September 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

September

Welcome to September!

I hope you are all doing well and having a wonderful summer!

September reminds us that change can be beautiful. It is a wonderful time to harvest, enjoy the changing season and appreciate how Mother Nature graces us with a beautiful, colorful landscape. It is also a time for fresh starts, new programs and activities, new friendships at the centre and unforgettable memories to share.

This year, only for new Members, I have decided to put our membership on sale starting August 1st. We want more people to become involved and engaged in our community. Staying active can help us feel happy, healthy and enthusiastic—and that is fantastic!

Our calendar is full of exciting activities and programs, so I encourage each of you to take a look and choose something that interests you. Whether you enjoy spending time at home or joining us at the centre, the most important thing is to stay active, connected and happy.

Let's make this September a month filled with new experiences, friendship, laughter and wonderful memories together!

On September 24th, we will start a new crochet class and everyone is welcome! This project will be dedicated to a good cause.

Wishing you a beautiful birthday and a year ahead filled with health, happiness, and many blessings.

R. Michalski

Renata Michalski
Executive Director

Message from the Chairman

September

Happy Fall
Welcome New Members Happy Labour Day
Happy Truth and Reconciliation Day

We have had a weird summer - Rain, Sun, Rain, Sun, Hot

We have had a BUSY summer: Stampede Breakfast, Chili Cook-off, Garden Session, a Fried Chicken Luncheon, a Pizza Lunch, a Potluck Dinner, another Breakfast and a BBQ Luncheon. IS THAT ALL WE DO IS EAT? NO!! WE PLAY LOTS OF GAMES. It has been a busy summer.

Now that we are back into the fall schedules, there will be lots of activities, meals and more. So, check out the Newsletter, the Bulletin Boards and the TV Screens.

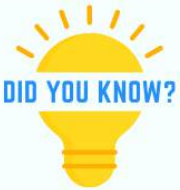
Then, come out and participate in all of our activities that go on around the centre.

Until next month, stay warm or cool as need be and enjoy the GREATEST Seniors Activity Centre in Calgary.

Cheers Dave

TRIVIA TIME

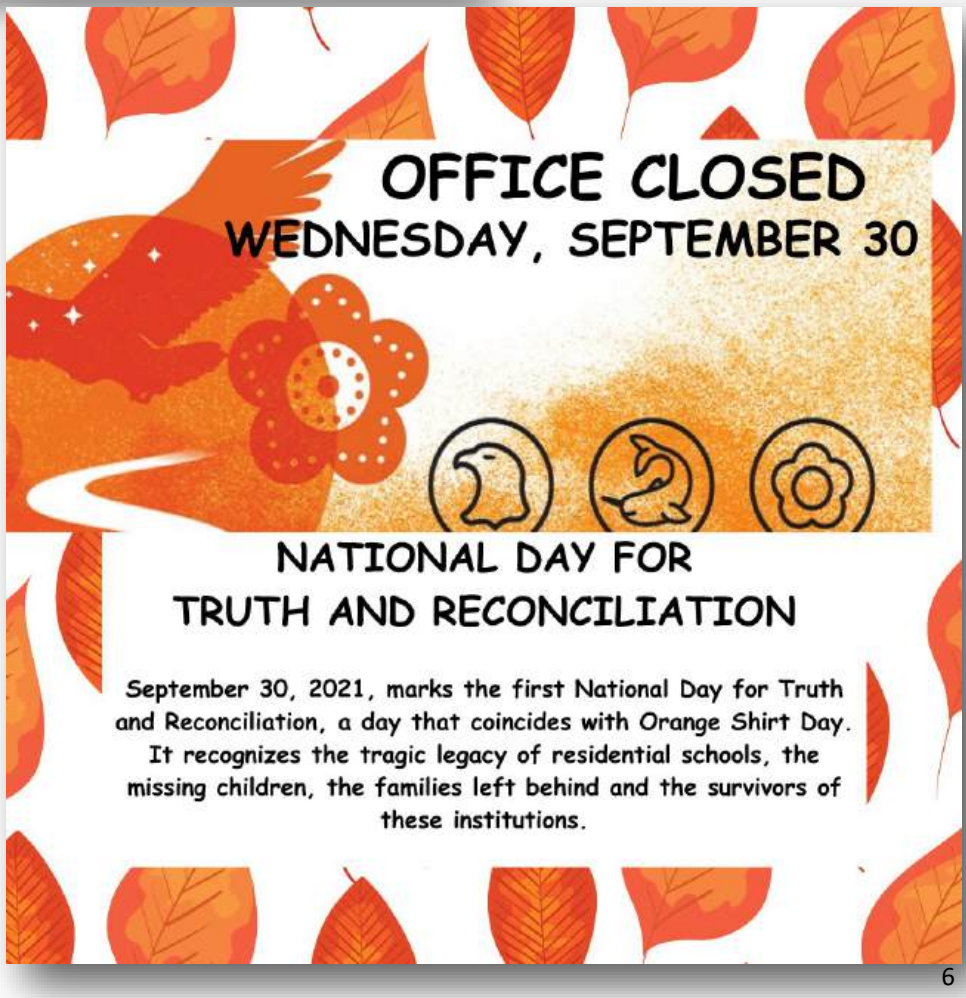
DID YOU KNOW?



- FALL WAS CALLED “HARVEST” BECAUSE OF THE “HARVEST MOON” THAT OCCURS WHEN THE FULL MOON IS CLOSEST TO THE AUTUMN EQUINOX. BEFORE MAN-MADE LIGHTING, THIS MOONLIGHT WAS ESSENTIAL TO A PROSPEROUS HARVEST.
- THE YELLOW AND ORANGE COLORS YOU SEE ACTUALLY ALWAYS EXIST IN LEAVES BUT THEY ARE OVERPOWERED BY THE ABUNDANCE OF GREEN FROM CHLOROPHYLL. THE AMOUNT OF CHLOROPHYLL STARTS TO DECREASE AS THE SUN WEAKENS AND THE DAYS GROW SHORTER.
- RED AND PURPLE LEAVES ARE ONLY THAT COLOR BECAUSE OF THE PRESENCE OF SUGARS AND SAP THAT ARE TRAPPED WITHIN THE LEAVES. THESE SUGARS PROVIDE PLANTS WITH THE ENERGY THEY
- EVERGREEN TREES SUCH AS PINES, CEDARS, AND SPRUCES STAY GREEN BECAUSE THEIR LEAVES (NEEDLES) ARE COVERED WITH THICK WAX AND THEY CONTAIN MATERIALS THAT PREVENT FREEZING WHEN IT GETS COLD.NEED TO SURVIVE.

Office Closed
Monday, September 7
HAPPY
Labour
Day

LABOUR DAY


OFFICE CLOSED
WEDNESDAY, SEPTEMBER 30
NATIONAL DAY FOR
TRUTH AND RECONCILIATION
September 30, 2021, marks the first National Day for Truth and Reconciliation, a day that coincides with Orange Shirt Day. It recognizes the tragic legacy of residential schools, the missing children, the families left behind and the survivors of these institutions.

Join us for last session of the year

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

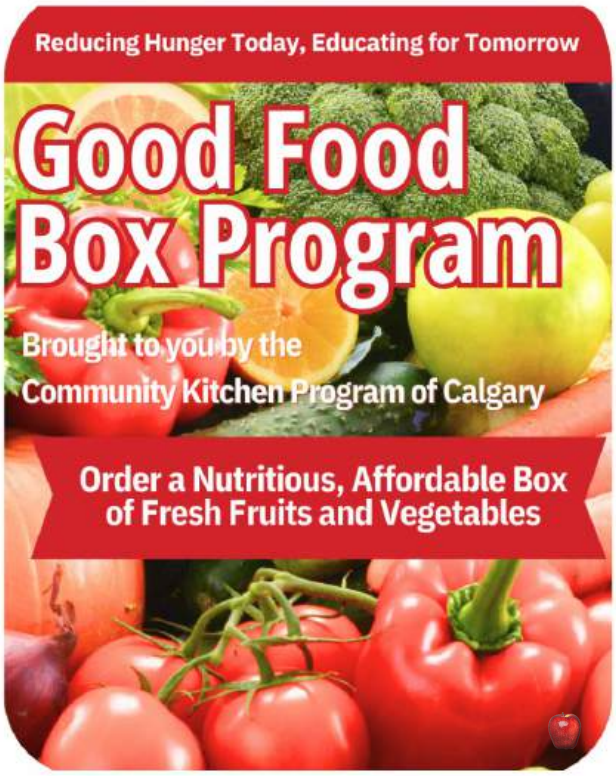
WEDNESDAY, SEPT 2, 2026

1:00 - 2:00 PM

IN THE GALLERY

HOSTED BY CHRISTINE & MARK

Agenda: General Planting Tips



GOOD FOOD BOXES

Fresh Produce at a Reasonable Price

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: **Sept 4, 2026**

Next order pick-up date: **Sept 17, 2026**

Nutrien Feeding the Future

COMMUNITY KITCHEN

X-TREME PACKAGING SERVICES INC.

REMINDER

OUR NEXT PROGRAM MEETING WILL BE TUESDAY, SEPT 8 AT 1:00 PM IN THE GALLERY.

WEDNESDAY, SEPTEMBER 9

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.

TIME TO TRAVEL

Kim will be on vacation:

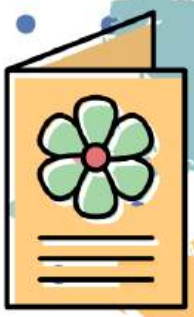
From Friday, September 11
Returning Monday, September 21, 2026

Enjoy your Time Kim

CARD MAKING

THURSDAY, SEPT 10, 2026
9:30 AM - 12:30 PM

CRAFT ROOM



HOSTS: SUE & SUSAN

ALL MATERIALS SUPPLIED

JOIN US & BE CREATIVE!

DROP INS WELCOME!

TUESDAY, SEPT 22, 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 Sept 17

Crochet Class

Crochet Scarves for The Mustard Seed

STARTING SEPTEMBER 24, 2026

EVERY 2ND & 4TH THURSDAY

1:00 PM - 3:00 PM

Instructor & Materials Included

In Parnership with CCIS

Free

Sign up Deadline: Sept 16

FRIDAY, SEPTEMBER 25, 2026
5:00 PM

MENU: STUFFED PORK CHOP, SCALLOPED POTATOES, STEAMED VEGETABLES, SPINACH SALAD & BUNS
DESSERT: PEACH CRUMBLE

HAPPY HOUR
3 - 5 PM

MEMBERS $24
GUESTS $29

SIGN UP DEADLINE: SEPT 22

CARPET BOWLING

Mondays & Wednesdays

****Sign up at the front desk****

Here's the Dirt - September

Another season is almost past and what a season; heat, lack of rain. However, we have come through it with amazing resilience. "Roses are difficult here" {W.O. Mitchell, 1990}
Give plenty of water to shrubs and perennials to protect the plant through the winter chinooks.
There is still some work to do: spring flowering perennials should be split now if not done already and sooner rather than later so roots can establish before the s*** and c***!!!
Leave clean up until spring to add insulation for the plants and provide food for birds that remain here. Some bonemeal around perennials can help plants with a good start come spring.
Annuals can be deadheaded until freeze up or you can let them go to seed and they may come up next year. Note: I had a good "crop" of snapdragons. marigolds and cosmos from last years seeds.
Cover or pick any remaining any tomatoes etc. when frost or cold weather is forecast. Any tomatoes that have started to turn orange/red can be picked as they continue to ripen indoors. For ripening indoors place in a cardboard box with a few crabapples/apples and cover.
Now is the time to relax and enjoy your accomplishments of the season and plan for next year. After all we are in "Next year country" {Barry Broadfoot, 1988}
The last garden program of the year is Wednesday Sept 2nd 1-2 pm. Look for the sign-up sheet and bring any of your "end of the year" questions.

Never, never, never wait one more day to pick a zucchini

30
DAYS IN THE MONTH
Chinese Moon Festival
National Talk Like a Pirate Day
Patriot Day
Aster September Flowers
Grandparents Day
SEPTEMBER
fun facts
Sapphire Birthstone
National Potato Day
Goodbye Summer
Hello Fall
Astrology Signs
Virgo
Libra
National Coffee Day
9
th Month of The Year
National Play Doh Day
MADEWITHHAPPY.COM

LABOR DAY
World Barber Day
Elephant Appreciation Day
Orange Shirt Day
International Chocolate Day
National Pepperoni Pizza Day
LIBRARY CARD
National Talk Like a Pirate Day
Library Card Sign-Up Month
National Chocolate Milk Day
MILK
september
HOLIDAYS
Rice Krispies Treats Day
National Fox Day
National Caterpillar Day
International Day of Sign Languages
National Coloring Day
National Play-Doh Day
National Tailgating Day
National Grandparents' Day
Gum
National Chewing Gum Day
MADEWITHHAPPY.COM

Happy Birthday

To All Born In September

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

From Ogden 50+ Staff

STAMPEDE BREAKFAST

JULY 8, 2026

CHILI COOK OFF

July 11, 2026

Thank you Mark, Judy & Deb for making our Flower Garden special! It is gorgeous!

Big Brothers Big Sisters at Ogden 50+

August 11 & 25, 2026

BEWARE OF SCAMS!

What to look out for

Scammers will pretend to be someone familiar to you:

- CRA
- Your bank
- Phone, television, internet provider
- Amazon
- Computer maintenance (Microsoft)

Scammers will frequently say:

- You have won a prize!
- There is a problem with your banking information.
- Someone is in danger.
- I need the money or something bad will happen.
- Don't tell anyone!

Scammers often:

- Want money upfront.
- Threaten you.
- Tell you the matter is urgent.
- Want payment through gift cards or wire transfer.
- Want you to pay for a prize.
- Call during a certain time of day.

What you can do

To prevent yourself from being scammed:

- Just hang up!
- Stop and think, take a breath.
- Don't feel pressured.
- Do not give your financial or personal information.
- Ask questions - scammers don't give details.
- Is your grandchild calling for help? - Call your grandchild or their parent.
- Talk to someone you trust and is willing to help.

Tools you can use:

- Call control
- Voicemail
- Computer anti-virus software
- Phone company prevention programs
- Review your bank statements and restaurant/store receipts
- Don't call back strange numbers

If you feel you have been scammed:

- Remember it's not your fault.
- Contact your bank.
- Contact the RCMP.
- Talk to someone you trust and is willing to help.

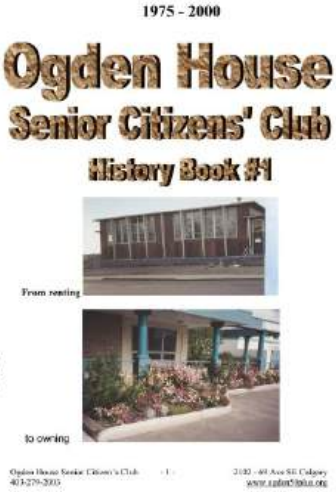
Protect Your A$$ets

Funded by the Government of Canada's New Horizons for Seniors Program | Canada

Rev: 01/28/24

QUOTE
"The secret to life is finding joy in ordinary things."
RUTH REICHL

COMIC STRIP
JohnHartStudios.com
©John Hart Studios Inc. All rights reserved
FOOM
HOW DOES HE FLY WITHOUT A BROOM?!
Dist by Creators
8-19-20



Ogden House History

Chapter V

OGDEN HOUSE DRAMA CLUB

Back row: Marion Headley, Tony Storcer, Lil Howden, Ken Holley, Ted Lefebvre, Dot Rennie, Lil Whiteside, Ellen Appleyard, Terry Raby,
Front row: Harry Huish, Ellen Appleyard, , Eileen Work , Audrey Lefebvre, Lois Holley , Flo Hiscock

The dinner was served by the Ogden House Railroad Rascals Kitchen Band. We played to a sold out audience for both nights. It was discussed briefly that we should perhaps have a Sunday matinee. That's all it was, a brief discussion. After careful consideration the idea was shelved.

At our next meeting we decided to try something a little different and do a "Murder Mystery". We tossed around a lot of ideas before agreeing on "The Family Plot". This play takes place on New Year's Eve day at the new home of Roland N. Cash who recently won BIG on 649. The family wants their share of the wealth before he squanders all his new found fortune away. Due to health reasons our director Gary Miller was unable to help with this one so it was decided that the cast write, produce, direct and act themselves. Because of circumstances it was suggested that we take a little more time for rehearsals and to present this play on February 25 and 26, 2000, again as a Dinner Theatre. We introduced Fred Brodie to Ogden House Drama for this one.

OGDEN HOUSE DRAMA CLUB

Photographer Don Smith and Security Betty Larkin.

Milly McPhedran, Margaret Blackstock, Dot Rennie, Lil Whiteside

Dot Rennie, Phil Bircham, Marion Headley, Ted Lefebvre, Lois Holley

As Phil Bircham was unable to cater this affair we brought in Doreen Petty who served up a delicious meal of coleslaw, breast of chicken with mushroom sauce, mashed potatoes with baby carrots and peas, crusty rolls and Jell-O for desert.

Our servers were different from the other plays as we had The Boy Scouts and outside young people on Friday and club members with outside help on Saturday. They all did a super job and it was suggested that we use young people again as servers.

At the time of this writing The Drama Club had not held their meeting to discuss the next production. I'm sure that by the time you read this review the play will have been decided on and rehearsals well under way.

We will likely write, produce and direct this one also, as Gary still isn't well. We have FUN and are always looking for new blood and new ideas…Come and join us, maybe you're missing your calling. Contact any of the Drama Club members. (We don't rehearse through July and August)

We trust you have enjoyed reading about the Ogden House Drama Club.

FALL ARTISAN MARKET SATURDAY, OCTOBER 3, 2026

10:00 am - 4:00 pm

Free entry

SHOP LOCAL /MARKET / CONCESSION / BAKE TABLE / SILENT AUCTION /ACTIVITIES FOR ALL AGES

McDougall UNITED CHURCH

8516 Athabasca Street SE

mcdunited.com/fall-market

Non-perishable food Donations to Acadia Food Pantry welcomed

RENTALS

HOST YOUR NEXT EVENT AT OGDEN 50+ ACTIVITY CENTRE

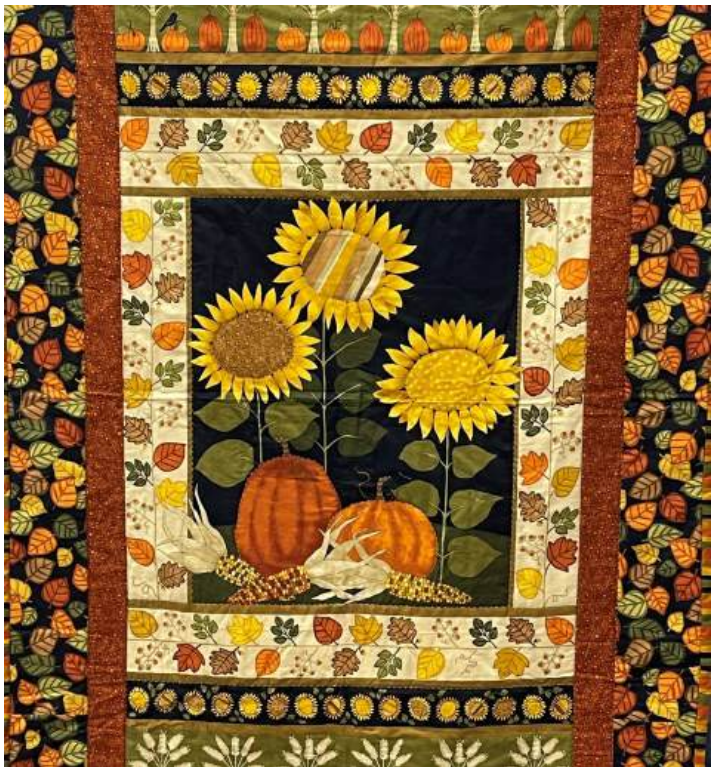
2102 - 69 Ave SE
Calgary, AB, T2C 3Y4
403-279-2003

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 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.

Desserts Word Search

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

BROWNIE
CAKE
CHEESECAKE
CHOCOLATE
COBBLER
COOKIE
CUPCAKE
DOUGHNUT
FLAN
FRUIT
FUDGE
ICE CREAM
MILKSHAKE
MOUSSE
PARFAIT
PASTY
PIE
PUDDING
SMORES
SORBET
SUNDAE
TART
TRIFLE
TRUFFLE

CRAYONSANDCRAVINGS.COM

JUST FOR FUN

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

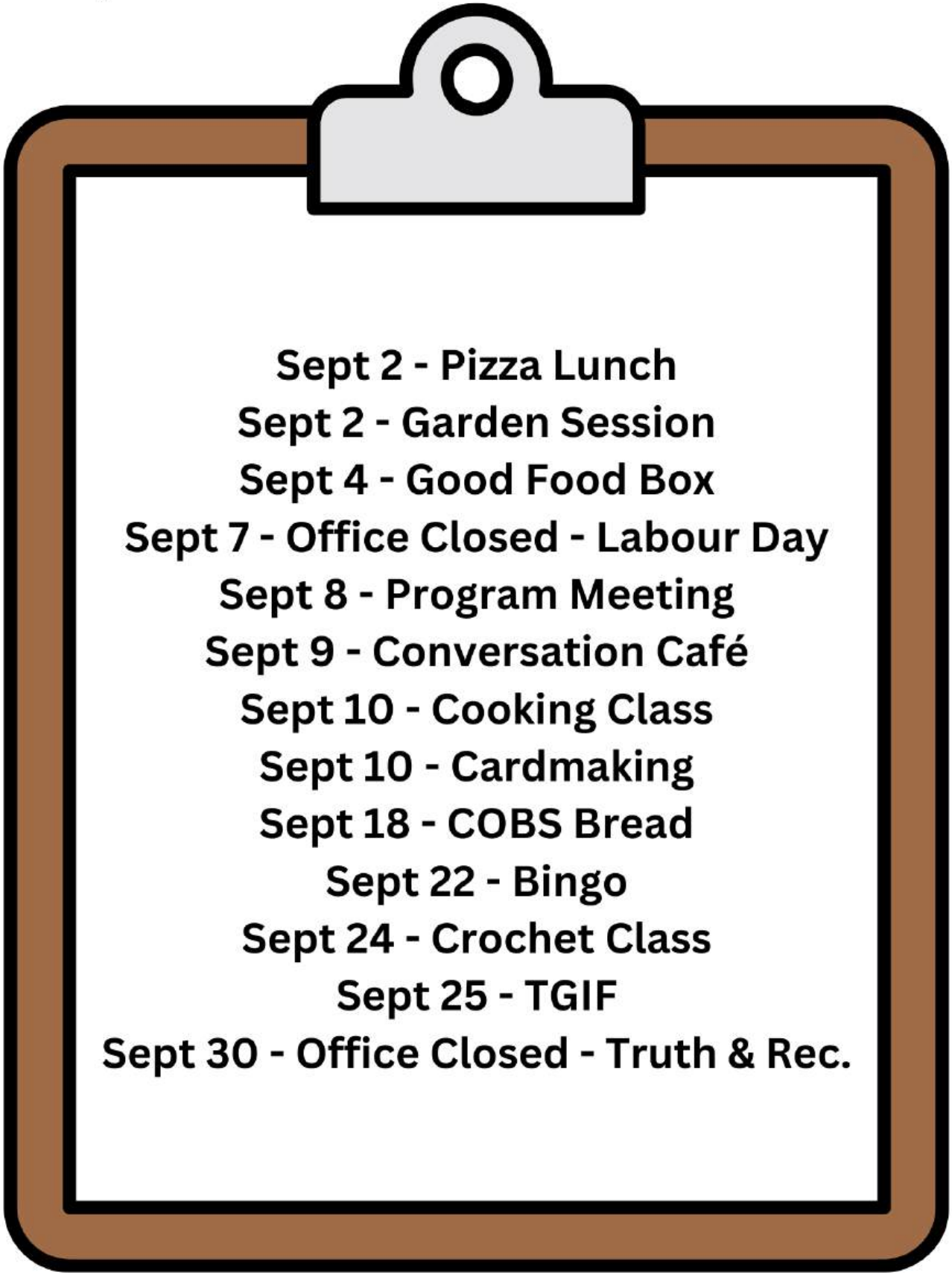
403– SENIORS 403-736-4677 The Way In Network

Hidden Object July/August Winner

Sue Pasveer

Answer: 24, 26 & 35

September AT A GLANCE



Sept 2 - Pizza Lunch
Sept 2 - Garden Session
Sept 4 - Good Food Box
Sept 7 - Office Closed - Labour Day
Sept 8 - Program Meeting
Sept 9 - Conversation Café
Sept 10 - Cooking Class
Sept 10 - Cardmaking
Sept 18 - COBS Bread
Sept 22 - Bingo
Sept 24 - Crochet Class
Sept 25 - TGIF
Sept 30 - Office Closed - Truth & Rec.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
September		1	2	3	4	5
Table Games 1:00—3:00 Mon-Fri Instruction available		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 **Pizza Lunch** 12:30 Carpet Bowling 1:00 **Garden Session** 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 1:00 Pickleball (ADV) 3:00 Pickleball (INT) 3:00 Happy Hour	11:30—2:30 PM Pickleball (OP)
6	7	8	9	10	11	12
	OFFICE CLOSED — LABOUR DAY	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) 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 9:30 **Cardmaking** 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)
13	14	15	16	17	18	19
	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 1:00 Pickleball (ADV) 3:00 Pickleball (INT) 3:00 Happy Hour	**All Day / All Night Rental**
20	21	22	23	24	25	26
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 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	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 6:45 Bid Euchre	9:00 Men's Coffee 10:00 Sit & Be Fit 11:00 Table Tennis 1-2 Pickleball (ADV) 3:00 Happy Hour 5:00 **TGIF**	11:30—2:30 PM Pickleball (OP)
27	28	29	30			
	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	***OFFICE CLOSED — TRUTH AND RECONCILIATION***			