

Ingersoll 50+ Activity Centre & Services for Seniors

JUNE 2021



50+ Activity Centre:

519-485-3869

Mailing & Street Address:

250 Ingersoll St. South
Ingersoll, Ontario
N5C 3J7

Senior Services:

519-485-2269

www.ingersollseniors.com

info@ingersollseniors.com

CENTRE INFO

SPRING/SUMMER HOURS

Monday– Friday: 8:30—4:30pm

*In keeping with the current regulations,
THE CENTRE IS CURRENTLY CLOSED to
programs but open for limited services. Please
call before coming to the Centre.

CENTRE CLOSED

Thursday, July 1st (Canada Day)
Friday, July 2nd (Services monitored
via voicemail)

BOARD OF DIRECTORS

Connie Radford (Chair)	Don Hillis (Past Chair)
Gord Adam (Treasurer)	Trevor Finkenzeller
Gregg Maxwell	Janice Ferguson
Carol Smith-Gee	Paul Tambeau
Fred Freeman	Carol Keeping
Marilyn Foss	Steve Taylor

MEMBERS ADVISORY COUNCIL

Gregg Maxwell	Bernie Maxwell
Deb Dahl	Ray Dahl
Bonnie Knott	Eleanor Dorland
Kim Bidwell	Mary Pinney
Nora Holden	Betty Barnhill
Janice Ferguson	Gary Dilks

STAFF

Executive Director

Wendy Palen

w.palen@ingersollseniors.com

Community Services

Coordinator

Nicole Wright

n.wright@ingersollseniors.com

Centre Coordinator

Kristi Oegema

k.oegema@ingersollseniors.com

Assisted Living Coordinator

Anita Hartfield

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Assisted Living Assistant

Henriette MacArthur

h.macarthur@ingersollseniors.com

Marketing/Stats/IT

Dave Knox

d.knox@ingersollseniors.com

Facilities Coordinator

Christine Webber

c.webber@ingersollseniors.com

Centre/Program Assistant

Megan Blair

Bookkeeper

Heather Hayman

Cooks

Janice Maltby (Tuesday)

Joyce Banbury (Thursday)

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HAPPY SENIORS MONTH!

The theme this year is

Stay Safe, Active & Connected!

Thank you to all the seniors & older adults who
have helped keep our organization
going this past year!

*Stay tuned for some fun events sprinkled
throughout the month!*

COVID-19 INFORMATION

COVID-19 REGULATIONS & SAFETY MEASURES

In compliance with the Ontario Government and Southwest Public Health regulations, our Centre is currently CLOSED for IN PERSON programs and events. We will be revisiting Centre policies and procedures as regulations and restrictions change. Please call for the most up to date Centre policies.

For now, we will be continuing programs over the phone and Zoom (internet-based). Should you need to stop into the Centre, please call ahead to let us know. Once you arrive, please ring the doorbell to the right of the front doors. When you enter you must ensure you are following the regulations below. This will help ensure the safety of everyone who enters the building as well as our staff. Thank you in advance for helping keep the Centre a safe place to be.

- Masks must be worn at all times in the Centre. Exceptions include: a medical condition, participating in an in Centre fitness class, eating/drinking, and when staff are in their own offices.
- Everyone must maintain a physical distance of at least 6 ft from people outside their household
- Everyone must check in at the Front Desk & answer the screening questions.

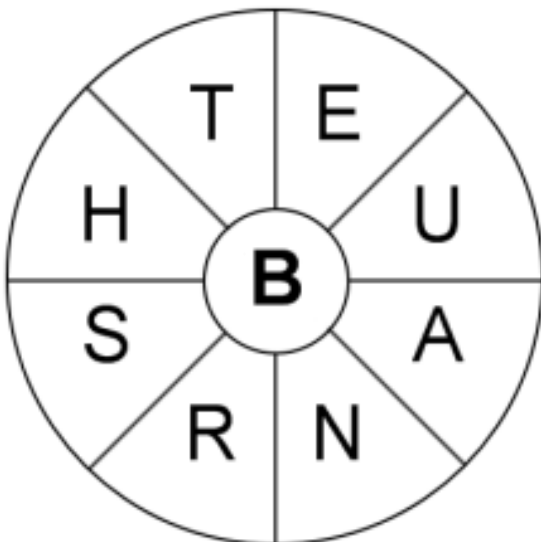
COVID-19 VACCINATION INFORMATION

For the most up-to-date information regarding the vaccine and possible appointments, please visit www.swpublichealth.ca.

WORD WHEEL

How many words can you come up with using the letters below?

Each word must have the letter "B" in it. Letters do not have to be touching each other.



List of words:

(i.e. bath) _____

THIS & THAT

MEMBERSHIP RENEWALS

A friendly reminder that **MEMBERSHIPS ARE OVERDUE** so please stop into the Centre to pay for your 2021-2022 membership if you have not already done so. As a thank-you to all of our members who have supported us this past year, our membership rates are \$30 from April 2021—March 2022 (a \$10 savings from last year).

MEMORIAL TREE

Our Centre has deep roots in the community and has grown into the amazing place it is because of all our members, past and present. Pat Ellerton will be painting a Memorial Tree by the fireplace in our lobby to help us remember our members who have passed away since we have been in this building (Fall 2001). We are looking for your help compiling a list of members who have passed since 2001. We welcome our members and friends to connect with us to share names and memories of members they know of who have passed away.

FROZEN ENTREES AVAILABLE

We have a large variety of frozen meals for sale in our lobby freezer. They are constantly rotating based on what is cooked in our kitchen so please call to inquire about what is in stock. We still have some cabbage rolls, shepherds pie, and spaghetti & meatballs in stock as well.

LIBRARY & PUZZLES

Our library is well stocked with an assortment of FREE puzzles and books. If you are finding yourself needing something to do at home, why not try a puzzle or a new book? You can call us with a list of books you would like or genres and we can put together a book/puzzle bag.

WEEKLY EMAILS

Each week we send an email out with a reminder about upcoming programs, some fun jokes and videos, and other happenings at the Centre. If you would like to be added to the list to receive these emails please call or email us.

QUESTION OF THE MONTH

Each month we will pose a question to our membership and ask for your feedback. We would love to hear your answers and feedback to the questions each month. You can submit your responses via email to Kristi Oegema (k.oegema@ingersollseniors.com) or by phone.

- **QUESTION FOR JUNE:** What steps can the Centre take to make you comfortable coming back to programs in person, either outdoors or indoors (when we are allowed to do so)?

INGERSOLL SERVICES FOR SENIORS

MEAL PROGRAMS: HELPING SENIORS EAT WELL.

Frosty Meals: \$6/ Entrée \$1.50 / Soup or Dessert Free Delivery available.

Looking for an easy, no hassle way to have a hearty, nutritious meal? These meals meet Canada's Food Guide recommendations, and use only the best ingredients. Meals are available for all diet types including gluten free, sodium reduced, lactose free, diabetic and modified texture. With a selection of over 30 entrees and 10 soups / desserts give us a try today! Discount pricing available when purchasing 7 entrees.

MEALS ON WHEELS: \$7/DAY

Try our Hot Meals delivered to your home Monday – Friday at noon hour by a friendly volunteer. Meals consist of main course and dessert and delivery by a volunteer can act as a security check for individuals in their homes. All diet restrictions accommodated. In Thamesford we are providing meals Monday, Wednesday and Friday. If you know anyone interested in volunteering for meal delivery or if you know anyone who would benefit from a hot meal at lunch hour, give us a call for more details.

HANDYMAN/HANDMAID SERVICES: SMALL FEE FOR SERVICE.

LOOKING FOR YARD WORKERS AND HOUSE CLEANING WORKERS

A normal part of aging is needing assistance with independent activities of daily living. These are daily tasks such as grocery shopping, transportation, yard work, companionship and cleaning around the house. If you are in need of help with any of these services we can give you some people to call that can help.

We welcome anyone who is interested in being on our Handyman/Maid list to stop in and pick up the application.

FOOT CARE CLINIC: \$25, CALL FOR APPOINTMENT.

Our Foot Clinic runs Tuesdays from 8:30am-4:00pm. Call today to make an appointment. Need foot care at home? Our trained providers will come to your home.

TRANSPORTATION: SMALL FEE FOR SERVICE.

Need a ride? Ingersoll Services for Seniors provides transportation to older adults in Ingersoll and surrounding areas. We provide rides to and from appointments, errands, shopping and wherever else you need to go. We have very reasonable rates and reliable, friendly drivers. Three (3) day notice preferred.

ASSISTIVE DEVICE LOAN PROGRAM: FREE

Do you or someone you know require assistive devices? Walkers, wheelchairs, bath and toilet accessories and much more are all available. Please give us a call to see what we have available for you!

We also welcome donations of used medical equipment / assistive devices for our program.

GROCERY BUDDY

Having a hard time getting out? Let one of our friendly volunteers pick your groceries. They will even carry the bags in!

HELP WITH FORMS: FREE, BY APPOINTMENT.

Have you applied for the Electricity Support Program? This program can help low income earners lower the cost of their electricity bill. We also carry CPP, OAS, GIS and passport forms, as well as have access to other government forms.

TELEPHONE REASSURANCE:

Security checks can make all the difference to an individual alone at home. If you or a loved one would like to talk with a friendly volunteer once a day or once a week, give us a call and we can set you up!

CURBSIDE MEALS

Enjoy a homemade meal without the hassle!

Tuesdays meals are a lighter lunch for \$5 and Thursdays meals are a full meal for \$8.

Order by noon the day before by calling 519-485-3869 or emailing info@ingersollseniors.com

TUES. LUNCH \$5.00 Pickup Noon to 12:30	THURS. FULL MEAL \$8.00 Pickup Noon to 12:30
June 1 Pulled Pork on a bun / Coleslaw	June 3 Roast beef, mashed potatoes, gravy, vegetables, roll, dessert
June 8 Turkey Wrap / Pickle	June 10 Lasagna, Caesar salad, garlic bread, dessert
June 15 Chicken Burger / Veggies & Dip	June 17 – Happy Father’s Day! Marinated BBQ pork chops, baked potatoes, apple sauce, baked beans, roll, pie
June 22 Beef on a bun with au jus / Macaroni Salad	June 24 Foot long hot dog, assorted salad, dessert
June 29 Taco Salad / Bun	WED. June 30 Canada Day BBQ (\$10 per meal, see page 11 for complete details)

JOB OPPORTUNITY

Are you looking to help out your community and earn some money!

We are looking to hire someone 1 -2 two days a week for a few hours to assist with our Equipment Loan Program; cleaning the equipment and organizing the storage areas.

Please call Nicole if you or someone you know is interested in the position.

WEEKLY PROGRAMS

Program Schedule runs from Tuesday, June 1st to Wednesday, June 30th

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am Golf League <i>*meets at various courses</i>		9:00am Walking Club <i>*meets at various locations</i>		
10:15 - 11:15am ZOOM Zumba <i>*on hiatus until further notice</i>	10:15 - 11:15am ZOOM Chair Yoga	10:15 - 11:15am ZOOM Chair Cardio	10:15 - 11:15am ZOOM TBW <i>*no class July 1st</i>	10:15 - 11:15am ZOOM OsteoFIT <i>*no class July 2nd</i>
10:00 - 10:45am IN PERSON (OUTSIDE)* DrumFIT		1:00 - 2:00pm ZOOM/PHONE Playing Card Bingo	10:30 - 11:30am IN PERSON (OUTSIDE)* Chair Yoga <i>*no class July 1st</i>	

Please register for all weekly programs by the business day prior at 4pm. We cannot guarantee access to a weekly program if you register after the deadline.

*Outdoor programs will begin once regulations allow for 10+ people to gather outside. Stay tuned for more details.

FITNESS CLASS PRICES

FITNESS CLASS PRICE:

Classes include DrumFIT, Zumba, Chair Yoga, Chair Cardio, TBW & OsteoFIT

- *Members: \$5 per class (both Zoom & In person/outside)*
- *Non-members: \$8 per class (Zoom ONLY)*

WALKING CLUB PRICE:

- *Members: \$1.50/day OR \$15 for a Walking Card (good for 10 days of walking)*
- *Non-members: \$2.50/day*

GOLF LEAGUE PRICE:

- *Members: \$2.00/day OR \$20 for a Walking Card (good for 10 days of walking)*
- *Non-members: \$3.00/day*

PLAYING CARD BINGO will continue to be FREE to members.

If we cannot confirm your 2021-2022 membership you will be charged the non-member fee

WEEKLY PROGRAM DESCRIPTIONS

GOLF LEAGUE: *IN PERSON* Mondays at various courses. Enjoy a morning golfing with various members and friends. See complete schedule on page 13.

DRUMFIT *IN PERSON (OUTSIDE)** Mondays @ 10:00am. A fun way to exercise that uses drumsticks and Resist-a-balls to tap out a beat. Suitable for all and requires no specific skills—just have FUN!

ZUMBA: *ZOOM* Mondays @ 10:15am (**currently on hiatus*). A Latin inspired dance class, for active adults who want to have fun while working out.

CHAIR YOGA: *ZOOM/IN PERSON (OUTSIDE)** Tuesdays @ 10:15am (Zoom) & Thursdays @ 10:30am (outside) Yoga poses are done seated in a chair. A great class for those who want the benefits of yoga but cannot go to the floor.

WALKING CLUB: *IN PERSON* Wednesdays @ 9am at various locations (**on hiatus until restrictions change*).

CHAIR CARDIO: *ZOOM* Wednesdays @ 10:15am. A low impact seated class that incorporates cardio, balance, muscle work and stretching.

PLAYING CARD BINGO: *ZOOM/PHONE* Wednesdays @ 1pm. Enjoy your afternoon with this fun spin on traditional bingo. All you need is a standard deck of cards to play this version (Ace through King, no jokers). See below for play instructions:

1. Shuffle your card deck and deal yourself 10 cards, laying them out in front of you face up.
2. A staff from the Centre will then shuffle the master deck and start flipping over a card at a time, calling out the card over Zoom/the phone. If you have a card that matches, flip it over so you cannot see the face of it.
3. Once you have flipped over all 10 cards, call Bingo!!
4. The first person to get a Bingo will be entered into a monthly raffle for a fun prize.
5. We will play as many games as can be played in one hour.

If you do not have a standard deck of cards and would like to play, please call the Centre so we can get you a deck.

TOTAL BODY WORKOUT (TBW): *ZOOM* Thursdays @ 10:15am. A low impact fitness class that also incorporates light cardio, muscle work and stretching.

OSTEOFIT: *ZOOM* Fridays @ 10:15am. Offers a gentler approach to fitness while still achieving results and is ideal for those with osteoporosis or those who require a low impact workout. All of the class can be done seated.

ZOOM EVENTS/PROGRAMS: When registering for these events, please give us your email address. The Zoom Link will then be sent the business day prior for Special Events and the morning of for Fitness Classes.

**For all Zoom Classes, if you do not receive the Zoom Link by 30 minutes prior to a program or event please call the Centre.*

PHONE PROGRAMS: These programs are done conference call style over the phone. Instructions for accessing the program will be given after registering.

IN PERSON (OUTSIDE): Classes will begin when regulations allow. They will be held outside in our parking lot, back patio or front gazebo based on daily weather predictions. Classes will be cancelled by 9am the day of for extreme heat warnings or rain.

REGISTRATION IS REQUIRED FOR ALL PROGRAMS.

SPECIAL EVENTS

"I DREAM OF SLEEP" WORKSHOP via Zoom

Thursday, June 10th from 2-3:30pm

Celebrate Seniors' Month with a good night's sleep!! Join us VIA ZOOM for an afternoon dreaming about all things sleep!

Speakers will include:

- *Alicia from Pharmasave Ingersoll:* Learn about both pharmacological and nonpharmacological therapeutic choices for managing sleep as well as the link between mental health and sleep.
- *Sheila from Healthy Lifestyles in Dorchester:* Learn about natural supplements, herbs, vitamins and more that can help induce sleep naturally.
- *John Schieven – Chair Yoga & Meditation Instructor:* Enjoy a variety of yoga poses and stretches that will help you stretch, relax, and get into a restful mindset – all great tools for a good night's sleep.

A FREE giftbag is included with the event. Please stay tuned for details on date/time of pickup for the giftbags This workshop is run in partnership with the Lion's Senior Centre (Dorchester).

FREE TO ALL

Register by: Thursday, June 3rd

HERITAGE PRESENTATION SERIES

"TALKIN' 'BOUT MY GENERATION" - CANADA IN THE 1960S via Zoom

Tuesday, June 15th @ 2pm

The 1960s were a period of dramatic social change and revolution. From women's liberation and civil rights to the popularization of rock'n'roll, the 1960s were both an exciting and turbulent time. Join History PhD student Megan Blair as she discusses key moments in Canada's 1960s and reflects on their importance on the global scene and to today. Do you have memories of the decade? We will also have a discussion and Q&A about your memories and experiences during the decade and consider how you were part of making history!

FREE TO ALL

Register by; Friday, June 11th



ONLINE GARAGE SALE

1st Sale—Wednesday, June 16th @ 8am - Tuesday, June 22nd @ 8am (pickup items by Tues. July 6th)

2nd Sale—Wednesday, June 23rd @ 8am - Tuesday, June 29th @ 8am (pickup items by Tues. July 13th)

How it works:

1. Go to www.ingersollseniors.com
2. Click the "ONLINE YARD SALE" button on the main screen or select "SHOP" in the top right corner.
3. Browse the items available for purchase. Clicking on an item will provide more detail about it and/or allow you to add that item to your cart. Items will be sold on a first come, first serve basis.
4. Once you have selected all the items you wish to purchase, click on the cart icon in the top right corner and follow the prompts for payment.
5. Items will be available for pick up at the Centre during business hours (Mon-Fri 8:30-4:30pm) up to TWO (2) weeks after purchase. If items are not claimed by that time, your money will be refunded, and items returned to our stock.

*Please note, prices on items are firm. There will be no negotiating or price reductions.

PET CLIPPINGS In Person

Wednesday, June 16th

Wednesday, July 14th



Kelly Bula will be here to do basic nail trimming for cats & dogs. Please arrive no earlier than 5 minutes before your appointment time.

\$5/member \$7/non-member

Please call to book an appointment.

ROYAL BOTANICAL GARDENS VIRTUAL TRIPS

ROSE GARDEN via Zoom

Thursday, June 17th @ 2pm

"A single rose can be my garden..." said Leo Buscaglia. Do you have roses in your garden? Join Karin as she takes us on a journey of the rose exploring its influence in history and its uses. We'll discover the diversity of roses in RBG's new Rose Garden and what is considered when designing and maintaining this environmentally friendly garden. Run in partnership with the Lions Senior Centre (Dorchester).

FREE TO ALL

Register by: Monday, June 14th

COUNTRY CRUISE DAY

Rescheduled to Tuesday, June 22nd (pending regulations & restrictions)

NOTE This event is currently FULL with a waitlist.

We hope to be able to run another Cruise Day at some point in the fall so please stay tuned for that.

ADVENTURES WITH ANDREA: What does travelling look like post-COVID? via Zoom

Thursday, June 24th @ 2pm

Join Andrea Mulder, from CWT Vacations enjoy travel—Ingersoll, as she talks about what it will look like to travel after the pandemic—from rules and regulations to hesitations and more. Andrea will guide you through your questions and concerns to help bring the fun back into travel!

Register by: Friday, June 18th

ART WITH BOBBI In Person

Tuesday, June 29th @ 1pm

Bobbi Cosby is back with a great workshop.

Northern Sunset— a beautiful sunset over a northern lake surrounded by rocks and evergreens

\$25/member \$30/non-members

(plus \$35 for materials fee paid to instructor)

Register by: Tuesday, June 22nd



FUNDRAISER CANADA DAY BBQ In Person/Take Out

Wednesday, June 30th with pick-up between 12-12:30pm

Join us as we celebrate our nation's birthday! Menu will include cheeseburger OR hotdog, coleslaw, dessert, a goodie bag & a ticket to our Canadiana Raffle basket. Extra tickets will be available for \$2 each on day of.

If regulations allow, we will open up the parking lot for a tailgate party to enjoy your meal in the company of others ... from a safe distance. Please bring your own table and chairs. **You MUST register to be part of the tailgate party.**

\$10 per person

Register by: Wednesday, June 23rd

SPECIAL EVENTS CONT'D

NICOLE WRIGHT'S BRIDAL SHOWER In Person (or drive-by)



PLEASE NOTE: All IN-PERSON programs are subject to change based on the COVID-19 regulations and protocols at the time of the event.

ZOOM EVENTS/PROGRAMS: When registering for these events, please give us your email address. The Zoom Link will then be sent the business day prior for Special Events and the morning of for Fitness Classes.

*For all Zoom Classes, if you do not receive the Zoom Link by 30 minutes prior to a program or event please call the Centre.

PHONE PROGRAMS: These programs are done conference call style over the phone. Instructions for accessing the program will be given after registering.

IN PERSON: Classes will begin when regulations allow. They will be held outside in our parking lot, back patio or front gazebo based on daily weather predictions. Classes will be cancelled by 9am the day of for extreme heat warnings or rain.

REGISTRATION IS REQUIRED FOR ALL PROGRAMS.

GOLF SCHEDULE

Our Golf League is finally underway!!

GOLF FEES:


- \$2/member per golf day OR \$20 for a 10 day golf card (in addition to golf course fees)
- \$3/non-member per golf day (in addition to golf course fees)

Registration is REQUIRED. Please call the Centre for complete registration details.

Please note, the schedule is subject to changes or cancellations made based on the current regulations and restrictions.

Date	Course	1 st Tee Time	Price	
			Walking	Cart
May 31 st	Sally Creek	11am	\$26	\$38
June 7 th	Tillsonview	10:20am	\$23	\$37
June 14 th	Woodstock Meadows	10am	\$30	\$45
June 21 st	Ingersoll	9:45am	\$34	\$42
June 28 th	Creekside	10am	\$22	\$33
July 5 th	Tillsonview	10:30am	\$23	\$37
July 12 th	Woodstock Meadows	10am	\$30	\$45
July 19 th	Twin Streams	9:50am	\$32	\$50
Tues. July 27th	Science Hill	10am	\$30	\$45
Tues. Aug 3rd	River Valley	10am	\$30	\$35
Aug. 9 th	Woodstock Meadows	10am	\$30	\$45
Aug. 16 th	Tillsonview	10:30am	\$23	\$37
Aug. 23 rd	Ingersoll	10am	\$34	\$42
Aug. 30 th	The Willows	10:20am	\$18	\$36
Tues. Sept. 7th	Science Hill	10am	\$30	\$45
Sept. 13 th	Cobble Hills	10am	\$28	\$45
Sept. 20 th	Tillsonview	10:30am	\$23	\$37
Sept. 27 th	Ingersoll	10am	\$34	\$42





I Dream of Sleep Workshop

Thursday, June 10th from 2-3:30pm

Celebrate Seniors' Month with a good night's sleep!! Join us VIA ZOOM for an afternoon dreaming about all things sleep!

Speakers will include:

****Alicia from Pharmasave Ingersoll***

Learn about both pharmacological and nonpharmacological therapeutic choices for managing sleep as well as the link between mental health and sleep.

**** Sheila from Healthy Lifestyles in Dorchester***

Learn about natural supplements, herbs, vitamins and more that can help induce sleep naturally.

****John Schieven – Chair Yoga & Meditation Instructor***

Enjoy a variety of yoga poses and stretches that will help you stretch, relax, and get into a restful mindset – all great tools for a good night's sleep.

A FREE giftbag is included with the event. Please stay tuned for details on date/time of pickup for the giftbags

FREE TO ALL

Register by: Thursday, June 3rd

Please call or email the Ingersoll 50+ Centre to register.

info@ingersollseniors.com ~ 519-485-3869

This workshop is run in partnership with the Lion's Senior Centre (Dorchester).

The Ingersoll 50+ Centre presents our ...

Online Garage Sale



DATES OF SALE

1st Sale – Wednesday, June 16th @ 8am – Tuesday, June 22nd @ 8am
Must pick up items by Tuesday, July 6th

2nd Sale – Wednesday, June 23rd @ 8am – Tuesday, June 29th @ 8am
Must pick up items by Tuesday, July 13th

HOW IT WORKS

1. Go to www.ingersollseniors.com
2. Click the "ONLINE YARD SALE" button on the main screen or select "SHOP" in the top right corner.
3. Browse the items available for purchase. Clicking on an item will provide more detail about it and/or allow you to add that item to your cart.
4. Once you have selected all the items you wish to purchase, click on the cart icon in the top right corner and follow the prompts for payment.
5. Items will be available for pick up at the Centre during business hours (Mon-Fri 8:30-4:30pm) up to TWO (2) weeks after purchase. If items are not claimed by that time, your money will be refunded, and items returned to our stock.

*Please note, prices on items are firm. There will be no negotiating or price reductions.

Thank you in advance for your support!

MEMBERS CLASSIFIEDS & AD INFORMATION

We will be starting up a “Members Classifieds” section in our July newsletter.

How it works:

1. Members can submit a business card sized black and white “classified ad” for our monthly newsletter for \$10 (max 2 per person).
2. You must submit your classified information by the 25th of the month (or the closest business day after). Payment must also be received before the newsletter is printed.
3. Submissions can include:
 - *Items you would like to sell (i.e. picnic table, fridge, etc.)
 - Note to our members—birthdays, anniversaries, memorials, etc.
 - *Service you are providing that may be of use to our members

For more information or to submit an ad, please call the Centre or email Kristi Oegema (k.oegema@ingersollseniors.com).

Please note that items sold or services offered are not endorsed by our organization and are to be bought/used at your own discretion.

We will also be bringing back our “Business Advertising Opportunity”.

Below are the prices for an ad in our monthly newsletter. Advertisements will be colour online and black & white for print copies.

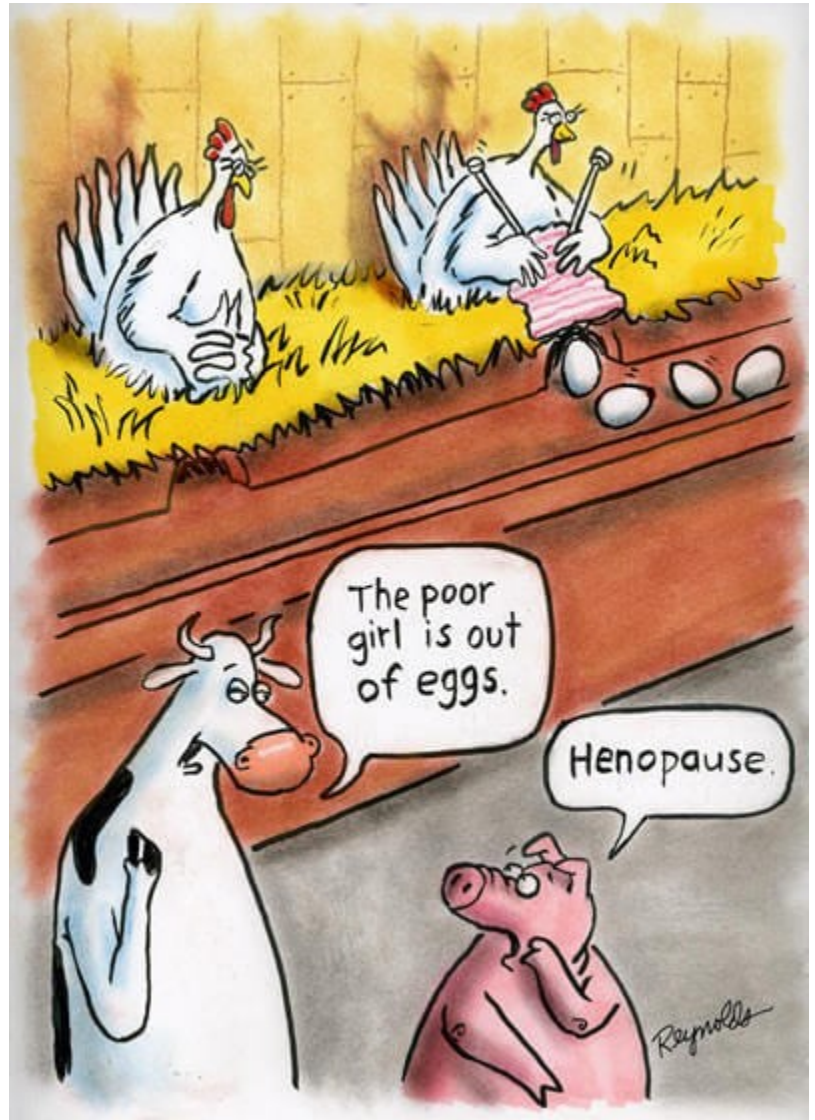
Ad	Cost	Ad size required
Business card	\$20.00	8.9 cm x 5 cm
¼ page	\$30.00	8.9 cm x 11.5 cm
½ page	\$55.00	17.8 cm x 11.5 cm
Full page	\$95.00	17.8 cm x 22.8 cm

*These updated prices are based on distribution and frequency of newsletter.

For more information about our advertising opportunities or to book an ad for an upcoming newsletter, please call the Centre or email info@ingersollseniors.com.

JUST FOR LAUGHS

A household hint: Stop dusting, and you can use your coffee table as a message board.

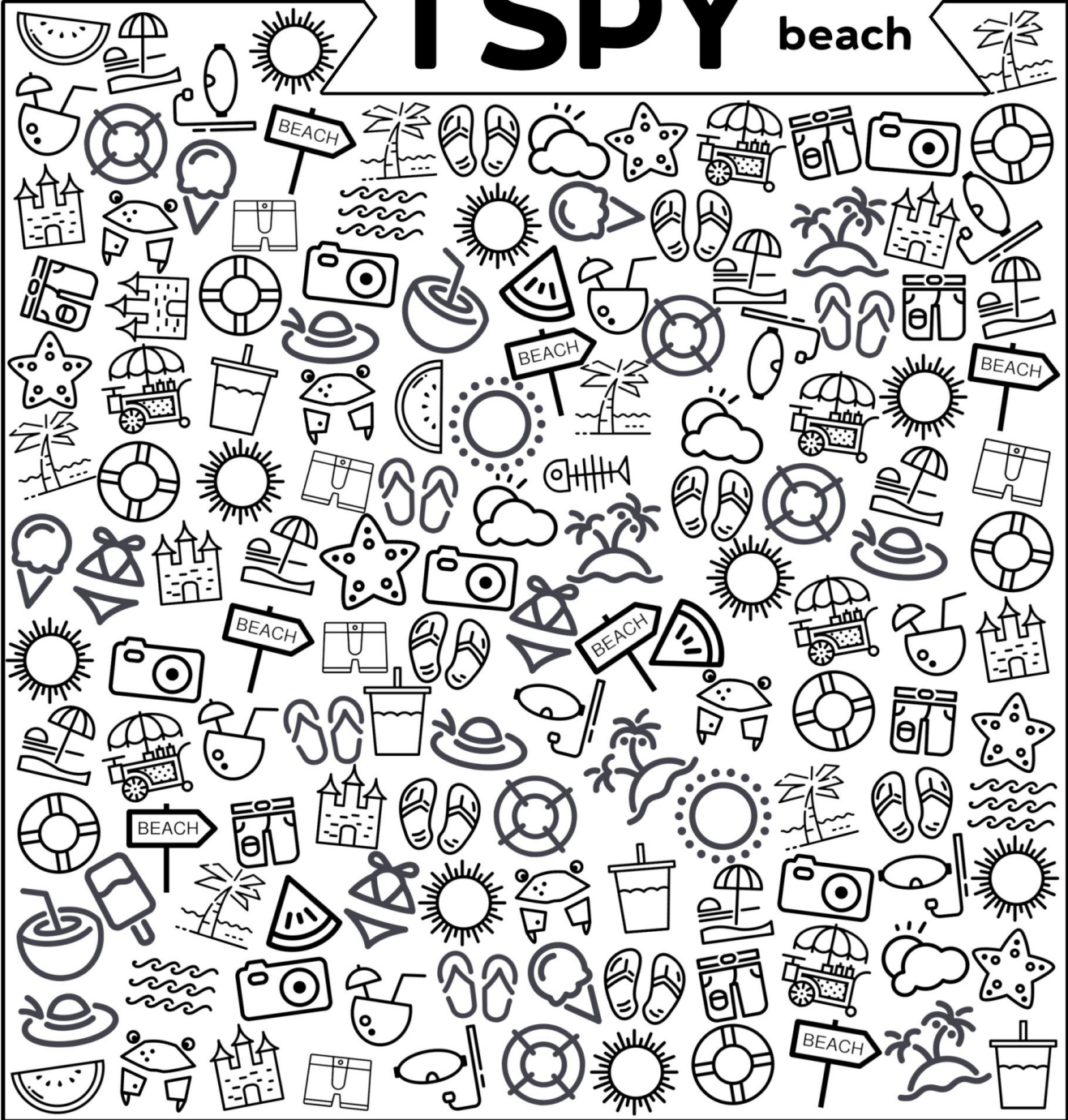


Meanwhile in Canada



One minute you are young and carefree and the next minute your kids are asking for help with their history homework because you were alive in the nineteen hundreds.

I SPY beach



2 ☀️

4 ☁️

4 ☁️

5 ⭐️

4 🩴

5 🍹

7 📌 BEACH

4 🍹

6 🍷

5 🏠

1 🐟

6 🌴

7 🩴

1 🍹

3 🌊

6 📷

7 🛟

4 🌴

7 🏰

5 🍹

3 🏠

3 🍷

4 🍷

6 🍹

2 🍹

7 🌴

5 🛟

9 ☀️

6 🍹

3 🍷



Gratitude Journal

Take a moment to read the questions and write down or type up your thoughts in the spaces below. [Click here for our audio-visual gratitude journal!](#)

What is something you're looking forward to?

Name 3 things that make you smile.

Who makes you feel loved and why?

What is your fondest memory from your childhood?

Name 3 things that you love about yourself.

What is the best thing that happened today?

Name something that makes you feel proud & accomplished!



June is Seniors Month

Stay Safe, Active and Connected

ontario.ca/SeniorsMonth

Ontario 