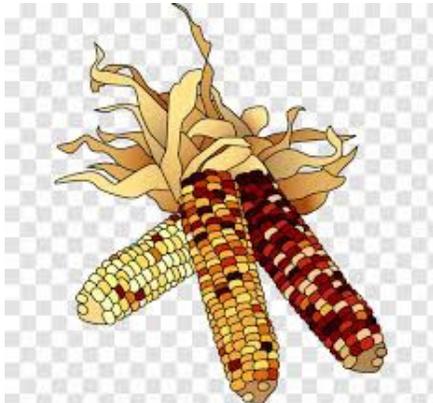
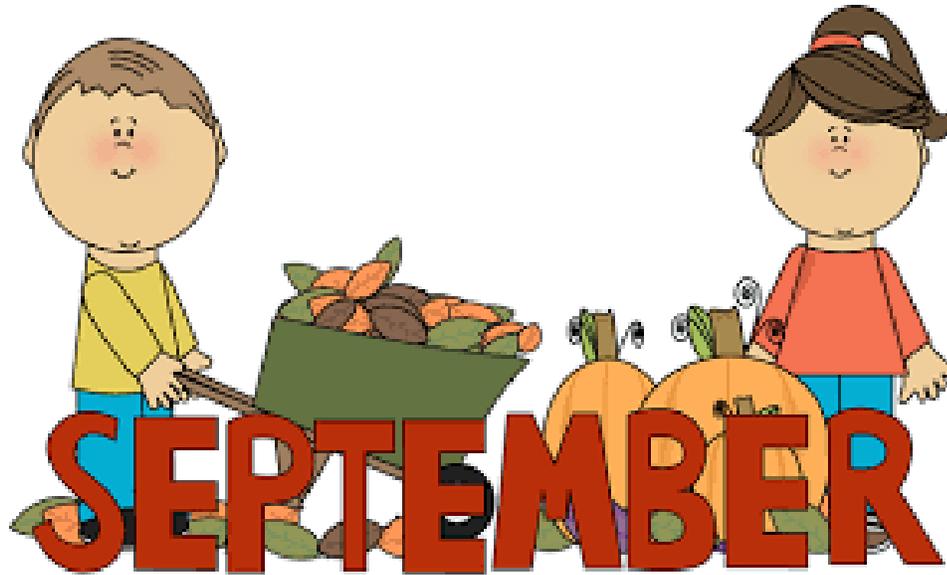




OGDEN HOUSE 50+ ACTIVITY CLUB SEPTEMBER 2020



OGDEN HOUSE 50 + ACTIVITY CLUB
2102 - 69th Avenue S.E., www.ogden50plus.org

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





BOARD EXECUTIVE 2020

CHAIR
 1ST VICE
 2ND 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
 BOOKKEEPER #1
 PROGRAMS & VOLUNTEERS #2
 FILLING THE GAP #4
 MOW/SNOW #3

Renata Michalski
 Titiana Vanciu
 Erika Rodriguez
 Sonia Provenzano
 Rick Scott

renata@ogden50plus.org
 titiana@ogden50plus.org
 erika@ogden50plus.org
 sonia@ogden50plus.org
 rick@ogden50plus.org

IMPORTANT PHONE NUMBERS		
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

YOU ARE INVITED TO OUR
VIRTUAL HAPPY HOUR
EVERY FRIDAY AT 3 PM

CLICK THE LINK THAT WILL BE SENT BY EMAIL EVERY FRIDAY AROUND 2:30 pm

**AND JOIN US FOR FUN TIME WITH FRIENDS, CHATS, GAMES,
TRIVIA, PRIZES AND OF COURSE DRINKS AND SNACKS
FROM THE COMFORT OF YOUR OWN HOME.**

If you have any questions, contact me and I will be happy to assist you

Erika 403-279-2003 ext. 2 or erika@ogden50plus.org



Rick Scott and Reg our Mow and Snow supervisor great team, shaking hands before starting the day.

If you need Mow and Snow Services please contact Rick Scott 403-279-2003 ext. 3

If anyone is affected by neuropathy pain, The Calgary Neuropathy Association is an education and support group for those living with neuropathy pain. They provide resources and opportunities to learn about the condition with monthly guest speakers. Their website is info@calgaryneuropathy.com, www.calgaryneuropathy.com or 403.668.9777. You can also contact Sonia for more information. 403-279-2003 ext. 4.

MENS COFFEE GROUP

Every Monday, Wednesday and Thursday from 9 to 10 am we have Men's Coffee at the Center. Men's get to enjoy coffee, pastries, cookies and nice conversations. In the picture below they took Men's Coffee out of the Center and went to have coffee outside our dear Paddy Brown's house. They had a good time.



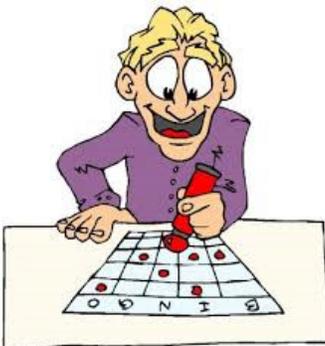
BINGO TIME

In the past few weeks Bow River Hearing Center and our Filling the Gap program, organize and host through ZOOM a couple Bingo Games. People had lots of fun and some won prizes.

Big thanks goes out to Bow River Hearing for making these events happen.

If you have any hearing needs you can reach **Bow River Hearing** at 403-777-4327.

They are located at #180, 2210 2nd St SW.



MESSAGE FROM THE CHAIRMAN

September 2020, - Happy Labour Day, Happy Fall, and Happy 115th Birthday Alberta

We have been closed for almost six months and where has the summer gone?

Inside renovations are complete and the club looks fabulous. Outside renovations are coming along.

We have opened slowly, with BABY STEPS.

We have Men's Coffee Monday, Wednesday and Thursday mornings at 9AM.

Ladies Coffee Tuesday morning at 9AM.

Painting on Tuesday at 11 AM

Table Tennis on Monday & Wednesday at 11:30 AM and Friday at 9 AM

In September; - Quilting will start again on Monday at 1 PM.

- Cribbage will start on Thursday at 1 PM.

ALL OF THESE ACTIVITIES EXCEPT COFFEE ARE BY RESERVATION **ONLY**.

Contact Erika at Ogden House 403-279-2003 ext. 2 for more information.

On Thursday 27 August we had a PIZZA lunch in the Auditorium, with only 20 seats available. It was a great success. Watch for more in the coming months.

We are continuing with our Wednesday Lunch Program. Thank You to the Staff and Volunteers that make this happen. I coin a phrase for a long time ago with McDonalds, "OVER XX MILLION SERVED" We are getting close. We are well over the 1000 mark and counting.

As of 1 August, the City imposed a mandatory Face Covering Bylaw.

When you enter Ogden House, you will be required to wear a Face Covering, from the front door to your destination within the building. You will need to Sanitize your hands, Sign In, Sign a Waiver, (only once) and have your Temperature taken, before proceeding to your destination. If you are eating or drinking you may remove your face covering. If you move around the building you will be required to cover up. ie: going to the washroom.

If you are exempt from wearing a Face Covering, you are not required to wear a Face Covering. Just inform the Greeter that you are Exempt. That is the end of the discussion. There is to be NO Challenging.

As this is all new to us, I am sure some people will forget their Face Covering. You can **POLITELY** ask them if they forgot theirs or need one. Most people will be embarrassed and go get theirs. We do not want ANYONE Snapping at someone about Face Coverings.

So, in closing: Take Care, Stay Safe, and Stay Strong

On a sadder note, Our Executive Director, Renata Michalski's, mother passed away on Monday 24 August in Poland. Renata is away attending her mother's funeral.

Our thoughts, prayers and wishes of condolence go out to her and family.

Cheers Dave

To prevent the further spread of COVID-19, everyone, including organizations, can do a few things to help to keep yourself and everyone SAFE:

- Wash your hands frequently: This is the single most effective way of preventing the spread of disease. Use hand sanitizer, when you can't wash your hands with soap and warm water.
- Catch your germs: Cover your mouth and nose when you cough or sneeze by using the inside of your elbow or your shoulder.
- Avoid touching your face: In between handwashing, keep your hands away from your eyes, ears, nose and mouth.
- Eat well, exercise daily and get enough rest to help support your immune system.
- Please **STAY HOME** if you are feeling sick: If you are experiencing, fever, cough, difficulty breathing or other flu like symptoms, stay home and away from others and contact your healthcare provider.
- If you have questions or concerns about your health contact Health Link 811.



Now offering 50% off of our My Choice Menu and 30% off of Our Chef's Daily Special*

For more information, visit mealsonwheels.com/covid19support

Phone 403 243 2834
Email info@mealsonwheels.com

*Timeline at which discounts are offered are subject to food and funding availability.

When you've got a lot on your plate, let us do the cooking.

Calgary Meals on Wheels

JUST FOR FUN

Somewhere in the newsletter we have hidden **this image:**
July and August 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 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 1100 lunches have been delivered.



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)
- Happy Hours still virtual through ZOOM every Friday at 3:00 pm
- 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.

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

From the Programs Office:

Hello !!!!!

Is nice to get in touch with you again through the newsletter. I am grateful for the opportunity to see in person a few members that have come to our Center. I am happy to hear the voices over the phone to those who are staying at home and I still miss those that I haven't seen in a couple months.

As my Doctor told me a few days ago, Erika keep strong and follow the rules, Covid-19 is here to stay for a while and we MUST remember to keep our distance, wear masks, wash our hands and stay home as much as we can.

Fall is almost here and the yellow, copper brown and orange colors make me think of Thanksgiving, Family. I have to say times during this whole year haven't been easy, we are going through a lot but we must be grateful for each day, for family, friends, neighbours, co-workers. We must be thankful for the food on our table and roof over our heads.

At this time also I want to offer my sincere condolences to our Executive Director Renata Michalski, her mom passed away (RIP). Our prayers are with you and your family.

Ogden House continues with a few activities and small groups. Men's and ladies coffee some days, Table Tennis, Billiards, Quilting and Painting by appointment only. At the Center still only 15 people are allowed inside including staff. Mandatory use of face covering and practicing social distance.

We are still having the Happy Hour and Exercise Activities Online. Yoga will resume in September 9, every Wednesday from 11:30 to 12:30 through ZOOM.

For those who are still in isolation do not forget that you aren't alone, we are here to help you: we can deliver some hampers, get groceries for you, talk to you over the phone or online, send you virtual hugs or just saying hi. We are here for you.

The Housekeeping Program is open and running. If you need help or more information on how to get in or how to have someone help you to keep your place clean and safe, please contact me, I will be happy to help you.

Lots of love, hugs and blessings to all of you.

Erika Rodriguez
Programs, Volunteer & Housekeeping Coordinator

Lots of love and blessings.

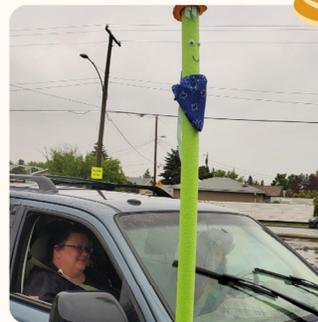


On July 8, 2020 we had a drive thru Community Stampede Breakfast.

More than 270 people were served. Thanks to all the organizations involved. We work together to make this possible despite of difficult times with COVID-19: Millican-Ogden Community Association, Scotiabank, Youth Centers of Calgary, MOCA Southeast Resource Center, BlessThisHouse.ca, Tom Kmiec MP Calgary Shepard, MaxWell South Star Realty, Colleen, & Corinne Real Estate Team. Thanks.



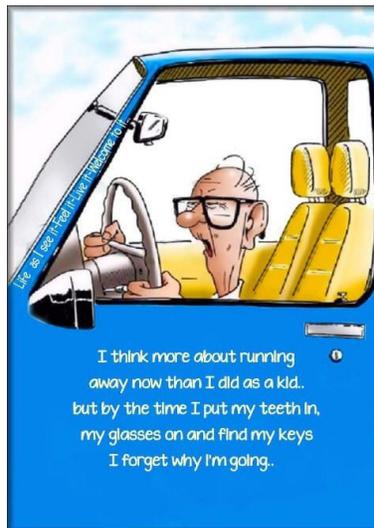
2020 Stampede
Drive Thru
Breakfast



I CALLED THE
INCONTINENCE HOTLINE...



THEY ASKED,
"CAN YOU HOLD PLEASE?"



I think more about running
away now than I did as a kid..
but by the time I put my teeth in,
my glasses on and find my keys
I forget why I'm going..

WHEN I DIE,
I WANT TO DIE LIKE
MY GRANDMOTHER,
WHO DIED PEACEFULLY
IN HER SLEEP. NOT
SCREAMING LIKE ALL THE
PASSENGERS IN HER CAR.



September 2020

Eileen Meierhofer	September 1
Michel Gregoire	September 8
Peter Zvengrowski	September 8
Laura MacCuish	September 9
Linda Lampen	September 12
Bee Eastgaard	September 13
Shirley Bullough	September 13
Paddy Brown	September 13
Brenda Pung	September 15
Dan MacLellan	September 16
Lynn Knutson	September 16
Dave Burhoe	September 17
Darleen Swanson	September 18
William Pagie	September 18
Cor Pasveer	September 19
Roger Maltby	September 21
Floyd Nix	September 21
Lynn Leask	September 21

Richard Gray	September 22
Kevin Strilchuk	September 22
Peggy Agnew	September 22
Michael Williams	September 22
Sue Pasveer	September 26
Kelly Larocque	September 26
Josie Deloronde	September 27
Lisa Petersen	September 28
Al Kadey	September 30



Name: _____

LABOR DAY WORD SEARCH

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

ACCOUNTANT
DOCTOR
ENGINEER
NURSE
PLUMBER
TEACHER

CARPENTER
ELECTRICIAN
LAWYER
PILOT
POLICE
WAITRESS

