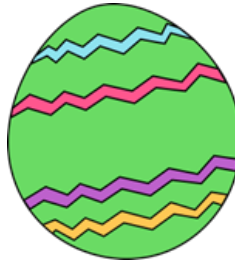


# Ingersoll 50+ Centre

## March Newsletter 2024



**50+ Activity Centre:**  
519-485-3869

**Services For Seniors:**  
519-485-2269

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

**[www.ingersollseniors.com](http://www.ingersollseniors.com)**  
**[Info@ingersollseniors.com](mailto:Info@ingersollseniors.com)**

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### STAY INFORMED



*Like us on Facebook—Ingersoll 50+ Activity Centre*



*Sign up for our e-newsletters or sign up for our Weekly Email Blasts*

## CENTRE INFO

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

***50+ Activity Centre closed on March 29<sup>th</sup>***



**And closed on April 5th for the Yard Sale set-up**

### **BOARD OF DIRECTORS**

Kitty Babcock	Kim Bidwell
Trevor Finkenzeller	Fred Freeman
Lana Graham	Sue Harrison
Bernadette Maxwell	Gregg Maxwell

**Next Meeting: Tuesday, March 19th @ 5:30pm**

### **MEMBERS ADVISORY COUNCIL**

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

**Next Meeting: 1st Tuesday of the Month**

### **SPECIAL EVENTS COMMITTEE**

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

**Next Meeting: 1st Thursday of the Month**

## STAFF

*Interim Executive Director*  
**Kristy Van Kooten-Bossence**  
executive.director@ingersollseniors.com

*Community Support Services Coordinator*  
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*Centre Program Coordinator*  
**Rebecca Parker**

*Facilities/Office Coordinator*  
**Christine Webber**  
c.webber@ingersollseniors.com

*Bookkeeper*  
**Heather Hayman**

*Statistical Tracking*  
**Cathy Hill**

*Cook*  
**Joyce Banbury**

# A Message from your Board of Directors

## **STAFFING UPDATE**

Leslie Hill, hired as Executive Director June 5<sup>th</sup>, 2023 has resigned effective February 13<sup>th</sup>.

To support the organization in the transition for a new Executive Director and the day-to-day operation of the organization, Kristy Van Kooten-Bossence has been appointed Interim Executive Director by the Board of Directors.

Wendy Palen has been hired, short term, as the Consultant to support Kristy during this transition period.

The Board of Directors will determine the next steps for the replacement of the Executive Director.

Thank you for your ongoing support as we refocus and rebuild our organization. We are excited for what the future holds.

## **Join or Renew Your Membership**



***It's that time to renew your Ingersoll 50+ Activity Centre Membership***

Join us as we celebrate our 30th Year as Senior Centre!

**2024/2025 Membership fee: \$45.00**

That's: \$0.12/day    \$0.87/week    \$3.75/month    What a deal!!!!!!

All members will be required to complete a new form, and remember to include your interest in volunteering.

By becoming a member, you will receive discounts on our

- ♦ drop-in programs
- ♦ fitness programs
- ♦ bus trips
- ♦ special events

### **Special Offer:**

**Win your membership fee back !**

If you renew your membership during our Early Bird Blitz from March 18 to March 28..... your name will be entered into a draw to receive your membership fee.

***Annual Memberships are due April 1.***

Members who are born in 1934 or earlier will receive an honorary membership.

# THIS & THAT

## **NEW CENTRE PROGRAM COORDINATOR**

Hi there, my name is Robin and I have joined the team at the centre. I have been involved in recreation for many years, mostly with the YMCA and Girl Guides of Canada. I look forward to helping with the events at the activity center and meeting our members. Come stop by the office and introduce yourself to me.

## **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 a great afternoon "pick-me-up" or thank you token! Get 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, March 13<sup>th</sup>.***

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.

**\$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.*





Ingersoll 50+ Activity Centre

250 Ingersoll St. South

519-485-3869

# Annual Yard Sale

Saturday April 6<sup>th</sup>

8am-12pm

*Rain or Shine.*

**Pre-Sale Members Only: Friday, April 5th from 4-5p.m.**

(members have to swipe membership tag 2024/2025)

*Back again by popular demand the Peameal Bacon sandwich.*



# 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.

## 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 broadcast automated 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.

## BASEBALL MEETING *Tuesday March 5th at 10am*

The Ingersoll 50 + Centre Baseball Team will be having a registration meeting. If you and a friend are interested in playing a friendly game of baseball against other senior centres in our area, please come and sign up. We would love to have you on our team! Call Robin at the Ingersoll 50+ Centre for info. 519-485-3869

## YARD SALE DONATIONS

It's that time again....we are accepting donations for our 2024 yard sale. We absolutely love how passionate our members are about recycling, re-purposing and reusing. Your generous donations are always welcome; however, due to health concerns we politely request that the following items are **not** donated:

\*Mouldy / mildew items \*Clothing & Shoes \* Coffee mugs \* Items that are not able to be repaired.

**Donations accepted until March 22nd, 2024**

## YARD SALE VOLUNTEERS NEEDED

Thursday April 4th @ 4:00pm — bring items downstairs and set up tables

Friday April 5th @ 9:30am - set up, organizing, and tagging

Saturday, April 6th—during the sale & clean up

For further information call 519-485-3869



# 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. **PICK UP AND DROP OFF ARE TUESDAY AND THURSDAY.**

## **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 only.

**Curbside Meals:** Full meal & dessert on Tuesdays for \$10/person. Pick up between 12 -12:30pm. RSVP by Mondays at 12pm. See page 9 for menu.

**Dine In:** Full meal and dessert on Fridays at 12pm for \$10/person. RSVP by Thursdays at 12pm. Please see page 9 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.

## **FOOT CARE CLINIC:**

\$28.25 Call for appointment. Join us on Tuesdays all day, and every other Friday morning for our Foot Clinic. We also have a trained provider that can 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. From March 1st to May 1st income tax filing help.

## **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!

## **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

250 Ingersoll St. S, Ingersoll, On, N5C 3J7    **519-485-2269**



Name: \_\_\_\_\_

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

D.O.B: \_\_\_\_\_

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

Delivery

Pick-up

☐☐

New Client

ALL info for NESDA

☐☐

## Frosty Meals Price List

7 entrees .....\$49.00

7 soups .....\$15.00

7 desserts .....\$15.00

5 entrees + 5 soups  
or desserts .....\$48.00

1 entrée .....\$7.50

1 soup or dessert .....\$2.50

## Office Use Only

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

Filled By: \_\_\_\_\_

Paid | \$ \_\_\_\_\_ Amount

OR Invoice | \$ \_\_\_\_\_ Amount

Invoice to:

\_\_\_\_\_

\_\_\_\_\_

Staff Initial: \_\_\_\_\_ NESDA: C



# 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



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

519-485-2269

\*\*\*Ask about our In-house cooked frozen meals\*\*\*

## CURBSIDE & DINE-IN MEALS

### MARCH TUESDAY CURBSIDE MENU

*Order by NOON on Mondays.*

#### **Tuesday Meals \$10**

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

##### **March 5**

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

##### **March 12**

Lasagna, salad, baby potatoes, garlic bread, dessert

##### **March 19**

Shepard's Pie, garden salad, roll, dessert

##### **March 26**

Ham, scalloped potatoes, roll, dessert, salad, pickles

*\* please note special price for this Special Meal \$16/M \$18/NM*

### MARCH FRIDAY DINE-IN MENU

*ORDER BY NOON ON THURSDAY*

#### **Friday Dine-In Meals \$10**

**Served on Fridays at 12:00pm**

##### **March 1**

Lasagna, caesar salad, baby potatoes, roll, dessert

##### **March 8**

Chicken, potato, vegetable, roll, dessert

##### **March 15**

Meatloaf, mashed potatoes, gravy, vegetable, roll, dessert

##### **March 22**

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

##### **March 29**

**Centre closed for GOOD Friday**

##### **April 6**

**Centre Closed for yard sale set-up**

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**

#### ***Wednesday @ 9am– Various locations***

Spring is approaching!! We have made it through the winter hump!

Fingers crossed Mother Nature doesn't play games with us during March! As the nicer weather approaches, we will start to spread our wings and take in the best of the best trails and some new locations. All levels of walkers are welcome. You must be a member of the Centre to participate. First time participants, please contact the Centre Recreation staff for details prior to your first walk.

\$1.50/member (or \$15 for Walking Card good for 10 days)

Date	Location
Mar 6	Tillsonburg
Mar 13	Local trail by Jakemen's Pancakes
Mar 20	Beachville (meet at 2 Eyes Location)
Mar 27	Meet at the Senior Centre

### **RECREATIONAL BEGINNER PICKLEBALL**

#### ***Wednesday @ 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**

#### ***Tuesday and Thursday 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. \$40 for 8 – week session.

***Note: The Fitness Center will be closed Tuesday, March 19th from 1pm until 4:30 p.m.***

**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

## MARCH 4<sup>th</sup> – March 29th

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	Fitness Room 8:30am – 4:00pm	Fitness Room 8:30am – 4:00pm
	TBW 9-10am Jennifer North Room	Walking Club 9:00am Kim Various Locations		Strength and Stretch 9-10am Jennifer North Room
		Pickleball 9:30-11:30 Trinity United Church	Gentle Yoga 9:15-10:15am John North Room	
Zumba Gold 10-11am Ellen North Room	Chair Yoga 10:00 11:00am John <b>**Zoom**</b> Activity Room	Intermediate Line Dance 10:30-11:30 Joyce North Room	Chair Yoga 10:30-11:30am John <b>**Zoom**</b> Dining Room	OsteoFIT 10:30-11:30am Jennifer <b>**Zoom**</b> 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	
				Absolute Beginner Line Dancing 1-2pm Diane North Room
Beginner Line Dance 6-7pm Elma North Room				
Improver Line Dance 7:15-8:15pm Joyce North Room	<b>LEGEND:</b> 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:** *Monday @ 10:00am.* 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:** *Monday @ 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:** *Tuesday and Thursday @ 10:30am.* An 8-week fitness class that meets twice 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.

**\*Absolute Beginner** *Friday @ 1pm*

**\*\*Beginner:** *Monday @ 6pm*

**\*\*\*Improver:** *Monday @ 7:15pm*

**\*\*\*Intermediate:** *Wednesday @ 10:30am*

**\*\*\*Total Body Workout (TBW):** *Tuesday @ 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, Thursday @ 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:** *Wednesday @ 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:** *Thursday @ 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:** *Friday @ 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:** *Friday @ 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:

- \$45 per person (April 1<sup>st</sup>, 2024—March 31<sup>st</sup>, 2025)
- Open to individuals 50 years and better
- 90 years or better? Membership is free for those born in 1934 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)

#### FITNESS CENTRE:

- \$1/visit (\*members only & you MUST complete an orientation)

***Note: The Fitness Center will be closed Tuesday, March 19th from 1pm until 4:30 p.m.***



# PROGRAM POLICIES

## General Program Registration:

- Payment is due at the time of registration for special events, bus trips and workshops.
- 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: \$5 per class

For your convenience members only may purchase

6 Class FitCard: \$30

12 Class FitCard: \$60

18 Class FitCard: \$90

\*If we cannot confirm your 2024-2025 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:

4-week classes: \$20/ member                      \$32/non-member

# REGISTERED PROGRAMS

## **CHORDBUDDY—7 -week program**

***Tuesdays March 12—April 23rd, 2:30p.m. - 3:30p.m.***

Learn to play guitar with a chord Buddy attachment. Great way to start your guitar playing. No experience needed. Learn the basics. Chord buddy can be purchased from instructor . Must be ordered before class. Also guitars can be rented also from instructor.

\$35/M      \$56/NM

**Register By: Friday, March 8th, 2024**



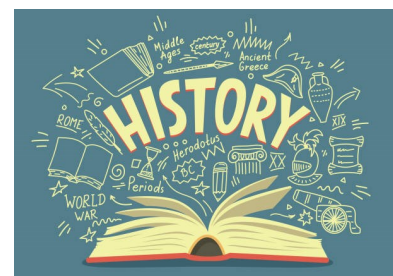
## **History — join in the ongoing session**

***Tuesdays March 8<sup>th</sup>—May 7th from 9:30a.m.- 11:30a.m.***

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

\$24/M      \$40/NM.

**Register by Friday, March 1st**



<b>HISTORY SCHEDULE</b>		
<b>Date and Times</b>	<b>Teacher</b>	<b>Topic</b>
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 PROGRAMS

## DROP IN PROGRAM PRICING

### **ANNUAL CENTRE MEMBERSHIP**

- \$45 per person (April 1<sup>st</sup>, 2024—March 31<sup>st</sup>, 2025)
- Open to individuals 50 years and better
- 90 years or better? Membership is free for those born in 1934 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)

### Looking for volunteers for new Drop-in Programs

We are looking for volunteers to add drop in programs to our schedule, some ideas are cribbage, darts, and cornhole. If you would like to run a drop-in program come visit Robin at the Centre or call 519-485-3869.



## DROP-IN PROGRAM DESCRIPTIONS

**KNITTING/CROCHETING:** *Monday @ 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:** *Monday @ 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:** *Wednesday @ 1:00pm.* Enjoy an afternoon playing a couple rounds of bingo.

**BRIDGE:** *Wednesday @ 12:45pm & Fridays @ 12:45pm.* Each partnership attempts to score points by making its bid, or by defeating the opposing partners bid.

**CARPET BOWLING:** *Tuesday @ 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:** *Thursday @ 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:** *Friday @ 1:00pm.* Euchre is a trick 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:** *Friday @ 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:** *Tuesday @ 1:00pm, Thursday @ 1:00pm.* Pepper is a trick taking game closely related to Euchre.

**BOOK CLUB:** The Book Club meets at 1:30 pm on the last Thursday of the month. Drop-ins are welcome to join the group for an engaging, lively, somewhat literary discussion of a selected book. For more information please call the Centre at (519) 485 3869. March 28th: A Canadian classic of your choice.

**WOODCARVING:** *Monday @ 1:00pm & Friday @ 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:** *Friday @ 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY <i>Billiards</i> <i>Library</i> <i>Woodshop</i>	DAILY <i>Billiards</i> <i>Woodshop</i>	DAILY <i>Library</i> <i>Woodshop</i>	DAILY <i>Library</i> <i>Woodshop</i>	DAILY <i>Billiards</i> <i>Woodshop</i>
10:30am Knitting & Crocheting Library			9:30am <b>Choir</b> Activity Room (Starting Feb 19)	9:00am <b>Wood Carving</b> Craft Room
1:00pm <b>Bid Euchre</b> Activity Room	1:00pm <b>Pepper</b> Activity Room	1:00pm <b>Bingo</b> Activity Room	1:00pm <b>Pepper</b> Activity Room	1:00pm <b>Euchre</b> Activity Room
1:00pm <b>Wood Carving</b> Craft Room	1:00pm <b>Carpet Bowling</b> North Room	12:45pm <b>Bridge</b> Front Lounge		12:45pm <b>Bridge</b> Front Lounge
			1:30pm <b>Mah Jong</b> Craft Room	1:00pm <b>Mexican Dominoes</b> Library
				1:00pm <b>World Issues</b>

# WORKSHOPS



## **SEWING WORKSHOP**

***Monday, March 4<sup>th</sup> 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! 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, March 1st**

## **NURTURING GRIEVING SOUL**

***Tuesday, March 5<sup>th</sup> 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, March 1st**

## **FREE HEARING TESTS WITH AMPLIFON**

***Wednesday, March 13<sup>th</sup> from 1:30: -4:00pm (by appointment) Register by March 8th***

*Have you ever had your hearing tested? Keep your hearing health top of mind!*

If you are 50+, it is a good idea to have routine hearing testing as part of your annual check-up.

Please join us for a complimentary hearing screening provided by Allison Seguin from the Amplifon Hearing Clinic in Ingersoll. As a resident of our community and Hearing Instrument Specialist in the Ingersoll location since 2014, she has partnered with the Ingersoll Senior Center to provide hands on hearing screenings for the past few years. Please call to sign up for your 15-minute screening.

**FREE TO ALL**

## **CARD MAKING WITH LINDA STEELE**

***Tuesday, March 19<sup>th</sup> @1pm***

Enjoy an afternoon creating one-of-a-kind cards for various occasions.

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

**Register by: Friday, March 15, 2024**

## **ART WITH BOBBI**

***Monday, March 25<sup>th</sup>***

Bobbi Cosby will lead you in creating a beautiful piece called “Rugged Vista”. All skill levels welcome.

**\$15/member \$20/non member (Plus \$35 to instructor for supplies)**

**Register by: Friday, March 22nd**





## WORKSHOPS

### **HONOUR AND RE-MEMBER YOUR LOVED ONE**

***Tuesday, March 19<sup>th</sup> from 1:00pm-4:00pm***

In this workshop, you'll tap into your innate creativity to honour your loss from a place of love and joy rather than suffering. You'll revisit who your person was for you in life and discover how they're present for you today. You'll be offered a mini-coaching session that follows the "re-membling conversation" method. The purpose of these conversations is to help you feel better. The guided creative activity that follows will help you process and celebrate what's revealed during the conversation. By embracing creativity, we learn to find more ease in our everyday living and to engage in life again after loss. Your personal expression is about the process, not the product – no artistic skills are needed.

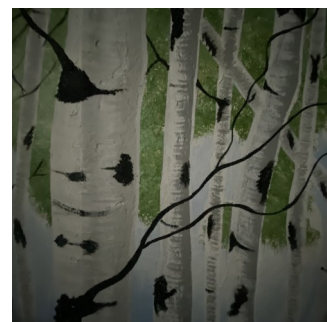
\$50 for members; \$55 for non-members

**Register by: March 15<sup>th</sup>.**

### **PAINT NIGHT (easy level—beginner)**

***Monday March 11th, 6:00—8:30pm***

No experience is necessary to enjoy this workshop. Just bring your fun self and ability to paint like when we were in kindergarten. All materials needed and step by step instructions during workshop for \$40/M \$42/NM. An experience you won't soon forget, and you'll have your masterpiece to take home. **Register by March 7th.**



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### **MISTYGLEN CREAMERY**

***Wednesday, March 20th @ 10 a.m.***

It's nutrition month come join us and learn about micronutrients found in milk and the health benefits of full fat dairy full fat products.

**Register by March 15th**

## SPECIAL EVENT

### **EASTER DINNER**

***Wednesday, March 27<sup>th</sup> @ 6:00pm***

Join us for a special Easter dine-in delicious dinner catered by our wonderful cook Joyce. Meal: Ham, scalloped potatoes, vegetables, garden salad, pickles, dinner roll and dessert. Fee: \$16/M \$18/NM

**Reserve your spot by Friday, March 22nd**





## Community Volunteer Income Tax Program



Canada Revenue Agency sponsors this program to assist people of ANY age in our community to file their annual taxes.

This program is FREE to those who qualify.

### Eligibility Requirements

- Must be a simple tax situation
- Must have an annual income of \$35,000 (single) or \$45,000 (couple) or less
- Must consent to having their taxes prepared by a qualified volunteer

### Please bring any of the following that apply to *your* tax situation.

- All T-slips
- Rent Receipt or Property Tax Information
- Pharmacy Prescription Receipt
- Donation Receipts
- Medical Deductions *you* would like to claim
- Daycare Receipts
- Tuition Receipts & Expenses
- Dental , Physio and other Professional Treatment Receipts

**Drop off Clinic**

**March 1st ~ May 1st 2024**

**Canada** 

**Ingersoll Services for Seniors  
250 Ingersoll Street South  
Ingersoll, ON  
N5C 3J7  
519-485-2269**

## BUS TRIP



# BLUE JAYS BUS TRIP

## Wednesday, April 17<sup>th</sup>

Depart: 12:00pm    Return: approx. 9:30pm

Bus trip includes:

- Seats in section 233 for the game at 3:07pm against New York Yankees.
- Semiprivate bar behind our seats for purchasing drinks & food (at own cost).
- Motor coach transportation to and from.
- Motor coach stop at ONroute Cambridge North on the way home.



\$140/ Member  
\$155/Non-Member



\*\*\*Beef on a bun bagged lunch for additional \$10.

***Register by Friday, April 5<sup>th</sup>.***

## **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**



# COMMUNITY CONNECTIONS: PAID ADVERTISING



Purchase your ticket for a chance to win a prize each month in our 7th Annual R&R Lottery! Starting May 2024, the Rotary Club of Ingersoll will draw for the select prize each month and you can win!

Proceeds of the lottery will be donated to the Ingersoll Multi-use Recreational Complex (MURC) for the purchase of community-use equipment.

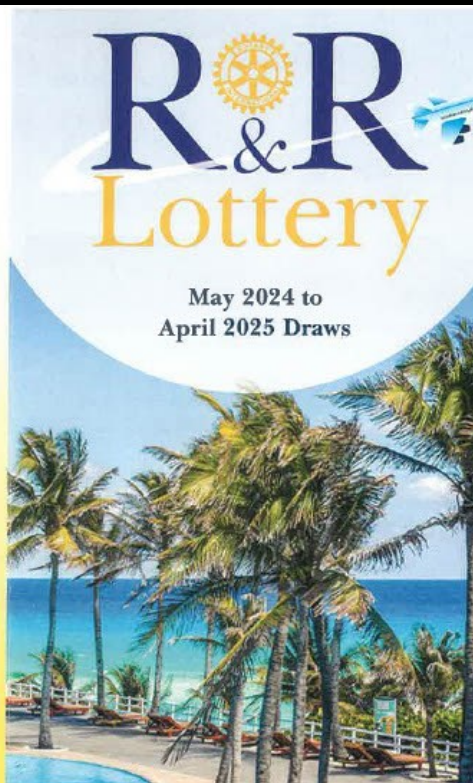
To purchase your ticket visit us online at [www.rrlottery.com](http://www.rrlottery.com) or talk to an Ingersoll Rotarian today!

**LAWRENCE BECKETT**  
246 1/2 CHARLES ST. E  
INGERSOLL, ONTARIO  
CANADA N5C 1K5  
519-537-9999  
[beckettltonnie@gmail.com](mailto:beckettltonnie@gmail.com)

Visit us online at [www.rrlottery.com](http://www.rrlottery.com)



**Rotary Club of Ingersoll**  
Lottery licence #: M323665



## 2024/2025 R&R Lottery Monthly Draws



1st: 4-nights at the Bourbon Orleans Hotel in New Orleans, Louisiana. Approx value \$3,850.

2nd: \$200 cash 3rd: \$100 cash

\*MAY SUBSTITUTE TRIP FOR TRAVEL VOUCHER OF SAME VALUE OR \$3,515 CASH



1st: 7-nights at the Radisson Blu Park Hotel in Athens, Greece. Approx value \$4,925.

2nd: \$200 cash 3rd: \$100 cash

\*MAY SUBSTITUTE TRIP FOR TRAVEL VOUCHER OF SAME VALUE OR \$3,515 CASH



**BACK THIS YEAR!**  
Five names will be drawn to win \$500 CASH!



**BACK THIS YEAR!**  
Five names will be drawn to win \$500 CASH!



1st: 7-nights all-inclusive in the Riu Guanacaste in Costa Rica with Sunwing Vacations. Approx value \$4,925.

2nd: \$200 cash 3rd: \$100 cash

\*MAY SUBSTITUTE TRIP FOR TRAVEL VOUCHER OF SAME VALUE OR \$3,515 CASH



1st: MYSTERY TRIP! Receive a travel voucher valued at \$2,400 to be used towards any trip you desire!

2nd: \$200 cash 3rd: \$100 cash

\*MUST BE BOOKED WITHIN 6 MONTHS - MAY SUBSTITUTE FOR \$1,800 CASH



1st: 7-nights RIT Dublin & Belfast Delight in Dublin & Belfast, Ireland. Approx value \$5,070.

2nd: \$200 cash 3rd: \$100 cash

\*MAY SUBSTITUTE TRIP FOR TRAVEL VOUCHER OF SAME VALUE OR \$3,515 CASH



**NEW THIS YEAR!**  
Five names will be drawn to win \$500 CASH!



1st: 7-nights all-inclusive in the Pyramid Cancun in Cancun, Mexico with Sunwing Vacations. Approx value \$4,445.

2nd: \$200 cash 3rd: \$100 cash

\*MAY SUBSTITUTE TRIP FOR TRAVEL VOUCHER OF SAME VALUE OR \$3,515 CASH



1st: MYSTERY TRIP! Receive a travel voucher valued at \$2,400 to be used towards any trip you desire!

2nd: \$200 cash 3rd: \$100 cash

\*MUST BE BOOKED WITHIN 6 MONTHS - MAY SUBSTITUTE FOR \$1,800 CASH



1st: MYSTERY TRIP! Receive a travel voucher valued at \$2,400 to be used towards any trip you desire!

2nd: \$200 cash 3rd: \$100 cash

\*MUST BE BOOKED WITHIN 6 MONTHS - MAY SUBSTITUTE FOR \$1,800 CASH



1st: 5-nights at the Bellagio in Las Vegas, Nevada with Air Canada Vacations. Approx Value \$3,132.

2nd: \$200 cash 3rd: \$100 cash

\*MAY SUBSTITUTE TRIP FOR TRAVEL VOUCHER OF SAME VALUE OR \$3,515 CASH

**Only 650 tickets printed!** That's 1 in 16 chances of winning a trip or cash prize! Buy your ticket today to support the Rotary Club of Ingersoll!

**Been there, done that?** Trip prizes can be redeemed for a travel credit of equal or lesser value OR a cash option of \$3,515! See our rules and regulations for more details.

# 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](http://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