



OGDEN 50+ ACTIVITY CENTRE

May 2024

Happy
Mother's
Day

 @Ogden50Plus
 @Ogden50Plus



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





BOARD EXECUTIVE 2024

CHAIR	Dave Swanson
VICE	Darleen Bowser
2nd. VICE	Donna Martin
SECRETARY	Mike Gale
TREASURER	Marjorie Irwin

DIRECTORS

Irene de Froidmont
 Don Miller
 Frances Nelson
 Juergen Pung
 Jim Zucchiatti

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	Renata Michalski	renata@ogden50plus.org
BOOKKEEPER Ext. 201	Julia Moczas	julia@ogden50plus.org
HOUSEKEEPING Ext. 202	Jasmine Chiang	jasmine@ogden50plus.org
MOW/SNOW Ext. 203	Rick Scott	rick@ogden50plus.org
PROGRAMS Ext. 204	Sonia Provenzano	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

May

**Hello everyone, especially all mothers.
Happy Mother's Day!**

May is such a beautiful month -- flowers are blooming, the sun shines longer and the energy is positive and bright. I hope each of you are feeling cheerful and happy. There will be a lot going on in May, so check out our media, newsletter and posters in the centre.

I would like to thank everyone for coming to the Volunteer Appreciation Day luncheon on April 12. Thank you for your generous volunteering at the Ogden 50+ Activity Centre. Your willingness to volunteer your time and service is greatly appreciated. Your support of our centre allows us to continue to fulfill our mission each year and serve our seniors in our community. Thank you!

On May 11, we will celebrate Mother's Day. Please come and make this event special for our mothers. If you would like to volunteer, please contact Sonia at 403-279-2003 Ext 204 or sonia@ogden50plus.org

I wish each of you a happy birthday, that whatever you ask for, whatever you seek, whatever you wish, may come true on your birthday and always. Happy Birthday!"



R. Michalski

**Renata Michalski
Executive Director**





Message from the Chairman

May

It's May already. Where has the year gone???

They say March Winds bring April Showers and May Flowers. I think we have had all four seasons in the past week.

Hopefully Mother Nature has the memo that winter is over and we will get some nicer weather. Let's wish for sunshine and the City to fill in more potholes.

The club has been a busy place in April. We had our Volunteer Appreciation Luncheon. THANKING all of our great volunteers for their great work at the Club. We had an RBC presentation on Fraud and Cyber Fraud. It was very enlightening.

We have LOTS of activities going on. Keeping our Centre the best Seniors Centre in the city.

We have had several luncheons and great TGIF dinners. Thanks Kim for the great meals.

I hear the BINGO we held was a great success and we should look forward to another.

Mother's Day Tea is on Saturday 11 May, so ladies dust off your bonnets and we hope to see you there.

Sonia is looking for Volunteers to help with the Stampede Breakfast on Wednesday 10 July. YAHOO Stampede is almost here.

So, until next month, please check the Newsletter, the Website and Bulletin Boards in the Centre for upcoming Events.

Take care, Stay Warm and we will chat soon.

Cheers Dave





HISTORY OF MOTHER'S DAY

CELEBRATIONS OF MOTHERS AND MOTHERHOOD CAN BE TRACED BACK TO THE ANCIENT GREEKS AND ROMANS, WHO HELD FESTIVALS IN HONOR OF THE MOTHER GODDESSES RHEA AND CYBELE, BUT THE clearest modern precedent for Mother's Day is the early Christian festival known as "MOTHERING SUNDAY."

ONCE A MAJOR TRADITION IN THE UNITED KINGDOM AND PARTS OF EUROPE, THIS CELEBRATION FELL ON THE FOURTH SUNDAY IN LENT AND WAS ORIGINALLY SEEN AS A TIME WHEN THE FAITHFUL WOULD RETURN TO THEIR "MOTHER CHURCH"—THE MAIN CHURCH IN THE VICINITY OF THEIR HOME—FOR A SPECIAL SERVICE.

OVER TIME THE MOTHERING SUNDAY TRADITION SHIFTED INTO A MORE SECULAR HOLIDAY, AND CHILDREN WOULD PRESENT THEIR MOTHERS WITH FLOWERS AND OTHER TOKENS OF APPRECIATION. THIS CUSTOM EVENTUALLY FADED IN POPULARITY BEFORE MERGING WITH THE AMERICAN MOTHER'S DAY IN THE 1930S AND 1940S.

DID YOU KNOW? MORE PHONE CALLS ARE MADE ON MOTHER'S DAY THAN ANY OTHER DAY OF THE YEAR. THESE HOLIDAY CHATS WITH MOM OFTEN CAUSE PHONE TRAFFIC TO SPIKE BY AS MUCH AS 37 PERCENT.

The background of the entire page is decorated with various shades of pink carnations, some in full bloom and some as buds, scattered across the light pink background.

MOTHERS' DAY TEA CRAFT & BAKE SALE

Saturday, May 11
10 AM - 2 PM

Free Admission

Hot Cross Bun/Fruit/Cheese
Coffee/Tea/Dessert
\$5.00

Baking donations accepted

EVERYONE WELCOME!

Ogden 50+ Activity Centre
2102 69 Ave SE



2102-69 Ave SE

*BAKING DONATIONS
MAY 11, 2024*

*We are looking for bakers for the
Saturday, May 11 bake sale!*

*If you would like to donate baking for
our Mother's Day Tea
please drop off baking on
Friday, May 10 afternoon or
Saturday, May 11 at 9:00 am.*

What's Kim Cooking?

BEEF DIP NIGHT

FRIDAY, MAY 17

4:00 PM - \$10.00



FRIDAY'S

3 PM - 5 PM

HAPPY

HOUR



Sign up Deadline - May 14

Breakfast



Wednesday, May 22

10:00 am - \$10.00



*Menu: French Toast, Sausages, Fruit
Coffee & Tea*

Gluten Free Available

Dine in Only

Sign up Deadline May 17



TGIF - MAY

Mother's Day

FRIDAY, MAY 31
5:30 PM

**MENU: BEEF OR SALMON, CHEESY RICE,
VEGETABLES, GARDEN SALAD & BUNS**
DESSERT: STRAWBERRY MOUSSE

MEMBERS \$20
NON-MEMBERS \$25

Happy Hour 3 - 5

Gluten Free Available



Dance to Follow by
DJ Tony

Sign up Deadline - May 28



**WEDNESDAY,
MAY 8**

**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.

MOVIE MATINEE

MONDAY, MAY 13

1:00 PM



BRUCE ALMIGHTY

WITH JIM CARREY

MOVIE - FREE

POPCORN & POP \$2.00

Sign up at front desk by May 9



REMINDER

OUR NEXT PROGRAM MEETING WILL
BE TUESDAY, MAY 14 AT 1:00 PM IN
THE GALLERY.

STAGE WEST Patsy Cline

Sunday, June 30
Doors open 10:30 am

3 spots left

Contact Sonia 403-279-2003 ext 4
or sonia@ogden50plus.org



New Activity

**NEWLY DONATED
TO OGDEN 50+**

**ALL MEMBERS
WELCOME TO USE**



New Activity

NEW GAME
Games Night

Quiddler™

for the FUN of words



New Times



PICKLEBALL

BEGINNERS

ONLY

WEDNESDAYS 9:00 AM

**For Intermediate & Advanced
please check schedule**



HAPPY BIRTHDAY

To All Born In May

Warmest Wishes & All The Best To All Of
You In The Year To Come!
From Ogden 50+ Staff



MAY BIRTHDAYS CELEBRATING

Tuesday, May 21 - 2:00 pm

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

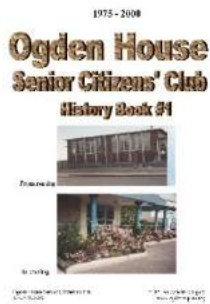


Ladies Coffee



Mens Coffee





The following activities and events are presented to demonstrate what was done and when it was introduced.

1971 – 1975

COURSES –

- Leatherwork (Ralph Patriquin),
- Oil Painting (Rose Samphire) – students were Helen Harrison, Madeline Nema, Ruth Woolsey, Margaret Burton, Gertrude Osborne, Kay Reynolds, Rosalie Rand, Ray Hicks, and Lucie Abresch.



Quilts – Mrs. Blanche Styner

John Nichols from Parks and Recreation was behind the scenes arranging space and acquiring supplies for Candle Making and Ceramics.

- Crafts introduced: macramé, quilting, leatherwork, crocheting, and knitting, flower arrangements (Andrée Williamson).



Leather work



*Jack Thorne
Taught Oil Painting*

FUND RAISING –

- Craft table at Ogden School fairs.
- Raffles for hampers
- Bazaar at M.O.C.A. Hall
- Made 6 quilts for lady in Lethbridge
- Christmas sale



Dot Rennie and Ed Mitchell in 1975

GAMES –

- Darts
- Shuffleboard
- Ogden House open Wednesday afternoons for games
- Whist drive
- Crib at The Legion Sunday afternoons
- 5 pin bowling
- Carpet bowling
- Potluck suppers
- Fashion show



Here's the Dirt - May

It's May and we are all anxious to get into our gardens, however, don't be too quick – after all this is Calgary!

Rake any debris collected over the winter but wait for the thorough cleaning until mid to late May. This gives the beneficial insects time to wake up and be ready to start work for the season.

Many think perennials are “plant and forget,” they could, possibly be with the right conditions at planting time: location - does it require sun or shade, closeness to buildings, shade from nearby trees, condition of the soil to name a few? As these do not bloom all season think of plants that will bloom at varying times. At this time never underestimate the value of a few annuals dotted in the borders – these if dead headed regularly will bloom all summer adding colour.

Containers: you can purchase these already planted as they look full with loads of blooms, but they tend to outgrow their pots by mid-summer and can look ragged. You can also plant your own, which is more economical and it's a way of getting your hands in the soil! They may look sparse for a couple of weeks, but you can go for coffee at Ogden House and come home and find they have filled the pot! When planting keep the root balls away from the container edge as the mid-summer heat may burn the roots.

We are encouraged to save water, here native plants are the best as they are used to our Chinook climate; some Mediterranean herbs, Sage, Rosemary to name a couple [although may or may not last our winters] If doing a search of drought resistant plants check you are searching specifically for the Calgary region.

An annual flower I tried for the first-time last summer was Portulaca, this plant flourished in the heat and required very little water – I'm certainly going to plant some again this year. Marigolds are also a mainstay for colour and thrive with minimal care.

Avoid putting cold sensitive plants e.g. tomatoes, peppers outside until the first week of June and even then, be aware of the weather and be prepared to cover if cooler weather threatens.

“We're not aging we just need repotting.”



Baby Robins Dropping Down

It's late spring in Calgary, and across the city baby or fledgling robins are dropping out of their nests. This seems a strange way to propagate the species, but for generations adult robins have been giving fledglings a boot. They can fly a few feet, but spend most of their time on the ground. Their parents are close by, and still feeding and guarding them.

People are always concerned that this baby bird has fallen out of its nest and needs help. The truth is he was pushed out of the nest to get on with the business of growing up. **DO NOT PICK THEM UP.**

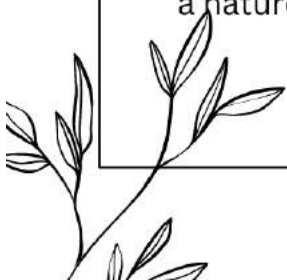
Don't take them to the zoo or a wildlife rehab centre.

It may seem cruel to us, but this is the way robins conduct their family life, and judging by the number of robins in the country, it works. The best thing for you to do is keep dogs and cats away while the youngster gets his bearings. He'll move along in a little while.

Baby robins look something like their parents, but have speckled chests, and fluffy down feathers poking out here and there. Yes he looks helpless, but they manage to survive in huge numbers.

Just think of them as the true image of spring, and keep other animals away. Use their presence in your yard as an opportunity for a nature talk to the kids, which will be a lot more help to the birds!

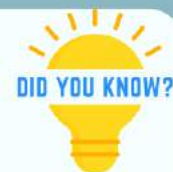
by Pat Bumstead





TRIVIA TIME

DID YOU KNOW?



- BLUE JEANS WERE OFFICIALLY INVENTED IN MAY OF 1873 AFTER LEVI STRAUSS AND JACOB DAVIS OBTAINED A PATENT FOR THE PANTS ON MAY 20TH.
- THE BIRTHSTONE FOR MAY IS THE EMERALD WHICH REPRESENTS LOVE AND SUCCESS.
- THE ZODIAC SIGNS FOR MAY ARE TAURUS (APRIL 20-MAY 20) AND GEMINI (MAY 21-JUNE 20).
- THE BIRTH FLOWER FOR MAY IS LILY OF THE VALLEY.
- THE MONTH MAY WAS NAMED FOR MAIA, THE GREEK GODDESS OF FERTILITY.
- IN ANY GIVEN YEAR, NO MONTH EVER BEGINS OR ENDS ON THE SAME DAY OF THE WEEK AS MAY DOES.
- MAY WAS ONCE CONSIDERED A BAD LUCK MONTH TO GET MARRIED. THERE IS A POEM THAT SAYS "MARRY IN MAY AND YOU'LL RUE THE DAY."
- MAY IS THE MONTH OF AUTUMN IN THE SOUTHERN HEMISPHERE, AND SPRING IN THE NORTHERN HEMISPHERE.



Hi Neighbour!

Our Name: Ogden 50+ Activity Centre We are located in: Ogden

We are a Friendly & Welcoming Centre to Everyone!
Please stop by, check us out and ask for a tour.

Need a service: Ask us for:

- | | |
|------------------------|-----------------------------------|
| Housekeeping | Mens/Ladies Coffee Groups |
| Mow/Snow | Games |
| Physical Activity | Healthy Food at Reasonable Prices |
| Mindfulness Activities | Making New Friends |
| Food Events | Inclusion In Community |

OGDEN 50+ ACTIVITY CENTRE
2102 - 69 Ave SE
Calgary, AB., T2C 3Y4
(403)279-2003

Contact: Sonia at (403) 279-2003 ext. 4 or
sonia@ogden50plus.org



Are you interested in having your LAWN MOWED OR A SPRING/FALL YARD CLEAN UP DONE? Or a Power Rake or aerate? 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+ Activity Centre 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.

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Pies



free delivery

mininum \$30 order

call or text us

(403) 400 6670

order online

www.subsnmore.ca/simon-pies

use code: freeshipping

Everyone 18+ is welcome!



SUPER MEMBERSHIP

Become a Member* of 12 Centres!

PARTICIPATING ACTIVITY CENTRES:

- Alberta 55 plus
- Bow Cliff Seniors
- Bowness Seniors
- Confederation Park 55+
- Good Companions
- Greater Forest Lawn 55+
- Ogden 50+
- Parkdale Nifty Fifties
- Rainbow Elders
- SW 55+ Connect
- Unison at Kerby Centre
- West Hillhurst Go-Getters

WITH MORE CENTRES JOINING SOON!

- 
- Free and discounted activities
 - Join clubs & attend classes
 - Special events & trips
 - Speaker Series, Presentations
 - Member-only Professional Services

*Members have voting rights at their home centre AGM. A Full member is age dependent based on mandates of their home centre, usually 50+ or 55+ years old. Those under that age are Associate Members.



**Purchase your
Super Membership Here!**

ONLY \$50



Size: **49" x 63"**

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for
more info

Draw date: May 31



Foot Care will be at Ogden 50+

WEDNESDAY, JUNE 12

9 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.

Name: _____

Date: _____

Mothers Day Tea

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

creativity	High heels	lemon curd	petit four	Black tea
Green tea	Tea party	iced tea	serenity	biscuit
loyalty	tea cup	tea pot	Mother	Garden
Nannie	Gloves	scones	Faye	Hats
love				

Create your own puzzle at WordMint.com or print one of our 500,000+ pre-made word searches, crosswords, and more.

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 Pink Roses 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 Centre 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 April Winner

Sue Pasveer

Answer: 5, 12 & 23





BUSINESS CLASSIFIEDS

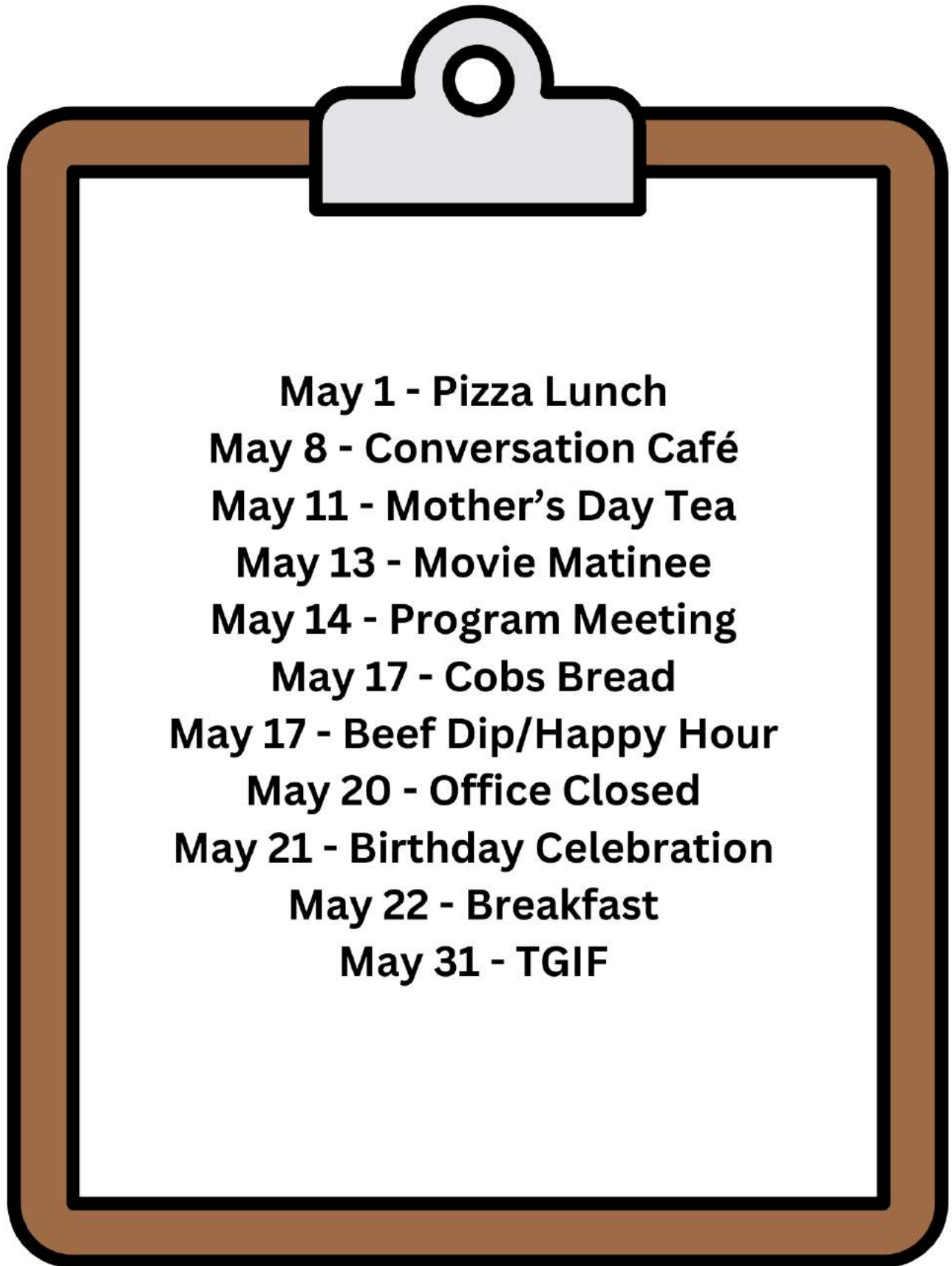
**Rent Ad space for \$10.00 a month
in Ogden 50+ Newsletter**

Great way to advertise in our community

**Contact Sonia at 403-279-2003 ext. 4 or
sonia@ogden50plus.org**



MAY AT A GLANCE



May 1 - Pizza Lunch

May 8 - Conversation Café

May 11 - Mother's Day Tea

May 13 - Movie Matinee

May 14 - Program Meeting

May 17 - Cobs Bread

May 17 - Beef Dip/Happy Hour

May 20 - Office Closed

May 21 - Birthday Celebration

May 22 - Breakfast

May 31 - TGIF

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
May			1	2	3	4
Cribbage 12:00PM Daily (Except Sundays)			9:00 Men's Coffee 9:00 Pickleball (BEG Only) 11:00 Tai Chi/Qi Gong 12:00 Pizza Lunch 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball (ADV/INT) 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Happy Hour 4:00 Pickleball (INT)	11 - 3 PM Pickleball (ADV/INT)
5	6	7	8	9	10	11
10:30 - 2 Church Auditorium	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 3:00 Pickleball (ADV) 7:00 Games Night	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball (ADV) 3:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG Only) 11:00 Tai Chi/Qi Gong 12:00 Bring your lunch 12:30 Carpet Bowling 1:00 Conversation Café 3:00 Pickleball (ADV/INT) 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball (ADV/INT) 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Happy Hour 4:00 Pickleball (INT)	10:00—2 PM Mother's Day Tea
12	13	14	15	16	17	18
10:30 - 2 Church Auditorium	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 1:00 Movie Matinee 3:00 Pickleball (ADV) 7:00 Games Night	9:00 Table Tennis 9:30 Painting/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball (ADV) 1:00 Program Meeting 3:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG Only) 11:00 Tai Chi/Qi Gong 12:00 Bring your lunch 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball (ADV/INT) 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Happy Hour 4:00 Beef Dip 4:00 Pickleball (INT)	11 - 3 PM Pickleball (ADV/INT)
19	20	21	22	23	24	25
10:30 - 2 Church Auditorium	OFFICE CLOSED (VICTORIA DAY)	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball (ADV) 2:00 Birthday Celeb 3:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG Only) 10:00 Breakfast 11:00 Tai Chi/Qui Gong 12:00 Bring your lunch 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball (ADV/INT) 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Happy Hour 4:00 Pickleball (INT)	11 - 3 PM Pickleball (ADV/INT)
26	27	28	29	30	31	
8:00 AM - 10 PM Rental	9:00 Men's Coffee 9:00 Quilting 9:30 Table Tennis 12:30 Carpet Bowling 1:00 Quilting 3:00 Pickleball (ADV) 7:00 Games Night	9:00 Table Tennis 9:30 Paint/Sketch 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball (ADV) 3:00 Mahjong 3:00 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG Only) 11:00 Tai Chi/Qi Gong 12:00 Bring your lunch 12:30 Carpet Bowling 3:00 Pickleball (ADV/INT) 7:00 Game Night	9:00 Table Tennis 9:30 Painting 10:00 Ladies Coffee 11:15 Move 'n' Mingle 12:30 Pickleball (ADV/INT) 3:00 Zumba 7:00 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Happy Hour 5:30 TGIF	