

Ingersoll 50+ Centre

November 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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Sign up for our E-Newsletters and Weekly Email Reminders

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CENTRE INFO

Regular Hours

Monday - 8:30am to 9:00pm

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

Bells and Bows Bazaar

Saturday, November 23rd

9am to 2pm

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., Nov 14th at 5:30pm

MEMBERS ADVISORY COUNCIL

Betty Barnhill

Kim Bidwell

Nora Holden

Gregg Maxwell

Marilyn McFarland

Joyce Pavey

Mary Pinney

Next Meeting: Tues., Nov 12th at 10:30am

SPECIAL EVENTS COMMITTEE

Kim Bidwell

Ronda Burden

Deb Dahl

Ray Dahl

Eleanor Dorland

Nora Holden

Bonnie Knott

Mary Pinney

Next Meeting: Thurs., Nov 14th at 1pm

TRAVEL ADVISORY COMMITTEE

Ken Angus

Kim Bidwell

Trudy DeWitt

Joyce Pavey

Meg Walden

Next Meeting: Mon., Nov 4th at 10:30am

GARDENING COMMITTEE

Darby Anderson

Aggie Collins

Chris Leitch

Julie McConkey-Barks

Marlene Travis

Kim Walker

Spring 2025

YOUR STAFF TEAM



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Katie Bidwell
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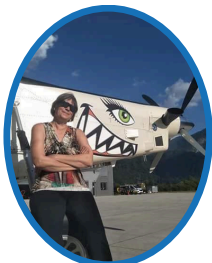
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Community Services Assistant
519-485-2269 ext 109
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Joyce Banbury
Cook



ORGANIZATION UPDATES

From the Desk of our Executive Director:

Ah, October! A month for gratitude, reflection, and a splash of color that could rival a box of crayons! As the cool breezes start to sneak in, we're cranking up the warmth right here at the center.

Our Annual Fish Fry at the end of September was a fin-tastic hit, thanks to the incredible Robin and the Special Events Committee for making it happen! A huge shoutout to the Mt. Elgin Fire Department for sizzling up those mouthwatering fish and chips!

October is also our time to shine a spotlight on "Community Support Services" Month! Nicole and Heather are the dynamic duo behind this amazing department, arranging everything from transportation, foot care, frosty meals and our bustling equipment loan program! If you need a hand, these ladies are amazing! And a special thanks to Mayor Brian Petrie for delivering those delicious Meals on Wheels to our homebound friends!

November 8th will be Katie's last day here at the Centre. We have been incredibly lucky to have Katie in the front office on Thursdays and Fridays and we will most definitely miss her. We are wishing her all the best in her new opportunity and hope to have her visiting the Centre when she can!

As always, we're grateful for our fabulous members, so don't miss out on all the fantastic programs our staff has whipped up just for 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: \$25.00

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/Smoothies

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, November 20th

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.

IN LOVING MEMORY - LOCATED IN OUR FRONT LOBBY

Our Memorial Tree celebrates the lives of members, volunteers, and those who have positively impacted our Centre .

Please join us on Sunday, November 3rd from 1 to 3pm

Ken Barks	Helen Ferguson	Donald Holden	David Russell
Frank Breier	Coby Fieten	Mabel Knox	Dorothy Thacker
Alice Clark	Douglas Gifford	Jack Layton	Gerald Wilhelm
Bob Clark	Kelly Haynes	Denyse Levac	Audrey Wisson
Marilyn Dunn	Marlene Harper	Donald Ross	



LEISURE LOWDOWN

A note from Robin and Victoria

We've turned the heat on at the Centre, both literally and figuratively! Don't skip a page of this newsletter, you'll want to make note of all the things we have happening in the next couple of months!

Funding to install an enclosed lift has been received from the RBC Foundation to help make our Centre more accessible. We will be renovating the washrooms upstairs to be accessible in the spring and summer of 2025.

Please don't forget to register for the new sessions starting soon. Joyful Fretters, Pilates, and Chair Yoga (live and recorded).

Thank you to everyone who has signed up for our first Beginner Conversational Spanish session starting on November 5th! We are thrilled to have 14 participants and we are confident we will be able to run additional sessions in the new year!

We have made a change to Armchair Travel. It will run as a presentation requiring pre-registration. This will allow us to prepare a themed snack and set up according to expected numbers. Our Thursday Darts group is growing and we continue to welcome new people each week! We have our drop-in painting sessions on Tuesday afternoons. Come in and work on your own projects while socializing and learning from one another.

Are you interested in a Creative Writing session? What would you be hoping to gain from the classes? We have had some interest and would like to gauge how many people we have and what the participants are hoping to gain from the experience to help us in the planning. Please see Victoria and let her know your thoughts!

We hope you can join us on Monday, November 18th for our Coffee Social and a warm cup of Apple Cider! Please note, we will be having our Jingle Bell Walk in December as well.

Fall Raffle

Thank you to everyone who purchased tickets and helped support our Centre!
Fishing Charter - Henriette M.
SMART TV - Peggy J.
Golf Package - Al M.

Our Greens Team is working hard preparing the arrangements and centerpieces for the Bazaar. IF you have trees to trim, please consider bringing in branches that our creative team can use to put these together. Evergreens, dogwood, birch, etc.

SOCIAL FORECAST

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

NOVEMBER

- 5th & 6th.... Meat Pie Blitz
- 14th..... Fire Safety for Seniors
- 15th..... Grandparent-Grandchild PA Day Activities (9am-1pm)
- 18th..... Apple Cider Day
- 19th..... Fallsview Casino and Niagara Lights Bus Trip
OACAO Southwest Regional Meeting
- 21st.....RTO Bridge Tournament
- 23rd.....Bells and Bows Christmas Bazaar

DECEMBER

- 6th..... 30th Anniversary Celebration
- 9th-13th.... Hot Cocoa Week
- 11th..... Christmas Dinner
- 16th..... Jingle Bell Walk and Potluck
- 18th..... White Christmas at the Hamilton Family Theatre Bus Trip
- 20th..... Christmas Social

WINTER 2025

- January 22nd..... Wellness Day
- February 14th..... Valentine's Day Fundraiser (Dinner and Music)
- March 1st..... Senior's Active Living Fair
- March 7th..... International Women's Day Celebration
- March 17th..... St. Patrick's Day Kitchen Party Bus Trip to Bingeman's in Kitchener

Changes to Regular Schedules

Please keep an eye out for any changes that may need to happen to allow us to set up for the Bells and Bows Bazaar.

We will not have any recreational programming from December 23rd to January 1st. Construction to install our enclosed lift will begin in December or January and may require us to change pathways, cancel programming periodically, and rearrange spaces.

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.

JOIN IN ON THE

50/50 FUNDRAISER

TICKETS ARE
\$2 EACH OR
3 FOR \$5

THIS IS A
FUNDRAISER TO
PURCHASE NEW
EQUIPMENT FOR
OUR FITNESS
CENTRE

DRAW
DATE:

**NOV
29TH**

12:30PM

PURCHASE TICKETS AT THE FRONT OFFICE NOV 1-29
250 INGERSOLL ST SOUTH - 519-485-3869

LICENSE # - M323676



PA DAY CAMP GRANDPARENTS AND GRANDCHILDREN



9am to 1pm

Activity

We'll start the day with a DrumFIT session! Later in the morning, we'll engage in more fun games too!

Craft

We'll have a few craft activities that get us thinking about science and how things work!

Lunch

You can choose to have hot dogs or some tasty Sheperd's Pie and of course dessert!

Guests

We are very excited to have Constable Randi Crawford attending to share some safety tips heading into the colder season!

November 15th : Ingersoll 50+ Activity Centre
250 Ingersoll St South

\$45/Grandchild and Grandparent
\$15 each additional child

Sponsored by:
 GARDENS
OF INGERSOLL

Stop in to register or get in touch with us by email or phone:



Fall Bridge Tournament

Thursday November 21st 1:00 pm

Start arriving at 12:30 pm as we need to begin on time.

Welcoming long-time players and those new to the game

Cost: \$10.00 per person for Members of RTOERO or Ingersoll Seniors Centre & Guests

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

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

Game:

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

Deadline to register: Thursday, Nov. 14th

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

1. Joanne Perry – Home: 519-485-4954
2. Helen Reid -Home: 519-914-8788
3. Ingersoll Services for Seniors – 519-485-3869

Note: Pay the day of tournament at the front office. Please bring correct amount. For more information contact Joanne or Helen at the above phone numbers.

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
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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' Closet

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!



INGERSOLL
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30th ANNIVERSARY

Celebration and Open House

*Friday, December 6th
1:00 to 4:00pm*

*Formal Presentation will take place
at 2:30pm in the Activity Room*

*Come see what has been accomplished over the past
30 years and share your vision for the future.
Speakers, refreshments, and memories to share.*

*250 Ingersoll St S
519-485-3869*



MERRY CHRISTMAS

**JOIN US FOR A
SPECIAL DINNER**

WEDNESDAY, DECEMBER 11TH


5:30PM - SOCIAL

6:00PM - DINNER AND ENTERTAINMENT

\$45/person

**Includes turkey, roast beef, cranberries,
dressing, mashed potatoes, vegetables, rolls,
salad bar, dessert bar, coffee, tea, and juice
Performance by the Thamesford Handbell Choir**

**LIMITED SEATING
PLEASE REGISTER BY
DECEMBER 4TH AT 12PM**

 **519-485-3869**





JINGLE BELL WALK

JOIN US FOR A JOLLY
GOOD TIME!

16TH DEC - 6:30PM

MEET OUTSIDE DOLLARAMA

HIGHLIGHTS:

Join us for a walk around Ingersoll to view the festive lights followed by a potluck at the 50+ Activity Centre.

A prize will be given out for the most festive outfit!

DRESS CODE:

Warm Festive Attire

Bring along your bells and lights

Ugly Christmas sweaters encouraged

**HO-HO-HOPE TO SEE
YOU THERE!**

REGISTER BY DEC 12TH

519-485-3869

250 INGERSOLL ST S





INGERSOLL
SERVICES FOR
SENIORS

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

NOVEMBER 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 4:00pm	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 Trinity United Church	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		Absolute Beginner Line Dance 10:30 to 11:30am Joyce North Room	*Pilates 11 to 11:45am Leslianne North Room	
Improver Line Dance 7:15pm to 8:15pm Joyce North Room				

LEGEND:

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

DrumFIT (10 weeks): \$50/members and \$80/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:** 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. 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
NOVEMBER 6TH	McDonald's	DECEMBER 4TH	Backus Mills
NOVEMBER 13TH	Wildwood Conservation	DECEMBER 11TH	Stratford Trail
NOVEMBER 20TH	Ipperwash/Pinery	DECEMBER 16TH	Jingle Bell Walk
NOVEMBER 27TH	Pittock/Husky Trail	DECEMBER 18TH	Group Choice - TBD

Recreational Pickleball— Beginners Welcome!

Wednesday @ 9:30am at Trinity United Church



Are you interested in how to play beginner pickleball? Well, you can learn the basics of pickleball in a low-pressure environment with the members of Ingersoll 50+ Centre. This is a non-competitive group that plays for recreational fun. MEMBERS ONLY — \$5.00 drop-in

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 MultiPurp. Room	Sewing 9:00am Dining Room	Choir Call for TIme MultiPurp. Room	
Knitting and Crocheting 10:00am Library	Pepper 1:00pm Activity Room	Bridge 12:45pm Front Lounge	Looking for Your Ancestors 10:00am 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 Multipurp. Room	Conversational Spanish 1:00pm Front Lounge	Cribbage 1:00pm Multipurp. Room	Darts 1:00pm Front Lounge	Mexican Dominoes 1:00pm Library
	Freestyle Painting 1:00pm Multipurp. Room	Armchair Travel 1:30pm Library	Mah Jong 1:30pm Multipurpose Room	World Issues 1:00pm Multipurpose Room
	Joyful Fretters 1:30pm Front Lounge			
	Ukulele 2:30pm Front Lounge			

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: \$25.00
- Non-members: \$40.00



DROP-IN PROGRAM DESCRIPTIONS

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 Thursday, November 21st.. Drop-ins are welcome to join the group for an engaging, lively, somewhat literary discussion of a selected book. This month is 'The Mystery Guest' by Nita Prose

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 of 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 you 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

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		

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.

Creative Writing
Let us know if you would be interested in
a creative writing session to happen in
the new year!

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 Christmas Tree Napkins.

Cost: \$2/members and \$3/non-members

Monday, November 4th - 9am to 12pm

Christmas Tree Napkins

Makes 4 - Finished Size 8 x 16"

Fabric requirements:

½ yard darker print for tree

½ yard lighter print for tree

1/8 for trunk (or 1 jelly roll strip)



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: \$30/members and \$35/non-members

Next Date:

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



Art with Bobbi

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

Cost: \$15/member and \$20/non-member

Plus \$35 to instructor for supplies)

Next Date:

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



PRESENTATIONS

Fire Safety Presentation

Join us for an informative presentation with fire safety and prevention tips heading into the colder season with many cooking and baking for groups. Thank you to Ingersoll Fire Services for sharing your knowledge and helping to keep us safer this season!

Date: Thursday, November 14th

1:30pm - Bring your questions!

No cost to attend



Numerology

What is Numerology and what can it do for you? In this class, I will be using your date of birth to discuss your Life Path, Personal Year, and Day of Birth. Discover the energy of numbers and how they effect you every day and in every way through temporary vibrations. Christine Smith, Numerologist.

Date: Monday, December 9th

7:00 to 8:30pm

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



Armchair Travel

Join us for two presentations this month and hear about some fantastic trips with an opportunity to ask questions too! We'll provide a snack themed to the location of the trip!

Wed, November 6th (Register by Mon, November 4th) - Hiking and Driving Safari in Kenya

Wed, November 20th (Register by Mon, November 18th) -

1:30pm

\$2/members and \$3/non-members

Welcome to our New Members

Tracy S.	Heather P.	Janet C.	Sharyn H.	Anne S.
Gwen W.	Kay O.	Jannie V.	Margaret B.	Norma S.
Terry-Sue C.	Marie W.	Linda S.	Jeanette B.	
Gladys G.	Wesley O.	Albert A.	Lisa U.	
Michele G.	Anne G.	Debbie A.	Maureen J.	
Theresa M.	Dorothy G.	Mary B.	Maurice B.	

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

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.

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.

November Volunteers

This month we are looking for help with our Meat Pies (Nov. 6th), the Bells and Bows Bazaar (Nov. 21st to 23rd), ironing tablecloths (all month), and in the kitchen. We need some extra hands on Tuesdays and Fridays and into December with many rental events on weekends and evenings.

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 mileage (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 32 AND 33.

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 31.

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 an 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.

TRANSPORTATION SERVICE

Are you in need of transportation? We offer services specifically designed for seniors and adults with disabilities. Our transportation includes rides for errands, appointments, social outings, shopping, and more. We pride ourselves on our reasonable rates and a commitment to delivering services with a friendly demeanor!



- ✓ **SMALL FEE FOR SERVICE**
- ✓ **3 BUSINESS DAYS NOTICE**
- ✓ **DOOR TO DOOR SERVICE**
- ✓ **SAFE & RELIABLE**

CONTACT US



519-485-2269



Our Website
www.ingersollseniors.com

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

November 5th Hamburger, salads, desserts	December 3rd Pork with spaghetti, garlic bread, dessert
November 12th Roast beef, mashed potatoes, vegetables, roll, dessert	December 10th Stew, dumplings, salad, roll, dessert
November 19th Ham, baked potatoes, baked beans, roll, dessert	December 17th Chicken pot pie, salad, roll, dessert
November 26th Chicken stir fry, rice, garden salad, roll, dessert	December 24th - \$15 Turkey, dressing, mashed potato, vegetables, roll, dessert
	December 31st New Year's Appetizer Selection (inc. meatballs), 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)

November 1st Chicken, potatoes, vegetables, roll, dessert	December 6th Soup and sub with dessert
November 8th Pizza, garden salad, dessert	December 13th Smoked pork chop, vegetables, potato, roll, dessert
November 15th Shepherd's pie, salad, roll, dessert	December 20th Stuffed green pepper, potato, dessert
November 22nd - NO DINE-IN Chicken burger, salad, dessert	December 27th - NO DINE-IN Stuffed pasta, salad, garlic bread, dessert
November 29th 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: _____

D.O.B: _____

Address: _____

Delivery

Pick-up

New Client

ALL info for NESDA

Frosty Meals Price List

7 entrees\$49.00

7 soups\$15.00

7 desserts\$15.00

5 entrees + 5 soups
or desserts\$46.00

1 entrée \$7.50

1 soup or dessert\$2.50

Office Use Only

Date: _____

Filled By: _____

Paid \$ _____ Amount

OR Invoice \$ _____ Amount

Invoice to:

Staff Initial: _____ NESDA:

Ingersoll Services for Seniors Frozen Meal Order Form

Poultry

- Chicken à la King (LF)
- Chicken Cacciatore ** (LF LS)
- Chicken Pot Pie
- Country Chicken (LF)
- Lemon Chicken (LF LS)
- Herb Chicken with Mushroom Gravy (GF LF LS)
- Chicken Breast with Broccoli & Cheddar Sauce
- Chicken Stew (LF)
- Sweet and Sour Chicken (LF)
- Chicken with Honey BBQ Sauce (LF LS)
- Turkey with Stuffing (LF)

Fish

- Asian Glazed Salmon (LF LS)
- Fish Florentine
- Salmon in Lemon Sauce
- Tuna Pasta Casserole (LF)

Soups

- Beef Barley (LF)
- Chicken Noodle (LF)
- Cream of Broccoli** (LF LS W)
- Cream of Tomato (V)
- Split Pea ** (LF LS)
- Cream of Potato & Leek (V)
- Minestrone (LF V)
- Cream of Cauliflower (V)
- Beef & Vegetable Soup (LF)

Beef

- Beef Stew (LF LS)
- Beef Stroganoff (LS)
- Chopped Swiss Steak (LF LS)
- Steak & Mushroom Pie **
- Liver & Onions (LF)
- Shepherd's Pie (LF LS)
- Pot Roast (LF)
- Meatballs in Gravy
- Sliced Beef with Mushroom Gravy
- Meatloaf in Mushroom Gravy
- 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 Cobbler

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



Hearing Care Experts

FREE Hearing Screenings

Tuesday, January 21st

1:30 to 4:00pm

Call to book your time!

519-485-2269

Have you ever had your hearing tested? Keep your hearing health top of mind! If you are 50+, you should include routine hearing testing as part of your annual check-up.

Please join us for a complimentary hearing screening provided by Allison Seguin from the Amplifon Hearing Clinic in Ingersoll. As a resident of our community and Hearing Instrument Specialist in the Ingersoll location since 2014, she has partnered with the Ingersoll Services for Seniors to provide hands on hearing screening for the past few years.

Please call to sign up for your 15-minute screening.

**Amplifon
Hearing Instrument Specialist - Allison Seguin
99 Thames St South
Ingersoll
519-425-1783**



**INGERSOLL
SERVICES FOR
SENIORS**

THANK YOU

Thank you to our generous supporters!

Lesser Jewellers

Thank you to Gord Lesser for assisting us with repairing watches that have been donated. We will be able to use these at the Bazaar and contribute to supporting programming and activities here at the Ingersoll 50+ Activity Centre.



Elizabeth MacCallum and Heather MacIntosh

Thank you to Elizabeth and Heather for attending our first PA Day session. Heather and Elizabeth were absolutely wonderful reading the book and explaining more about the idea of the story and how the images were illustrated. We are lucky to have such amazing talent here at the Centre!

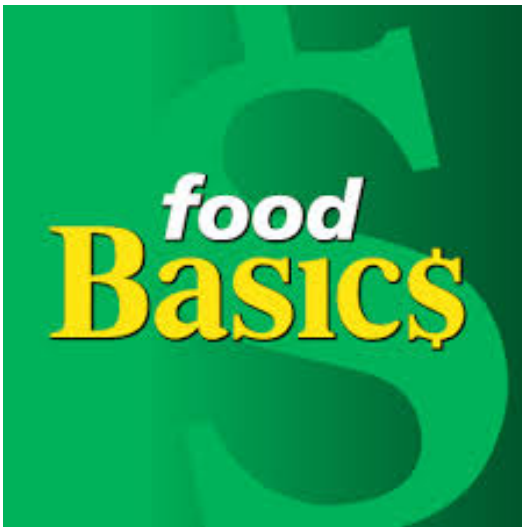


Katie Bidwell

Katie has been an amazing team member here at the Centre for the past two years! We are grateful to have her knowledge from her many years of volunteering at the Centre. We will definitely miss her, but wish her all the best going forward. Katie's last day will be Friday, November 8th.



SPONSORS AND DONORS



FOOD BASICS

Thanks to the generosity of Food Basics in Woodstock, we were able to purchase all the turkeys we needed for our lunches at a great price!

JEWELLERY DONATIONS

Thank you very much to Mike and Alex for continuing to assist us with our donations of jewellery. We truly appreciate their knowledge and willingness to support our fundraisers!



519-280-6822

MEAT PIE BLITZ

Thank you to Norterra Foods for donating the onions, peas, and carrots for our meat pie blitz this month! Keep an eye out for the meat pies at the bazaar on November 23rd!



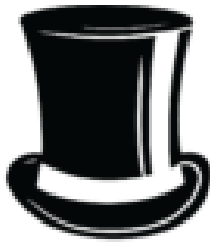
COMMUNITY CONNECTIONS



GREAT LAKES QUALITY EXTERIORS

Chris Lorentz 226-606-6449 Siding, Soffit, Facia, Eavestrough
Owner/General Manager Windows, Doors
greatlakesqualityexteriors@gmail.com Metal & Shingle Roofing

greatlakesqualityexteriors.com



All Celebrations

Event Planning ▶▶ Party Rentals

Address: 83 Thames Street South Ingersoll, ON

Phone: (226)-228-4199

Email: contact@allcelebrations.ca



GLADIATOR ROOFING

Call
226-888-ROOF
For Free Quote

GladiatorRoofing.ca

You may have noticed our new roof on both our dining shelter and shed! Thank you very much to Gladiator Roofing for doing this work at no cost to us!

ADVERTISING OPPORTUNITIES

Are you interested in 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 are 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+

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>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>	<p>519-485-3869 Library Available: Monday - 8:30am to 8pm Wednesday - 8:30am to 4pm Thursday - 8:30am to 4pm</p>	<p>Woodshop Available: Monday - 8:30am to 8:30pm Tuesday to Friday - 8:30am to 4pm Weekend Events Sun. Nov 3rd - Memorial Tree Sat. Nov 23rd - Bazaar</p>	<p>1 Strength and Stretch 9:00 OsteoFIT 10:30 Bridge 12:45 Euchre 1:00 Mexican Dominoes 1:00 World Issues 1:00 Footcare Clinic</p>
<p>4 DrumFIT & Coffee Social 9:00 Zoomlicious 10:30 Knitting and Crocheting 10:00 Tai Chi 12:15 Bid Euchre 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<p>5 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper and Carpet Bowling 1:00 Painting and Spanish 1:00 Joyful Fretters 1:30 Ukulele 2:30 Footcare Clinic</p>	<p>6 Meat Pies 9:00 Sewing & Walking Club 9:30 Pickleball 10:00 Chair Fitness 10:30 Absolute Beg. Line Dance 10:50 Pilates 11:00 Bridge 12:45 Bingo & Cribbage 1:00</p>	<p>7 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Stroke, COPD, PD Fitness 1:00 Pepper 1:00 Darts 1:30 Mah Jong</p>	<p>8 Strength and Stretch 9:00 OsteoFIT 10:30 Bridge 12:45 Euchre 1:00 Mexican Dominoes 1:00 World Issues 1:00 Footcare Clinic</p>
<p>11 DrumFIT & Coffee Social 9:00 Zoomlicious 10:30 Knitting and Crocheting 10:00 Tai Chi 12:15 Bid Euchre 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<p>12 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper and Carpet Bowling 1:00 Painting and Spanish 1:00 Joyful Fretters 1:30 Ukulele 2:30 Footcare Clinic</p>	<p>13 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>14 Looking for Your Ancestors 10am 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>15 Strength and Stretch 9:00 OsteoFIT 10:30 Bridge 12:45 Euchre 1:00 Mexican Dominoes 1:00 World Issues 1:00 Footcare Clinic</p>
<p>18 DrumFIT & Coffee Social 9:00 Zoomlicious 10:30 Knitting and Crocheting 10:00 Tai Chi 12:15 Bid Euchre 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<p>19 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper and Carpet Bowling 1:00 Painting and Spanish 1:00 Joyful Fretters 1:30 Ukulele 2:30 Footcare Clinic</p>	<p>20 Pet Clippings 9:00 Sewing & Walking Club 9:30 Pickleball 10:00 Chair Fitness 10:30 Absolute Beg. Line Dance 10:50 Pilates 11:00 Bridge 12:45 Bingo & World Issues 1:00</p>	<p>21 Bridge Tournament 9:30 Choir 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>22 NO PROGRAMS BELLS AND BOWS BAZAAR SETUP Footcare Clinic</p>
<p>25 DrumFIT & Coffee Social 9:00 Zoomlicious 10:30 Knitting and Crocheting 10:00 Tai Chi 12:15 Bid Euchre 1:00 Woodcarving 1:00 Beginner Line Dance 6:00 Improver Line Dance 7:15</p>	<p>26 Total Body Workout 9:00 Chair Yoga 10:00 Stroke, COPD, PD Fitness 10:30 Pepper and Carpet Bowling 1:00 Painting and Spanish 1:00 Joyful Fretters 1:30 Ukulele 2:30 Footcare Clinic</p>	<p>27 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>28 Looking for Your Ancestors 10am 9:30 Choir 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>29 Strength and Stretch 9:00 OsteoFIT 10:30 Bridge 12:45 Euchre 1:00 Mexican Dominoes 1:00 World Issues 1:00 Footcare Clinic</p>