



# OGDEN HOUSE 50+ ACTIVITY CLUB FEBRUARY



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





**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 CLOSED  
 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

## Story of St. Valentine

"The story of Valentine's Day begins in the third century with an oppressive Roman emperor and a humble Christian Martyr. The emperor was Claudius II. The Christian was Valentinus.

Claudius had ordered all Romans to worship twelve gods, and had made it a crime punishable by death to associate with Christians. But Valentinus was dedicated to the ideals of Christ; not even the threat of death could keep him from practicing his beliefs. He was arrested and imprisoned.

During the last weeks of Valentinus's life a remarkable thing happened. Seeing that he was a man of learning, the jailer asked whether his daughter, Julia, might be brought to Valentinus for lessons. She had been blind since birth. Julia was a pretty young girl with a quick mind. Valentinus read stories of Rome's history to her. He described the world of nature to her. He taught her arithmetic and told her about God. She saw the world through his eyes, trusted his wisdom, and found comfort in his quiet strength.

"Valentinus, does God really hear our prayers?" Julia asked one day.

"Yes, my child, He hears each one."

"Do you know what I pray for every morning and every night? I pray that I might see. I want so much to see everything you've told me about!"

"God does what is best for us if we will only believe in Him," Valentinus said.

"Oh, Valentinus, I do believe! I do!" She knelt and grasped his hand.

They sat quietly together, each praying. Suddenly there was a brilliant light in the prison cell. Radiant, Julia screamed, "Valentinus, I can see! I can see!"

"Praise be to God!" Valentinus exclaimed, and he knelt in prayer.

On the eve of his death Valentinus wrote a last note to Julia, urging her to stay close to God. He signed it, "From your Valentine." His sentence was carried out the next day, February 14, 270 A.D., near a gate that was later named Porta Valentini in his memory. He was buried at what is now the Church of Praxedes in Rome. It is said that Julia planted a pink-blossomed almond tree near his grave. Today, the almond tree remains a symbol of abiding love and friendship. On each February 14, Saint Valentine's Day, messages of affection, love, and devotion are exchanged around the world."

## EXECUTIVE DIRECTOR MESSAGE

Hello everyone,

Winter has been really nice so far, February welcomes us with very nice weather, we will see for how long.

As we all know, the center is still closed, and it is not known when we will reopen. But Ogden House does everything possible to have programs on Zoom like Fit2Age, Yoga, coffee for men and women and “happy hour” on Friday. I encourage everyone to familiarize themselves with the ZOOM program. It is crucial that as many seniors as possible can contact each other. To some, it may seem impossible to learn, but we are very happy to help each of you so that as many members as possible can participate in these programs. I really encourage everyone to exercise as it helps not only to stay fit physically but also mentally and socially.

On February 10th we will have a free lunch -- please contact the center if you want to be added to the list. You can come and pick up the lunch yourself or we can deliver to your door.

On February 26th we will have a TGIF dinner: roast beef with mashed potatoes and gravy, roasted mushrooms and steamed vegetables. The dessert will be “special delicious crescent rolls with homemade plum jam”. Please order by phone or email to [erika@ogden50plus.org](mailto:erika@ogden50plus.org).

I would like to wish all of you a Happy Valentine’s Day with lots of love and happiness. Please stay strong and healthy.

How did Valentine's Day begin? Valentine's Day is a very old tradition, thought to have originated from a Roman festival. The Romans had a festival called Lupercalia in the middle of February - officially the start of their spring-time. It is thought that as part of the celebrations, boys drew names of girls from a box.

To all members who were born in February, I wish you a happy birthday filled with love, fun and joy.

Regards,

Renata Michalski

**FOLLOWING THE ALBERTA HEALTH GUIDELINES AND NEW RESTRICTIONS,  
THE CENTER IS CLOSED UNTIL FURTHER NOTICE.**

**We have some programs through ZOOM online (Yoga, Fit to Age, Ladies Coffee,  
Men's Coffee, Happy Hours).**

**Thanks for your understanding.**

Happy New Year and thanks to all our supporters we can continue with our FREE LUNCH PROGRAM once a month. On February 10th enjoy a delicious and healthy Bean and Ham Soup Gluten Free.

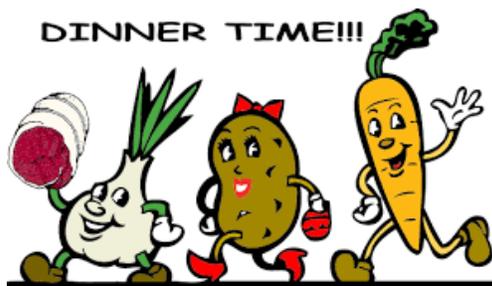


**Free  
Lunch**

**Our TGIF Dinner to Go will be on February 26.**

**“Roast beef with mashed potatoes and gravy, roasted mushrooms and steamed vegetables. The dessert will be “special delicious crescent rolls with homemade plum jam”.**

**For only \$15.00 dinner will be delivered to your home or ready for pick up.**



**SPECIAL THANKS**

Thanks to the following ladies who help to wrap 52 boxes for the Christmas Hampers:

Shirley Bullough

Sue Pasveer

Marj Irwin

Marilyn Gorveat

Sandy Houskins

**Gwen Hana**



## MESSAGE FROM THE CHAIRMAN

February 2021 – Happy Valentine’s Day – Happy Family Day

We missed Robbie Burns Day. No HAGGIS, No Bagpipes and No Kilts.

We closed in December and I was hoping that by now we would have been able to open a little. But no luck. Last week the government gave us a little hope with some openings. But it is too cold to meet outside. Now the Provincial government has mentioned a little more on 8 February and maybe more in March and April. Hopefully if people behave and the numbers go down, this will happen. Let’s cross our fingers and hope that there is a light at the end of the tunnel.

We had a fantastic lunch and a fabulous TGIF dinner this month. Titiana’s next gastronomical delight will be a Roast Beef dinner at the end of the month. We had 78 dinners this month. We hope to get over 100 next month. You don’t know what you are missing. If you have any dietary restrictions, please let Titiana know and she can customize your dinner.

With Valentine’s day coming up, remember your sweetie with Chocolates and Flowers.

As we can’t meet in person on Family Day, give your family a call and have a nice chat.

We started ZOOM coffee and Happy Hour in January, but had very few participants. If you are interested, please contact Erika and let her know you want to join. Or if you have any suggestions, please let her know.

There was an item on the news a couple of weeks ago about repurposing your Christmas tree into a Valentine’s tree. Just take off the Christmas ornaments and add Valentines. Then change it again at Easter, Canada Day, Thanksgiving, Halloween and back to Christmas. You can leave your tree up all year.

I have a new Membership list. 149 members have renewed for 2021. We are attaching a membership application with this month’s newsletter. So, if you haven’t filled it in, please do so and return to Ogden House.

There are only seven weeks until the first day of spring. So, there is a little light at the end of the tunnel. Hopefully by then we will have more information on the vaccine.

We have had a few members in the hospital. If you know of anyone sick or in the hospital please let the staff know, so that we can have them in our thoughts and prayers.

So, in closing:

Take Care, Stay Safe, Stay Warm, and Stay Strong. Spring will be here soon and hopefully we will be able to get back to some normalcy.

Cheers Dave

## JUST FOR FUN

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

**Marjorie Irwin**



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

## Are you interested to learn Spanish?

Due to COVID-19 we are now offering Spanish lessons  
ONLINE, through ZOOM.

Beginners levels

Join us to learn and have fun.

Everyone is welcome.

\$5.00 per class, member \$10.00 non-members

Call us or emails us for more information.

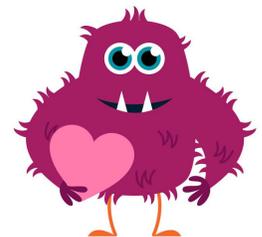
403-279-2003 ext. 2

[erika@ogden50plus.org](mailto:erika@ogden50plus.org)



The **Housekeeping Program** continues working and helping seniors. This is a convenient service to help low-income seniors to keep their home clean and safe. Services can be provided even if you do not qualify for the Government Program. If you do not qualify, you get the services for a setup rate.

To apply or for more info please contact Erika Rodriguez, Supervisor. (587) 885 1070 press # 1.



Ogden House thanks the Alberta Government for funding our Mental Health Project.

Calgary-Peigan MLA Tanya Fir met with Renata Michalski, Executive Director, this week to present the grant that will be use to fund this program.





## 50% of heart attacks occur in people with normal cholesterol

It's actually the harmful LDL Cholesterol value that's most important in terms of this risk along with other factors such as smoking, diabetes, high blood pressure, obesity and lack of physical activity.

### **Stop smoking—no ifs, ands, or butts**



Avoiding tobacco is one of the best. In fact, smoking is one of the top controllable risk factors for heart disease. If you smoke or use other tobacco products, you are encouraged to quit. It can make a huge difference to not just your heart, but your overall health, too.

### **Diet**



**Fiber** - A diet rich in soluble fiber can help lower your level of low-density lipoprotein, or “bad cholesterol.” Sources of soluble fiber include oats, barley, apples, pears, and avocados.

**Omega-3 fatty acids** - Many fish, such as salmon, tuna, sardines, and herring, are rich sources of omega-3 fatty acids. Or consider supplements.

**Go nuts** - Almonds, walnuts, pecans, and other tree nuts deliver a powerful punch of heart-healthy fats, protein, and fiber. Remember to keep the serving size small.

**Sidestep salt** - Think twice before filling up on your favorite fast-food fix. Consider using a salt substitute, such as Mr. Dash, if you have high blood pressure.

**Eat chocolate** - Dark chocolate not only tastes delicious, it also contains heart-healthy flavonoids. These compounds help reduce inflammation and lower your risk of heart disease. The next time you want to indulge your sweet tooth, sink it into a square or two of dark chocolate. No guilt required.

### **Let the music move you**



Whether you prefer a rumba beat or two-step tune, dancing makes for a great heart-healthy workout. Like other forms of aerobic exercise, it raises your heart rate and gets your lungs pumping. .

### **Laugh out loud**



Laugh out loud in your daily life. Whether you like watching funny movies or cracking jokes with your friends, laughter may be good for your heart.

### **Consider pet therapy**



**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 2300 lunches have been delivered.



Thanks to all the volunteer drivers that help us deliver the dinners to the comfort of your home. Thanks for all your support ordering TGIF dinners.

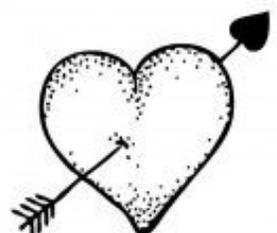
# Valentine's Day Word Search

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

Gift  
Hugs  
Love  
Arrow

Candy  
Cupid  
Heart  
Sweet

Kisses  
Flowers  
Chocolate  
Valentine



## FEBRUARY 2021

Brenda Oswald	February 2
Mark Haskell	February 2
Evelyn Oakden	February 3
Sheila Kadey	February 4
Don Fisherman	February 14
Hazel Banush	February 16
Marianne Wilkat	February 16
Moneca Sorenson	February 17



# GRANDDAUGHTERS

personal care for seniors inc.



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

## 403-828-0550

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

