

HAPPY
new year
2022

THE MOCA MOTION



MILlican-OGDEN
COMMUNITY ASSOCIATION

SAVE THE DATE

GENERAL MEETINGS

**7:00pm the first Tuesday
of the month in the
Upper hall, 2110 69 Ave.**

This is a great opportunity to
find out what's happening in
your community.

**Next meetings: Feb 1,
Mar 1, Apr 5**

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MOCA office

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

Closed from 12-1pm

Visiting the MOCA Office over the
Holidays? Please call 403-279-3973
to make sure we are open.



MOCA INFORMATION

2110 69 Avenue SE Calgary
 T: 403-279-3973
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 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 Expansion	Jim Logan Barry Blackford 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

President's Report – January 2022

Well, what a year we have experienced. As we bring 2021 to a close and welcome to 2022, I would be remiss if I didn't look back on the year that was. First off, I would like to thank the following departed directors for their service to the Community, Ray Jasper, Pieter Van Lindenberg and Matt Strangeman, without volunteers like you we would not be able to accomplish the things that we have over the years. For that, and from the bottom of my heart I thank you. COVID has stolen many of the headlines and much of our attention over the past two years, and frankly I don't expect much to change amongst rising case counts and rapidly morphing variants, it is clear this will be a long battle, so I ask you this, as we stumble through new, and often confusing restrictions and protocols, be kind to each other. We all have different belief systems, that's what makes us so interesting, and we are all capable of compassion, that's what makes us human.

As for an update on the hall expansion, as we have previously reported we have drawings suitable to obtain bids which we expect by the middle of January. Following that we will require both a board review and a Financial and Technical Review from the City of Calgary, the later will take approximately eight (8) weeks. This puts us issuing contracts in the late part of March or early April, otherwise just in time for the construction season. As we know that contract will exceed the board authority by a fair margin and will require a special general meeting, keep your eyes open for that notice early in the spring.

Now for Greenline. The Short answer is there is nothing to report, the City is continuing on pre-construction work which is largely focused in the Beltline, for obvious reason, that is where the majority of the time, and labour consuming will occur during construction. As for project in our community, nothing has been announced save for the recent demolition on Ogden Road. (not the Block Apartments, the house next door to the South) As far as we are aware the Province is still investigating any historical significance of the Block Apartments. Most recently I have received a query respecting an old tunnel beneath the CPR Mainline at the bottom of what many of us called Dairy Queen Hill, and more specifically will it be preserved, the short answer is I have no news on that, I know the tunnel, I explored it in my youth (as many of us who grew up around here did) What I do know is that it exists entirely on property owned by CP Rail. I have made enquiries, but I expect I won't have any answers until the new year, more to follow on that.



PRESIDENT'S REPORT- *CONTINUED FROM PAGE 2*



Snow & ice can be challenging for older adults and those with limited mobility. #YYCSnowAngels help their neighbours by clearing their sidewalks after it snows. For more info, visit <http://calgary.ca/snowangels>

Things to be on the lookout for in the new year. Hall expansion, we have recently seen a fair bit of movement such that we expect the 2022 construction season will be fruitful in bringing that project much closer to a conclusion.

Community Garden, we are awaiting a License of Occupation from the City but with all the appropriate agreements in principle we expect that early in the new year with construction occurring early in the spring. We do have a commitment from the City to install water as early as possible in the spring subject to ground thaw, likely in the May timeframe.

Greenline, we don't expect much in the way of Greenline, we do expect sometime in the future construction work for a diversion track while the 78th Avenue underpass goes in. This will lead to the eventual closure of the 69th Avenue level crossing. We also expect a slight relocation of a stretch of Ogden Road to make room for the new LRT line, for those of us softball enthusiasts expect that parking along Pop Davies Park on Ogden Road will disappear. And we expect a regrade of Millican Hill as part of Greenline. Now like I said earlier, and it is quite frustrating, there are no timelines for any of these projects, some of which are years overdue.

Public Art – As you may recall we had a public art project that was started but never did reach completion, the City has decided to rectify that and has commissioned a new project. Details are scarce but suffice it to say a new project will be forthcoming this year.

More to follow on that.

In closing, we have an exciting, and busy year ahead and I for one cannot wait to get on with it. Be kind to each other and keep your eyes open for all of the exciting new things to come.

Happy New Year.



Jack Setters Arena still has lots of used equipment donated to us by our user groups. We are happy to give it out to folks in need. If you need skates, a helmet or anything else, we are happy to help! Stop by the rink Monday-Friday after 3 pm!



Jack Setters Arena

2086 69th Avenue SE

P: 403.279.3973

E: rentals@millicanogdencommunity.com

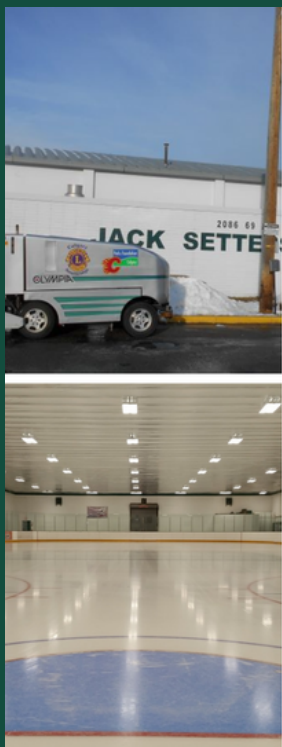
AVAILABLE ICE:

PRIME:

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

NONPRIME:

- M-F 8am - 3pm



PRIVATE ICE RENTALS

Jack Setters Arena

\$60 30 minutes

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

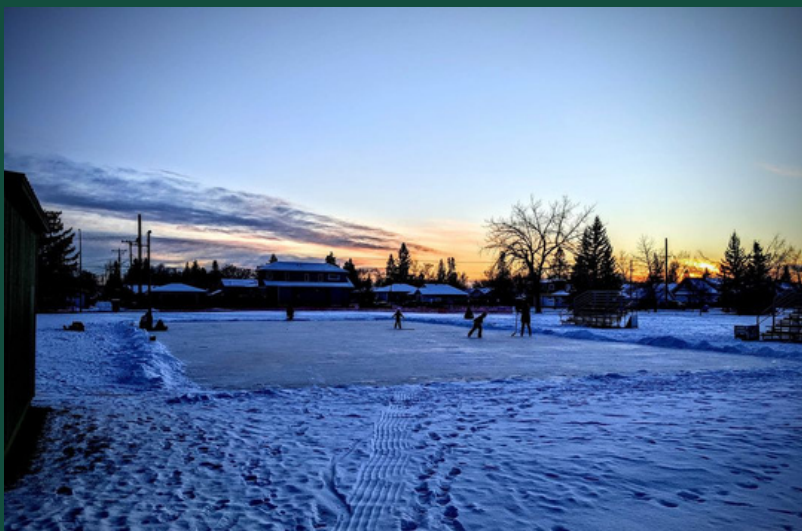
Contact:
rentals@millicanogdencommunity.com
403.279.3973

Jack Setters Arena DROP-IN SKATE TIMES

	<p>Public Skate Times \$2 EACH OR FREE WITH MOCA MEMBERSHIP TUESDAY & THURSDAY 3:15-4:30PM SUNDAY 1:30-2:45PM</p>		<p>Stick & Puck Times \$2 EACH OR FREE WITH MOCA MEMBERSHIP WEDNESDAY 3:15-4:30PM FRIDAY 1:45-3:00PM</p>
<p>Shinny Times \$5 EACH OR FREE WITH MEMBERSHIP WEDNESDAY 12:00-1:15PM FRIDAY 12:00-1:15PM</p>			

WELCOME BACK!

WWW.MILLICANOGDENCOMMUNITY.COM 2086 69 AVE SE



**The outdoor rink
at George Moss
Park is now open!!**

7224 22 St SE

**Donations of firewood would
be appreciated.**



MOCA SOUTHEAST CALGARY
COMMUNITY RESOURCE CENTRE

2734—76 Avenue SE Calgary, AB T2C 4W9

403.720.3322

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

www.secalgarycrc.ca

January Newsletter

Looking for Parent & Child Programs?

*Crestwood Play Group
may just be the group
for you!*

Programs Dates:

Tuesdays Jan 11th

*Yoga for Parents,
Childcare will be
provided.*

Tuesdays,

Wednesdays 1-3PM

and Thursdays

9-12, 1-5PM:

***Drop In & Play for
ages 0-5 years of age.***

We are located at:

2425 69th Ave SE

Call 403-470-8596
for more information!

Mission Statement:

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



*"The best is
yet to come"*

- Frank Sinatra

*Be sure to watch
our Facebook
page for updates!*

Here's what we can help with:

*-Resumes,
job applications,
interview skills*

*-Basic needs
referrals,
advocacy,*

*emergency food,
hygiene products*

*-Access to
computers,
faxing and printing*

-Computer Classes

-WHMIS training

*If you need
someone to talk to*



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



Ogden House 50+ Activity Centre

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

Everyone is Welcome!

Retired or not, there is a program or activity for your life and schedule.

Call or Drop by!

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 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.



THE CENTER IS OPEN

We are following 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 am to 12:00 & Tuesday/Thursday 9:00 am to 12:00 pm & Friday from 11:30 am to 4:00 pm**
- **PAINTING: Tuesday and Thursday from 9:30 am to 11:30 am**
- **QUILTING: Monday 9:00am-11:00am; 1:00 pm to 3:00 pm**
- **CARPET BOWLING: Monday 12:00 pm to 3:00 pm**
- **CARPET BOWLING & POTLUCK: Wednesday 12:00pm to 3:00pm**
- **ZUMBA: Thursday 3:00pm to 4:00pm**
- **CRIBBAGE: Tuesday & Thursday 1:00pm to 3:00pm**

NEW DAYS! NEW PROGRAMS!

- **CRIBBAGE: Saturday from 1:00 to 3:00 pm**
- **MAHJONG: Tuesday 3:00 pm to 5:00 pm**
- **PICKLEBALL: Tuesday/Friday: 12:00 pm to 4:00 & Wednesday from 9:00 am to 12:00 pm & Thursday from 12:00 pm to 3:00pm**
- **FITNESS CLASSES: Friday 10:00 am to 11:00 am will be monthly fee \$20.00 please sign up for these classes with our staff**

Online: Chair YOGA and Fit2Age through ZOOM.

General Meetings

7:00pm the first Tuesday of the month in the Upper Hall, 2110 69 Ave SE.

This is a great opportunity to find out what's happening in your community!

No meeting in January and the first one of the year is February 1st.

THANK-YOU TO THE SCOTIA
BANK FOR FUNDS TO SUPPORT
OUR SANTA SKATE EVENT

Scotiabank®

Lego Building Contest

**Updates coming soon!
Practice your skills on all
your Christmas Lego!**



Tanya Fir

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

Dear Neighbours,

Happy New Year! Our Alberta government recently inked a historic made-in-Alberta childcare agreement with Ottawa. Children's Services Minister Rebecca Schulz was unflinching in her pursuit of a deal that respects Alberta's diverse childcare system and parental choice. Funding will apply to both private and not-for-profit childcare services. This plan includes the majority of Alberta parents who choose to use private childcare facilities. In addition to private spaces, this plan will add over 42,000 new licensed, non-profit and day home childcare spaces over the next five years. It will also help create childcare spaces for parents who work shift work or overnights, so they too are supported.

Alberta's updated forecasts show that real gross domestic product is expected to grow by 6.1% this year, which is significantly higher than the 4.8% forecast released at the start of the year.

Job numbers are way up, with Statistics Canada's latest report showing that Alberta created 15,000 new jobs in November and has created 105,400 new jobs over the past 12 months. These jobs are in addition to the hundreds of thousands of jobs that were lost and restored since the start of the pandemic. Alberta now has the highest employment rate in the nation!

Various factors are supporting our strong economic comeback, including improved commodity prices, but our government's persistent focus on attracting new investment and improving competitiveness for our key sectors is making a major difference. Thanks to our policy efforts, our province is seeing billions of dollars in new investment and capital being deployed across the province right now. This is happening in hydrogen, tech, aerospace, petrochemicals, and many other areas.

Wishing you a happy and healthy 2022.



20 Ideas for a better you in 2022!

- Start a journal
- Give more compliments
- Put your bills on autopay
- Send more cards
- Make a movie bucket list
- Practice saying 'No'
- Take a social media break
- Try a spending freeze
- DIY something special
- Make goals, not resolutions
- Get a full nights sleep
- Join a gym
- Reduce your single use plastic consumption
- Create a savings plan
- Get in the habit of checking your bank account daily
- Become an early bird
- Read more, scroll less
- Make time to catch up with friends and family
- Don't let your laundry build up
- Choose the stairs

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



BUSINESS SECTION



PANTHER TAE KWON DO

30th year Anniversary at MOCA

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

For Men Women & Children

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For More Information Call:
Master. Gary Van-Dack 403 606-2231



* Local Red Seal Plumber Gasfitter at the ready.

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kitchen/bath renovations

hot water tanks - sump installs

fixture installs - garage heaters



leaks - sinks - showers - toilets

furnace install & service - gas lines

Mike

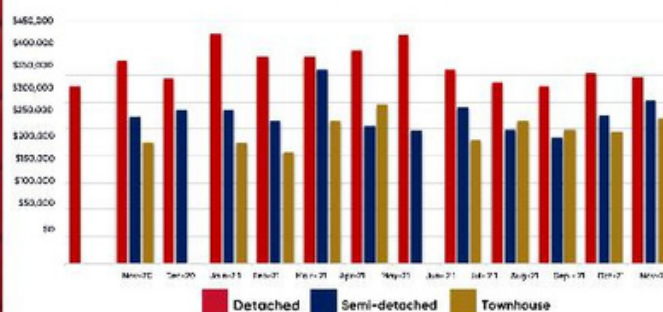
and DRAIN CLEANING!!



403-479-9226



2021 OGDEN COMMUNITY REAL ESTATE STATISTICS



This chart shows the trend using average sale price over the past year for detached homes (red); for semi-detached homes (blue); and townhouses (gold).

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.

GW
Colleen Whelan
Real Estate Team
BLESS THIS HOUSE

MaxWell
Capital Realty

www.BlessThisHouse.ca

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

Your family-friendly Ogden dentist.

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adults, and seniors!**



Next-level Dental Hygiene

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Glenmore Inn.



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



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ffdental.ca



Scan here to
book online!



Dale Parry
Mortgage Professional

P. 403-875-8851
E. dale.parry@cmlmortgages.com
www.daleparry.ca



For Your Mortgage Questions!
Contact me today!

MOCA Memberships

- Free public skating and stick& puck at Jack setters Arena
- 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/>



GLENMORE INN & CONVENTION CENTRE

GARDEN BUFFET IS OPEN!!!

Wednesday Lunch 11:30am-2:00pm (turkey day)

Thursday & Friday Lunch 11:30am-2:00pm

Saturday & Sunday Dinner 5:00-9:00pm

Sunday Brunch 10:00am-2:00pm

1000 GLENMORE COURT SE
CALGARY, ALBERTA
T2C 2E6

NEW local Recycling Drop Off at ECCO Recycling

10114 - 24th Street SE

**Monday to Friday 7am - 4:30pm
Saturdays & Holidays 7am - 2pm.**

- Plastics with the recycling symbol 1-7 (excluding foam cups, containers or packaging)
- Plastic bags
- Paper and cardboard
- Metal food cans, tins and foil
- Beverage containers*



FREE DROP OFF

All materials will be recycled ON-SITE



*All beverage containers are donated to KidSport Recycle4Life Initiative.