



OGDEN HOUSE 50+ ACTIVITY CLUB

MAY 2019



*Happy
Mother's
Day*

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 2019

CHAIR	Dave Swanson
1 ST VICE	Brian Dreher
2 ND VICE	Dan Maclellan
TREASURER	Marjorie Irwin
SECRETARY	Gerry Sylvester

VISION STATEMENT

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

PAST CHAIR

Marlene Phillips

DIRECTORS

Brenda Oswald
 Shirley Bullough
 Carol Finlay
 Bill Townshend
 Bill Chepil
 Del Miller

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

MESSAGE FROM THE CHAIRMAN

Hello everyone. My name is Dave Swanson and I am the new Chairman of the Board.

2019 should be an exciting year for Ogden House. We have over 300 members and hopefully this will keep growing.

We had our Annual General Meeting on 9 April and have several new members of the Board as well as those returning for another term. Welcome aboard. Please support the new and old Board members.

To paraphrase Donald Trump's comment "Make America Great Again". Here at Ogden House we can say "Keep Ogden House STILL Great and only getting better."

We have many activities and groups using our facility. If you have any ideas for new activities please let us know.

We had an excellent breakfast on Monday 15th April and plan on having more, once a month.

I understand the TGIF dinner on 12th April was a huge success and that the entertainment was fantastic. Watch for more of these.

Going back through past newsletters I believe that the June TGIF dinner will be a steak BBQ and that we will be having a Stampede pancake breakfast. Dates to be confirmed.

Hope to see you around the club.

Cheers Dave

BOARD OF DIRECTORS 2019 – 2020

Chairman	Dave Swanson	1 st Vice	Brian Dreher
2 nd Vice	Dan MacLellan	Secretary	Gerry Sylvester
Treasurer	Marjorie Irwin	Director	Carol Finlay
Director	Shirley Bullough	Director	Brenda Oswald
Director	Bill Chepil	Director	Del Miller
Director	Bill Townshend		

EXECUTIVE DIRECTOR UPDATE

I would like to say thank you to the previous Board of Directors for their hard work and welcome the New Board of Directors. I'm so excited to work with all of you.

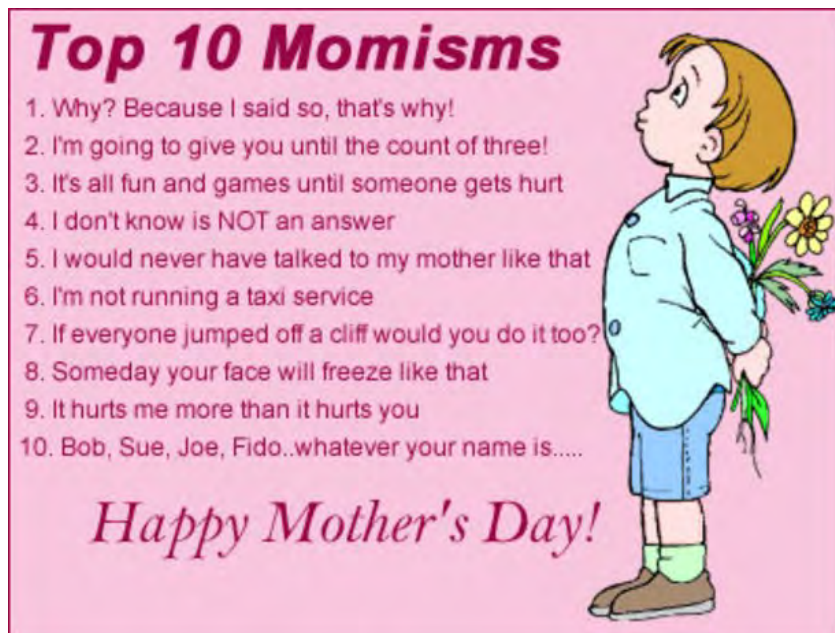
Spring has arrived and I hope everybody is happy and has more energy after a very long winter. May is a very special month for me because of Mother's Day. I'm always thinking about my Mom who is very far away, but always in my heart. I'm so lucky because I have the opportunity to wish all Moms a wonderful day with lots of love and happiness. I would love to invite all Moms for a tea on May 11th from 1:00 pm to 3:00 pm. We can have an opportunity to be together and have fun. I will be looking for all of you Moms in our Club.

I have such a wonderful staff and I want to say thank you for all your hard work. All of us participated in the School Community clean up April 25th and the Community Clean up April 27th. It's so good to work as a team together with MOCA. In the future I'm planning to work closely with Kaylynn and organize more programs together.

As you know in April, we had a potluck TGIF and I think we had lots of fun. I would like to hear your opinion about what you think. Please let me or Erika know because your opinion is very important to us. Should we have more events like this and have fun together? The band was awesome and lots of people were dancing.

I would like to wish everybody all the best -- lots of love and happiness.

Renata Michalski



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.

~~Upcoming Events~~

- Mothers Day Tea, Craft & Bake Sale. May 11 from 1:00 to 3:00 pm.
- We are going to the Saskatoon Berry Farm on May 24. Walk around, have lunch and spend a nice day with friendly people. (10.00 members, \$20.00 non-members). Everyone will pay for their lunch. For registration come to the front desk at the Center.
- Monthly Buffet Breakfast, from 9:30 to 11:00 am (scrambled eggs, pancakes, bacon, sausage, coffee and tea. Minimum donation \$5.00 Everyone is welcome.
- TGIF dinner, May 31 at 5:30, \$13.00 members, \$16.00 non-members. Come and join us for an excellent night of good food, great live music and lots of fun.
- Board Meeting, Tuesday May 7 @ 1:00 pm.

GOOD FOOD BOX

ORDER DEADLINE:
MAY 28, 2019
DELIVERY DATE:
JUNE 6, 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

OGDEN HOUSE SENIORS CLUB, ACTIVITIES, EXCERSISING 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).
- Golf: Monday 9:30

SCHOOL AND COMMUNITY CLEAN UP

The past few days we had two great activities organized by MOCA (Millican Ogden Community Association): School & Community Clean up. Every year these events help to keep our green spaces and community clean for the people. In Ogden House we are really glad that once again we got to participate in these activities and volunteers put time, effort and love in working together for the community . We thank you and appreciate you.



VOLUNTEER OF THE MONTH

APRIL VOLUNTEER WINNER :

PEGGY AGNEW

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 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 Gift Card

NAME: _____

PHONE: _____

PAGE & ARTICLE: _____

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



WINNER'S FOR APRIL

HIDDEN OBJECT: **Anna Black**
CLUB 50/50 WINNER'S: **Jim Bullough**
TOONIE 50/50: **Marianne Wilkat**
BEST COSTUME: **Margaret Moffat**
FREE DINNER: **Judy Dahm**

TGIF DINNER 50 & 60'S

Last Friday April 12th. we had our monthly dinner. This time was a 50 & 60's pot luck.

We had lots of good food, great music from the Fender Bender Band and lots of people on the dance floor. Was a great night. I would like to thank all members and volunteers who helped me to make of this event something really special.

We had a prize for the best costume and Margaret Moffat was the winner.



Diabetes Management

Seniors represent almost 48% of the total number of people with diabetes, and that number is expected to increase as the population of adults 60 and over grows.

As you know, diabetes is a condition that prevents someone's body from properly processing sugars, leading to elevated blood sugar levels and negative health effects as a result. While diabetes has its own signs and symptoms, it can also make other conditions worse – conditions like heart and kidney disease.

Diabetes can be effectively managed by seniors, but it's often important for older adults to seek help from their care team, including their family, physician, nutritionist and caregiver. Here are some strategies for people dealing with diabetes:

- **Education** – There is a lot for someone to learn when they receive a diabetes diagnosis. Depending on the physician's recommendation, changes may need to be made to a senior's diet, exercise, medication and treatment plan. There are also new symptoms, risk factors and medical needs that a person may have. It's important for older adults to learn everything they can about their diabetes and how to treat it.
- **Diet** – Diet plays a huge part in diabetes management. A nutritious diet that is low in sugar is important for reducing symptoms and complications from the disease. Sugar from fruit should typically be avoided too, along with saturated fats. Diabetes educators can help seniors plan meals that will successfully help them maintain their health.
- **Exercise and activity** – Seeking advice from a health care professional is the best first step for seniors that want to create an activity or exercise plan. While the American Diabetes Association recommends 30 minutes of exercise per day, five days per week, that level of activity isn't always possible for some. However, shorter periods of activity, done throughout the day, can be just as helpful when managing diabetes. Seniors should always speak to their physician before starting any exercise program.
- **Prescribed medication is critical** – Missing a dose of medication can have negative effects on diabetes sufferers. Seniors that have a hard time keeping track can set up a system of reminders, whether that's a pill box, an alarm, a checklist, or a caregiver or helper that can prompt them to take medications. In addition to prescribed medications, vaccines can also be a useful tool in diabetes management – for example, complications that are caused by the flu can be more severe for those with diabetes.
- **Check glucose and other levels** – Most seniors with diabetes will need to keep an eye on their glucose levels. A physician will typically let someone know how often they should be checking, and what to watch out for. Blood pressure and cholesterol levels can also indicate a problem – those should also be checked on a regular basis by a healthcare professional.

Article provided by:

Comfort Keepers Calgary
403-228-0072 (Office)
1-877-242-4361 (Toll Free)

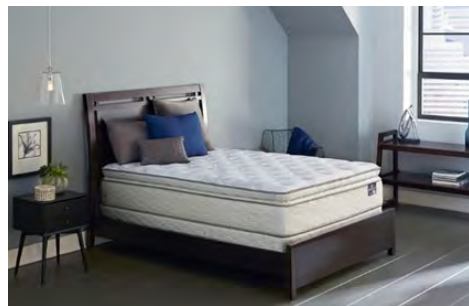


It is estimated that 3.52 million Canadians have diabetes and of these, one third are undiagnosed

Comfort Keepers Calgary have been providing personal care and companionship for our seniors, and others, in Calgary and surrounding area. Interactive Caregiving is at the very heart of our services, keeping our clients physically, mentally, emotionally and socially involved, making a difference in their well-being and improving quality of life.

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



Springtime Word Search

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

kites	birds
leafs	blossom
nature	breeze
rain	bugs
season	clouds
flowers	spring



MAY

Norman Koyten	May 1
David Humphreys	May 1
Laura Roberts	May 2
Gregory Ingram	May 3
Margaret Moffat	May 5
Chuck Banush	May 4
Terry Ukrainec	May 5
Frank Snider	May 6
Phelan Hugh	May 8
Jessica Fung	May 9
Jim Bullough	May 9
Christine Hayman	May 10
Gordon Richardson	May 11
Catherine Brooks	May 13
Jim Zuchiatti	May 14
Gordon S Eld	May 14

Gerald Sylvester	May 14
Mary Phelan	May 15
Corinne Schopff	May 15
Eva Chan	May 17
Gilbert Tremblay	May 19
Bill Chepil	May 20
Lucille Varty	May 20
Christine MacLellan	May 22
Howarth Cummings	May 22
Patricia Allen	May 23
Vicki Miller	May 24
Ron Harrison	May 27
Linda Harrison	May 28
Carol Finlay	May 28
Dave Swanson	May 29
Ellen Appleyard	May 30
Wendy Arthur	May 31

BUFFET BREAKFAST AT OGDEN HOUSE:

May 13 from 9:30 to 11:00 am

* Scrambled eggs * Pancakes * Sausage* Bacon * Home Fries

* Fruit Salad * Coffee and Tea

MINIMUM DONATION \$5.00

(Sign up at the Front Desk)

FOOT NURSE May 13, 2019

FROM 9:00 am TO 12:00 pm

Please bring a towel

Your Alberta Health Card

\$30.00

Make an appointment with the Front Desk

PIZZA LUNCH \$ 4.00

May 1, 2019 at 12:00 noon



MONDAY NIGHTS AT THE CLUB

Monday nights are fun nights. We have anywhere from 15 to 30 members playing pool, table tennis and mah-jong. (Please come and learn the game, we are not serious players). There is a lot of laughter and always lots of fun. A number of members coming on Monday are still working, so we get a chance to meet the people that cannot take part in daily activities. The groups are all friendly and welcoming. So if you want to have some fun, a few laughs, and meet welcoming and friendly people, please join us on Monday evenings from 7pm to 9pm.

No experience necessary

Bill Townshend



Monday May 20, 2019 for Victoria Day

OFFICE CLOSED

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
			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	
5	6	7	8	9	10	11
	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 Board Meeting 1:00-Crafts & Pool 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 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	
12	13	14	15	16	17	18
	9:00 Men's Coffee 9:00 Buffet Breakfast 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 7:00 Lions Club	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	9:00 Men's Coffee 9:00 Fit 2 Age 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	
19	20	21	22	23	24	25
	OFFICE CLOSED	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 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 4:00 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 9:00 am Saskatoon Berry Farm Trip 1:00-Ladies Snooker 3:00-5:00-Happy Hour-Members & Guests	
26	27	28	29	30	31	
	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 7:00 Lions Club	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 4:00 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 5:30 TGIF Dinner	
* S.E.H.A. Sunday Services Church * Table Tennis Saturday's * May 11-Mothers Day Tea 1-3 pm						