
 @Ogden50Plus
 @Ogden50Plus

September 2023



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





BOARD EXECUTIVE 2023

CHAIR
VICE
2nd. VICE
TREASURER
SECRETARY

Mike Gale
Darleen Bowser
Bill Chepil
Marjorie Irwin
TBA

DIRECTORS

Sue Pasveer
Don Miller
Duane Bumstead
Donna Martin
Irene De Froidmont

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. 205
BOOKKEEPER Ext. 201
HOUSEKEEPING Ext. 202
MOW/SNOW Ext. 203
PROGRAMS Ext. 204

Renata Michalski
Julia Moczas
Jasmine Chiang
Rick Scott
Sonia Provenzano

renata@ogden50plus.org
julia@ogden50plus.org
jasmine@ogden50plus.org
rick@ogden50plus.org
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

Hello everyone and Happy Labour Day!

Summer, summer and after summer - that is how I feel, and I think a lot of people say that too. Let us hope that it will be a beautiful autumn, because September has greeted us with beautiful weather in the past.

There will be some changes in September. Firstly, I want to thank Zoe, our Housekeeping Coordinator, for her wonderful work. Zoe, we will miss you and we wish you a lot of success in your new career path.

Welcome to our team Yi-Ching (Jasmine) as the new Housekeeping Coordinator. I am looking forward to working with you, Jasmine. We also welcome Julia as the new Accountant, as Titiana is on maternity leave as of September 18th.

Memberships will be on sale for new members beginning September 1st. The cost is \$35.00 and will be valid until the end of December 2024.

I encourage everyone to familiarize themselves with the calendar, because there will be a lot going on at the Centre. You can visit our website ogden50plus.org, pick up a newsletter from the centre or call us at any time.

I wish all members born in September a lot of happiness, health, and God's protection.



Best regards,

A handwritten signature in black ink that reads "R. Michalski".

Renata Michalski
Executive Director



Message from the Chairman

September 2023

Hello Members,

Summer is coming to an end and autumn is fast approaching. Before long it will be Thanksgiving, Halloween, Remembrance Day, and Christmas. Please keep an eye on the notice boards at the centre for upcoming events, activities, and volunteer opportunities you might be interested in.

There are a couple of changes to the board. Frances Nelson is resigning as the Secretary;

Our options are:

1. Someone from the existing board to volunteer to assume this position until elections in March.
2. I will step down as President to take over the duties of Secretary and Darleen Bowser will step up to be the President. We will be discussing these options at our next board meeting in September.

The bylaws have been approved by the provincial registry; this means the centre is now operating with new updated bylaws. A lot of hard work went into completing this project, I wish to express my appreciation to the board and Renata for making this happen.

Looking forward to seeing existing and new members (approximately 135 in 2023) in the centre.

Mike G Darleen B





PIZZA LUNCH BY KIM
12:00 PM

WEDNESDAY

SEPTEMBER 6

PRE-ORDER AT FRONT
DESK BY SEPT 1



COMING SEPT 1, 2023

COFFEE/TEA/HOT CHOCOLATE - **\$1.00**

TREATS - **\$1.00**

COMBINATION – COFFEE AND TREATS - **\$2.00**

CENTRE CLOSED

Monday, September 4

LABOUR DAY



**COMING IN SEPTEMBER
"MAKE BELIEVE TEA"**

Enjoy at Home Tea

This tea is the best,
so dear friend be our guest,
no time, no place, no need to dress up
just brew this tea bag and enjoy a cup.
After you enjoy a delicious cup of tea please

Send or bring a donation to:
Ogden 50+
2102 69 Ave SE, Calgary, AB, T2C 3Y4



No donations are too small or too large and we really appreciate!

What's Kim Cooking?

FRIDAY, SEPTEMBER 8

FISH TACOS



HAPPY HOUR - 3 PM - 5 PM

FISH TACOS + DESSERT - 4:00 PM

\$10.00 - DINE IN ONLY

GLUTEN FREE AVAILABLE

PRE-ORDER BY SEPT 5



RIB DINNER

FRIDAY, SEPTEMBER 15

4:00 pm

\$10.00

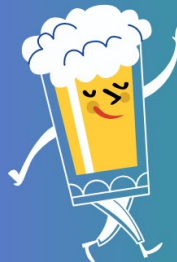
HAPPY HOUR

3:00 TO 5:00 PM

Menu:
Ribs,
Beans,
Coleslaw
& Dessert

Dine In Only

Gluten Free
Available



Pre-order by Sept 12



UPCOMING PROGRAMS



Hear CANADA



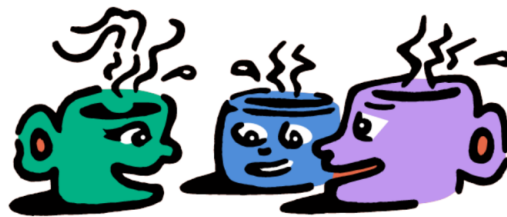
JOIN US FOR A HEARING HEALTHCARE PRESENTATION.

Wednesday, September 13th at 12:00 pm

- Hearing Loss Signs, Symptoms, and Causes
- Hearing Loss Facts
- The Importance of Have a Hearing Health Check
- Complimentary On-Site Services

**WEDNESDAY,
SEPTEMBER 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.

SENIORS SELF-DEFENSE CLASSES

By Experienced Krav Maga Trainer

Sept 11 - Nov 1
Mondays & Wednesdays

11:00 am - 12:30 pm

Members Free
Non-Members \$40.00

No Level of Experience or Fitness Required

Have Fun
Get Fit
Learn to Defend Yourself

Sign up at the Front Desk



CANMORE TRIP

OCTOBER 17, 2023

\$28.00 per person

Lunch at Rose & Crown Restaurant - 11:30 am
(not included in fee)

Bus Arrival at Ogden 50+ - 9:20 am

Bus departure from Ogden 50+ - 10:00 am

Arrival at Rose & Crown Restaurant - 11:30 am

Departure from Canmore - 2:30 pm

Calgary Arrival - 4:00 pm

Register by Oct 4



Coach Bus Charter by Southland Transportation



NATIONAL DAY FOR TRUTH AND RECONCILIATION

SATURDAY, SEPTEMBER 30

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.



REMINDER

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

Starting in September

Monthly Birthdays

Celebrated 3rd Tuesdays
Every Month at 2:00 pm

Invitation To All Celebrating
Birthdays Who Were Born In
the Same Month





The Origin of Birthday Celebrations

While many cultures developed birthday celebrations separately, the Egyptians were the first ones to get the party started. When Egyptian pharaohs were crowned gods, they were “birthed.” That means the first birthday celebration wasn’t marking the birth of a human, but rather the birth of a god.

Another early birthday celebration started with the pagans. Pagans believed that a person was especially susceptible to spells of good and evil during their birthday. Wondering why? During your birthday, personal spirits make their appearance. That means you’re a bit closer to the spirit world. If you thought birthday wishes were silly, you may want to rethink your beliefs.

The idea of spirits was also a focal point for the Greeks. They believed that everyone had a protective spirit or demon present at their birth. This same spirit formed a mystic relationship with the person and continued to watch over them during their lifetime. By celebrating the day you were born, you recognize the closeness of this spirit. This also supports the idea that birthday celebrations were originally events to create protection.

Over time, some of these traditions morphed into the birthday celebrations we know and love.

The Beginnings of the Happy Birthday Song

If there’s one thing that lets someone know it’s your birthday, it’s the happy birthday song. Whether you’re someone who loves or loathes people singing your name, it’s hard to escape this tradition.

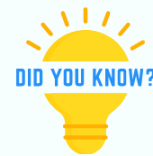
So where did the song come from? In 1893, a kindergarten teacher named Mildred Hill composed a tune called Good Morning to All to greet her class each day. Rumor has it that the children began replacing the words with “Happy Birthday” so they could sing their beloved song at parties. Leave it to the kiddos to get creative.

With the advent of the radio in 1931, the song appeared as a singing telegram on the Broadway show Bandwagon. A small legal tiff led to Mildred Hill’s rightful ownership of the song’s copyright. Since then, the Guinness Book of World Records has nominated the song as one of the top three most sung songs in America. We have to say they’re probably right.

TRIVIA TIME

DID YOU KNOW?

- IT IS IMPOSSIBLE FOR MOST PEOPLE TO LICK THEIR OWN ELBOW. (TRY IT!)
- A CROCODILE CANNOT STICK ITS TONGUE OUT.
- A SHRIMP'S HEART IS IN ITS HEAD.
- IT IS PHYSICALLY IMPOSSIBLE FOR PIGS TO LOOK UP INTO THE SKY.
- THE "SIXTH SICK SHEIK'S SIXTH SHEEP'S SICK" IS BELIEVED TO BE THE TOUGHEST TONGUE TWISTER IN THE ENGLISH LANGUAGE.
- IF YOU SNEEZE TOO HARD, YOU COULD FRACTURE A RIB.
- WEARING HEADPHONES FOR JUST AN HOUR COULD INCREASE THE BACTERIA IN YOUR EAR BY 700 TIMES.
- SOME LIPSTICKS CONTAIN FISH SCALES.
- CAT URINE GLOWS UNDER A BLACK-LIGHT.



Fun fact about water in our lives

Earth consists of 70% water

Up to 60% of the human adult body is water

68% of the earth's freshwater is in the glacier

Only 3% of the earth's water is freshwater

FUN FACTS ABOUT SEPT



- SEPTEM MEANS 'SEVEN' IN LATIN, AND THE NAME FOR SEPTEMBER HAS REMAINED THE SAME.
- SEPTEMBER IS DEDICATED TO VULCAN, ROMAN GOD OF FIRE
- SEPTEMBER MARKS THE END OF SUMMER AND THE START OF THE FALL SEASON (AUTUMNAL EQUINOX). THIS IS THE END OF WINTER AND THE START OF SPRING IN THE SOUTHERN HEMISPHERE (BELOW THE EQUATOR)
- SEPTEMBER IS KNOWN AS HARVEST MONTH.
- SEPTEMBER IS THE MOST POPULAR BIRTHDAY MONTH.
- SEPTEMBER'S FULL MOON IS KNOWN AS THE HARVEST MOON.



30
DAYS IN THE
MONTH



Chinese Moon Festival



National Talk Like a Pirate Day

Aster September Flowers



SEPTEMBER Fun Facts



National Potato Day



Sapphire Birthstone



Goodbye Summer

➔

Hello Fall





Grandparents Day

Astrology Signs



Virgo



Libra



Patriot Day



9th Month of The Year



National Play Doh Day



National Coffee Day





Specs Quilt

Size: **55 ½" x 62 ½"**

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for
more info

Draw date: September 29



Foot Care will be at Ogden 50+

WEDNESDAY, SEPTEMBER 6

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 Senior Citizens' Club

History Book #1



Chapter I

IN THE BEGINNING

“In 1971 a group of neighbours met regularly for coffee and a chat. Wishing to use the time more productively Rose Samphire started to teach an oil painting class to a small group of people.



Rose Samphire

Oil Painting Instructor 1974

The group soon outgrew Rose and Bill's Lynndale Cres. home and they moved to a room and use of the gym at the Ogden School annex on the southwest corner of 76 Ave. & 20A street.

They would meet at 2 p.m. on Tuesdays and Thursdays.

Here with this move came the ability to hold many new activities.



Here's the Dirt - September



What an eventful season, heat, hail
and everything in between!

There are some chores to do before the snow flies; apart from clearing annuals and tidying the grass: save the clearing of garden beds until spring as this will help hibernating beneficial insects. It seems we had a shortage this year.


Heat, smoke who knows?

It is important to really water in trees, shrubs and perennials. This, at freeze up, will form an ice block around the roots and protect them during the desiccating chinook winter winds.


Some bonemeal around the plants before watering can help with a good start next spring.

Try not to trim fall blooming perennials at this time as they will trap snow and insulate the plants. Also, seed heads are a valuable food source for overwintering birds.

A common mistake is thinking container perennial/ shrubs/roses etc. can be saved in their pots in a heated/unheated garage and survive until spring. They CANNOT. The best way if you wish for them to be saved is to plant them in a garden, water in well and hope. Dig them up in the spring and replant them in a container or even keep them in the garden.



Once the chores are done, hunker down for the winter, think about your accomplishments this year and start dreaming of next year.





9 CENTRES 2 - 3 TEAMS
PER CENTRE

Friday, September 15th
11 AM - 1 PM

Location:
The Bowling Depot
146 - 5255 McCall Way NE

Includes:
Bowling, Shoes,
Pizza & Beverages



UNISON at Kerby Centre



GOOD COMPANIONS
50 PLUS



The Calgary Chinese Elderly
Citizens' Association

ROCK CLIFF
Seniors

GENEROUSLY SPONSORED BY



B R I X
REAL ESTATE GROUP

Name: _____

Date: _____

Fall Word Search



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

NOVEMBER
HAYSTACK
SQUIRREL
SEPTEMBER
PEARS
SQUASH

PUMPKIN
ACORN
CORN
PINE CONE
AUTUMN
RAINCOAT

HALLOWEEN
LEAVES
YELLOW
ORANGE
CHANGE
APPLE

THANKSGIVING
OCTOBER
SEASON
FESTIVAL
MIGRATION
CHESTNUTS



JUST FOR FUN

Somewhere in the newsletter we have hidden
3 leaves. 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 Club 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 August Winner

THELMA GREEN

Answer: 5, 10 & 13





HAPPY BIRTHDAY



Cathy M - September 1

Eileen M - September 1

Ernie B - September 2

Karl V - September 3

Karen B - September 7

Peter Z - September 8

Laura L - September 9

Shirley B - September 13

Jerry F - September 13

Jadamba T - September 14

John L - September 15

Dan M - September 16

Darleen S - September 18

William P - September 18

Cor P - September 19

Steve E - September 20

Milan M - September 21

Lori H - September 21

Peggy A - September 22

Sue P - September 26

Rick C - September 26

Linda D - September 28

Perry H - September 28

Donna S - September 30

Loretta L - September 30



Virgo

August 23 -
September 22

Humble, industrious,
practical.



Libra

September 23 -
October 22

Extroverted, frank,
friendly.

BUSINESS CLASSIFIEDS

IS IT TIME TO DOWNSIZE??

Is Your Current Home Too Large or Too Hard To Maintain?

Call for a **FREE, NO OBLIGATION, Consultation**

- Find Out What You Need To Do To Get Ready To Sell
- Find Out What Your Current Home Is Worth
- Find Out What Housing Options are Available



Debra & Peter Molzan
Senior Real Estate Specialists

403-605-3774

www.TheMolzanTeam.com
info@TheMolzanTeam.com



Assisting Seniors & Their Families Since 1991

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Riverbend. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

4 LIMITLESS SERVICES: Small company with affordable rates for home maintenance projects.

Call Abbas for a no - obligation quote at 587 - 837 - 1717

AD SPACE FOR

RENT

YOUR AD HERE

\$10 PER MONTH

PHONE 403-279-2003 EXT. 202



Are you interested in having your **LAWN MOWED** OR A **SPRING/FALL YARD CLEAN UP DONE?** 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+ 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.

Ogden, Riverbend, Quarry Park and Lynnwood only*

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
September	28	29	30	31	1	2
Cribbage 12:00 PM Daily	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Mahjong 3:00 Pickleball 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Zumba 7:00 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Pickleball 3:00 Happy Hour	CASINO 11 - 3 PM Pickleball
3	4	5	6	7	8	9
CASINO 10:30 - 2 Church Auditorium 4:00 Pickleball	CENTRE CLOSED Labour Day	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Pickleball 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 10:00 Foot Nurse 12:00 Pizza Lunch 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Zumba 7:00 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour	11 - 3 PM Pickleball
10	11	12	13	14	15	16
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 1:00 Program Meeting 3:00 Pickleball 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 12:00 Hearing Info 1:00 Conversation Café 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Zumba 7:00 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 11:00 Bowling Depot 1:00 Pickleball 3:00 Pickleball 3:00 Happy Hour 4:00 Ribs by Kim	Rental 8:30 AM - 7 PM
17	18	19	20	21	22	23
10:30 - 2 Church Auditorium 4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:00 Brunch 10:45 Move 'n' Mingle 12:00 Pickleball 2:00 Birthday Celebration 3:00 Pickleball 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Zumba 7:00 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour	Rental 8:30 AM - 4 PM
24	25	26	27	28	29	30
4:00 Pickleball	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 1:00 Quilting 1:00 Carpet Bowling 7:00 Pickleball	Auditorium Rental - All Day 9:30 Painting 10:00 Ladies Coffee 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball 11:00 Care Connect (Gallery) 1:00 Carpet Bowling 7:00 Pickleball 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 10:45 Move 'n' Mingle 12:00 Pickleball 3:00 Zumba 7:00 Pickleball 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball 3:00 Happy Hour 5:00 TGIF Dinner	11 - 3 PM Pickleball 24