

Ingersoll 50+ Centre

September 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

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CENTRE INFO

Regular Hours

Starting Monday, September 9th
Monday - 8:30am to 9:00pm
Tuesday - Friday - 8:30am to 4:30pm

We are closed on...

September 2nd - Labour Day
October 14th - Thanksgiving Monday

BOARD OF DIRECTORS

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

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

MEMBERS ADVISORY COUNCIL

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

Next Meeting: Tues., Sept 10th 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., Sept 12th at 1pm

TRAVEL ADVISORY COMMITTEE

Ken Angus
Kim Bidwell
Trudy DeWitt
Joyce Pavey
Meg Walden

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

GARDENING COMMITTEE

Darby Anderson
Aggie Collins
Chris Leitch
Julie McConkey-Barks
Marlene Travis
Kim Walker

YOUR STAFF TEAM



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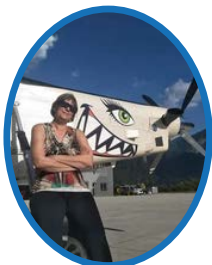
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Joyce Banbury
Cook

ORGANIZATION UPDATES

From the Desk of our Executive Director:

As we start to move into the last of summer and begin the fall, the colours and temperature will change outside but inside is going to be all fired up! Robin and Victoria have planned some great, busy programming and you can take part in all or some of it..... your choice! Between Bus Trips, Guest Speakers or Recreational Programs (some new and some old) there is something for everyone! Come out on Friday, September 13th for our WELCOME BACK Event and check out all that is being offered!

Our team has seen an expansion this summer in a couple of different ways. Becca and Mark are thrilled to announce the birth of their daughter, Lily June. She was born on July 10th and weighed 7 pounds, 2 ounces and was 20.75 inches long. We are ecstatic that their little family has grown and is healthy! Congratulations to all three of you and we can't wait to meet her!

We also have been blessed to have Megan Blair join our team through the Canada Summer Jobs program. Megan has been a wealth of knowledge and has helped in developing many policies that have been needed for our Centre. She also has helped all the team get through the busyness of vacations and staff being away with her cheery smile and amazing personality. We have her for a few more weeks, but we really wanted to say thank you and let her know how much we appreciate having her with us. Thank you, Megan!

Again, this Centre is only as good as you letting us know what you want – can't wait to see you in September!

Kristy



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

2024/2025 Membership Fee from September 1st to October 31st: \$35.00

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.

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, September 25th

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. Thank you to Mary P. for making the jam to help us fundraise here at the Centre!

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 hope everyone has enjoyed the summer months participating in programs, travelling, and visiting with family and friends!

We are excited to have a few new programs starting in September! Pilates, Darts, Cribbage, Armchair Travel, Coffee Social, and we hope to have a Genealogy program and Beginner Conversational Spanish running for October. Don't forget to check out History and World Issues as they return this month as well. We have added a drop-in fee for History for those interested in just a few topics this session. Please let us know if you're interested in presenting an Armchair Travel session. Our first presentation will be all about France and the amazing trip Robin had recently!

You'll notice a variety of FREE presentations available throughout September and October. We're excited to hear more about the research at Potter's Field from Professor Cody Groat. We also have some educational workshops on MAiD, the Canadian Dental Care Program, and information from Realtors and Financial Management professionals on downsizing from your home.

As our Centre relies on fundraising to support our programming and activities, we hope to see many of you at the Fish Fry on September 27th and 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.

PLEASE REMEMBER THAT SOME OF OUR DROP-IN PROGRAM FEES HAVE HAD A SLIGHT INCREASE THAT TAKES EFFECT SEPTEMBER 1ST.

CHRISTMAS IN JULY
Thank you to all our amazing volunteers that helped organize the items for sale, bake delicious treats, and help the event run smoothly! We were able to raise \$2000 for the centre!

CONGRATULATIONS TO OUR BASEBALL TEAM! THEY ARE THE B-CHAMPIONS OF THE DIVISION FOR THE YEAR. WE'LL BE CELEBRATING AT THE BANQUET THIS MONTH!

SOCIAL FORECAST

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

SEPTEMBER

- 5th..... Gunn's Hill Artisan Cheese Tour (Register by Sept 3rd)
- 9th..... MAiD Presentation (6:30 to 7:30pm)
- 11th..... Blue Jays Bus Trip
- 13th..... Welcome Back Event
- 17th..... Potter's Field Presentation
- 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

COUNTRY CRUISE
We're planning an adventurous day on Thursday, October 17th. Save the date so you can join us for our Country Cruise Day. You'll get to visit some great local stores, learn some fun facts about the area, and enjoy a day with friends!

OCTOBER

- 2nd..... Hamilton Waterfall Trip (Register by Sept 6th)
- 8th..... Fall Colours Mystery Tour Bus Trip
- 11th..... Thanksgiving Dinner Luncheon
- 17th..... Country Cruise Day
- 21st..... Canadian Dental Care Program Presentation



NOVEMBER

- 1st-8th..... Meat Pie Blitz
- 23rd..... Bazaar
- 19th..... Fallsview Casino and Niagara Lights Bus Trip

DECEMBER

- 6th..... 30th Anniversary
- 8th..... White Christmas Bus Trip
- 11th..... Christmas Dinner
- 20th..... Christmas Social



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

WELCOME BACK EVENT

LEARN ABOUT OUR FALL PROGRAMS

Friday, September 13th from 10am to 12pm -FREE

Optional Roast Beef Lunch at 12pm - \$10

Please confirm lunch by Thursday, September 12th at 12pm

INFO BOOTHS

Drop-In Programs

History Classes

Overtones Choir

Genealogy

Conversational Spanish

Grief and Loss Support Group

OUTDOOR

Cornhole

Horseshoes

COMMUNITY

Community Services

Assisted Living

Big Brothers Big Sisters

DEMONSTRATIONS

Chair Fitness

10am and 10:30am

Yoga

11am and 11:30am

Modern Square Dancing

10am

Absolute Beginner Line Dance

10am and 10:30am

Tai Chi

11am and 11:30am

Drum Fit

11am

ChordBuddy

10am



INGERSOLL 50+ ACTIVITY CENTRE

Annual Golf Tournament

**Monday,
September
23rd at
10:30am**

**Enjoy a day of golf at
TILLSONVIEW FAIRWAYS followed by
lunch from JTK's Food Truck at the
Ingersoll 50+ Activity Centre.**

**Day includes: 18 holes with a cart, lunch with
non-alcoholic beverages, prizes, and a whole lot of fun!**

\$65/member \$75/non-member \$20/meal only

INGERSOLL 50+ ACTIVITY
CENTRE

FISH FRY

FUNDRAISER



FRIDAY SEPT 27
DOORS OPEN 5:00PM
SERVING BEGINS 5:30PM

\$35
PER PERSON

Includes 6 pieces of perch, fries, coleslaw, dessert, and drink

Food Prepared by the Mt Elgin Firefighters

For more information call
519-485-3869

Take-Out available
Pickup at 6:30pm

Register by Sept 20th
Payment due at time of registration

**Enjoy
Every
Crunchy
Bite of It**

250 Ingersoll St S
Ingersoll ON




INGERSOLL
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HAPPY THANKS GIVING

Please join us
for a Thanksgiving Luncheon

Friday, October 11th



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

RSVP

by Monday, October 7th at 12pm



GUNN'S HILL ARTISAN CHEESE Guided Tour of the Cheese Plant

THURSDAY, SEPTEMBER 5TH, 2024

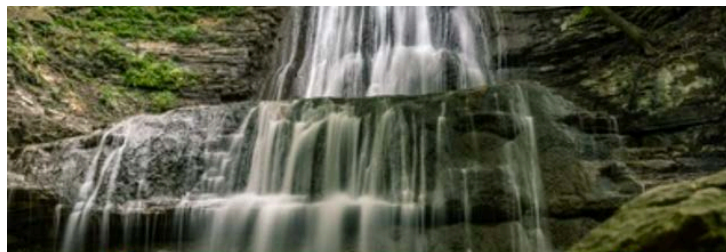


Join us for a tour of the cheese factory followed by refreshments.

Cost \$20

Meet at **1:15pm** at
445172 Gunn's Hill Rd,
Woodstock, ON N4S 7V8

REGISTER BY SEPT 3
250 INGERSOLL ST. S.
519-485-3869



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



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



WEDNESDAY, DECEMBER 18TH

BUS TRIP

The Holiday Musical You've
Been Dreaming of

IRVING BERLIN'S WHITE CHRISTMAS

AND

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

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.**



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GreatCanadianHolidays.com

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



SEPTEMBER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Centre 8:30am 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
Zumba Gold 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 11:15am to 12:15pm 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		*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		

NO FITNESS CLASSES SEPTEMBER 3RD TO 6TH

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.

*****Zumba Gold:** Monday @ 10:00am. Set to fun and energetic music, this class is a total body workout incorporating easy dance moves. It will get your heart pumping while working on your coordination and balance.

***Tai Chi:** Monday @ 11:15am. Tai Chi is a gentle, slow-moving practice that can be done standing as well as seated. The class starts with warmups to prepare our muscles and increase our blood flow. We end with "warm downs", as we take the time to allow the energy to flow to every cell in our bodies. This helps to calm and soothe our minds and emotions, and feels so darn good, ready for whatever the day brings.

Stroke, COPD, Parkinson's Disease Fitness Class: Tuesday and Thursday @ 10:30am. An 8-week fitness class that meets twice a week, for people living with the effects of stroke, COPD, or Parkinson's Disease. There is a focus on cardiovascular health, muscle tone, and balance, while improving endurance and strength. This specialized class is limited to 6-8 people. You must be able to commit to the full 8-week session since the class is progressive and participants move along together even though everyone works at their own pace.

Line Dancing: Contemporary line dances in a fun-filled class. Dance to all styles of music: country, pop, oldies, nightclub beats, and Latin rhythms. A great combination of physical exercise, mental exercise, and social interaction. 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.

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	DATE	LOCATION
SEPT 4TH	Pinery	OCT 2ND	Hamilton Waterfall Trip
SEPT 11TH	Victoria Park	OCT 9TH	Woodstock Trail
SEPT 18TH	Sweaburg	OCT 16TH	Exeter
SEPT 25TH	St. Thomas	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 10:30am Library	Pepper 1:00pm Activity Room	Bridge 12:45pm Front Lounge	Pepper 1:00pm Activity Room	Bridge 12:45pm Front Lounge
Bid Euchre 1:00pm Activity Room	Carpet Bowling 1:00pm North Room	Bingo 1:00pm Activity Room	Darts 1:00pm Front Lounge	Euchre 1:00pm Activity Room
Wood Carving 1:00pm Multipurpose Room	Joyful Fretters 1:30pm Front Lounge	Cribbage 1:00pm Multipurpose Room	Mah Jong 1:30pm Multipurpose Room	Mexican Dominoes 1:00pm Library
	ChordBuddy 2:30pm Front Lounge	Armchair Travel 1:30pm September 25th Library		World Issues 1:00pm Multipurpose Room

DROP-IN/REGISTERED PROGRAM PRICING

Bingo:

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

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, and Darts:

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

Book Club, Coffee Social, 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

ChordBuddy (8-week session):

- Members: \$40.00
- Non-members: \$64.00
- ChordBuddy equipment if needed: \$45.00

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



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 - 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.

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.

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. **Returns September 20th**

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.

Cribbage: Wednesday @ 1:00pm. Cribbage is a popular, timeless card game that combines strategy, skill, and a sprinkle of luck. The goal is to score points by forming combinations of cards and reaching specific thresholds.

Starting September 11th and we're looking for a couple of volunteers to help run the program.

Darts: Thursday @ 1:00pm. **Starting September 19th**, join us for an afternoon of darts. We are also looking for a couple of volunteers to help lead the program.

Armchair Travel: Select Wednesdays @ 1:30pm. Join us on **September 25th** to hear about Robin's wonderful trip to France this year!

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

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.

ChordBuddy: Tuesday @ 2:30pm. This 8-week program is a fun and easy way to learn to play with a tool called ChordBuddy. 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		

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 table runner. \$2/M \$3/NM **Monday, September 9th 9am to 12pm. Register by September 5th**



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.**

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, September 10th, Register by Tuesday, September 3rd

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 "Full Moon over Georgian Bay". All skill levels are welcome to attend.

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

Fall Dates:

Monday, September 30th, Register by Friday, September 27th

Monday, October 28th, Register by Friday, October 25th

Monday, November 25th, Register by Friday, November 22nd



PRESENTATIONS

Potter's Field at the Ingersoll Rural Cemetery

Come learn more about the Potter's Field Project led by Western University! The Potter's Field at the Ingersoll Rural Cemetery is the final resting place for 400 community members who were differentiated based on their race, class, or social status. Learn how Ingersoll and Zorra are working to restore the memories of these community members.

Tuesday, September 17th at 1:30pm

No cost to attend.

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.

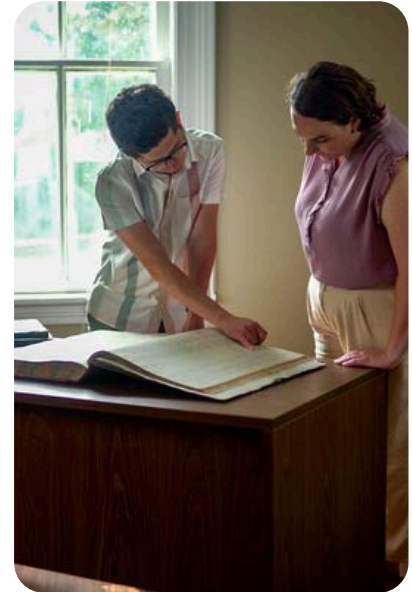
Downsizing: Simplify and Thrive in Your Senior Years

Hosted by Your Oxford Connection, Hugo and Company, and Green Private Wealth, this presentation is a comprehensive event designed to guide seniors through the entire process of transitioning to a new stage in life. We'll start with expert advice from Hugo and Company, who specialize in move management, downsizing, and transitions. Their attention to detail and interior design expertise will help attendees understand the practical and aesthetic aspects of preparing for a move. Next, Your Oxford Connection will provide insights into the real estate market, discussing how to effectively list your home and the benefits of working with a realtor experienced in senior needs.

Finally, Green Private Wealth will cover the financial planning necessary to ensure a smooth transition, including strategies for managing the proceeds from your home sale and planning for long-term financial stability. This seminar is an invaluable opportunity for seniors to receive a full spectrum of guidance, from the initial decision to downsize through to securing their financial future.

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

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



Potter's Field Presentation

**Tuesday, September 17th at 1:30pm
Presented by Professor Cody Groat**

Come learn more about the Potter's Field Project led by Western University! The Potter's Field at the Ingersoll Rural Cemetery is the final resting place for 400 community members who were differentiated based on their race, class, or social status. Learn how Ingersoll and Zorra are working to restore the memories of these community members.

Welcome to our New Members

We're happy to welcome our new members that have joined in July and August!

Bea E.

Paul M.

Deborah M.

Merriel L.

Walter L.

Isabelle L.

Lori C.

Joyce F.

Lorne M.

Paul F.

Lynda J.

James W.

Janet K.

Kevin M.

Lorelie W.

Brenda M.

Cindy P.

Gordon M.

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

1:30pm

**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: 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

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 - 11:00am to 1:00pm

Fish Fry

On Friday, September 27th, we will be hosting our annual Fish Fry Fundraiser.

We are looking for volunteers to assist with food prep the day before (September 26th), set up on the morning of the event, and of course during the event with food prep, serving, and clean up. Please let us know if you're able to help!

Links2Wellbeing - Social Prescribing

As we start to introduce and promote our new Links2Wellbeing Social Prescribing project, we are looking for 2 volunteers to help us. Responsibilities would include helping to promote the program with local businesses and organizations and meeting with new members to encourage participation and answer questions they may have. We are excited to offer assistance for older adults that may be feeling lonely and need a little extra assistance to overcome some barriers to participation.



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 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

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
- 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 generous supporters!

Gardening Committee

The gardens outside have been looking fantastic this summer thanks to our amazing gardening volunteers!



Joyce and Gerry

Joyce and Gerry have been working hard this summer, preparing meals for Tuesdays and Fridays, making our lobby meals, as well as training our many new kitchen volunteers. They have been busy many weekends with rentals too. We appreciate their commitment to our Centre!

Jennifer McQuinn

We are very lucky to have Jennifer here as one of our Fitness Instructors! Many hours are put into organizing safe, fun, and effective classes for our participants. Thank you for all you do!



We're excited for our new partnership with All Celebrations! Keep an eye out for some new decorations for our special events!

SPONSORS AND DONORS



FALL RAFFLE

We have an amazing lineup of prizes for our Fall Raffle fundraiser this year! Thank you to BOSCOS 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.



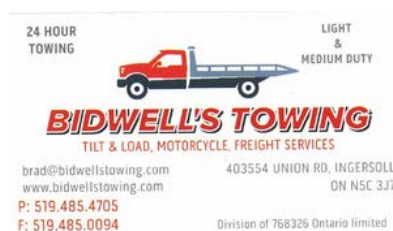
LOBBY COFFEE

We would like to thank Oxford Manor for providing the coffee in our lobby. Members are able to access coffee and tea while programs are running free of charge!

Cops and Rodders Ingersoll



Fresh food. Friendly neighbours.



CAR SHOW

We are very appreciative to John McKim and the Cops and Rodders team here in Ingersoll for guiding us through hosting our Car Show and all of their assistance throughout the evening. We would also like to thank the team at Bidwell's Towing for their donation of door prizes and Foodland for helping us with food for the BBQ!

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




CAROLINE HOLMES SALESPERSON



WHETHER YOU ARE BUYING OR SELLING, CONTACT
CAROLINE FOR ALL OF YOUR REAL ESTATE NEEDS

LOOKING FOR A
New Home?

FOR MORE INFORMATION CALL OR TEXT ME:

519-878-8829 

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+

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CENTRE CLOSED LABOUR DAY</p> <p>519-485-3869</p> <p>Sewing Workshop</p> <p>9 DrumFIT & Coffee Social 9:00 Zumba Gold 10:30 Knitting and Crocheting 10:00 Tai Chi 11:15 Bid Euchre 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<p>3</p> <p>Pepper Carpet Bowling 1:00</p> <p>10 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper 1:00 Card Making with Linda 1:00 Carpet Bowling 1:00 Joyful Fretters 1:30 ChordBuddy 2:30 Footcare Clinic</p>	<p>4</p> <p>Sewing & Walking Club 9:00 Pickleball 9:30 Bridge 12:45 Bingo 1:00</p> <p>11 Blue Jays Bus Trip</p> <p>Sewing & Walking Club 9:00 Pickleball 9:30 Chair Fitness 10:00 Absolute Beg. Line Dance 10:30 Bridge 12:45 Bingo & Cribbage 1:00</p>	<p>5</p> <p>Choir 9:30 Pepper 1:00 Mah Jong 1:30</p> <p>Gunn's Hill Tour</p>	<p>6</p> <p>Strength and Stretch 9:00 OsteoFIT 10:30 Bridge 12:45 Euchre 1:00 Mexican Dominoes 1:00 World Issues 1:00</p> <p>Footcare Clinic</p>
<p>16 DrumFIT & Coffee Social 9:00 Zumba Gold 10:30 Knitting and Crocheting 10:00 Tai Chi 11:15 Bid Euchre 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<p>17 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper 1:00 Carpet Bowling 1:00 Joyful Fretters 1:30 ChordBuddy 2:30 Footcare Clinic</p>	<p>18</p> <p>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>19 Downsizing: Simplify and Thrive in Your Senior Years 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Stroke, COPD, PD Fitness 10:30 Pepper 1:00 Darts 1:00 Mah Jong 1:30</p>	<p>20</p> <p>Strength and Stretch 9:00 OsteoFIT 10:30 Bridge 12:45 Euchre 1:00 Mexican Dominoes 1:00 World Issues 1:00</p> <p>Footcare Clinic</p>
<p>23 DrumFIT & Coffee Social 9:00 Zumba Gold 10:30 Knitting and Crocheting 10:00 Tai Chi 11:15 Bid Euchre 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<p>24 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper 1:00 Carpet Bowling 1:00 Joyful Fretters 1:30 ChordBuddy 2:30 Footcare Clinic</p>	<p>25 Armchair Travel at 1:30pm 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>26 Book Club at 1:30pm Choir 9:30 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>27</p> <p>Strength and Stretch 9:00 OsteoFIT 10:30 Bridge 12:45 Euchre 1:00 Mexican Dominoes 1:00 World Issues 1:00</p> <p>Footcare Clinic</p>
<p>30 DrumFIT & Coffee Social 9:00 Zumba Gold 10:30 Knitting and Crocheting 10:00 Tai Chi 11:15 Bid Euchre 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<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>Library Available: Monday - 8:30am to 8pm Wednesday - 8:30am to 4pm Thursday - 8:30am to 4pm</p>	<p>Fitness Room: Monday - 8:30am 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>