



OGDEN HOUSE 50+ ACTIVITY CLUB

MARCH 2021

Spring Time



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 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

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



ANNUAL MEETING



On April 15th at 1:00 pm we will have our Annual General Meeting. We hope it can be held at the club if there will be no restrictions. Otherwise, for the first time in Ogden House history, we will have AGM by Zoom. It is very important that as many members as possible participate in this meeting.

EXECUTIVE DIRECTOR MESSAGE



Happy St. Patrick's Day to all members and your family!

Dear members, good news because spring is getting closer!!! The days are longer and the sun shines warmer. Positive thinking works wonders, so try to be positive all the time. So far, none of the seniors in our club have fallen ill with COVID-19 and let it continue.

From February 8th we are on step1 with COVID for 3 weeks which means that on March 1st there will be an update if we will go to step 2 or not. If yes, what restriction will we have? I will email all members all the changes, if any, and let us hope for the best.

We are continuing with Zoom classes, Fit2Age and Yoga. Please pay Ogden House before the beginning of the month, otherwise you will not be able to access the classes. We have Zoom coffee for ladies and gentlemen and happy hour each Friday at 3:00 pm. Our goal is for as many seniors as possible to take part in these programs. We are happy to help anyone who needs assistance learning how to enter Zoom. In fact, no one knows how long COVID-19 will last. Zoom will help you connect with others and you will not feel so isolated.

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On March 10th we will have the last free lunch because we are running out of funds. On March 26th there will be a very delicious TGIF dinner, **"Tender chicken breast, delicious roasted glazed carrots with potato wedges and steamed vegetables. For dessert will be cheese pastry puff pockets.** This is the only income Ogden House is making from the programs and that is why I am asking for your support.

Happy Birthday to all March babies, I wish you all the best from the bottom of my heart with lots of health, fun, joy and love. Please stay safe and positive.

Happy International Women's day March 8th.

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 March 10th enjoy a delicious and healthy lunch. This will be our last free lunch.



**Free
Lunch**

Our TGIF Dinner to Go will be on March 26.

“Tender chicken breast, delicious roasted glazed carrots with potato wedges and steamed vegetables. For dessert will be cheese pastry puff pockets” .

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



 **March
International
Women's Day**

MESSAGE FROM THE CHAIRMAN

March 2021 - HAPPY SPRING - HAPPY ST. PATRICK'S DAY

I hope this finds everyone well and in good spirits. Have you renewed your membership YET!

We have been in this pandemic for one year and where has the time gone? We closed, opened slightly, opened some more, then closed tightly. Hopefully we will be able to start opening again "SOON".

We have had a year of fabulous lunches and TGIF dinners, THANK YOU to Titiana, staff and volunteers for these scrumptious delights.

Our weather was terrible for a couple of weeks but has started to warm up. Spring is around the corner. Send Mother Nature an email that winter is over, so let's see the grass.

We are planning on holding our Annual General Meeting on Thursday 15 April 2021 at 1 PM.

So, let us be optimistic that things will improve and we will be able to hold this meeting. Time will tell, so cross your fingers.

With that there are a few Board members who have completed their two-year term and will retire or need to be re-elected.

We are looking at forming a Nominations Committee. If you are interested in helping us find new Board members, please let me know. If you are interested or know someone who might be interested in joining the Board, please let me know.

We have changed our Friday afternoon ZOOM TGIF Happy Hour to 3 PM. Come and join us for a cool one and some interesting chatter. Please let ERIKA know and she will add you to the invitation. ALL ARE WELCOME. See what we look like. Haven't seen most of you in a year.

Morning Coffee groups are still on ZOOM.

So, in closing:

Take Care, Stay Safe (Spring is Coming), Stay Warm (the Snow will melt), and Stay Strong.

We will get over this.

Cheers Dave

JUST FOR FUN

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

Are you interested in learning 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 for members - \$10.00 non-members

Call us or email us for more information.

403-279-2003 ext. 2

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 can still receive the services for a setup rate.

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



This season there is still snow and black ice on the ground making slippery roads, and increasing the risk of falling. Please be very careful while walking, wear proper footwear and watch your steps.

Stay Safe.



YES!!! TRIVIA DAY ONLINE

YES, TRIVIA GAME ONLINE THROUGH ZOOM WITH LOTS OF FUN,
PRIZES AND MORE.

MARCH 18, FROM 10:30 AM TO 12 PM.

To participate please register before March 15 with Erika at 403-279-2003
ext. 2 or by email: erika@ogden50plus.org



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



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.

The past few days and months our caring and talented Titiana Vanciu with Ogden House Team of staff and volunteers prepared delicious and healthy meals that we are delivering to those in need for lunch or for the TGIF dinner. Until now over 2500 lunches have been delivered.

We continue to do our TGIF dinners at the end of each month delivered to your home or ready to pick up for only \$15.00.



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.

Never mind March, we know
You're not really mad
Or angry or bad
You're only blowing the winter away
To get the world ready
For April and May !!!

March may be named after the Roman god of war but in reality it's one of the happiest months on the calendar. Flowers are budding (not so much in Calgary we know this happens in June!!!) , chocolate is on sale and its major holiday is just one giant party-St. Patrick's Day, with no gifts and minimal stress. There always has to be a downside though and that would be the *ice* my friends!!! At this time of year the ice melts, then freezes, then melts, then snows, then rains, then freezes and this is a recipe for the most slippery sidewalks and roads. Here are a few helpful hints to avoid falls and what to do when a fall happens.

Avoid Falls:

Proper Footwear – It is important to remember to wear proper footwear. It is helpful to wear snow boots or other shoes with deep traction while you are outside. You can also buy grips that easily slip over your shoes or boots. These are proven to be very helpful as they dig right into the ice if you don't have proper traction on your existing footwear. It is also important to make sure that you are wearing shoes with ankle support. These will allow more stability and may help prevent an ankle injury. Also remember to brush the snow off of your shoes when you enter a building. This can help prevent the snow from melting and cause you to slip on the water while inside.

Walk like a Penguin – Walk flatfooted, keeping your feet spread to broaden your base and keep your center of gravity forward. Keep your arms free and to your sides to help you maintain balance. Focus on where you are walking.

When A Fall Happens:

Sometimes falls are unavoidable and when they happen it's best to know what to do. If you find yourself going down, lean forward so that the back of your head and spine don't hit the pavement. Remember to *try not to catch yourself with your arms*, as this often is how shoulder and arm injuries can happen. If you are falling forward, roll with the fall and if you are falling backward try to land in seated position.

Stay Safe and Healthy Senior Friends



ST. PATRICK'S DAY WORD SEARCH



c i r e l a n d s i p
j s w e u m a r c h t
p f p a c u h s d a r
f a o i k a c p s r a
a o t u y h e a h t i
l e p r r e c h a u n
u m a a i t r r m w b
i e r r o c e s r x o
r r a s d l k p o t w
i a d g g o l d c h n
s l e a r v l l k t d
h d s c h e s a i n t
k w e e r r e f r i e
h c g o h o l n t f k

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March

“Flowers and Hearts” Quilt would like a new home, and will be raffled off March 24th, 2021.

Size is 70” x 57”.

Tickets are 3 for \$5.00 or 1 for \$2.00 which can be purchased by contacting Ogden House 50 plus phone # 403-279-2003 or email to: erika@ogden50plus.org



MARCH 2021

Rick Bewick	March 1
Don McLean	March 3
Jim Bragg	March 6
John Robertson	March 7
Bill Townshend	March 9
Mary-Leigh Doyle	March 11
Margaret Roy	March 18
Gwen Hanna	March 21
Eileen "Bernice" Dick	March 27
Juliette Hachey	March 29
Alana Nail	March 30

History of the St. Patrick's Day

Patrick was the son of Calpornius, a Roman-British army officer. He was growing up as other kids in Britain. One day a band of pirates landed in south Wales and kidnapped this boy with many others. Then they sold him into slavery in Ireland. He was imprisoned there for 6 years. He dreamed of having seen God.

Finally, he did escape and went to Britain and then to France. There he joined a monastery and studied under St. Germain, the bishop of Auxerre. He spent around 12 years in training. And when he became a bishop he returned back to Ireland and tell his people about God.

