



OGDEN HOUSE 50+ ACTIVITY CLUB

NOVEMBER 2017



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



CALGARY, AB T2C 3Y4



FAX # 403-279-1009



PHONE: 403-279-2003

OGDEN HOUSE 50+ ACTIVITY CLUB

BOARD EXECUTIVE

2017/2018

CHAIR

Margaret Moffat

1ST VICE

Phyllis Gale

2ND VICE

Walter Klimuszko

TREASURER

Mary Ellen Dunphy

SECRETARY

Dave Swanson

PAST CHAIR

Don Fisherman

DIRECTORS

Paddy Brown

Marlene Phillips

Oscar LaRocque

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

FILLING THE GAP #2

Erika Rodriguez

MOW/SNOW #3

Rick Scott

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*

TheFootDoctor



December 4, 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

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 Horton's 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.



- WINNERS FOR OCTOBER:**
HIDDEN OBJECT: Mary Lou Miller
CLUB 50/50 WINNER'S: Eileen Meirhofer & Kate Dreyer
HALLOWEEN BEST COSTUME: Kay & Wally Taylor
2ND. BEST COSTUME: SLIM WEEGAR
FREE DINNER: Tony Baird
QUILT WINNER: Anne Connelly



Christmas Tea
Craft & Bake Sale
 November 25th 1 - 3pm
 \$4.00

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

STARTING ON NOVEMBER 1, 2017
MEMBERSHIP'S FOR 2018
WILL GO ON SALE



Starting NOVEMBER 1, 2017, Membership for Ogden House for 2018 will go on sale. The benefits of joining the club are too numerous to list. Come in for a tour and see for yourself what a great place Ogden House is!!!!

\$35 FOR MEMBERSHIP

Remembrance Day

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

FLANDERS	FEARLESS
LARKS	GRATEFUL
POPPIES	HEROIC
BRAVELY	MEMORIAL
GLORY	NATIONAL
COURAGEOUS	PATRIOTIC
CANADIAN	PROUD
REMEMBER	THANKFUL
OGDEN	VICTORIOUS
HOUSE	
SOLDIER	
WAR	
REMEMBRANCE	
DAY	
FALLEN	

Executive Director Update

By now, everyone knows that Debbie is no longer with Ogden House. It was a difficult but required decision to make on my behalf. Due to the confidentiality and sensitivity surrounding the topic I have not defended my decision. Some members approve of my decision, others are truly upset, and some do not have an opinion on the subject. Regardless of my decision, and during the busiest time of the year, the operations of the club are running smoothly. Operations which are being recognized by individuals unaware of staff changes at Ogden House. The Head Nurse from Flu Clinic complimented our last event, saying she has "never seen it so well organized."

Also, we are getting food donations from different organizations. Some of these donations are placed on the table in the lounge for your enjoyment. The other portion of these donations will go towards our Christmas Hampers- providing those in need with food during the holiday season. Special thanks go to Spinz Community Kitchen and the Calgary Food Bank for making this possible.

Furthermore, TGIF went very well, and it appeared that everyone was enjoying themselves. I want to thank all the volunteers whose contributions made TGIF such a great event. Special acknowledgments go to: Margaret Moffat, Mary Ellen Dunphy, Lisa Petersen, Linda Stevens, May Lou Miller, Marg Scalicky, Monica Sorenson, Anne Black, Ellen Appleyard, Phyllis Gale, Jean Brien, Mike Gale, Betty Dancy, Slim Weegar, Peggy Agnew, Bill Breach, Brenda Oswald, and the people from the Emerson Group for making the event such a success. Your help is very much appreciated!

I am also pleased to announce, for the first time in Ogden House history, we have a large number of members attending the Rosebud Theatre. A total of twenty-three members will be enjoying this trip. The highest count of participants to date! An outcome which makes me very happy, as so many club-members will enjoy this event.

November 11, the club members are invited by CP Rail to attend a Remembrance Day Celebration. I have already arranged and confirmed a bus for transportation. Light snacks will also be provided for the attending members enjoyment.

Also in the month of November, we will be campaigning for the United Way. The United Way has helping us in many ways. Firstly, they fund our 'Filling the Gap' program. Secondly, thanks to United Way we have 'Days of Caring'. Furthermore, throughout the year, the United Way provides our club with more volunteers then we can use. Please help us show our gratitude to the United Way, even donations of \$1 or \$2 would be greatly appreciated!

Alexandra Witczak



NOVEMBER 2017 HAPPY BIRTHDAY CELEBRATIONS

Larry Minchi	November 2	Keith Szlater	November 16
Romualdo Guinsatro	November 3	Bob Laackmann	November 16
Thelma Lydiard	November 4	Dean Brown	November 18
Leonard Trottier	November 4	Jerry Murphy	November 21
Marg Brigart	November 7	Gregory McCleary	November 21
Mark Allen	November 7	Anna Black	November 22
Gary Vegelis	November 7	Sheila Lloyd	November 27
Ken Oekrich	November 8	Laura Robinson	November 24
Wanda Modzelewski	November 9	Sandra Healy	November 28
Brian Dreher	November 9	Ursula Johnson	November 13
Robert Phillips (Bob)	November 10	Edna Mae Hahle	November 15
Elizabeth Barnett	November 12		

DO YOU FORGET THINGS?
DO YOU SOMETIMES FORGET WHEN
YOUR NEXT DOCTOR APPOINTMENT IS?

WOULD YOU LIKE TO HAVE SOMEONE
CALL TO REMIND YOU ABOUT YOUR
APPOINTMENTS?
WE CAN HELP...



Contact Erika at 4032792003 ext. 2

15th ANNIVERSARY OF DAYS OF CARING WITH ATB AND OGDEN HOUSE

ATB volunteers in Calgary recently celebrated the 15th year of volunteering at the Ogden Centre for their Days of Caring.

This has been a wonderful program for the Seniors around the area, who every year get help with everything from raking, cleaning, painting, etc.

Thanks to all the ATB volunteers who have supported Ogden over the years.



In Flanders Fields

By: Lieutenant Colonel John McCrae

In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



GOOD FOOD BOX

ORDER DEADLINE:
November 28, 2017

DELIVERY DATE:
December 7, 2017



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

We need 5 orders, paid in full before we can arrange for delivery



Diaper Creations

by Betty

esholdings@yahoo.ca

403-816-7842



Anna and Kona`s River Escapade

Kona is a beautiful golden retriever and my grand-dog. You may remember Kona`s first adventure when he was just a puppy. This was when he dropped his blue ball down the gopher hole and I managed to pull it out the first time but not the second time when he pulled the same trick again. Unfortunately, the gopher never returned the ball.

Kona is now almost five and weighs about 85 pounds; loves to swim and retrieve BIG sticks. This past September we went down to the Bow River as usual so he could swim and cool off. There is an inlet and slow-moving water at this point in the river. I throw in his stick and he swims to retrieve it, comes back, drops it at my feet and this continues for about 15 minutes.

However, this time, I threw the stick too far into the water and Kona swam past the safe zone. When I noticed he wasn`t running back I went to investigate. Poor dog - he had the stick in his mouth but couldn`t get a paw hold to get back up the very steep bank! I tried to haul him up by his collar and that`s when it happened. PLOP!!! I am waist deep in the Bow River, scared to move too far because I don`t know how deep it is and I CAN`T SWIM!

I grab Kona`s collar as he is frantically dog-paddling beside me and try to get him on shore. No luck! Some fishermen in a boat see me and I tell them I am in trouble. They ask me to wait until they find a place to pull ashore. Meanwhile I don`t give up trying -- I manage to get Kona back on shore. He looks at me as if to say, "Why are you still in the water, Grammie?" I keep trying to get hold of something on the bank but all I manage to pull up are tufts of grass. Then by some miracle I push myself up and I am SAFE. I wave to the fishermen and tell them we are both okay. But my cellphone which was in my pocket is all wet and not working.

Well so much with this adventure - who knows what our next one will be?

ANNA BLACK

P.s My cell phone is working. (I put it in a Ziploc bag with rice for 24 hrs.)

WATCHAGOT LUNCH



NOVEMBER 14, AT NOON \$4.00

SERGEANT WILSON'S AIRFORCE SHOW AT OGDEN HOUSE

NOVEMBER 18TH @ 6:00 PM

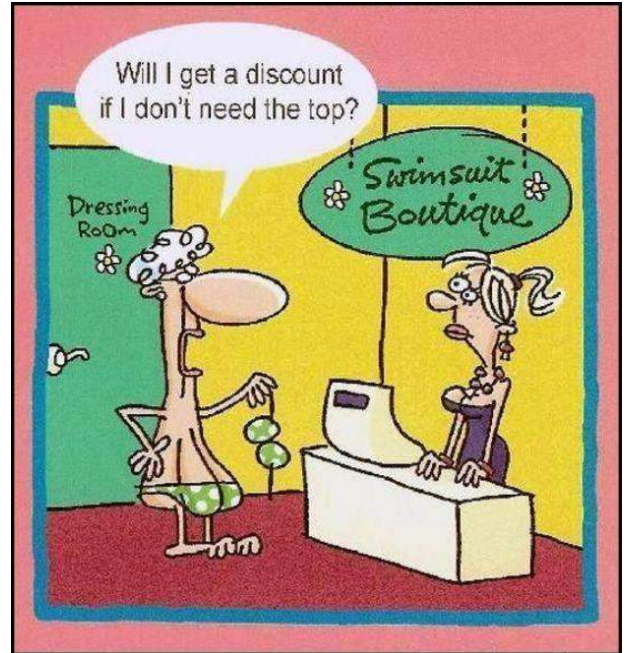
The good old sentimental music from the 40's and 50's. Remember the sound of Glenn Miller, the swing of the Andrews Sisters, Doris Day, Rosemary Clooney, Frankie Lane, Vera Lynn and many others.

The unforgettable sound complete in army style with lights and special effects. Please dream away, and we will bring back good old memories.

Tickets ARE ON SALE NOW
MEMBERS - \$10 per person. GUESTS - \$15 PER PERSON



FUNNIES



Ladies, ladies, ladies....

In Ogden House we are inviting all the women's interested to be part of Women's Coffee Club...



**We want to meet, talk, share, learn,
etc....**

If you are interested, please sign up at the front desk or by email to erika@ogden50plus.com

NOVEMBER 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
S.E.H.A. Sunday Services			9:00 Men's Coffee 9:00-Tai Chi 10:00-Yoga 12:00-Pizza Lunch 1:00-Men's Pool 1:00 Carpet Bowl 5:30-6:30 pm - Spanish Class	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:30 - Crib, Crafts, Pool 2:00 Spanish Lesson 7:00 pm-Bid Euchre	9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	Table Tennis Men's Coffee
5	6	7	8	9	10	11
S.E.H.A. Sunday Services	9:00 Men's Coffee 9:00-Table Tennis 9:00 Quilting 11:00-Aerobics 1:00 Carpet Bowling 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	9:00 Men's Coffee 8:45-Table Tennis 9:30-Oil Painting 11:00-Move & Mingle 1:00 Crib 1:00-Crafts & Pool 7:00 Wood Carvers	9:00 Men's Coffee 9:00-Tai Chi 10:00-Yoga 12:00 Pot luck lunch 1:00-Men's Pool 5:30-6:30 pm - Spanish Class	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:30 - Crib, Crafts, Pool 2:00 Spanish Lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 9:00 Fit 2 Age 10:00 Aerobics 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	9:00 Table Tennis 9:00 Men's Coffee
12	13	14	15	16	17	18
S.E.H.A. Sunday Services	OFFICE CLOSED	8:45-Table Tennis 9:00 Men's Coffee 9:30-Oil Painting 11:00-Move & Mingle 1:00 Crafts & Pool 1:00 Crib 6:00 Lions 7:00 Wood Carvers	9:00 Men's Coffee 9:00-Tai chi 10:00-Yoga 12:00 Lunch 1:00-Carpet Bowling 1:00-Men's Pool 5:30-6:30 pm - Spanish Class	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:30 - Crib, Crafts, Pool 2:00 Spanish Lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests 5:30 TGIF Dinner	SCRAPBOOKING ALL DAY IN AUDITORIUM
19	20	21	22	23	24	25
S.E.H.A. Sunday Services	9:00 Men's Coffee 9:00 Quilting 9:00-Table Tennis 11:00 - Aerobics 1:00 Men's Pool 1:00 Quilting 7:00 Table Tennis	9:00 Men's Coffee 8:45-Table Tennis 9:30-Oil Painting 11:00-Move & Mingle 1:00 Crib 1:00-Crafts & Pool 7:00 Wood Carvers	9:00 Men's Coffee 9:00-Tai chi 10:00-Yoga 12:00-Pot Luck Lunch 1:00-Carpet Bowling 1:00-Men's Pool 5:30-6:30 pm - Spanish Class	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:30 - Crib, Crafts, Pool 2:00 Spanish Lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 9:00-Fit 2 Age 10:00-Aerobics 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	Table Tennis Men's Coffee
26	27	28	29	30		
S.E.H.A. Sunday Services	9:00 Men's Coffee 9:00-Quilting 9:00-Table Tennis 11:00-Aerobics 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	8:45-Table Tennis 9:00 Men's Coffee 9:30-Oil Painting 11:00-Move & Mingle 1:00 Crib 1:00 Crafts & Pool 6:00 LIONS 7:00 Wood Carvers	9:00 Men's Coffee 9:00-Tai chi 10:00-Yoga 12:00- Lunch 1:00-Carpet Bowling 1:00-Men's Pool 5:30-6:30 pm - Spanish Class	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:30 - Crib, Crafts, Pool 2:00 Spanish Lessons 7:00 pm-Bid Euchre		