October 2026

fcss family & community support services

ALBERTA LOTTERY FUND

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

October

Hello everyone in a beautiful October! Happy Thanksgiving and Halloween!

There is something special about October, the crisp autumn air, colorful leaves and the feeling of a new season beginning. As we welcome fall, we are looking forward to another month filled with friendship, laughter, activities and plenty of opportunities to enjoy time together.

I always say to everyone, "Be thankful for everything." This month, we can give thanks to God, show our gratitude and share the harvest and food with others. I love Thanksgiving, and I hope you do too!

Inside this month's newsletter, you will find all kinds of activities, workshops, upcoming events and a few reminders to help you make the most of October.

Happy Birthday to everyone born in October! May God bless you with good health, happiness, love and many wonderful moments throughout the year.

Wishing everyone a happy, healthy and beautiful October!

R. Michalski

Renata Michalski
Executive Director

Message from the Chairman

October

WOW, It's Fall already. Where did Summer GO???

September was a busy month. So watch out for October!!!

Now we can look forward to Thanksgiving, Halloween and more activities at the Centre.

Darleen and I just got back from another European adventure.
Things like paying to use the toilet, coffee – 5 Euros per cup and NO refills, 6 oz bottle of Coke (remember them) - 5 Euros, and paying for bottled water.
Gas about $3.25 a litre and Diesel close to four dollars a litre.
We don't know how GOOD we have it here.

This coming month we have LOTS of activities planned for the Centre. We have Cardmaking, a Cooking Class, a Utilities presentation and a Canadian Footwear presentation. Our October TGIF will be Halloween with prizes for best costumes and an Octoberfest Happy Hour. We have Bowling planned and our monthly TGIF Dinner will be Turkey with all the fixings. YUM, YUM.
I believe there is a Cribbage Tournament planned, so watch for more details.
Our Christmas tea is on 14 November, so mark your calendars.

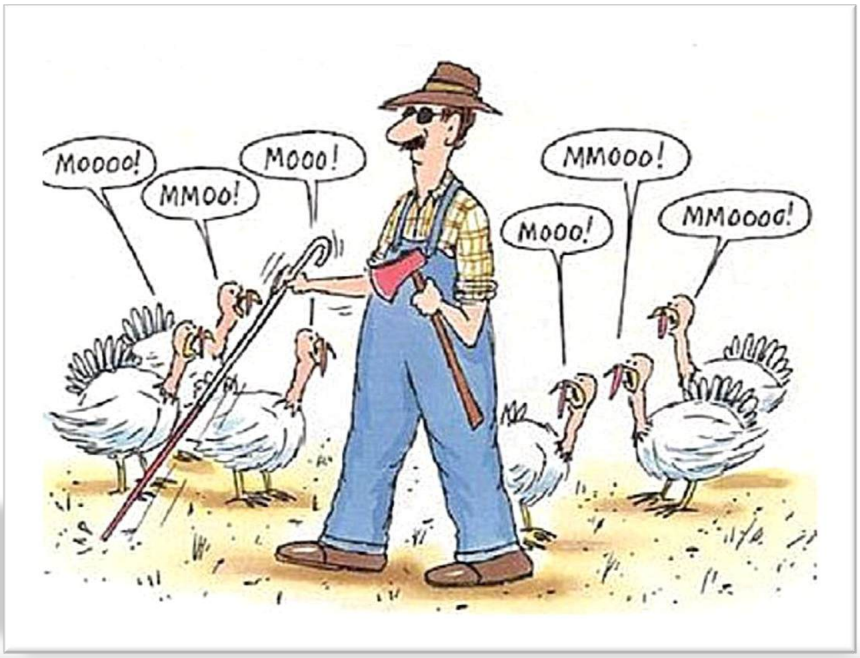
So, check the Newsletter, the Website and Bulletin Boards for more details.

Until next month, stay warm and enjoy the Greatest Senior Activity Centre in Calgary.

Cheers Dave

Happy
Halloween!
From the staff at
Ogden 50+

Happy
Thanksgiving
October 12, 2026
From the Staff at Ogden 50+


Moooo!
MMOO!
MOOO!
MMOOO!
MOOO!
MMOOOO!

OFFICE CLOSED
MONDAY, OCTORBER 12, 2026
HAPPY
Thanksgiving

Choose:

Hawaiian

Meat

Veggie

Calgary FOOT CARE Nurses

Calgary Foot Care Nurses are coming to Ogden 50+ monthly

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.
Billing with payment to Alberta Seniors Benefit.

Next appointment:
Wednesday, October 7 - 9:00 am to 2:30 pm.

CARD MAKING

THURSDAY, OCT 8, 2026
9:30 AM - 12:30 PM

CRAFT ROOM

HOSTS: SUE & SUSAN

ALL MATERIALS SUPPLIED

JOIN US & BE CREATIVE!

DROP INS WELCOME!

Crochet Class

Crochet Scarves for The Mustard Seed

OCTOBER 8 & 22, 2026

EVERY 2ND & 4TH THURSDAY

1:00 PM - 3:00 PM

Free

Instructor & Materials Included

In Parnership with CCIS

Sign up with Sonia at sonia@ogden50plus.org or 403-279-2003 ext 4

REMINDER

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

WEDNESDAY, OCTOBER 14

Conversation Café

Dementia

OGDEN 50+ ACTIVITY CENTRE

2102-69 Ave SE
Calgary, AB, T2C 3Y4

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.

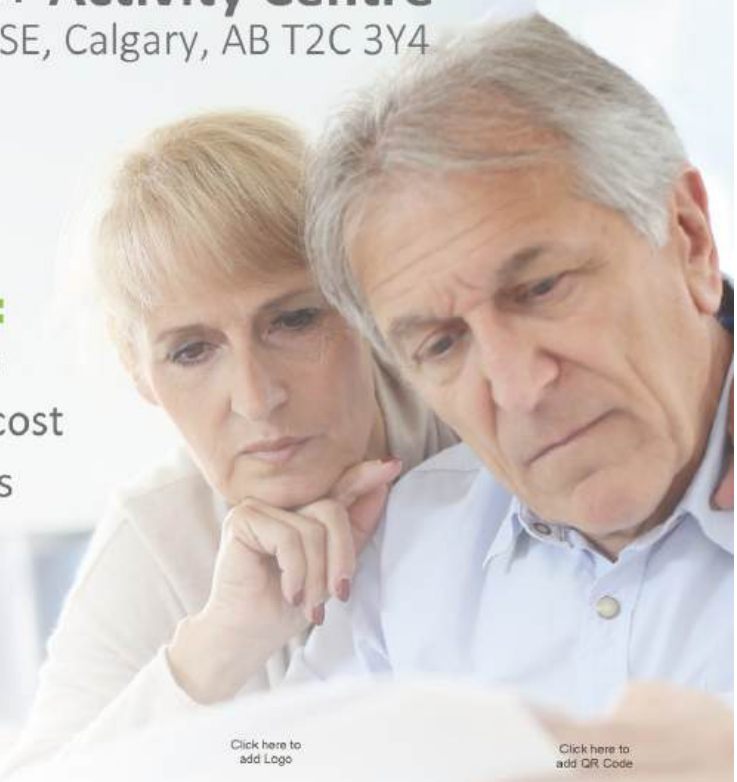
Sign Up

POWER HOUR
UTILITY PRESENTATION

UNDERSTANDING UTILITY CHOICES FOR SENIORS

October 19 at 1:00 PM

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



Join us to learn about:

- Saving money on utilities
- Tips to lower usage and cost
- Understanding utility bills
- Shopping for utilities
- Moving Checklist
- Utility industry scams
- Q & A session

Click here to add Logo

Click here to add QR Code

presented by

Clear Fields

Print

Get Vaccinated!

FLU CLINIC

Wednesday, October 21

Spaces Available

Starting 9:00 am

"Must Wait 15 Minutes After Appointment"

Flu Shots, Covid, Tetanus &
Pneumonia Vaccines Available

Contact Sonia at 403-279-2003 ext 4 or
sonia@ogden50plus.org

GET YOUR FLU SHOT HERE:

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

CanadianFootwear
Since 1932

Come and join us for our Fall/Winter Footwear presentation

Thursday October 22 from 1 – 2 pm

At Ogden 50+
2102-69 Ave SE
403-279-2003

Our "We Fit You" Difference:

The presentation includes education on

- Proper fitting footwear
- Slip-and-fall prevention (Winter Footwear)
- How to choose the right walking shoe
- Measuring and fitting footwear

WWW.CANADIANFOOTWEAR.COM

OKTOBERFEST BRATWURST

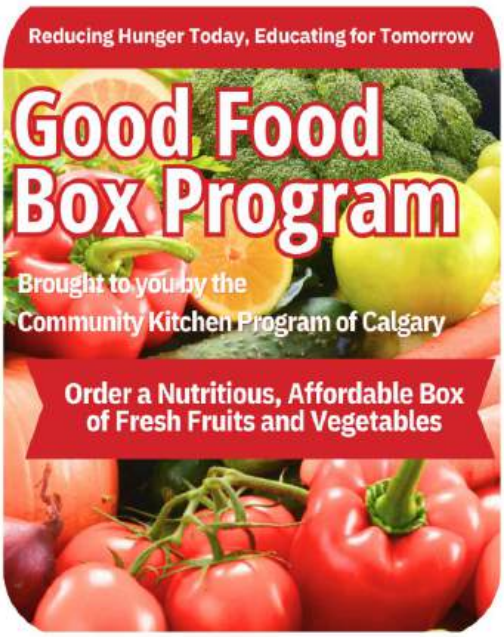
OCTOBER 23, 2026

4:00 PM
$10.00

Menu:
Bratwurst, Potato Salad & Coleslaw

HAPPY HOUR
3- 5 PM

SIGN UP DEADLINE: OCT 20



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: **Oct 26, 2026**

Next order pick-up date: **Nov 5, 2026**

Nutrien Feeding the Future

COMMUNITY KITCHEN

X-TREME PACKAGING SERVICES INC

OGDEN 50+ ACTIVITY CENTRE

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

GOOD FOOD BOXES

Fresh Produce at a Reasonable Price

CHINOOK BOWLADROME

5 - Pin Bowling

Friday, October 30 - 12:45 pm

3 Games - $21.00 includes shoes & GST

Snack Bar

Sign up at front desk by Oct 21

Join us for a game!

TGIF
HALLOWEEN
FRIDAY, OCTOBER 30
PRIZES FOR COSTUMERS
MENU: TURKEY, MASHED POTATOES, STUFFING, GRAVY, PEAS & CARROTS, GREEN SALAD & BUNS
DESSERT: PUMPKIN PIE
DINNER 5:00
HAPPY HOUR 3 - 5 PM
DANCE TO FOLLOW BY DJ TONY
MEMBERS $24 GUESTS $29
SIGN UP DEADLINE: OCT 27

Activities

QUILTING
MONDAYS
9:00 am - 12:00 pm
1:00 pm - 3:30 pm
We don't teach—we explore together.
Come make friends and have fun!

Activities

SIT & BE FIT
WITH LOUISE

FRIDAYS 10:00 AM

At Ogden 50+

$5.00 drop in
or $20 per month

Join us for a seated fitness class designed specifically for older adults and any adults with chronic conditions.

Subsidized by Ogden 50+

Growing Smiles FUNDRAISING

Holiday Season is on the way!

Due to the success of our Summer Plant Fundraiser, we are doing it again for the holiday season.

Items will include beautiful poinsettias, wreaths and door hangers and so much more!

Stay tuned in the coming days for ordering information and delivery will be in the first week of December.

All profits go to support Ogden 50+ Activity Centre!

Five Years and Counting!

October marks another anniversary for the kitchen. Thank you all for your support over the last FIVE years. I wouldn't be where I am without you.

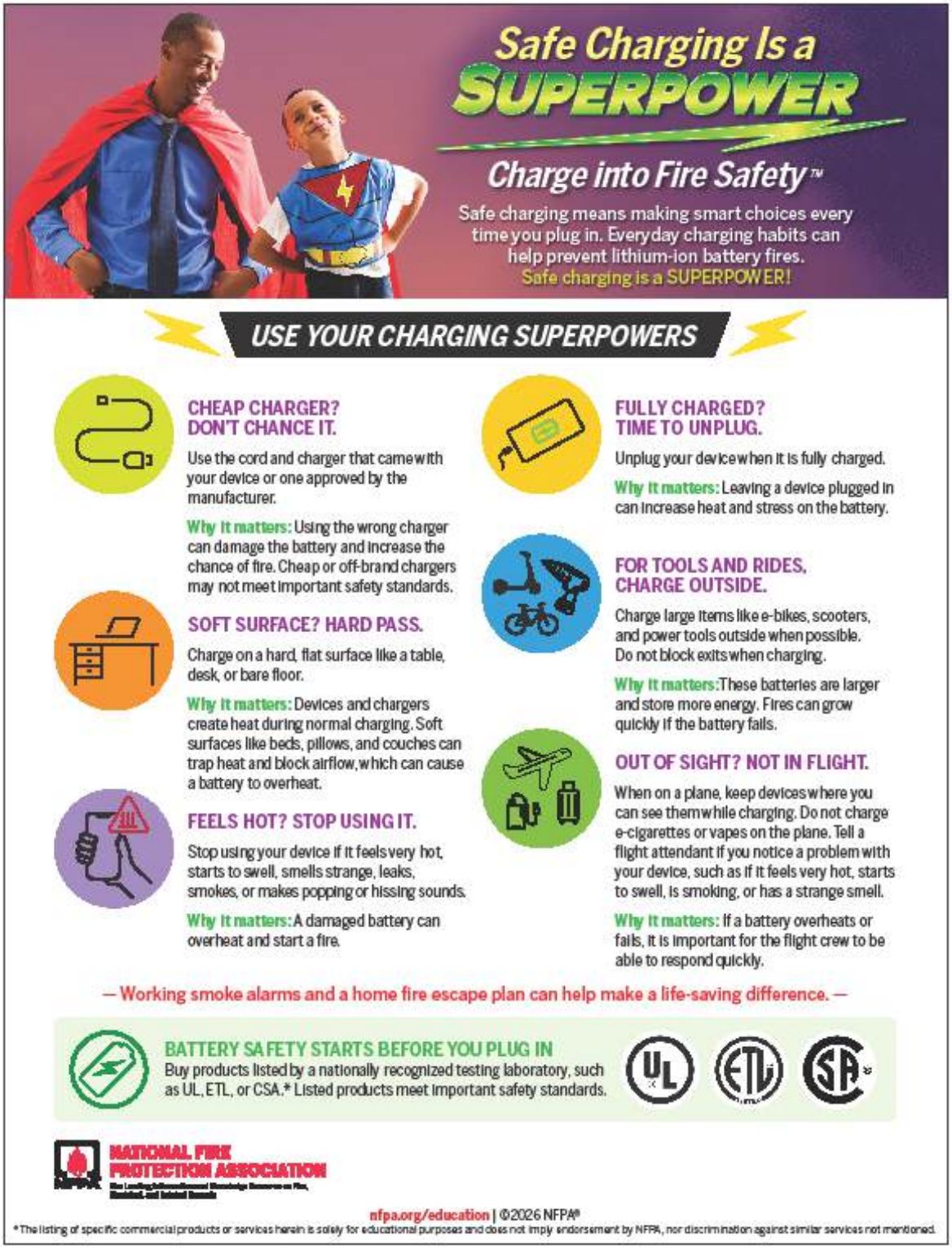
Ogden 50+ is an incredible place and I'm very proud to be a part of it!

Kim In The Kitchen

HAPPY
BIRTHDAY

HAPPY
BIRTHDAY
To All Born In October
Warmest Wishes & All The Best To
All Of You In the Year To Come!
From Ogden 50+ Staff

Fire Prevention Week is October 4–10, 2026



HALLOWEEN JOKES

- WHY WAS THE JACK-O'-LANTERN AFRAID? IT HAD NO GUTS.
- WHICH VAMPIRE IS BEST AT MATH? COUNT DRACULA.
- WHY DIDN'T THE ZOMBIE GO TO SCHOOL? HE FELT ROTTEN.
- HOW DO YOU MAKE A SKELETON LAUGH? TICKLE HIS FUNNY BONE.
- HOW DO YOU KNOW WHEN A GHOST IS SAD? HE STARTS BOO-HOOING.
- WHY DID THE SKELETON GO TO THE PARTY ALONE? HE HAD NO BODY TO GO WITH.
- WHY DON'T GHOSTS LIKE RAIN? BECAUSE IT DAMPENS THEIR SPIRITS.
- WHAT DID THE GHOST ASK THE OTHER? "DO YOU BELIEVE IN PEOPLE?"

- WHAT KIND OF MONSTER LOVES TO DISCO? THE BOOGIEMAN.
- WHAT DO GHOSTS USE TO DO THEIR MAKEUP? VANISHING CREAM.
- WHY DIDN'T THE SCARECROW EAT DINNER? HE WAS ALREADY STUFFED.
- WHY IS A CEMETERY A GREAT PLACE TO WRITE A STORY? BECAUSE THERE ARE SO MANY PLOTS THERE.
- WHY DO VAMPIRES HAVE A HARD TIME MAKING FRIENDS? BECAUSE THEY ARE A PAIN IN THE NECK.
- WHY ARE GHOSTS SO BAD AT LYING? BECAUSE YOU CAN SEE RIGHT THROUGH THEM.

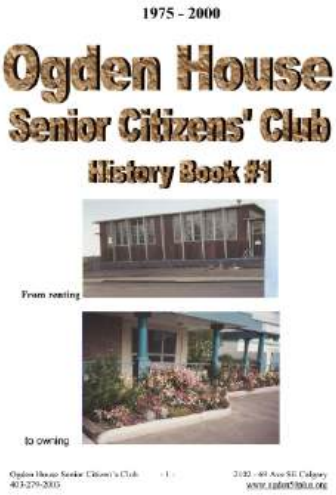
QUOTE

"Aim for the moon. If you miss, you may hit a star."

W. CLEMENT STONE

COMIC STRIP

Ogden House History



Chapter VIII

MOW/SNOW

"The Mow/Snow program is the result of a collaborative effort between Ogden House Seniors, City of Calgary Community and Social Development, City Links, and Millican-Ogden Community Association Family Resource Centre, who perceived a need, while a Area Redevelopment Plan (A.R.P.) was in the planning stages.

Statistics showed a large number of unemployed younger people in the community (18 – 34 years) –and—a number of Seniors and Disabled who indicated a need for affordable yard and maintenance services to help them maintain their independence by staying in their own homes longer.

A volunteer committee was struck to find a way to address these two concerns. Many hours were spent creating the model, the fees, policy and procedure, and how the service would be delivered.

The possible funders were also looked at, and an application was made jointly to the Wild Rose Foundation and The Calgary Foundation for seed money for a pilot project.

The committee struck the name, Millican Ogden Works (MOW). Ogden House Seniors agreed to oversee the program on a daily basis, and the Community Association agreed to apply for the Alternatives for Community Environment (ACE) program monies to cover the cost of the workers and look after payroll/bookkeeping. Coordinator salary, mowers, trimmers, and hand tools, together with an equipment trailer were purchased with the Wild Rose Grant. While waiting for positive response from The Calgary Foundation, City Links loaned a coordinator who began doing intake forms on potential clients. Fees for service are based on income and lot size. (the minimum fee being $4 to a maximum of $20)

Ogden House History con't

MOW/SNOW

The Calgary Foundation was very enthusiastic about the program and their funding helped launch the program in early May 1998.

The first ACE employees were hired by mid May and work commenced on yard clean ups. 35 Senior/Disabled clients were on weekly grass cutting/trimming, with others requiring hedge and shrub trimming, minor fence repairs, flower bed maintenance, and exterior window washing.

Many inquiries were made regarding snow clearing, and this resulted in a plan to use a garden tractor with blade to clear the clients' city sidewalk while Junior High school students would be recruited to clear the client property sidewalk, etc.

Once again a fee schedule was arranged. The clients would clear their own sidewalks if snowfall amounts were 1 inch or less (2.5 cm) Over that amount the city sidewalk would be cleared by the tractor at no charge and the client front door to city sidewalk cost $5, patio clearing, or rear sidewalks cost an additional $5 each minimum, dependant on size. These monies would be collected from the client on behalf of the student shovelers. (This was incentive to commitment by the student, and also ensured that both client and shoveler were treated fairly). The Calgary Community Lottery Board met part of the request for funds, and 65 clients were on the list in the winter of 1998/99; however not much snow was received.

The 1999 gardening season saw 65 clients on a weekly mow/trim program, together with a further 19 clients who were on hedge trimming, yard cleanups, basement/garage clean-outs, minor fence repairs, etc. The funding partners were The Calgary Foundation and the City of Calgary F.C.S.S.

Snow clearing for the season 1999/2000 had 92 clients listed, the majority of whom indicate that they would be applying to be on the summer program.

The funding partners for the year 2000 are the City of Calgary F.C.S.S. and the United Way.

Over the first two years of the program we have had eight employees who faced employment barriers. Three of these employees were "First Nations". One found continuing employment after leaving our program and one went home to be a caregiver for an ailing relative. Three of the other five employees found continuing employment, and one returned home to acquire more education. The eighth employee is actively seeking work.
Three of the eight employees resided in the community, as does the coordinator, while three other employees resided in nearby communities.

This program is successful due to the partnerships formed, and the collaboration between organizations that are committed to making the project work. A similar program is currently being explored by the Bowness Seniors in collaboration with the Bowness Community Association and City Links. (City Links has a free City wide service on a ten-day turn around, services approximately 1200 clients and also has a three years waiting list).

Ogden House History con't

MOW/SNOW

The year 2000-spring season has seen us service forty-five clients for spring clean-up; 73 clients on weekly grass cutting, at least five clients on a waiting list. This is due to a shortage of ACE Program workers. We have only three workers, plus the coordinator. This means we need to complete a minimum fourteen to fifteen yards daily, (grass cut and trim) and does not address the 15 – 20 hedge trimming requests, not to mention the refusals we are giving to requests for flowerbed weeding on a weekly basis.

In the interim, in order to keep up with demand we have hired a casual labourer for three days weekly, and hope to hire a fourth ACE worker fairly soon. The casual labourer is of "First Nation" who does not qualify for the ACE program (not on Social Assistance). He is however, very eager to work, and has proven to be a good worker.

Rumour has it that City Links averages only seven yards daily with a five-man crew plus a driver. The administration of the program is looked after by several other people back at their offices.

We could use some help by way of easing the hiring restrictions, when it comes to such people as the aforementioned "First Nation".

Hope this gives you an insight on what can happen when the grassroots community approach is taken to address some of the problems facing seniors."

Contributed by Derek Spooner in 2000

This concludes Ogden House Senior Citizen's Club History Book

We hope you have enjoyed reading the history of Ogden House

“Happy Harvest”

Quilt or Wall Hanging

Size: **35” x 54 1/2”**

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, October 7, 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.

HALLOWEEN

WORD SEARCH

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

ALL HALLOWS EVE
BAT
BLACK CAT
CANDY
CARAMEL APPLE
COSTUMES
DECORATIONS
GHOST
HALLOWEEN PARTY
HAUNTED HOUSE
JACK O LANTERN
MASK
MUMMY
ORANGE
PUMPKIN
SAMHAIN
SKELETON
SPIDER
TRICK OR TREAT
VAMPIRE
WITCH

JUST FOR FUN

Somewhere in the newsletter we have hidden **Turkey, leaves & hat.** 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

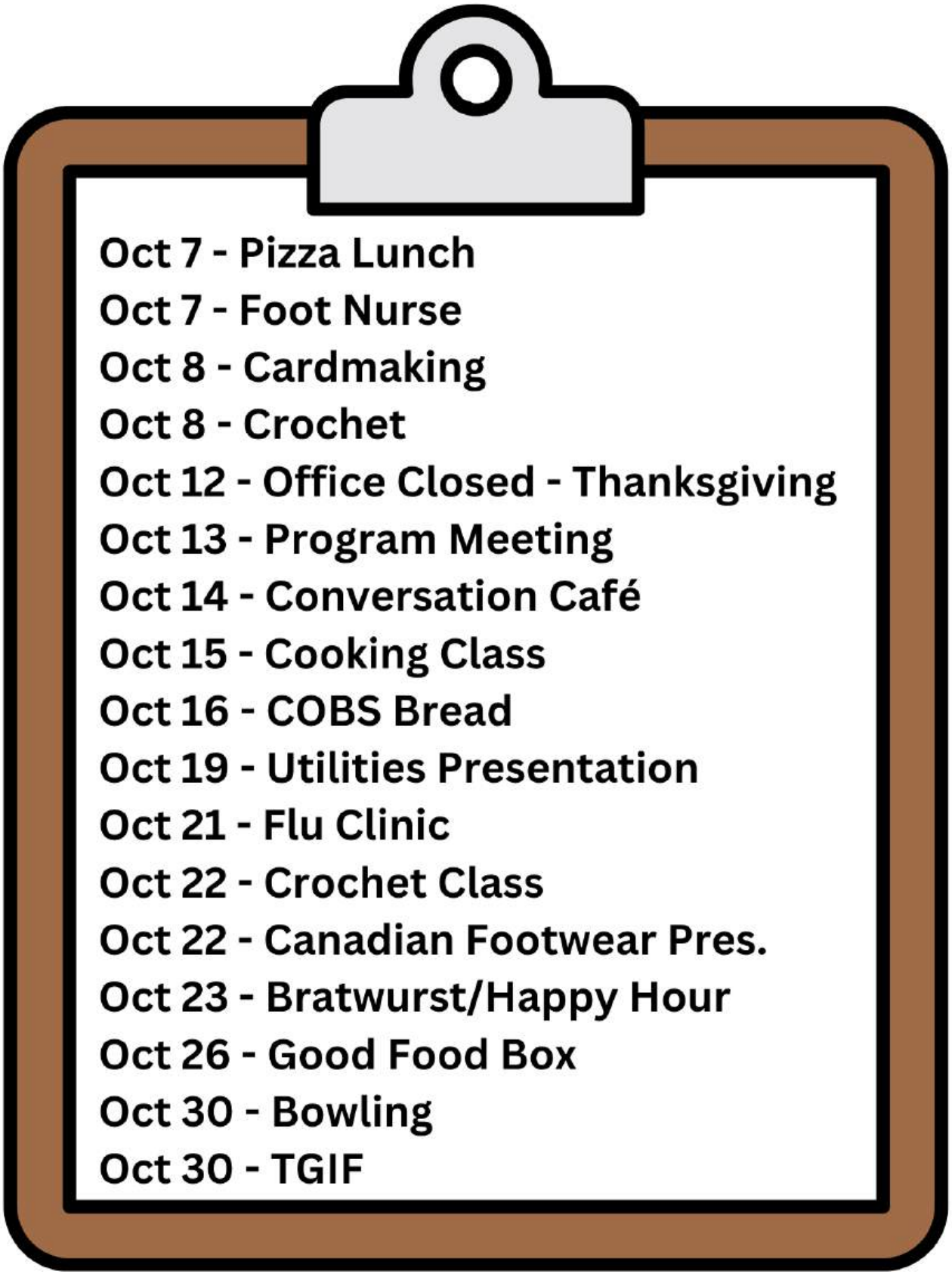
403– SENIORS 403-736-4677 The Way In Network

Hidden Object September Winner

Del Miller

Answer: 8, 8 & 8

October AT A GLANCE



Oct 7 - Pizza Lunch
Oct 7 - Foot Nurse
Oct 8 - Cardmaking
Oct 8 - Crochet
Oct 12 - Office Closed - Thanksgiving
Oct 13 - Program Meeting
Oct 14 - Conversation Café
Oct 15 - Cooking Class
Oct 16 - COBS Bread
Oct 19 - Utilities Presentation
Oct 21 - Flu Clinic
Oct 22 - Crochet Class
Oct 22 - Canadian Footwear Pres.
Oct 23 - Bratwurst/Happy Hour
Oct 26 - Good Food Box
Oct 30 - Bowling
Oct 30 - TGIF

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
October				1	2	3
Table Games 1:00—3:00 Mon-Fri Instruction available				9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (OP) 3:00 Zumba 6:45 Bid Euchre	9:00 Men's Coffee 10:00 Sit & Be Fit 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Pickleball (INT) 3:00 Happy Hour	11:30—2:30 PM Pickleball (OP)
4	5	6	7	8	9	10
12:00 PM - 5:00 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 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	9:00 Men's Coffee 9:00 Pickleball (BEG) 9:00 Foot Nurse 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 6:30 Rental	9:00 Table Tennis 9:30 Cardmaking 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (OP) 1:00 Crochet 3:00 Zumba 6:45 Bid Euchre	9:00 Men's Coffee 10:00 Sit & Be Fit 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Pickleball (INT) 3:00 Happy Hour	11:30—2:30 PM Pickleball (OP)
11	12	13	14	15	16	17
	OFFICE CLOSED — THANKSGIVING	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 Meet 3:00 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 1:00 Conversation Café 3:00 Pickleball (ADV/INT)	9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (OP) 1:00 Cooking Class 3:00 Zumba 6:45 Bid Euchre	9:00 Men's Coffee 10:00 Sit & Be Fit 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Pickleball (INT) 3:00 Happy Hour	All Day / All Night Rental
18	19	20	21	22	23	24
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 Utility Pres. 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 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG) 9:00 Flu Clinic 11:00 Tai Chi/Qi Gong 11:45 Line Dancing 12:00 Bring your lunch 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT)	9:00 Table Tennis 10:00 Ladies Coffee 11:00 Move 'n' Mingle 12:30 Pickleball (OP) 1:00 Crochet 1:00 Can Footwear Pres. 3:00 Zumba 6:45 Bid Euchre	9:00 Men's Coffee 10:00 Sit & Be Fit 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Pickleball (INT) 3:00 Happy Hour 4:00 Bratwurst	2:00 PM - 12:00 AM Rental
25	26	27	28	29	30	31
	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 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 12:30 Pickleball (OP) 3:00 Zumba 6:45 Bid Euchre	9:00 Men's Coffee 10:00 Sit & Be Fit 11:00 Table Tennis 12:45 Bowling 1-2 Pickleball (ADV) 3:00 Happy Hour 5:00 TGIF	