



# OGDEN HOUSE 50+ ACTIVITY CLUB

## NOVEMBER 2020



In Flanders fields the poppies blow  
Between the crosses, row on row  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

John McCrae (1872-1918)



OGDEN HOUSE 50 + ACTIVITY CLUB  
2102 - 69<sup>th</sup> Avenue S.E., [www.ogden50plus.org](http://www.ogden50plus.org)

FAX # 403-279-1009 PHONE: 403-279-2003  
CALGARY, AB T2C 3Y4



## Benefits of Board Games for Senior Adults



### Improves the Immune system!!

Positive feelings and thoughts, like laughter and enjoyment that always comes with board games or card games. Improves immunity by releasing some chemicals that fight stress and boost the immune system.

Information provided by Granddaughters personal care for seniors inc.



# GRANDDAUGHTERS

personal care for seniors inc.



- ✓ Dementia Care
- ✓ Respite Care
- ✓ Medication Reminders
- ✓ Hourly & Overnight Care
- ✓ Personal Care
- ✓ Companionship Care

## 403-828-0550

[www.granddaughters.ca](http://www.granddaughters.ca)





**BOARD EXECUTIVE 2020**

CHAIR  
 1<sup>ST</sup> VICE  
 2<sup>ND</sup> VICE  
 TREASURER  
 SECRETARY

Dave Swanson  
 Mike Gale  
 Brenda Oswald  
 Marjorie Irwin  
 Juliette Hachey

**DIRECTORS**

Carol Finlay  
 Debbie Larocque  
 Darlene Bowser  
 Duane Bumstead  
 Bill Chepil  
 Dan MacLellan

**VISION STATEMENT**

We are an organization that gives purpose to our lives by keeping us involved socially, emotionally, physically and intellectually.

**CENTER HOURS**

**CENTER IS PARTIALLY OPEN  
 UNTIL FURTHER NOTICE.**

**STAFF & PHONE EXTENSIONS (403) 279-2003**

ED #5	Renata Michalski	renata@ogden50plus.org
BOOKKEEPER #1	Titiana Vanciu	titiana@ogden50plus.org
PROGRAMS & HOUSEKEEPING #2	Erika Rodríguez	erika@ogden50plus.org
FILLING THE GAP #4	Sonia Provenzano	sonia@ogden50plus.org
MOW/SNOW #3	Rick Scott	rick@ogden50plus.org

<b>IMPORTANT PHONE NUMBERS</b>		
POLICE		403-266-1234
FIRE		403-269-0442
BUS ROUTE INFO		403-262-1000
OGDEN HOUSE		403-279-2003
MOW/SNOW		403-236-8139
DISTRESS CENTER		403-266-4357

## EXECUTIVE DIRECTOR MESSAGE

Hello everyone,

In November, as you all know, we are back at the beginning of COVID-19. We cannot have more than 15 people in a group so we will have to be very careful about following this directive. I am asking for cooperation and understanding. The main thing now is to use DDM -- namely Distance, Disinfection and Masks. I think this is the basis for avoiding this virus.

It has been 102 years since the end of World War I. Remembrance Day is a memorial day observed by Canadians and other members of the Commonwealth to remember all those who fought and died in the line of duty to keep us free. Every November 11th Canadians pause in a moment of silence to honor and remember more than 2 million Canadians who have served and continue to serve Canada during times of war, conflict and peace.

Membership is on sale since October. I encourage everyone to renew their membership. Those who were members in 2020 receive membership for free for 2021 but we still ask you to fill out the forms, as we receive funds from the city on this basis. For new members, the cost is \$ 25.00 from now until December 31, 2021.

Our Center is known for a wide range of programs to help seniors with low incomes, as well as those who need specific help or care.

Thank you very much to all the volunteers who help us with the preparation of lunches and TGIF dinners, with the disinfection of our center and all other works.

I would like to extend my best wishes to all the birthday members who will celebrate their birthday this month -- please stay safe and healthy.

Best regards,

Renata Michalski



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



## MESSAGE FROM THE CHAIRMAN

November 2020 – Remembrance Day, Time to turn the clocks back.

At the eleventh hour, of the eleventh day, of the eleventh month, in 1918 an armistice was signed to end a war to “End All Wars”, yet one hundred and two years later we still have armed conflict around the globe. Today we are in another war, one with COVID-19. Let us stay safe.

On this Remembrance Day, remember all those men and women who made the ultimate sacrifice so that we can have FREEDOM. **THANK A VETERAN.**

We reopened the centre in June slowly, “with baby steps”, and a capacity of 15. In October we expanded to 35. NOW we are back to 15. Hopefully we will NOT be closed down again due to this pandemic.

Our Lunch program is a great success and our TGIF dinners are being actively participated in.

Our programs and other activities are doing great.

We had a fantastic September, Snow in October and now the weather is warming up. Hopefully it will stay nice for a goooooo long while.

Take Care, Stay Safe, Stay Warm and Stay Strong.

Until next month

Cheers Dave

## JUST FOR FUN

Somewhere in the newsletter we have hidden **this image**:

**SEPTEMBER Winner:**



Now it's up to you to find it!

When you do, fill out the form and drop it off at Ogden House 50+ Activity Club or email it to :

[erika@ogden50plus.org](mailto:erika@ogden50plus.org) for a chance to win a \$10.00 Gift Card.

### HIDDEN ITEM

THIS MONTH'S FIND THE ITEM WINNER

\$10.00 Gift Card

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

**DURING THIS COVID-19 PANDEMIC, AT OGDEN HOUSE WE ARE HERE FOR YOU.**

Since the Center has been closed we have been in daily contact with members and seniors in the community making sure they are staying safe and healthy.

We are offering help if you need someone to pick up groceries for you, picking up prescriptions, talking to you and also delivering some great meals prepared by our caring and talented Titiana Vanciu with Ogden House Team of staff and volunteers. The past few days and months they prepared delicious and healthy meals that we are delivering to those in need for lunch or for the TGIF dinner. Until now more than 2000 lunches have been delivered.



Thanks for all your support getting TGIF dinners. We need the support to continue with the lunch program. We appreciate your help with cooking, preparing, delivering, purchasing and more.

## **RE-OPENING A FEW ACTIVITIES.**

**REMEMBER ONLY 15 PEOPLE ARE ALLOWED AT THE CENTER AT THE SAME TIME INCLUDING STAFF MEMBERS.**

Thanks for your understanding.

As you all know we are still in Phase II of the reopening plan for the Province. At the moment the Center is still closed but we are having:

- Men's coffee (Monday, Wednesday and Thursday at 9:00 am)
- Ladies' coffee (Tuesday at 9:00 am)
- Spanish lessons through ZOOM to those interested

We have openings for **Quilting, Painting and Table Tennis** by appointment only. (403) 279-2003 ext. 2 or booking on our website.

**Quilting Mondays at 1:00 pm (ONLY 4 PEOPLE)**

**Painting Tuesdays at 11:00 am (ONLY 4 PEOPLE)**

**Table Tennis Mondays and Wednesdays and Fridays . By appointment Only, please.**

For Table Tennis It's important to mention that it is restricted now. If more than two people per table, you must play beside someone within your same household.

For more info contact the Center. (403) 279-20-03 ext. 2

At the Center we have masks, gloves and hand sanitizer available . We care for you, please remember that even with these openings we MUST keep distance, wear mask when possible, wash your hands, respect each other and don't wonder in restricted areas.

# CHRISTMAS HAMPERS

Christmas is not far away! Every year at Ogden House we help isolated and low-income seniors with the Christmas Hampers 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, cheques or cash can be dropped off at Ogden House or monetary donations can be sent via email to [renata@ogden50plus.org](mailto:renata@ogden50plus.org).

I have included a general list for examples of food to give:

- Rice
- Pasta
- Tomato sauce
- Pancake mix
- Pancake syrup
- Granola bars
- Soup
- Coffee
- Tea
- Sugar
- Peanut butter
- Jam
- Cookies
- Canned goods

Thank you in advance for being part of someone's Merry Christmas!



Sonia Provenzano

Filling the Gap Coordinator

## From the Programs Office:

Hello:

It's starting to look a lot like Christmas.....even though it is still fall in November. I hope everyone is staying safe and well, and keep doing the best in this uncertain and difficult time.

The COVID 19 Pandemic is evolving day by day. Now unfortunately we see countries going back to lock down, restrictions put in place again all over Canada and more. Please help to stop the spreading of this virus, keep distance, wear mask, wash your hands often and stay home if you can.

At Ogden House we are now back to only 15 people allowed at the Center. I know it is difficult to do this again but we need your cooperation and understanding. Some activities are still running at the Center, others online. Contact us for more information and if you wish to participate.

November 11, remembrance day, make sure we remember those members of the armed forces who made the ultimate sacrifice.

Take a moment and a deep breathe and say Thanks: thanks for faith, for freedom, for life, for the opportunities, for the good and hard times, for family. Thanks to God for being able to speak, to write, to be, thanks for the snow and winter days, thanks for sunshine, for all of you I say: THANKS.

Lots of love, and blessings to all of you.

**Erika Rodriguez**

**Programs & Housekeeping Coordinator**

**I AM A CANADIAN**  
**FREE TO SPEAK WITHOUT FEAR**  
**FREE TO WORSHIP IN MY OWN**  
**WAY**  
**FREE TO STAND FOR WHAT I**  
**THINK IS RIGHT**  
**FREE TO OPPOSE WHAT IS**  
**WRONG**  
**FREE TO CHOOSE THOSE WHO**  
**GOVERN MY COUNTRY**  
**THIS HERITAGE OF FREEDOM I**  
**PLEDGE TO UPHOLD FOR MYSELF**  
**AND ALL MANKIND**



*John G. Diefenbaker*

## HELP WANTED

Ogden House Seniors is looking at putting together a TELEPHONE COMMITTEE.  
We are looking for a Team Lead and others to make phone calls to Club Members.  
This way we can pass on Good News, Sad News, Breaking News and inform Club members  
about Club Activities in a timely manner.

You would only have to make five phone calls.

The Lead would phone five members, these five would each phone five more, these twenty  
-five would only need to phone five more, and within a few minutes every member could  
be contacted.

If you are interested or need more information, please contact Darleen Bowser at 403-244-8725.

Due to COVID-19 this Year we will not have our Annual Craft and Bake Sale at the Center.  
However we do have lots of CRAFTS for sale that you are welcome to come to the Center,  
have a look and purchase what do you like.

Everyone is welcome to come and visit us. Thanks for your understanding.



## NOVEMBER 2020

Zayarny Vyacheslaw	November 1
Len Trottier	November 4
Brian Dreher	November 5
Gordon Konrad	November 7
Joan Abel	November 8
Samuil Negelev	November 10
Elizabeth Barnett	November 12
Colleen Wardlaw	November 13
Edna Hahle	November 15
Bernice Nemeth	November 17
Dean Brown	November 18
JohnBoy Warren	November 19
Sherry Gagne	November 20

Jerry Murphy	November 21
Anna Black	November 22
Laura Hunt	November 24
Sandra Healey	November 28
Anne Hula	November 28
Dan Powell	November 30

