

INGERSOLL 50+ CENTRE

THE INTERLUDE

January 2022

COVID-19 REGULATIONS

Due to the new restrictions announced by the Government of Ontario on January 3rd, the Centre will be **CLOSED for all in-person programs and events until further notice** (at least until January 26th).

We will continue to provide curbside meals on Tuesdays and Fridays and Foot Clinic by appointment on Tuesdays and Friday mornings.

Frosty meals, equipment loan program, assistance with forms, volunteer transportation, and other community support services are still available.

Please DO NOT come to the Centre if you are experiencing any cold-like or COVID-19 symptoms or have been in close contact with someone who has tested positive for COVID-19. Thank you for helping us keep our members, clients and staff as safe as possible.

Please call the Centre prior to visiting us for any service.

A MESSAGE FROM THE CENTRE

What a start to 2022! While this is not how we pictured the year beginning, we are working hard to shift gears and bring on more virtual and phone-based programs. If you have any program suggestions, please reach out as we are always looking for new ideas!

We have had a few adjustments and additions to our staffing as we grow and expand our organization—Centre, Services & Assisted Living. If you talk to any of these staff either on the phone or in person, make sure to give them a warm welcome & congrats!

- **Candice Langdon**—Community Services Assistant. Candice will be in each weekday morning to assist Nicole with all our services and meal programs.
- **Cathy Hill** – Front Office. Cathy is in the Front Office full days on Mondays and Tuesday/Wednesday afternoons.
- **Chris Webber**—role change to Facilities & Office Manager. Chris will be overseeing the Front Desk on Tuesday/Wednesday mornings and Thursday/Friday full days as well as keeping our building safe.
- **Heather MacIntosh**—Custodian. Heather will be in each weekday morning to keep our Centre safe and clean!
- We said farewell to **Dave Knox**, our Marketing/IT/Stats Coordinator, at the end of December as he has officially retired. We wish him well on his new adventures!
- We also say farewell to **Allie Cook**, our Programs Assistant, as she has taken a full-time job working with children.

12 DAYS OF CHRISTMAS WINNERS

A big thank you to everyone who bought tickets to help support our Centre programs. Congratulations to all our daily winners!

Day 1: Nancy K. **Day 2:** Dawn W. **Day 3:** Sheryl H. **Day 4:** Ray D. **Day 5:** Nina L. **Day 6:** Donna P. **Day 7:** Patti L. **Day 8:** Betty F. **Day 9:** Ivy R. **Day 10:** Linda E. **Day 11:** Ellen F. **Day 12:** Sheryl H. **Bonus 1:** Deb D. **Bonus 2:** Janet C. **Bonus 3:** Mary T.

CENTRE INFO

250 Ingersoll St. S.
Ingersoll, ON
N5C 1S8

Centre—(519) 485-3869
Services—(519) 485-2269

Website: ingersollseniors.com

HOURS (for January)

Monday-Friday
8:30am-4:30pm

STAFF

Executive Director

Wendy Palen

w.palen@ingersollseniors.com

Community Services Coordinator

Nicole Wright

n.wright@ingersollseniors.com

Community Services Assistant

Candice Langdon

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Centre Coordinator

Kristi Oegema

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Assisted Living Coordinator

Anita Hartfield

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Assisted Living Assistant

Henriette MacArthur

h.macarthur@ingersollseniors.com

Facilities & Office Coordinator

Christine Webber

c.webber@ingersollseniors.com

Custodian

Heather MacIntosh

Office

Cathy Hill

Bookkeeper

Heather Hayman

Cooks

Joyce Banbury (Tuesday)

Janice Maltby (Friday)

JANUARY EVENTS CALENDAR

3	4	5	6	7
10:00am Zumba (Z) <i>*recorded</i>	9:00am TBW (Z) - <i>Free for members</i> <i>*recorded</i> 10:15am Chair Yoga (Z)	10:15am Chair Cardio (Z) <i>*recorded</i>	9:00am Chair Yoga (Z) 10:15am Gentle Yoga (Z)	10:15am OsteoFIT (Z) <i>*recorded</i>
10	11	12	13	14
10:00am Zumba (Z) <i>*recorded</i> 1:00pm Trivia & Games (Z/P)	9:00am TBW (Z) - <i>Free for members</i> <i>*recorded</i> 10:15am Chair Yoga (Z)	10:15am Chair Cardio (Z) 1:00pm Playing Card Bingo (Z/P)	9:00am Chair Yoga (Z) 10:15am Gentle Yoga (Z)	10:15am OsteoFIT (Z) <i>*recorded</i>
17	18	19	20	21
10:00am Zumba (Z)	9:00am TBW (Z) - <i>Free for members</i> <i>*recorded</i> 10:15am Chair Yoga (Z) 2:00pm Young Men Farmers Presentation (Z)	10:15am Chair Cardio (Z) 1:00pm Playing Card Bingo (Z/P)	9:00am Chair Yoga (Z) 10:15am Gentle Yoga (Z)	10:15am OsteoFIT (Z) <i>*recorded</i>
24	25	26	27	28
10:00am Zumba (Z) <i>*recorded</i> 1:00pm Trivia & Games (Z/P)	9:00am TBW (Z) - <i>Free for members</i> <i>*recorded</i> 10:15am Chair Yoga (Z)	10:15am Chair Cardio (Z) <i>*recorded</i> 1:00pm Playing Card Bingo (Z/P)	9:00am Chair Yoga (Z) 10:15am Gentle Yoga (Z) 7:00pm Virtual Trivia Night (Z)	10:15am OsteoFIT (Z) <i>*recorded</i>
31	LEGEND (Z) - run via Zoom (online) (P) - run via Phone (Z/P) - run by both Zoom and Phone ----- Fitness classes are \$5/class for members and \$8/class for non-members. (unless otherwise noted). Trivia & Games and Playing Card Bingo are free for all. ----- Registration is required for all programs.			

More programs and events are in the works! Stay up to date with new programs and events by signing up to receive our weekly emails, calling/emailing the Centre to ask about new programs, or visiting our Facebook

JANUARY SPECIAL EVENTS

HERITAGE PRESENTATION SERIES

YOUNG MEN FARMERS VIA ZOOM

Tuesday, January 18th @ 2pm

Elaine Becker, from the Oxford County Historical Society, will be presenting on the young men who came to Oxford County farms to work. The young men responded to advertisements or word of mouth information with application to the Salvation Army. If they had the proper backing and references, they were sent for training at Hadleigh Farm Colony. The young men were trained and tested and then sent to Canada or Australia for employment with local farmers. In Canada they went to many centers but Smith Falls or Woodstock Ontario were primary centers with officers assigned for follow-up.

The boys were warmly greeted and were transported to the lodge or marched from the train station as the occasion allowed. They were fed and, on many occasions, spent the first night there before proceeding to their appointed local farms.

FREE TO ALL

Register by: Friday, January 14th

PET CLIPPINGS IN PERSON

Wednesday, January 19th

Kelly will be here to do basic nail clippings for dogs and cats. Appointment times are required. Please do not arrive until up to 5 mins prior to your appointment time. Proof of vaccination is required for all attending pet clippings.

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

Please call to book an appointment time.

VIRTUAL TRIVIA NIGHT VIA ZOOM

Thursday, January 27th @ 7pm

Enjoy an evening of trivia fun while enjoying the comfort of home. Grab your favourite beverage, invite a friend or two to play along and cozy up with a blanket.

FREE TO ALL.

Register by: Monday, January 24th.

PROGRAM DESCRIPTIONS

ZUMBA (ZOOM): *Mondays @ 10:00am.* A Latin inspired dance class, for active adults who want to have fun while working out. \$5/class for members, \$8/class for non-members

TBW (ZOOM): *Tuesdays @ 9:00am.* A low impact fitness class that also incorporates light cardio, muscle work and stretching. FREE for members, \$8/class for non-members

CHAIR YOGA (ZOOM): *Tuesdays @ 10:15am & Thursdays @ 9:00am.* 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. \$5/class for members, \$8/class for non-members

CHAIR CARDIO (ZOOM): *Wednesdays @ 10:15am.* A low impact seated class that incorporates cardio, balance, muscle work and stretching. \$5/class for members, \$8/class for non-members

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. \$5/class for members, \$8/class for non-members

TRIVIA & GAMES (ZOOM/PHONE) *Mondays @ 1pm.* Bend your brainwaves and see if you can answer the trivia questions correctly. A fun, interactive afternoon to learn something new and impress your friends.

PLAYING CARD BINGO (ZOOM/PHONE): *Wednesdays @ 1pm.* Using a standard deck of cards, enjoy an afternoon playing bingo and chatting with others.

CURBSIDE MEAL PROGRAM

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

Tues. Full Meal \$10.00 Pickup Noon to 12:30	Friday Lunch \$6.00 Pickup Noon to 12:30
Jan 4 Roast beef, mashed potatoes, gravy, veg, roll, dessert	Jan 7 Chili with garlic toast
Jan 11 Cabbage rolls, potatoes, veg, roll, dessert	Jan 14 Ham & Potato Soup with a roll
Jan 18 Chicken pot pie, salad, roll, dessert	Jan 21 Turkey Wrap with a pickle
Jan 25 Meatloaf, potatoes, veg, roll, dessert	Jan 28 French Onion Soup with a roll

COMMUNITY SUPPORT SERVICES

FOOT CLINIC: Our Foot Care Clinic runs every Tuesday between 8:30-4:00pm and Friday morning between 8:30-12:00pm. Have your feet cared for by our trained foot care provider. \$25 per person. Call to book an appointment.

VOLUNTEER TRANSPORTATION: Need a ride? We provide transportation to older adults in Ingersoll and surrounding areas to appointments, errands, shopping and wherever else you need to go. Rates are reasonable with reliable, friendly drivers. Three (3) day notice preferred. *We are currently recruiting new volunteer drivers.*

ASSISTIVE DEVICE LOAN PROGRAM: Do you or someone you know require assistive devices? Walkers, wheelchairs, bath and toilet accessories and much more are all available free of charge. Please call to see what items are available. We also welcome donations of used medical equipment/assistive devices for our program.

TELEPHONE REASSURANCE: Shutdowns can be difficult and isolating. If you or a loved one would like to talk with a friendly volunteer once a day or once a week, please call to be paired with one of our volunteers.

MEAL PROGRAMS: Tired of cooking? We have a variety of meal programs to suit your needs.

- **Meals on Wheels:** Volunteers deliver a hot entrees (main and dessert) delivered at the noon hour from Monday-Friday and act as a security check. All dietary restrictions accommodated.
- **Frosty Meals:** These are frozen entrees that meet Canada's Food Guide recommendations and use only the best ingredients. Meals are available for all diet types. Call for selection available and pricing. A great way to stock your freezer for those cooler days.
- **Curbside Meals:** Enjoy a homecooked meal on Tuesdays and Fridays. See the menu above for a complete list of meals available.