

Ingersoll 50+ Centre

January—February Newsletter 2024



HAPPY NEW YEAR!!!



50+ Activity Centre:
519-485-3869

Services For Seniors:
519-485-2269

Street Address:
250 Ingersoll St. South
Ingersoll, Ontario
N5C 3J7

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STAY INFORMED



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Sign up for our e-newsletters or sign up for our Weekly



CENTRE INFO

MONDAY : 8:30 AM—9:00 PM
TUESDAY—FRIDAY: 8:30 AM –4:30 PM

**50+ Activity Centre
will be Open on Tuesday,
January 2nd*

*Centre will be closed on February 19th
For Family Day*

BOARD OF DIRECTORS

Carol Smith-Gee (Chair)
Marilyn Foss (Vice Chair)
Sue Harrison (Secretary)
Kristy Van Kooten-Bossence (Treasurer)
Trevor Finkenzeller, Lana Graham,
Sue McCann, Dianna Wallace

MEMBERS ADVISORY COUNCIL

Nora Holden Mary Pinney
Betty Barnhill Kim Bidwell
Joyce Pavey Marilyn McFarland
Gregg Maxwell Pat Metcalfe

Next Meetings: January 9th

SPECIAL EVENTS COMMITTEE

Nora Holden Mary Pinney
Deb Dahl Ray Dahl
Bonnie Knott Kim Bidwell
Eleanor Dorland



STAFF

Executive Director

Leslie Hill

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Community Support Services Coordinator

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Facilities/Office Coordinator

Christine Webber

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Bookkeeper

Heather Hayman

Statistical Tracking

Cathy Hill

Cook

Joyce Banbury

THIS & THAT

FROZEN ENTREES & SOUPS AVAILABLE

Check our selection of soups, entrees and other frozen food items in our lobby freezer. The freezer options are constantly rotating so be sure to check in on occasion for our new options. Our hamburger meat pies are in stock.

MINT SMOOTHIES

\$2.50/smoothie (milk or dark)

These make great a afternoon “pick-me-up” or thank you token! Grab yours at the Front Desk today!

LIBRARY

Stock up on your cooler-weather reading selection with our vast selection of gently used books! We have a wide selection of genres and authors to choose from. Puzzles and DVDs also available.

MENDING FROM KATHY

One of our members, Kathy, offers her services to mend all your small sewing jobs. There is a small fee for this service. If you have any items to be mended please bring them to the front desk with a note detailing what needs to be done and your name/phone #. We will then call you when the job is complete.

PET CLIPPINGS

Wednesday, January 10th, February 7th and March 13th.

Kelly will be here to do basic nail clippings for dogs and cats. Appointment times are required. Please do not arrive until 5 mins prior to your appointment time. Please note the slight price increase began in September for this service.

\$7/member \$10/non-member

JARS FOR JAM

We are looking for donations of 125ml and 250ml canning jars to make jam for the Centre. If you have any to donate, please drop them off at the front desk.

EQUIPMENT LOAN PROGRAM REMINDER

REMINDER THAT DROP OFF AND PICK UP FOR LOAN EQUIPMENT IS ON TUESDAY AND THURSDAY.

IN LOVING MEMORY: LOCATED IN OUR FRONT LOBBY

Our Memorial Tree celebrates the lives of previous members of the Centre . Please inform us of any members who have passed away so we are able to add their name to the wall. We will be updating the list of members by months for the tree. An annual service will be held each Fall. Our apologies for any names that have been missed on the tree.



ORGANIZATION UPDATES

WINTER WEATHER SAFETY

Road & Parking Lot Safety: As the snow begins to pile along the roadway, remember to double check for traffic and pedestrians along the walking path as you exit our parking lot .

Room Temperatures: It is always a challenge to regulate our heating system! Remember to dress in layers for personal comfort when attending programs.

FEELING UNDER THE WEATHER?

As the season changes and we come into cold and flu season we kindly ask that if you are feeling unwell that you stay home. While we always love to see you, we always hope that you will help us keep all our members, visitors, and staff as healthy as possible. If you were coming for something that can be re-scheduled, please give us a call and we will work with you.

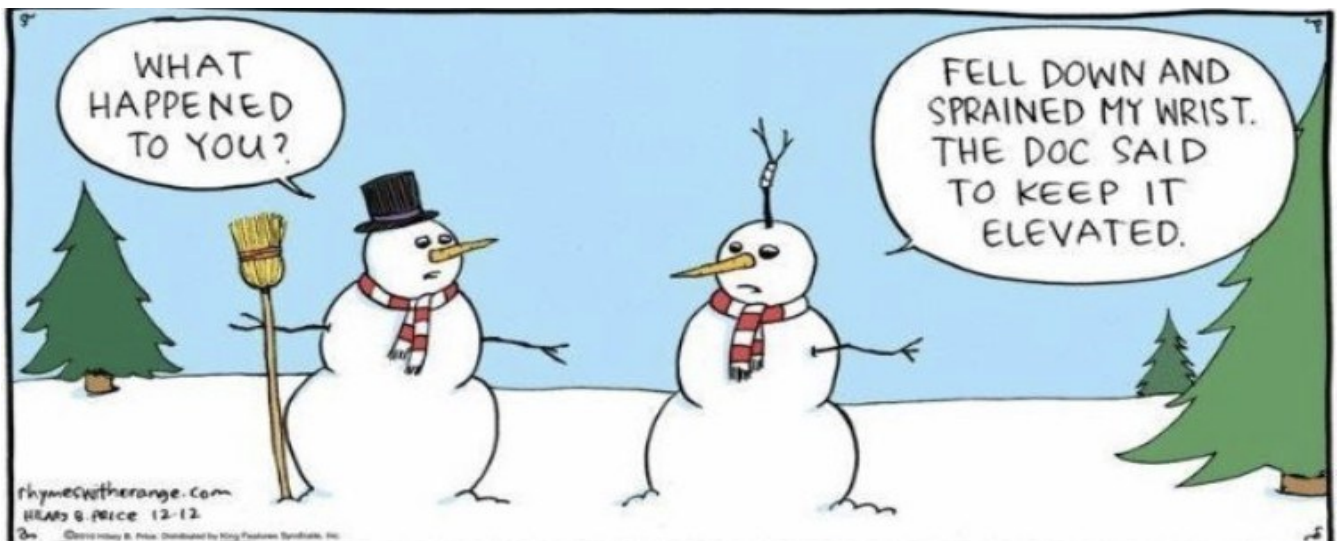


CHRISTMAS DECORATIONS

As Christmas comes to an end and you start to organize your Christmas decorations of what to keep, and what to throw away for next year, we would be more than happy to take the items that you no longer want off your hands. We are searching for Christmas items for our next year's annual Bazaar fundraising.

MY SENIOR CENTER REGISTRATION SYSTEM

We are very fortunate to receive a grant for My Senior Centre Registration System. This registration allows the staff to automate broadcast calls to the entire membership or groups of individuals within (i.e., specific fitness class attendees, drop-in programs, special events, etc.). We use this system for particular reasons, such as reminders of upcoming programs, cancellations or related information. These calls will come from the Centre number (519) 485- 3869 and will be voice-recorded by one of our staff members. If you receive a call from the Centre, please check your message to see what the Centre is up to. We will never ask for you to share personal information on these calls or call anywhere other than back to the Centre.



INGERSOLL SERVICES FOR SENIORS

FREE EQUIPMENT LOAN PROGRAM:

Walkers, bathroom equipment, wheelchairs, and hospital beds are available for loan! Equipment availability is dependent upon current donations. Please call or email Christine Smith for more information.

MEAL PROGRAMS: HELPING SENIORS EAT WELL

Frosty Meals: \$7.50/Entrée, \$2.50/Soup or Dessert. Free delivery available. 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, and modified texture. With a selection of over 30 entrees and 10 soups/desserts give it a try today! Discount pricing available when purchasing 7 entrees. Please see the next page for menu choices

Meals On Wheels: \$7/day, are delivered at lunch time Monday through Friday in Ingersoll.

Curbside Meals: Full meal & dessert on Tuesdays for \$10/person. Pick up between 12 -12:30pm. RSVP by Mondays at 12pm. See Pages 7 and 8 for menu.

Dine In: Full meal and dessert on Fridays at 12pm for \$10/person. RSVP by Thursdays at 12pm. Please see pages 7 and 8 for menu.

Free delivery to Ingersoll and Thamesford also available every Tuesday and Friday 12 -12:30 pm.

HOME HELP & MAINTENANCE PROGRAM: SMALL FEE FOR SERVICE

A normal part of aging is needing assistance with independent activities of daily living. These are daily tasks such as yard work, companionship, and cleaning around the house. Call us for a referral to individuals who can help you out! All individuals have provided police checks and references. *WE ARE RECRUITING PEOPLE TO CLEAN HOMES AND FOR SNOW REMOVAL. Please call us for more information.*

FOOT CARE CLINIC:

\$25, Call for appointment. Join us on Tuesdays all day, and every other Friday morning for our Foot Clinic. Trained providers can also come to your home for an additional cost.

TRANSPORTATION:

We provide transportation for older adults and those with disabilities in Ingersoll and surrounding areas. Rides are provided for appointments, errands, etc. Rates are reasonable and volunteer drivers are reliable and friendly (with police screening and reference checks). 3-day notice preferred. *We are looking for people to drive. Please call us to fill out an application today. Drivers are reimbursed for their mileage.*

HELP WITH FORMS:

FREE, by appointment. This program can help people fill out forms. Examples include CPP, OAS, GIS and passport forms, etc.

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! *Volunteers are needed for this program to run.*

GROCERY BUDDY:

Our friendly volunteers will pick up groceries for you! Call us with your grocery list and we will arrange a day and time for us to do your shopping!

VOLUNTEERS:

We are always looking for new volunteers to assist with our various services. We are especially looking for Volunteer Drivers, home helpers, and kitchen team volunteers! If you have spare time and would like to help fellow members of your community, give us a call.

Ingersoll Services for Seniors Frozen Meal Order Form

Poultry

- ☐ Chicken à la King (LF)
- ☐ Chicken Cacciatore ** (LF LS)
- ☐ Chicken Pot Pie
- ☐ Country Chicken (LF)
- ☐ Lemon Chicken (LF LS)
- ☐ Herb Chicken with Mushroom Gravy (GF LF LS)
- ☐ Chicken Breast with Broccoli & Cheddar Sauce
- ☐ Chicken Stew (LF)
- ☐ Sweet and Sour Chicken (LF)
- ☐ Chicken with Honey BBQ Sauce (LF LS)
- ☐ Turkey with Stuffing (LF)

Fish

- ☐ Asian Glazed Salmon (LF LS)
- ☐ Fish Florentine
- ☐ Salmon in Lemon Sauce
- ☐ Tuna Pasta Casserole (LF)

Soups

- ☐ Beef Barley (LF)
- ☐ Chicken Noodle (LF)
- ☐ Cream of Broccoli** (LF LS W)
- ☐ Cream of Tomato (V)
- ☐ Split Pea ** (LF LS)
- ☐ Cream of Potato & Leek (V)
- ☐ Minestrone (LF V)
- ☐ Cream of Cauliflower (V)
- ☐ Beef & Vegetable Soup (LF)

Beef

- ☐ Beef Stew (LF LS)
- ☐ Beef Stroganoff (LS)
- ☐ Chopped Swiss Steak (LF LS)
- ☐ Steak & Mushroom Pie **
- ☐ Liver & Onions (LF)
- ☐ Shepherd's Pie (LF LS)
- ☐ Pot Roast (LF)
- ☐ Meatballs in Gravy
- ☐ Sliced Beef with Mushroom Gravy
- ☐ Meatloaf in Mushroom Gravy

Pork

- ☐ Sweet & Sour Pork (LF LS)
- ☐ Pork With Stuffing (LF LS)
- ☐ Baked Ham (LF)
- ☐ Bangers & Mash

Sample of Minced Food—call for more details

Desserts

- ☐ Chocolate Fudge Cake (LS)
- ☐ Carrot Cake
- ☐ Strawberry Shortcake
- ☐ Orange Layer Cake

GF Gluten Free LF Low Fat

LS Low Sodium V Vegetarian

W Vegan



519-485-2269

** Not Suitable for Salt Free Diet
(GF) Gluten Free

Ask about our In-house cooked frozen meals

CURBSIDE & DINE-IN MEALS

JANUARY TUESDAY CURBSIDE MENU

Order by NOON on Mondays.

Tuesday Meals \$10 Pick up on Tuesdays between 12:00-12:30pm
January 2 Chili, garlic toast, salad, dessert
January 9 Roast beef, mashed potatoes, gravy, vegetables, dinner roll, dessert
January 16 Ham, scalloped potatoes, vegetables, dinner roll, dessert
January 23 Meat loaf, baby potatoes, gravy, vegetables, dinner roll, dessert
January 30 Spaghetti and meatballs, caesar salad, garlic bread, dessert

JANUARY DINE-IN LUNCH MENU

Order by NOON on Thursdays.

Friday Dine-In Meals \$10 Served on Fridays at 12:00pm
January 5 Pork schnitzel, roasted baby potatoes, vegetables, dinner roll, dessert
January 12 Spaghetti and meatballs, caesar salad, garlic bread, dessert
January 19 Roast beef, mashed potatoes, gravy, vegetables, dinner roll, dessert
January 26 Smoked chop, hash brown casserole, vegetables, dinner roll, dessert

Delivery for Curbside & Dine-In meals is also available. Please call for more information.

**We are able to accept USED curbside packaging. Please rinse your containers and return when you come*

CURBSIDE & DINE-IN MEALS

FEBRUARY TUESDAY CURBSIDE MENU

Order by NOON on Mondays.

Tuesday Meals \$10

Pick up on Tuesdays between 12:00-12:30pm

February 6

Roast beef, mashed potatoes, gravy, vegetables, dinner roll, dessert

February 13– Valentine’s Day Lunch

Stuffed chicken, lemon herb baby potatoes, vegetables, dinner roll, dessert

February 20

Turkey pot pie, salad, dinner roll, dessert

February 27

Steakette, mushroom gravy, mashed potatoes, noodles, dinner roll, dessert

FEBRUARY DINE-IN LUNCH MENU

Order by NOON on Thursdays.

Friday Dine-In Meals \$10

Served on Fridays at 12:00pm

February 2

Fish & chips, vegetables, cabbage salad, dessert

February 9

Stuffed chicken, lemon herb baby potatoes, vegetables, dinner roll, dessert

February 16

Roast beef, mashed potatoes, gravy, vegetables, dinner roll, dessert

February 23- Brunch

Eggs, bacon, sausage, bread, juice and more

Delivery for Curbside & Dine-In meals is also available. Please call for more information.

****We are able to accept USED curbside packaging. Please rinse your containers and return when you come pick up your next meal.***

FITNESS PROGRAMS

WALKING CLUB

Wednesdays @ 9am– Various location

The winter months are upon us, but we still trudge through the snow and wind. Please keep in mind, we are smart and do not walk on icy/stormy days or leave town. However, as a dedicated group of friends, usually a warm cup of coffee and social time takes the place of our walk. All types of walkers are welcome. New to the group? Please reach out ahead of the walk so we can ensure you have all the details.

\$1.50/member (or \$15 for Walking Card good for 10 days) \$2.50/non-members.

Date	Location	Date	Location
Jan 3	Woodstock- Spring Park	Feb 7	Thamesford
Jan 10	London—TBD	Feb 14	Arena, Ingersoll
Jan 17	Victoria Park Community Center	Feb 21	Woodstock – Trail TBD
Jan 24	Cheese Museum Ingersoll	Feb 28	London – TBD
Jan 31	Dorchester		

RECREATIONAL BEGINNER PICKLEBALL

Wednesdays @ 9:30 a.m. at Trinity United Church

Are you interested in how to play beginner pickleball? Well, you can learn the basics of pickleball in a low-pressure environment with the members of Ingersoll 50+ Centre. This is a non-competitive group that plays for recreational fun. MEMBERS ONLY (and only beginner players, please) —\$5/class (CASH OR FITCARD ONLY).

STROKE, COPD, PARKINSON'S DISEASE

Begins Tuesday, January 2nd @ 10:30 a.m.

This fitness program meets twice a week for light to moderate-intensity exercise that focuses on functional movement. Registration is required. If you, or someone you know, is living with the effects of stroke, COPD, or PD, call the Centre for more information to register for this fitness class. Classes will be prorated should you begin the program mid-session. *Please note that the price for classes will increase to \$80 per session from \$40 starting the Centre's new business fiscal year.

Note: We reserve the right to cancel or change classes based on attendance. If you enjoy coming to a class, we strongly encourage you to come out and support the class.

WINTER FITNESS SCHEDULE 2024

JANUARY 8th – JANUARY 12th

**ALL FITNESS CLASSES ARE FREE
TO MEMBERS & NON-MEMBERS THE WEEK OF
JANUARY 8th—JANUARY 12th**

Please note: STROKE RECOVERY COPD, PARKINSON'S DISEASE Begins Tuesday, January 2nd @ 10:30 a.m.

&

WALKING CLUB Begins Wednesday, January 3rd @ 9:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 8:30-am - 8:30pm	Fitness Room 8:30am – 10:00am 12:00pm-4:00pm	Fitness Room 8:30am – 4:00pm Walking Club 9:00am Kim Various Locations	Fitness Room 8:30am – 4:00pm	Fitness Room 10:30am – 4:00pm
	TBW 9-10am Jennifer North Room	Pickleball 9:30-11:30 Trinity United Church	Gentle Yoga 9:15-10:15am John North Room	Strength and Stretch 9-10am Jennifer North Room
Zumba Gold 10-11am Ellen North Room	Chair Yoga 10:00 11:00am John **Zoom** Activity Room	Intermediate Line Dance 10:30-11:30 Joyce North Room	Chair Yoga 10:30-11:30am John **Zoom** Dining Room	OsteoFIT 10:30-11:30am Jennifer **Zoom** Activity Room
Tai Chi 11am-12pm June North Room				
Beginner Line Dance 6-7pm Elma North Room				
Improver Line Dance 7:15-8:15pm Joyce North Room	LEGEND: White = Drop in for members and non-members Dark Grey = Zoom/In Person classes			

WINTER FITNESS SCHEDULE 2024

JANUARY 15th – MARCH 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 8:30am - 8:30pm	Fitness Room 8:30am – 10:00am 12:00pm-4:00pm	Fitness Room 8:30am – 4:00pm Walking Club 9:00am Kim Various Locations	Fitness Room 8:30am – 4:00pm	Fitness Room 8:30am – 4:00pm
	TBW 9-10am Jennifer North Room	Pickleball 9:30-11:30 Trinity United Church	Gentle Yoga 9:15-10:15am John North Room	Strength and Stretch 9-10am Jennifer North Room
Zumba Gold 10-11am Ellen North Room	Chair Yoga 10:00 11:00am John **Zoom** Activity Room	Intermediate Line Dance 10:30-11:30 Joyce North Room	Chair Yoga 10:30-11:30am John **Zoom** Dining Room	OsteoFIT 10:30-11:30am Jennifer **Zoom** Activity Room
Tai Chi 11am-12pm June North Room	Stroke Recovery, COPD, Parkinson's Disease Fitness 10:30-11:30pm Jennifer Fitness Room		Stroke Recovery, COPD, Parkinson's Disease Fitness 10:30-11:30pm Jennifer Activity Room	
Beginner Line Dance 6-7pm Elma North Room				
Improver Line Dance 7:15-8:15pm Joyce North Room	LEGEND: White = Drop in for members, 8-week registered for non-members Dark Grey = Zoom/In Person classes Light Gray = Registered program (please call for complete details)			

FITNESS PRICES & DESCRIPTION

FITNESS CLASS DESCRIPTIONS

Aerobic Intensity/Skill Levels: *easy, **moderate, ***most challenging

All fitness classes are intended for all fitness levels. From the beginner to the experienced, everyone works and progresses at their own pace. Please consult with your doctor or healthcare practitioner before engaging in any fitness activity classes, especially if you have a pre-existing medical condition.

*****Zumba Gold:** *Mondays @ 9:45am.* Set to fun and energetic music, this class is a total body workout incorporating easy dance moves. It will get your heart pumping while working on your coordination and balance.

***Tai Chi:** *Mondays @ 11am.* Tai Chi is a gentle, slow-moving practice that can be done standing as well as seated. The class starts with warmups to prepare our muscles and increase our blood flow. We end with “warm downs”, as we take the time to allow the energy to flow to every cell in our bodies. This helps to calm and soothe our minds and emotions, and feels so darn good, ready for whatever the day brings.

Stroke, COPD, Parkinson’s Disease Fitness Class: *Mondays, Tuesdays, Thursdays @ 10:30am.* An 8-week fitness class that meets three times a week, for people living with the effects of stroke, COPD, or Parkinson’s Disease. There is a focus on cardiovascular health, muscle tone, and balance, while improving endurance and strength. This specialized class is limited to 6-8 people. You must be able to commit to the full 8-week session since the class is progressive and participants move along together even though everyone works at their own pace.

Line Dancing: Contemporary line dances in a fun-filled class. Dance to all styles of music: country, pop, oldies, nightclub beats, and Latin rhythms. A great combination of physical exercise, mental exercise, and social interaction.

****Beginner:** *Mondays @ 6pm*

*****Improver:** *Mondays @ 7:15pm*

*****Intermediate:** *Wednesdays @ 10:30am*

*****Total Body Workout (TBW):** *Tuesdays @ 9am.* FREE for members. A fully standing class that is set to music that motivates, energizes, and then helps relax the body. It includes a warmup, cardiovascular training, cooldown, balance, resistance training, stretch and relaxation components for a total body workout.

FITNESS CLASS DESCRIPTION

***Chair Yoga:** *Tuesdays @ 10am, Thursdays @ 10:30am.* A mostly seated class that utilizes gentle yoga poses that stretch and strengthen the entire body. This class is suitable for those that may have mobility issues yet want to reduce stiffness by activating the muscles and maintain range of motion in their joints.

****Walking Club:** *Wednesdays @ 9am.* Walking is one of the best exercises as it involves the major muscles of the body while going at your own pace. Meeting at the Centre or various locations, participants go for outdoor walks. Please let the Front Desk know if you plan on attending for the first time.

****Gentle Yoga:** *Thursdays @ 9:15am.* Participants bring their own mats to practice easy yoga poses both on the floor and standing. This class will help stretch and strengthen the entire body while rejuvenating the spirit.

*****Strength and Stretch:** *Fridays @ 9am.* A total body workout experience that will burn calories, shape, and tone your entire body, increase core strength, and improve bone health. Focus is given to functional movement and activities of daily living. Set to music to motivate, this class will get your heart pumping while engaging the major muscle groups of the body. Part of the class is performed on the floor; so, participants are encouraged to bring their own mats. This class is suitable for all fitness levels.

****OsteoFIT:** *Fridays @ 10:30am.* A class that is specially designed for participants that have osteoporosis concerns or diagnoses. The class is performed in a combination of seated and standing exercises. If the participant prefers or has mobility issues, all exercises can be performed seated. The class includes a warmup segment, gentle aerobics, cool down and balance, resistance training, ending with stretch and relaxation exercises.

FITNESS PROGRAM PRICING

ANNUAL CENTRE MEMBERSHIP:

- \$40 per person (April 1st, 2023—March 31st, 2024)
- Open to individuals 50 years and better
- 90 years or better? Membership is free for those born in 1933 or earlier.

IN PERSON FITNESS CLASS PRICE:

- Members: \$5/class – register weekly or for full session
- Non-members: \$8/class – register weekly or for full session

ZOOM FITNESS CLASS PRICE:

- ALL participants MUST pay for full session when joining by Zoom
- Members: \$5/class
- Non-Members: \$8/class

WALKING CLUB PRICE:

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

FITNESS CENTRE:

- \$1/visit (*members only & MUST have an orientation)
- *If we cannot confirm your 2023-2024 membership you will be charged the non-member fee*

DROP-IN PROGRAM & REGISTRATION PROGRAMS

DROP IN PROGRAM PRICING

ANNUAL CENTRE MEMBERSHIP

- \$40 per person (April 1st, 2023—March 31st, 2024)
- Open to individuals 50 years and better
- 90 years or better? Membership is free for those born in 1933 or earlier.

BINGO:

- \$1.50/member \$2.50/non-member
- Plus \$1.50 per card

BID EUCHRE, BOOK CLUB, EUCHRE & PEPPER:

- *Members:* \$2.50/day
- *Non-members:* \$3.50/day

BILLIARDS, BRIDGE, MAH JONG, & MEXICAN DOMINOES:

- *Members:* \$1.50/day
- *Non-members:* \$2.50/day

WOODSHOP & CARVING:

- \$2.50/day (*members only & MUST have an orientation prior to using)

If we cannot confirm your 2023-2024 membership you will be charged the non member fee

Registered Programs

CHORDBUDDY—7-week program

Tuesdays January 16th – March 5th from 2:30p.m. - 3:30p.m.

This group is for anyone who would like to learn to play the guitar with the help of a tool called ChordBuddy. It is a fun and easy way to expand your musical skills.

\$35/M \$56/NM

Register By: Monday, January 8th



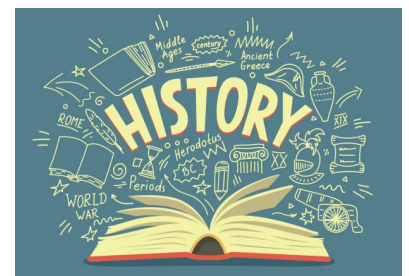
History —15 week session

Tuesdays January 9th—May 7th from 9:30a.m.- 11:30a.m.

Learn about the silk road trades with Deward, David and Brian.

\$45/M \$75/NM.

Register by Friday, September 8th



REGISTERED PROGRAMS: WINTER HISTORY SCHEDULE

Date and Times	Teacher	Topic
Tuesday 9:30 AM January 9	Brian Cox	*You Loved Them Then -----Do You Love them Now
Tuesday 9:30 AM January 16	Brian Cox	Gold -West/Silver -East
Tuesday 9:30 AM January 23	David Hay	The Enlightenment Period: Who were the leaders and what did they produce
Tuesday 9:30 AM January 30	David Hay	Age of Exploration: Who were the leaders and what was their motivation?
Tuesday 9:30 AM February 6	Brian Cox	*You Loved Them Then -----Do You Love them Now
Tuesday 9:30 AM February 13	David Hay	*You Loved Them Then -----Do You Love them Now
February 19 and 20 No Classes Family Day Week		
Tuesday 9:30 AM February 27	Brian Cox	*You Loved Them Then -----Do You Love them Now
Tuesday 9:30 AM March 5	Deward Yates	Horsemen of Death
March 11and 12 No Classes March Break Week		
Tuesday 9:30 AM March 19	David Hay	Great Strikes in Canadian History What was accomplished?
Tuesday 9:30 AM March 26	Deward Yates	B/F/N -Empire & Revolution
April 1 and 2 No Classes Easter Week		
Tuesday 9:30 AM April 9	Deward Yates	A Family Feud
Tuesday 9:30 AM April 16	Deward Yates	Depression, Despair, Fanatism
Tuesday 9:30 AM April 23	Deward Yates	Americanization
Tuesday 9:30 AM April 30	Deward Yates	Globalization
Tuesday 9:30 AM May 7	Deward Yates	Globalization - "The New Silk Roads"
May 13 and 14 Extra Week in case of cancellation.		
May 20 and 21 Extra Week in case of cancellation.		

DROP-IN PROGRAM DESCRIPTIONS

KNITTING/CROCHETING: *Mondays @ 10:30am.* Enjoy a fun social while learning how to knit/crochet or if you need a refresher come join us on Mondays mornings.

BID EUCHRE: *Mondays @ 1:00pm.* Players bid to declare how many tricks they think they can take as a team, and the team that has the highest bid is held to that contract.

BINGO: *Wednesdays @ 1:00pm.* Enjoy an afternoon playing a couple rounds of bingo.

BRIDGE: *Wednesdays @ 1:00pm & Fridays @ 1:00pm.* Each partnership attempts to score points by making its bid, or by defeating the opposing partners bid.

CARPET BOWLING: *Tuesdays & Thursdays @ 1:00pm.* A game played on a 45 foot carpet, similar to lawn bowling, using a ball that is weighted on one side only. The object of the game is to get your balls closest to the Jack.

CHOIR: *Thursdays @ 9:30am.* Enjoy singing? Our Overtones Choir is the group for you. Practices are held at the Centre with some performances on occasion in town. Please call for details.

EUCHRE: *Fridays @ 1:00pm.* Euchre is a tricking taking game for 2 teams of two. Euchre uses a deck of 24 standard playing cards. Players rotate after each round.

MAH JONG: *Thursday @ 1:30pm.* The game is played with a set of 144 tiles based on Chinese characters and symbols. Players draw and discard tiles to form sets and a pair.

MEXICAN DOMINOES: *Fridays @ 1:00pm.* A game played with dominoes where players have to play tiles from their hand onto personal or collective “trains”. The person who uses all their tiles first, wins.

PEPPER: *Tuesdays @ 1:00pm, Thursdays @ 1:00pm.* Pepper is a trick taking game closely related to Euchre.

BOOK CLUB: *Thursday, November 30th @ 1:30pm — “Haven” by Emma Donoghue & Thursday, December 14th @ 1:30 pm “The Midnight” By Mat Haig.*

WOODCARVING: *Mondays @ 6:00pm & Fridays @ 9:00am.* Enjoy carving pictures into wood, creating beautiful figurines and more. Carvers must provide their own supplies. Please note that a membership is required to use the woodshop.

WORLD ISSUES: *Fridays @ 1:00pm.* Weekly discussions on topics from around the world, national issues, current social issues, trending news and occasional guest speakers. World Issues helps keep you current.

DROP-IN PROGRAM SCHEDULE

January 2nd — March 1st 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY Billiards Library Woodshop	DAILY Billiards Woodshop	DAILY Library Woodshop	DAILY Library Woodshop	DAILY Billiards Woodshop
10:30am Knitting & Crocheting Library			9:30am Choir Activity Room (Starting Feb 22)	9:00am Wood Carving Craft Room
1:00pm Bid Euchre Activity Room	1:00pm Pepper Activity Room	1:00pm Bingo Activity Room	1:00pm Pepper Activity Room	1:00pm Euchre Activity Room
	1:00pm Carpet Bowling North Room	1:00pm Bridge Front Lounge		1:00pm Bridge Front Lounge
				1:00pm Mexican Dominoes Library
			1:30pm Mah Jong Craft Room	1:00pm World Issues
6:00pm Wood Carving Craft Room				

PROGRAM POLICIES

General Program Registration:

- Payment is due at the time of registration for special events, bus trips and workshops.
- *NEW* Membership cards must be shown when registering for any program. If we cannot confirm your membership, you will be charged the non-member fitness rates.
- Phone in registration must be paid in full within 48 hours. Registrations will not be accepted via voice mail.

Cancellation Policy: If you choose to register at the last minute, you run the risk of the class being full or cancelled due to low enrollment. Either way, you'll be disappointed and in the case of low enrollment, other people could be disappointed as well. Please plan to register early for your classes – you won't miss out on a favourite class and we won't have to cancel classes that otherwise might have run.

Refunds: If we cancel the Event/Workshop/Bus Trip/Fitness class – a full refund will be issued. If you are unable to attend an event/workshop, refunds will only be issued if your ticket/seat can be sold by yourself or our wait list, if applicable. Refunds for all programs will be issued for medical reasons and will be prorated. Consideration will be given to other extenuating circumstances.

FITNESS CLASS PRICES

MEMBER DROP-IN CLASS PRICE:

FitCard (for members only): works out to \$5 per class 6 Class

FitCard: \$30 12 Class FitCard: \$60 18 Class FitCard: \$90 *If we cannot confirm your 2023-2024 membership you will be charged the non-member fee*

NON-MEMBER DROP-IN PRICE:

50 and better: \$8/class Under 50: \$10/class
(paid each time at front desk BEFORE attending class)

REGISTERED CLASS PRICES:

8-week classes: \$40/member	\$64/non-member
7-week classes: \$35/member	\$56/non-member

BUS TRIP

Windsor Casino Bus Trip

Wednesday, February 28th

\$55/Members \$70/Non-Members

Depart: 8:00 AM Return: 6:15 PM

This trip includes.

- *Time spent at the Windsor Casino*
- *Coach Bus transportation to and from the Casino*
- *\$15 free play card*

*Register by
Friday, January 26th*

****Please note that payment is required at time of registration***

STAY TUNED FOR MORE GREAT BUS TRIPS!

- ***Blue Jays:*** Last year, we took a group to Toronto to watch a Blue Jays game. We heard lots of great feedback and decided to see another game. On Wednesday, April 17th, the Centre will be going to see the Blue Jays against the New York Yankees. We will be in section 233 with a private bar behind us. Stay tuned for prices and more information.
- ***Botanical Garden:*** We explored Whistling Gardens last May, and members had a blast. The Recreation staff are looking into other botanical gardens with a wine tour. Stay tuned for more information soon.

SPECIAL EVENTS

SEWING WORKSHOP

Monday, January 8th & February 6th from 9:00 a.m.- 12:00 p.m.

The Sewing Club is a monthly get-together for Sewers interested in doing small projects, learning new tips and tricks and, best of all, social time! Come join us... bring your project ideas and enjoy the social time! Basic sewing tools required include a sewing machine, needles, thread, scissors, stitch ripper, measuring tape, pins and marking tools.

\$5/Members \$10/Non-members

Register by: Friday, January 5th & Friday, February 2nd.

RECREATIONAL BEGINNING BRIDGE LESSONS WITH LYLE

5-week session: twice a week, Mondays & Thursdays, from 1:00 p.m. to 3:00 p.m.

Monday, January 15th– Thursday, February 15th

Are you completely new to Bridge or need a refresher? We would love to welcome you to one of our introductory classes taught by Lyle. While Bridge can provide a lifetime of enjoyment and learning, you can start playing quickly!

FREE TO ALL

Register by: Friday, January 12th

FIT MINDS WITH CHARTWELL RETIREMENT RISEDECENCES

4-week session: January 9th, 16th, 23rd and 30th

Did you know we can all grow our brain matter at any age? The brain has plasticity, and we have the ability to grow our brains through cognitive stimulation exercises. When we try new and complex activities, we grow brain capacity. The Fit Minds program is based on cognitive stimulation therapy. It has been found to improve cognition and quality of life. Fit Minds program focuses on 5 key areas of cognition-based exercises, which include; language that supports verbal fluency, visual spatial that helps us identify faces and places, short and long term memory and computation. Fit Minds is a comprehensive multiple domain approach that covers different areas of cognition. Together we will work through exercises through visual presentation at the beginning of each session and lead into workbooks. It's a New Year and Fit Minds is a new fun and interactive program.

Register by: Friday, January 5th

FREE TO ALL

NURTURING GRIEVING SOUL

Tuesday, January 9th from 12:00 p.m.- 2:00 p.m.

The group meets the second Tuesday of each month from 12 – 2 p.m. at the Ingersoll Services for Seniors. Food for the Grieving Soul is a monthly grief support group for adults, 18 years of age and over, who are living with the death of a loved one. The group will provide the opportunity to meet with others who are grieving the loss of a family member or friend, share a meal together, and discuss a topic relevant to the grief experience in a safe and supportive environment with trained facilitators. Lunch included provided by Ingersoll Services for Seniors.

\$10/M, \$12/NM.

Register by Friday, January 5th

SPECIAL EVENTS

CARD MAKING WITH LINDA STEELE

Tuesday, January 23rd & February 27th @ 1:00 p.m.

Enjoy an afternoon creating one-of-a-kind cards for various occasions. Please bring scissors, double-sided tape, glue, and glue dots for the class.

\$20/member \$25/non-member

Register by: Tuesday, January 16th & February 20th

ENERGY MEDICINE

Wednesday, January 24th @ 1:30 p.m.

An Introduction to Energy Healing. This workshop will provide you with a peek into the science behind your body's phenomenal potential to heal itself. Then you will learn and practice an Energy Medicine technique, called Tapping, that can be used to boost your innate healing mechanism. This tool enables you to work with your body to clear persistent pain, injury, disease or emotional issues, such as post-surgery healing, anxiety or depression.

\$15/M \$17/NM

Register by: Friday, January 19th.

NEW MEMBER SOCIAL

Wednesday, January 31st @10:30 a.m.

Are you a new member of the Centre and would like to learn more about what we are all about? Well, our member Social is an opportunity for those newer to our Centre to chat with staff and long-term members about our programs, services, and any questions you may have. Open to new members.

FREE TO ALL

Register by: Friday, January 26th

VALENTINE LUNCH

Friday, February 9th & Tuesday, February 13th

Join us for a special, sweet Valentine's Day dine-in lunch on Friday, February 9th and take-out on Tuesday, February 13th. Enjoy a delicious lunch catered by our excellent cook, Joyce, while celebrating a day of friendship.

Menu: Stuffed chicken, lemon herb, baby potatoes, vegetable, dinner roll, dessert.

Meal Cost: \$10/person

Register by Thursday, February 7th for dine-in by 12:00 p.m. and Monday, February 12th for take-out by 12:00 p.m.

SAVE THE DATE

Active Living Fair— Friday, March 8th

Ladies Night—Friday, March 22nd

St. Patrick's Lunch—Friday, March 15th



SPECIAL EVENT

BOOST YOUR BRAIN FITNESS

with **CHARTWELL**
and **FIT MINDS®**

**DID
YOU
KNOW!**

Keeping your brain active by giving it a new experience and workout every day can help reduce your risk of dementia.*

DO YOU WANT TO IMPROVE OR MAINTAIN YOUR COGNITIVE HEALTH?

Call 519-485-3869 today to RSVP for our exclusive
Fit Minds® workshops, conducted by Business Development Manager
Adrienne!

Join us for a 4 week Fit Mind program January 9th, 16th, 23rd & 30th
Ingersoll 50+ Centre - Time 1pm-2pm
Register at the Front desk today!



*Source: <https://alzheimer.ca/en/Home>

SPECIAL EVENT

Nurturing Grieving Souls

A Monthly Grief Support Group



Offering a hot lunch and grief support for any adult living with the death of a loved one. Includes group discussion on relevant topics with trained facilitators in a caring, safe environment

**January 9, 2024
February 13, 2024
March 5, 2024
April 9, 2024
May 14, 2024
June 11, 2024**

12 noon - 2 p.m.

**Cost: \$10 for members and \$12 for non-members of the Center
Includes lunch and any meeting supplies
Pre-registration required**

**Meeting Location:
Ingersoll Services for Seniors
250 Ingersoll St S. Ingersoll Ontario**

For more information or to register call 519-485-3869

SPECIAL EVENT

Energy Medicine

Wednesday , January 24th @ 1:30 p.m.

\$15/Member

\$17/Non-Member



Gail Reynolds is a retired exercise physiologist who's initial health focus was the typical fitness-training-nutrition paradigm. She realized there was more to health when some of her very “fit” athletes and clients would still get sick, sometimes critically sick. To find out why and how to fix it, Gail began to dig into what she had loosely known as “mind-body medicine”. That trail led her to study quantum physics, epigenetics and psychoneuroimmunology, and the whole field of Energy Medicine opened up. She now teaches clients how to use various Energy Medicine tools to optimize their health and healing.

Register by: Friday, January 19th at 12:00 p.m.

SPECIAL EVENT



AN EVENING WITH
INTUITIVE
MEDIUM

WE WELCOME BACK
DIANE BERKELEY FOR A
GALLERY READING

\$25.00 MEMBERS AND \$35.00 FOR NON MEMBERS

Sweet and Salty Snacks plus Beverages

MONDAY, JANUARY 29, 2024

DOORS OPEN AT 6:45

7:00 - 9:00 PM

Register at 519-485-3869 until January 25th

SPECIAL EVENT

VALENTINE LUNCH

Enjoy a delicious lunch catered by our wonderful cook Joyce, while celebrating a day of friendship.

Menu: Stuffed chicken, lemon herb baby potatoes, vegetable, dinner roll, dessert

Dine In —Friday, February 9th

Take Out—Tuesday, February 13th

\$10/person

Register by Thursday, February 7th for dine-in by 12:00 p.m. and Monday, February 12th for take-out

SPECIAL EVENT



Bridge Basics 1 & Refresher Course

The course will use the Audrey Grant "Cards on the table" methodology. The instructor, Helen Reid, is an accredited teacher of the Audrey Grant Teacher Training Programme and certified through ACBL.

The course will focus on:

- The Basics – trick taking, choosing a trump suit, bidding ladder, declarer & dummy, the plan of play
- Notrump Opening Bids and Responses
- Major Suit Opening Bids and Responses
- Minor Suit Opening Bids and Response
- And lots of fun!

When: March 7 2024 to May 2 2024 (8 weeks) 1 p.m. to 3 p.m. (No class April 11th)

Where: Ingersoll Services for Seniors located at 250 Ingersoll St. South, Ingersoll ON N5C3J7
519-485-3869

Cost: \$100.00 includes (Lessons \$65.00, Bidding Ladder \$15.00, Audrey Grant Book \$20.00)

Minimum of 12 people Maximum of 32 people.

Must register by: February 16th as the books need to be ordered.

Register in one of two ways.

1. **Online**

Click the link to complete registration: <https://forms.gle/WsBNx8fujkU2dXqx8>

Click the link to pay \$100.00 <https://www.rto-ero.org/payment-d37>

2. **In person**

At Reception Desk, Ingersoll Services for Seniors located at 250 Ingersoll St. South, Ingersoll ON N5C3J7 and bring cheque payable to *Ingersoll Services for Seniors*.

For questions contact: Helen Reid 519-914-8788 or email at rtoeroxford@gmail.com

COMMUNITY DISCOUNTS

Being an older adult has it's perks! Why not take advantage of them with our local businesses! Know a business that has a Seniors Discount that is not on our list? Let us know so others members can get in on the deals.

BUSINESS	DISCOUNT	DETAILS
PHARMASAVE	20% Off	<i>Ingersoll</i> —Every Wednesday & the last Thursday of each Month <i>Thamesford</i> —Last Thursday of every month Regular priced items, excludes prescriptions 60+
SHOPPER'S DRUG MART— INGERSOLL	20% Off	Every Thursday With valid PC Optimum Card Excludes prescriptions 65+
PET VALU	10% Off	Last Thursday of every month With Pet Valu Rewards Card 60+
INDEPENDENT	10% Off	Every Tuesday With valid PC Optimum Card Excludes pharmacy 60+
FOODLAND	5% Off	Every Wednesday 65+
GIANT TIGER	10% Off	First Monday of every month 60+
DOMINO'S PIZZA	30% Off	Every Sunday 60+
HOME HARDWARE	10% Off	Every Wednesday 60+ (in store only)
GLOBEL PET STORE	15% OFF	Last Tuesday of every month 60+

ADVERTISING IN THE INGERSOLL 50+ CENTRE NEWSLETTER

Interesting advertising in our newsletter? Each issue is emailed to over 700 individuals and more than 200 print copies are picked up at the Centre. In addition, the newsletter is always available on our website www.ingersollseniors.com. We have a limited amount of advertising space available. Ads will be accepted on a first-come, first-served basis. All ads will appear in the advertising section of the newsletter.

Ad	Cost	Ad size required
Business Card	\$30	8.9cm x 5cm
¼ page	\$40	8.9cm x 11.5cm
½ page	\$75	17.8cm x 11.5cm
Full page	\$125	17.8cm x 22.8cm