

# Ingersoll 50+ Centre

## January 2025



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](http://www.ingersollseniors.com)**  
**[info@ingersollseniors.com](mailto:info@ingersollseniors.com)**

### STAY INFORMED

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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

## **No Recreational Programs:**

December 23rd to January 3rd

## **Monday, December 23rd and 30th:**

8:30am to 4:30pm

## **Tuesday, December 24th and 31st:**

8:30am to 2:00pm

## **BOARD OF DIRECTORS**

Kitty Babcock - Chairperson

Gregg Maxwell - Vice Chairperson

Ann Campbell - Treasurer

Sue Harrison - Secretary

Ken Angus

Bob DesRoches

Trevor Finkenzeller

Fred Freeman

Shannon Hutson

Bernadette Maxwell

***Next Meeting: Thurs. Jan 23rd at 5:30pm***

***Meetings will now take place the 4th***

***Thursday of each month***

## **MEMBERS ADVISORY COUNCIL**

Betty Barnhill

Kim Bidwell

Nora Holden

Gregg Maxwell

Marilyn McFarland

Joyce Pavey

Mary Pinney

***Next Meeting: Tues. Jan 14th 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. Jan 9th at 1:00pm***

## **TRAVEL ADVISORY COMMITTEE**

Ken Angus

Kim Bidwell

Trudy DeWitt

Joyce Pavey

Meg Walden

***Next Meeting: Thurs. Jan 16th at 10:30am***

## **GARDENING COMMITTEE**

Darby Anderson

Aggie Collins

Chris Leitch

Julie McConkey-Barks

Marlene Travis

Kim Walker

***Spring 2025***



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**Joyce Banbury**  
*Cook*



**Victoria Rode**  
*Centre Program Coordinator*  
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## Staffing Update:

Anita Hartfield, our esteemed Assisted Living Manager, will be embarking on a new chapter in her life as she retires on March 31, 2025. Anita joined our organization in 2016 on a part-time basis, coinciding with the anticipated growth of the Assisted Living program. By 2019, the program had indeed expanded, with all Personal Support Workers transitioning to become employees under Ingersoll Services for Seniors, rather than an external company. Under Anita's vigilant leadership, the Assisted Living program has flourished, and we are immensely grateful for her dedication and contributions to Ingersoll Services for Seniors. We wish her all the joy in the world as she enjoys her golden years sailing around the globe with Steve—you truly deserve this happiness!

In light of this transition, we are pleased to announce Megan Blair as Anita's successor in the role of Assisted Living Manager. Megan, a familiar face within our organization, began her journey as a volunteer in the summer of 2020 and has since demonstrated unwavering commitment in various roles across all three of our centers: Assisted Living, Community Support Services, and the Activity Centre. It is through this tapestry of experience, coupled with her pursuit of a PhD, that Megan was selected for this esteemed position. Megan will commence her part-time training in January and will fully assume the role on April 1st.

Please join us in expressing our gratitude to Anita for her remarkable service and in warmly welcoming Megan to our team.

# ORGANIZATION UPDATES

## From the Desk of our Executive Director:

December was a whirlwind of excitement, both at our center and in the community! We kicked off the month with a bang at our fabulous 30th Anniversary celebration—it was a blast for everyone who joined! We took a stroll down memory lane but also peeked into the future for the next 30 years. We've got some paper in the front lobby just waiting for your bright ideas... so swing by and share what you'd love to see!

Our Christmas Dinner was a sparkling soirée, transforming our Activity Room into a feast for the senses with scrumptious food, enchanting bell music, and a hilarious skit that had everyone in stitches! Then, our Christmas Open House was a hit, featuring fabulous tunes from our talented choir, tasty treats from our staff, and an unforgettable jeopardy game led by the amazing Jenny, our co-op student.

Get ready for January, packed with fresh fitness programs to tackle those New Year's resolutions and a lineup of fun recreation activities to banish those winter blues! Can't wait to see you all soon!

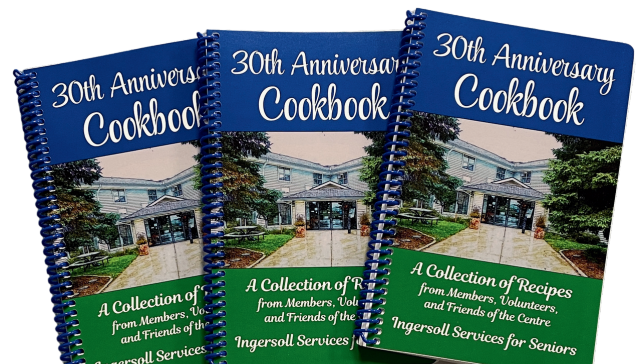
**Kristy**

**LOOKING FOR A LAST MINUTE CHRISTMAS GIFT?**  
*How about a membership to our Centre  
or a 30th Anniversary Cookbook?*

**Our 30th Anniversary Cookbooks make a lovely Christmas Gift or Stocking Stuffer! They're filled with tried and true recipes and helpful cooking and baking tips!**

**\$20/each**

**5 or more - \$17/each**



## CENTRE MEMBERSHIPS

Pro-rated memberships purchased between now and December 31st are \$25.00 and valid until March 31st, 2025. (Full year membership is \$45 from April 1st to March 31st of each year. Members receive discounts on our:

- drop-in programs
- fitness programs
- bus trips
- special events

# 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 number. We will then call you when the job is complete.

## **PET CLIPPINGS**

Wednesday, January 8th

Wednesday, February 5th

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.

If you have similar containers, we can also take them and clean them to use for our frozen meals. An example would be take-out containers from Mango Salad.

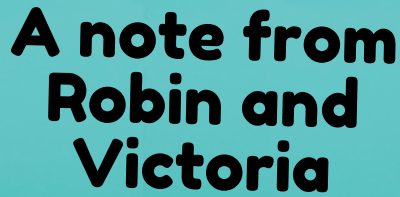
### **IN LOVING MEMORY - LOCATED IN OUR FRONT LOBBY**

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



## A note from Robin and Victoria

We hope everyone enjoys their holiday season. We wish we could be open more during the holidays, but please know we are just a phone call away if something is needed or you'd just like to catch up for a few minutes!

During the holidays, we'll be taking some time with our families, but also planning for the new year! We have lots of ideas to implement and we hope you'll volunteer to help with many of the events as well!

On January 20th, we'll be having our first Outdoor Club meeting. If you have any interest in hiking, canoeing, birding, or camping, come out and help us plan some new activities.

On January 14th, we will be hosting the first Men's Shed meeting here in Ingersoll. We are excited to team up with the Tillsonburg Senior Centre on this new project. Members will help plan activities they are interested in. We hope to engage in some volunteer, community projects with our woodshop as well as attend presentations and workshops on relevant topics. Please come out and see what it's all about!

There are a few new fitness classes starting in January. Some are registered and some are drop-in. Please come and check them out. As a 30th Anniversary gift to members, drop-in fitness class prices have been reduced to \$3/member and \$6/non-member from January 1st to December 31st, 2025. All drop-in fitness classes will be FREE from January 6th to 10th.

You'll notice some Save the Date announcements for a few special events and fundraisers. We've also included many presentation and workshop dates to help fill your 2025 calendar!

Please take a minute to fill out our 30th Anniversary Survey at the back of this newsletter and hand it in by Friday, January 17th.

## THANK YOU!

We want to thank everyone for all the enthusiasm you've shown this holiday season! We've enjoyed our apple cider and hot chocolate days! We love having opportunities to talk to members and hear new ideas for the upcoming year!

## 12 DAYS OF CHRISTMAS

We had some amazing donations come in this year for our 12 Days of Christmas Baskets! We appreciate everyone who has purchased tickets and helped us raise \$2500 toward the Centre!

## HOLIDAY SCHEDULE

We may be closed to programs from December 23rd to January 3rd, but the Centre will remain open for all of our essential services. If you need assistance or would just like to chat, please give us a call or stop in at the Centre!

# SOCIAL FORECAST

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

## JANUARY

- All month... Lift Construction will start this month
- 6th..... Programs Commence
- 14th..... Men's Shed in Ingersoll
- 16th..... Heads Up for Healthier Brains
- 17th..... PA Day Activities
- 20th..... Outdoor Club - 1st Meeting
- 22nd..... Numerology Workshop
- 24th..... Wellness Day
- 28th..... Card Making with Linda
- 30th..... Brooks & Co. Workshop - Decorating Smaller Spaces
- 31st..... Soup Cookoff

## FEBRUARY

- 10th..... Banana Bread Day
- 14th..... Entertainment and Lunch Fundraiser
- 19th..... Tina Turner Bus Trip
- 20th..... Learning About Memory Loss
- 25th..... Card Making with Linda
- 27th..... Barks Pedorthics Presentations

## MARCH

- 1st..... Senior's Active Living Fair
- 4th..... Pancake Breakfast
- 7th..... International Women's Day Celebration
- 17th..... Irish Kitchen Party Bus Trip to Bingemans
- 20th..... Dementia Friendly Communities
- 24th..... Art with Bobbi
- 25th..... Card Making with Linda
- 27th..... Brooks & Co. Workshop

## Changes to Regular Schedules

Please keep an eye out for any changes that may happen to allow us to set up for special events and rentals we have happening at our Centre. We will not have any rec programming from Dec 23rd to Jan 3rd. Construction to install our enclosed lift will begin in January and may require us to change pathways 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.

## First Meeting

TUESDAY,  
JANUARY 14TH  
12:30PM

Ingersoll 50+ Activity Centre  
250 Ingersoll St. S  
Ingersoll N5C 3J7



# JOIN OUR MEN'S SHED

**We're starting a Men's Shed in partnership with the Tillsonburg Senior Centre!**

**These are just a few ideas we have in mind, but as the group forms, activities and plans will be decided by the interests of the participants.**

**AGES 50+**

- Drop in – socialize with coffee/tea
- Bikes and bike repair
- Woodworking
- Mentoring and skill-sharing
- Walking, bowling, golfing, etc.
- Activism and community involvement
- Volunteering
- Music– listening and playing
- Culture-specific events/activities
- Workshops with invited guests
- Computers/technology workshops
- Health-related discussions and guest speakers

**Call or Email to let us know you're interested!**



**519-485-3869**

**info@ingersollseniors.com**

## Why Participate?

- Enjoy activities you love and discover new hobbies and interests
- Make new friends
- Be involved in your community
- Opportunity to share your knowledge and skills and learn from others
- Be in a place you can be comfortable being yourself
- Experience support to enhance your mental health
- Reduce isolation with new relationships and activities





# PA DAY CAMP GRANDPARENTS AND GRANDCHILDREN



**9am to 1pm**

## Activity

Ingersoll Music Academy is joining us for a fun jam session with drums and ukuleles.

## Craft

We'll be making a snowman craft to celebrate the season and learning how to make a lava lamp!

## Lunch

You can choose to have hot dogs or a delicious roast beef dinner with potatoes, vegetables, and dessert.

## Guests

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

**JANUARY 17th** :: 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:**

[info@ingersollseniors.com](mailto:info@ingersollseniors.com)

519-485-3869

# Heads Up **for** Healthier Brains

Learn how certain lifestyle choices can help to reduce many of the risk factors for Alzheimer's disease.

**Thursday, January 16, 2025**

**2:00 - 3:00 p.m.**

**Ingersoll 50+ Activity Centre**

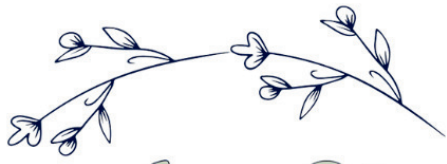
250 Ingersoll St S., Ingersoll, ON

**REGISTER:** 519-485-3869



**Alzheimer Society**  
SOUTHWEST PARTNERS

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



brooks & co.

DECORATING CENTRE INGERSOLL

Thursday, January 30th  
1:30pm at the  
Ingersoll 50+ Activity Centre



## Designing Small Spaces: Tips for Downsizing with Style



**Come out and learn from an experienced, knowledgeable, and hand-on team from Brooks & Co. here in Ingersoll!**  
**\$2/member**  
**\$4/non-member**

Transitioning from a larger home to a more intimate one brings opportunities to embrace fresh approaches to decorating and organizing. This presentation offers practical insights into creating a warm and inviting atmosphere while adjusting to the shift in scale. Learn how to reimagine your favourite belongings in a new setting, optimize storage without sacrificing charm, and decorate in ways that make spaces feel open and welcoming. Whether it's finding the right balance between functionality and design or making smaller rooms feel bright and comfortable, this session provides inspiration for turning a new chapter into a beautiful and personalized home.

**SAVE  
THE  
DATES!**

# SENIORS ACTIVE LIVING FAIR



Join us to learn more about the services and opportunities in our area for older adults! Enjoy healthy snacks, good conversation, and fun activities!

## Event Highlights

- Hands-On Workshops
- Informative Presentations
- Class Demonstrations
- 50+ Vendors

**OPEN TO  
THE PUBLIC!**

**SATURDAY,  
MARCH 1ST  
9:30AM TO 2PM**

**OUTDOOR**  
*Club*



**FIRST MEETING ON MONDAY,  
JANUARY 20TH AT 11AM**



## BRING YOUR IDEAS

Are you interested in participating in outdoor activities like hiking, geocaching, cross-country skiing, kayaking, birding or camping? Come join us and bring along your ideas.

# WINTER SOUP COOKOFF

Enjoy our dine-in  
lunch while  
sampling soups  
and voting for  
your favourite!

Register to enter  
your soup by  
Friday, January  
17th at 4pm

FRIDAY,  
JANUARY  
31ST AT  
12PM



## 2025 FOOD DAY CELEBRATIONS AT THE CENTRE!

Friday, January 31st - Soup Cookoff

Monday, February 10th - Banana Bread Day

Tuesday, March 4th - Pancake Breakfast at the Centre

Monday, April 14th - Raisin Day

Monday, May 12th - Chocolate Chip Day

Monday, June 23rd - Strawberry Rhubarb Day

Friday, July 18th - Ice Cream Day



INGERSOLL  
SERVICES FOR  
SENIORS

**BROADWAY IN LONDON**

# Tina Turner The Musical

Wednesday February 19th 7pm Show

**\$150 MEMBER**

**\$165 NON-MEMBER**

Price includes:

- Motorcoach Transportation,
- Driver Gratuity
- Theater Ticket in Section 110

Bus departs at 5:15pm

Return apppx 10pm

REGISTER BY JANUARY 16TH  
PAYMENT DUE UPON REGISTRATION  
CALL 519-368-3869 OR  
STOP BY 250 INGERSOLL ST S

# BUS TRIP

## March 2025

### BUFFET LUNCH AND A SHOW AT BINGEMANS CONFERENCE CENTER

Featuring an all-star cast of singers, dancers, fiddlers and story-tellers. Hear the favourite Irish songs including: Danny Boy, When Irish Eyes are Smiling, Black Velvet Band, The Wild Rover, and many more!



**The Irish Kitchen Party**  
featuring  
An All-Star Cast of Singers, Dancers, Fiddlers  
and Story-Tellers  
Backed by the Dublin Pub Band  
Featuring all your favorite Irish songs including  
Danny Boy, When Irish Eyes are Smiling,  
Black Velvet Band, The Wild Rover,  
and many more.....  
Don't Miss this Exciting Show!  
**Mon. Mar. 17th**

\$130 members \$145 non-members

Monday March 17th Bus departs at 11 am

Price includes motorcoach transportation, buffet lunch,  
fabulous show, and driver gratuity.

Register by March 3rd

Payment due upon registration

Call 519-485-3869 or stop by 250 Ingersoll St. S



# FITNESS CLASS SCHEDULE

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| <b>Fitness Centre</b><br>10:00am to 8:30pm                            | <b>Fitness Centre</b><br>8:30am to 10:00am<br>12:00 to 4:00pm   | <b>Fitness Centre</b><br>8:30am to 4:00pm   | <b>Fitness Centre</b><br>8:30am to 4:00pm  | <b>Fitness Centre</b><br>8:30am to 4:00pm                          |
| <b>DrumFIT</b><br>9 to 9:45am<br>Diana<br>Fitness Centre              | <b>Total Body Workout</b><br>9 to 10am<br>Jennifer<br>North Room  | <b>Walking Club</b><br>9am<br>Kim<br>Various Locations                                      | <b>Gentle Yoga</b><br>9:15 to 10:15am<br>John<br>North Room  | <b>Strength and Stretch</b><br>9 to 10am<br>Jennifer<br>North Room |
| <b>Zoomlicious</b><br>10 to 11am<br>Ellen<br>North Room               | <b>Chair Yoga</b><br>10 to 11am<br>John<br>Activity Room  | <b>Pickleball</b><br>9:30 to 11:30am<br>Trinity United Church                               | <b>Chair Yoga</b><br>10:30 to 11:30am<br>John<br>Dining Room   | <b>OsteoFIT</b><br>10:30 to 11:30am<br>Jennifer<br>Activity Room   |
| <b>Tai Chi</b><br>12:15pm to 1:15pm<br>June<br>North Room             | <b>Stroke Recovery, COPD, Parkinson's Disease Fitness</b><br>10:30 to 11:30am<br>Jennifer<br>Fitness Centre   | <b>Chair Fitness</b><br>10 to 11am<br>Jennifer<br>Activity Room<br><i>*No class Jan 8th</i> | <b>Stroke Recovery, COPD, Parkinson's Disease Fitness</b><br>10:30 to 11:30am<br>Jennifer<br>Activity Room |  |
| <b>Circuit Training</b><br>4:30 to 5:00pm<br>Nicole<br>Fitness Centre | <b>Flexibility and Stretch</b><br>11 to 11:45am<br>Leslianne<br>North Room  | <b>Absolute Beginner Line Dance</b><br>10:30 to 11:30am<br>Joyce<br>North Room              | <b>*Pilates</b><br>11 to 11:45am<br>Leslianne<br>North Room  |  |
| <b>Beginner Line Dance</b><br>6 to 7pm<br>Elma<br>North Room          |   | <b>Relaxation Yoga</b><br>1:30 to 2:30pm<br>Robin<br>North Room                             |  |  |
| <b>Improver Line Dance</b><br>7:15pm to 8:15pm<br>Joyce<br>North Room | <b>LEGEND:</b><br>Light Gray - Registered fitness program (please call for more details)<br>No fitness classes from December 23rd to January 3rd<br>FREE Drop-In Classes from January 6th to 10th |   |  |  |



# FITNESS CLASS PRICING

## FITNESS PROGRAM PRICING

### IN PERSON FITNESS CLASS PRICE:

Members: \$3/class – register weekly or for full session

Non-members: \$6/class – register weekly or for full session

For your convenience, members only may purchase a fit card.

\$18/6 classes

\$36/12 classes

\$54/18 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:

Recorded Classes (12 weeks): \$36/member

Flexibility and Stretch, Pilates, Relaxation Yoga (8 weeks): \$40/member and \$64/non-member

DrumFIT (10 weeks Jan 20th to March 24th): \$30/member and \$60/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.*

## **Registered Programs**

**\*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. (January 20th to March 24th)

**\*\*Flexibility And Stretch:** Tuesday @ 11am. A class that pulls from all disciplines to target and provide ultimate flexibility. Deep tissue, static and dynamic stretches are some of the components in the session to help strengthen and protect your body. This class can be intense, but it's always done to the best of your ability and modifications are offered to help you achieve your ultimate goal.

**\*\*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. Jan 9th to Feb 27th

**\*Relaxation Yoga:** Wednesday @ 1:30pm. Appropriate for all levels, this is a mat class with a blend of gentle movement, meditation, yin, and restorative postures that are held longer in a supported manner.

**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 as the class is progressive. Participants work at their own pace.

## **Drop-In Programs**

**\*\*Chair Fitness:** Wednesday @ 10am. A seated class for those that may have mobility or balance concerns. 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.

**\*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 concerns yet want to reduce stiffness by activating the muscles and maintain range of motion in their joints.

**\*\*\*Circuit Training:** Monday @ 4:30pm A 30-min workout that involves performing a series of exercises that target different muscle groups with little rest in between.

# FITNESS CLASS DESCRIPTIONS

**Aerobic Intensity/Skill Levels: \*easy, \*\*moderate, \*\*\*most challenging**

## **Drop-In Programs Continued**

**\*\*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.

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

**\*\*Beginner:** Monday@6pm      **\*\*\*Improver:** Monday@7:15pm      **\*Absolute Beginner:** Wednesday@10:30am

**\*\*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 concerns, 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.

**\*\*\*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; participants are encouraged to bring their own mats. This class is suitable for all fitness levels.

**\*Tai Chi:** Monday @ 12:15am. 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.

**\*\*\*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.

**\*\*\*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.

## **Recorded Programs (Members Only - Receive a weekly pre-recorded link)**

**\*Recorded Chair Yoga:** A mostly seated class, gentle yoga poses are used to strengthen and stretch the body. 12-week session Jan 7th – Mar 25th \$36 (Link will be received by Wednesday).

**\*\*Recorded Chair Fitness:** 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, cardiovascular component, cool down and balance, resistance training, and wraps up with stretch and relaxation exercises.

12-week session Jan 8th – Mar 26th \$36 (Link will be received by Thursday)

# OFF SITE FITNESS PROGRAMS

## Walking Club - CELEBRATING 20 YEARS JULY 2025!

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   |
|--------------|----------------------|---------------|------------|
| JANUARY 8TH  | Thamesford - Potluck | FEBRUARY 6TH  | McDonald's |
| JANUARY 15TH | Stratford            | FEBRUARY 12TH | Woodstock  |
| JANUARY 22ND | Cheese Museum        | FEBRYART 19TH | Beachville |
| JANUARY 29TH | Tillsonburg          | FEBRUARY 26TH | London     |

## 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

## **Mature Movers - Ontario Trillium Foundation**

***Our reduction in fitness class prices from January 1st to December 31st 2025 is made possible through seed grant funding received from the Ontario Trillium Foundation. We received just over \$20,000 to assist with costs required to train new fitness instructors and allow current instructors to upgrade and receive new certifications. Please let us know which new fitness programs and classes you'd like to see our Centre offer. This will help us direct the funding to programs you'll enjoy the most!***

# DROP-IN/REGISTERED PROGRAM SCHEDULE

| MONDAY   | TUESDAY  | WEDNESDAY                                    | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <b>Billiards<br/>Library<br/>Woodshop</b><br>8:30am to 4pm | <b>Billiards<br/>Woodshop</b><br>8:30am to 4pm                         | <b>Library<br/>Woodshop</b><br>8:30am to 4pm | <b>Library<br/>Woodshop</b><br>8:30am to 4pm     | <b>Billiards<br/>Library<br/>Woodshop</b><br>8:30am to 4pm |
| <b>Coffee Social</b><br>9:00am<br>Lobby                    | <b>History</b><br>9:30am<br>MultiPurp. Room                            | <b>Sewing</b><br>9:00am<br>Dining Room       | <b>Choir</b><br>Call for Tlme<br>MultiPurp. Room |  |
|  | <b>Pepper</b><br>1:00pm<br>Activity Room                               |  |  |  |
| <b>Knitting and<br/>Crocheting</b><br>10:00am<br>Library   | <b>Carpet Bowling</b><br>1:00pm<br>North Room                          | <b>Bridge</b><br>12:45pm<br>Front Lounge     | <b>Pepper</b><br>1:00pm<br>Activity Room         | <b>Bridge</b><br>12:45pm<br>Front Lounge                   |
| <b>Bid Euchre</b><br>1:00pm<br>Activity Room               | <b>Conversational<br/>Spanish - Level 1</b><br>12:00pm<br>Front Lounge | <b>Bingo</b><br>1:00pm<br>Activity Room      | <b>Darts</b><br>1:00pm<br>Front Lounge           | <b>Euchre</b><br>1:00pm<br>Activity Room                   |
| <b>Wood Carving</b><br>1:00pm<br>Multipurp. Room           | <b>Conversational<br/>Spanish - Level 2</b><br>2:00pm<br>Front Lounge  | <b>Cribbage</b><br>1:00pm<br>Multipurp. Room | <b>Mah Jong</b><br>1:30pm<br>Multipurpose Room   | <b>Mexican Dominoes</b><br>1:00pm<br>Library               |
|  | <b>Joyful Fretters</b><br>1:30pm<br>Dining Room                        | <b>Armchair Travel</b><br>1:30pm<br>Library  |  | <b>World Issues</b><br>1:00pm<br>Multipurpose Room         |
|  | <b>Ukulicious</b><br>2:30pm<br>Dining Room                             |  |  |  |

# DROP-IN/REGISTERED PROGRAM PRICING

## **Bingo:**

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

## **Coffee Social:**

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

## **Bid Euchre, Euchre, Pepper, and Cribbage:**

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

## **Billiards (must call ahead and reserve time slot)**

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

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

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

## **Woodshop and Wood Carving:**

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

## **Sewing:**

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

## **Ukulicious (6-week session, January 21st to February 25th):**

- Members: \$30.00
- Non-members: \$48.00

## **Joyful Fretters (6-week session, January 21st to February 25th):**

- Members: \$30.00
- Non-members: \$48.00

## **History (15-week session, January 7th to May 6th):**

- Members: \$75.00
- Non-members: \$120.00
- Drop-In: \$5.00/class

## **Beginner Conversational Spanish - Level 1 and 2 (6-weeks, Jan 14th - Feb 18th):**

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



# 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, January 30th. Drop-ins are welcome to join the group for an engaging, lively, somewhat literary discussion of a selected book. The discussion for January will be around "The Art Thief" by Michael Finkel.

**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.

**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.

**Overtones:** Thursday @ Various Times. Come out and sing with our social choir. The Overtones practice at the Centre and travel to local retirement homes to sing once a week. Contact us for the monthly schedule.

**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

**Armchair Travel:** Stay tuned for our destinations on Wednesday, January 8th and 22nd at 1:30pm. Please register by the day before at 12pm. Enjoy a themed snack while you here about a new destination and learn a few travel tips!

**Level 1 - Beginner Conversational Spanish:** Tuesday @ 12:00pm. 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.

**Level 2 - Beginner Conversational Spanish:** Tuesday @ 2:00pm. 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.

**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.

**Ukulicious:** Tuesday @ 2:30pm. This 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. 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! *Please find the schedule on the next page.*

**Creative Writing - March 2025 - Watch for more information!**

## ***New Ideas? New Programs?***

***Have you seen our 30th Anniversary Feedback? We've included a copy toward the end of this newsletter. If you haven't provided your input, we'd really like you to take a minute to give us your thoughts and ideas. We'd like to hear about meals including your menu suggestions and if you'd like to see a gluten and/or dairy free option. We'd like to know what new programs, presentations, and workshops you'd like to see. And we'd like to hear about the impact the Centre has had on you and what we can do to improve!***



# History Schedule

| Date     | Teacher | Topic  |
|----------|---------|--|
| Jan 7th  | Deward  | Stephen Leacock (Humorist, Political Economist, Lecturer) - "Sunshine Sketches of a Little Town"   |
| Jan 14th | Deward  | Lucy Maud Montgomery (Novelist, PEI's Most Famous Woman) - "Anne of Green Gables"  |
| Jan 21st | Deward  | Mordecai Richler (Writer, Montreal's Outspoken Voice) - "The Apprenticeship of Duddy Kravitz"  |
| Jan 28th | David   | The History of Canada - From Empire to Commonwealth  |
| Feb 4th  | Brian   | History of MOTOWN  |
| Feb 11th | Brian   | History of MOTOWN  |
| Feb 25th | Deward  | W.O. Mitchell (Writer and Broadcaster) - "Who Has Seen the Wind" and Alistair MacLeod (Novelist, Short Story Writer) - "No Great Mischieff"                    |
| Mar 4th  | David   | The life and times of Eleanor Roosevelt  |
| Mar 18th | Brian   | History of MOTOWN  |
| Mar 25th | Brian   | History of MOTOWN  |
| Apr 1st  | Deward  | Margaret Laurence (Novelist, Short Story Writer) - "The Stone Angel"   |
| Apr 8th  | Deward  | Robertson Davies (Novelist, Playwright, Critic) - "Fifth Business" and Morley Callaghan (Novelist, TV Personality) - "A Time for Judas"                        |
| Apr 15th | Brian   | History of MOTOWN  |
| Apr 29th | Deward  | Mavis Gallant (Short Story Writer) - "The Collected Stories of Mavis Gallant" and Alice Munro (Controversial Short Story Writer) - "The View from Castle Rock" |
| May 6th  | Deward  | Wiebe, Newman, Hutchison, MacLennan (History Writers) - "Orders of Canada"   |

# 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 is Bring Your Own Project including finishing your Fidget Blankets that will be donated to people living with dementia.

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

**Monday, January 6th - 9am to 12pm**

### Suggested Materials

*(use your imagination):*

- Scrap fabric with various textures
- Large Buttons
- Zippers
- Elastic
- Ribbon
- Old Blue jean pockets
- Beads
- Cellophane for crinkle
- Rope
- Wooden Rings



## 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: Wednesday, January 22nd**

**1:30 to 3:00pm**

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



## 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**

**Winter/Spring Dates:**

Tuesday, January 28th (Register by January 21st)

Tuesday, February 25th (Register by February 18th)

Tuesday, March 25th (Register by March 18th)

Tuesday, April 29th (Register by April 22nd)

Tuesday, May 27th (Register by May 20th)

Tuesday, June 24th (Register by June 17th)



# PRESENTATIONS

## Heads Up for Healthier Brains

We will be having a presentation led by the Alzheimer Society Southwest Partners once a month for all of 2025. The first presentation will be Heads Up for Healthier Brains where we will learn how certain lifestyle choices can help to reduce many of the risk factors for Alzheimer's disease.

**FREE to members and non-members**

**Thursday, January 16th - 2:00 to 3:00pm**

### Future Dates:

February 20th - Learning about Memory Loss

March 20th - Dementia Friendly Communities

April 17th - Communication Strategies for Care Partners

May 15th - Meaningful Activities

June 19th - Aging and the Senses

July 17th - Understanding Behaviour Changes

August 7th - Dementia Overview/Progression (Dispelling the Myths)

September 18th - Young Onset Dementia

October 16th - Vascular Dementia Overview

November 20th - Lewy Body Dementia and Parkinson's Overview

December 18th - Frontotemporal Dementia Overview



## Designing Small Spaces: Tips for Downsizing with Style

Led by the design team from Brooks & Co. (formerly Rietta's Decor). Transitioning from a larger home to a more intimate one brings opportunities to embrace fresh approaches to decorating and organizing. This presentation offers practical insights into creating a warm and inviting atmosphere while adjusting to the shift in scale. Learn how to reimagine your favourite belongings in a new setting, optimize storage without sacrificing charm, and decorate in ways that make spaces feel open and welcoming. Whether it's finding the right balance between functionality and design or making smaller rooms feel bright and comfortable, this session provides inspiration for turning a new chapter into a beautiful and personalized home.

**\$2/member and \$4/non-member**

**Thursday, January 30th - 1:30pm**



## Barks Pedorthics

Evan and Megan are our lower limb experts here in Oxford County. They will be presenting on how they can assist with your needs including foot drop, knee malalignment, orthotics, bracing, and more.

**FREE to members and non-members**

**Thursday, February 27th - 1:30pm**

## Welcome to our New Members

Debbie N.

Cliff M.

Albert V.

Donna K.

David C.

Robert M.

Janet M.

Marjorie M.

Pamela S.

Stefan M.

Shelly V.

Rob M.

Wesley G.

Contact: Victoria Rode ~ 519-485-3869 ~ [v.ode@ingersollseniors.com](mailto:v.ode@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.

## Rental Volunteers

This month we are looking for help with our weekend and special event rentals. This includes help with food preparation, serving, dishes, and setting up and tearing down tables and chairs from various room setups 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 your home Monday to Friday from Alexandra Hospital as well as 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 33 and 34.

**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 32.

## **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.

# Gifts for Meals on Wheels Recipients

*Members of the Oxford Quilters' Guild handmade and donated 138 placemats for all the recipients of Meals on Wheels in Oxford County! We had the privilege of Gail McHardy-Leitch (pictured left) delivering 69 of them to us in person. Well done, quilters! Thank you for all the time and effort you have given to a great cause!*

*Please give us a call if you know anyone who could benefit from our Meals on Wheels program. Thank you to our volunteer drivers who help make this program possible (Dave Currie, pictured right).*



# CURBSIDE AND DINE-IN MEALS

## TUESDAY CURBSIDE MENU

*Order by Noon on Mondays*

| <b>Tuesday Meals - \$10</b><br><b>Pick up on Tuesdays between 11:45am to 12:15pm</b> |   |
|--|---|
| <b>January 7th</b><br>Ham, scalloped potatoes, vegetables, roll, dessert             | <b>February 4th</b><br>Hamburger, 3 salads, dessert                                       |
| <b>January 14th</b><br>Soup and sup with dessert                                     | <b>February 11th</b><br>Fish (2 pieces), wedges, coleslaw, dessert                        |
| <b>January 21st</b><br>Chicken stir fry on rice with vegetables, roll, dessert       | <b>February 18th - Gluten-Free Option Available</b><br>Ham, mac and cheese, roll, dessert |
| <b>January 28th</b><br>Roast beef, mashed potatoes, gravy, vegetables, roll, dessert | <b>February 25th</b><br>Pulled pork on a bun, baked beans, salad, dessert                 |

## FRIDAY DINE-IN MENU

*Order by Noon on Thursdays*

| <b>Friday Dine-In Meals - \$10</b><br><b>Served on Fridays at 12:00pm (Dine-in, Take-out, Delivery)</b>      |  |
|--|--|
| <b>January 3rd -NO DINE-IN</b><br>Lasagna, salad, roll, dessert  | <b>February 7th</b><br>Meatloaf, potatoes, vegetables, roll, dessert                         |
| <b>January 10th</b><br>Stuffed chicken breast, rice, vegetable, dessert                                      | <b>February 14th</b><br>Roast beef, mashed potatoes, gravy, vegetables, roll, dessert        |
| <b>January 17th</b><br>Roast beef, mashed potatoes, gravy, vegetables, roll, dessert                         | <b>February 21st - Gluten-Free Option Available</b><br>Chicken pot pie, salad, roll, dessert |
| <b>January 24th</b><br>Salisbury steak, mashed potatoes, mushroom gravy, vegetables, roll, dessert           | <b>February 28th</b><br>Meatballs, lemon-herbed potatoes, brussel sprouts, dessert           |
| <b>January 31st - Gluten-Free Option Available</b><br>SOUP COOKOFF with sandwiches, pickles, cheese, 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)
- Orange Layer Cake
- Lemon Layer Cake
- Sticky Toffee Cake
- Apple Pie Square (LF LS V W)

### 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

***We would like to thank all of our volunteers for making 2024 a spectacular year!  
We are very appreciative of the generous support we receive to help us serve  
older adults in our community!***

***We remain open throughout the holidays for all of our services (not recreational  
programming). Please give us a call if you are in need of assistance.***

***We would like to thank the volunteers from the Ingersoll Fire Department,  
Auxillary OPP, Ingersoll Parks Department, and the Banbury family for  
donating their time to help prepare and serve our Christmas Dinner.***

***Thank you to our many kitchen volunteers who will be continuing to volunteer  
time throughout the holidays to prepare our Tuesday and Friday meals for  
take-out and delivery.***

***Our Equipment Loan program continues to thrive. If you have any assistive  
devices you are no longer needing, please consider donating them to our Centre.  
If you are in need of any equipment, please get in touch. There is no cost to loan  
the equipment and you can use it as long as you need!***

***If you are looking to downsize your collection of holiday decor, we would be  
happy to accept items for our Christmas in July sale and 2025 Bells and Bows  
Bazaar. Donations can be dropped off anytime during our regular hours.***

***We hope everyone has a festive holiday season enjoying time with family and  
friends! We are looking forward to the new year with all of you continuing to  
make our Centre so vibrant, active, friendly, and welcoming!***



# SPONSORS AND DONORS

*We are very fortunate to have support from many generous community partners that contribute through event sponsorship and providing both in-kind and monetary donations to support programming and activities here at the Ingersoll 50+ Activity Centre!*

*In 2025, you can look forward to many new workshops and presentations from local businesses and organizations to provide knowledge and tips to stay active, healthy, and educated around relevant topics! We are thankful to these organizations coming in to serve our members and program participants.*

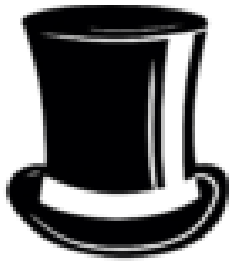
*We will also be establishing a sponsorship package to help support and enhance our programs as well as make improvements to the equipment and program spaces we have. Stay tuned for more information.*



Merry  
Christmas



# COMMUNITY CONNECTIONS



*All Celebrations*

Event Planning ▶▶▶ Party Rentals

Address: 83 Thames Street South Ingersoll, ON

Phone: (226)-228-4199

Email: [contact@allcelebrations.ca](mailto:contact@allcelebrations.ca)



BARKS  
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ON WHEELS

Serving Southwestern Ontario  
In-home Lower Limb Assessments  
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Foot Pain Solutions

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Phone: 519-717-3464  
Fax: 519-805-3284  
[appointments@barkspedorthics.ca](mailto:appointments@barkspedorthics.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](http://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<br>Thamesford - Last Thursday of every month<br>Regular priced items, excludes prescriptions, 60+ |
| SHOPPERS DRUG MART | 20% OFF  | Every Thursday with valid PC Optimum Card<br>Excludes prescriptions, 65+  |
| PET VALU           | 10% OFF  | Last Thursday of every month with<br>Pet Valu Rewards Card, 60+   |
| INDEPENDENT        | 10% OFF  | Every Tuesday with valid PC Optimum Card<br>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+  |



# 30th ANNIVERSARY SURVEY

## **Fitness Classes**

**Which fitness classes would you like to see us continue?**

**Please give us some ideas for classes you'd like to see us add to our schedule!**

## **Recreational Programs**

**Which recreational programs would you like to see us continue?**

**Please give us some ideas for classes and programs you'd like to see us add!**

## **Workshops and Speakers**

**We would like to plan more workshops, presentations, and guest speakers relevant to topics you're interested in! Please share your ideas with us!**

## **Special Events**

**We know how to have fun here at the Centre! Band Nights, Car Shows, Garden Parties, Holiday Dinners, and of course our Fish Fry. What else would you like to see us plan throughout the year?**

# 30th ANNIVERSARY SURVEY

## **Day and Overnight Trips**

**We've had a very successful year with local tours and bus trips to Blue Jays Games, various theatres, and even a hiking trip! We are excited to be planning for next year and want to hear where you'd like to go! How about an overnight trip for a few days? Where you like to go and what would you like to do?**

## **Meal Options**

**What do you think of our current meal options for our Tuesday and Friday lunches? Do you have any new menu suggestions?**

**Would you be interested in a gluten-free option? Dairy-free?**

## **How can we improve?**

**There are always ways to improve and we are always looking to better the experience for our members and program participants! What would you like to see us improve (e.g. communication methods, newsletters, facility updates, programming, volunteering, scheduling, hours of operation).**

## **How have we made an impact?**

**We know that many people love coming to our Centre to participate in programs, meet new people, volunteer, and enjoy some tasty meals! What does our Centre mean to you? Why do you love coming and participating?**

# JANUARY 2025

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <p><b>Billiards Tables are available:</b><br/>Monday - 10:00am to 8:30pm<br/>Tuesday - 8:30am to 4pm<br/>Friday - 8:30am to 4pm<br/>Library Available:<br/>Monday - 8:30am to 8pm<br/>Wednesday - 8:30am to 4pm<br/>Thursday - 8:30am to 4pm<br/>Friday - 12pm to 4pm</p> <p><b>6</b> DrumFIT &amp; Coffee Social 9:00<br/>Zoomlicious 10:00<br/>Knitting and Crocheting 10:00<br/>Tai Chi 12:15<br/>Bid Euchre and Carving 1:00<br/>Circuit Training 4:30<br/>Beginner Line Dance 6:00<br/>Improver Line Dance 7:15</p> | <p><b>Fitness Room:</b><br/>Monday - 10am to 8:30pm<br/>Tuesday - 8:30am to 10am 12pm to 4pm<br/>Wednesday - 8:30 to 10:30am 12pm to 4pm<br/>Thursday - 8:30am to 4pm<br/>Friday - 8:30am to 4pm</p> <p><b>7</b> Total Body Workout 9:00<br/>History 9:30<br/>Chair Yoga 10:00<br/>Stroke, COPD, PD Fitness 10:30<br/>Flexibility and Stretch 11:00<br/>Pepper and Carpet Bowling 1:00</p> <p><b>Footcare Clinic</b></p> | <p><b>1</b> Woodshop Available:<br/>Monday - 8:30am to 8:30pm<br/>Tuesday to Friday - 8:30am to 4pm<br/><b>CLOSED</b><br/><b>519-485-3869</b></p> <p><b>8</b> Sewing and Walking 9:00<br/>Pickleball 9:30<br/>Chair Fitness 10:00<br/>Absolute Beg. Line Dance 10:30<br/>Pilates 11:00<br/>Bridge 12:45<br/>Bingo &amp; Cribbage 1:00<br/>Relaxation Yoga 1:30</p> | <p><b>2</b><br/><b>NO PROGRAMS</b></p>   | <p><b>3</b><br/><b>NO PROGRAMS</b></p> <p><b>Footcare Clinic</b></p>   |
| <p><b>13</b> DrumFIT &amp; Coffee Social 9:00<br/>Zoomlicious 10:30<br/>Knitting and Crocheting 10:00<br/>Tai Chi 12:15<br/>Bid Euchre and Carving 1:00<br/>Circuit Training 4:30<br/>Beginner Line Dance 6:00<br/>Improver Line Dance 7:15</p>  | <p><b>14</b> Total Body Workout 9:00<br/>History 9:30<br/>Chair Yoga 10:00<br/>Stroke, COPD, PD Fitness 10:30<br/>Flexibility and Stretch 11:00<br/>Spanish Level 1 12:00<br/>Pepper and Carpet Bowling 1:00<br/>Spanish Level 2 2:00</p> <p><b>Footcare Clinic</b></p>  | <p><b>15</b> Sewing and Walking 9:00<br/>Pickleball 9:30<br/>Chair Fitness 10:00<br/>Absolute Beg. Line Dance 10:30<br/>Pilates 11:00<br/>Bridge 12:45<br/>Bingo &amp; Cribbage 1:00<br/>Relaxation Yoga 1:30</p>  | <p><b>16</b><br/>Gentle Yoga 9:15<br/>Chair Yoga 10:30<br/>Stroke, COPD, PD Fitness 10:30<br/>Pilates 11:00<br/>Pepper 1:00<br/>Darts 1:00<br/>Mah Jong 1:30</p> <p><b>Heads Up for Healthier Brains</b></p> | <p><b>17</b><br/>Strength and Stretch 9:00<br/>OsteoFIT 10:30<br/>Bridge 12:45<br/>Euchre 1:00<br/>Mexican Dominoes 1:00<br/>World Issues 1:00</p> <p><b>Footcare Clinic</b></p> |
| <p><b>20</b> DrumFIT &amp; Coffee Social 9:00<br/>Zoomlicious 10:30<br/>Knitting and Crocheting 10:00<br/>Tai Chi 12:15<br/>Bid Euchre and Carving 1:00<br/>Circuit Training 4:30<br/>Beginner Line Dance 6:00<br/>Improver Line Dance 7:15</p>  | <p><b>21</b> Total Body Workout 9:00<br/>History 9:30<br/>Chair Yoga 10:00<br/>Stroke, COPD, PD Fitness 10:30<br/>Flexibility and Stretch 11:00<br/>Spanish - Level 1 12:00<br/>Pepper and Carpet Bowling 1:00<br/>Joyful Fretters 1:30<br/>Spanish - Level 2 2:00<br/>Ukulele 2:30</p> <p><b>Footcare Clinic</b></p>  | <p><b>22</b> Sewing and Walking 9:00<br/>Pickleball 9:30<br/>Chair Fitness 10:00<br/>Absolute Beg. Line Dance 10:30<br/>Pilates 11:00<br/>Bridge 12:45<br/>Bingo &amp; Cribbage 1:00<br/>Relaxation Yoga 1:30</p>  | <p><b>23</b><br/>Gentle Yoga 9:15<br/>Chair Yoga 10:30<br/>Stroke, COPD, PD Fitness 10:30<br/>Pilates 11:00<br/>Pepper 1:00<br/>Darts 1:00<br/>Mah Jong 1:30</p>   | <p><b>24</b><br/>Strength and Stretch 9:00<br/>OsteoFIT 10:30<br/>Bridge 12:45<br/>Euchre 1:00<br/>Mexican Dominoes 1:00<br/>World Issues 1:00</p> <p><b>Footcare Clinic</b></p> |
| <p><b>27</b> DrumFIT &amp; Coffee Social 9:00<br/>Zoomlicious 10:30<br/>Knitting and Crocheting 10:00<br/>Tai Chi 12:15<br/>Bid Euchre and Carving 1:00<br/>Circuit Training 4:30<br/>Beginner Line Dance 6:00<br/>Improver Line Dance 7:15</p>  | <p><b>28</b> Total Body Workout 9:00<br/>History 9:30<br/>Chair Yoga 10:00<br/>Stroke, COPD, PD Fitness 10:30<br/>Flexibility and Stretch 11:00<br/>Spanish - Level 1 12:00<br/>Pepper and Carpet Bowling 1:00<br/>Joyful Fretters 1:30<br/>Spanish - Level 2 2:00<br/>Ukulele 2:30</p> <p><b>Footcare Clinic</b></p>  | <p><b>29</b> Sewing and Walking 9:00<br/>Pickleball 9:30<br/>Chair Fitness 10:00<br/>Absolute Beg. Line Dance 10:30<br/>Pilates 11:00<br/>Bridge 12:45<br/>Bingo &amp; Cribbage 1:00<br/>Relaxation Yoga 1:30</p>  | <p><b>30</b> Designing Small Spaces 9:30<br/>Choir 9:30<br/>Gentle Yoga 9:15<br/>Chair Yoga 10:30<br/>Stroke, COPD, PD Fitness 10:30<br/>Pilates 11:00<br/>Pepper and Darts 1:00<br/>Mah Jong 1:30</p>       | <p><b>31</b><br/>Strength and Stretch 9:00<br/>OsteoFIT 10:30<br/>Bridge 12:45<br/>Euchre 1:00<br/>Mexican Dominoes 1:00<br/>World Issues 1:00</p> <p><b>Footcare Clinic</b></p> |