

Ingersoll 50+ Centre

July and August 2024



INGERSOLL
SERVICES FOR
SENIORS



50+ Activity Centre
519-485-3869

Services for Seniors
519-485-2269

Address:
250 Ingersoll St South
Ingersoll, ON
N5C 3J7

www.ingersollseniors.com
info@ingersollseniors.com

STAY INFORMED

Like us on Facebook - Ingersoll 50+ Activity Centre

Sign up for our E-Newsletters and Weekly Email Reminders

Table of Contents

Centre Info.....	2
Meet the Staff.....	3
Organization Updates.....	5
This and That.....	5
Leisure Lowdown.....	6
Social Forecast.....	7
Fitness Schedules.....	8-9
Drop-In Program Schedule.....	13
Workshops.....	16
Bus Trips.....	17-18
Volunteers.....	22
Ingersoll Services for Seniors.....	23
Curbside and Dine-In Meals.....	25
Frosty Meals.....	26-27
Thank You.....	28
Sponsors and Donors.....	29
Community Connections.....	30

CENTRE INFO

Regular Hours

Monday to Friday
8:30am to 4:00pm

We are closed on...

July 1st - Canada Day
August 5th - Civic Holiday
September 2nd - Labour Day

BOARD OF DIRECTORS

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

Next Meeting: Thurs., Sept 12th at 5:30pm

MEMBERS ADVISORY COUNCIL

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

Next Meeting: Tues., Sept 10th at 10:30am

SPECIAL EVENTS COMMITTEE

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

Next Meeting: Thurs., July 18th at 2pm

TRAVEL ADVISORY COMMITTEE

Kim Bidwell
Ken Angus
Meg Walden
Joyce Pavey
Trudy DeWitt

Next Meeting: Thurs., Sept 16th at 1pm

GARDENING COMMITTEE

Chris Leitch
Julie McConkey-Barks
Barbara Freemantle
Aggie Collins
Marlene Travis
Kim Walker

MEET YOUR STAFF



Kristy Van Kooten-Bossence
Executive Director
519-485-2269 ext 107
executive.director@ingersollseniors.com
Fun Fact: Kristy loves to play the piano and sing!



Anita Hartfield
Assisted Living Coordinator
519-485-2269 ext 104
a.hartfield@ingersollseniors.com
Fun Fact: Anita loves to sail!



Christine Webber
Facilities/Office Coordinator
519-485-3869 ext 101
c.webber@ingersollseniors.com
Fun Fact: Chris loves climbing trees and geocaching!



Henriette MacArthur
Assisted Living Assistant
519-485-2269 ext 109
h.macarthur@ingersollseniors.com
Fun Fact: Henriette used to sky dive!



Katie Bidwell
Office Staff
519-485-3869 ext 101
k.bidwell@ingersollseniors.com
Fun Fact: In Katie's previous career as a cabinetry designer, she had a home featured in a magazine!



Robin Goudreault
Centre Program Coordinator
519-485-3869 ext 103
r.goudreault@ingersollseniors.com
Fun Fact: Robin started her career in recreation at the age of 16 as Lifeguard and Swimming Instructor at the local YMCA.



Nicole Miedema
Community Support Services Coordinator
519-485-2269 ext 106
n.miedema@ingersollseniors.com
Fun Fact: Nicole and her husband live on their family dairy farm and plan to carry on the family tradition.



Victoria Rode
Recreationist
519-485-3869 ext 102
v.rode@ingersollseniors.com
Fun Fact: Victoria loves to travel and teach kids karate! She has been fortunate to be able to do both in Rwanda, Mexico, and Japan!



Heather MacIntosh
Community Services Assistant
519-485-2269 ext 109
h.macintosh@ingersollseniors.com
Fun Fact: Heather married her sky diving instructor!



Joyce Banbury
Cook
Fun Fact: Joyce loves to find a bargain on the auction block!

ORGANIZATION UPDATES

Happy Summer to one and all!

Summer and the heat have arrived early and so have all the critters that this place seems to have. Groundhogs have been plentiful this year and we have been trapping them and finding new homes in forests instead of under our sheds and buildings where they can chew on wires and gas lines.

We were blessed to be chosen by United Way this year to be apart of the Day of Caring. We welcomed 23 volunteers from the Horticultural Society, RE/MAX Realty, Carmeuse Lime and General Motors and they went to fast work of pulling weeds, cutting back bushes, edging and sprucing up ALL the gardens. We now have a few volunteers who are continuing the work but are always looking for more. If you have some green thumb experience and would like to help out – please talk to Victoria. Thank you, United Way and all our partners – you make us look amazing!

Inside the centre, we have had many programs happening, and the hustle and bustle has continued. Victoria and Robin are planning for the fall and are looking to introduce some new activities. If there is something you think the membership might like to do – talk to them. Both the Bridge and Bid Euchre Tournaments were a success, and more are being planned. Bus Trips to Botanical Gardens, St. Jacob's Village and Playhouse and the Blue Jays have kept a lot of you getting out of our community to explore.

As always, our Community Support Services are hard at work helping to make your lives easier if that is your need. Whether it be meals – frosty, take out or dine in, transportation, extra help at home, or our loan program for assistive devices – talk to Nicole or Heather. And finally, our Assisted Living Program, supports seniors and adults with physical disabilities to remain in their own home. Clients must meet eligibility criteria - If you or someone you know needs these services – please do not hesitate to contact Anita or Henriette either by phone or in person.

Thanks to all of you for being here and making our centre the BEST!

Kristy

Membership: Join us as we celebrate our 30th Year as a Senior's 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.

THIS AND 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, July 24th and August 28th

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.

TAKE-OUT CONTAINERS

If you are ordering take-out meals, we would love to have your containers back. We are able to clean and reuse the lunch containers.

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.



LEISURE LOWDOWN

We (Robin and Victoria) would like to thank everyone for participating in programs and events, volunteering to help setup and run special events, and for the many hours spent in the kitchen helping with meals!

We're looking forward to spending some time in July and August on getting ourselves more organized in our roles and putting some plans together for the busy fall and winter seasons!

As we're planning, we'd love to hear from you!

Do you have ideas for programs and events you'd like to participate in or even help plan? How about some new fitness classes? Would you like to see Cardio Drumming return? Please let us know! We have some ideas, but we want to make sure we're planning for things you would enjoy and benefit from!

We'd love to see our outside areas utilized more often as well. We've applied for a grant to have a sun-shade structures installed on either side of the Dining Room. If successful, we hope this will also help encourage more of our members and participants to be more physically and socially active outside at our Centre!



Thanks to everyone who brought in scrap metal and helped us load it into the bin! This is a great fundraiser for the Centre and hopefully we'll get the bin again soon!

SUMMER HOURS

From Tuesday, July 2nd to Friday, September 6th, our summer hours are in effect. We will be open
Monday to Friday
8:30am to 4:00pm

NEW PROGRAM

Join us Wednesday mornings from 10 to 11:30am at Ingersoll Key Putt for a round of mini golf and some other fun activities! Every Wednesday from July to October. \$5/day or \$60 for the season (including season end BBQ)



SOCIAL FORECAST

Don't forget to mark these dates in your calendar!

JULY AND AUGUST

- 4th..... St. Jacob's Bus Trip
- 6th..... Christmas in July (Yard and Bake Sale)
- 25th..... Pensions and Benefits for Seniors (Online Presentation)
- 12th..... Soap Bars Felting Workshop (Grandchildren Invited Too!)



SEPTEMBER

- 9th..... MAiD Presentation (6:30 to 7:30pm)
- 10th..... Baseball Banquet
- 11th..... Blue Jays Bus Trip
- 12th..... Welcome Back Event
- 19th..... Downsizing: Simplify and Thrive in Your Senior Years
- 23rd..... Golf Tournament
- 23rd..... Coping with Grief and Loss (6 weeks)
- 26th..... MAiD Presentation (3:00 to 4:00pm)
- 27th..... Fish Fry with Mount Elgin Fire Department

CAR SHOW

We're working on a car show for late August or early September. Stay tuned for more news and let us know if you'd like to help plan the event!

OCTOBER

- 8th..... Fall Colours Mystery Tour Bus Trip
- 9th..... Thanksgiving Dinner
- 17th..... Country Cruise Day (tentative date)



NOVEMBER

- 1st-8th..... Meat Pie Blitz
- 23rd..... Bazaar
- TBD..... Fallsview Casino and Niagara Lights Bus Trip

DECEMBER

- 6th..... 30th Anniversary
- 18th..... White Christmas Theatre and Lunch Bus Trip
- TBD..... Christmas Dinner
- TBD..... Christmas Social

JULY FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 8:30am to 4pm	Fitness Room 8:30 to 10am 12 to 4pm	Fitness Room 8:30am to 4pm	Fitness Room 8:30am to 4pm	Fitness Room 8:30am to 4pm
	Total Body Workout 9 to 10am Jennifer North Room No Class July 2nd	Walking Club 9am Kim Various Locations		Strength and Stretch 9 to 10am Jennifer North Room No Class July 5th
		Pickleball 9 to 11am Outdoor Courts	Gentle Yoga 9:15 to 10:15am John North Room	
	Chair Yoga 10:00 - 11:00am John **Zoom** Activity Room No Class July 30	Mini Golf 10 to 11:30am Ingersoll Key Putt	Chair Yoga 10:30 to 11:30am John **Zoom** Dining Room	OsteoFIT 10:30-11:30am Jennifer **Zoom** Activity Room No Class July 5
	Stroke Recovery, COPD, Parkinson's Disease Fitness 10:30 to 11:30am Jennifer Fitness Room No Class July 2		Stroke Recovery, COPD, Parkinson's Disease Fitness 10:30 to 11:30am Jennifer Activity Room No Class July 4	

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)

AUGUST FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 8:30am to 4pm	Fitness Room 8:30 to 10am 12 to 4pm	Fitness Room 8:30am to 4pm	Fitness Room 8:30am to 4pm	Fitness Room 8:30am to 4pm
	Total Body Workout 9 to 10am Jennifer North Room No Class Aug 6th	Walking Club 9am Kim Various Locations		Strength and Stretch 9 to 10am Jennifer North Room No Class Aug 2nd or 9th
		Pickleball 9 to 11am Outdoor Courts	Gentle Yoga 9:15 to 10:15am John North Room	
		Mini Golf 10 to 11:30am Ingersoll Key Putt		OsteoFIT 10:30-11:30am Jennifer **Zoom** Activity Room No Class Aug 2nd or 9th
	Stroke Recovery, COPD, Parkinson's Disease Fitness 10:30 to 11:30am Jennifer Fitness Room No class Aug 6th		Stroke Recovery, COPD, Parkinson's Disease Fitness 10:30 to 11:30am Jennifer Activity Room No class Aug 8th	

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 PRICING

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.

\$30/6 classes

\$60/12 classes

\$90/18 classes

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.

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 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 (returns in September). 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. Returns in September

***Tai Chi:** Monday @ 11:15am (returns in September). 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. Classes return in September.

*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.

****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 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*

OFF SITE FITNESS PROGRAMS

Walking Club

Wednesday @ 9am– Various locations

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. All levels of walkers are welcome. Please let the Front Desk know if you plan on attending for the first time. Members Only. MEMBERS ONLY \$1.50 (or \$15 for Walking Card 10-day pass)

DATE	LOCATION	DATE	LOCATION
JULY 3RD	McNiven's Farm	AUG 7TH	VPCC/Creative Arts Centre
JULY 10TH	Exeter	AUG 14TH	Rondeau
JULY 17TH	Cheese Museum	AUG 21ST	Paris/Burford/Flower Farm
JULY 24	Springbank Park London	AUG 28TH	Laurie Hawkins School
JULY 31ST	Ipperwash	SEPT 4TH	Pinery

Recreational Pickleball— Beginners Welcome!

Wednesday @ 9:30am at the outdoor courts beside the Senior 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 — \$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.



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

Mini Golf League

Join us on Wednesday mornings from 10 to 11:30am at Ingersoll Key Putt! You'll get to play a round of mini golf with a new challenge each week and join in on some other fun activities. At the end of the season, enjoy a BBQ celebration with all league participants! \$5/week or \$60 for July to October including the BBQ.



DROP-IN PROGRAM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am to 4pm Billiards Library Woodshop	8:30am to 4pm Billiards Woodshop	8:30am to 4pm Library Woodshop	8:30am to 4pm Library Woodshop	8:30am to 4pm Billiards Library Woodshop
10:30am Knitting and 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



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-member
- Plus \$1.50 per card

Bid Euchre, Euchre, and 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, and Mexican Dominoes:

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

Woodshop and Carving:

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



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.

Returns on Thursday, September 26th to discuss *Above All Things* by Tanis Rideout

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.

Returns in September

Sewing: Wednesday @ 9am Bring your sewing machine and work on you own project in the company of like minded individuals. Note: the Sewing drop-in on Wednesdays has been extended until 3pm.

WORKSHOPS

Felting - Soap Bars

In this class, you'll get to felt bars of soap with luxurious merino wool. The result will be soft bars of handmade local soap that offer lots of lather and gentle exfoliation. No more need for a loofah or washcloth! The soap tends to last longer when wrapped in wool. Additionally the wool offers anti microbial properties. The wool will shrink with the soap ensuring that all the soap gets fully used up. It's also much easier to hold in the bath/shower as it isn't slippery when encased. The class is 90min long and you can choose to make 1, 2 or 3 bars (soap comes from local supplier in Embro). There will be a variety of premium soaps to choose from. All materials are supplied.

Monday, August 12th at 1pm (Register by July 29th)

Cost: \$25/1 bar \$43/2 bars \$50/3 bars



Coping with Grief and Loss

During our life journey, loss can be a challenging experience, whether the death is recent or not, and feelings of grief can impact us in a variety of ways. A 6-week grief support group for adults who are living with the death of a loved one is being offered this fall at the Ingersoll Service for Seniors, open to anyone in the community. The group will be led by trained facilitators and will include topics including dispelling the myths related to grief, coping with the emotions of loss, and working towards finding a renewed sense of meaning in life in moving forward. **The group will start Monday, September 23rd from 6:30 to 8:30 p.m. and run for six weeks. Pre-registration is required. The cost is \$20/members and \$25/non members. For more information or to register, contact Faye Brekelmans at 519-866-3016 or email faye@compassionategriefsupport.ca.**

MAiD

If you have questions about Medical Assistance in Dying (MAiD) eligibility, the application process, or what is available for grief support for this specific type of loss journey, you won't want to miss one of the upcoming free presentations. Presented by Julie Campbell, Manager of Patient Services - MAiD from Ontario Health at Home Southwest, and Faye Brekelmans, BScN, Thanatologist **Monday, September 9th from 6:30 to 7:30pm and Thursday, September 26th from 3:00 to 4:00pm** Pre-registration requested by calling 519-485-3869. No cost to attend.

Downsizing: Simplify and Thrive in Your Senior Years

Join us for a presentation on simplifying and downsizing and learn more about the various tasks to consider and community resources to access for help. Presenters include Your Oxford Connection (Realtors), Hugo and Company (transitioning into a new home), and Dave Harris from Green Private Wealth (financial considerations). Bring your questions!

Thursday, September 19th at 1:30pm (Register by September 12th)

Pre-registration requested by calling 519-485-3869. No cost to attend.



50+ ACTIVITY CENTRE
250 INGERSOLL ST S.
519-485-3869



BUS TRIP: BLUE JAYS BASEBALL GAME

WEDNESDAY, SEPTEMBER 11, 2024

Game at 3:07 pm against New York METS

Seats in section 234

Motor coach transportation to and from Ingersoll

\$115/ Member **\$130/Non-Member**

Driver gratuity included in price

VS



Register By August 21st

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

Ingersoll 50+ Activity Centre Fall Colours Mystery Tour Tuesday, October 8, 2024



Price Includes:

- Lunch
- Sightseeing
- Surprise Destinations
- Luxury Motor Coach Transportation
- Gratuity
- HST



\$140 Members

\$155 Non-Members

Please sign up by:
September 4, 2024

Embark on our Fall Colours Mystery Tour, where Southern Ontario's most breathtaking views await you. Though the itinerary remains a thrilling secret, we assure you it's worth the intrigue. With a delicious lunch included, this adventure calls for comfy shoes and a fall jacket. Prepare yourself for a truly awe-inspiring experience that will captivate your senses. Reserve your seat today!

Departing: Ingersoll Services for Seniors, 250 Ingersoll Street South, Ingersoll at **9:30 a.m.**

Approximate return: **6:30 p.m.**



INGERSOLL
SERVICES FOR
SENIORS

To book, contact:

**Robin
Goudreault**

519 485 3869
Or visit in-person!



GreatCanadianHolidays.com

Travel Arrangements Made by:
Great Canadian Holidays, 100 Conestoga College Boulevard, Unit 1118
Kitchener, ON, N2P 2N6 519 896 8687 TICO#2280154

Downsizing Seminar

Downsizing:
Simplify and Thrive in
Your Senior Years!



Your Oxford Connection

Moving You in the Right Direction

GREEN PRIVATE WEALTH



HARBOURFRONT
WEALTH MANAGEMENT

HUGO
and Company

**THURSDAY,
SEPTEMBER 19**

REGISTRATION:

519.485.3869

**Ingersoll 50+
Activity Centre**

Medical Assistance in Dying (MAiD)

Information Session

End of life discussions are never easy! If you have questions about MAiD eligibility, application and grief support, you won't want to miss this free presentation.

Presented by:

Julie Campbell, MBA, MN, NP(PhC)
Manager Patient Services - MAiD
Ontario Health at Home South West

&

Faye Brekelmans, RN, BScN, Thanatologist
Compassionate Grief Support

Monday, September 9th

6:30 - 7:30 p.m.

OR

Thursday, September 26th, 3 - 4 p.m.

Suzuki Center

Ingersoll Services for Seniors

250 Ingersoll St. South, Ingersoll, ON

Please Pre-register at 519-485-3869

COPING WITH GRIEF AND LOSS

Compassionate support offered by trained facilitators in a safe environment

A 6-week in-person grief support group for adults who are living with the loss of a loved one



**Date: Monday evenings
starting September 23rd**

**Cost \$20 for Members
\$25 for Non-Members**

Time: 630 - 830 p.m.

Pre-registration required

Meeting Location:
Suzuki Center
Ingersoll Services for Seniors
250 Ingersoll St. South, Ingersoll, ON

For Registration: Call **519-866-3016** or
email **faye@compassionategriefsupport.ca**

VOLUNTEERS

Our Centre thrives on a bunch of super eager, passionate, and knowledgeable volunteers! From Centre programs, special events, fundraisers, and all the Community Services programs, it's all thanks to our amazing team of volunteers!

Kitchen Volunteers

We are always looking for more help in the kitchen!

Tuesdays

Preparing Meals for Take-Out and Delivery - 9:30am to 12:30pm

Dishes - 11:00am to 12:30pm

1st and 3rd Thursday

Preparing and Serving - 9:30am to 1:00pm

Serving and Dishes - 11:30am to 1:00pm

Fridays

Preparing and Serving - 9:30am to 1:00pm (2 people)

Serving and Clearing Tables - 10:30am to 1:00pm

**ADDITIONAL HELP IS
NEEDED FOR SPECIAL
EVENTS AND RENTALS!**



Food Handler Certification

If you are currently volunteering in the kitchen or would like to start, we are looking for a group of 8 people to participate in the Food Handler Certification training.

We will cover the cost of the training and certification, as well as provide a dine-in lunch. The training will take place on:

Wednesday, September 4th from 9:00am to 5:00pm here at the Ingersoll 50+ Activity Centre.

Please let us know by August 12th if you will be participating.

Volunteer Ambassadors

In the fall, we would like to start an Ambassador Program! Our vision is to have a volunteer in the front lobby of the 50+ Activity Centre to greet members and visitors, help them find their program or activity space, and answer easy questions they may have if there is a line up at the front desk. The Ambassador can also share updates about upcoming events we have happening including special events, bus trips, new programs, and fundraisers. We'd like to have many volunteers sign up for this so that each volunteer only needs to fill one or two shifts each month. We'd like to have someone in the lobby Monday to Friday from 9:30am to 12:30pm and 12:30pm to 3:30pm. Please let us know if you'd be interested in helping with this or have any other ideas on how to make this work best!

INGERSOLL SERVICES FOR SENIORS

FREE EQUIPMENT LOAN PROGRAM:

Walkers, washroom 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. 519-485-2269 ext 105 or h.macintosh@ingersollseniors.com.

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.

Meals and Order Form on pages 26 and 27.

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 11:45am to 12:15pm. RSVP by Mondays at 12pm.

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

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

Curbside and Dine-In Menu on page 25.

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 at 519-485-2269 ext 106 or n.miedema@ingersollseniors.com.

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.



Meals on Wheels

Indulge in a delicious and nutritious home made meal with our Meals on Wheels program. This includes an entrée & dessert! Savour the goodness of flavorful and healthy meals to your door step!



**Delivery
Monday to
Friday at noon
hour**

**Please let us know of any dislikes,
allergies, or specialty diets and
we will accommodate your
requests**

\$7.00

CURBSIDE AND DINE-IN MEALS

TUESDAY CURBSIDE MENU

Order by Noon on Mondays

Tuesday Meals - \$10

Pick up on Tuesdays between 11:45am to 12:15pm

July 2nd Meatloaf, baby potatoes, vegetables, roll, dessert	August 6th Soup, sub, and dessert
July 9th Pork loin, mashed potatoes, vegetables, roll, dessert	August 13th Chicken pot pie, salad, roll, dessert
July 16th Chicken burger, salad, pickles, cheese, dessert	August 20th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert
July 23rd Ham, scalloped potatoes, vegetables, roll, dessert	August 27th Shepherd's pie, salad, roll, dessert
July 30th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert	

FRIDAY DINE-IN MENU

Order by Noon on Thursdays

Friday Dine-In Meals - \$10

Served on Fridays at 12:00pm (Dine-in, Take-out, Delivery)

July 5th Pizza, garden salad, dessert	August 2nd Pulled pork on a bun, gravy, coleslaw, salad, dessert
July 12th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert	August 9th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert
July 19th Open faced hot turkey sandwich, mashed potatoes, gravy, vegetables, dessert	August 16th Chicken garden salad, salad, roll, fruit cup
July 26th Lasagna, Caesar salad, garlic toast, dessert	August 23rd Fish and chips, kale salad, roll, dessert
	August 30th Meatloaf, scalloped potatoes, vegetables, roll, dessert

Delivery for Curbside and 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
- Chicken Cacciatore **
- Chicken Pot Pie
- Country Chicken
- Lemon Chicken
- Chicken with Mushroom Gravy (GF)
- Chicken Breast W/ Broccoli & Cheddar Sauce
- Chicken Stew
- Sweet and Sour Chicken
- Chicken with Honey BBQ Sauce
- Turkey with Stuffing

Fish

- Asian Glazed Salmon
- Fish Florentine
- Lemon Herb Fish (GF)
- Salmon in Lemon Sauce
- Tuna Pasta Casserole

Soups

- Beef Barley
- Chicken Noodle
- Cream of Broccoli**
- Cream of Tomato
- Split Pea **
- Cream of Potato & Leek
- Minestrone
- Cream of Cauliflower

Beef

- Beef Stew
- Beef Stroganoff
- Chopped Swiss Steak
- Meatloaf in Mushroom Gravy**
- Meat Lasagna**
- Steak & Mushroom Pie **
- Sliced Beef with Mushroom Gravy
- Bangers & Mash
- Shepherd's Pie
- Pot Roast

Pork

- Apple Braised Pork
- Sweet & Sour Pork
- Pork With Stuffing
- Baked Ham

Vegetarian

- Vegetarian Chili
- Macaroni & Cheese
- Tofu Teriyaki
- Ghana Masal with Rice
- Vegetarian Dahl

Desserts

- Strawberry Shortcake
- Chocolate Fudge Cake
- Lemon Layer Cake
- Carrot Cake

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

519-485-2269

Ask about our In-house cooked frozen meals

THANK YOU

Thank you to our many generous volunteers!

United Way Day of Caring

What an incredible impact the United Way Day of Caring had here at the 50+ Centre! Thank you to volunteers from General Motors, Carmeuse, the Ingersoll Horticultural Society, and RE/MAX for the hard work to clean up our gardens!

Canada Flag

Thank you to some kind helpers, the Canada Flag has now been safely replaced and the rope and pulley have been repaired.

Gardening Committee

Our Gardening Committee is growing! Watering, weeding, and trimming is all being kept up with thanks to our many great volunteers!

Jack Bilodeau

We are so lucky to have Jack as part of our team! Jack is our official Rental Supervisor and helps us with many maintenance tasks around the centre! Not only is Jack great with maintenance, he can also bake delicious treats!

Barry Babcock

We are very fortunate to have our Woodshop here at the centre and have members use the tools and space for a very low cost. The Woodshop would not be possible without the supervision and maintenance provided by Barry!



SPONSORS AND DONORS

Spring Garden Party

A great big thank you to the sponsors that help to make our Spring Garden Party a success.

Oxford Manor Retirement Residence

Ted and Amber Hayes

Active Care Physiotherapy

Dr. Awadia

Anne Hollis

65 meals with a goodie bag and flower were handed out. We raised over \$500.



PONTING
FINANCIAL GROUP

Baseball T-Shirts

Thank you to *Jeff Ponting from Ponting Financial Group* for donating the money for the baseball team to purchase new t-shirts.

PHARMASAVE®



Info Session

Thank you to *Chris Hartman from Pharmasave* for having his student come to the centre and do a presentation to our members on the topic of Osteoporosis.

COMMUNITY CONNECTIONS

Travel Is Opening Up Again



Ken Angus-The Travel Agent Next Door

No matter whether you are planning a trip of a lifetime or a weekend getaway, I can get you to where you want to go-safely, affordably, memorably and hassle free.



Travelling is exciting but planning can be difficult. My job as the travel agent of choice is to help get the best travel experience value for you.

I can help you find the flights, hotels, cruises, all-inclusive vacations, custom vacations, or motor-coach tours that are just right for you and within your budget!



Ken Angus – Travel Agent
The Travel Agent Next Door
1003-55 York St Toronto, Ontario M5J 1R7
Cellphone: (519-702-3614)
Phone: 416-367-8264 ext 2646
Toll Free: 844-833-8247

Email: kangus@thetravelagentnextdoor.com
www.kenangus.thetravelagentnextdoor.com

TICO #50021282

Serving Southern & Southwestern Ontario and Beyond

COMMUNITY DISCOUNTS

Being an older adult has its 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
PHARAMASAVE	20% OFF	Ingersoll - Every Wednesday and the last Thursday of each month Thamesford - Last Thursday of every month Regular priced items, excludes prescriptions, 60+
SHOPPERS DRUG MART	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 (Tuesday if closed for holiday Monday), 60+
DOMINO'S PIZZA	30% OFF	Every Sunday, 60+
HOME HARDWARE	10% OFF	Every Wednesday (in store only), 60+
GLOBAL PET STORE	15% OFF	Last Tuesday of every month, 60+

ADVERTISING OPPORTUNITIES

Interesting advertising in our newsletter? Each issue is emailed to over 550 individuals and available in print for our 50+ members, participants, and visitors. at our centre. In addition, the newsletter is always available on our website www.ingersollseniors.com. We have a limited amount of advertising space available. You can choose from a monthly rate or annual which is 11 issues (July and August is combined) at a 25% discount.

Members of the Centre will receive an additional 20% off.

Ad	Size	Monthly	Annual (11 issues)
Business Card	8.9cm x 5cm	\$30	\$247.50
1/4 Page	8.9cm x 11.5cm	\$40	\$330
1/2 Page	17.8cm x 11.5cm	\$75	\$618.75
Full Page	17.8cm x 22.8cm	\$125	\$1031.25

NEW IDEAS

Do you have new ideas for programs, events, and activities here at the Ingersoll 50+ Activity Centre?

Here are a few ideas we have! Let us know if you'd like any of them and we'd love for you to suggest some other ideas too!

***Darts
Cornhole
Horseshoes***

***Cribbage
Scrapbooking
Drum Fit***

***Ukulele Classes
Pilates
Spanish Classes***