

June 2024



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

June

Hello everyone, welcome to June!
Father's Day!

I wish all the best to all seniors! We are celebrating seniors' week from
June 3 to 9.

I am looking for eight people willing to participate in lawn bowling on
June 9 at 12:00 to celebrate seniors' week. There will be free food and
drinks and a lot of fun. The entire event will be held at Bow Cliff Seniors:
3375 Spruce Drive SW.

Please email me so I can put your name on the list. The list is also on the
notice board where you can also sign up.

Like every month, I encourage everyone to read our calendar as there is a
lot going on in the centre.

On July 12, we are organizing the 1st Annual Chili Cook Off. We are
looking for interested people and organizations who would like to take
part in this event. There will be a lot of invited guests, cool music and a
great party for the entire district.

To everyone born in June, I wish you good health, God's grace and the
fulfillment of all your dreams.



R. Michalski

Renata Michalski
Executive Director





Message from the Chairman

June

It's almost June and summer will be here soon.

I thought with the city changing our brand to "Blue Sky City" we would have seen more BLUE SKY. Maybe they should have changed it to POT HOLE CITY. Enough of that.

We have lots of activities coming up. Please check the newsletter, the Website and the Bulletin Boards around the Centre for updates.

We have received a request for AED (Automated Electronic Defibrillator) training. At the AGM in March we watched a short video on the operation of an AED. Renata is working on having a course for Staff, Front Desk Volunteers and any club members who are interested in operating it.

There is an AED on the wall to the LEFT of the auditorium doors.
There is a FIRST AID Kit in the Kitchen, by the door to the Auditorium.

Sonia is looking into having ACCESS Calgary come and give us a presentation of their services. With many of our seniors no longer driving, how do they get around? I have spoken with a couple of club members who love it and go everywhere in the city.

WATCH for more on this.

We have had many fantastic meals this past month. More to come!!!!

On Wednesday 10 July we will be having a Stampede Breakfast.
Sonia is looking for volunteers to help with the breakfast.

On Friday 12 July there will be a CHILI Cook Off.

WATCH for more on these.

In closing, have a great summer, take care and enjoy life.

Cheers Dave



**HAPPY
SENIORS' WEEK
JUNE 3 - 9**



Happy
**Father's
Day**

June 16



FATHER'S DAY

JUNE 16

BACKGROUND

THERE ARE SOME SUGGESTIONS THAT THE IDEA OF FATHER'S DAY MAY ORIGINATE IN PAGAN SUN WORSHIP. SOME BRANCHES OF PAGANISM SEE THE SUN AS THE FATHER OF THE UNIVERSE. THE JUNE SOLSTICE OCCURS AROUND THE SAME TIME OF YEAR AS FATHER'S DAY SO SOME PEOPLE SAW A LINK BETWEEN THE TWO.

THE IDEA OF A SPECIAL DAY TO HONOR FATHERS AND CELEBRATE FATHERHOOD WAS INTRODUCED FROM THE UNITED STATES. A WOMAN CALLED SONORA SMART DODD WAS INSPIRED BY THE AMERICAN MOTHER'S DAY CELEBRATIONS AND PLANNED A DAY TO HONOR FATHERS EARLY IN THE 20TH CENTURY. THE FIRST FATHER'S DAY WAS CELEBRATED IN SPOKANE, WASHINGTON ON JUNE 19, 1910. FATHER'S DAY HAS BECOME INCREASINGLY POPULAR THROUGHOUT NORTH AMERICA AND OTHER PARTS OF THE WORLD OVER THE YEARS. MOTHER'S DAY IS ALSO CELEBRATED IN CANADA ON AN ANNUAL BASIS.



Coming in July

Stampede Breakfast



Ogden 50+ Activity Centre
2102 - 69 Ave SE



Wednesday, July 10
9 AM - 11 AM
with live country music

*Please call or email Sonia if you are interested in volunteering!

Email: sonia@ogden50plus.org

PHONE: 403-279-2003 ext 4

Coming in July

PLEASE JOIN US FOR THE

1st Annual Chili Cook Off



SPONSORED BY:



Join your neighbours for some fun, snacks,
refreshments and of course -- chili!

Friday, July 12th

11:00am – 3:00pm

2102 69 Ave SE (Ogden 50+ Activity Centre)

Chili Entries:

sonia@ogden50plus.org

More information:

www.ogden50plus.org



hello



THE POPSICLE WAS INVENTED BY ACCIDENT

IN 1905, FRANK EPPERSON, AN 11 YEAR OLD BOY IN SAN FRANCISCO ACCIDENTALLY LEFT A CUP OF SODA AND A STIRRING STICK OUTSIDE HIS PORCH. THE NEXT MORNING, HE FOUND THE DRINK FROZEN. SEEING THAT IT WAS A NEW WAY TO ENJOY THE COLD BEVERAGE, HE BEGAN SELLING THE FROZEN POP AT AN AMUSEMENT PARK IN NEW JERSEY. IN 1923, HE LAUNCHED "EPSICLES" UNTIL HIS CHILDREN PERSUADED HIM TO CHANGE THEM TO "POP'S SICLES." TODAY, THIS SUMMER FAVOURITE IS MADE IN VARIOUS FLAVOURS, COLOURS AND SHAPES. AROUND TWO BILLION POPSICLES ARE SOLD EVERY YEAR.

Coming Soon...

Bowling Stones III

Our 3rd Annual Lawn Bowling Fundraiser!

Sunday June 9th, 2024. Lunch Served at 12:00, Bowling at 1:00

Bow Cliff Seniors: 3375 Spruce Drive SW



A lawn bowling afternoon to celebrate our amazing seniors!
Sign up on a team or join us for a fun afternoon. Contact your activity centre for more details.

Thank you to our Sponsor:



Everyone Welcome - Free Admission - Food & Beverages Included with Registration

What's Kim Cooking?

**SENIORS' WEEK
BBQ
JUNE 6 - 12:00**



**SMOKIE, COLESLAW & LEMONADE
\$7.00**

**BBQ WILL BE HELD ON BACK PATIO.
BRING YOUR OWN LAWN CHAIR**

SIGN UP DEADLINE: JUNE 3



**SOUP & SANDWICH
THURSDAY, JUNE 20**

12:00 Noon

\$10



**Gluten Free Available
Dine In Only**

Pre-Order by June 17



What's Kim Cooking?

CHEESEBURGER NIGHT

Happy
HOUR

FRIDAY, JUNE 14
4:00 PM

HAPPY HOUR 3 PM - 5 PM

CHEESEBURGERS, CHIPS & SUNDAE

SIGN UP DEADLINE - JUNE 11

ONLY
\$10





TGIF

Friday, June 28

“Happy Father’s Day”

Menu

Steak, Baked Potato,
Vegetables, Salad & Buns

Dessert: Chocolate Cake with Ice
Cream

Entertainment:

“Old Time Rock & Roll Show”

Happy Hour 3 - 5

Dinner 5:30

Members \$20/Non-Members \$25

Sign up deadline: June 25

MASSAGE OUTREACH

MOUNT ROYAL UNIVERSITY MASSAGE THERAPY STUDENTS

**Coming various Wednesday afternoons to provide 25
minute massages through clothing.**

**Students will perform a brief interview prior to treatment
to see of any areas of concern.**

Sessions are Free

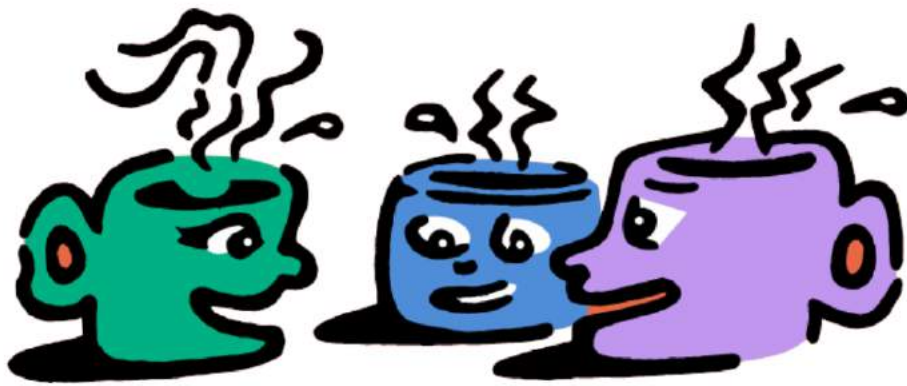
Please sign up with Sonia

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



**WEDNESDAY,
JUNE 12**

**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.



FREE HEARING CARE CLINIC

Wednesday, June 12th
10:00 am to 1:30 pm

Complimentary services include:

- Consultations
- Hearing Screening Tests
- Hearing Aid Clean & Checks



SPACE IS LIMITED!

See the Sonia Provenzano to book an appointment with our Hearing Care Professional.

Sound of the **New Age**



Calgary Foot Care Nurses are coming to Ogden 50+ monthly

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.
Patients with a prescription can be directly billed to Blue Cross.

Please bring your health cards to your appointment.

Next appointment: Wednesday, June 12 - 9:00 am to 2:30 pm.





Working together to bring Government of Canada services to you.

JOIN US to find out more about...

Canadian Dental Care Plan (CDCP)

and Pensions. Bring your SIN and we'll be happy to assist with signing you up for the CDCP.

Representatives from **Service Canada** will be in your community:

June 20th @ Ogden 50+ from 1:30pm - 3:30pm.



If you are unable to meet with us during this visit, you can contact us at 1-833-537-4342 from 8:30 a.m. - 4:30 p.m., Monday to Friday.



Government of Canada

Gouvernement du Canada

Canada



TUESDAY, JUNE 25

1:00 pm

5 Games - Prizes

Free

Lunch 12:30 pm

Hot Dog, Chips
Coffee or Lemonade
\$5.00

Sign up at front desk by June 21



MULTICULTURAL FIESTA

THURSDAY, JUNE 27

10:00 AM - 1:00 PM

**Held at Ogden 50+ Activity Centre
2102-69 Ave SE**

Celebrate the true spirit of multiculturalism!

WEAR: your traditional dress

BRING: your traditional food

ENJOY: the POTLUCK!!

(Group Dishes are encouraged)

**To register for CCIS call -Negin
403.290.5754 or Rashmi 403.629.8112 or
Sherrisa 403.290.5755
or for Ogden 50+ 403.279.2003**



**This is a joint project
between CCIS &
Ogden 50+ Activity
Centre and partially
funded by FCSS**





REMINDER

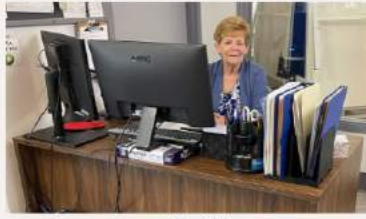
OUR NEXT PROGRAM MEETING WILL
BE TUESDAY, JUNE 11 AT 1:00 PM IN
THE GALLERY.



THANK YOU TO ALL OUR WONDERFUL FRONT
DESK VOLUNTEERS!



Edith



Vicki



Irene



Darleen



Juliette



Chris



Carol



Sue



Christine



Linda

We ♥ our
Volunteers



Happy Birthday!

To All Born In June

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



1975 - 2000

Ogden House Senior Citizens' Club

History Book #1



From renting



to owning

Ogden House Senior Citizens' Club
403-279-2000

- 1 -

2102 - 69 Ave SE Calgary
www.ogden58plus.org

No. 8831

CERTIFICATE of INCORPORATION

I HEREBY CERTIFY THAT

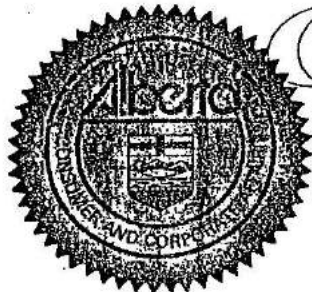
- Ogden House Senior Citizens' Club -

IS THIS DAY INCORPORATED UNDER THE SOCIETIES ACT OF THE PROVINCE OF ALBERTA

GIVEN UNDER MY HAND AND SEAL OF OFFICE AT EDMONTON, ALBERTA,

THIS - 1st - DAY OF December A.D. 1975

(Signature)
Registrar of Companies



Alberta
CONSUMER AND
CORPORATE AFFAIRS

CV

1976 – 1980

COURSES –

- Oils by Jack Thorne and Kay Reynolds
- Crafts coordinated by Dot Rennie
- String art
- Physical Education with Bill Samphire
- Crafts introduced: quilting, knitting with machine

FUND RAISING – sale of crafts at Beaver Dam Lodge

- Legion donated \$100 for new dartboards
- Annual hamper draw prizes include – grocery hamper, pillowcases, and a wall hanging
- New Horizons grant received \$3,000
- Applied for every grant from Alberta Senior Citizen's Grant Program for Cultural Recreation.
- Legion sponsored Christmas dinner/dance.
- Lions Club donated cost of bus for city lights tour.



*Annie Curtis selling
baking at Christmas Tea*

GAMES –

- Shuffleboard
- Pool
- Billiards
- Carpet bowling

1980 – NOTE: executive directed that the Thursday night games would be cancelled if temperatures were below –10° F

GENERAL ACTIVITIES –

- Thursday night games night
- Annual Ball in Ogden House
- Club auditors elected – Nancy Robinson, Rose Samphire
- Ed Mitchell and Lil Davies attended Kerby Club meetings re: senior's interests.

- Ogden House Open House with: film show, craft display, games.
- Potluck supper every third Thursday of each month
- Keeping kitchen stocked and clean (Mary Hill)
- Fitness classes Thursday afternoons
- Alberta Liquor Board issued special permit for liquor resale on 11

February 1977

- Lil Davies and Dot Rennie bought knitting machine for the club
- Lunch convener elected
- Nurse in attendance third Thursday of each month
- Entertainment committee formed
- Executive to meet seven days before General Meeting
- Catered Christmas dance must be 18+ to attend.
- In 1979 – age limit set at 55+ for Ogden House Seniors Club membership
- Christmas dance
- January election of new offices.

COMMUNITY –

- Hospital visiting was arranged by Dot Rennie and Margaret Blackstock
- Calgary Police gave a talk re: scams
- Lacombe seniors visit Ogden House seniors at the Ogden Legion
- Talk presented by Calgary Co-op Memorial Society.

TOURS –

- Picnic at St. George's Island
- Dinner dance at the Eagles club
- Yamnuska
- Sundre
- Trinity Lodge for church
- St. Bernadette's World of Prayer
- Picnic at Beaver Dam Park



NOTE: The club started out in 1971 with no age requirement. In 1974 minimum age set at 40. In 1978 minimum age set at 55. Younger spouse no age



Irene Roberts and
Lorine Ellison Playing Snooker



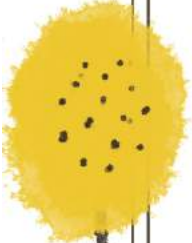
Here's the Dirt - June



Planting and clearing the garden should almost be finished, if you still have more planting and it is hot, wait until the evening when it will be cooler, this way the plants will have a chance to recover overnight. If you must plant in the heat, shade the roots for a few days.

Some perennials take time to begin growing and if they have not appeared by July 1st the chances are they have not overwintered.



Now is a good time to stake ready to tie tall plants as it can be difficult once they have grown to their full height.



Deadhead any of the Spring perennials and you may get a second blooming (depending on the weather.) It is important to deadhead peonies, the plant will now send all its strength to the roots and not into making seeds. If you want to split them wait until late August or early September. I will talk about this later in the season as there have been many questions on this subject.

Fertilizer: First number on fertilizer package is for leaves and greenery and applied in Spring. Second number for fruit and flowers and applied in the Summer. Third number is for strong roots and applied in the Fall

If you keep losing hand tools in the garden, as I do, try wrapping the handles with brightly coloured electrical tape.



Remember don't get down without a plan on how to get up!!!



TRIVIA TIME

DID YOU KNOW?



1. JUNE IS THE MONTH WITH THE LONGEST DAYLIGHT HOURS OF THE YEAR IN THE NORTHERN HEMISPHERE, AND CONVERSELY, JUNE HAS THE SHORTEST DAYLIGHT HOURS OF THE YEAR IN THE SOUTHERN HEMISPHERE.
2. THE NAME JUNE CAME FROM THE ROMAN GODDESS JUNO WHO WAS THE GODDESS OF MARRIAGE, CHILDBIRTH, AND LOVE.
3. JUNE 5 IS WORLD ENVIRONMENT DAY—A DAY MEANT TO RAISE ENVIRONMENTAL AWARENESS ACROSS THE GLOBE.
4. JUNE 24 BRINGS MIDSUMMER DAY, TRADITIONALLY THE MIDPOINT OF THE GROWING SEASON, HALFWAY BETWEEN PLANTING AND HARVESTING.
5. MORE NOBEL PRIZE WINNERS ARE BORN IN JUNE, THAN IN ANY OTHER MONTH.



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.



Ask for full Calcarver newsletter at Ogden 50+



CLUB HAPPENINGS
WHAT'S UP
AND WHAT TO EXPECT



FEATURED CARVINGS
AND MEET THE
MEMBERS



CLUB EVENTS AND HIGHLIGHTS
PAST AND UPCOMING



OF INTEREST
TUTORIALS, VIDEOS,
AND MORE

CALCARVER

APRIL / MAY 2024



Ken Kindjerski a relative new comer to the club kindly shared his knowledge on the use of epoxy resin with added colour with a beginner friendly demo and lots of product information.

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



“CHARM FLYS”

Size: 48” x 52.5”

Tickets:

\$2 each or

3 for \$5

Phone 403-279-2003 for
more info

Draw date: Sept 27



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.

Father's Day Word Search

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



CARD
CARING
CELEBRATE
CHILDREN
DAD
FAMILY

FATHER
GIFT
HOLIDAY
JUNE
LOVING
PARENT



CRAYONSANDCRAVINGS.COM

JUST FOR FUN

Somewhere in the newsletter we have hidden
3 Lady Bugs. 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 May Winner

Pat Sulek

Answer: 6, 7 & 11





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**



June AT A GLANCE



June 5 - Pizza Lunch
June 5 & 19 - Massage Clinic
June 6 - BBQ Smokies-Seniors' Week
June 11 - Program Meeting
June 12 - Conversation Café
June 12 - Hearing Clinic
June 12 - Foot Nurse
June 14 - Cheeseburger Happy Hour
June 18 - Birthday Celebration
June 20 - Soup & Sandwich
June 20 - Government Presentation
June 21 - Cobs Bread
June 25 - Bingo
June 27 - Multicultural Fiesta
June 28 - TGIF
June 30 - Stage West

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
June						1
Cribbage 12:00PM Daily (Except Sundays)						11 - 3 PM Pickleball (ADV/INT)
2	3	4	5	6	7	8
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 4:30 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG Only) 11:00 Line Dancing 12:00 Pizza Lunch 12:30 Carpet Bowling 12:30 Massage Clinic 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 12:00 BBQ Smokies 12:30 Pickleball (ADV/INT) 3:00 Zumba 6:45 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)	8:30—4 PM Rental
9	10	11	12	13	14	15
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 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) 9:00 Foot Nurse 10:00 Hearing Clinic 11:00 Line Dancing 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 6:45 Euchre	9:00 Men's Coffee 10:00 Seated Fitness 11:00 Table Tennis 1:00 Pickleball (ADV) 3:00 Happy Hour 4:00 Cheeseburgers 4:00 Pickleball (INT)	11 - 3 PM Pickleball (ADV/INT)
16	17	18	19	20	21	22
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) 2:00 Birthday Celeb 3:00 Mahjong 3:00 Pickleball (INT)	9:00 Men's Coffee 9:00 Pickleball (BEG Only) 11:00 Line Dancing 12:00 Bring your lunch 12:30 Carpet Bowling 12:30 Massage Clinic 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 12:00 Soup & Sandwich 1:30 Government Pres 6:45 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)	9:00 - 2 PM Rental
23	24	25	26	27	28	29
10:30 - 2 Church/ 3 - 7 pm Rental 30 10:30 Stage West	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 Hot Dogs 1:00 Bingo 3:00 Mahjong 3:30 Pickleball (INT) 6:00 Woodcarvers	9:00 Men's Coffee 9:00 Pickleball (BEG Only) 11:00 Line Dancing 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 10:00 Multicultural Fiest 1:30 Pickleball (Adv/Int) 3:00 Zumba 6:45 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	8:30 - 7 PM Rental