

# THE MOCA MOTION



**MILlican-OGDEN**  
COMMUNITY ASSOCIATION

## GENERAL MEETINGS

**7:00pm on 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 will be held on  
February 1, March 1, and May 5**



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### **MOCA Office**

Mon-Fri 8:30am-4:00pm  
*Closed from 12-1pm*

Planning on visiting the MOCA  
Office?

Please call **403-279-3973** to  
make sure we are open



MOCA  
INFORMATION

BOARD OF DIRECTORS

|                          |  |
|--------------------------|--|
| President .....          | John McDonald  |
| 1st Vice President ..... | Lorraine Robinson  |
| Treasurer .....          | Sarah Atkinson   |
| Secretary .....          | Zev Klymochko  |
| Human Resources .....    | Lorraine Robinson<br>Angela Cruickshank                        |
| SEC CRC Liaison .....    | Lorraine Robinson<br>Angela Cruickshank                        |
| Civic Affairs .....      | Barry Bickford<br>John McDonald<br>Rick Smith<br>Zev Klymochko |
| Facilities .....         | Jim Logan<br>Rick Smith  |
| Community Hall .....     | Jim Logan  |
| Expansion .....          | Barry Bickford<br>Rick Smith                                   |

FACILITIES

MOCA Main Office

Rentals, Memberships, Volunteering

Location: 2110 69 Avenue SE

Telephone: 403-279-3973

Website: [www.millicanogdencommunity.com](http://www.millicanogdencommunity.com)

Rental inquiries: [rentals@millicanogdencommunity.com](mailto:rentals@millicanogdencommunity.com)

Office hours: 1:00 - 4:00 PM

Jack Setter Arena

Location: 2086 69 Avenue SE

Telephone: 403-236-3727

SE Calgary Community Resource  
Centre

Location: 2734 76 Avenue SE

Telephone: 403-720-3322



Vice  
President  
Report

Vice President's Report – February 2022

Our apologies in the delay in publishing the February 2022 Newsletter. A special thank you to the residents who attended the February 1, 2022 MOCA General Meeting. Ward 9 Office has confirmed ward representation at the MOCA General meetings. As per our Community Resource Officer Report from Constable John Mackenzie, which was shared at the meeting, crime was way down in our community for the month of January will only a couple incidences of assaults. Once again, a reminder on the importance of never leaving a vehicle unlocked.

The Marsh 1, 2022 General Meeting is a Special MOCA General Meeting. We are strongly encouraging the attendance of MOCA members at this meeting a motion from the membership will need to be passed giving permission to the MOCA Board to move forward with the selected contractor for the MOCA Hall Expansion. Selection of a contractor for the Hall Expansion Project will be finalized this month following the closing bid date of February 7 2022. The requirement for a membership vote is in compliance with the MOCA Bylaw 7.2.3 a) Any single expenditure not included in the approved budget that exceeds the amount set in the MOCA Policy Procedures Manual. Should you have any questions or concerns for Ward 9, you will have the opportunity to as

We welcome Jeremy Kuijer as the new Interim Facilities Supervisor at the Jack Setters Arena. He is working closely with Marsha Staples, MOCA General Manager in overseeing the operations of the Jack Setters Arena. A new rooftop unit was installed over the lobby part of the arena. Under the new guidelines under the City of Calgary's CCG program, City consultants inspected the arena last week and as per the inspection, the building is in good shape.



## SNOW ANGELS



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>

## VICE PRESIDENT'S REPORT- *CONTINUED*

The SE CCRC (South East Calgary Community Resource Center), is in receipt of a \$75,000 grant from the Community Initiatives program Grant which will be used on core programming which includes staffing, rent, utilities etc. with 15 percent for a range of actions that will strengthen the organization. The programming at the Crestwood site includes yoga with childcare on Wednesday mornings, Mother Goose on Thursday mornings and drop-in play on Wednesday and Thursday afternoons from 1 to 5. At the Resource Center computer classes and re-employment training have been delayed as per the present COVID variant. With funding, a Garden Tool Shed has been built with a free Tool Renting program to be established in the coming months.

With Family Day Long Weekend soon upon us, the community is invited to a free **Family Skate on Sunday, February 20th from 2:00 to 4:00pm**



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

**Telephone:** 403.279.3973

**E-mail:** rentals@millicanogdencommunity.com

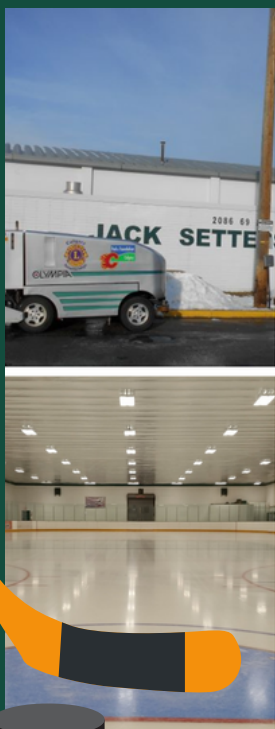
### AVAILABLE ICE

#### **PRIME:**

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

#### **NONPRIME:**

Mon - Fri 8:00 am - 3:00 pm



## 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

**Public Skate Times**  
\$2 EACH OR  
FREE WITH MOCA MEMBERSHIP  
TUESDAY & THURSDAY 3:15-4:30PM  
SUNDAY 1:30-2:45PM

**Shinny Times**  
\$5 EACH OR FREE  
WITH MEMBERSHIP  
WEDNESDAY 12:00-1:15PM  
FRIDAY 12:00-1:15PM

**Stick & Puck Times**  
\$2 EACH OR FREE WITH MOCA  
MEMBERSHIP  
WEDNESDAY 3:15-4:30PM  
FRIDAY 1:45-3:00PM

**WELCOME BACK!**

WWW.MILLICANOGDENCOMMUNITY.COM 2086 69 AVE SE



**The outdoor rink at George  
Moss Park is now open!!  
Located at 7224 22 St SE**

*Donations of firewood would be appreciated.*







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](http://www.secalgarycrc.ca)

## **February Newsletter**

*Looking for Parent &*

*Child Programs?*

*The Wonder Garden  
may just be the group  
for you!*

**Programs Dates:**

*Open Play for  
children and parents*

***Wednesdays 3-5PM***

***Thursdays 930-12***

***Fridays: 9:30- 12***

***And 1-5PM***

**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.*

*“Small acts when mul-  
tiplied by millions of  
people, can transform  
the world. “*



*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 - Everyone is Welcome!

**ALL THE STAFF AND THE BOARD OF DIRECTORS WISH EVERYBODY A HAPPY VALENTINE'S DAY!!!**

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 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, please!

For further information please call **403-279-2003**, email **erika@ogden50plus.org** or **renata@ogden50plus.org**, or 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](http://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 8am to 4 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
- **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
- **GAME NIGHTS!!!!** FROM February .....EVERY Wednesday FROM 7:00 PM TO 9:00 PM EVERYBODY WELCOME!!!
- **HAPPY HOURS!!!!** FROM February..... EVERY Friday FROM 3:00 PM EVERYBODY WELCOME!!!

**Online:** Chair YOGA and Fit2Age through ZOOM

**Please go to the end of the MOCA Motion Newsletter to view the 2022 NEW and RENEWAL Membership Forms**

## GENERAL MEETINGS

General Meetings are held on the **first Tuesday** of each month.



General Meetings give community members the opportunity to find out what's happening in their community, such as new developments or a look at monthly crime rates.

General Meetings also gives community members a chance to voice their own concerns, ask questions to the MOCA board, or provide feedback about what they would like to see in their community.

Our first meeting of the year will be on **February 1st at 7:00 PM**. All meetings will be held in MOCA's Upper Hall (2110 69 Ave. SE). We hope to see you there!

Thank-you to the Scotia Bank for funds to support our Santa Skate event

**Scotiabank**



**Tanya Fir**

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

Dear Neighbours,

Alberta is leading Canada's economic comeback and is continuing to see growth and job creation.

We have continued our focus on diversification, with burgeoning industries like technology having banner years in our province. Alberta is now home to more than 3,000 technology companies, a 233% increase since 2012. We also saw Amazon Web Services recently announce that it's building a data hub in Calgary. This \$4.3 billion investment will create 1,000 new jobs and marks the largest technology sector investment in

Alberta history.

Our film and television industry also had a record year in our province, with more than 50 major productions underway, supporting over 9,000 jobs. This includes mammoth projects such as HBO's The Last of Us.

We continue to see our oil and gas industry rebound. We are producing more oil than ever before in our history. According to a recent forecast from the Canadian Association of Energy Contractors, Alberta will see over 6,000 new wells drilled in 2022 – a 26% increase from 2021. We are proud that Alberta's oil and gas industry has among the world's best environmental, labour and human rights records.

We know the pandemic has been hard on many Albertans, so we made historic investments to support those struggling with addiction. In 2021, we announced funding for more than 8,000 addiction treatment spaces annually, doubling the original commitment made in 2019 and establishing Alberta as a national leader in treating addiction.

In 2022, our government will remain relentless in delivering jobs and investment for Alberta families and businesses.

I am pleased to announce that you can now get your Alberta Health Card and COVID-19 Vaccine QR code printed and laminated at the Calgary-Peigan Constituency office for free. This service is available to Calgary-Peigan residents every Friday from 10:00am to 1:00pm at our Constituency Office. Our office is located at 225, 11488 – 24 Street SE, and feel free to call for more information at 587-392-8850.



# 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

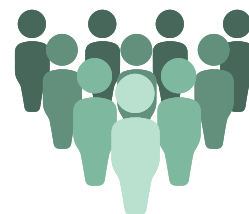
|                           |              |                               |              |
|---------------------------|--------------|-------------------------------|--------------|
| Calgary Police Services   | 403-428-6600 | MP- Tom Kmiec                 | 403-974-1285 |
| Calgary Public Library    | 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 |

# MOCA MEMBERSHIPS

Interested in gaining more from your community? Purchasing a MOCA Membership offers special services and perks listed below:



- 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. Senior memberships are free! For more information or to get your own, visit:

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



# COMMUNITY GARDEN




**There's something growing at the corner of 18th Street SE and 69th Avenue SE.**

A group of passionate gardeners from the community are working on establishing a community garden in Ogden. Their vision is to provide a shared space for people to gather. This will allow like minded community members to connect, serve as a place for horticultural education, provide safe outdoor recreation, and create a place for residents to garden who might otherwise lack the space. The plan of the organizing committee is to construct 42 raised garden beds in the southwest corner of Lynnwood Park which would be available for rental to residents to grow flowers or food. The site surrounding the garden will be landscaped and planted with a mix of edible and ornamental plantings and fenced.



So far, the committee has created a detailed plan for the garden, consulted nearby homeowners, obtained support from MOCA and the alderman, secured approval from the City of Calgary for the project, and obtained some initial funding. The city is currently drawing up a license of occupation for the land which will need to be signed by the city, MOCA, and the Calgary Board of Education.



The committee is currently fundraising for the construction of the garden and is soliciting donations from local businesses of materials, labour, or money. Once they reach their target, they'll start construction on the garden.

### Key elements of the construction include:

- Lifting and removal of sod from the site
- Installation of landscape fabric and gravel
  - Building the raised garden beds
- Construction of a fence around the area

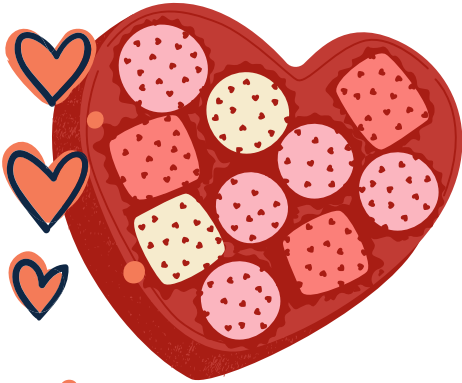


To help in this process, the committee is looking for heavy equipment owners and operators who would be willing to assist with the lifting and removal of sod from the site, donations of aggregate and transportation for the gravel, help constructing the garden beds, and materials and installation for the fencing. If you want to stay up to date on the progress of the garden, want to help with any of the above, or have any questions; please get in touch with the garden committee by visiting their website at <https://www.locg.ca>





# 15 FUN THINGS TO DO ON VALENTINE'S DAY FOR A MEMORABLE AND ROMANTIC NIGHT



- Go sledding
- Head to the ice rink
- Play tourist
- Recreate your favorite date
- Take a scenic drive
- Enjoy breakfast in bed



- Go on a hike
- Exchange love letters
- Hold a game night
- Make some crafts
- Plan a movie marathon



- Cook together
- Have a Valentines bake off
- Take a relaxing bath
- Rent a cozy cabin in the woods





# 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**

WWW.PANTHERTKD.COM

For More Information Call:

Master. Gary Van-Dack 403 606-2231



\* 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

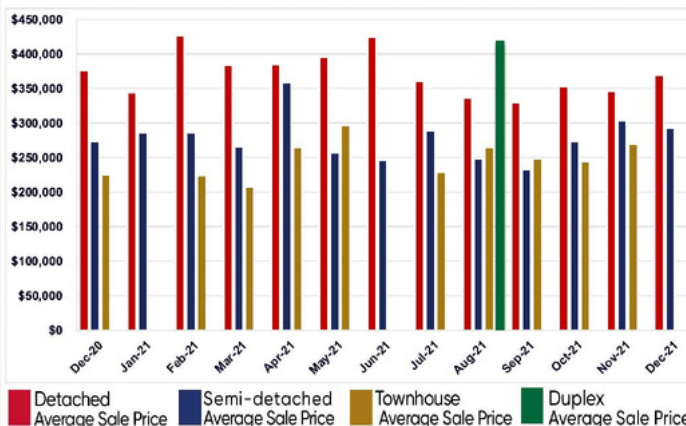
Mike

and DRAIN CLEANING!!



**403-479-9226**

## 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); townhouses (gold) & Duplex (Green).

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.

**Great for kids, teens,  
adults, and seniors!**



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Laser disinfection, ultrasonic  
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hygienists we could find!



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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](http://ffdental.ca)



**Scan here to  
book online!**



## YCC IS OPEN!

Every day after school, YCC is open to  
kids Aged 10 - 15 with:

Healthy food, laptops for homework,  
friendship, sports, art, games, music  
lessons and a safe place to be a kid

Everyone is welcome to come by! If you  
haven't joined YCC yet, this is a perfect time!  
We can't wait to have you!

For Kids 12 and up please show your proof of vaccine at  
the door on the first day!



Stop by every week: Mon -Th 3-6pm, Fri 12-5,

PD Days 11- 4pm

Youth Centres of Calgary - Ogden, 7400 23 St SE

Contact & Inquiries: Jane Wachowich, info@youthcentresofcalgary.com



**Dale Parry**  
Mortgage Professional  
P. 403-875-8851

E. dale.parry@cmlmortgages.com  
www.daleparry.ca



For Your Mortgage Questions!  
**Contact me today!**

## GET YOUR VACCINE RECORD PRINTED & LAMINATED FOR FREE

Courtesy of  
*MLA Tanya Fir*

**Every Friday from 10AM-1PM**

Calgary – Peigan Constituency Office  
255, 11488 24th Street S.E.

**All constituents welcome**

For more info, contact us: (587) 392-8850





## 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](mailto:reservations@glenmoreinn.com)



## **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.



## 2022 MOCA Lego Building Contest!

**Lego dates/ times:**

**Friday March 11th Drop off**

**Lego Creations  
between 6-8pm (creations  
will not be**

**accepted on March 12th)**

**Saturday March 12th**

**Judging 9-11am (judges &  
security  
only)**

**Public Viewing 12-2pm**

**Pick up Lego creations 2-  
3pm**

**Public Viewing:**

**Saturday March 12, 2022**

**MOCA Hall-2110 69 Ave SE**

**Noon - 2:00pm**

**(FREE to stop & take a look)**

**\$5.00/per entry (max 2  
entries)**

**Open to all ages (0-99yrs)**



**Awards per category based on: (out of 100)**

**Building skill 35**

**Creativity & Originality 25**

**Interpretation of theme 25**

**Presentation 15**

**Plus - Best in Show**

To register, please fill out the form at the back of the MOCA Motion. You can print this form from the MOCA Motion, or copies are available for pick up at the Jack Setter Area and the MOCA Office. Please send completed forms to the MOCA office or email to [rentals@millicanogdencommunity.com](mailto:rentals@millicanogdencommunity.com)



LEGO ENTRY FORM (fill in and return to MOCA)

\$5.00/per entry (max 2 entries)

Builder's Name: \_\_\_\_\_

Age:

- ☐ 2-5 yr Duplo/Lego
- ☐ 6-8 yr
- ☐ 9-12 yr
- ☐ 13-17 yr
- ☐ Adult (18-99)

Category:

- ☐ Buildings & Structures ☐
- Animals & Figures
- ☐ Vehicle & Transportation ☐
- Creative Invention

Size: \_\_\_\_\_

Parent Name: \_\_\_\_\_ MOCA MBSP #: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

- ☐ Consent to receive emails
- ☐ Consent for photos- I hereby grant the Millican Ogdden Community Association to take photos of myself/ my child and Lego creation for marketing purposes.
- ☐ I have read, understand and accept the contest rules (located below)

Contest rules:

- o **COST - \$5.00 per entry (MAX. 2 entries per person) cash or cheque only. Make sure you enter into the correct age group.**
- o **You build it at home & bring to MOCA hall. Limited space so register early. Entry forms are available in the office, newsletter and website - [www.millicanogdencommunity.com](http://www.millicanogdencommunity.com)**
- o **No kits please! All entries must be original creations. No Bionicles.**
- o **Entry forms due to MOCA office by Monday, February 28/22. Mail or drop off entry forms to (M.O.C.A. – 2110 69 Ave SE, Calgary, AB T2C 0R5). Cheque or Cash only.**
- o **All Lego creations must be dropped off to MOCA hall on Friday, March 11/22 between 6:00pm - 8:00pm (no late entries)**
- o **1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> prize ribbons & WIN over \$1000.00 in Lego kit prizes (*prizes based on availability*). Judging will take place by a group of local senior volunteers.**
- o **It's FREE for all public to stop by & take a look at all the wonderful Lego creations on Sat, March 12/22 between 12 to 2pm. Concession will be open serving snacks**
- o **All Lego creations must stay in contest until 2:00pm on Saturday and must be picked up-between 2:00 - 2:30pm.**
- o **Disclaimer and Release: Millican Ogdden Community Association-MOCA is not responsible or liable for any lost, late, incomplete, invalid, corrupted, incorrectly addressed entries or any damage or loss arising from, or connected with the Contest. By participating in this contest, each participant hereby agrees to release and discharge MOCA and each of their directors, officers, members of their boards,, employees, sponsors, prize suppliers and agents from all actions, claims and demands whatsoever arising directly or indirectly out of their participation in this contest**





## 2022 Membership FORM **RENEWAL**

**This form must be completed and returned with the  
applicable membership fee of **\$35.00****

Date: \_\_\_\_\_

Membership Number: \_\_\_\_\_

Receipt Number: \_\_\_\_\_

Do you wish to buy a name tag (PIN/MAGNET \$12.00 EACH)

**PINS MUST BE PAID IN ADVANCE OF ORDERING**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Year

Emergency Contact:

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**The information collected on this form will be shared with the**

**Government Agencies that fund Ogden House Seniors.**

**PLEASE FILL OUT THE ENTIRE FORM. FILLING OUT THESE FORMS  
ENSURES OUR FUNDING!!!**

# Volunteer Opportunities at Ogden House

Ogden House keeps the doors open by holding various fundraisers throughout the year.

We would really appreciate your support (1/2 hour and up)

Thank You!

## Fundraisers

- Annual: Casino
- Semi Annual: Raffles
- Tri Annual: Bake Table Attendee's  
Craft Table Attendee's

## TGIF Monthly Birthday Dinners

- Set Up Crew
- Clean Up Crew
- 50/50 Ticket sellers
- Toonie Ticket Sellers
- Servers for Dinner
- MC's

- Crews: Front Desk
- Board Member
- Committee Members

Special Interests: (Please List Below)

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Participant: \_\_\_\_\_

**Programs, Recreational Activities on/off site (includes preparation for and transportation to/from):** Exercise component; educational sessions; (may include off-site activities and transportation to and from off-site).

## WAIVER & INDEMNITY

I understand there are risks involved in participating at Ogden House Seniors 50+ Activity center and that as a participant I may suffer personal injury or other loss. In consideration of Ogden House Seniors 50+ Activity Center allowing me to participate in the Programs and Recreational Activities:

1. I accept all risks and waive any claim I may have against Ogden House Seniors 50+ Activity Center and those for whom they are responsible at law: from any liability and responsibility for all harm, consequences, losses and claims of any nature (including negligence), COVID-19 relating to my participation in the Programs and Recreational Activities:
2. I will indemnify and hold harmless Ogden House Seniors 50+ Activity Center and those for whom they are responsible at law; for any claim arising from my participation in the Programs and/or Recreational Activities.
3. This waiver and Indemnity are binding upon myself, my heirs, executors, administrations, personal representatives, and assigns.

**I have read this agreement and I understand that by signing this I am waiving certain legal rights, including the right to sue Ogden House Seniors 50+ Activity Center and those for whom they are responsible by law.**

Signed this \_\_\_\_ day of \_\_\_\_\_, 21 in the city of Calgary in the Province of Alberta.

Signature of Participant or their Legal Guardian: \_\_\_\_\_

Signature and Printed name of Witness: \_\_\_\_\_



# ALL MEMBERS INTAKE/REGISTRATION DEMOGRAPHIC QUESTIONS

Today's Date (For Program use only): \_\_\_\_\_

Enter Client ID: \_\_\_\_\_

First 2 letters of first name: \_\_ \_\_

First 2 letters of last name: \_\_ \_\_

Date of Birth (MM/DD/YYYY) \_\_\_\_\_ Age: \_\_\_\_\_

## INTAKE/REGISTRATION DEMOGRAPHIC QUESTIONS

**Mandatory demographics to be collected by all funded programs at intake**

Registration Date (MM/DD/YYYY): \_\_\_\_\_

Age: \_\_\_\_\_

Gender: ☐ Male (1) ☐ Female (2)

Grade in school (if applicable): \_\_\_\_\_ Aboriginal identity

☐ Non-Aboriginal (77) ☐ First Nations(1) ☐ Metis (2) ☐ Inuit (3) ☐ non-status (4) ☐ Bill C-31 status (5)

### Population Group (choose only 1)

- |  |  |
|--|--|
| <input type="checkbox"/> Caucasian         | <input type="checkbox"/> Latin American  |
| <input type="checkbox"/> Aboriginal        | <input type="checkbox"/> South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)            |
| <input type="checkbox"/> African/Caribbean | <input type="checkbox"/> Southeast Asian (e.g., Vietnamese, Cambodian, Malaysian, Laotian, etc.) |
| <input type="checkbox"/> African/Caribbean | <input type="checkbox"/> West Asian (e.g., Iranian, Afghan, etc.)                                |
| <input type="checkbox"/> Arab              | <input type="checkbox"/> Other Group (See next field to complete)                                |
| <input type="checkbox"/> Chinese           | <input type="checkbox"/> Not Applicable  |
| <input type="checkbox"/> Filipino          | <input type="checkbox"/> No Answer   |
| <input type="checkbox"/> Japanese          | <input type="checkbox"/> Don't know  |
| <input type="checkbox"/> Korean            |  |

Other Population Group: \_\_\_\_\_

### Language spoken most often at home (choose only 1)

- |  |                                   |                                     |
|--|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> English               | <input type="checkbox"/> Korean   | <input type="checkbox"/> Somali     |
| <input type="checkbox"/> French                | <input type="checkbox"/> Kurdish  | <input type="checkbox"/> Spanish    |
| <input type="checkbox"/> Aboriginal            |                                   |                                     |
| <input type="checkbox"/> Arabic                | <input type="checkbox"/> Mandarin | <input type="checkbox"/> Tagalog    |
| <input type="checkbox"/> Chinese (unspecified) | <input type="checkbox"/> Nuer     | <input type="checkbox"/> Urdu       |
| <input type="checkbox"/> Dinka                 | <input type="checkbox"/> Pashto   | <input type="checkbox"/> Vietnamese |
| <input type="checkbox"/> Farsi                 | <input type="checkbox"/> Polish   | <input type="checkbox"/> Other      |
| <input type="checkbox"/> Hindi                 | <input type="checkbox"/> Punjabi  | <input type="checkbox"/> Don't know |

Born in Canada? ☐ Yes ☐ No

If not born in Canada: Country of Birth: \_\_\_\_\_

If not born in Canada, number of years in Canada: \_\_\_\_\_

What neighborhood do you live in? \_\_\_\_\_

What are the first 3 digits of your Postal Code? \_\_\_\_\_

Do you have any difficulty hearing, seeing, communicating, walking, climbing stairs, bending, learning, or doing any similar activities?

☐ Yes, sometimes

☐ Yes, often

☐ No

Does a physical condition or mental condition or health problem *reduce the amount or the kind of activity you can do?*

☐ Yes, sometimes

☐ Yes, often

☐ No

How did you find out about this program?

☐ 211

☐ City of Calgary website

☐ Don't know

☐ Other

☐ Advertisement

☐ Referred by another program

☐ School

☐ Word of mouth

### ***Additional questions for adults and emancipated minors***

#### **Marital Status:**

☐ Married

☐ Living common-law

☐ Widowed

☐ Separated

☐ Divorced

☐ Single, never married

☐ Don't know

Number of adults (18 or older) in household: \_\_\_\_\_

Number of children under age 18 in household: \_\_\_\_\_

Age of children in household:

Child 1: \_\_\_\_\_

Child 2: \_\_\_\_\_

Child 3: \_\_\_\_\_

Child 4: \_\_\_\_\_

Child 5: \_\_\_\_\_

Child 6: \_\_\_\_\_

**For existing members to complete once a year**

**Client ID Number:**

First 2 letters of first name \_\_\_ \_\_\_ First 2 letters of last name \_\_\_ \_\_\_

Date of birth: month \_\_\_ \_\_\_ day \_\_\_ \_\_\_ Year \_\_\_ \_\_\_

Gender: ☐ Male (1) ☐ Female (2)

Survey date month \_\_\_ \_\_\_ day \_\_\_ \_\_\_ year \_\_\_ \_\_\_

**Survey # 4**

**Positive Social Ties and/or Bonding Social Capital**

**How often is each of the following kinds of support available to you if you need it:**

|   |                      |                          |                      |                      |                  |
|---|----------------------|--------------------------|----------------------|----------------------|------------------|
| 1. Someone to have a good time with? (pst1)   | None of the time (1) | A little the time (2)    | Some of the time (3) | Most of the time (4) | All the time (5) |
| 2. Someone who shows you love and affection? (pst2)                                       | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |
| 3. Someone to turn to for suggestions about how to deal with a personal problem. (pst3)   | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |
| 4. Someone to take you to the doctor if you needed it?                                    | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |
| 5. Someone to prepare your meals if you were unable to do it yourself? (pw5)              | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |
| 6. Someone to help with daily chores if you were sick? (psw)                              | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |
| 7. Someone to look after your child(ren) for several hours if needed? (If applicable) (7) | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |
| 8. Someone to look after your spouse for several hours if needed? (If applicable) (1)     | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |
| 9. Someone to look after your parent(s) for several hours if needed? (If applicable) (9)  | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |

**Survey # 6 - Only complete if you volunteer for the organization.**

**Social Inclusion - Social Participation**

|   |                                     |                                 |                                  |                           |                           |
|---|-------------------------------------|---------------------------------|----------------------------------|---------------------------|---------------------------|
| 1. Are you a member of any voluntary organizations or associations such as school groups, church social groups, community centers, ethnic associations, or social, civic or fraternal clubs? (sip1) |                                     | <input type="checkbox"/> No (1) | <input type="checkbox"/> Yes (2) |                           |                           |
| 2. If you answered yes to Question 1:<br>How often did you participate in meetings or activities of these groups in the past 12 months? (sip2)  | Not at all (1)                      | At least once a year (2)        | At least 3 or 4 times a year (3) | At least once a month (4) | At least once a week (5)  |
| 3. In the past 12 months, did you do unpaid volunteer work for any organization, whether or not you were a member of this organization? (sip3)  |                                     | <input type="checkbox"/> No (1) | <input type="checkbox"/> Yes (2) |                           |                           |
| 4. If you answered yes to Question 3:<br>On average, about how many hours per month did you volunteer? (sip4)   | 1 did not do any volunteer work (1) | Less than 1 hour a month (2)    | 1 to 4 hours a month (3)         | 5 to 15 hours a month (4) | Over 15 hours a month (5) |
| 5. If you answered yes to Question 3:<br>Have you made any new friends through volunteering? (sip5)   |                                     | <input type="checkbox"/> No (1) | <input type="checkbox"/> Yes (2) |                           |                           |
| 6. If you answered yes to Question 3:<br>Did you do this volunteer work in your own neighborhood? (sip6)  | <input type="checkbox"/> No (1)     | Yes, some of                    | Yes, all of It (3)               |                           |                           |



2022 Membership FORM **NEW**

**This form must be completed and returned with the applicable membership fee of **\$35.00****

Date: \_\_\_\_\_

Membership Number: \_\_\_\_\_

Receipt Number: \_\_\_\_\_

Do you wish to buy a name tag (PIN/MAGNET \$12.00 EACH)

**PINS MUST BE PAID IN ADVANCE OF ORDERING**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address:

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City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Month \_\_\_\_ Day \_\_\_\_\_ Year

Emergency Contact:

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**The information collected on this form will be shared with the Government Agencies that fund Ogden House Seniors.**

**PLEASE FILL OUT THE ENTIRE FORM. FILLING OUT THESE FORMS ENSURES OUR FUNDING!!!**

## Volunteer Opportunities at Ogden House

Ogden House keeps the doors open by holding various fundraisers throughout the year.

We would really appreciate your support (1/2 hour and up)

Thank You!

### Fundraisers

Annual: Casino  
Semi Annual: Raffles  
Tri Annual: Bake Table Attendee's  
Craft Table Attendee's

### **TGIF Monthly Birthday Dinners**

Set Up Crew  
Clean Up Crew  
50/50 Ticket sellers  
Toonie Ticket Sellers  
Servers for Dinner  
MC's

Crews: Front Desk  
Board Member  
Committee Members

Special Interests: (Please List Below)

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OGDEN HOUSE



S ENIORS CITIZENS 50+ CLUB

Participant: \_\_\_\_\_

**Programs, Recreational Activities on/off site (includes preparation for and transportation to/from):** Exercise component; educational sessions; (may include off-site activities and transportation to and from off-site).

**WAIVER & INDEMNITY**

I understand there are risks involved in participating at Ogden House Seniors 50+ Activity center and that as a participant I may suffer personal injury or other loss. In consideration of Ogden House Seniors 50+ Activity Center allowing me to participate in the Programs and Recreational Activities:

1. I accept all risks and waive any claim I may have against Ogden House Seniors 50+ Activity Center and those for whom they are responsible at law: from any liability and responsibility for all harm, consequences, losses and claims of any nature (including negligence), COVID-19 relating to my participation in the Programs and Recreational Activities:
2. I will indemnify and hold harmless Ogden House Seniors 50+ Activity Center and those for whom they are responsible at law; for any claim arising from my participation in the Programs and/or Recreational Activities.
3. This waiver and Indemnity are binding upon myself, my heirs, executors, administrations, personal representatives, and assigns.

**I have read this agreement and I understand that by signing this I am waiving certain legal rights, including the right to sue Ogden House Seniors 50+ Activity Center and those for whom they are responsible by law.**

Signed this \_\_\_\_ day of \_\_\_\_\_, 21 in the city of Calgary in the Province of Alberta.

Signature of Participant or their Legal Guardian: \_\_\_\_\_

Signature and Printed name of Witness: \_\_\_\_\_



## ALL MEMBERS INTAKE/REGISTRATION DEMOGRAPHIC QUESTIONS

Today's Date (For Program use only): \_\_\_\_\_

Enter Client ID: \_\_\_\_\_

First 2 letters of first name: \_\_ \_\_

First 2 letters of last name: \_\_ \_\_

Date of Birth (MM/DD/YYYY) \_\_\_\_\_ Age: \_\_\_\_\_

### INTAKE/REGISTRATION DEMOGRAPHIC QUESTIONS

Mandatory demographics to be collected by all funded programs at intake

Registration Date (MM/DD/YYYY): \_\_\_\_\_

Age: \_\_\_\_\_

Gender: ☐ Male (1) ☐ Female (2)

Grade in school (if applicable): \_\_\_\_\_ Aboriginal identity

☐ Non-Aboriginal (77) ☐ First Nations(1) ☐ Metis (2) ☐ Inuit (3) ☐ non-status (4) ☐ Bill C-31 status (5)

#### Population Group (choose only 1)

- |  |  |
|--|--|
| <input type="checkbox"/> Caucasian         | <input type="checkbox"/> Latin American  |
| <input type="checkbox"/> Aboriginal        | <input type="checkbox"/> South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)            |
| <input type="checkbox"/> African/Caribbean | <input type="checkbox"/> Southeast Asian (e.g., Vietnamese, Cambodian, Malaysian, Laotian, etc.) |
| <input type="checkbox"/> African/Caribbean | <input type="checkbox"/> West Asian (e.g., Iranian, Afghan, etc.)                                |
| <input type="checkbox"/> Arab              | <input type="checkbox"/> Other Group (See next field to complete)                                |
| <input type="checkbox"/> Chinese           | <input type="checkbox"/> Not Applicable  |
| <input type="checkbox"/> Filipino          | <input type="checkbox"/> No Answer   |
| <input type="checkbox"/> Japanese          | <input type="checkbox"/> Don't know  |
| <input type="checkbox"/> Korean            |  |

Other Population Group: \_\_\_\_\_

#### Language spoken most often at home (choose only 1)

- |  |                                   |                                     |
|--|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> English               | <input type="checkbox"/> Korean   | <input type="checkbox"/> Somali     |
| <input type="checkbox"/> French                | <input type="checkbox"/> Kurdish  | <input type="checkbox"/> Spanish    |
| <input type="checkbox"/> Aboriginal            |                                   |                                     |
| <input type="checkbox"/> Arabic                | <input type="checkbox"/> Mandarin | <input type="checkbox"/> Tagalog    |
| <input type="checkbox"/> Chinese (unspecified) | <input type="checkbox"/> Nuer     | <input type="checkbox"/> Urdu       |
| <input type="checkbox"/> Dinka                 | <input type="checkbox"/> Pashto   | <input type="checkbox"/> Vietnamese |
| <input type="checkbox"/> Farsi                 | <input type="checkbox"/> Polish   | <input type="checkbox"/> Other      |
| <input type="checkbox"/> Hindi                 | <input type="checkbox"/> Punjabi  | <input type="checkbox"/> Don't know |

Born in Canada? ☐ Yes ☐ No

If not born in Canada: Country of Birth: \_\_\_\_\_

If not born in Canada, number of years in Canada: \_\_\_\_\_

What neighborhood do you live in? \_\_\_\_\_

What are the first 3 digits of your Postal Code: \_\_\_\_\_

Do you have any difficulty hearing, seeing, communicating, walking, climbing stairs, bending, learning or doing any similar activities?

☐ Yes, sometimes

☐ Yes, often

☐ No

Does a physical condition or mental condition or health problem *reduce the amount or the kind of activity you can do?*

☐ Yes, sometimes

☐ Yes, often

☐ No

How did you find out about this program?

☐ 211

☐ City of Calgary website

☐ Don't know

☐ Other

☐ Advertisement

☐ Referred by another program

☐ School

☐ Word of mouth

### ***Additional questions for adults and emancipated minors***

**Marital Status:**

☐ Married

☐ Living common-law

☐ Widowed

☐ Separated

☐ Divorced

☐ Single, never married

☐ Don't know

Number of adults (18 or older) in household: \_\_\_\_\_

Number of children under age 18 in household: \_\_\_\_\_

Age of children in household:

Child 1: \_\_\_\_\_

Child 2: \_\_\_\_\_

Child 3: \_\_\_\_\_

Child 4: \_\_\_\_\_

Child 5: \_\_\_\_\_

Child 6: \_\_\_\_\_

**For existing members to complete once a year**

**Client ID Number:**

First 2 letters of first name \_\_\_ \_\_\_ First 2 letters of last name \_\_\_ \_\_\_

Date of birth: month \_\_\_ \_\_\_ day \_\_\_ \_\_\_ Year \_\_\_ \_\_\_

Gender: ☐ Male (1) ☐ Female (2)

Survey date month \_\_\_ \_\_\_ day \_\_\_ \_\_\_ year \_\_\_ \_\_\_

**Survey # 4**

**Positive Social Ties and/or Bonding Social Capital**

**How often is each of the following kinds of support available to you if you need it:**

|   |                      |                          |                      |                      |                  |                    |
|---|----------------------|--------------------------|----------------------|----------------------|------------------|--------------------|
| 1. Someone to have a good time with? (pst1)   | None of the time (1) | A little the time (2)    | Some of the time (3) | Most of the time (4) | All the time (5) |                    |
| 2. Someone who shows you love and affection? (pst2)                                       | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |                    |
| 3. Someone to turn to for suggestions about how to deal with a personal problem. (pst3)   | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |                    |
| 4. Someone to take you to the doctor if you needed it?                                    | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |                    |
| 5. Someone to prepare your meals if you were unable to do it yourself? (pw5)              | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |                    |
| 6. Someone to help with daily chores if you were sick? (psw)                              | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) |                    |
| 7. Someone to look after your child(ren) for several hours if needed? (If applicable) (7) | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) | Not applicable (7) |
| 8. Someone to look after your spouse for several hours if needed? (If applicable) ( )     | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) | Not applicable (7) |
| 9. Someone to look after your parent(s) for several hours if needed? (If applicable) (9)  | None of the time (1) | A little of the time (2) | Some of the time (3) | Most of the time (4) | All the time (5) | Not applicable (7) |

**Survey # 6 - Only complete if you volunteer for the organization.**

**Social Inclusion - Social Participation**

|   |                                     |                                 |                                  |                           |                           |
|---|-------------------------------------|---------------------------------|----------------------------------|---------------------------|---------------------------|
| 1. Are you a member of any voluntary organizations or associations such as school groups, church social groups, community centers, ethnic associations, or social, civic or fraternal clubs? (sip1) |                                     | <input type="checkbox"/> No (1) | <input type="checkbox"/> Yes (2) |                           |                           |
| 2. If you answered yes to Question 1:<br>How often did you participate in meetings or activities of these groups in the past 12 months? (sip2)  | Not at all (1)                      | At least once a year (2)        | At least 3 or 4 times a year (3) | At least once a month (4) | At least once a week (5)  |
| 3. In the past 12 months, did you do unpaid volunteer work for any organization, whether or not you were a member of this organization? (sip3)  |                                     | <input type="checkbox"/> No (1) | <input type="checkbox"/> Yes (2) |                           |                           |
| 4. If you answered yes to Question 3:<br>On average, about how many hours per month did you volunteer? (sip4)   | 1 did not do any volunteer work (1) | Less than 1 hour a month (2)    | 1 to 4 hours a month (3)         | 5 to 15 hours a month (4) | Over 15 hours a month (5) |
| 5. If you answered yes to Question 3:<br>Have you made any new friends through volunteering? (sip5)   |                                     | <input type="checkbox"/> No (1) | <input type="checkbox"/> Yes (2) |                           |                           |
| 6. If you answered yes to Question 3:<br>Did you do this volunteer work in your own neighborhood? (sip6)  | <input type="checkbox"/> No (1)     | Yes, some of                    | Yes, all of It (3)               |                           |                           |