

THE MOCA MOTION



MILlican-OGDEN
COMMUNITY ASSOCIATION

MOCA IS SEEKING ADDITIONAL BOARD MEMBERS

Want to help make a difference in your community?

We are currently searching for additional Board Members to join our team. If you are interested, please contact John MacDonald, President at president@millicanogdencommunity.com or Lorrain Robinson, Vice President & HR at hrpolicyprocedure@millicanogdencommunity.com
We would love to hear from you!

NEWSLETTER CONTENTS:

MOCA Info	2
Jack Setter Arena	2
Community Directory	4
SECCRC	5
MOCA Rental Info	6
Ogden House 50+	7
Articles	8-9
MLA	9
Business Section	10-13
Membership Form	14

MOCA Office

Mon-Fri 9:00am-12:00pm

Planning on visiting the MOCA Office?

Please call **403-279-4530** to ensure that staff are in the office at the time of your visit.

MOCA INFORMATION



BOARD OF DIRECTORS

President John McDonald
1st Vice President Lorraine Robinson
Treasurer Sarah Atkinson
Secretary Zev Klymochko
Human Resources Lorraine Robinson
Angela Cruickshank
SEC CRC Liaison Lorraine Robinson
Angela Cruickshank

Civic Affairs Barry Bickford
John McDonald
Rick Smith
Zev Klymochko
Facilities Jim Logan
Rick Smith
Community Hall Jim Logan
Expansion Barry Bickford
Rick Smith



Jack Setters Arena

Location: 2086 69 Avenue SE

Are you looking for a venue to host a large event? The Jack Setters Arena dry pad is available to rent for parties, reunions, BBQs, sports teams, and many other possibilities during the summer season.

Interested in booking Jack Setter Arena for your event?
Please call (403) 279-4530 for more information!





**MILLICAN-OGDEN
COMMUNITY ASSOCIATION**

WE ARE **HIRING!** JOIN OUR TEAM

Part-time and full-time
positions at the Jack
Setter Arena

- ✓ Ideal for somebody who is retired or is a post-secondary student
- ✓ Duties include ice maintenance, cleaning, and snow removal
- ✓ Set schedule every week from September 2022 - March 2023
- ✓ \$22.00 per hour
- ✓ For a full job description, visit <https://www.millicanogdencommunity.com/>



SEND YOUR RESUME TO :

 generalmanager@millicanogdencommunity.com

COMMUNITY DIRECTORY



PROGRAMS

Blackfoot Hockey	403-640-9113
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

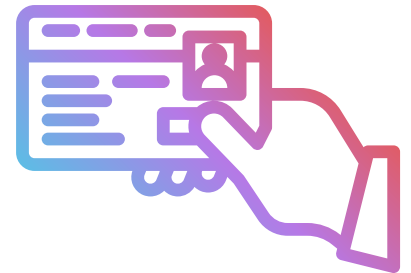


COMMUNITY RESOURCES

Calgary Police Services	403-428-6600	MP- Tom Kmiec	403-974-1285
Calgary Public Library	403-260-2600	SE Calgary Community Resource	403-720-3322
Calgary Airport Authority	403-735-1408	Centre	
Ward 9- Councillor Carra	403-268-5330	Ogden 50+ Activity Club	403-279-2003
MLA- Tanya Fir	587-392-8850	Silvera for Seniors	403-276-5541

DON'T FORGET TO GET YOUR 2022-2023 MOCA MEMBERSHIP!

Please see attached to the back of this newsletter a copy of our membership form. Please fill it out and bring it to our office located at
2110 69 Ave SE (don't forget to call before hand to ensure that our office is open).



You can also renew your membership online at
<https://www.millicanogdencommunity.com/index.php/about/memberships/>

Monthly

Newsletter

SE Calgary Community Resource Centre

August

2022

**2734
76 Avenue SE**
Hours of Operation:
Monday -Friday
8:00-4:00PM
(Closed) 12:00-1:00PM
403-720-3322

Mission Statement

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

Community Tool Lending Shed

The Community Tool Lending shed is available to the public for yard care tools to borrow!

Good Food Box

brought to you by the Community Kitchen Program

Order a nutritious, affordable box of fresh fruits & vegetables once a month.

Small: \$25 (20-25lbs)
Medium: \$30 (30-35lbs)
Large: \$35 (40-45lbs)

How we can help:

At the Southeast Calgary Community Resource Centre we can help you with your job search, resume writing, & practice with interview skills. We also offer help with advocacy, assistance with applying to


government benefits, & referrals.

On the second floor you will find a free computer lab with printing, faxing and other services available during our hours of operation. Please call to book an appointment with our Career & Community Connections specialists.

Services Available:

Free Clothing Room
Open Monday-Friday
9:00-11:00am & 1:00-3:00pm

**For more information on the
Good Food Box Program please call
403-720-3322**



GOOD FOOD BOX

2022 Schedule

Small Box: \$25 (20 – 25lbs)
Medium Box: \$30 (30 – 35lbs)
Large Box: \$35 (40 – 45lbs)
These weights are just approximate. Weights will vary depending on produce size and density.

Community Kitchen Program OF CALGARY

ORDER DATE / PAY BY	Delivery Date: Thursday
January 18	January 27
February 8	February 17
March 8	March 17
March 29	April 7
May 3	May 12
May 31	June 9
September 6	September 15
September 27	October 6
October 25	November 3
November 29	December 8

Place your order/Pick up at the SE Calgary Community Resource Centre
403-720-3322



Millican Ogden Community Association

2110 69 Avenue SE

P: (403) 279-4530

E: rentals@millicanogdencommunity.com

AVAILABLE RENTALS - Upper Hall

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

Rental Fees:

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

Amenities:

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



Ogden House 50+ Activity Centre - Everyone is Welcome!

Our Center is a place that gives meaning to the lives of our club members. By engaging people socially, emotionally, physically, and intellectually, we reduce isolation, reduce mental fatigue, and bring happiness and social inclusion. We invite everyone to visit us and check the activities we have.

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

Our address is **2102 - 69th Avenue SE Calgary T2C 3Y4**

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

For further information please call **403-279-2003**, email **zoe@ogden50plus.org**, or visit our website **www.ogden50plus.org**



Summer at Ogden House 50 + Activity Centre

For further information please call 403-279-2003 or email Zoë at: **zoe@ogden50plus.org**

Our center is fully renovated. We invite you to come visit us and check out the activities that we have. Our address is **2102 - 69th Avenue SE Calgary T2C 3Y4**

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

Visit our website at **ogden50plus.org** or find us on Facebook at Ogden House Senior Citizen Club

The Club is open from 8:00 am to 4:00 pm - Current programs:

MEN'S COFFEE: Monday, Wednesday & Friday 8:30 AM to 10:30 AM

LADIES COFFEE: Tuesday & Thursday 10:00 AM to 12:00 PM

TABLE TENNIS: Monday, Tuesday & Thursday 9:00 AM - 12:00 PM, Friday 11:30 AM - 4:00 PM

MAHJONG: Every Tuesday 3:00 PM - 5:00 PM

***New* COMPUTER CLASS: Wednesday 1:00 PM - 2:00 PM**

PICKLEBALL: Tuesday & Thursday 12:00 PM - 3:00 PM, Wednesday 9:00 AM - 12:00 AM, Friday 12:00 PM - 4:00 PM

CARPET BOWLING: Monday 1:00 PM - 3:00 PM & Wednesday 12:00 PM - 3:00 PM

PAINTING: Tuesday & Thursday 9:30 AM - 11:30 AM

QUILTING: Monday 9:00 AM - 11:00 AM & 1:00 PM - 3:00 PM

ZUMBA: Thursday 3:00 PM - 4:00 PM

STRENGTH & BALANCE: Friday 10:00 AM - 12:00 PM

CRIBBAGE: Tuesday & Thursday 1:00 PM - 3:00 PM

GAME NIGHT: Wednesday 7:00 PM - 9:00 PM

HAPPY HOUR: Friday at 3:00 PM

PIZZA LUNCH - AUGUST 3

\$5 FOR TWO SLICES - PHONE 403-279-2003 TO PLACE AN ORDER

POTLUCK LUNCH - Every Wednesday at 12 PM

Stop by the center with two sandwiches, one for you and one to share. All fillings are welcome! If you don't want to bring a sandwich, pay \$3 for lunch. Dessert provided.

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) 839-6405. Call or text.

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.

PARKS WAYFINDER

Summer is in full force and it's the perfect time for Calgarians to enjoy the outdoors through visiting the many parks in the city. The Parks Wayfinder Map shows amenities owned by Calgary Parks. You can search for the nearest washroom, drinking fountain, waste/recycling disposal, firepit, picnic table, off-leash area, sports field, park vendor and other amenities available in City parks. Visit the Parks Wayfinder Map at

<https://maps.calgary.ca/ParksWayfinder/>.

To view more City of Calgary maps, please visit the Map Gallery at

<https://maps.calgary.ca>.

Cited from: The City of Calgary



MILLIGAN OGDEN OUTDOOR POOL

SWIMMING LESSONS: 9AM-12PM
PUBLIC SWIM: 12-8PM
OPEN 7 DAYS A WEEK!
\$5 ADMISSION

2094 - 69th Avenue S.E.
(403) 221-3599

To purchase admission ahead of
time, visit calgaryoutdoorpools.ca

If you have questions about the pool, lessons, or admission,
please contact the pool directly.



A MESSAGE FROM OUR MLA, TANYA FIR

Dear Constituents,

Our budget and economy are in great shape. Alberta ended the 2021–22 fiscal year with a budget surplus of \$3.9 billion, the first surplus our province has seen in seven years. Further, the Alberta Heritage Savings Trust Fund grew to its highest net value in Alberta history – earning \$1.95 billion in investments to bring the total value of the fund's investments to \$20 billion.

Despite this, we know families are still struggling with high costs due to inflation right now, and your government is taking action to fight inflation and make life more affordable. We are extending the electricity rebate for an additional three months. The program will now provide \$50 rebates for a total of six months, starting in July, to over 1.9 million homes, farms, and small businesses. In total, we will provide nearly \$600 million in relief that will be applied directly onto bills, meaning there is no need to apply. We are also extending the fuel tax cut on gasoline, diesel, and marked farm fuel until at least the end of September. We are also reinstating the Fuel Price Contingency Program for school authorities, providing \$8.2 million in fuel cost relief to school boards for the current school year, and additional relief next school year if required.

September 1st marks Alberta's 117th Birthday! Alberta become a province on September 1, 1905. Our Government is officially recognizing September 1st as Alberta Day to celebrate the creation of our province and our culture and accomplishments, and how Alberta has been defined by the innovation, bravery, hard work and community spirit of its people. On Alberta Day, let's show our pride in this amazing province and all our achievements!



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

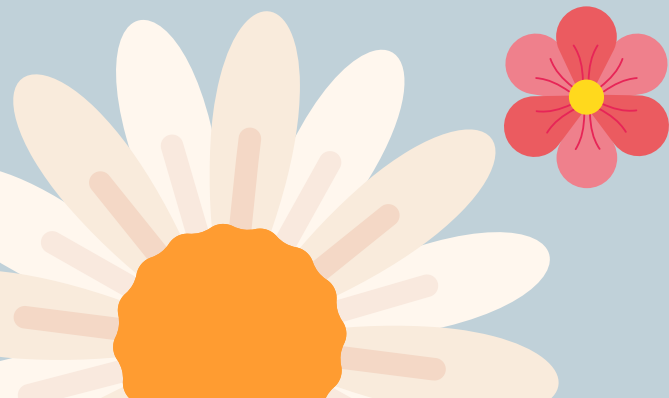
COMMUNITY PICTURES

Interested in sending us pictures of your lawn or garden? Email you photos to generalmanager@millicanogdencommunity.com

Thank you for making Ogden beautiful!



Thank you for the submission!



All ads placed in the business section are paid advertisements with no endorsement by MOCA

BUSINESS SECTION



Dale Parry
Mortgage Professional
P. 403-875-8851
E. dale.parry@cmlmortgages.com
www.daleparry.ca





For Your Mortgage Questions!
Contact me today!



** 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

CONGRATULATIONS COLLEEN FOR BEING AWARDED THE 2021 REALTOR® OF THE YEAR – T.W.H. (BILL) SAUNDERS MEMORIAL AWARD!

This accolade is the most prestigious award a CREB® (Calgary Real Estate Board) member can receive and recognizes REALTORS® who exemplify high standards of professionalism, integrity, and outstanding dedication to the community.

"I am so honoured," said Colleen, after she was announced as the award recipient in June 2022. "To be recognized in this way is probably the highest honour I could ever be granted."

GW Colleen Whelan
Real Estate Team
BLESS THIS HOUSE
www.BlessThisHouse.ca

MaxWell
Capital Realty



- Community Centred
- Service Oriented
- Experienced & Knowledgeable

 @BlessThisHouse.ca
 @colleen.corinne_realestate



Contact us today to discuss your real estate goals

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

CORINNE MAHER
REALTOR®
403-978-2989
corinne@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!**

Glenmore Inn & Convention Centre



Garden Court Restaurant open daily from
6:30am-2:00pm.

Monday-Friday featuring daily plated lunch
and soup specials.

Saturday & Sunday dinner buffet 5:00pm-
9:00pm.

KIDS EAT FREE every Sunday
evening buffet. 1 child (under 10) will
eat free for each paying adult.



Sunday Brunch 10:00am-2:00pm.

Elbow Lounge open daily from
2:00pm-10:00pm.

Carving Board Restaurant open
Monday-Friday from 5:00pm-
10:00pm.



Located at 1000 Glenmore Court SE Calgary, Alberta T2C 2E6
Toll Free: (800)661-3163 | (403) 279-8611
Email: reservations@glenmoreinn.com

YCC
YOUTH CENTRES OF CALGARY

Summer camp

Outdoor Sports and Creative Activities

ALL SUMMER LONG!

July 4 - Aug. 26
11:00 AM - 3:00 PM

Activities:

- Sports
- Painting
- Arts & Craft
- Fun Games
- Music & Dance

Register at YCC

For more information:
INFO@YOUTHCENTRESOFCALGARY.COM
7400 23 St SE, Calgary AB, T2C0X9



CARD # _____ Valid: _____ to May 31st 2023

Name (Please Print): _____ Ph.#: _____ Cell#: _____

Address: _____ Postal Code: _____

☐ Consent to receive emails Email: _____

Name of Children (Please Include Surname if
Different from Above):

1. _____
2. _____
3. _____
4. _____

Would you like to be contacted for Volunteer
Activities?

- ☐ Yes
☐ No

Membership Type:

- ☐ Family \$ 25.00
☐ Couple \$ 20.00
☐ Single \$ 16.00
☐ Senior 65+ (\$ Free)

If Yes, Check any of the Following:

- ☐ Casino
☐ Civic Affairs
☐ Community Clean-Up
☐ Jelly Bean Dances
☐ Lego Contest
☐ Other Special Events

Paid by: ☐ Cash ☐ Cheque (#): _____ ☐ Debit ☐ Master Card ☐ Visa ☐ PayPal

Signature: _____ Date: _____

****Memberships Expire Annually and are Non-refundable****

Mail or Drop Off (See Address Below)

Admin Office - Business Hours Mon to Fri 8:30 am - 4pm After Hrs.: Drop in Admin Door Mail Slot

Return Top Portion with Payment

Millican Ogden Community Memberships supports the day to day operations of the Community Association.

Memberships offer you:

- **Community Newsletter:** Keeping you up to date on issues, activities, programs and services that are happening in the Millican Ogden Community
- **Discounts:** Your memberships give you discounts:
 - ✚ ALTADIGITAL - Mac & PC Services - 10% - 15% discount for Service Quotes + discounted PC & Mac Tune-ups & Annual Maintenance
 - ✚ Cloverdale Paint - 25% on paint, 15% off paint supplies
 - ✚ Ecco Recycling - one free load disposal per month showing your MOCA Membership Card (contact Ecco for more details)
 - ✚ Event Discounts: Jelly Bean Dances
 - ✚ Jack Setter Arena - Free Public Skating
 - ✚ MOCA Hall (Upper & Lower) - Rentals, Activities & Events
 - ✚ Servus Credit Union - 6 months free banking, 1 year free safety deposit box rental & annual profit sharing
 - ✚ Stealth Alarms - receive 25% of monitoring fees
- **Facilities:** MOCA supports a terrific community hall for meetings and events as well as Jack Setters Arena
- **Planning and Development:** Your community association influences transportation, roads, parks, playground development, and traffic issues. The City of Calgary and MOCA confer on these issues
- **Quality of life:** Individuals of MOCA take pride in their community and strive to improve the quality of life for themselves and their neighbors
- **Regional Committees & Initiatives:** MOCA Volunteer Board reps speak for the community on regional issues such as the Area Redevelopment Plan and major infrastructure projects
- **Representation:** Your membership supports Millican Ogden Community volunteers in activities that represent our best interests, ensuring the Millican Ogden Community remains a great place to live and play
- **Resources:** Through community memberships, grants, casinos and special events, MOCA raises funds to provide programs, services and maintain Community Facilities
- **South East Calgary Community Resource Centre:** Direct Assistance, Youth and Social Programs, Clothing Room, Job Search, Computer Use and Volunteer Opportunities