

THE MOCA MOTION



**MILLICAN-OGDEN
COMMUNITY ASSOCIATION**

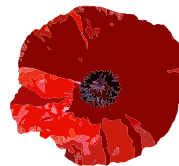
Highlights

PUBLIC SKATE and PUCK

SKATE has started!

Check the schedule on page 4

Remembrance Day



Canada Pacific Railway will be holding their
annual

Remembrance Day ceremony this year BUT as
live stream again this year.

<https://live.webcastcanada.ca/go/CPREM2021>

Lest we Forget



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MOCA office

Mon-Fri 8:30am-4:00pm

Closed from 12-1pm



MOCA INFORMATION

2110 69 Avenue SE Calgary
 T: 403-279-3973 E:
rentals@millicanogdencommunity.com
www.millicanogdencommunity.com
 Office Hours: Monday to Friday 1-4pm

BOARD OF DIRECTORS

President	John McDonald
1st Vice President	Lorraine Robinson
Treasurer	Sarah Atkinson
Secretary	Zev Kiymochko
Human Resources	Lorraine Robinson
	Angela Cruickshank
SEC CRC Liaison	Lorraine Robinson
	Angela Cruickshank
Civic Affairs	Barry Bickford
	John McDonald
	Rick Smith
	Zev Kiymochko
Facilities	Jim Logan
	Rick Smith
Community Hall	Jim Logan
Expansion	Barry Blackford
Rick Smith	Rick Smith

FACILITIES

MOCA Main office:
 Rentals, Memberships, Volunteering
 2110 69 Avenue SE
 403-279-3973
 Jack Setter Arena
 2086 69 Avenue SE
 403-236-3727
 SE Calgary Community Resource Centre
 2734 76 Avenue SE
 403-720-3322

President Report

Written by Rick Smith

The 65th Annual General Meeting for MOCA was held on October 12 and I want to thank, on behalf of the Board, all those who attended in person or who participated in the live stream. It was a great meeting and new Board was elected, with some returning members. Mr. Zev Klymocjko was elected as a new Board member, and we look forward to his contribution. He comes with tremendous experience with City issues, and we are pleased to have him aboard. This will be my last report as President of MOCA. Our Bylaws have term limitations and since I have served in this position for 8 years now, my term is up. The new Board members were confirmed at the Annual General Meeting and at a recent Board of Director's meeting, the new Executive was elected. The new President is John McDonald, Lorraine Robinson moves to 1st Vice-President, Sarah Atkinson has agreed to the position of Treasurer, and Zev Klymocjko will take over the Secretary position. Personally, I did allow my name to stand but just as a general Board member, and I will continue to serve but in a much-reduced capacity. This community means so much to me and I hope to still stay involved in a few files that I have a great deal of time invested into and that remain unfinished. I also want to thank Mat Strangemann who has now stepped away from the Board. His commitment to his work and family has impacted his time availability, and he decided that maybe this was something that was best left for a later date in the future. I know that his interest and qualifications would be welcome whenever he is ready. C. P Rail will once again be hosting a Remembrance Day Ceremony on November 11, but again, like last year, it is not a public event. They always do a great job with this event, and it will be live streamed. We hope to be able to provide the link when it is available. From MOCA's perspective, we are open for business again, for now, at least. We are finally seeing some light at the end of this long, dark tunnel. Certain restrictions remain in place, like wearing a mask when inside the buildings, and we are required to check those who enter are

PRESIDENT'S REPORT- *CONTINUED FROM PAGE 2*

double vaccinated, but otherwise it is business as usual. We welcomed back our regular hall renters and our ice rental customers at the arena and there have been very few issues with the restrictions.

With respect to the Community Hall Expansion project, we are now getting closer to the point where we can apply for the Building Permit. The process of obtaining price quotes is underway which will then allow the City to conduct the required financial review.

At the Southeast Calgary Community Resource Centre, they are grateful for all the donations of clothing as their clothing room has seen many visitors recently. Again, men's clothing is appreciated, and warmer clothing as we move into the colder temperatures. Jackets, Hoodies, coats, and generally any winter clothing is appreciated. They have supplied food or gift cards, diapers, and formula to 182 families and individuals in the past month. They have assisted with 52 resumes and job applications, and supported 182 clients to fax, scan, and email. 56 individuals and families were supported with the basic needs fund.

And finally, please remember that effective November 1 your Green Bin will only be picked up every second week. A new waste collection schedule is available at calgary.ca/waste, and it is very helpful

It has been my pleasure to have served as the President of MOCA for the past 8 years and I wish the new Executive in every success in achieving the goals that they set for themselves.

Best wishes and thank you.

Rick Smith

***DECEMBER ARENA ICE AVAILABLE
FOR RENT***

Dec 18, 11:00 am- 1:30

Dec 20, 6:30 pm-9:00

Dec 21, 4:45pm-7:30

Dec 22, 4:45 pm-9:00

Dec 23, 4:45 pm-9:00

Dec 27, 6:30 pm-9:00

Dec 28, 4:45 pm-7:30

Dec 29, 4:45 pm-9:00

Dec 30, 4:45 pm-9:00

rentals@millicanogdencommunity.com



Jack Setters Arena

2086 69th Avenue SE

P: 403.279.3973

E: rentals@millicanogdencommunity.com

COVID Protocols:

- Sanitize your hands when entering the facility
- If you are not feeling well, please do not enter the facility
- Staff will still be cleaning and sanitizing
- Mask's are mandatory
- Practice physical distancing

Drop in Programs: COVID Restrictions In Place

AVAILABLE ICE:

PRIME:

- Season Oct - Mar/Apr Mon-Sat 10:45 pm - 12:00 am

NONPRIME:

- M-F 8am - 3pm

Rental Fees:

- Prime 75mins: Adult \$350 Youth \$200
- Nonprime 75 mins: Adult \$280 Youth \$145

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 - 8:15am Blackfoot	Ice Maintenance	6:15 - 7:30am Available Ice	6:15 - 7:30am Available Ice	6:15 - 7:30am Available Ice	6:15 - 7:30am Available Ice	7:15 - 8:15am Blackfoot
8:30 - 9:30am Blackfoot		8:00 - 9:15am Available Ice	7:45 - 9:00am Available Ice	7:45 - 9:00am Available Ice	7:45 - 9:00am Available Ice	8:30 - 9:30am Blackfoot
9:45 - 10:45am Blackfoot		9:30 - 10:45am Available Ice	9:15 - 10:30am Available Ice	9:15 - 10:30am Available Ice	9:15 - 10:30am Available Ice	9:45 - 10:45am Blackfoot
11:00 - 12:00pm Blackfoot		11:00 - 12:00pm Available Ice	10:45 - 12:00pm Available Ice	11:00 - 12:00pm Available Ice	10:45 - 12:00pm Available Ice	11:00 - 1:30pm Wildrose
12:15 - 1:15pm Blackfoot		12:15 - 1:30pm Available Ice	12:15 - 1:30pm Drop In Shinny \$5	12:15 - 1:30pm Available Ice	12:15 - 1:30pm Dan's Shinny \$7	
1:30 - 2:45pm Public Skate \$2	1:45 - 3:00pm Available Ice	1:45 - 3:00pm Available Ice	1:45 - 3:00pm Available Ice	1:45 - 3:00pm Available Ice	1:45 - 3:00pm Puck Skate \$2	1:45 - 3:00pm Bowview
3:00 - 4:15pm Bowview	3:15 - 4:30pm Puck Skate \$2	3:15 - 4:30pm Public Skate \$2	3:15 - 4:30pm Puck Skate \$2	3:15 - 4:30pm Public Skate \$2	3:30 - 4:45pm KMI	3:15-4:30pm Bowview
4:30 - 5:45pm Blackfoot	5:00 - 6:15pm Cardiacs	5:00 - 7:30pm Wild Rose	4:45 - 6:00pm Blackfoot	4:45 - 6:00pm Blackfoot	5:00 - 6:15pm Cardiacs	4:45 - 6:00pm Bowview
6:00 - 7:15pm Blackfoot	6:30 - 7:30pm Blackfoot		6:15 - 7:30pm Blackfoot	6:15 - 7:30pm Blackfoot	6:30 - 7:30pm Blackfoot	6:15 - 7:30pm Black Aces
7:30 - 8:45pm Devils	7:45 - 9:00pm Blackfoot	7:45 - 9:00pm SCMHL - Hawks	7:45 - 9:00pm Blackfoot	7:45 - 9:00pm Blackfoot	7:45 - 9:00pm Blackfoot	7:45 - 9:00pm Warriors
9:00 - 10:15pm NCHL	9:15 - 10:30pm Rusty Blades	9:15 - 10:30pm Can Pro Stallions	9:15 - 10:30pm Ogden Jets	9:15 - 10:30pm Ogden Lushes	9:15 - 10:30pm WRAHL	9:15 - 10:30pm WRAHL
10:30 - 11:45pm NCHL	10:45 - 12:00am Available Ice	10:45 - 12:00am Available Ice	10:45-12:00am Available Ice	10:45-12:00am Available Ice	10:45 - 12:00am Available Ice	10:45 - 12:00am Available Ice

Drop In Programs Subject To Change Based on Ice Availability



MOCA SOUTHEAST CALGARY
COMMUNITY RESOURCE CENTRE

403.720.3322

HOURS: Mon—Fri, 8:00am — 4:00 pm
(Closed 12pm — 1pm)
www.secalgarycrc.ca

November Newsletter

Here's what we can help with:

- Resumes, job applications, interview skills
- Basic needs referrals, advocacy, emergency food, hygiene products
- If you need someone to talk to
- Access to computers, faxing and printing
- Computer Classes
- WHMIS training

Winter Is Approaching

*If you or anyone you know
of are in need of coats &
boots, come stop by our
resource centre.*

*Winter donations for chil-
dren and adults are
welcome!*

Crestwood Play Group

Location: 2425 69th Ave SE

Drop In Play

Thursdays: 10-12pm

1-3pm

Fridays: 1-3pm

For more information

Call: 403-720-3322

Looking for Parent & Child programs?

Mother Goose

(ages 1-4 yrs)

Terrific Toddlers

(ages 18-30 months)

**Be sure to watch for up-
coming dates on our Face-
book page!**

Mission Statement:

*To provide information,
education, referrals, and
advocacy with kindness
and care.*



*"Community is much more
than belonging to some-
thing: It's about doing
something
together that makes be-
longing matter."*

**Stay up to date by
following our
Facebook page!**



Millican Ogden Community Association

2110 69 Avenue SE

P: 403.279.3973

E: rentals@millicanogdencommunity.com

AVAILABLE RENTALS - Upper Hall

COVID Protocols:

- Sanitize your hands when entering the facility
- If you are not feeling well, please do not enter the facility
- Staff will still be cleaning and sanitizing

Although not mandatory, MOCA recommends:

- wearing masks in common areas
- practice physical distancing

Rental Fees:

- \$50/hr (min. 2 hours)
- \$500 Refundable Damage Deposit
- Event Package \$750 (Friday 1pm to Sunday 9am)

Select venue rentals available for:

- Private events
- Day camps
- First Aid classes (*Professional Development*)
- Home schooling (*gym*)
- Fitness classes
- Meetings
- Art sessions, etc.
- You name it , we will try to accommodate

Amenities:

- Commercial Fridge
- Microwave
- Coffee Urn - 100 cup
- Sink
- Tables/ Chairs



Space Available for Christmas Bookings



MOCA SOUTHEAST CALGARY
COMMUNITY RESOURCE CENTRE

ANNUAL CRAFT SALE

Saturday, December 04, 2021

11:00am – 3:00pm

6901 20A Street SE (MOCA Hall)

Hand-made Crafts, Art, Jewelry, Treasures,
Concession Stand and much more...

For more information or to purchase a
vendor table, contact 403.720.3322



Ogden House 50+ Activity Centre

Everyone is Welcome!
Retired or not, there is a program or activity for your life and schedule.
Call or Drop by!

Our Center is fully renovated, we invite you to come and visit us and check the activities that we have.

For Further Information:

2102 69th Avenue SE Calgary

P: 403.279.2003

E: erika@ogden50plus.org, or

renata@ogden50plus.org.

Visit our website:

www.ogden50plus.org.



THE CENTER IS OPEN

From Monday September 20th we will follow the Restriction Exemption Program must continue to follow indoor mandatory masking.

We will be asking for: 1) Vaccine Passport or 2) Paid negative test or 3) Medical Exemption.

You will need to disinfect your hands, keep your distance. The temperature will be measured at the entrance, please sign in electronically and answer Yes or No to the COVID-19 questionnaire. Please follow all these steps, it is very important to all of us. Safety always comes first.

The Club is open from 8:00 am to 4:00 pm and our current programs are:

- MENS COFFEE (Monday, Wednesday, Friday from 8:30 to 10:30 am)
- LADIES COFFEE (Tuesday & Thursday from 10:00 am to 12:00 pm)
- TABLE TENNIS
 - Monday: 9:00-12:00 pm
 - Tuesday/Thursday/Friday: 9:00am-3:00 pm
- CARPET BOWLING (Monday from 13:00pm to 15:00 pm)
- PAINTING (Tuesday from 9:30 am-11:30am)
- QUILTING (Monday 9:00am-11:00am; 13:00pm-15:00pm)
- CARPET BOWLING & POTLUCK: (Wednesday 12:00pm-15:00pm)
- ZUMBA: (Thursday 15:00pm-16:00pm)
- CRIBBAGE: (Tue & Thurs 13:00pm-15:00pm)

Online: Chair YOGA and Fit2Age through ZOOM.

For **POTLUCK LUNCHES** for now until further notice the option is to have the potluck, but **everyone must bring their own food and not sharing**. We can provide coffee and a pastry or cookies for \$1.00.

The **HOUSEKEEPING PROGRAM** continues working and helping seniors. This is a convenient service to help low-income seniors to keep their home clean and safe. Services can be provided even if you do not qualify for the Government Program. If you do not qualify, you get the services for a setup rate.

To apply or for more info please contact Erika Rodriguez, Supervisor. (587) 885 1070 press # 1

From October 1st the membership is on sale \$35.00 and will be valid till December 31, 2022. Please fill out all the pages because based on that, we will receive the funds from Family Community Support Services (FCSS) City of Calgary. The forms can be emailed to renata@ogden50plus.org, mailed, dropped at the Center or mailbox at the front door. Thank you for all your support. Staff of Ogden House Senior Citizens Club.

SILVER SHADES PODCAST, Ogden House continues with the podcast available to all of you. You can find the podcast on the website silvershades.ca; Spotify, Overcast, Apple podcast, Pocket cast and Google podcast.

On this podcast, we will discuss topics of importance to seniors and the community in general. We will also share stories and connect with seniors in the city. For suggestions for what to cover in the podcast or comments, please refer to the feedback form on the website.



Avoiding sewer back-ups in your home is as easy as 1-2-3

Pee, poo and toilet paper. These are the only three things that should be flushed down your toilet. Anything else can result in clogged pipes and unnecessary repairs to your home and The City's wastewater system.

- Wipes that claim to be flushable aren't. Toilet paper will disintegrate after it's flushed, but so-called "flushable" wipes retain their shape and strength, causing blockages in pipes.

- Paper towel and facial tissue also don't break down when flushed. Anything used as toilet paper should be bagged and put in your black cart.

- Trace amounts of pills and medication can remain in the water, potentially harming fish and wildlife. Take unwanted medication to a pharmacy for disposal.

- Dental floss, cotton swabs, feminine hygiene products, condoms and cosmetics should be put in your black cart.

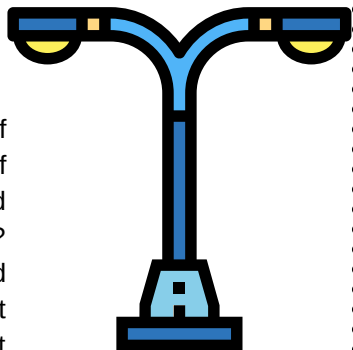
- Hair is a small thing that can cause big problems! Hair build-up in our treatment plants can result in equipment being shut down for manual cleaning. Put hair in your green cart.

- Fats, oils and grease can build up in your pipes, restricting flow. When mixed with other non-flushable items, the resulting blockage can measure up to several feet in diameter. Mix small amounts of oil with paper towel, place in a certified compostable bag and dispose of the bag in your green cart.

- Cleaners, disinfectant, chemicals and paint thinners are considered household hazardous waste and should be taken to a designated drop-off location for safe disposal. Visit calgary.ca/whatnottoflush.

Report streetlight outages

Did you know that The City of Calgary has thousands of streetlights in Calgary, maintained by several different providers? Report a streetlight accurately and efficiently on The City's Streetlight Outage Report Map. Visit Calgary.ca/streetlight for more information.



Tanya Fir

MLA Calgary-Peigan,
Associate Minister of Red Tape Reduction
587.392.8850
calgary.peigan@assembly.ab.ca

Dear Neighbours,

I want to thank all those who got out to vote in the municipal election and referendum last month. I wish to extend my sincere appreciation to all the candidates who put their names forward and congratulations to those who will be leading the city for the next four years. I look forward to working with the new council on our current challenges and opportunities, and to continue to build Calgary as a hub of energy, innovation, and diversification.

The COVID-19 pandemic continues to be one of the greatest challenges we are facing, however major financial institutions such as National Bank, Bank of Montreal, Alberta Treasury Branch and Desjardins Group have predicted that Alberta will lead Canada's economic recovery coming out of the pandemic. We are starting to see those forecasts take shape as more Albertans get back to work.

We're seeing investments in traditional industries like oil & gas and agriculture, and we're seeing massive new investments in growing industries like film and television, technology, and renewable energy like hydrogen. However, we will not be able to achieve our full economic potential until we overcome the pandemic. That's why we encourage eligible Albertans to get vaccinated to protect themselves and their communities.

While we work together to create a prosperous future for Calgary, we must also take time to reflect on how we got to where we are now. November is when our thoughts turn to Remembrance Day.

It is a time for us to reflect, remember and honour the brave men and women who have served and those who continue to serve in the Canadian Forces. There are many ways we can show our respect on Remembrance Day - wearing a poppy, thanking a veteran, or observing one of the many Remembrance Day ceremonies. I encourage all Calgarians to commit to offering our respect and thanks to those who serve our country and those who sacrificed it all for Canada. Lest we forget.

Kind regards,
Tanya Fir
MLA for Calgary-Peigan
Associate Minister of Red Tape Reduction





Snow Angels!

A message from the Federation of Calgary Communities

What is a Snow Angel?

Snow Angels keep an eye out for neighbours who may need a lending hand with removing snow from the sidewalk and driveways. The City of Calgary's Snow Angel Program was the first of its kind and has been recreated in many other cities in Canada. As it gains popularity, so do the mass amounts of Snow Angels all over Canada. By shovelling someone's sidewalk or driveway, Snow Angels are so much more than good neighbours, and they can save lives!

Benefits of Snow Angels

When Mother Nature gives us a day with heavy snowfall, Calgary paramedics have reported seeing a dramatic increase in heart-related calls. For older adults or those with physical disabilities, this risk is drastically increased. The combination of cold air and heavy lifting causes strain on the heart, which leads to cardiac distress. One way to reduce this risk for neighbours is by initiating a Snow Angel Program in your community!

Many people who are elderly or immobile love living in the same house they've made a home, and some are limited in their abilities to remove snow and fear the loss of their homes or having to leave the communities they love. By helping neighbours with snow removal, you can make them feel secure staying in their homes!

Having a Snow Angel Campaign is an excellent way of showing your community association cares! Social isolation can be a significant factor in having low quality of life. For some, daily interactions with their Snow Angels can provide a source of community inclusion and pride.

COMMUNITY DIRECTORY

PROGRAMS

Blackfoot Hockey	403-640-9113
Dance Fit Fun Calgary	587-229-0121
Girl Guides	403-283-8348
77th East Glenmore Scouts	403-279-3960
Panther's Tae Kwan Do	403-606-2231
Wildrose Figure Skating Club	403-828-4777
WRC Soccer	403-271-8044

SCHOOLS

Banting & Best Elementary (K-3)	403-777-8650
St. Bernadette (K-6)	403-500-2020
Sherwood (4-9)	403-777-7590
Alamdina Charter School	403-543-5070
Happy Days Preschool	403-236-1268

PLACES OF WORSHIP

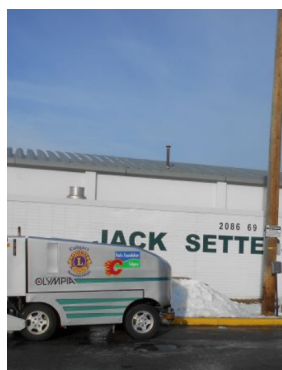
St. Bernadette Church	403-236-2979
The Neighborhood Church	403-264-0598
Avenue Church	403-279-3663
Ogden United Church	403-279-4824
Riverview Christian Church	403-279-6334
St. Augustine's Anglican Church	403-279-3105

MEDICAL

Ogden Medical Clinic	403-879-9345
Lynnwood Medical Clinic	403-279-3311
Momentum Health	403-236-0106
Lynnwood Physio	403-454-1331
Friends & Family Dental Health	403-236-5171

COMMUNITY RESOURCES

Calgary Police Services	403-428-6600
Calgary Public Library	403-260-2600
Calgary Airport Authority	403-735-1408
Ward 9- Councillor Carra	403-268-5330
MLA- Tanya Fir	587-392-8850
MP- Tom Kmiec	587-741-7022
SE Calgary Community Resource Centre	403-720-3322
Ogden 50+ Activity Club	403-279-2003
Silvera for Seniors	403-276-5541



PRIVATE ICE RENTALS

Jack Setters Arena

\$60 30 minutes

Tuesday - Thursday 8 am - 2 pm
Friday 8 am - 11 am

Contact:
rentals@millicanogdencommunity.com
403.279.3973



JACK SETTERS ARENA

DROP-IN SKATE TIMES

BEGINNING SEPTEMBER 7, 2021



PUBLIC SKATE TIMES

\$2 EACH OR
FREE WITH MOCA MEMBERSHIP

Tuesday & Thursday 3:15-4:15PM
Sunday 1:30-2:30PM

COVID Restrictions in place



PUCK SKATE TIMES

\$2 EACH

Monday & Wednesday 3:15-4:15PM
Friday 1:45-2:45PM

WELCOME BACK!

WWW.MILLICANOVDENCOMMUNITY.COM 2086 69 AVE SE



BUSINESS SECTION



MOCA Memberships

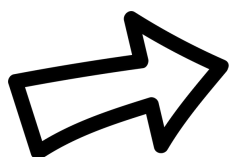
- Member perks at participating partners
- Voting rights at the AGM
- Receive the MOCA Motion newsletter monthly
- Supporting your community

Available for individuals, couples and families. * Seniors are free.

For more information or to get your own:

<https://www.millicanogdencommunity.com/index.php/about/memberships/>

**NEW
MOCA
MEMBER
PERK!!!**



**Bring out your best
possible smile.**



SPECIAL OFFER FOR MOCA MEMBERS:

FREE at-home whitening
worth \$400 after your first
comprehensive dental visit.

PLUS you'll save 25% on
new whitening refills!

Call 403 236 5171
to start today.

Friends & Family ffdental.ca

Scan here to
book online!



DISCOUNT



*** Local Red Seal Plumber Gasfitter at the ready.**

*** Friendly, competitive prices and quality work.**

kitchen/bath renovations

hot water tanks - sump installs

fixture installs - garage heaters



leaks - sinks - showers - toilets

furnace install & service - gas lines

Mike

and DRAIN CLEANING!!



403-479-9226



BUSINESS SECTION



Purchasing your first home, already own your home?

Want to know your options?

Contact me today!

Dale Parry

Mortgage Professional

Verico CML Canadian Mortgage Lender Inc.

P. 403-875-8851

E. dale.parry@cmlmortgages.com

www.daleparry.ca



CML
Canadian Mortgage Lender
2316 6 Street NE
Calgary, Alberta T2E 3Z1
www.cmlmortgages.com



PANTHER TAE KWON DO

30th year Anniversary at MOCA

- >Self – defense
- >Physical Fitness
- >Self – control
- >Weight Control
- >Self – confidence
- >Competition

For Men Women & Children

WWW.PANTHERTKD.COM

For More Information Call:

Master. Gary Van-Dack 403 606-2231



Colleen & Corinne

Calgary's Mother/Daughter Real Estate Team

There have been 37 sales in the community of Ogden from July 1, 2021 - September 30, 2021 ranging in price from \$215,000-\$470,000 with an average sale price of \$316,130. In the last 3 months, 25 detached homes sold with an average sale price of \$342,084. 6 semi-detached homes sold with an average sale price of \$247,454 5 townhouses sold with an average sale price of \$248,000 and 1 duplex sold for \$420,000.

If you are considering buying or selling, please call us. We are here to serve our community with pride and integrity. We put your needs first for the fulfillment of your goals.

OGDEN COMMUNITY REAL ESTATE STATISTICS

	Total Sales	Detached	Semi-Detached	Duplex	Townhouse
September 2021	13	7	3	0	3
August 2021	14	10	2	1	1
July 2021	10	8	1	0	1

Contact us today to discuss your real estate goals

COLLEEN WHELAN
REALTOR®
403-471-4234
colleen@blessthishouse.ca

CORINNE MAHER
Real Estate Assistant
403-978-2989
corinne@blessthishouse.ca

GW
Colleen Whelan
Real Estate Team
BLESS THIS HOUSE

MaxWell
Capital Realty

www.BlessThisHouse.ca

Your family-friendly Ogden dentist.

Great for kids, teens, adults, and seniors!



Next-level Dental Hygiene
Laser disinfection, ultrasonic scaling, and the gentlest hygienists we could find!



Beat Dental Anxiety
Access the care you need with free dental sedation.

Find us next to the Glenmore Inn.



Invisalign + Orthodontics
Think you or your child might need braces? Book a free consultation with Dr. Jeffrey Ma to find out.



Friends & Family
DENTAL HEALTH

ffdental.ca



Scan here to book online!



Come join our FREE Children's Millican Ogden Calgary AfterSchool Program

Together we will participate in a variety of games, crafts and activities to build our social and emotional skills while practicing safe guidelines as outlined by Alberta Health Services.

October 5 - December 15, 2021

Tuesday and Wednesday

3:00 pm - 5:00 pm

Grades 1-4

Millican Ogden Community Association

2110 69th Ave SE

Space is limited to ensure physical distancing

Call Kevin MacMillan at 403-305-5673 for more information