

Ingersoll 50+ Centre

April 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
Info@ingersollseniors.com

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STAY INFORMED



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

CENTRE INFO

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

50+ Activity Centre

**Closed Friday, April 5th
for
Yard Sale set-up**



BOARD OF DIRECTORS

Kitty Babcock—Chairperson
Gregg Maxwell—Vice Chairperson
Lana Graham—Treasurer
Sue Harrison—Secretary
Kim Bidwell Trevor Finkenzeller
Fred Freeman Shannon Hutson
Bernadette Maxwell

Next Meeting: Thursday, April 11

MEMBERS ADVISORY COUNCIL

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

Next Meeting: Tuesday, April 2nd at 10:30am

SPECIAL EVENTS COMMITTEE

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

Next Meeting: Thursday May 2nd at 2pm

STAFF

Executive Director

Kristy Van Kooten-Bossence

executive.director@ingersollseniors.com

Community Support Services Coordinator

Christine Smith / Nicole Miedema

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Community Services Assistant

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Assisted Living Coordinator

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Assisted Living Assistant

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Centre Program Coordinator

Robin Goudreault

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Centre Program Coordinator

Rebecca Parker

Facilities/Office Coordinator

Christine Webber

c.webber@ingersollseniors.com

Office Staff

Katie Bidwell

Bookkeeper

Heather Hayman

Cook

Joyce Banbury

ORGANIZATION UPDATES

STAFF UPDATES

On behalf of the Board of Directors please join us in welcoming the following individuals and updates to our staff team;

*Kristy Van Kooten-Bossence as the new Executive Director effective March 20, 2024.

*Christine Smith will be leaving as our Community Services Coordinator

*Nicole Miedema will be returning as Community Services Coordinator

*Heather MacIntosh as Community Services Assistant effective March 18, 2024

*Chris Webber Office/Facility Coordinator Mon, Tues, Wed

*Katie Bidwell as Office Assistant Thurs/Fri

We look forward to keeping you updated on our staff team and their roles.

Wendy Palen
Consultant

HEAD'S UP:

The Board of Directors and Member's Advisory Council have reviewed the current drop-in program fees , and upon evaluation have decided that a minimal increase and an alignment of fees beginning in **September 2024** would be appropriate. See chart below for details.

Drop-in Program	Current Fee Member	Current Fee Non-Member	Proposed Fee Member	Proposed Fee Non-Member
Bingo (plus 1.50\$/card)	\$1.50	\$2.50	\$2.00	\$3.00
Bridge, Mah Jong, Mexican Dominos etc.	\$1.50	\$2.50	\$2.00	\$3.00
Book Club	\$2.50	\$3.50	\$2.00	\$3.00
Sewing Club (workshop)	\$5.00	\$10.00	\$2.00	\$3.00
Bid Euchre, Euchre, Pepper	\$2.00	\$3.00	\$3.00	\$4.00
Billards ½ day	\$1.50	\$2.50	\$2.00	\$3.00
Woodshop, Carving	\$2.50		\$3.00	

Membership: Join us as we celebrate our **30TH YEAR AS A SENIOR CENTRE!**

2024/2025 Membership fee: \$45.00

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



Ingersoll 50+ Activity Centre

250 Ingersoll St. South

519-485-3869

Annual Yard Sale

Saturday April 6th

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.

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

LIBRARY

Stock up with our vast selection of gently used books! We have a wide variety of genres and authors to choose from. Puzzles and DVDs are also available to borrow.

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, April 10th

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

Take note that equipment pick up and drop off time and days have been changed. Pick up and drop off of equipment is now available Monday to Friday from 9am to noon.

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 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 Monday to Friday 9am to noon.**

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 page 9 and 10

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.

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

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. \$40 for a trained provider to visit your home

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! Program to begin soon.

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.



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

CURBSIDE & DINE-IN MEALS

APRIL TUESDAY CURBSIDE MENU

Order by NOON on Mondays.

Tuesday Meals \$10

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

April 2

Chicken, baked potato, vegetable, roll, dessert

April 9

Smoked Pork Chop, potato, vegetable, roll, dessert

April 16

Roast beef, mashed potatoes, gravy, vegetable, roll, dessert

April 23

Meatloaf, potato, vegetable, roll, dessert

April 30

Cabbage Rolls, potato, vegetable, roll dessert

APRIL FRIDAY DINE-IN MENU

ORDER BY NOON ON THURSDAY

Friday Dine-In Meals \$10

Served on Fridays at 12:00pm

April 5

Centre Closed for yard sale set-up

April 12

Open-faced hot chicken sandwich, mashed potatoes, gravy, veggie, dessert

April 19

Chili, garlic toast, potato, vegetable, roll, dessert

April 26

Smoked Pork Chop, potato, vegetable, 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 pick up your next meal.*

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\$46.00

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:

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
- Lemon 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*****

BUS TRIP



BLUE JAYS BUS TRIP

Wednesday, April 17th

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 5th.

SPRING FITNESS SCHEDULE 2024

April 1st to May 31st

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 **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 Front Lounge	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 <i>Registration Required</i>
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 CLASS 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 and mental exercise, as well as social interaction.

***Absolute Beginner** *Friday @ 1pm (registration required)*

****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.

***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. *Members Only.*

****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.

FITNESS CLASS DESCRIPTION

*****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

IN PERSON FITNESS CLASS PRICE:

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

For your convenience, *members* may purchase a fit card.

6 Classes: \$30

12 Classes: \$60

18 Classes: \$90

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 only** \$1.50/day OR \$15 for a Walking Card (good for 10 days of walking)
- *Note: Price to increase to \$2.00 in September OR \$20 for a walking card*

FITNESS CENTRE:

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

REGISTERED CLASS PRICES:

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

8-week classes \$40/Member \$64/non-member

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.
- 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. 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.

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 April! 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. MEMBERS ONLY \$2.00 (or \$20 for Walking Card good for 10 days)



Date	Location
April 3	Woodstock
April 10	St Mary's
April 17	Meet at Ingersoll Creative Arts Centre
April 24	London

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).



GOLF LEAGUE

Let's play golf! We are having a sign-up meeting on Thursday March 28, 2024, 11:30 am. Plan to attend and catch up with all your golf buddies. The Golf League meets each Monday (and some Tuesdays) at various golf courses around Ingersoll. *Golf League fees:* \$2/member OR \$20 for Golf Card (good for 10 days), \$3/non-member. Golfers are responsible for the Green Fees. Depending on weather, the Tillsonview Golf Course is looking to open soon. There are booked tee times for April 1st, 8th, and 15th (@11am) Cost: 26\$ including tax walking or 43\$ including tax with cart. Need more info call 519-485-3869.

BASEBALL TEAM

We're still seeking new and past players. Our season starts in May. Games are played on Tuesdays at 9am in Ingersoll, Stratford, Woodstock and Tillsonburg.

If you would like to play on the Senior Centre Baseball Team, you need to have a current membership. Baseball fee is \$50. Call to sign up or for more information 519-485-3869

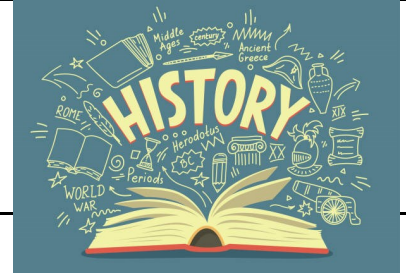


REGISTERED PROGRAMS

History — join in the ongoing session

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

Cost: Call the center for more information



HISTORY SCHEDULE		
Date and Times	Teacher	Topic
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.		



ABSOLUTE BEGINNER LINE DANCING:

April 12th—May 31st Friday @ 1pm

Put on your dancing shoes and come join us for an 8-week session. Learn to line dance in a fun-filled class with other beginners. Dance to all styles of music: country, pop, oldies, nightclub beats, and Latin rhythms. A great combination of physical and mental exercise, and social interaction.

\$40/Members \$64/Non-Members

DROP-IN PROGRAM SCHEDULE

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		9:00am Sewing Dining Room	9:30am Choir Multipurpose Room	
1:00pm Bid Euchre Activity Room	1:00pm Pepper Activity Room	12:45pm Bridge Front Lounge	1:00pm Pepper Activity Room	12:45pm Bridge Front Lounge
1:00pm Wood Carving Multipurpose Room	1:00pm Carpet Bowling North Room	1:00pm Bingo Activity Room		1:00pm Euchre Activity Room
			1:30pm Mah Jong Multipurpose Room	1:00pm Mexican Dominoes Library
				1:00pm World Issues Multipurpose Room

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. *April: "Vaster Wilds" by Lauren Groff*

WOODCARVING: *Monday @ 1:00pm* 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.

***NEW DROP-IN**

SEWING: *Wednesday @ 9am* Bring your sewing machine and work on you own project in the company of like minded individuals.

DROP-IN PROGRAMS

DROP IN PROGRAM PRICING

ANNUAL CENTRE MEMBERSHIP

- \$45 per person (April 1st, 2024—March 31st, 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-members
- Plus \$1.50 per card

BID EUCHRE, , EUCHRE & PEPPER:

- *Members:* \$2.00/day
- *Non-members:* \$3.00/day

BILLIARDS (must call ahead and reserve time slot)

Members: \$1.50/ ½ day

Non-members: \$2.50/ ½ day

BRIDGE, MAH JONG, BOOK CLUB, & MEXICAN DOMINOES:

- *Members:* \$1.50/day
- *Non-members:* \$2.00/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.

WORKSHOPS



SEWING CLUB *Monday, April 1st 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. This month's project is self binding blanket. \$1.50/M \$2.50/NM
Register by March 28th

NURTURING GRIEVING SOUL *Tuesday, April 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, April 5th**

REIMAGINE YOUR FUTURE WORKSHOP *Monday April 15th 6 :00 - 8:30pm*

This is being provided as a combined initiative between [The Loss Art](#) and [Compassionate Grief Support](#), two professional grief and bereavement community support resources. In keeping with the philosophy of The Loss Art, where you design your unique grief experience like a work of art, you will choose how you illustrate your reimagined future. You may wish to write, draw, collage or use a combination of these techniques or others. A collection of creative materials will be available to you. Please remember, it's about the process, not the product – you may create a masterpiece worthy of framing or not and either is as it should be. This is your personal expression. The workshop will be run by trained facilitators in a safe, confidential, small group environment. Group size is limited. Snack provided. Cost is \$30 for members \$35 for non members. If you have further questions, please contact Faye Brekelmans either by email faye@compassionategriefsupport.ca or by phone at 519-866-3016. **Register by April 11th at 519-485-3869.**



ART WITH BOBBI *Monday, April 29th 1:00—4:00 p.m.*

Bobbi Cosby will lead you in creating a beautiful piece called “Mug of Poises”. All skill levels welcome. \$15/member \$20/non member (Plus \$35 to instructor for supplies) **Register by: Friday, April 26th**

CARD MAKING WITH LINDA STEELE *Tuesday, April 23rd @1pm*

Enjoy an afternoon creating one-of-a-kind cards for various occasions. \$20/member \$25/non-member **Register by: Friday, April 19th**

PAINT NIGHT (easy level—beginner) *Monday April 29th 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 this workshop for \$40/M \$42/NM. An experience you won't soon forget, and you'll have your masterpiece to take home. **Register by Thursday, April 25th .**



WORKSHOPS

MENTORING ACROSS GENERATIONS *Wednesday, April 10, 2024 at 1pm*

Presented by Big Brothers and Big Sisters of Oxford County

Join Erica Hughes for an informative talk surrounding intergenerational mentoring. Learn how you can make a difference for youth in your own community.

LEARN ABOUT YOUR CAR: *Friday, April 19 from 10am – 11:45am.* We will have Cierra from Butterworth’s Service Centre Inc. coming in to host an “Information Morning.” During this time, she will be going over how to check the different fluids in your vehicle, as well as where those fluids go and what they do. She will also be discussing proper care and measurements of tires and brakes. There will be examples of different fluids, filters, brakes and tire wear to help you understand your vehicle a little bit more and have that extra knowledge for when talking to a mechanic. This information session is a time to help you feel more comfortable with your vehicle knowledge. **Register by Tuesday, April 16th**



WOOD SLICE HEART KIT WORKSHOP: *Wednesday, April 17, 1-3 pm*

Join Christine Smith on for this crafty workshop. **ONLY 6 SEATS AVAILABLE**
\$20 member, \$25 non-member **Registration deadline is Friday, April 12**

REMINDER

Book Club will meet Thursday, April 24, at 1:30
Book: “Vaster Wilds” by Lauren Groff



DEVELOP YOUR
INTUITIVE SKILLS
WITH DIANE BERKELEY
THROUGH MEDITATION AND
PRACTICING EXERCISES
HANDOUTS WILL BE GIVEN

\$25.00 MEMBERS AND \$35.00 FOR NON MEMBERS

MONDAY, April 22, 2024

DOORS OPEN AT 6:45

7:00 - 9:00 PM

Register at 519-485-3869 until April 19th

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.

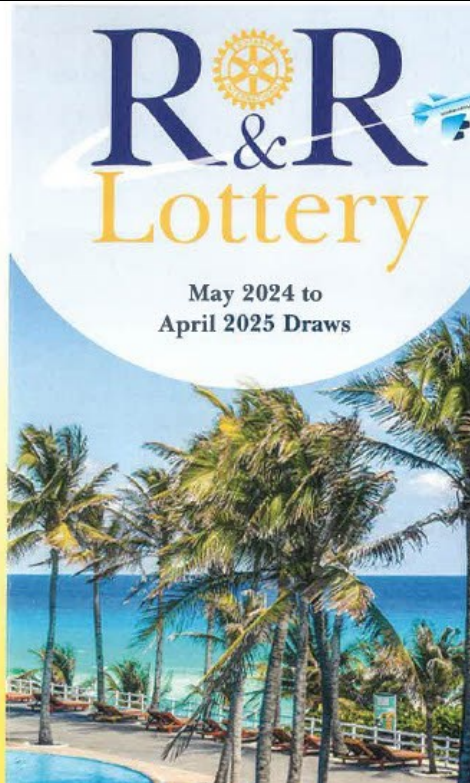
To purchase your ticket visit us online at www.rrlottery.com or talk to an Ingersoll Rotarian today!

LAWRENCE BECKETT
 246 1/2 CHARLES ST. E
 INGERSOLL, ONTARIO
 CANADA N5C 1K5
 519-537-9999
beckettlonnie@gmail.com

Visit us online at 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 Not including Food, Health, Beauty & Pet supplies	First Monday of every month (Tuesday if closed for holiday Monday) 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