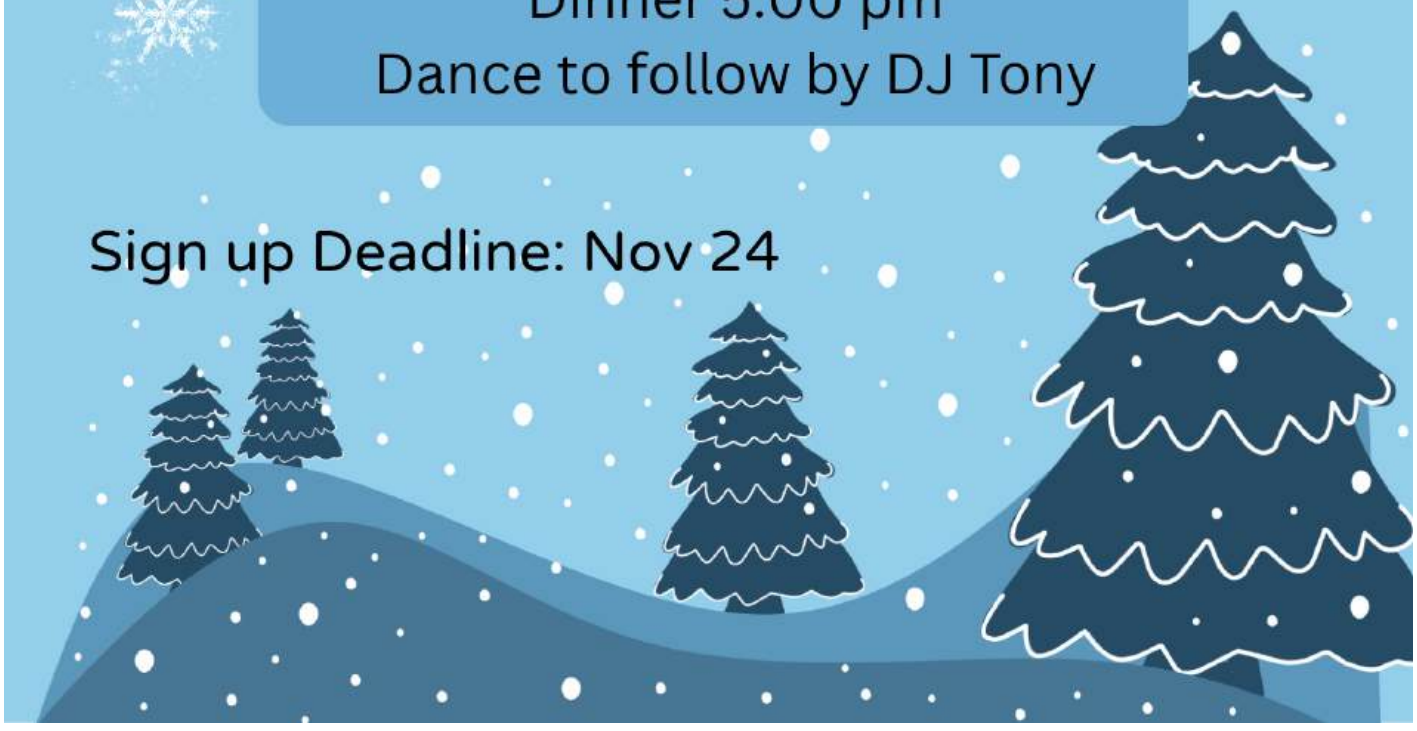
Friday, November 27, 2026

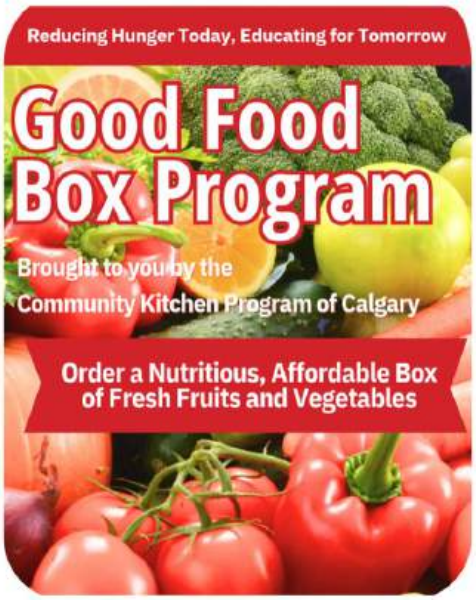
Menu: Roast Beef, Gravy,
Mashed Potatoes, Yorkshire Pudding,
Cheesy Cauliflower, Salad & Buns
Dessert: Pecan Pie

Members $24.00 Non-Members $29.00

Happy Hour 3 - 5 pm
Dinner 5:00 pm
Dance to follow by DJ Tony

Sign up Deadline: Nov 24





Order and pick up your box at Ogden 50+

Small | $35.00 Medium | $40.00 Large | $45.00

Please see Sonia to order:

sonia@ogden50plus.org / 403-279-2003 Ext. 4

Order & Payment deadline: **Nov 30, 2026**

Next order pick-up date: **Dec 10, 2026**

Nutrien Feeding the Future

COMMUNITY KITCHEN

X-TREME PACKAGING SOLUTIONS INC.

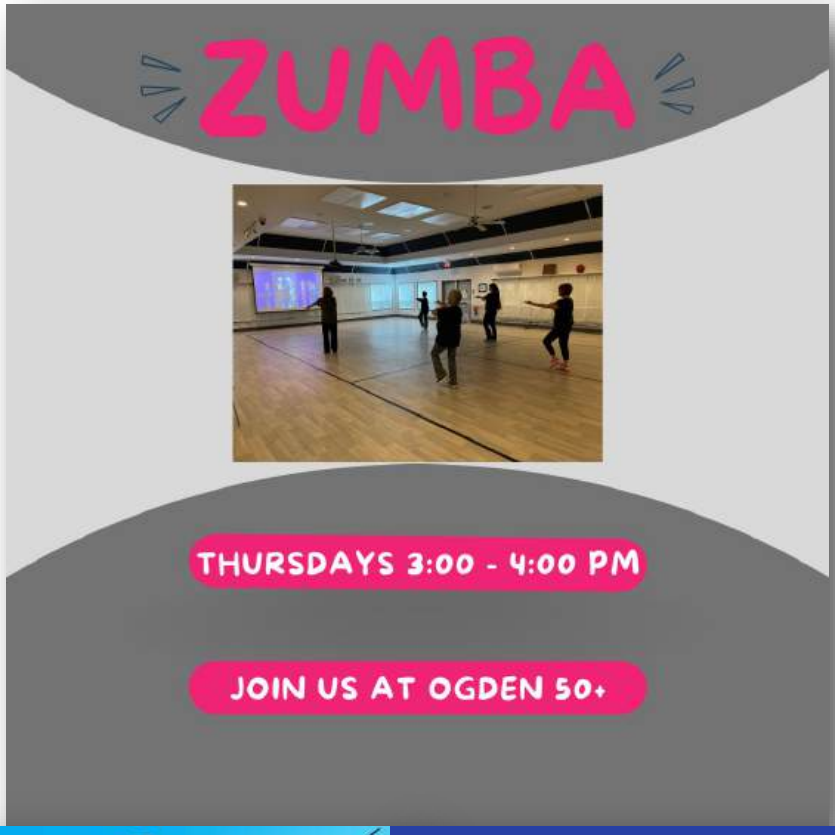
OGDEN 50+ ACTIVITY CENTRE

2102-69 Ave SE
Calgary, AB, T2C3Y4
403-279-2003

GOOD FOOD BOXES

Fresh Produce at a Reasonable Price

Activities


ZUMBA
THURSDAYS 3:00 - 4:00 PM
JOIN US AT OGDEN 50+

ACOUSTIC
JAM
Tuesdays 1 - 3 pm
Come Join The Acoustic Music Jam.
Bring your Musical Instrument and/or
your Singing Voice.
Drop-ins Welcome!

GAMES
Available Anytime
Monday - Friday 8 am - 4 pm
Instruction Available 1 - 3 pm
Cribbage
Mahjong
Euchre/Bid Euchre
Quiddler/Card Games
Tile Rummy
Shuffleboard
Pool
Darts
Dominoes/Mexican Train
Chess
Checkers
Backgammon
Yahtzee

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

- How do snowmen travel around?
.....BY ICICLE!

- What's a snowman's favourite food?
.....BRRRRRR-ITOS!

- What kind of cakes do snowmen like?
.....ONES WITH LOTS OF FROSTING!

- What does a snowman's wife put on her face at night?
.....COLD CREAM!

- What did one snowman say to the other snowman?
.....DO YOU SMELL CARROTS?

The Basics Of Safe Ice Walking: How To Walk On Ice

- **Penguin Walk: Yes, you read that right. Mimic the waddle of a penguin by keeping your center of gravity over your front foot as you walk. It ensures that your full weight is distributed across the entire foot, reducing the risk of slipping.**

- **Slow and Steady: Rushing can be your enemy on icy surfaces. Take small, deliberate steps, ensuring that you place your whole foot down at once rather than leading with the toes.**

Stay Flat-footed: While walking, try to stay as flat-footed as possible. It increases the surface area of your foot, ensuring maximum contact and grip.

Avoid Hands in Pockets: Keeping your hands out of your pockets ensures you can use them for balance. If you're carrying bags, distribute the weight evenly or use a backpack.

- **Always Test the Surface: Before walking on what appears to be a clear path, test the surface. Black ice can often be invisible and is incredibly slippery. A simple tap with your foot can give you an idea of the surface condition.**

Happy Birthday!

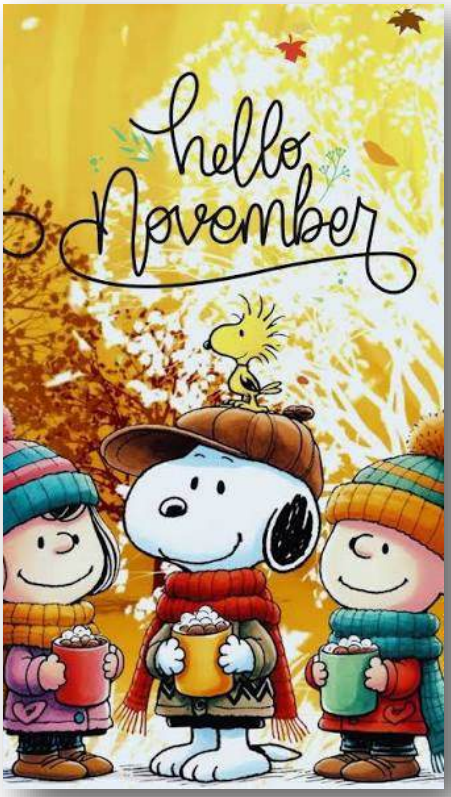
To All Born In November
Warmest Wishes & All The Best To
All Of You In The Year To Come!

From Ogden 50+ Staff

QUOTE

"Make space in your life, space for health and happiness."

KRIS CARR



COMIC STRIP

“Let It Snow”

Quilt or Wall Hanging

Size: **42 1/2” x 55”**

Tickets:

$2 each or

3 for $5

Phone 403-279-2003 for more info

Calgary FOOT CARE Nurses

Foot Care will be at Ogden 50+

WEDNESDAY, December 2, 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.

WINTER

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

AVALANCHE
BLIZZARD
BOOTS
CARDINAL
COCOA
COZY
DECEMBER
FIREPLACE
FLANNEL
FLURRY
FROSTBITE
FROZEN
GLACIER
GLOVES
HIBERNATE
ICICLE
IGLOO
JANUARY
MITTENS
PENGUIN
POLAR
SCARF
SKATING
SKIING
SLED
SNOWBALL
SNOWFLAKE
SNOWMAN
SWEATER
TUNDRA

SUPERSTARWORKSHEETS

JUST FOR FUN

Somewhere in the newsletter we have hidden **3 Poppies.** 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 October Winner

Joan Allen

Answer: 5, 25 & 30

November AT A GLANCE

Nov 4 - Pizza Lunch
Nov 5 - Fire Safety & Falls Pres.
Nov 7 - Cribbage Tournament
Nov 10 - Program Meeting
Nov 11 - Office Closed
Nov 11 - Remembrance Ceremonies
Nov 11 - Conversation Café
Nov 12 - Crochet
Nov 14 - Christmas Tea
Nov 19 - Cardmaking
Nov 19 - Cooking Class
Nov 20 - COBS Bread
Nov 20 - Appetizers/Happy Hour
Nov 24 - Bingo
Nov 26 - Crochet Class
Nov 27 - TGIF
Nov 30 - Good Food Box

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
November	2	3	4	5	6	7
1 Table Games 1:00—3:00 Mon-Sat Instruction available **12:00 PM - 4:00 PM Rental**	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 3:00 Line Dancing 5:30 Pickleball **(INT)** 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 Pickleball **(INT)** 6:00 Woodcarvers	7:00 Pickleball **(INT)** 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)** 1:00 **Fire Safety Pres** 3:00 Zumba 5:00 Pickleball **(ADV)** 6:45 Bid Euchre	9:00 Men's Coffee 10:00 Sit & Be Fit 11:00 Table Tennis 1:00 Pickleball **(ADV/INT)** 3:00 Happy Hour	1:00 **Cribbage Tournament** 9:00 AM—11:00 AM Pickleball **(INT)** 11:00 AM—1:00 PM Pickleball **(ADV)**
8	9	10	11	12	13	14
10:00 AM—12:00 PM Pickleball **(INT)** **3:00 PM - 12:00 AM Rental**	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 3:00 Line Dancing 5:30 Pickleball **(INT)** 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 Meeting** 3:00 Pickleball **(INT)** 6:00 Woodcarvers	***OFFICE CLOSED — REMEMBRANCE DAY*** 9:00 **Ceremony on TV** 10:00 **Bus to CPKC** 1:00 **Conversation Café**	9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball **(OP)** 1:00 **Crochet** 3:00 Zumba 5:00 Pickleball **(ADV)** 6:45 Bid Euchre	9:00 Men's Coffee 10:00 Sit & Be Fit 11:00 Table Tennis 1:00-2 Pickleball **(ADV/INT)** 3:00 Happy Hour	**CHRISTMAS TEA** 10:00 AM—2:00 PM
15	16	17	18	19	20	21
10:00 AM—12:00 PM Pickleball **(INT)** 12:00 PM—2:00 PM Pickleball **(INT)**	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 3:00 Line Dancing 5:30 Pickleball **(INT)** 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 Pickleball **(INT)** 6:00 Woodcarvers	7:00 Pickleball **(INT)** 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 10:00 **Cardmaking** 11:00 Move 'n' Mingle 12:30 Pickleball **(OP)** 1:00 **Cooking Class** 3:00 Zumba 5:00 Pickleball **(ADV)** 6:45 Bid Euchre	9:00 Men's Coffee 10:00 Sit & Be Fit 11:00 Table Tennis 1:00 Pickleball **(ADV/INT)** 3:00 Happy Hour 4:00 **Appetizers**	**All Day / All Night Rental**
22	23	24	25	26	27	28
All Day - 7 PM Rental	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 3:00 Line Dancing 5:30 Pickleball **(INT)** 7:00 Pool	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 **Hot Dogs/Bingo** 1:00 Acoustic Jam 3:00 Pickleball **(INT)** 6:00 Woodcarvers	7:00 Pickleball **(INT)** 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 12:30 Pickleball **(OP)** 1:00 **Crochet** 3:00 Zumba 5:00 Pickleball **(ADV)** 6:45 Bid Euchre	9:00 Men's Coffee 10:00 Sit & Be Fit 11:00 Table Tennis 1:00-2 Pickleball **(ADV/INT)** 3:00 Happy Hour 5:00 **TGIF**	**8:00 AM - 4:00 PM Power Outage**
29	30					
8:30 AM - 4:00 PM Rental	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 3:00 Line Dancing 5:30 Pickleball **(INT)** 7:00 Pool					