

Ingersoll 50+ Centre

May/June 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



Like us on Facebook—Ingersoll 50+ Activity Centre



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

CENTRE INFO

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

**50+ Activity Centre
Closed**

Victoria Day Monday May 20th

Canada Day Monday July 1st



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, May 9th at 5:30pm

MEMBERS ADVISORY COUNCIL

Betty Barnhill Kim Bidwell

Nora Holden Gregg Maxwell

Pat Metcalf Marilyn McFarland

Joyce Pavey Mary Pinney

Next Meeting: Tuesday May 7th at 11am

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

Nicole Miedema

n.miedema@ingersollseniors.com

Community Services Assistant

Heather MacIntosh

h.macIntosh@ingersollseniors.com

Assisted Living Coordinator

Anita Hartfield

a.hartfield@ingersollseniors.com

Assisted Living Assistant

Henriette MacArthur

h.macarthur@ingersollseniors.com

Centre Program Coordinator

Robin Goudreault

r.goudreault@ingersollseniors.com

Recreationist

Victoria Rode

v.rode@ingersollseniors.com

Centre Program Coordinator

Rebecca Parker

Facilities/Office Coordinator

Christine Webber

c.webber@ingersollseniors.com

Office Staff

Katie Bidwell

k.bidwell@ingersollseniors.com

Bookkeeper

Heather Hayman

Cook

Joyce Banbury

Custodial

Melissa Lamb

ORGANIZATION UPDATES

From the Executive Director

Hello to all! The smell of spring is in the air (skunks included ☹️) and we are heading into a season of hustle and bustle with lots of activities and events being planned. I am about 6 weeks into my job and love getting to see and know a lot of you! If you don't know who I am, my name is Kristy Van Kooten-Bossence and I have been married to my wonderful husband Rob, for 19 years and we have a pretty cute kid – Addison (Addi) who is 4 years old. I have been a resident of Ingersoll for most of my life and love all there is to be had in Ingersoll. My first priority is you, the seniors, and my second priority is finding funding to make this place the best it can be for all of you. My door is always open, as is all my staff. We want to hear from you and what you would like to have planned.

I am happy to announce that our staff numbers have come back to full complement, and we are gearing up and planning some amazing times with all of you. Please make sure you come out on Wednesday May 15th and meet all the new people (and get to see who's been here for a while) who are here to help make some amazing memories. Our staff are Anita, Henriette, Nicole, Heather, Chris, Katie, Robin, Victoria, Joyce, and Melissa.

I hope you enjoy reading this new edition of our newsletter and all we have to offer for May and June while enjoying the beautiful weather that mother nature has decided to grace us with!!

Kristy



MEET AND GREET May 15th from 11am -1pm

There have been many new faces among the staff since January. Come have coffee/tea and a little treat while chatting with the staff.

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

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

Mothers and Others Luncheon

Enjoy a delicious
high tea inspired
lunch with the
special ladies in
your life

Wednesday May 8th, 2024 at
12pm

Members \$14 Non-Member \$16

Register by May 3rd
519-485-3689



GARDEN PARTY LUNCHEON FRIDAY MAY 31ST

Pick up between 12-12:30pm

Join us for a outdoor picnic lunch! You can eat here
or on your own patio.

Each meal will get a “Garden Party in a Bag”
\$15.00/Person

Bus Trip
Botanical Gardens Niagara and
The Watering Can Flower Market
Monday, June 10th, 2024

Depart: 8 am

Return: approximately 6 pm

Start the day by walking through nature's most beautiful creations and discover the art of horticulture at **Niagara Parks' Botanical Gardens**. Featuring 99 acres (40 hectares) of award-winning landscapes complemented by vibrant seasonal blooms and lush overflowing gardens.

Guided Tour Included.



Then join us for a visit to **The Watering Can Flower Market**. It is a European inspired shop set in the heart of Niagara, bursting with plants and flowers.

Lunch on your own. Here are some ideas:

- Bring along a picnic, to enjoy in the outdoors.
- Refuel and refresh at the Garden Café inside the Botanical Gardens! The newly renovated, quick-serve café features fresh and natural creations ready-to-order.
- Enjoy lunch or a pastry at the Watering Can Flower Market.



Cost: \$70/Members \$85/ Non-Members
(includes bus ride, driver gratuity, and guided tour of botanical gardens)

50+ Activity Centre: 250 Ingersoll St. South 519-485-3869

MEN'S BBQ LUNCH

Members - \$14
Non-Members - \$16



**JUNE 12TH
12:00PM**

**HAMBURGER OR
SAUSAGE WITH
SALAD AND
DESSERT**

**HORSESHOE
COURTS
AVAILABLE**

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 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 May 15th, June—TBD

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 Heather MacIntosh 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 11 and 12

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 10.

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:

\$28.00 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 \$40.

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! Please contact Nicole Miedema.

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.

CURBSIDE & DINE-IN MEALS

TUESDAY CURBSIDE MENU

Order by NOON on Mondays.

Tuesday Meals \$10 Pick up on Tuesdays between 12:00-12:30pm	
May 7 Tenderloin pork, potato, vegetable, roll, dessert	June 4 Spaghetti and meatballs, garden salad, garlic toast, dessert
May 14 Open-faced hot chicken sandwich, potato, vegetable, roll, dessert	June 11 BBQ Spareribs, baked potato, cabbage salad, roll, dessert
May 21 Shepard's pie (gravy), salad, roll, dessert	June 18 Chicken, potato, vegetable, roll, dessert
May 28 Roast Beef, mashed potato, vegetable, roll, dessert	June 25 BBQ Hamburger, salads, dessert

FRIDAY DINE-IN MENU

ORDER BY NOON ON THURSDAY

Friday Dine-In Meals \$10 Served on Fridays at 12:00pm	
May 3 Ham, scalloped potatoes, vegetable, roll, dessert	June 7 Hamburger & cheese macaroni goulash, vegetable, dessert
May 10 Roast Beef, mashed potatoes, vegetable, roll, dessert	June 14 Roast beef, mashed potato, gravy, vegetable, roll, dessert
May 17 Chicken Cordon Bleu, gravy, mashed potato, vegetable, roll, dessert	June 21 Spare ribs, potato, vegetable, roll, dessert
May 24 B.B.Q. Hamburgers, salad, dessert	June 28 Baked cream cheese chicken, potato, vegetable, roll, dessert
May 31 Take-out only Garden Party \$15 (see page 5)	

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

Celebrate Seniors Month!

Join us for Lunch & Music

June 14th @ 12pm



Sign up at the front desk or call to
reserve your seat.

Reservations must be made by 12 noon June 13th.

\$10 a meal

(Roast Beef, gravy, mashed potato, vegetable, roll, dessert)

FITNESS SCHEDULE 2024

Spring

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 (moves to out- door courts at the end of May)	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 11:15am-12:15pm 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 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 @ 11:15am.* 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.

****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. *ZOOM Available*

****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.

*****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.

FITNESS CLASS DESCRIPTION

****OsteoFIT: Friday @ 10:30am.** A class that is specially designed for participants that have osteoporosis concerns or diagnosis. 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. *ZOOM*

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.

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 only 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)
-

FITNESS CENTRE:

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

REGISTERED CLASS PRICES:

4-week classes: \$20/ member

\$32/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 to 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 has sprung!

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	Date	Location
May 1	Woodstock—Southside Park	June 5	Otterville
May 8	Lawson Trail	June 12	Ingersoll
May 15	Dorchester	June 19	Tillsonburg—Makinks Flower Market
May 22	Ingersoll Arena	June 26	Longwoods Conservation Area
May 29	Port Dover		

RECREATIONAL PICKLEBALL— BEGINNERS WELCOME!

Wednesday @ 9:30 a.m. at Trinity United Church ** May 22nd start at outdoor courts beside the Sr. Centre **

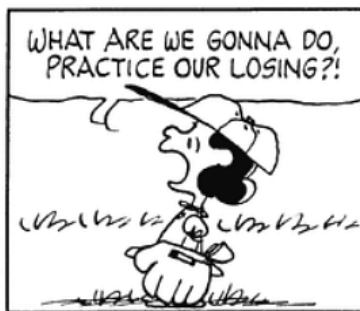
Are you interested in how to play beginner pickleball? Well, you can learn the basics of pickleball in a low-pressure environment with the members of Ingersoll 50+ Centre. This is a non-competitive group that plays for recreational fun. MEMBERS ONLY —\$5/class (CASH OR FITCARD ONLY). May 22nd to September—\$2.00 (or \$20 for Walking Card good for 10 days)

BASEBALL TEAM

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

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

First practice/meeting is May 7th @ Victoria Park—Main Field.



FIRST GAME IS MAY 14TH @ VICTORIA PARK—MAIN FIELD.

Rest of Schedule will be shared as we receive it.

GOLF LEAGUE

Join us Monday mornings for a round of golf at various golf courses around Ingersoll. Rotating courses, team play and a whole lot of fun! *Golf League fees:* \$2/member OR \$20 for Golf Card (good for 10 days), \$3/non-member. Golfers are responsible for the Green Fees. For more information call 519-485-3869. Register for the Golf 2024 season by calling the front desk or emailing r.goudreault@ingersollseniors.com



Date	Tee Time	Course	Price
6-May	10:04	Ingersoll	\$49 + tax (cart)
13-May	11:20	Tillsonview	\$26 walking \$43 cart tax incl.
21-May	9:36	Cobble Hills	\$51 with Tax (cart)
27-May	11:00	Tillsonview	\$26 walking \$43 cart tax incl.
3-Jun	10:40	Sally Creek	\$32 walking \$46
10-Jun	11:00	Tillsonview	\$26 walking \$43 cart tax incl.
17-Jun	10:30	Willows	\$18 walking \$38
24-Jun	11:20	Tillsonview	\$26 walking \$43 cart tax incl.



©PEANUTSSPECIALS





Spring Bridge Tournament



Wednesday, June 5th at 1:00pm

Welcoming long-time players and those new to the game



Cost: \$8.00 per person for Members of RTOERO or Ingersoll Seniors Centre & Guests

Includes: Coffee, Tea, Pie, Ice cream, Prizes, Draws and lots of fun!

Where: Ingersoll 50+ Activity Centre – 250 Ingersoll St. South Ingersoll ON N5C3J7

Game:

- Social Bridge – 5 Card Major
- 20 hands – 7 minutes a hand. Unfinished hands are not scored.
- Scoring: Game 500, Part Game 300
- Play with partner for the afternoon using directional rotation.

Deadline to register: Friday, May 17th

Register by calling one of the following and leaving your name and partner name. If you do not have a partner, we will attempt to pair you.

1. Joanne - 519-485-4954
2. Helen Reid - 519-914-8788
3. Ingersoll 50+ Activity Centre – 519-485-3869

Note: Pay the day of tournament at the front office. Please bring correct amount. For more information contact Joanne or Helen Reid at 519-914-8788.



BID EUCHRE TOURNAMENT

FRIDAY, JUNE 21ST
9:30AM - REGISTRATON
10:00AM - START PLAYING

ENTRY FEE \$20 /PERSON

FIRST 80 PLAYERS REGISTERED
LIGHT LUNCH, MORNING AND AFTERNOON SNACKS AND REFRESHMENTS
12 GAMES TOTAL (6 BEFORE LUNCH AND 6 AFTER LUNCH)
MUST KNOW THE RULES OF THE GAME
SHARE THE WEALTH, MOONSHOTS, AND TOP SCORE PRIZES

CALL OR STOP IN TO REGISTER ~ WALK-INS NOT PERMITTED

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.

May 30th Book: “Lessons in Chemistry” by Bonnie Garmus

June 27th Book: “Love, Clancy” by W. Bruce Cameron

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 your own project in the company of like minded individuals. **Note: the Sewing drop-in on Wednesdays has been extended until 3pm**

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-m
- Plus \$1.50 per cardember

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



DEVELOP YOUR INTUITIVE SKILLS

WITH DIANE BERKELEY
THROUGH MEDITATION AND
PRACTICING EXERCISES
HANDOUTS WILL BE GIVEN

\$20.00 MEMBERS AND \$30.00 FOR NON MEMBERS

MONDAY, June 24, 2024

DOORS OPEN AT 6:45

7:00 - 9:00 PM

Register at 519-485-3869 until June 21st



PAINT NIGHT (easy level—beginner) Monday May 13th 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/member \$42/non-member. An experience you won't soon forget, and you'll have your masterpiece to take home. **Register by May 8th**

CARD MAKING WITH LINDA STEELE Tuesday, May 28 and June 25th @ 1pm

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

\$20/member \$25/non-member **Register by: May 21st and June 18th**

ART WITH BOBBI Monday, May 27th from 1:00—4:00 p.m.

Bobbi Cosby will lead you in creating a beautiful piece called Bluebird & Blossoms.

All skill levels welcome. \$15/member \$20/non-member (Plus \$35 to instructor for supplies)

Register by: Friday, May 24th



FELTING WORKSHOP Friday, June 7th at 9:30am

During this 1.5/2 hour class we will use 100% wool and wool roving to construct and design three or four (depending on personal size preference) felted dryer balls for your personal use or to gift. Dryer balls are an excellent alternative to dryer sheets - eliminating the need for chemicals and harsh agents on our clothing. Dryer balls reduce drying time and help gather more pet hair from clothing. Dryer balls usually last two years and can be infused with essential oils. By reducing drying time and our need for chemicals, dryer balls are a great environmental choice. Your finished dryer balls will be completed and packaged to pop into your washer and dryer to finish at home. I will provide those final instructions at class.

Register by June 4th Cost: \$55/member \$60/non-member

SEWING CLUB Monday, May 6th, June 4th 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 is learning cuts and folds \$1.50/member \$2.50/non-member

Register by May 3rd and May 31st

NURTURING GRIEVING SOUL Tuesday, May 14th, June 11th 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, May 10th, June 7th**



Bus Trip July 4th, 2024

St Jacob's Village and Playhouse

Departure at 9:00am

Return approximately 5:30pm

Start the day by exploring the Village of St. Jacobs.

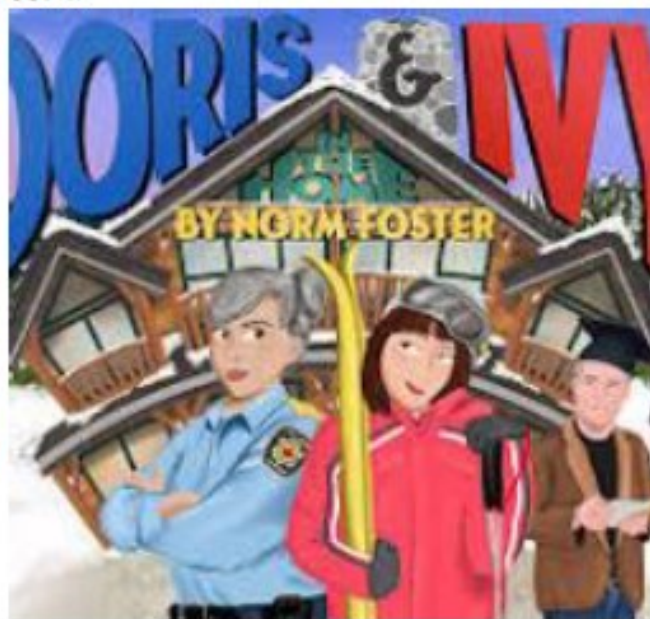


There is something for every type of interest. Learn about Mennonite culture, shop in the one-of-a-kind stores, or enjoy a tasty treat. There are options for sustainable coffee, craft beer, maple treats, Mennonite baking, and gourmet food. Nature lovers might prefer a picnic and walk along the Conestoga River.

Then get back on the bus to visit St Jacob's Playhouse for a **2 pm** show.

Doris & Ivy in the Home An ageless comedy by Norm Foster.

Life – or at least a second chance at it – begins at age 70+, as Norm Foster tackles with his typical wit and wisdom in this comedy about love and friendship among those in their twilight years. Retired prison guard Doris Mooney has just moved into Paradise Village, a retirement home in Canmore, Alberta. She quickly befriends Ivy Hoffbauer, a former champion skier who's taken aback by Doris' cheerful brashness. Rounding out the trio is dapper Arthur Beech, who has designs on Ivy. What follows is a riotous tale that will shatter your preconceived notions of what "senior living" ought to be.



\$100/Members

\$115/Non-Members

Price includes bus, driver gratuity, and theater ticket. Lunch on your own.

*Register by June 20th at The Ingersoll 50+ Activity Center 250 Ingersoll Street S.
For further information call 519-485-*

THANK YOU

Thank you to our sponsors

NORTERA FOODS



Our centre would like to give a big shout out to Nortera for supporting again this year our special events by supplying the vegetables!! Your continued support of generous donations make us able to keep our costs lower for the seniors in our community. THANK YOU!!!

GINO'S PIZZA

A big THANK YOU to Gino's Pizza for their support. Gino's donated pizza to feed our hardworking yard sale volunteers on the Thursday Evening.



Yard Sale Success in so many ways!

Thank you to so many!

To those who donated items...to those who sorted ahead...to those who helped carry from up to down.. to those who helped price ...to all those who purchased and to all who helped continue the giving and delivered the extra's to other organizations.



To date we have raised just over \$6000

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