



OGDEN HOUSE 50+ ACTIVITY CLUB

APRIL 2019



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





VISION STATEMENT

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

BOARD EXECUTIVE

2018

CHAIR Marlene Phillips
1ST VICE Shirley Bullough
2ND VICE Carol Finlay
TREASURER Mary Ellen Dunphy
SECRETARY Dave Swanson

PAST CHAIR Margaret Moffat

DIRECTORS Brenda Oswald
 Oscar LaRocque
 Gerry Sylvester
 Bill Townshend

CENTER HOURS

Monday to Friday
 8:30 am – 4:00 pm

Office Closed Weekends
 & Statutory Holidays

Club open after hours including weekends for programs and activities for members only.

STAFF & PHONE EXTENSIONS (403)2792003

ED #5	Renata Michalski	renata@ogden50plus.org
BOOKKEEPER #1	Titiana Vanciu	titiana@ogden50plus.org
PROGRAMS & VOLUNTEERS# 2	Erika Rodriguez	erika@ogden50plus.org
FILLING THE GAP #4	Marnie Zelinsky	marnie@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

EXECUTIVE DIRECTOR UPDATE

As you probably already know, I have accepted the Executive Director position and would like to thank all my co-workers, Board of Directors and members for your support. I love the people here and will do my best to make this club a place where everybody feels welcome. Please let me know if you have any suggestions or concerns as your opinion is very valuable to me.

On April 9th Ogden House will have the Annual General Meeting. At noon we will have a free lunch for our members and at 1:00 pm we will start our AGM. Please join us in this very important meeting. The more members who come out to vote, the stronger our club will be. A Great Team can accomplish Big Results.

Spring is here and we are looking for volunteers to clean up the surrounding grounds. On April 25th Ogden House will participate with MOCA and 3 schools - St. Bernadette, Sherwood, Banting and Best. I will be volunteering and if you are able to help in the clean-up please let me know.

The Big Community Clean Up will be April 27th and we are looking for volunteers with trucks. MOCA will have people who can help with the heavy lifting. Let's work together on this project that MOCA is organizing.

I would like to welcome our new employee, Titiana Vanciu, who is our new bookkeeper. She is a great person, very humble and hard working. She is very professional, responsible and reliable - an excellent team player. Thank you Titiana for all your hard work and I am happy to have you here with us.

April 12th TGIF is a 50's and 60's theme. Get out those costumes and join the fun! We will have great entertainment. This will be a Potluck Dinner. No Cost, Loads of Fun, Lots of Good Food. Members come out and PARTY!!!!

Taxes have to be completed by April 30th. We have volunteers from the Clinic Tax coming on April 10th from 6:00-9:00pm. Our list is full so we cannot accept any more clients.

You can subscribe to our Newsletter on our website: www.ogden50plus.org then go to "Contact" and at the bottom is an option "Join our mailing list" Do your part in saving trees!

I would like to wish everybody a very nice and warm April with lots of smiles, good energy and happiness.

Renata Michalski

ELECTIONS

ANNUAL GENERAL MEETING APRIL 9, 2019 @ 1:00 PM



Spring is here and Summer is coming soon



The 2019 contracts are ready to be signed

Please call the Mow/Snow line at 403-236-8139 or come and see Erika or Rick to have your contract done for the season.

WE ARE ACCEPTING NEW CLIENTS

NOW IN OUR COMMUNITY: **Calgary Urban Market**

We are opening April 13 at the Victory House. Every Saturday year round

Calgaryurbanmarket.weebly.com

Hours are Saturdays only 9:00 am - 5:00 pm.



PAYMENTS BY E-TRANSFER

Ogden House is accepting e-transfer payments through email for all activities.

The email transfer needs to be done to: **titiana@ogden50plus.org**

In case of buying tickets for dinner, trips or events please confirm that there are tickets available for the activities before making the email payment transfer.

Right after you do the e-transfer, you must send an email with the password of your choice, what is the payment for and names of the person (s) attending the dinner, events or activities.



- Annual General Meeting Tuesday April 9, 2019 @ 1:00 pm
- “Speakers Night”, Program once a month we will have special guest at the Center talking about very important topics for Seniors and the community in general. Everyone is welcome. This month topic is : “Thrive Program –Kerby Center” April 11 at 2:00 pm at Ogden House. Register at the Front desk or by phone at 403.2792003 ext. 2.
- Office Closed on April 19, 2019 Good Friday
- TGIF dinner, April 12. Pot Luck (You must get your ticket at the Front Desk in advance, and let us know what are you bringing.

GOOD FOOD BOX

ORDER DEADLINE:
APRIL 30, 2019
DELIVERY DATE:
MAY 9, 2019



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



**MILLICAN-OGDEN
COMMUNITY ASSOCIATION**

TIM KOHN FUNDRAISER DANCE & SILENT AUCTION



Please join us for an evening of fun to support a local Ogden family

April 27 at 7:00pm - MOCA Community Hall

CASH BAR & ADMISSION BY DONATION

Please contact Tracy Koudys or Lorna Huish
for more details or to donate to the silent auction

OGDEN HOUSE SENIORS CLUB

ACTIVITIES, EXERCISING AND MORE...

- Quilting on Monday at 9:00 am & 1:00 pm
- Crafts on Tuesday and Thursday at 1:00 pm
- Pool on Tuesday at 1:00 pm Men's; Wednesday & Friday at 1:00 pm Women's
- Pot Luck Lunch Wednesday at 12:00 noon (Cost \$3.00 or bring 2 sandwiches)
- Carpet Bowling on Wednesday at 1:00 pm
- Social Dancing on Thursday from 3:00 to 4:00 pm
- Spanish Lessons, Wednesday from 4– 5 pm for Intermediate level.
Beginners 3-4 pm
- Fit to Age, Wednesday from 7-8 pm and Friday's at 9:00 am
- Oil Painting on Tuesday at 9:30 am. \$15.00 (10 sessions)
- Move and Mingle is not run by Ogden House. You must apply through the City of Calgary with Rene at 403.955-1550 (Tuesday and Thursday at 11:00 am).

NOTE: We need more ladies in our dance class, please join us and have fun. \$5.00 members, \$8.00 non-members.

VOLUNTEER OF THE MONTH

FEBRUARY VOLUNTEER WINNER :

Christine Poole

MARCH VOLUNTEER WINNER :

Evelyn Oakden

Please register your hours in the volunteer book. The entries will be put in a hat and a winner will be drawn at the end of the month. The prize will be a \$25 gift card. Good luck.

MEMBERSHIP'S FOR 2019 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

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: erika@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 details of where you found it.

HIDDEN ITEM

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

NAME: _____

PHONE: _____

PAGE & ARTICLE: _____



WINNER'S FOR MARCH

HIDDEN OBJECT: **Lorraine Vivian**
CLUB 50/50 WINNER'S: **Darlene Orton**
TOONIE 50/50: **Mervin Guttridge**
QUILT WINNER: **Lorraine Vivian**

TGIF DINNER

May 31, 2019

COME AND JOIN US FOR AN EXCELLENT DINNER
LIVE MUSIC, FRIENDLY PEOPLE AND LOTS OF
FUN...\$13.00 members, \$16.00 non-members



SPEAKERS PROGRAM

The past month we started our Speakers Program and we had Jill Chambers talking about: "But he / she handled all our financial affairs!" . Was very useful and important information and we appreciate Jill's participation.



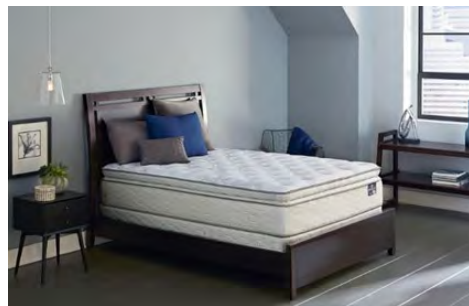
Stay tuned for every month Speakers Program and let us know if you wish to hear about particular topic of your interest.

erika@ogden50plus.org or call at 403.2792003 ext. 2.



Are you 65 years or older?
Canadian citizen or Permanent Resident living in Alberta? Low income?
Would you like to get this?

FREE Orthotics, Lift Chair, Mattress from the Alberta Government!!!



Contact Erika for more information, 403.279-2003 ext. 2.

Annual Mother's Day Tea

May 11, 2019 1-3 pm

(Bake and Craft Sale) Come and join us \$4.00



EASTER

word search

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

can you find these words?

EASTER

EGG HUNT

JELLYBEANS

RESURRECTION

BUNNY

BASKET

SPRING

SUNDAY

FUN

CANDY

GRASS

MARCH

HE IS RISEN

CHOCOLATE

GAMES

APRIL

Dianne Filmer	April 1
Dianne Fountain	April 1
Larry Muraski	April 1
Marge Matheson	April 7
Neville Wells	April 9
Mike Gale	April 9
Murray Rogerson	April 11
David Irwin	April 11
Lori Fraser	April 12
Kay Laba	April 13
Kathy Charlton	April 18
Wally Leavitt	April 18
Elsie Mahoney	April 20
Darlene Orton	April 20
Velma Boyer	April 25
Debra Toomey	April 26
Charles Nelson	April 26
Dale Seabrook	April 29



The **Calendar Committee** is happy to report the progress on the pictures being taken for our upcoming calendar for 2020.

We have completed six months so far and all the owners/ drivers as well as the models seem to be having so much fun doing the shoots.

The photographer is great to work with, and the process is quite painless.

We are hoping to have all months done by May, so we can start the ominous job of choosing which particular pictures will go into the calendar. THEN we talk with the printer, and hopefully have the printed calendars back here by the first of November - when they will go on sale.

Do YOU know someone who has a vintage RED car?

Please let us know. Thanks



The Calendar Committee

[News from Filling the Gap](#)

It is not possible to speak with all the members so here is my opportunity to connect with you. Thank you, Erika for this opportunity.

This month sailed by no differently from the others. It may be officially spring however we all know that usually means expect more snow. The Community Garden has 8 people signed up! I will contact those who are interested to arrange group get together to enlighten me.

Day of Caring coming very soon! Excellent to see how many have signed up!

If you have any questions call or drop into office, thank you all,

Marnie

'PICASSO' SENIORS

On Tuesday mornings in the back room at Ogden House known as the Craft Room, our aspiring artists gather for painting sessions. We have six people that blend paint, and brush canvases either with oil paints, or acrylics. Some of our completed work is on display in the Gallery, and in the halls. We have an excellent art library in the room, and numerous DVD's that can teach technique. A healthy supply of old calendars and some painting instruction are available

Come and visit us, and if you are interested in joining our group; we can accommodate another two people. There is no instruction, but many of us share our ideas, and are willing to offer advice.

Juliette, Linda, Pat, Kay, Gerry



Social Dance lessons

Thursdays from 3 to 4 pm

\$5.00 members \$8.00 non-members



Tuesday April 2 at 1:00 pm

Board Meeting



PIZZA LUNCH

April 3 at noon \$4.00

CRIBBAGE PLAYERS WANTED

Tuesdays & Thursdays @ 1:00 pm

You must be a member of the Club

PIZZA!



FOOT NURSE April 15, 2019

FROM 9:00 am TO 12:00 pm

Please bring a towel

Your Alberta Health Card

\$25.00

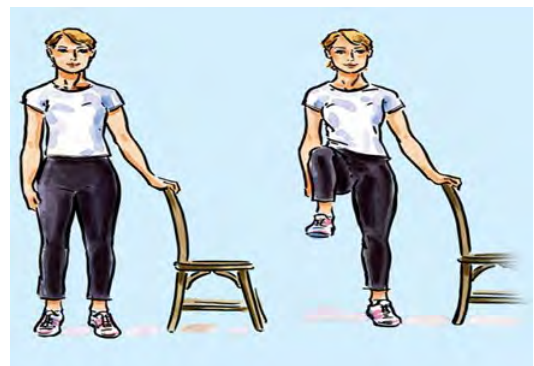
Make an appointment with the Front Desk

Fit to Age

Wednesday's at 7 pm & Friday's at 9 am

Come and do exercises that are gentle but target all areas of the body to build strength, balance and range of motion.

Contact us for prices and more information.



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		2	3	4	5	6
	9:00 Men's Coffee 9:00 Ladies Coffee 9:00-Table Tennis 9:00 Quilting 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	9:00 Men's Coffee 9:00-Table Tennis 9:30 -Oil Painting 11:00-Move & Mingle 1:00 Crib 1:00 Board Meeting 1:00-Crafts & Pool 7:00 Wood Carvers	9:00 Men's Coffee 9:00-Table Tennis 10:00-Yoga 12:00 Pizza Lunch 1:00 Carpet Bowling 1:00-Men's Pool 4:00 Spanish Lessons 7:00 pm Fit to Age	9:00 Men's Coffee 9:00-Table Tennis 11:00-Move & Mingle 1:00 - Crib, Crafts, Pool 3:00 Social dance lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 9:00 Fit 2 Age 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	
7	8	9	10	11	12	13
	9:00 Men's Coffee 9:00 Ladies Coffee 9:00-Table Tennis 9:00 Quilting 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	9:00 Men's Coffee 9:00-Table Tennis 9:30 -Oil Painting 11:00-Move & Mingle 1:00 AGM Meeting 1:00-Crafts & Pool 7:00 Lions Club 7:00 Wood Carvers	9:00 Men's Coffee 9:00-Table Tennis 10:00-Yoga 12:00 Pot Luck Lunch 1:00 Carpet Bowling 1:00-Men's Pool 6:00 TAX CLINIC	9:00 Men's Coffee 9:00-Table Tennis 11:00-Move & Mingle 1:00 - Crib, Crafts, Pool 3:00 Social dance lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 9:00 Fit 2 Age 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests 5:30 TGIF Dinner Pot Luck	
14	15	16	17	18	19	20
	9:00 Men's Coffee 9:00 Ladies Coffee 9:00-Table Tennis 9:00 Quilting 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	9:00 Men's Coffee 9:30-Oil Painting 11:00-Move & Mingle 12:00 Watcha got Lunch 1:00 Crafts & Pool 1:00 Crib 7:00 Wood Carvers	9:00 Men's Coffee 10:00-Yoga 12:00 Pot Luck Lunch 1:00-Carpet Bowling 1:00-Men's Pool 4:00 Spanish Lessons 7:00 pm Fit to Age	9:00 Men's Coffee 9:00-Table Tennis 11:00-Move & Mingle 1:00 - Crib, Crafts, Pool 3:00 Social dance lessons 7:00 pm-Bid Euchre	GOOD FRIDAY OFFICE CLOSED	
21	22	23	24	25	26	27
	9:00 Men's Coffee 9:00 Ladies Coffee 9:00 am Foot Nurse 9:00-Table Tennis 9:00 Quilting 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	9:00 Men's Coffee 9:00-Table Tennis 9:30 -Oil Painting 11:00-Move & Mingle 1:00 Program Meeting 1:00 Crib 1:00-Crafts & Pool 7:00 Lions Club 7:00 Wood Carvers	9:00 Men's Coffee 9:00-Table Tennis 10:00-Yoga 12:00 Pot Luck Lunch 1:00 Carpet Bowling 1:00-Men's Pool 5:00 Spanish Lessons 7:00 pm Fit to Age	9:00 Men's Coffee 8:45-Table Tennis 11:00-Move & Mingle 1:00 - Crib, Crafts, Pool 3:00 Social dance lessons 7:00 pm-Bid Euchre	9:00 Men's Coffee 9:00-Fit 2 Age 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	
28	29	30				
	9:00 Men's Coffee 9:00 Ladies Coffee 9:00-Table Tennis 9:00 Quilting 1:00-Quilting 1:00 Men's Pool 7:00 Table Tennis	9:00 Men's Coffee 9:30-Oil Painting 11:00-Move & Mingle 1:00 Crafts & Pool 1:00 Crib 7:00 Wood Carvers				
		* S.E.H.A. Sunday Services Church * Table Tennis Saturday's				