

Ingersoll 50+ Centre

October 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

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CENTRE INFO

Regular Hours

Monday - 8:30am to 9:00pm

Tuesday - Friday - 8:30am to 4:30pm

We are closed on...

October 14th - Thanksgiving Monday

BOARD OF DIRECTORS

Kitty Babcock - Chairperson

Gregg Maxwell - Vice Chairperson

Ann Campbell - Treasurer

Sue Harrison - Secretary

Ken Angus

Kim Bidwell

Bob DesRoches

Trevor Finkenzeller

Fred Freeman

Shannon Hutson

Bernadette Maxwell

Next Meeting: Thurs., Oct 10th at 5:30pm

MEMBERS ADVISORY COUNCIL

Betty Barnhill

Kim Bidwell

Nora Holden

Gregg Maxwell

Marilyn McFarland

Joyce Pavey

Mary Pinney

Next Meeting: Tues., Oct 15th at 10:30am

SPECIAL EVENTS COMMITTEE

Kim Bidwell

Rhonda Burden

Deb Dahl

Ray Dahl

Eleanor Dorland

Nora Holden

Bonnie Knott

Mary Pinney

Next Meeting: Thurs., Oct 10th at 1pm

TRAVEL ADVISORY COMMITTEE

Ken Angus

Kim Bidwell

Trudy DeWitt

Joyce Pavey

Meg Walden

Next Meeting: Mon., Oct 27th at 1pm

GARDENING COMMITTEE

Darby Anderson

Aggie Collins

Chris Leitch

Julie McConkey-Barks

Marlene Travis

Kim Walker

Next Meeting: Tues., Oct 1st at 9am
Preparing gardens for the winter

YOUR STAFF TEAM



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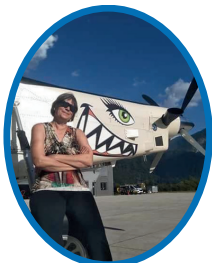
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Joyce Banbury
Cook



ORGANIZATION UPDATES

From the Desk of our Executive Director:

September has flown by with warmer temperatures than usual which we all love, BUT I'm sure that will change as we go through October!

Our Welcome Back Event was a huge success and the place was buzzing, showcasing all what our Centre has to offer from recreational programs, social and educational programs, workshops, and our Community Services and Assisted Living departments. We have also had sold out bus trips and large numbers come out for free 1- or 2-hour educational workshops. Volunteering opportunities were also presented here at the Centre and out in the community with Big Brothers and Big Sisters.

Make sure to check out what is happening for the month of October. There is something for everyone! We have many fundraisers happening, and we hope that you consider supporting them, including our Fall Raffle. Prizes were all donated so that means all the money we raise stays with the Centre as no money was spent to purchase the prizes.

Thank you to all those who decided to join as members in September – it is wonderful to have you!

A special thanks to all who have volunteered their time to make our centre what it is, THE BEST! If there is something that you would like to do or see please make sure you talk to the staff. They would love to hear from you.

Kristy

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

2024/2025 Membership Fee when joining for the first time between September 1st and October 31st: \$35.00

When completing a membership form, 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.

MINT SMOOTHIES

\$2.50/Smoothie **OR 3 for \$6**

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. Keep an eye out for the occasional pop-up book sale!

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, October 30th

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

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.

**BELLS AND BOWS BAZAAR -
SATURDAY, NOVEMBER 23 FROM 9AM TO 2PM**

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

WOW! What a busy September we have had! We are so grateful to all our new members joining and participating in various programs. The Centre is a vibrant place right now and we feel so lucky to have so many people accessing services and joining in for different activities. We don't plan on slowing down too much so be sure to read this whole newsletter and take note of upcoming dates and new programs starting up!

You may have noticed a few new programs being talked about at our Welcome Back Open House event. We have Modern Square Dancing starting later this month for a 6-week session. We have 4 dates for our Looking for Your Ancestors workshops. Carol Bossenberry is a fantastic resource from the Oxford Ancestors Branch. You won't want to miss all the tips and tricks she has to offer. We have Beginner Ukulele classes starting later this month (please bring your own ukulele or ask us how to rent).

And last, but certainly not least, we have Beginner Conversational Spanish classes starting November 5th. This is a perfect introductory class, especially if you plan on travelling south this winter!

As our Centre relies on fundraising to support our programming and activities, we hope you'll purchase and help sell our Fall Raffle tickets. We have some great prizes available to win this year including a Fishing Charter, SMART TV, and Golf Package for Two!

We are in the process of creating a new website and working to improve our weekly updates. Please let us know if you're not receiving the weekly updates and we will make sure we get your email added to our list.

We are working on a new cookbook! This will be ready in time for our 30th Anniversary Celebration. Please bring in or email Victoria a copy of your favourite recipe by Thursday, October 31st at 12pm.

Intergenerational Volunteering
We are teaming up with both the Boys and Girls Groups at the Fusion Youth Centre. We are planning one activity for each group, each month. The purpose is for our members to teach the youth new skills and have the youth teach our members something new. Ideas so far include woodworking, arts and crafts, cooking, and technology assistance. Let us know if you'd like to participate!

It seems way too early to be thinking about the Bazaar, but we are! The Greens Team is preparing to make their beautiful arrangements. We need your help! Please bring in your containers from summer. Cut back the flowers, but leave the soil and roots. We're also looking for floral wire and picks!

SOCIAL FORECAST

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

OCTOBER

- 2nd..... Hamilton Waterfall Trip (Register by Sept 6th)
- 8th..... Fall Colours Mystery Tour Bus Trip
- 11th..... Thanksgiving Dinner Luncheon - \$15
Grandparent-Grandchild PA Day Activities (9am-1pm)
- 21st..... Canadian Dental Care Program Presentation
- 25th..... Halloween Lunch
- 31st..... Halloween Social

Halloween

We want to see you all dressed up this Halloween season! On October 25th, please wear your costume to the dine-in lunch. We'll have some spooky prizes for the best dressed. Then join us again on October 31st at 1:30pm for some Halloween fun!

NOVEMBER

- 1st-8th..... Meat Pie Blitz
- 15th..... Grandparent-Grandchild PA Day Activities (9am-1pm)
- 18th..... Apple Cider Day
- 19th..... Fallsview Casino and Niagara Lights Bus Trip
- 23rd..... Bells and Bows Christmas Bazaar

DECEMBER

- 6th..... 30th Anniversary Celebration
- 8th..... White Christmas at the Hamilton Family Theatre Bus Trip
- 9th-13th.... Hot Cocoa Week
- 11th..... Christmas Dinner
- 20th..... Christmas Social



COFFEE SOCIAL We have muffins and coffee/tea for you every Monday morning. We want to get to know our members better. Each Monday a staff member will be out in the lobby to hear your ideas and we'll share the upcoming activities with you.



FALL RAFFLE FUNDRAISER



DRAW DATE: TUESDAY, OCTOBER 15TH AT 3PM

DRAW WILL TAKE PLACE AT THE INGERSOLL 50+ ACTIVITY CENTRE
(250 INGERSOLL ST S N5C 3J7 AND BE POSTED ON FACEBOOK LIVE)

TICKETS: \$20 EACH OR 3 FOR \$50

For more information, please call 519-485-3869
or email to info@ingersollseniors.com

Prizes:

1st Place – Bosco's Fishing Charter

2nd Place – 55" LED SMART TV (donated by Carmeuse Lime)


**3rd Place – Golf, Carts, and Lunch for 2 at Ingersoll Golf Club
(donated by Caroline Holmes and Ingersoll Golf Club)**



Lottery License: M323675




HAPPY THANKS GIVING



Please join us
for a Thanksgiving Luncheon



Friday, October 11th
at 12pm



Ingersoll 50+ Activity Centre
Take-Out and Dine-In Available
\$15.00



RSVP



by Monday, October 7th at 12pm



Hamilton Waterfall Hike

October 2, 2024

DEPART 8:30AM RETURN 3:30PM

Are you interested in doing some hiking to view a few waterfalls without worrying about driving in the traffic or parking your car? Join us on the bus for a drop-off at the Felker Conservation Area in Stoney Creek for a hike to Felker Falls, then get back on the bus for a drop off at Buttermilk Falls in Hamilton, where you can then walk to view the Albion Falls. Bring along your lunch and a camp chair.

\$40/pp for motorcoach transportation.

Register by September 6th.

250 Ingersoll St. S.
519-485-3869



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

To book, contact:

Robin Goudreault

519 485 3869
Or visit in-person!

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.



GreatCanadianHolidays.com

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



Tuesday, November 19th, 2024



CASINO

Bus Trip

Join us at for a trip to Niagara Fallsview Casino and a drive through the Festival of Lights

\$75/Members \$90/non-members

Price includes motorcoach transportation, driver gratuity, \$35 in slot play, and then a drive through the Festival of Lights.

Depart 10:30am Return 8:00pm

**Optional brown bag sub lunch for \$10 extra



Register by October 22, 2024
250 Ingersoll St. S.
or call 519-485-3869



BUS TRIP

WEDNESDAY, DECEMBER 18TH

The Holiday Musical You've Been Dreaming of

IRVING BERLIN'S WHITE CHRISTMAS

This is a Drayton Production at the Hamilton Theater in Cambridge



Turkey Buffet Lunch at Quehl's

\$135/Member \$150/non-Member

Includes:

Lunch, motor coach, driver gratuity, theater ticket

Register by November 15, 2024
250 Ingersoll St S or call 519-485-3869

SEPTEMBER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Centre 10am to 8:30pm	Fitness Centre 8:30am to 10am 12 to 4pm	Fitness Centre 8:30am to 10:45am 12 to 4pm	Fitness Centre 8:30am to 4:00pm	Fitness Centre 8:30am to 4:00pm
*DrumFIT 9 to 9:45am Diana Fitness Centre	Total Body Workout 9 to 10am Jennifer North Room	Walking Club 9am Kim Various Locations	Gentle Yoga 9:15 to 10:15am John North Room	Strength and Stretch 9 to 10am Jennifer North Room
Zoomlicious 10 to 11am Ellen North Room	Chair Yoga 10 to 11am John Activity Room	Pickleball 9:30 to 11:30am Outdoor Courts	Chair Yoga 10:30 to 11:30am John Dining Room	OsteoFIT 10:30 to 11:30am Jennifer Activity Room
Tai Chi 12:15pm to 1:15pm June North Room	Stroke Recovery, COPD, Parkinson's Disease Fitness 10:30 to 11:30am Jennifer Fitness Centre	*Chair Fitness 10 to 11am Jennifer Activity Room	Stroke Recovery, COPD, Parkinson's Disease Fitness 10:30 to 11:30am Jennifer Activity Room	
Beginner Line Dance 6 to 7pm Elma North Room	Modern Square Dancing 1:30 to 3pm Ed Dining Room	*Absolute Beginner Line Dance 10:30 to 11:30am Joyce North Room		
Improver Line Dance 7:15pm to 8:15pm Joyce North Room		*Pilates 11 to 11:45am Leslianne Fitness Centre		

LEGEND:

*new or changed

White = Drop-In 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



RECORDED CHAIR YOGA CLASS PRICE:

All participants MUST pay for full session to receive recorded fitness class within 24 hours of live class

Members Only: \$40/8-session

WALKING CLUB PRICE:

Members only \$2/day OR \$20 for a Walking Card (good for 10 days of walking)

FITNESS CENTRE:

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

REGISTERED CLASS PRICES:

Pilates (7 weeks): \$35/member and \$56/non-member

Stroke Recovery, COPD, Parkinson's Disease (4 weeks): \$40/member and \$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 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:

Our class schedule is subject to change. We may need to make changes based on attendance of the class. Please come out and support your favourite sessions!

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.

***DrumFIT:** Monday @ 9:00am. 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.

*****Zoomlicious (previously 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 @ 12:15pm. 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 ***Absolute Beginner:** 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*

****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.

****Pilates:** Wednesdays @ 11am. Pilates is a fantastic form of low impact exercise, focusing on the core and extending from there to work every part of your body. Simultaneously stretching and strengthening, Pilates is taught as a choreographed flow. At the end of this 45 minutes class, you will feel limber, flexible, and energized. All levels are welcome and modifications are always offered. Occasionally props will be used. Sept 18th to Oct 30th (\$35/M and \$56/NM)

****Chair Fitness:** Wednesday @ 10am. A seated class for those that may have mobility or balance issues. Don't let the name fool you! This class is a gentle yet vigorous workout that includes a warmup, cardio component, cool down and balance, resistance training, and wraps up with stretch and relaxation exercises.

****NEW Modern Square Dancing:** Tuesday at 1:30pm. Join us for this beginner class. Bring a partner or come on your own and we'll find you a partner. You're guaranteed to have a blast in this class learning something new!

FITNESS CLASS DESCRIPTIONS

*****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.

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 \$2.00 (or \$20 for Walking Card 10-day pass)

DATE	LOCATION
OCT 2ND	Hamilton Waterfall Trip
OCT 9TH	Woodstock Trail
OCT 16TH	Exeter
OCT 23RD	McNiven's Farm
OCT 30TH	Listowel

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)



DROP-IN/REGISTERED PROGRAM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 8:30am to 4pm
Coffee Social 9:00am Lobby	History 9:30am Multipurpose Room	Sewing 9:00am Dining Room	Choir Call for Time Multipurpose Room	
Knitting and Crocheting 10:00am Library	Pepper 1:00pm Activity Room	Bridge 12:45pm Front Lounge	Looking for Your Ancestors 10am Front Lounge	Bridge 12:45pm Front Lounge
Bid Euchre 1:00pm Activity Room	Carpet Bowling 1:00pm North Room	Bingo 1:00pm Activity Room	Pepper 1:00pm Activity Room	Euchre 1:00pm Activity Room
Wood Carving 1:00pm Multipurpose Room	Joyful Fretters 1:30pm Front Lounge	Cribbage 1:00pm Multipurpose Room	Darts 1:00pm Front Lounge	Mexican Dominoes 1:00pm Library
	Ukulele 2:30pm Front Lounge	Armchair Travel 1:30pm September 25th Library	Mah Jong 1:30pm Multipurpose Room	World Issues 1:00pm Multipurpose Room

DROP-IN/REGISTERED PROGRAM PRICING

Bingo:

- Members: \$2.00
- Non-members: \$3.00
- Plus \$1.50 per card

Coffee Social:

- Members: FREE
- Non-members: \$1

Bid Euchre, Euchre, Pepper, and Cribbage:

- Members: \$3.00
- Non-members: \$4.00

Billiards (must call ahead and reserve time slot)

- Members: \$2.00/½ day
- Non-members: \$3.00/½ day

Bridge, Mah Jong, Mexican Dominoes, Darts, Book Club, World Issues, and Armchair Travel

- Members: \$2.00
- Non-members: \$3.00

Woodshop and Wood Carving:

- \$3.00/day (members only and MUST have an orientation prior to using)

Sewing:

- Members: \$2.00
- Non-members: \$3.00

Ukulele (8-week session):

- Members: \$40.00
- Non-members: \$64.00

Joyful Fretters (8-week session):

- Members: \$40.00
- Non-members: \$64.00

History (10-week session):

- Members: \$30.00
- Non-members: \$45.00
- Drop-In: \$5.00/class

Beginner Conversational Spanish (6-weeks):

- Members: \$115
- Non-members: \$130
- Materials included, 90-min classes

Looking for Your Ancestors (October 10th and 24th, November 14th and 28th):

- Members: \$25
- Non-members: \$40.00



DROP-IN PROGRAM DESCRIPTIONS

Armchair Travel: Select Wednesdays @ 1:30pm. Join us on October 9th and 23rd to hear about a trip to San Francisco and Morocco!

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.

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. Thursday, October 31st to discuss 'The Bittlemores' by Jann Arden

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 - call for time. 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.

Coffee Social: Monday @ 9am. Catch up with friends and meet some new members over coffee and treats.

Cribbage: Wednesday @ 1:00pm. Cribbage is a popular, timeless card game that combines strategy, skill, and a sprinkle of luck. We're looking for a couple of volunteers to help run the program.

Darts: Thursday @ 1:00pm. Join us for an afternoon of darts. We are also looking for a couple of volunteers to help lead the program.

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.

Freestyle Painting: Tuesday @ 1:00pm. Show off your creativity during a painting social every Tuesday afternoon. Some supplies are provided.

Knitting/Crocheting: Monday @ 10:00am. Enjoy a fun social while learning how to knit/crochet or if you need a refresher come join us on Mondays mornings.

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.

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.

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.

REGISTERED PROGRAM DESCRIPTIONS

Joyful Fretters: Tuesday @ 1:30pm. This beginner guitar class is for anyone who has some experience with guitar and wants to develop their guitar skills. Bring your own guitar or rent one from the instructor.

Ukulele: Tuesday @ 2:30pm. This 8-week program is a fun and easy way to learn to play the ukulele. This is a great and innovative way to expand your musical skills. Bring your own guitar or rent one from the instructor.

History: Tuesday @ 9:30am. Join Dave, Deward, and Brian on Tuesday mornings for some thoughtful discussions on important people, events, and themes from our past. This session we've added a drop-in fee for those that would like to attend a few of the dates that most interest them. Grab a coffee from the lobby and enjoy the morning learning and discussing with like-minded individuals!

Fall History Schedule

Date	Presenter	Topics
September 24 Tuesday @ 9:30 AM	Deward Yates	Pierre Berton - Canadian author of 50 best selling books with a focus on Canadian History and Culture. A favourite "The Promised Land - Settling the West"
October 1 Tuesday @ 9:30 AM		Margaret Atwood - A Canadian author and poet of multiple books, novels and children's books. A favourite "The Blind Assassin"
October 8 Tuesday @ 9:30 AM		Farley Mowat - Canadian author and environmentalist - a lifelong outspoken free-spirited storyteller. A favourite "And No Birds Sang"
No Class - Thanksgiving October 14		
October 22 Tuesday @ 9:30 AM	Dave Hay	NATO: the purpose, the value and the future
October 29 Tuesday @ 9:30 AM		Canadian Women Trailblazers in Science: Their accomplishments and struggles
November 5 Tuesday @ 9:30 AM		How Canada caused the American War of Independence and the Creation of the United States
No Class - Remembrance Day November 11		
November 19 Tuesday @ 9:30 AM	Brian Cox	Historical Bad Guys/Gals. History has no shortage of truly despicable individuals without any moral grey area to debate. But history is written by the winners, and they have not always conveyed the truth. Come with us as we glide through history and try to determine if some of these individuals were really bad or just misunderstood. Or do we think they are good and perhaps we should re-evaluate our thinking.
November 26 Tuesday @ 9:30 AM		
December 3 Tuesday @ 9:30 AM		
December 10 Tuesday @ 9:30 AM	Deward Yates	Jane Urquhart - Canadian author, a novelist and poet who blends history into contemporary stories. A favourite "The Stone Cravers"
Extra Date		

REGISTERED PROGRAM DESCRIPTIONS

Beginner Conversational Spanish: Tuesday @ 1:30pm. This beginner conversational class is a great tool to prepare for your next trip! Learn the basics, including numbers, day of the week, greetings, and other travel basics. Ruth makes class fun! You should expect to practice at home in between classes to gain the most from the session.



Looking For Your Ancestors Genealogy Classes

4 bi-weekly sessions
Thursday, October 10, Thursday, October 24,
Thursday, November 14, Thursday, November 28
10 am – Noon

Genealogy is the study of families and the tracing of lineages and history. Pursuit of family history and genealogy is one of North America's fastest growing hobbies. Imagine your children, grandchildren and great grandchildren never knowing their origins. The stories of our families will be lost forever once our generation has passed unless they are preserved. Who will pass along the stories of your ancestors? Who will tell your story?

This course is designed for those beginning to research their family history and those who need a refresher. Learn the basics of tracing your ancestors and building your family tree or updating what others have started. Starting with your own story and working back in time generation by generation, the classes will focus on developing the skills to prove the links to previous generations. You will learn what information is available, where to look for records, who created the records, how to document your findings and staying organized. Each class will be a hands-on learning experience using paper resources, the internet and community resources.

Class 1) Begin with what you know

Starting your family tree

Basic forms for keeping organized

Class 2) Resources available

Types of records

Using the internet

Recording your findings

Class 3) Identify missing information

Review what you have and what you need

More genealogy on-line

Class 4) Review

Sharing what you have learned

Introduction to DNA & genealogy

Instructor Carol Bossenberry is an avid genealogist and has been researching the branches of her family for over 25 years. She is a member of the Oxford, Lambton, and Huron Branches of Ontario Ancestors (the Ontario Genealogical Society) and as a volunteer for the Oxford Branch she has been teaching genealogy classes since 2010.

WORKSHOPS

Sewing Workshop

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! Bring your project ideas and enjoy the social time! Please bring your own equipment including a sewing machine, needles, thread, scissors, stitch ripper, measuring tape, pins and marking tools. This month's project is a belt bag. \$2/M \$3/NM **Monday, October 7th - 9am to 12pm. Register by October 3rd**



Supplies:

Requirements based on 42"/1.1 m-wide fabric. FQ=Fat Quarter 18"x22" [45.7 cm x 55.9 cm]

Exterior Fabric [^]	FQ
Lining Fabric (includes interior pocket)	½ yd [46 cm] OR 2/3 yd for directional fabric
Accent Fabric (flap)	FQ OR ¼ yd [23 cm]
Fusible Woven Interfacing (Pellon SF101-20"/51 cm-wide)	1 ¾ yds [1.6 m]
Zipper* for back pocket	8"/20.3 cm
Zipper* for interior pocket	6"/15.2 cm
Cotton webbing for strap (1"-wide/25mm)	1 ½ yds [1.4 m]
(2) 1"/25mm -wide d-rings AND (1) 1"-wide strap slider AND (2) 1"-wide swivel snaps for strap hardware	
(1) ¾"/19mm -wide d-ring AND (1) ¾"-wide x 1 ¾"-tall swivel snap [19mm x 4.4 cm] for flap closure (~see notes below for alternate options)	

Leather (2.5-3.5 oz. weight) OR non-fraying textile (such as cork/faux leather) for closure (omit if using alternate closure hardware) -- ¾"-wide by 12" piece [19mm x 30.5cm]

Recommended Fabrics: Midweight Canvas (6-8 oz. weight) or cotton twill for exterior and accent fabrics. *Dry oilskin/waxed twill can be substituted for Accent fabric.* Quilting cotton for lining.

Additional supplies + tools: Polyester thread, water-soluble pen/tailor's chalk, cutting mat, ruler, rotary cutter, size 14 or 16 denim or Microtex needle, glue or glue pen, pinking shears, three rivets (or chicago screws) if using leather closure

[^] 1/3 yd [30 cm] required if making a single (exterior) fabric bag
 * pattern assumes fixed-length zipper and zipper tape width of 1" to 1 ¼"/2.5-3.2cm) you can substitute by-the-yard/continuous zipper, you'll need ½ yd [45 cm] total and two pulls
 ~ Alternate closure hardware options: (1) turn lock OR (1) Loxx fastener

Card Making with Linda

Enjoy an afternoon creating one-of-a-kind cards for various occasions. You'll leave with unique, hand-made birthday, get well and sympathy cards that will wow anyone receiving them

Cost: \$20/members and \$25/non-members

Fall Dates:

Tuesday, October 8th, Register by Tuesday, October 1st

Tuesday, November 12th, Register by Tuesday, November 5th



Art with Bobbi

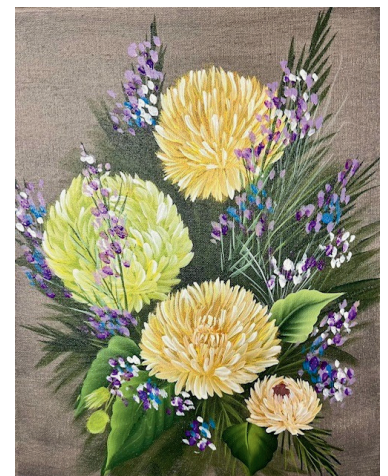
Bobbi Cosby will lead you in creating a beautiful piece called "Yellow Mums". All skill levels are welcome to attend.

Cost: \$15/member \$20/non-member (Plus \$35 to instructor for supplies)

Fall Dates:

Monday, October 28th, Register by Friday, October 23rd

Monday, November 25th, Register by Friday, November 2



WORKSHOPS

Reducing the Risk of Dementia (presented by the Alzheimer Society)

Over the course of three sessions, you will learn about the various dementia risk factors and the important lifestyle tips and strategies that can reduce the risk of dementia.

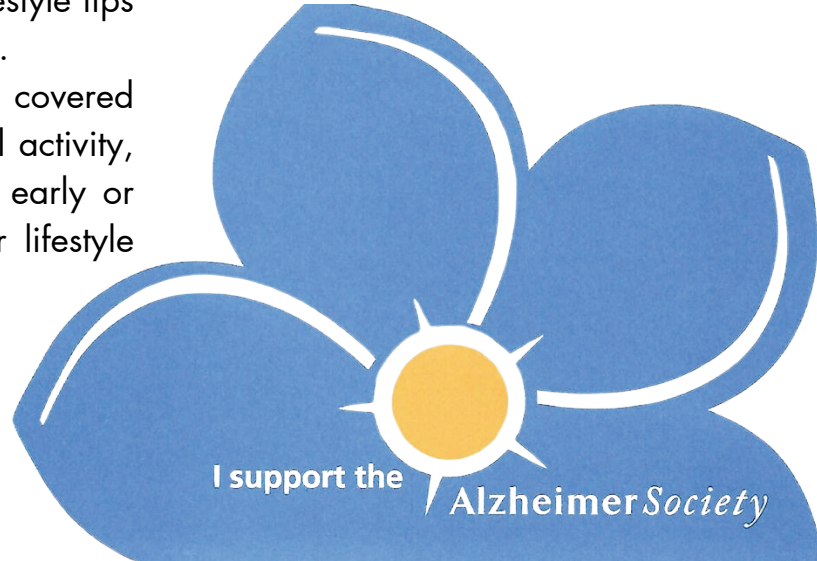
A wide range of brain health topics will be covered including brain exercises, healthy eating, physical activity, managing stress, and much more. It's never too early or too late to start taking steps towards a healthier lifestyle and a brighter, more vibrant future!

Tuesday, October 15th, 22nd, and 29th

1:30 to 3:30pm

No cost to participate.

Please register by Friday, October 11th at 4pm



PRESENTATIONS

Canadian Dental Care Plan

Learn about the current eligibility requirements, how to apply, the timing of the process, and the services covered. This new plan is a work in progress and the Service Canada Representative will provide the most up to date answers to your questions.

Monday, October 21st at 10am

Pre-registration requested by calling 519-485-3869

No cost to attend.



Welcome to our New Members

- | | | |
|-----------|--------------|--|
| Karen A. | Pauline V. | Mary M. |
| Mary V. | Maryanne C. | Andre L. |
| Mary V. | Georgette G. | Cheryl L. |
| Paula D. | Jim S. | Elisabeth B. |
| Sheri K. | John F. | Debra H. |
| Susan G. | Jo M. | We're happy to welcome our new members that have joined in September! |
| Dawn T. | Shelley H. | |
| Angie K. | Sharon R. | |
| Nancy S. | Daphane M. | |
| Sharon R. | Mary V. | |
| Walt T. | Sue D. | |



REDUCING THE RISK

Learn how you can reduce your risk of dementia.

NEXT SESSION

October 15, 22, 29

1:30 - 3:30 p.m.

Ingersoll 50+ Activity Centre

250 Ingersoll St S., Ingersoll, ON

TO REGISTER

Call 519-485-3869 or email
v.rode@ingersollseniors.com

FREE!

Over the course of **three (3) sessions**, you will learn about the various dementia risk factors and the important lifestyle tips and strategies that can reduce the risk of dementia.

A wide range of brain health topics will be covered including brain exercises, healthy eating, physical activity, managing stress, and much more. It's never too early or too late to start taking steps towards a healthier lifestyle and a brighter, more vibrant future!

More information

Rebekah Lindsay
rebekah.lindsay@alzswp.ca
519-421-2466 ext. 266

Alzheimer Society
SOUTHWEST PARTNERS

Your *partner* in dementia care in Elgin, Middlesex and Oxford

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: 6:30 to 8:30pm

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**

Modern Square Dancing Lessons



INGERSOLL
SERVICES FOR
SENIORS

6 Weeks

October 22nd to November 26th

Tuesday 1:30 - 3pm

\$40/members and \$54/non-members

Register by October 15th



**250 Ingersoll St S
call 519-485-3869**

The Ingersoll 50+ Activity Centre
presents our annual...

BELLS AND BOWS CHRISTMAS BAZAAR

Our Bazaar will feature:

Bake Table

-delicious baked goods

Dasher's Deli

*-homemade meat pies, cabbage rolls,
preserves, and more!*

Fresh Greens

*-outdoor arrangements in pots and
indoor centre pieces*

Santa's Attic

-Christmas yard sale items

Silent Auction

-unique items to bid on

Advent Pull

-\$20/pull, guaranteed win

Lunch Room

-sandwiches, soups, and desserts

12 Days of Christmas

-12 wonderful baskets to win

Mrs. Claus' Closet

-ladies wear, jewelry, home decor items

Vendor Sales

-variety of items from local vendors

**We are looking
for vendors,
donations, and
volunteers to
help host a
successful
fundraiser for
our Centre!**

**Saturday,
Nov. 23rd
9am to 2pm**


INGERSOLL
SERVICES FOR
SENIORS

250 Ingersoll St S Ingersoll

519-485-3869 ~ info@ingersollseniors.com



BELLS AND BOWS CHRISTMAS BAZAAR

We are looking for donations for the following parts of our fundraiser:

12 Days of Christmas

New items that can be combined to create 12 enticing gift baskets.

items could include:

Christmas themed items, gift cards, gardening items, men's items, kids toys/books, experience items, etc. Please have items to the Centre by Tuesday, November 12th.

Mrs. Claus' Boutique

We all have those "extra" gifts in our closets, new and "nearly new" items. A wide variety of gifts welcome—fashion scarves, ladies purses, vintage/costume/fashion jewelry, fashionable or vintage clothing, home décor items, etc. Please have donations to the Centre by Tuesday, November 12th.

Bake Table

Donations of cookies, pies, breads, snacks, candy, fruit loaves, squares, cakes etc. are welcome. Please deliver between 1-4pm on Thursday, November 21st or by noon on Friday November 22nd. Pre-packaged baking is welcomed or our volunteers can package for you.

Silent Auction

Suggestions for items to donate: new items, vintage items, experiential items (i.e. pie for a year, dinner for 4 delivered, baked tarts to order, etc.), home décor/Christmas items, and more. Be creative! Please have donations to the Centre by Tuesday, November 12th.

Volunteers - We are in need of volunteers for a variety of different jobs for both the day of the sale and leading up. If you are available for a few hours for either Friday, November 22nd to help set up or Saturday, November 23rd for the day of the sale we could use your help! Please call or stop into the Centre to sign up!

Contact: Victoria Rode ~ 519-485-3869 ~ v.rode@ingersollseniors.com

Centre Ambassadors

Our Centre Ambassadors greet visitors and members to the Centre. They assist participants in getting to their programming and activities. Centre Ambassadors assist at the Centre during special events and throughout the week as needed during busy times.

Requirements: Volunteers should have an idea of the programs and activities happening at the Centre and where the rooms are located.

Time Commitment: Volunteers commit two shifts each month. Shifts are 2-3 hours in length.

Program Volunteers

We are always looking for assistance to help run our many programs including various card and table games, darts, choir, musical and creative programs including knitting and language classes. Our Fitness Volunteers are able to help spot and encourage participants, keeping an eye on any safety concerns. Many members love learning and appreciate opportunities to attend various presentations on topics of interest. We would love to have additional volunteers to assist with current programming, but also for new programming. If you have a new idea, please let us know!

Requirements: Fitness Volunteers should have a passion for active living and ability to be moderately active for 60 minutes. Other Program Volunteers should have knowledge or being willing to learn about the program they are helping organize and facilitate.

Time Commitment: Scheduled time of the program (most likely weekly for one to three hours).

Kitchen Volunteers

Our kitchen volunteers are needed to assist with food prep, serving, clearing tables, and washing dishes. We serve two lunches each week for Centre members and clients (Tuesday and Friday), as well as lunch for the Rotary Club on Thursdays twice a month. In addition, we need assistance with Celebration of Life events and various rentals throughout the week and on weekends.

Requirements: Food Handler Certification is not required, but an asset. Able to lift plates and stand in kitchen.

Time Commitment: Two shifts each month. Opportunities available for Tuesday (9:30am to 12pm), 1st and 3rd Thursday of each month (10am to 1:30pm), Friday (between 9:30am to 1:30pm), and weekends as needed.

Gardening

We take pride in keeping our Centre looking vibrant. We have beautiful outdoor spaces to maintain throughout spring, summer, and fall. Our gardeners assist with planting annuals in garden beds and containers, weeding, watering, and trimming. You can bring your favourite tools or use what we have here at the Centre.

Requirements: A green thumb!

Time Commitment: April through to October. Weather depending, two hours each week.

Special Events and Fundraisers

We love to celebrate and gather for holidays, themed events, fundraisers, and more! Depending on the event, assistance is needed with setting up and taking down (tables and chairs), decorating, putting together Christmas greens, food preparation and kitchen tasks, baking, BBQing, pricing, greeting, selling tickets, cash and card sales, and sorting items throughout the year (yard sale and bazaar). Some of our events include Bells and Bows Bazaar, Yard Sale, Garden Party, Fish Fry, Country Cruise Day, Car Show, holiday dinners, and more!

Requirements: A positive attitude and passion for the Centre! For more active tasks, ability to lift. Seated tasks always available!

Time Commitment: Depends on the event, anywhere from two hours a month to six hours each week for ongoing projects.

Transportation Volunteers

Our driving service has been developed to assist seniors and adults with disabilities in our community who need help getting to appointments and activities. You get reimbursed for your millage (50 cents/km).

Requirements: You will need to provide a copy of your current driver's license and insurance policy, OPP vulnerable sector and police check, and references and to complete our application.

Time Commitment: This program is very flexible. You can drive as much or as little as you wish. Some of our drivers provide rides once a month and some multiple times a week.

Meals on Wheels Volunteers

Our Meals on Wheels program provides a hot meal delivered to the home Monday and Friday from Alexandra Hospital (Ingersoll) and Tuesday and Friday from the Ingersoll 50+ Activity Centre. We are looking for volunteers who wish to provide a reassurance check for these clients along with the delivery of their meal.

Requirements: A vulnerable sector check is required with our application.

Time Commitment: Approximately one hour per week.

Home Help & Maintenance Providers

This program is to provide affordable homemaking, maintenance, and care services to older adults and persons with disabilities that will enable them to live independently in their homes for as long as possible. We are looking for people to do house cleaning, snow removal, garden work, odd jobs etc. The Home Help and Maintenance Service is a brokered home support program managed by the Ingersoll Services for Seniors Coordinator. We ask that you keep costs low, as many seniors are on a fixed income. The average charge is \$25/hour and the client would pay you directly.

Requirements: A vulnerable sector check is required with our application.

Time Commitment: This program is flexible. You can choose which jobs you'd like to complete.

Income Tax Clinic

We run an Income Tax clinic March 1st to May 1st through the Community Volunteer Income Tax program. We need volunteers to complete client's taxes through an E-filing software that is provided to you by the program. We run a drop off program where clients can either drop off and complete our paperwork here at the Centre and or pick up the paperwork and complete it at home. We will reimburse you for the ink and paper.

Requirements: A vulnerable sector check is required with our application.

Time Commitment: March, April, and May are the months we run the clinic. You can complete as many income taxes as you want! We usually complete just over 200 and we had 4 volunteers last year.

Cleaning of Assistive Devices

We loan out many assistive devices free of charge. As equipment is borrowed, it needs to be washed and disinfected. For newly donated equipment, we also need to label it with our logo sticker.

Requirements: A vulnerable sector check is required with our application.

Time Commitment: Ideally one to four hours per week.

We are always looking for new ways to assist older adults in our community.

If you have any interest in helping or have a specialized skill you think would be an asset, please give us a call!

Thank you for considering volunteering and making a difference in our community.

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 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.

FOOT CARE

Accepting New Clients

Book your appointment with a qualified PSW who holds a certificate in Advanced Foot Care.

Appointments are available Tuesdays from 8:30-4:00 and Fridays from 8:30-12:00.

\$28/person



Contact Us

519-485-2269

250 Ingersoll St. S

Ingersoll, ON

info@ingersollseniors.com



INGERSOLL
SERVICES FOR
SENIORS



Community
Services

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

September 3rd Meatloaf, baby potatoes, vegetables, roll, dessert	October 1st Liver and onions, potatoes, vegetables, roll, dessert
September 10th Cold Plate - salads, cold meat, roll, dessert	October 8th Ham, scalloped potatoes, vegetables, roll, dessert
September 17th Chicken cordon bleu, potato, vegetables, roll dessert	October 15th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert
September 24th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert	October 22nd BBQ Chicken, potatoes, vegetables, roll, dessert
	October 29 Lasgana, salad, garlic bread, 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)

September 6th Chicken stir fry, potatoes, dessert	October 4th Cabbage rolls, potatoes, dessert
September 13th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert	October 11th Thanksgiving Dinner! <i>Register by Monday, October 7th</i>
September 20th Smoked pork chop, baked potato, vegetables, roll, dessert	October 18th Meatloaf, potatoes, vegetables, roll, dessert
September 27th NO MEAL	October 25th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert

Call 519-485-2269 to order

Meals are subject to change

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: _____

Address: _____

D.O.B: _____

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
- Lasagna

Pork

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

Desserts

- Chocolate Fudge Cake (LS)
- Strawberry Shortcake
- Orange Layer Cake
- Lemon Layer Cake
- Peach Cobler

Sample of Minced Food—call for more details

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



Community Support Month 2024

Check out our Community Services Table at the Senior Centre for special give aways, events, and ways we plan to celebrate all the amazing services we can provide.



Your health is our priority

Community Support Month 2024 recognizes the 20,000 employees and 100,000 volunteers delivering essential home and community care services across Ontario through charities and not-for-profit agencies

Community Services Month

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Meals on Wheels Week	8	9 Congregate Dining Day	10	11 Supportive Housing/ Assisted Living Day	12
13	14	15 Friendly Visiting/ Telephone Reassurance Day	16	17 Falls Prevention and Exercise Day	18	19
20	21	22	23	24	25 Home Help/ Maintenance Services Day	26
27	28 Transportation Services Day	29	30	31		

THANK YOU

Thank you to our generous supporters!

Special Events Committee

We had an amazing night at our Fish Fry Fundraiser. It would not have been possible without the dedication and commitment from our Special Events Committee members!



Seasonal Leagues

Thank you to all our amazing golfers this season. We were able to finish the season with a tournament at Tillsonview Fairways followed by lunch at the Centre catered by JTK Farms. We are very thankful for Mike and Jane for coordinating the season and year end tournament. We had fantastic community support again this year with many prizes to offer. We'd also like to thank Deb, Ray, and Joe for all of their assistance and enthusiasm with coaching our Champion Baseball Team this season!



United Way of Oxford

We were fortunate to have both Kelly Gilson and Lindsay Wilson at the Centre this month to have a Community Conversation with some of our staff, members, and volunteers to hear about our needs to support older adults. They provided some great insight to potential funding we can access to improve our facility!



Potter's Field

Thank you to Professor Cody Groat for coming in and sharing about this project!

SPONSORS AND DONORS



FALL RAFFLE

We have an amazing lineup of prizes for our Fall Raffle fundraiser this year! Thank you to BOSCO'S Fishing Charter for donating our top prize, Carmeuse Lime for the Smart TV as our second prize, and the Ingersoll Golf Club and Caroline Holmes for our Golf Package as the third prize.

FISH FRY

We would like to thank Lighthouse Plumbing for sponsoring our Fish Fry Fundraiser this year! This sponsorship helped us lower our costs and put more money back into Centre programming and activities!



Call Us Now

- Plumbing Services
- Renovations
- Faucets & Fixtures
- Re-Piping
- Water Purifying & Waters Softeners

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THANKSGIVING LUNCH

Thank you to Norterra Foods for donating the vegetables for our Thanksgiving Lunch this coming month!



COMMUNITY CONNECTIONS

Oxford Branch of Ontario Ancestors is dedicated to promoting genealogical and family history research

OCTOBER IS ... FAMILY HISTORY MONTH

**Open House every
Tuesday, Wednesday & Thursday
10 am – 4 pm**

**The Governor's House
Court House Square
82 Light Street, Woodstock**

Pick up a family history starter kit.

*Volunteers are available to help you get started or
fill in the branches of your family tree*



519-421-1700

1 855 MYROOTS (855-697-6687) ext. 323

oxford@ogs.on.ca

<https://oxford.ogs.on.ca>



**Ontario
Ancestors**

The Ontario Genealogical Society

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




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LOOKING FOR A
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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 Senior's 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	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), excludes groceries, 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+

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Billiards Tables are available: Monday - 8:30am to 8:30pm Tuesday - 8:30am to 4pm Friday - 8:30am to 4pm</p> <p>Woodshop Available: Monday - 8:30am to 8:30pm Tuesday to Friday - 8:30am to 4pm</p> <p>7 DrumFIT & Coffee Social 9:00 Zumba Gold 10:30 Knitting and Crocheting 10:00 Tai Chi 12:15 Bid Euchre Sewing Workshop 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<p>1 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper 1:00 Carpet Bowling 1:00 Freestyle Painting 1:00 Joyful Fretters 1:30 Footcare Clinic 1:30</p>	<p>2 Hamilton Waterfall Hike 9:00 Sewing & Walking Club 9:00 Pickleball 9:30 Chair Fitness 10:00 Absolute Beg. Line Dance 10:30 Pilates 11:00 Bridge 12:45 Bingo & Cribbage 1:00</p>	<p>3 Gentle Yoga 9:15 Chair Yoga 10:30 Stroke, COPD, PD Fitness 10:30 Pepper 1:00 Darts 1:00 Mah Jong 1:30</p>	<p>4 Strength and Stretch 9:00 OsteoFIT 10:30 Bridge 12:45 Euchre 1:00 Mexican Dominoes 1:00 World Issues 1:00 Footcare Clinic 1:00</p>
<p>14 CENTRE CLOSED HAPPY THANKSGIVING</p> <p>Library Available: Monday - 8:30am to 8pm Wednesday - 8:30am to 4pm Thursday - 8:30am to 4pm</p>	<p>15 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper 1:00 Carpet Bowling 1:00 Freestyle Painting 1:00 Joyful Fretters 1:30 Footcare Clinic 1:30</p>	<p>16 Sewing & Walking Club 9:00 Pickleball 9:30 Chair Fitness 10:00 Absolute Beg. Line Dance 10:30 Pilates 11:00 Bridge 12:45 Bingo & Cribbage 1:00</p>	<p>17 Gentle Yoga 9:15 Chair Yoga 10:30 Stroke, COPD, PD Fitness 10:30 Pepper 1:00 Darts 1:00 Mah Jong 1:30</p>	<p>18 Strength and Stretch 9:00 OsteoFIT 10:30 Bridge 12:45 Euchre 1:00 Mexican Dominoes 1:00 World Issues 1:00 Footcare Clinic 1:00</p>
<p>21 DrumFIT & Coffee Social 9:00 Zumba Gold 10:30 Knitting and Crocheting 10:00 Tai Chi Canada Dental Care Plan Presentation 12:15 Bid Euchre 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<p>22 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper and Carpet Bowling 1:00 Freestyle Painting 1:00 Joyful Fretters Modern Square Dancing 1:30 Ukulele 2:30 Footcare Clinic 2:30</p>	<p>23 Sewing & Walking Club 9:00 Pickleball Armchair Travel at 1:30pm 9:30 Chair Fitness 10:00 Absolute Beg. Line Dance 10:30 Pilates 11:00 Bridge 12:45 Bingo & Cribbage 1:00</p>	<p>24 Looking for Your Ancestors 10am 9:30 Choir 9:15 Gentle Yoga 9:15 Chair Yoga 10:30 Stroke, COPD, PD Fitness 10:30 Pepper 1:00 Darts 1:00 Mah Jong 1:30</p>	<p>25 Halloween Lunch 9:00 Strength and Stretch 9:00 OsteoFIT 10:30 Bridge 12:45 Euchre 1:00 Mexican Dominoes 1:00 World Issues 1:00 Footcare Clinic 1:00</p>
<p>28 DrumFIT & Coffee Social 9:00 Zumba Gold 10:30 Knitting and Crocheting 10:00 Tai Chi Art with Bobbi 12:15 Bid Euchre 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<p>29 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper and Carpet Bowling 1:00 Freestyle Painting 1:00 Joyful Fretters Modern Square Dancing 1:30 Ukulele 2:30 Footcare Clinic 2:30</p>	<p>30 Sewing & Walking Club 9:00 Pickleball 9:30 Chair Fitness 10:00 Absolute Beg. Line Dance 10:30 Pilates 11:00 Bridge 12:45 Bingo & Cribbage 1:00</p>	<p>31 Halloween Social 9:30 Choir 9:15 Gentle Yoga 9:15 Chair Yoga 10:30 Stroke, COPD, PD Fitness 10:30 Pepper 1:00 Darts 1:00 Mah Jong 1:30</p>	<p>Fitness Room: Monday - 10am to 8:30pm Tuesday - 8:30am to 10am 12pm to 4pm Wednesday - 8:30 to 10:30am 12pm to 4pm Thursday - 8:30am to 4pm Friday - 8:30am to 4pm</p>