

November 2023

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



A



BOARD EXECUTIVE 2023

CHAIR Mike Gale VICE Darleen Bowser 2nd. VICE Bill Chepil SECRETARY/TREASURER Marjorie Irwin

VISION STATEMENT

A community where every person who is 50+ has what they need to thrive.

DIRECTORS

Sue Pasveer Don Miller Duane Bumstead Donna Martin Irene De Froidmont Frances Nelson **CENTRE HOURS**

Monday to Friday

8:00 AM - 4:00 PM

STAFF & PHONE EXTENSIONS (403) 279-2003

renata@ogden50plus.org **EXECUTIVE DIRECTOR Ext. 205** Renata Michalski **BOOKKEEPER Ext. 201** Julia Moczas julia@ogden50plus.org Jasmine Chiang jasmine@ogden50plus.org **HOUSEKEEPING Ext. 202** rick@ogden50plus.org MOW/SNOW Ext. 203 **Rick Scott PROGRAMS** Ext. 204 Sonia Provenzano sonia@ogden50plus.org

IMPORTANT PHONE NUMBERS	5
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

Hello everyone in November! Have a nice Remembrance Day!

I was thinking... what message would I like to send to all members and others?

First, I wish to express my gratitude and pay tribute to all those who gave their lives for us, for our freedom, peace and the life that we have in this beautiful country. Remembrance Day unites people of all faiths, cultures and backgrounds, but it can be deeply personal and everyone celebrates this day in their own way.

As always, I encourage everyone to visit our calendar. There will be a lot going on in the centre.

I would like to invite everyone to the Christmas Tea, which will take place on November 4th from 10 a.m. to 2 p.m. It will be a good opportunity to meet friends and family. You will be able to buy delicious baked goods

I wish everyone born in November many God's graces, lots of health, joy and fulfillment of all dreams.

Happy Birthday!!!

Best regards,

Renata Michalski Executive Director



Hello Members,

Winter has returned. Please use extra caution when you are out and about. There is lots of ice and snow out there. It is very easy to slip and fall. None of us are getting any younger and a fall could be extremely serious.

Please also remember the handicap parking spots are for those that really need them, so please be courteous and not use one if you don't need to.

With the return of cold/flu season please respect others if you are feeling unwell. Stay away from the Centre until you are feeling better. Also a better method for preventing the spread of germs is to wash your hands and/or use hand sanitizer.

This month we observe Remembrance Day. Please take a moment to remember those who have fallen and pray that the current conflicts throughout the world are resolved soon with no more children and grandchildren losing their homes, parents or lives.

Christmas is just around the corner and I am asking members who are able to please donate food, cash or even some of your time to help the less fortunate members of our community. A lot of little goes a long way to helping others.

Stay safe, stay healthy.
Mike G

Remembrance Day Saturday, November 11 Free Services

Join us at Ogden 50+

at 8:30 am to watch Remembrance Day Service (from Ottawa)

Coffee Provided. Bring a Snack.

OR

Join Canadian Pacific Kansas City (CPKC) Remembrance Day Ceremony

Free Bus Arrives: 10:10 am at Ogden 50+

At the memorial Statue on campus

10:40 am: Ceremony Begins

11:10 am: Ceremony Concludes

11:15 am - 1:00 pm: Refreshments Served

Bus Returns: 1:00 pm at Ogden 50+

Register with Sonia at (403)279-2003 ext 4 or sonia@ogden50plus.org by Nov 6.



Monday, November 13



REMEMBRANCE DAY

lest We Forget

EFFECTIVE NOVEMBER 30

Plastic Shopping Bags Will No Longer Be
Available at Ogden 50+
Due to City of Calgary By-Law

NO PLASTIC SHOPPING BAGS

OR DONATE ANY
EXTRAS YOU MAY
HAVE











HAPPY HOUR & GAMES NIGHT

3 PM - 5 PM

PORK CUTLET WITH GRAVY,
MASHED POTATOES,
VEGETABLES & DESSERT

4:00 pm

\$10

Gluten Free Available
Dine In Only



Pre-Order by Nov 14







Menu: Roast Beef with Gravy, Yorkshire
Pudding, Mashed Potatoes &
Vegetables
Dessert: Sticky Toffee Pudding

Gluten Free Available

Members \$20 Non-Members \$25

Happy Hour 3 - 5

Dinner 5:30

Dance to Follow by DJ Tony

Pre-Order by Nov 21

WEDNESDAY, NOVEMBER 8

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.



Friday, November 10th 10:00 am to 1:30 pm

Complimentary services include:

Consultations

CLINIC

- Hearing Screening Tests
- Hearing Aid Clean & Checks



SPACE IS LIMITED!

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

Sound of the New Age

ACTIVITIES



NEW ACTIVITY



NEW ACTIVITY



Happy Hour Menu

Beer:			Cocktails:
	\$4.00	Concar	

Pilsner	\$4.00	Ceasar	\$5.00
Molson Canadian	\$4.00	(Vodka & Clamato ++)	
Coors Light	\$4.00	Margarita	\$5.00
Bud Light	\$4.00	(Tequila & Lime Juice)	
Corona	\$5.00	Screwdriver	\$5.00
Ginger Beer	\$4.00	(Vodka & Orange Juice)	
Whistler Forester	\$4.50	Arnold Palmer	\$5.00
(Gluten Free)		(Vodka & Ice Tea w/Lemonade)	
Budweiser Zero	\$4.00	Cranberry Cocktail	\$5.00
(Non-Alcohol)		(Vodka & Cranberry Juice)	
Heineken 0.0	\$4.00	Moscow Mule	\$5.00
(Non-Alcohol Bottle)		(Vodka & Ginger Beer w/Lime Jui	ce)
Beer + Clamato	\$5.00	Virgin \$3.25 DOUBLE Cockt	ail \$7.00
		and the second s	



Highballs:

Vodka	1.5 Oz	\$4.00
Gin	1.5 Oz	\$4.00
Rye	1.5 Oz	\$4.00
White Rum	1.5 Oz	\$4.00
Light Rum	1.5 Oz	\$4.00
Dark Rum	1.5 Oz	\$4.00
DOUBLE	2.0 Oz	\$5.00
MARIAL.		

With:

Coke or Coke Zero Pepsi, 7-Up, Ginger Ale Tonic Water, Club Soda

Liqueurs:

Amaretto	1.5 Oz	\$6.00
Baileys	1.5 Oz	\$6.00
Kahlua	1.5 Oz	\$6.00
Tia Maria	1.5 Oz	\$6.00
Sambuca	1.5 Oz	\$6.00



Wine by the Glass:

(Ask about the Wines we have available today!)

Red Wine	5.0 Oz glass	\$4.00
White Wine	5.0 Oz glass	\$4.00



Other Beverages:

Various Coolers - Please Ask	\$4.00
(Contains Alcohol)	
Canned Pop	\$1.00
Juices:	\$1.50
(Cranberry, Orange, Clamato)	

Bar Service Menu

Beer:	Cocktails:
-------	------------

<u> </u>		- CONTROLLE	
Pilsner	\$5.00	Ceasar	\$6.00
Molson Canadian	\$5.00	(Vodka & Clamato ++)	
Coors Light	\$5.00	Margarita	\$6.00
Bud Light	\$5.00	(Tequila & Lime Juice)	
Corona	\$6.00	Screwdriver	\$6.00
Ginger Beer	\$5.00	(Vodka & Orange Juice)	
Whistler Forester	\$5.50	Arnold Palmer	\$6.00
(Gluten Free)		(Vodka & Ice Tea w/Lemonade)	
Budweiser Zero	\$5.00	Cranberry Cocktail	\$6.00
(Non-Alcohol)		(Vodka & Cranberry Juice)	
Heineken 0.0	\$5.00	Moscow Mule	\$6.00
(Non-Alcohol Bottle)		(Vodka & Ginger Beer w/Lime Juice)	
Beer + Clamato	\$6.00	Virgin \$3.25 DOUBLE Cocktail	\$7.00



Highballs:

Vodka	1.5 Oz	\$5.00
Gin	1.5 Oz	\$5.00
Rye	1.5 Oz	\$5.00
White Rum	1.5 Oz	\$5.00
Light Rum	1.5 Oz	\$5.00
Dark Rum	1.5 Oz	\$5.00
DOUBLE	2.0 Oz	\$7.00
With:		

Coke or Coke Zero Pepsi, 7-Up, Ginger Ale Tonic Water, Club Soda



Wine by the Glass:

(Ask about the Wines we have available today!)

Red Wine	5.0 Oz glass	\$5.00
White Wine	5.0 Oz glass	\$5.00



Liqueurs:

Liqu	ueurs:		Other Beverages:	
Amaretto	1.5 Oz	\$6.00	Various Coolers - Please Ask	\$5.00
Baileys	1.5 Oz	\$6.00	(Contains Alcohol)	
Kahlua	1.5 Oz	\$6.00	Canned Pop	\$1.50
Tia Maria	1.5 Oz	\$6.00	Juices:	\$2.50
Sambuca	1.5 Oz	\$6.00	(Cranberry, Orange, Clamato)	

Swirling autumn leaves of orange, red and gold, November has a beauty that's easy to behold.

A birthday wish for you of happiness and more, may your days be full of what you're thankful for.







Thank You So Much Nigel McEathron For Sharing Your Expertise In Krav Maga Instructing Our Seniors In Self-Defense











TRIVIA TIME

DID YOU KNOW?

- A CAT HAS 32 MUSCLES IN EACH EAR.
- · AN OSTRICH'S EYE IS BIGGER THAN ITS BRAIN.
- . TIGERS HAVE STRIPED SKIN, NOT JUST STRIPED FUR.
- IN MANY ADVERTISEMENTS, THE TIME DISPLAYED ON A WATCH IS 10:10.
- THE CHARACTERS BERT AND ERNIE ON SESAME STREET WERE NAMED AFTER BERT THE COP AND ERNIE THE TAXI DRIVER IN FRANK CAPRA'S "IT'S A WONDERFUL LIFE".
- A DIME HAS 118 RIDGES AROUND THE EDGE.
- . THE GIANT SQUID HAS THE LARGEST EYES IN THE WORLD.
- MOST PEOPLE FALL ASLEEP IN SEVEN MINUTES.
- "STEWARDESSES" IS THE LONGEST WORD THAT IS TYPED WITH ONLY THE LEFT HAND.

DID YOU KNOW?





The Window

Size: 56" x 56 1/2"

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for

more info

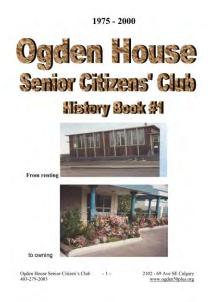
Draw date: November 24



Foot Care will be at Ogden 50+ WEDNESDAY, NOVEMBER 1 10 AM - 2:30 PM

Contact Foot Care Nurses directly at

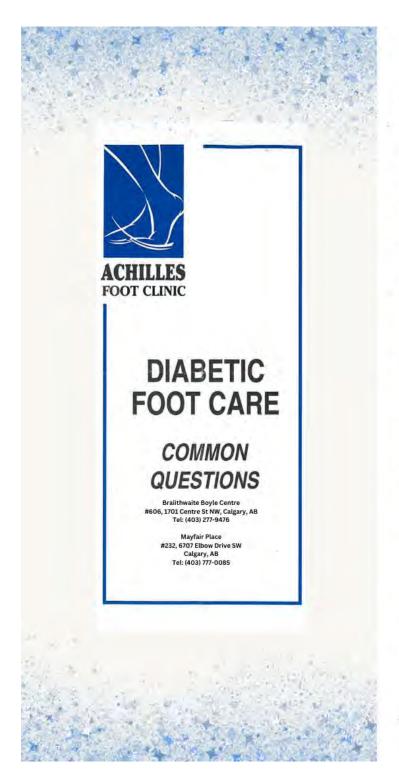
403-408-9668 to book an appointment. Prices are \$50 per person for foot care and \$10 for hand care.



OGDEN HOUSE – WHAT WAS IT? (1975 – 2000)

Ogden House was at the corner of 76 Avenue and 20A Street, and was operated by the Parks and Recreation Department. There was a full time supervisor on duty. There was a program for the school children and teenagers after school and in the evening. There was also the Millican Ogden Citizens' Club for members of the district who were over 40 years of age. Mr. Ralph Patriquin was the Chairman and Mrs. Emma Dodman was the Secretary-Treasurer. This Club met every Tuesday and Thursday afternoon from 1 – 4 p.m. Various crafts, such as decoupage, macramé, chenille and art-foam flowers and animals, leather craft, oil painting and basket weaving, were taught. Darts were also played as well as cards – it was free to all, and supplies and materials for these projects were supplied free until the craft was learned. As enough people became interested, other projects such as copper tooling, ceramics, knitting, crocheting, glass cutting, were started."

Originally written by Lil Davies



Foot Care Guidelines

- Inspect your feet daily for blisters, bleeding and lesions between toes. Use a mirror to see the bottom of the foot and the heel.
- · Have a family member or friend check them if you are unable.
- · Have regular foot examinations by your podiatrist or physician.
- · Always remove both shoes and stockings when visiting your doctor.
- Always wear well-fitted stockings or socks with your shoes.
 Padded hosiery may reduce pressure and be more protective.
- Inspect the soles and inside your shoes for foreign objects before putting them on.
- Shoes should be properly measured, comfortable and easy to put on at the time of purchase. There should be no "break-in" period.
- Wear leather shoes with adequate room in the toes. Running or athletic shoes are best for recreational walking.
- · Change shoes every 4 to 6 hours.
- In cold weather wear insulated boots or heavier socks. Be sure the shoes allow enough room to allow for heavier socks.
- Do not walk barefooted in the house, outside, or at the beach.
 This also includes steam rooms and saunas.
- Do not use hot water bottles or heating pads to warm your feet.
 Use warm socks instead.
- · Do not soak your feet (this dries out natural oils).
- · Do not use acids or chemical corn removers.
- Do not perform "bathroom surgery" on corns, calluses or ingrown toenails.
- Wash feet daily and be sure to dry well between the toes. Apply moisturizing cream liberally, but avoid between the toes.
- Test the temperature of your bath water with your elbow or a thermometer. Do not let hot water drip on toes.
- Trim your nails straight across and file them gently. Have a
 podiatrist treat you regularly if you cannot do this yourself.
- Call your podiatrist or physician immediately if you detect a new lesion or if your foot becomes swollen, red or painful. Stay off your foot until you see your doctor.
- · Learn all you can about diabetes and how it can affect your feet.
- Maintain good diabetes control and do not smoke.

The more you know about diabetes and your feet, the better you can monitor your foot health. Your podiatrist teaches you warning signs and foot inspection as well as many other foot care tips. Understand your podiatrist's role in preventing and treating foot problems through regular podiatric exams and treatment.

November Word Search

P C N R T K N V L W G E В E Z В A G U K Y C C L R T M N D F Z H N M K G M A M Z Н N K G N G W E E В N M C Q Y C U J S G D E S M A Y R A D E M W H 0 C Z D C Q S N N A Q В 0 G D K U Z R Z U E E S D R W H В T Y N N G H S K R N R T K 0 R F H F E T E N H N V 0 X G U 0 R Y W E E D X W C A E X Z M S 0 F G В X S Y C E X X C N E R R B R U Z K R C N R C T U E G R S S Y 0 L M 0



NOVEMBER THANKSGIVING TURKEY **PILGRIMS**

GRATITUDE

FAMILY HARVEST

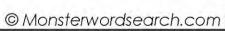
AUTUMN FEAST

LEAVES

CRANBERRY CORNUCOPIA PARADE

PIE

FOOTBALL





JUST FOR FUN

Somewhere in the newsletter we have hidden **3 poppys.** 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 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

Marg Burgart

Answer: 6, 9 & 24







Bernie B- November 1
Chantel P- November 3
Bonnie I - November 3
Gord K- November 7
Marg B- November 7
Maria N - November 9
Brian D - November 9
Samuel N - November 10
Elizabeth B- November 12
Colleen W- November 13
Allen S- November 16
Brandon H - November 16

Maureen L - November 17
Leo P- November 17
Jeanefer T- November 18
Zyrule M - November 21
Anna B - November 22
Helen P- November 22
Valerie D - November 24
Anne H- November 28
Sandra H- November 28
Janice M- November 30
Rick H - November 30



Scorpio
October 23 November 21

Elusive & Mysterious



Sagittarius

November 22 - December 21

Dreams Big, Chases the Impossible

BUSINESS CLASSIFIEDS

AD SPACE FOR

RENT

YOUR AD HERE \$10 PER MONTH

PHONE 403-279-2003 EXT. 202



NOVEMBER AT A GLANCE

Nov 1 - Pizza Lunch Nov 1 - Foot Nurse Nov 3 - Happy Hour/Beef Stew Nov 4 - Christmas Tea Nov 6 - Tai-Chi Nov 7 - Sketching Nov 8 - Conversation Cafe Nov 9 - Soup & Sandwich Nov 10 - Hearing Clinic Nov 13 - Office Closed **Nov 14 - Program Meeting** Nov 17 - Happy Hour/Games Night/ **Pork Cutlets** Nov 17 - Cobs Bread Nov 21 - Waffles/Sausages Nov 21 - Birthday Celebration Nov 24 - TGIF - Roast Beef

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
November		1 0.00 0.01	1	2	3	4
	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	·
Cribbage	9:00 Quilting	9:30 Painting	9:00 Pickleball	9:30 Painting	10:00 Seated Fitness	
	9:30 Table Tennis	10:00 Ladies Coffee	11:00 Self-Defense	10:00 Ladies Coffee	11:00 Table Tennis	Christmas
12:00 PM	11:00 Self-Defense	10:45 Move 'n' Mingle	12.00 Pizza Lunch	10:45 Move 'n' Mingle	1:00 Pickleball	Tea
Daily	1:00 Quilting	12:00 Pickleball	1:00 Carpet Bowling	12:00 Pickleball	3:00 Pickleball (BG)	10-2
(Except	1:00 Carpet Bowling	3:00 Mahjong	1:00 Foot Nurse	3:00 Zumba	3:00 Happy Hour—	10—2
Sundays)	7:00 Pickleball	3:00 Pickleball (BG)	7:00 Pickleball	7:00 Pickleball	Beef Stew	
		6:00 Woodcarvers	7:00 Game Night	7:00 Euchre		
5	6	7	8	9	10	11
		9:00 Table Tennis	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	
10:30 - 2	9:00 Men's Coffee	9:30 Paint/Sketch	9:00 Pickleball	9:30 Painting	10:00 Seated Fitness	
Church	9:00 Quilting	10:00 Ladies Coffee	1:00 Conversation Cafe	10:00 Ladies Coffee	10:00 Hearing Clinic	11 - 3 PM
Auditorium	9:30 Table Tennis	10:45 Move 'n' Mingle	1:00 Carpet Bowling	10:45 Move 'n' Mingle	11:00 Table Tennis	Pickleball
	11:00 Tai Chi	12:00 Pickleball	7:00 Pickleball	12:00 Soup & Sandwich	1:00 Pickleball	
4:00	1:00 Quilting	3:00 Mahjong	7:00 Game Night	12:00 Pickleball	2:30 - 5:00 - Rental	
Pickleball	1:00 Carpet Bowling	3:00 Pickleball (BG)		3:00 Zumba	3:00 Happy Hour	
	7:00 Pickleball	6:00 Woodcarvers		7:00 Pickleball		
				7:00 Euchre		
12	13	14	15	16	17	18
		9:00 Table Tennis	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	
10:30 - 2		9:30 Paint/Sketch	9:00 Pickleball	9:30 Painting	10:00 Seated Fitness	
Church	CENTRE	10:00 Ladies Coffee	1:00 Carpet Bowling	10:00 Ladies Coffee	11:00 Table Tennis	
Auditorium	CLOSED	10:45 Move 'n' Mingle	7:00 Pickleball	10:45 Move 'n' Mingle	1:00 Pickleball	Rental
	Remembrance	12:00 Pickleball	7:00 Game Night	12:00 Pickleball	3:00 Pickleball (BG)	8:30 AM -
4:00	Day	1:00 Program Meeting		3:00 Zumba	3:00 Happy Hour/	7 PM
Pickleball	Day	3:00 Mahjong		6:30—8:30 Rental	Games Night/Pork Cutlets	
		3:00 Pickleball (BG)		7:00 Euchre	Cutiets	
		6:00 Woodcarvers				
19	20	21	22	23	24	25
13	20	9:00 Table Tennis	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	23
10:30 - 2	9:00 Men's Coffee	9:30 Paint/Sketch	9:00 Pickleball	9:30 Painting	10:00 Seated Fitness	Rental
Church	9:00 Quilting	10:00 Ladies Coffee	1:00 Carpet Bowling	10:00 Ladies Coffee	11:00 Table Tennis	8:30 AM-
Auditorium	9:30 Table Tennis	10:00 Breakfast	7:00 Pickleball	10:45 Move 'n' Mingle	1:00 Pickleball	4 PM
	11:00 Tai Chi	10:45 Move 'n' Mingle	7:00 Game Night	12:00 Pickleball	3:00 Pickleball (BG)	
4:00	1:00 Quilting	12:00 Pickleball		3:00 Zumba	3:00 Happy Hour	
Pickleball	1:00 Carpet Bowling	2:00 B-Day Celeb		7:00 Pickleball	5:30 TGIF Dinner	
	7:00 Pickleball	3:00 Mahjong		7:00 Euchre		
		6:00 Woodcarvers				
26	2.7		20	20		
26	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	9:00 Table Tennis	9:00 Men's Coffee	
Rental	9:00 Quilting	9:30 Paint/Sketch	9:00 Pickleball	9:30 Painting	10:00 Seated Fitness	11 - 3 PM
12:00 PM—	9:30 Table Tennis	10:00 Ladies Coffee	1:00 Carpet Bowling	10:00 Ladies Coffee	11:00 Table Tennis	Pickleball
5 PM	11:00 Tai Chi	10:45 Move 'n' Mingle	7:00 Pickleball	10:45 Move 'n' Mingle	1:00 Pickleball	
	1:00 Quilting	12:00 Pickleball	7:00 Fickleball	12:00 Pickleball	3:00 Happy Hour	
	1:00 Carpet Bowling	3:00 Mahjong	Game Night	3:00 Zumba	5.55 Happy Hour	
	7:00 Carpet Bowling	3:00 Pickleball (BG)		7:00 Pickleball		
	7.00 FICKIEDAII					
L	<u> </u>	6:00 Woodcarvers	l	7:00 Euchre		