



OGDEN HOUSE 50+ ACTIVITY CLUB MARCH 2017



OGDEN HOUSE 50 + ACTIVITY CLUB
2102 - 69th Avenue S.E.,
CALGARY, AB T2C 3Y4

PHONE: 403-279-2003
FAX: 403-279-1009
www.ogden50plus.org

OGDEN HOUSE 50+ ACTIVITY CLUB

BOARD EXECUTIVE

2015/2016

CHAIR

Don Fisherman

1ST VICE

Phyllis Gale

2ND VICE

Marlene Phillips

TREASURER

Mary Ellen Dunphy

SECRETARY

Colleen Dumas

DIRECTORS

Phyllis Gale

Jack Parker

Oscar LaRocque

Shirley Bullough

Jean Brien



CLUB HOURS:

Monday to Friday:

8:30 am - 4:00 pm

Open after hours

including weekends for
programs and activities

OFFICE HOURS

Monday to Friday

8:30 am - 4:00 pm

Office Closed Weekends
And Statutory Holidays

Email: programs@ogden50plus.org

STAFF & PHONE EXTENSIONS

CEO #5

Alexandra Witczak

BOOKKEEPER #1

Renata Michalski

INTERIM PROGRAMS VOLUNTEER

Cheryle Baker

COORDINATOR & RENTALS #4

For Debbie LaRocque

MOW/SNOW #3

Rick Scott

FILLING THE GAP #2

Erika Rodriguez

VISION STATEMENT;

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

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

MISSION STATEMENT

*We are a socially active
service organization for
the community*



March 6, 2017

FROM 8:30 am TO 12:00 pm
Please bring a towel
Your Alberta Health Card
\$25.00
Make an appointment with the Front Desk

MUSIC JAM 
MARCH 10, 2017
 Members & their invited guests
\$15:00 - DINNER & JAM @5:30
\$5.00 - JAM ONLY @ 6:30
SPECIAL MUSICAL GUESTs
Sign up at the Front Desk

JUST FOR FUN

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



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 programs@ogden50plus.org for a chance to win a \$10.00 Tim Hortons Gift Card.

There is a box near the front desk for your submissions. Include your name, phone number and the page & article where you found it

HIDDEN ITEM

THIS MONTH'S FIND THE ITEM WINNER
\$10.00 Tim Horton's Card

NAME: _____

PHONE: _____

PAGE & ARTICLE: _____

The draw will be made at the TGIF and the winner will be phoned the following week



HIDDEN OBJECT: **Eileen Meirehofer**
CLUB 50/50: **Jean Brien**
TGIF DINNER WINNER: **Debby Nunes**
TOONIE 50/50: **Shirley Bullough**
QUILT WINNER: **Brenda Hansen**

TGIF
March 17 @ 5:30 pm
\$14.00

 **Wear your best Green to our**
TGIF Dinner on St. Patrick's Day

Featuring: **Wilmer Reimer**
 Joins us for a Good Time with friends & family, all the while enjoying a delicious meal.

REPORT FROM EXECUTIVE DIRECTOR

I'm very excited about our new button/connection to Amazon on our website <http://ogden50plus.org/> . Why I'm excited? Oh well, we can earn money if **YOU** are willing to use that button. What does this button do? It gives you a direct connection to your Amazon account (if you have one) or just to Amazon. Please use this button. **It won't cost you a penny** but it can generate our centre some money. If you personally don't buy anything from Amazon, please spread the news among your friends and family. There is no catch, you don't pay more, just go to our website, use the button and bring money for all of us. I have to admit, it wasn't my idea. Marianne Wilkat went to Florida and people down there are doing this already and earning money. Thank you, Marianne!

Finally, we've found the right contractor for cleaning the floors. We are doing it gradually and you can see a big difference where floor was done, it's clean (without the lighter spots like we had in the past) and it shines beautifully. Thank you, Franklin!!!

The old microwave quit working. Shirley and Jim Bullough were kind enough to pick us up a new one. Thank you, Shirley, and Jim!

Talking about new things: we've had new shutters installed in the kitchen



After 40 years of faithful service, the old ones fell apart.

It feels like spring is just around the corner, the birds are chirping, my dog is shedding fur (what a hassle!) and I'm waiting very impatiently for first green things to pop up out of the ground.

Happy Easter to all!!!!

Alexandra Witczak

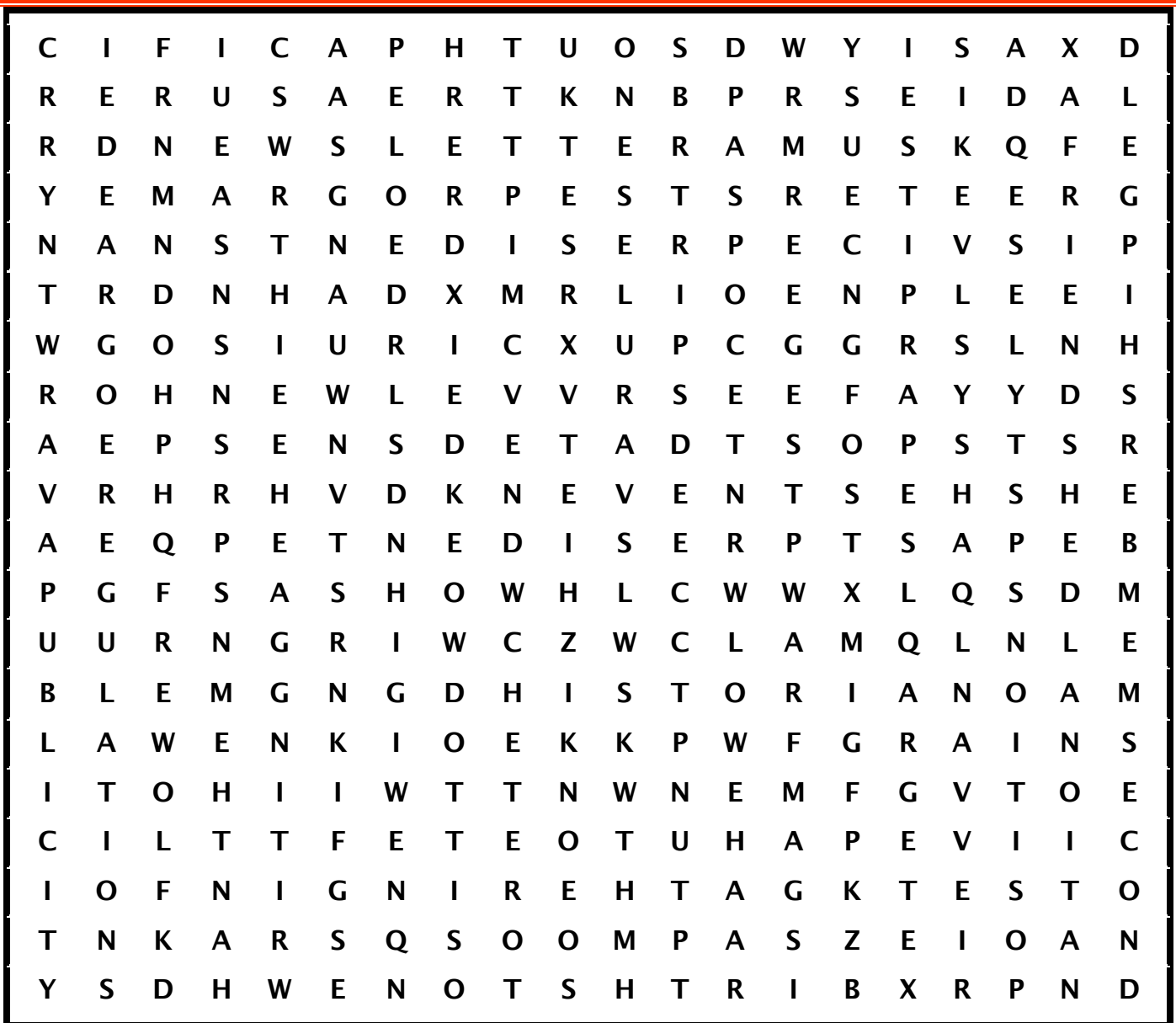


CHANGES TO THE BIRTHDAY PENNY JAR

Every year at the AGM we vote on how the money collect through the Birthday Jar (Penny Jar) should be donated. This year will be no exception; however, a small change has been made to make sure all members can participate.

At the monthly TGIF, the members whose birthdays occur during that month, donate money to the Birthday Fundraiser. It used to be a penny for every year of their age, that's why it was called the Penny Jar. Now it is a donation of what the birthday person wishes to donate. Unfortunately, members whose birthdays fall during July and August, never get a chance to donate to this fundraiser. At the February program meeting, this fundraiser was updated to allow anyone whose birthday falls during the summer months to donate to the Birthday Jar at anytime during the year. Cheryle has a small jar in her drawer, will accept donations from Birthday people and add these donations to the Birthday jar at the next TGIF.

THINGS PEOPLE DO TO HAVE FUN. Word Search



- | | | | |
|------------|------------|---------------|---------------|
| ANTHEM | GATHERING | PASTPRESIDENT | SECOND |
| BIRTHSTONE | GREETERS | PHOTOGRAPHER | SECRETARY |
| COFFEE | HISTORIAN | POSITIONS | SOUTHPACIFIC |
| CONVENOR | LADIES | POSTDATED | SPEAKER |
| DUES | MEETINGS | PRESIDENT | STYLES |
| EVENTS | MEMBERSHIP | PROGRAM | TREASURER |
| FEEES | MESSAGE | PUBLICITY | TRIPS |
| FLOWER | NATIONAL | REGULATIONS | VICEPRESIDENT |
| FRIENDS | NEWSLETTER | RULES | WEDNESDAY |
| | | | WINNER |
| | | | WRITING |

CLUB 50/50 DRAW REVISED- The program committee revised the Club 50/50 draw: Beginning March 1, 2017 the Club 50/50 a winner will be drawn every Friday during happy hour. The winner will be notified the following week To be eligible to enter the draw, members will need to come into the club weekly to sign the Club 50/50 book, put their \$1.00 into the 50/50 slot and add their membership # to the draw box.



GOOD FOOD BOX

ORDER DEADLINE:
March 7, 2017

DELIVERY DATE:
March 16, 2017



SMALL: 20 lbs / \$25.00
MEDIUM: 30 lbs / \$30.00
LARGE: 40 lbs / \$35.00



OGDEN HOUSE MUSIC JAM FRIDAY MARCH 10, 2017

This month's line up is exciting, especially since **The Still Waters** are the special guests. Dianne Quinton and Peter May connect with audiences through a combination of powerful songs infused with close soulful harmonies and evocative instrumentals. Their set lists include original compositions, and covers rooted in folk, country, and blues.

Wee Jammed' is an eclectic mix of musical traditions: Celtic, folk, classical and bluegrass, which showcases the talents and skills of Barry Hertz (guitar, banjo) , Karen Pollock (flute, cello), and Alex Koddo (mandolin, guitar). **Slick Rabbit** is a quintet that plays pop, soft rock and standards from the 60s' & 70s'. **The Attemptors**, feature Bob Hager, Alan Horabin and Frank Mosca who blend their diverse musical backgrounds and passions to create their own unique sound. **The Doran House Band**, met through the RnG Meetup and have been jamming together ever since. Brian Volke, always a crowd pleaser returns for a second time. There may also be a surprise guest or 2.

Pre-Purchased Tickets - Dinner @ 5:30 pm & the Jam-\$15.00

Tickets for Only the Jam @ 6:30 pm : \$5.00 at the Door

Are you a caregiver? Do you know a someone who is?

Please let Christine know, leaving your name at the front desk for her before March 15.



Filling the Gap

The program is here to fill the gap between isolated seniors in our community and existing resources. We liaise with community agencies and address low income concerns. Filling the Gap program offers a program called "Community Garden", this program runs for 12 weeks during the summer where people get together and garden, is about sharing and learning new gardening skills, socializing, and getting physical exercise.

We also work in "Outreach" Program that provides Seniors with resources throughout the community, information, referrals to community supports & resources, assistance to filling out applications and forms, support visits, telephone calls and connections for social inclusion opportunities.

Filling the Gap is starting also Spanish Program that will provide lessons for basic Spanish and Spanish for travelers who wish to learn the language. Lessons are open for members and non-members, those who are travelling to Spanish speaking countries and need to be able to communicate, or who just want to be able to understand and speak the basics of another language.

This program will create interaction between seniors, keeping their minds busy promoting brain health while trying to learn something new and useful, setting up goals in each class, doing dynamics and having fun.

If you have any questions or need assistance, please contact our Filling the Gap Coordinator, Erika at 403-279-2003 extension #2



ANNUAL TAX CLINIC



April 5, 2017 - 5 - 9 pm

To Qualify income must be:

\$30,000 or less without Dependant or \$50,000 or less with Dependant

See Cheryle to Sign up

HAPPY BIRTHDAY CELEBRATIONS



MEMBER

MARCH DATE

MEMBER

MARCH DATE

Armstrong	Cheryl	31
Ball	Doris	7
Beavis	Doris	27
Bewick	Rick	1
Boyle	Verla	27
Connolly	Arthur	30
Dick	Bernice	27
Dunphy	Mary Ellen	9
Ebanks	Michael	24
Gabviche	Mayroy	16
Grassl	Billy	26
Hachey	Juliette	29
Hanna	Gwendolyne	21
Huber	Eileen	10
Hudson	Hazel	31



Larocque	Doreen	25
McLean	Donald	3
Nail	Alana	30
Nejad	Peyman	16
Numes	Debby	10
Parisian	Doris	27
Peres	Yvonne	3
Roy	Margaret	18
Stone	Louise	8
Townshend	Bill	9
Vanderveen	Linda	26
Vernon	Arlene	17



We are looking for members step forward and participate on the Board. If you are interested please see

Jean Brien

Nominating Committee

Elections will be held April 11, 2017

PLEASE HELP US MAKE SOME MONEY!



Shop online at Amazon from our website.

Ogden House receives a small commission from Amazon everytime someone links to their site through our website.

<http://ogden50plus.org>

Click on the **"GO TO AMAZON"** button.

Or

You can also use: ogden50plus.org/amazon



It cost you nothing, you get what you want and it helps us to keep the lights on.



Please spread this good news among your family & friends.

2017 Casino – AUG 3 & 4 at The Calgary Casino

Volunteers needed
all positions available, one will suit you

See Mary Ellen



Volunteer Forms are located
below the Sign In Book by the Front Desk

WHAT FUN OGDEN HOUSE



Photos by Erika Rodriguez



Library Truck – will visit MOCA and Ogden House on the 2nd & 4th Thursday of each month from 10:00 am to 11:20 am.



A convenient way to sign out and return library books.

GREAT BIG THANKS YOUs GO OUT TO:



Shoppers Drug Mart 8338 – 18th St. S.E., in Riverbend

And

Shoppers Drug Mart – 7740 – 18th St. S.E., in Ogden

Both stores generously supported our 2016 Christmas Hamper program with donations of toiletries, shampoo, conditioner, body soap, tissue, and toilet paper, and paper towels. Their gifts helped out some of our seniors during a difficult economic time



SPANISH LESSONS at Ogden House

Have you ever wanted to speak Spanish?

Are you rusty and want to polish your Spanish phrases?

Plans to travel to a Spanish speaking country?

YOU ARE IN LUCK

Learn to Speak Spanish – Fridays at 1:00 pm

Members \$5.00 / class

Non-Members \$10.00 / class

All materials supplied. Bring your own Fun!





Reilly went to trial for armed robbery. After a long drawn out trial, the jury foreman came out and announced, "Not guilty."

"That's grand!" shouted Reilly. "Does that mean I can keep the money?"

Finnegan: "My wife has a terrible habit of staying up 'til two o'clock in the morning. I can't break her of it."

Keenan: "What on earth is she doin' at that time?"

Finnegan: "Waitin' for me to come home."

Murphy told Quinn that his wife was driving him to drink.

Quinn thinks he's very lucky because his own wife makes him walk.

The late Bishop Sheen stated that the reason the Irish fight so often among themselves is that they're always assured of having a worthy opponent.

An American lawyer asked, "Paddy, why is it that whenever you ask an Irishman a question, he answers with another question?"

"Who told you that?" asked Paddy.

Question - Why are Irish jokes so simple?

Answer - So the English can understand them.



MAXINE

Irish lass customer: "Could I be trying on that dress in the window?"

Shopkeeper: "I'd prefer that you use the dressing room."

Mrs. Feeney shouted from the kitchen, "Is that you I hear spittin' in the vase on the mantle piece?"

"No," said himself, "but I'm gettin' closer all the time."

Q. What do you call an Irishman who knows how to control a wife? A. A bachelor.

"O'Ryan," asked the druggist, "did that mudpack I gave you improve your wife's appearance?"

"It did surely," replied O'Ryan, "but it keeps fallin' off!"

Slaney phoned the maternity ward at the hospital. "Quick!" he said. "Send an ambulance, my wife is goin' to have a baby!"

"Tell me, is this her first baby?" the intern asked.

"No, this is her husband, Kevin, speakin'."









Did you hear about the Irish newlyweds who sat up all night on their honeymoon waiting for their sexual relations to arrive?

My mother wanted me to be a priest. Can you imagine giving up your sex life and then once a week people come in to tell you the details and highlights of theirs?

OGDEN HOUSE 50+ ACTIVITY CLUB

MARCH 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
			9:00-Tai chi 10:00-Yoga 12:00- GLENMORE LUNCH 1:00-Carpet Bowling 1:00 Acrylic Painting 1:00-Men's Pool	8:45-Table Tennis 11:00-Move & Mingle 7:00 pm-Bid Euchre	9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 1:00 Spanish Lessons 3:00-5:00-Happy Hour-Members & Guests	Table Tennis
5	6	7	8	9	10	11
	FOOT DOCTOR 9:00-Quilting 9:00-Table Tennis 11:00-Aerobics 1:00-Quilting 7:00pm Games Night Billiards, Mah Jong, Cards, & Table Tennis	8:45-Table Tennis 9:30-Oil Painting 11:00-Move & Mingle 1:00 - Board Meeting 1:00-Crafts & Pool 7:00pm - Wood Carvers Good Food Box Orders	9:00-Tai chi 10:00-Yoga 12:00-POT LUCK LUNCH 1:00-Carpet Bowling 1:00 Acrylic Painting 1:00-Men's Pool	8:45-Table Tennis 11:00-Move & Mingle 7:00 pm-Bid Euchre 	9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 1:00 Spanish Lessons 3:00-5:00-Happy Hour-Members & Guests Dinner 5:30 6:30 Music Jam 6:30 - 9:00	Table Tennis
12	13	14	15	16	17	18
	9:00-Quilting 9:00-Table Tennis 11:00-Aerobics 1:00-Quilting 7:00pm Games Night Billiards, Mah Jong, Cards, & Table Tennis	8:45-Table Tennis 9:30-Oil Painting 11:00-Move & Mingle 12:00 Whatchagotlunch 1:00 -Crafts & Pool 6:00PM - Lion's Club  7:00pm - Wood Carvers	9:00-Tai chi 10:00-Yoga 12:00-POT LUCK LUNCH  1:00-Carpet Bowling 1:00 Acrylic Painting 1:00-Men's Pool	8:45-Table Tennis 11:00-Move & Mingle 7:00 pm-Bid Euchre Good Food Box P/U	9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 1:00 Spanish Lessons 3:00-5:00-Happy Hour-Members & Guests TGIF 5:30 PM \$14.00 Wilmer Reimer	Auditorium Booked
19	20	21	22	23	24	25
	SPRING BEGINS 9:00-Quilting 9:00-Table Tennis 11:00-Aerobics 1:00-Quilting 7:00pm Games Night Billiards, Mah Jong, Cards, & Table Tennis	8:45-Table Tennis 9:30-Oil Painting 11:00-Move & Mingle 1:00-Crafts & Pool 7:00pm - Wood Carvers	9:00-Tai chi 10:00-Yoga 12:00-POT LUCK LUNCH  1:00-Carpet Bowling 2:00 Acrylic Painting 1:00-Men's Pool	8:45-Table Tennis 11:00-Move & Mingle 7:00 pm-Bid Euchre	9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 1:00 Spanish Lessons 3:00-5:00-Happy Hour-Members & Guests	Table Tennis
26	27	28	29	30	31	
	9:00-Quilting 9:00-Table Tennis 11:00-Aerobics 1:00-Quilting 7:00pm Games Night Billiards, Mah Jong, Cards, & Table Tennis	8:45-Table Tennis 9:30-Oil Painting 11:00-Move & Mingle 1:00-Crafts & Pool 6:00PM - Lion's Club  7:00pm - Wood Carvers	9:00-Tai chi 10:00-Yoga 12:00-POT LUCK LUNCH 1:00-Carpet Bowling 2:00 Acrylic Painting 1:00-Men's Pool	8:45-Table Tennis 11:00-Move & Mingle 7:00 pm-Bid Euchre	9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 1:00 Spanish Lessons 3:00-5:00-Happy Hour-Members & Guests	