

Ingersoll 50+ Centre

February 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
info@ingersollseniors.com

STAY INFORMED

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Table of Contents

Centre Info.....	2
Your Staff Team.....	3
Organization Updates.....	4
Leisure Lowdown.....	6
Social Forecast.....	7
Events.....	8-17
Bus Trips.....	18
Facility Updates.....	19
Fitness Programs.....	20-24
Drop-In and Registered Programs.....	25-28
Workshops/Presentations.....	29-31
Volunteers.....	32-33
Ingersoll Services for Seniors.....	34
Meals on Wheels.....	35
Tuesday and Friday Lunches.....	36
Frosty Meals.....	37-38
Income Tax.....	39
Thank You.....	40
Sponsors and Donors.....	41
Community Connections.....	42
Seniors Discounts.....	44
Monthly Overview.....	45

CENTRE INFO

Regular Hours

Monday - 8:30am to 9:00pm

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

Closed:

Monday, February 17th, 2025

BOARD OF DIRECTORS

Kitty Babcock - Chairperson

Gregg Maxwell - Vice Chairperson

Ann Campbell - Treasurer

Ken Angus

Bob DesRoches

Trevor Finkenzeller

Fred Freeman

Shannon Hutson

Bernadette Maxwell

Next Meeting: Thurs. Feb 27th at 5:30pm

MEMBERS ADVISORY COUNCIL

Kim Bidwell

Nora Holden

Gregg Maxwell

Marilyn McFarland

Joyce Pavey

Mary Pinney

Next Meeting: Tues. Feb 11th at 10:30am

TRAVEL ADVISORY COMMITTEE

Ken Angus

Kim Bidwell

Trudy DeWitt

Joyce Pavey

Meg Walden

Next Meeting: Mon. Feb 10th at 10:00am

SPECIAL EVENTS COMMITTEE

Kim Bidwell

Ronda Burden

Deb Dahl

Ray Dahl

Eleanor Dorland

Nora Holden

Bonnie Knott

Mary Pinney

Next Meeting: Thurs. Feb 6th at 1:00pm

GARDENING COMMITTEE

Darby Anderson

Aggie Collins

Chris Leitch

Julie McConkey-Barks

Marlene Travis

Kim Walker

Next Meeting: Spring 2025

International Women's Day

We're excited for Friday, March 7th as we celebrate all the amazing women here at the Centre! We'll be doing a stuffed chicken breast dinner, hearing from a great speaker (Carole Bertuzzi Luciani), and learning more about fashion with Roberts & Co. Ladies Wear.



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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 in April.

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:

Normally, January's a snooze-fest of winter blahs, but not here! It's bursting at the seams with thrilling, fun-tastic activities! The Men's Shed and Outdoor Club are leading the charge with fresh adventures at the center. Keep those peepers on our weekly updates—you won't want to miss what's coming next! Robin and Victoria are on a mission to keep you moving and grooving every single day!

And hey, don't forget about our smorgasbord of services – meals, frosty meals (yep, that's a thing!), transportation, footcare, home help, and a whole lot more!

If you haven't swung by the center, you've missed out on a noisy, dusty extravaganza as our contractor's prep to install our shiny new lift! Wait, you don't know about our lift?!?! Let me spill the beans – it's totally funded by generous grants – a whopping \$85,000 from RBC Foundation and \$10,000 each from the Kiwanis Club of Ingersoll, Rotary Club of Ingersoll, and the Town of Ingersoll. It's going to make this place accessible for everyone!!

There's so much to dive into... how can you resist? Don't! Come on over and let us chase those blahs and blues away!

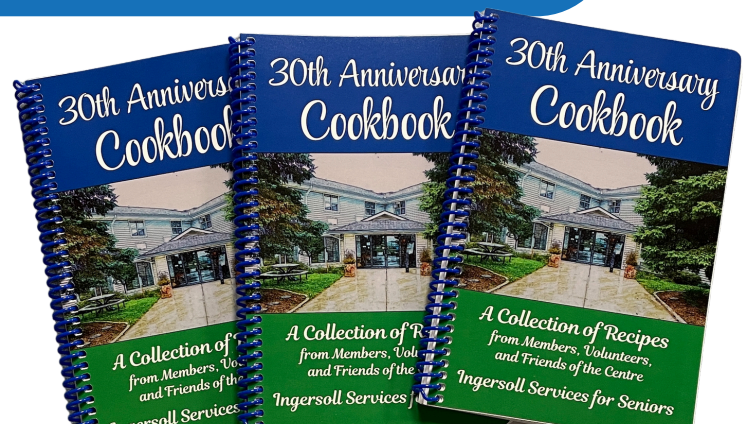
Kristy

*Our Cookbooks are selling fast!
Don't forget to pick up yours today
and maybe a few as gifts too!*

**Our 30th Anniversary Cookbooks are 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 March 31st are \$20.00 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/Smoothie

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, 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

Wow, has it ever been a busy January! We have had 40 brand new members sign up this month! We are thriving and it's giving us even more passion and enthusiasm to keep things busy with new events, workshops, and programs!

We know we have a welcoming membership, but just as a friendly reminder, please help us welcome new members and participants to the Centre. Please help us show them around and learn more about our Centre and the services we offer.

This month our main focus is on the Seniors Active Living Fair happening Saturday, March 1st. We have lots of informative, trendy, and fun activities planned for the day. You'll be able to try out various fitness classes, learn more about what's happening in our community, discover new services and programs available, and sign up for various volunteer opportunities. And speaking of volunteers, we will need some help to run this event! Please let us know if you'd be interested in helping to setup the day before, or helping throughout the event with various tasks!

As you read through this newsletter, you'll see more information about MySeniorCenter and MyActiveCenter. We are improving our use of the technology available to us. We've put a lot of work in over the holidays setting up MySeniorCenter to update our payment processing and be ready to introduce MyActiveCenter which will allow you to register and pay for events and activities at home and on your mobile devices! Of course, we will still be happy to help you at the Centre too, but we are hoping this may be a more convenient option as well!

With the 50/50 fundraising that has happened over the years, we have been able to purchase new equipment and supplies to improve programming and help make the back-end tasks easier for staff. You can find out more about this on our Facility Updates page!

This month we had our first Men's Shed meeting and we were thrilled to have just over 20 men come out for this! We have lots planned in the woodshop for the next couple of months and are working on additional presentations and activities. We will also be planning some courses for the woodshop equipment. Please stay tuned for more information!

50/50 FUNDRAISER

February brings the start of our monthly 50/50 fundraiser draws! You can purchase tickets from Monday, February 3rd to Friday February 28th at 12pm.

The draw will take place at 12:30pm on Feb 28th. Tickets are \$2 each or 3 for \$5 with proceeds supporting our various social events!

NEW DROP-IN PROGRAMS

We are excited to be offering two new drop-in programs starting this month. American Mah Jongg is on the schedule for Monday mornings and Sketchy Seniors for all our talented artists on Tuesday afternoons.

OUTDOOR CLUB

We are absolutely thrilled to be offering our new Outdoor Club activities! Thank you to everyone who came out to our first meeting. We have lots of activities planned for the next couple of months and hope to see you attend!

SOCIAL FORECAST

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

FEBRUARY

- 3rd..... Cross Country Skiing
- 10th..... Banana Bread Day
CPP and OAS Info Session
- 14th..... Butter Tart Tasting
- 17th..... CLOSED - Family Day
- 19th..... Tina Turner Bus Trip
- 20th..... Learning About Memory Loss
- 25th..... Card Making with Linda
- 27th..... Barks Pedorthics Presentation

MARCH

- 1st..... SENIOR'S ACTIVE LIVING FAIR
- 3rd..... Felting Workshop - Hot Pads
- 4th..... Pancake Breakfast
- 5th..... Cooking Class With Chef Richard from Harvest Crossing
- 6th..... Outdoor Club - Tubing
- 7th..... International Women's Day Dinner and Speaker
- 17th..... Irish Kitchen Party Bus Trip to Bingemans
- 19th..... Vision Board Workshop
- 20th..... Dementia Friendly Communities
- 24th..... Art with Bobbi
Outdoor Club - Hiking at Springwater Conservation Area
- 25th..... Card Making with Linda
- 27th..... Brooks & Co. Workshop
Bid Euchre Tournament

APRIL

- 5th..... Yard Sale Fundraiser
- 11th..... PA Day Activities
- 16th..... Outdoor Club - Hiking and Walking at Mill Pond
- 25th..... Country Music Tribute Night
- 29th..... PWHL Game - Toronto vs New York (Ella Shelton)

Food Socials

Here's a list of our food social events coming up! We hope to see you out, meeting new people and learning more about our Centre!

Feb 10th - Banana Bread
(Free)

March 4th - Pancake
Breakfast (\$8)

April 14th - Baking with
Raisins (Free)

May 12th - Chocolate Chip
(Free)

June 23rd - Strawberry
Rhubarb (Free)

July 18th - Ice Cream Day
(\$5)

**Want to get more
involved here at
the Centre?**

We are getting busier every month and always looking for volunteers and new ideas! Maybe consider helping with our Special Events Committee, Members Advisory Council, Outdoor Club, or Gardening Committee.

NEXT MEETING

INGERSOLL
Tues. Feb. 11th

TILLSONBURG
Tues. Feb. 25th

12:30PM

JOIN OUR MEN'S SHED



We've started a Men's Shed in partnership with the Tillsonburg Senior Centre!

Activities and plans will be decided by the interests of the participants.

We're in the starting stage, but with a great turnout so far, we are making plans for future activities and outings.

Stay tuned for future woodshop safety courses and sessions to learn how to use the equipment.

All men, ages 50+ are welcome to come out and see what's happening!

In the coming months, we'll be building some knee sliders for the free equipment loan program as well as benches for the Ingersoll and District Nature Club's trail maintenance!

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

519-485-3869

info@ingersollseniors.com



Why Participate?

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

Learning About Memory Loss

DATE February 20, 2025

TIME 2:00 - 3:00pm

Ingersoll Services for Seniors

250 Ingersoll St S, Ingersoll, ON

Learn about:

- The aging brain
- Signs and symptoms of memory loss
- Strategies and support



For more info or to sign up contact:

Rebekah Lindsay

519-421-2466 ext. 266

rebekah.lindsay@alzswp.ca

Alzheimer Society
SOUTHWEST PARTNERS

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



Barks Pedorthics



INGERSOLL
SERVICES FOR
SENIORS

**Thursday, February 27th
at 1:30pm
FREE to Attend**

Come and learn about our new mobile pedorthic clinic here in Ingersoll. Evan and Megan will share more about the work they do to assist those with lower limb impairments. Through their clinic, they are custom fabricating orthotics and various shoe modifications to assist those living with diabetes, arthritis, plantar fasciitis, etc.

***Please pre-register by
calling, emailing, or
stopping in!***

519-485-3869

info@ingersollseniors.com





INGERSOLL
SERVICES FOR
SENIORS

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Est. 1973

50+
years of service

Funding provided by:

Ontario



The Ingersoll 50+ Activity Centre
welcomes you to our 2025

Seniors Active Living Fair

Join us for an interactive and informative day full of activities and learning for older adults! You'll leave with everything you need to thrive with a healthy lifestyle and access to local services!



Event Highlights – FREE to Attend

- ✓ 20+ Local Vendors
- ✓ Fitness Class Demonstrations
- ✓ Workshops and Presentations
- ✓ Healthy Snacks and a Tasty Lunch



Supports Available



Current Trends



Local News



Centre Activities



Saturday, March 1st, 2025

Vendors and Workshops

9:30am to 2:00pm



Welcome and Recognition

11:30am

Visit us at www.ingersollseniors.com



info@ingersollseniors.com



519-485-3869



250 Ingersoll St S Ingersoll

February 14th: It's the Sweetest Day of the Year

Butter Tart Contest

Member's from The Ingersoll 50+ Activity Centre will be competing to see who makes the best butter tart.

Judge's Choice: Local members from the Ingersoll community have been invited to judge our member's butter tarts.

People's Choice: Come and be part of the people's choice judging beginning at 10am.

\$5 to try four ¼ pieces and enjoy coffee or tea.

Winner will be announced at 11:30am

Register by Monday, February 10th

PANCAKE BREAKFAST

Dine-In Only

Tuesday, March 4th

2 Seatings

8:30am and 9:30am

Register by:

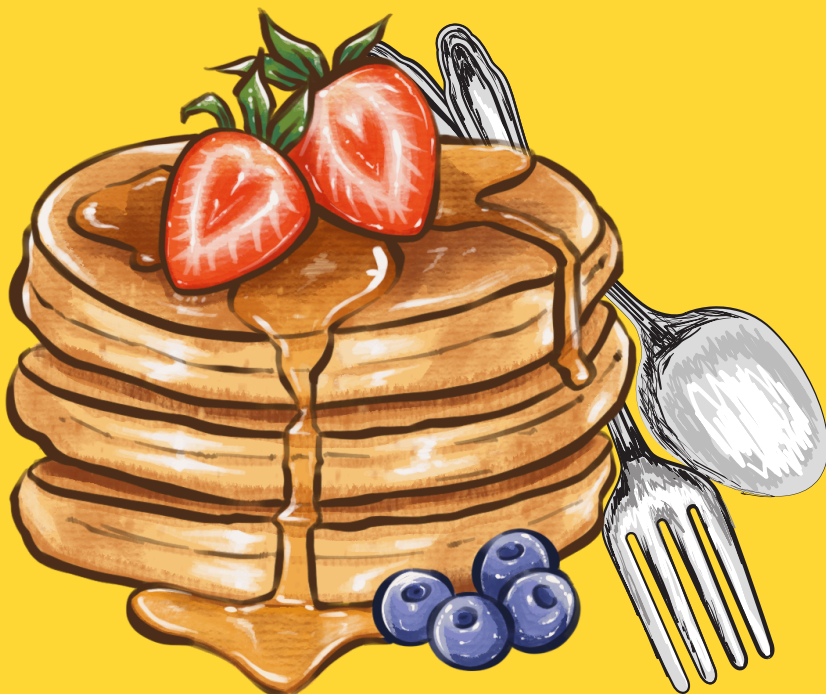
Thursday, February 27th

at 12pm

\$8/member or

\$10/non-member

Includes pancakes, bacon or sausage, with coffee and tea



In partnership with:



Aspira
Retirement
Living

COOKING CLASS

*Wednesday, March 5th
at 1:30pm*

With Executive Chef:
Richard Cox

from Harvest Crossing
Retirement Living

Cooking Theme:
Hearty and Healthy:
Budget-Friendly
Soups & Chilis

Register by:
February 26th
\$25/member
\$30/non-member
Includes a bowl of chili,
small take-home gift,
and recipe

519-485-3869
info@ingersollseniors.com

International Women's Day

Join us on Friday, March 7th
\$50/ticket

Please register by:
Saturday, March 1st at 2pm

Dinner: Stuffed chicken breast, mashed potatoes, vegetables, roll, and dessert

Speaker: Carole will guide us through her personal strategy to remain buoyant in turbulent times, particularly as we age. It can be a challenge for any of us and like many of you, Carole admits, even as an extroverted optimist, it requires work to embrace the changes. Her tried and self-tested strategies will no doubt be beneficial to you as well! Carole, known as *The Moodivator* will give us a good laugh and inspire us to stay active and involved!



Roberts & Co.
Ladies Wear

Fashion: Kendra from Roberts & Co. Ladies Wear will talk about the latest fashion trends and show a series of clothing and how to mix and match!

Schedule of Events

Social - 4:30pm

Dinner - 5:00pm

Fashion - 5:45pm

Speaker - 6:15pm

JOIN US THIS SEASON

Outdoor Club Winter Fun Activities

Feb 3rd

March 6th

Cross-country Skiing or
Snowshoeing



Circle R Ranch

Rental equipment available.

Meet in Senior Centre Parking for
9:30am to car pool.

Cross-country Ski Pass \$18

Cross country rental and pass \$47

Snowshoe pass \$12

Snowshoe rental and Pass \$34

Call Robin for more information at
519-485-3869

Register by January 28th

**ADVENTURE AWAITS AT
RIVER VALLEY GOLF AND TUBE**
4725 1 LINE, ST. MARYS, ON
N4X 1C6




5pm - 6:30 pm

\$30

Meet at 4:00pm at centre or
4:45pm at location.

Register by Feb 27th

SNACK BAR AVAILABLE AT THE
LOCATION



JOHNNY CASH & GEORGE JONES TRIBUTE

**FRIDAY APRIL 25TH AT 7 PM
DOORS OPEN AT 6:30**

Performance by
Jim Yorfido and Tim Herbert

\$35

**UNIFOR LOCAL 88
364 VICTORIA STREET INGERSOLL**

Fundraiser for Ingersoll 50+ Activity
Centre put on by the Special Events
Committee

**PURCHASE TICKETS
250 INGERSOLL ST S.**



**CALL 519-485-3869 FOR
MORE INFORMATION**

Cash Bar available

INGERSOLL 50+ ACTIVITY CENTRE



INGERSOLL
SERVICES FOR
SENIORS

ANNUAL YARD SALE

SATURDAY, APRIL 5, 2025

8:00 AM - 12:00 PM

250 INGERSOLL ST S

Members Only Pre-Sale: Friday April 4th All Attendees must be a member

Donations: We absolutely love how passionate our members are about recycling, re-purposing and reusing. Your generous donations are always welcome, however, due to health concerns with donated items, we politely request that the following items are **not donated**: * Mouldy / mildew items * Clothing & Shoes * Coffee mugs * Items not able to be repaired * *Items accepted until March 22nd*



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



FACILITY UPDATES

Why is MySeniorCenter important?

When you sign up for a membership, you receive a fob to use to sign in using our touchscreen check-in monitors. When you sign in, especially for drop-in programs, we are able to create a list of who has been attending. If we need to cancel a session due to weather or illness, we call to inform based on the lists created. The system also tracks attendance for all programs, providing us with statistics to compare both annually and monthly. We can use these to understand what areas need to be focused on and which programs are quite successful. This data also allows us to provide statistics to both maintain and receive new funding.

Our Centre is dependent on grants and donations. Without these, we cannot improve the quality of programming and maintain our facility. We are also able to track volunteer hours which is needed for funding reporting. Please make sure each time you come into our Centre you check in on the monitors. Non-members are able to check in using their name and phone number. If you're unsure of how to do it, please ask us and we will gladly assist!

In the next few weeks, we will be transitioning our payment processing to using this program as well. We will also be introducing MyActiveCenter, allowing you to register and pay for programs from home. We will ensure all staff are trained and then do training within the Centre to program leaders, committee volunteers, and the general membership. We hope you understand the importance of your co-operating with these check-ins and please ensure when you scan, you select which program you're heading to!

Enclosed Lift

We are in the middle of some construction in the front lobby. Our new lift is being installed. This project is possible because of funding received from the RBC Foundation (\$85,000), as well as \$10,000 each from the Kiwanis Club of Ingersoll, Rotary Club of Ingersoll, and Town of Ingersoll. This will help ensure our facility is more accessible. Next will be renovations of the washrooms upstairs, including a dedicated footcare space!

Outdoor Areas

This spring we will be installing new structures to create more shade on either side of the dining room. We plan to build a dining shelter over the concrete pad on the west side and install shade sails on the east side over the horseshoe pits. Outdoor programs are coming!

Fitness Equipment

As we continue adding new fitness classes, we are also improving our spaces and upgrading our equipment. With funding from the Ontario Trillium Foundation and money raised through our 50/50 draws, we are purchasing new resistance bands, steps, weights, and more! We will be adding two new bikes to the Fitness Centre and getting a new hand rail with two heights along the length of the wall to aid with balance and stretching.

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Centre 10:00am to 8:30pm	Fitness Centre 8:30am to 10:00am 12:00 to 4:00pm	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	
Circuit Training 4:30 to 5:00pm Nicole Fitness Centre	Flexibility and Stretch 11 to 11:45am Leslianne North Room	Absolute Beginner Line Dance 10:30 to 11:30am Joyce North Room	*Pilates 11 to 11:45am Leslianne North Room	
Beginner Line Dance 6 to 7pm Elma North Room		Relaxation Yoga 1:30 to 2:30pm Robin North Room *No class Feb 26th		
Improver Line Dance 7:15pm to 8:15pm Joyce North Room	LEGEND: Light Gray - Registered fitness program (please call for more details) No classes Monday, February 17th as we are closed for Family Day			

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.

****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.

FITNESS CLASS DESCRIPTIONS

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

Drop-In Programs Continued

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
FEBRUARY 6TH	McDonald's	MARCH 5TH	Creative Arts Centre
FEBRUARY 12TH	Woodstock	MARCH 12TH	Sweaburg and Pancakes
FEBRUARY 19TH	Beachville	MARCH 19TH	Otterville/Norwich
FEBRUARY 26TH	London	MARCH 26TH	CHeese Museum

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
Billiards Library Woodshop 8:30am to 4pm	Billiards Woodshop 8:30am to 4pm	Library Woodshop 8:30am to 4pm	Library Woodshop 8:30am to 4pm	Billiards Library Woodshop 8:30am to 4pm
Coffee Social 9:00am Lobby	History 9:30am MultiPurpose Room	Sewing 9:00am Dining Room	Choir Call for Tlme MultiPurp. Room	
American Mah Jongg 10:00am Multipurpose Room	Conversational Spanish - Level 1 12:00pm Front Lounge			
Knitting and Crocheting 10:00am Library	Carpet Bowling 1:00pm North Room	Bridge 12:45pm Front Lounge	Pepper 1:00pm Activity Room	Bridge 12:45pm Front Lounge
Bid Euchre 1:00pm Activity Room	Pepper 1:00pm Activity Room	Bingo 1:00pm Activity Room	Darts 1:00pm Front Lounge	Euchre 1:00pm Activity Room
Wood Carving 1:00pm Multipurpose Room	Sketchy Seniors 1:00pm Multipurpose Room	Cribbage 1:00pm Multipurpose Room	Chinese Mah Jongg 1:30pm Multipurpose Room	Mexican Dominoes 1:00pm Library
	Ukulicious 2:30pm Dining Room	Armchair Travel 1:30pm Library		World Issues 1:00pm Multipurpose Room

DROP-IN/REGISTERED PROGRAM PRICING

Bingo:

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

Coffee Social:

- FREE 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 Jongg, Mexican Dominoes, Darts, Book Club, World Issues, Sketchy Seniors, 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

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

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

Creative Writing (5-week session, March 3rd to 31st, 2hr classes)

- Members: \$60.00
- Non-members: \$75.00

Beginner Conversational Spanish - Level 1 (6-weeks, Jan 28th to March 4th):

- Members: \$90
- Non-members: \$110
- 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, February 27th. 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 "Her Hidden Genius" by Mare Benedict.

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 - 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.

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 Jongg: American on Monday @ 10am and Chinese on Thursday @ 1:30pm. These games require a little skill, strategy, and luck! You'll be tasked with solving a tile-matching puzzle before you run out of moves!

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.

Sketchy Seniors: Tuesday @ 1pm. Starting February 11th join us for an afternoon of art. Bring your own project and spend the afternoon with creative minds and enjoy some social time. Some materials provided.

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, February 12th and 26th 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, days 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 instructor. Next session in March.

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 ukulele or rent one from the instructor.

Creative Writing: Monday @ 10:00am. Explore the world of creative writing with this beginner-friendly program designed for anyone curious about putting pen to paper or finger tips to keys. No prior experience is needed, just a passion for writing and learning. All materials provided.

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.*

History Schedule

Date	Teacher	Topic
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 Mischiev"
Mar 4th	David	The Life and Times of Eleanor Roosevelt
Mar 18th	Brian	History of MOTOWN
Mar 25th	Brian	History of MOTOWN

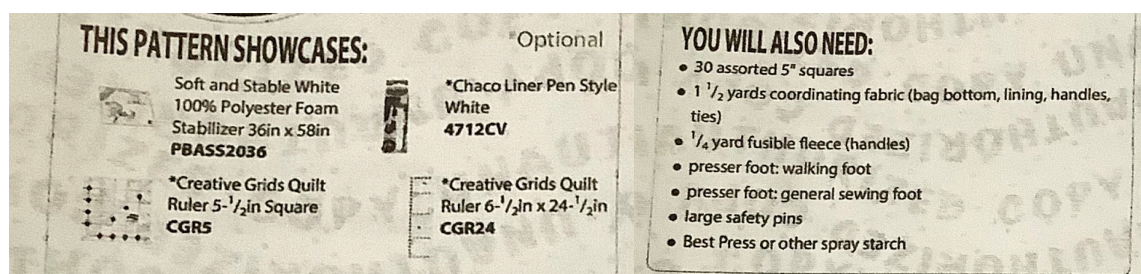
WORKSHOPS

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



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, February 12th

1:00 to 3:00pm

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

Level 2 - Wednesday, February 26th



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:

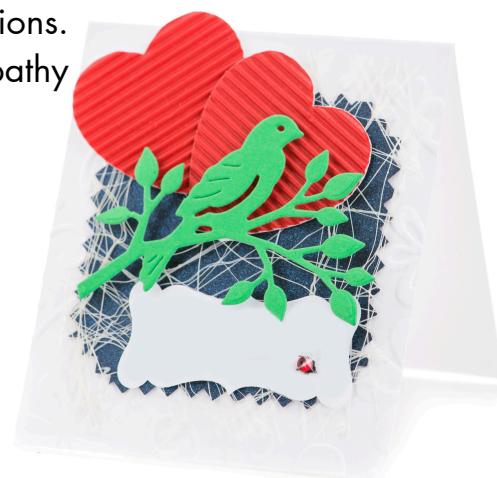
Tuesday, February 25th (Register by February 18th)

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

Learning About Memory Loss

Are you worried about your own or someone else's memory? The presentation covers topics including normal changes in memory and thinking, understanding risk factors, mild cognitive impairment and early-stage dementia, recognizing the symptoms, getting a diagnosis, and planning ahead. You'll also learn about programs and services offered by the Alzheimer Society.

FREE to members and non-members

Thursday, February 20th - 2:00 to 3:00pm

Future Dates:

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

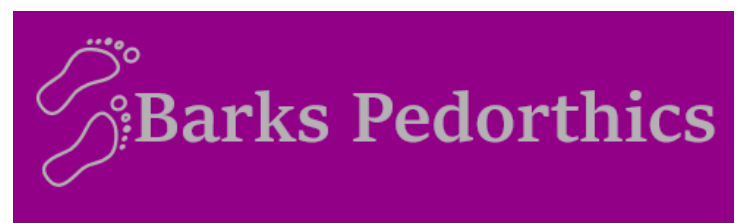


Barks Pedorthics

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 plantar fasciitis, knee malalignment, orthotics, bracing, and more. Come and meet the team and learn more about how the clinic works!

FREE to members and non-members

Thursday, February 27th - 1:30pm



Welcome to our New Members

Brad G.

Brenda H.

Mary B.

David S.

Phil H.

Catherine T.

Jim S.

Graham B.

Sylvia M.

Frank L.

Susan W.

Elizabeth C.

Lori M.

Isobel M.

Tom M.

Harold B.

Ann S.

Margaret M.

Ron L.

Joyce C.

Kelly C.

Jeanette A.

Mary V.

Harold M.

Anneke J.

Linda P.

Pat T.

Mary-Lou S.

Brad B.

Jessica B.

Janet L.

Cheryl C.

Sumiko Y.

Isao Y.

Veronica C.

Nancy M.

Margaret D.

Carol V.

Cyndi W.

Paul M.

FELTING WORKSHOP



**Monday, March 3rd
at 1:30pm**

**For this session,
you'll get to felt a Hot Pad!**

\$60/member and \$65/non-member

No experience needed!

ART WITH BOBBI



**Monday, March 24th
at 1pm**

**Join us for a painting session
"Winter Elegance"**

\$60/member and \$65/non-member

No experience needed!

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

Baking

We are looking to have a team of volunteers come in on Monday morning to help us with some baking each week. Items will be baked for the coffee social, various special events, and some of our Tuesday and Friday lunches. Please give us a call if you're interested in baking!

Seniors Active Living Fair

On Saturday, March 1st we have our Active Living Fair from 9:30am to 2pm.

We are looking for help Friday, February 28th from 4 to 6:30pm with setting up and throughout the day on Saturday for various tasks including tours, welcoming, lunch, evaluation, and clean up following the event.

Membership Drive

March will be a very busy month with membership renewals. We need 12 volunteers to help us with renewing memberships and ensuring information on file is correct. We will have two training workshops for on February 20th at 9:30am and February 26th at 1:30pm. We wish to have volunteers come in 1-2 days a week for 2hr shifts throughout March. Volunteers should be comfortable with computers.

International Women's Day

We will be celebrating International Women's Day on Friday, March 7th at 5pm with a dinner, guest speaker, and fashion tips and tricks from Kendra at Roberts & Co. Ladies Wear. We are looking for some help to set up on Friday afternoon, help cook the meal, and clean up afterwards.

Ironing

We continue with our ironing project for better storage of our table cloths. We will be meeting again on Monday, February 10th at 9:30am.

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 37 and 38.

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 36.

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:

\$31.00 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 \$40.00.

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.

Equipment Cleaning

We are looking for a few volunteers to help us with cleaning equipment that is returned through our assistive device loan program. It is not the most fun job and a disinfectant needs to be used so there is a smell when doing it. However, this is a very busy, well used, and much needed program. Assistance with cleaning will be very much appreciated and will allow us to keep up with the flow of equipment borrowing a little easier.



INGERSOLL SERVICES FOR SENIORS

MEALS ON WHEELS

DELIVERY MON - FRI BETWEEN 12:00 AND 1:00PM

Having a hard time getting out this winter? Our partnership with Alexandra Hospital allows us to provide a healthy, hardy meal delivered right to your door! We can accommodate any dietary restrictions.

MEAL INCLUDES:

- ENTREE & DESSERT
- SECURITY CHECK
- FRIENDLY VISIT FROM VOLUNTEER
- NO CHARGE FOR CANCELLATION BEFORE 10AM DAY OF DELIVERY

All meals include protein, vegetables, carbs, and dessert.

**\$7.00/
MEAL**



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	
January 7th Ham, scalloped potatoes, vegetables, roll, dessert	February 4th Hamburger, 3 salads, dessert
January 14th Soup and sup with dessert	February 11th Fish (2 pieces), wedges, coleslaw, dessert
January 21st Chicken stir fry on rice with vegetables, roll, dessert	February 18th - Gluten-Free Option Available Ham, mac and cheese, roll, dessert
January 28th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert	February 25th Pulled pork on a bun, baked beans, salad, 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)	
January 3rd -NO DINE-IN Lasagna, salad, roll, dessert	February 7th Meatloaf, potatoes, vegetables, roll, dessert
January 10th Stuffed chicken breast, rice, vegetable, dessert	February 14th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert
January 17th Roast beef, mashed potatoes, gravy, vegetables, roll, dessert	February 21st - Gluten-Free Option Available Chicken pot pie, salad, roll, dessert
January 24th Salisbury steak, mashed potatoes, mushroom gravy, vegetables, roll, dessert	February 28th Meatballs, lemon-herbed potatoes, brussel sprouts, dessert
January 31st - Gluten-Free Option Available 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



CVITP INCOME TAX Clinic

Clinic runs from
March 3rd to May 2nd

Our drop off clinic provides clients with a modest income and simple return a free option to get your taxes done!

Our Clinic Includes:

- ✓ No Appointment
- ✓ Drop-Off Clinic
- ✓ E-Filing by Volunteers
- ✓ Independent Form Completion



CONTACT US

519-485-2269

THANK YOU



Our Cooperative Education student, Jenny Hutchison, finished her last day with us on January 22nd. We were lucky to have her assistance over the past four months and hope that we helped her gain new skills and knowledge to use in her future ambitions as well!

We want to thank Nora H, for all her work in supporting the Centre with various activities. Nora helps with the craft room, yard sale sorting, newsletter editing, ironing, and various special events. Nora is a great advocate for our Centre and we are very fortunate to have her at our Centre.



Ironing Volunteers

We've been doing a lot of work over the past few months to better set up our Centre. We now have a better solution for our tablecloths to help with special events and rentals. Thank you to all the volunteers coming to the Centre to iron and those taking them home as well!



Constable Randi Crawford

Officer Crawford came to our PA Day with lots of safety tips for our youth participants! We are grateful for her enthusiasm toward coming to community events and building new relationships!



SPONSORS AND DONORS



Thank you to Coyle's for donating our prize for the Butter Tart Tasting Fundraiser!

We had a blast at our last PA Day session! Karen from the Ingersoll Music Academy ran a fantastic session to start our morning off. We can't wait to have another event with them! If you're looking for any musical instruments, equipment, or want to take lessons, please keep Ingersoll Music Academy in mind!



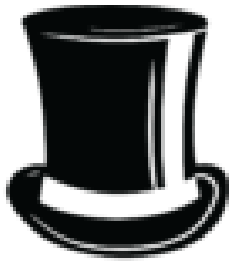
Brodco Construction is leading the way on our new Enclosed Lift project. The team has been absolutely wonderful to work with. They are always friendly to our members, doing their best to clean up, and providing us notice of the more noisy days. Thanks to Brodie, Will, and the rest of the team!



519.433.5301

www.brodco.com

COMMUNITY CONNECTIONS



Address: 83 Thames Street South Ingersoll, ON

Phone: (226)-228-4199

Email: contact@allcelebrations.ca

All Celebrations

Event Planning ▶▶▶ Party Rentals



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

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COMMUNITY DISCOUNTS

Being an older adult has its perks! Why not take advantage of them with our local businesses! Know a business that has a Senior's Discount that is not on our list? Let us know so others members can get in on the deals.

BUSINESS	DISCOUNT	DETAILS
PHARMASAVE	20% OFF	Ingersoll - Every Wednesday and the last Thursday of each month Thamesford - Last Thursday of every month Regular priced items, excludes prescriptions, 60+
SHOPPERS DRUG MART	20% OFF	Every Thursday with valid PC Optimum Card Excludes prescriptions, 65+
PET VALU	10% OFF	Last Thursday of every month with Pet Valu Rewards Card, 60+
INDEPENDENT	10% OFF	Every Tuesday with valid PC Optimum Card Excludes pharmacy, 60+
FOODLAND	5% OFF	Every Wednesday, 65+
GIANT TIGER	10% OFF	First Monday of every month (Tuesday if closed for holiday Monday), excludes groceries, 60+
DOMINO'S PIZZA	30% OFF	Every Sunday, 60+
HOME HARDWARE	10% OFF	Every Wednesday (in store only), 60+
GLOBAL PET STORE	15% OFF	Last Tuesday of every month, 60+

Write to Create Yourself with Emily de Angelis

Explore the world of creative writing with this beginner-friendly program designed for anyone curious about putting pen to paper or finger tips to keys. No prior experience is needed, just a passion for writing and learning. All materials will be provided.

Write to Create Yourself will cover the following:

- Defining Creative Writing
- Exploring the Various Forms of Creative Writing
- Finding Inspiration
- The Writing Process
- Elements of Creative Writing



INGERSOLL
SERVICES FOR
SENIORS

The topics covered and the order of those topics will be directed by both the instructor and the participants to meet the needs and abilities of everyone. Each session will include instruction, discussion, writing activities and sharing.



Monday, March 3rd to March 31st
5 week session - 10am to 12pm
\$60/member
\$75/non-member

About Emily:

Emily De Angelis comes from a long line of visual artists, musicians, and storytellers. She has spent many years developing her writing through independent study, workshops, conferences, and courses, including a year in the Humber School for Writers. She was also fortunate to receive an OAC grant for Works in Progress. Emily has western and Japanese-style poems as well as short stories published in various anthologies. She was guest curator and poet for an ekphrastic exhibit involving the work of early Canadian painter Florence Carlyle and recently launched a chapbook based on Carlyle's writing and Emily's poetry entitled **In the Space Between: The 'New Woman' in the Writing of Florence Carlyle** (Woodstock Art Gallery 2024). Her debut young adult novel, **The Stones of Burren Bay**, released in May 2024 with Latitude 46 Publishing. Emily is wintering in Woodstock, Ontario while spending summers on her property on Manitoulin Island.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SAT. MARCH 1ST SENIORS ACTIVE LIVING FAIR 9:30AM - 2PM</p>	<p>Library Available: Monday - 8:30am to 8pm Wednesday - 8:30am to 4pm Thursday - 8:30am to 4pm Friday - 12pm to 4pm</p>	<p>Billiards Tables are available: Monday - 10:00am 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>Woodshop Available: Monday - 8:30am to 8:30pm Tuesday to Friday - 8:30am to 4pm</p>
<p>3 Sewing Workshop DrumFIT & Coffee Social Zoomlicious and Mah Jong Knitting and Crocheting Tai Chi Bid Euchre and Carving Circuit Training Beginner Line Dance Improver Line Dance</p>	<p>4 Total Body Workout History Chair Yoga Stroke, COPD, PD Fitness Flexibility and Stretch Spanish Level 1 Sketchy Seniors Pepper and Carpet Bowling Ukulelicious Footcare Clinic</p>	<p>5 Sewing and Walking Pet Clippings Pickleball Chair Fitness Absolute Beg. Line Dance Pilates Bridge Bingo & Cribbage Relaxation Yoga</p>	<p>6 Gentle Yoga Chair Yoga Stroke, COPD, PD Fitness Pilates Pepper Darts Chinese Mah Jong</p>	<p>7 Strength and Stretch OsteoFIT Bridge Euchre Mexican Dominoes World Issues Footcare Clinic</p>
<p>10 Banana Bread Day OAS and CPP Info Session DrumFIT & Coffee Social Mah Jong Knitting and Crocheting Tai Chi Bid Euchre and Carving Circuit Training Beginner Line Dance Improver Line Dance</p>	<p>11 Total Body Workout Men's Shed 12:30pm History Chair Yoga Stroke, COPD, PD Fitness Flexibility and Stretch Spanish Level 1 Sketchy Seniors Pepper and Carpet Bowling Ukulelicious Footcare Clinic</p>	<p>12 Sewing and Walking Numerology Pickleball Chair Fitness Absolute Beg. Line Dance Pilates Armchair Travel at 1:30pm Bridge Bingo & Cribbage Relaxation Yoga</p>	<p>13 Gentle Yoga Chair Yoga Stroke, COPD, PD Fitness Pilates Pepper Darts Chinese Mah Jong</p>	<p>14 Strength and Stretch OsteoFIT Bridge Euchre Mexican Dominoes World Issues Footcare Clinic</p>
<p>17 CLOSED FOR FAMILY DAY 519-485-3869</p>	<p>18 Total Body Workout History Chair Yoga Stroke, COPD, PD Fitness Flexibility and Stretch Spanish - Level 1 Pepper and Carpet Bowling Sketchy Seniors Ukulelicious Footcare Clinic</p>	<p>19 Sewing and Walking Tina Turner Pickleball Chair Fitness Absolute Beg. Line Dance Pilates Bridge Bingo & Cribbage Relaxation Yoga</p>	<p>20 Learning About Memory Loss Gentle Yoga Chair Yoga Stroke, COPD, PD Fitness Pilates Pepper Darts Chinese Mah Jong</p>	<p>21 Strength and Stretch OsteoFIT Bridge Euchre Mexican Dominoes World Issues Footcare Clinic</p>
<p>24 DrumFIT & Coffee Social Zoomlicious and Mah Jong Knitting and Crocheting Tai Chi Bid Euchre and Carving Circuit Training Beginner Line Dance Improver Line Dance</p>	<p>25 Total Body Workout Men's Shed 12:30pm History Chair Yoga Stroke, COPD, PD Fitness Flexibility and Stretch Spanish - Level 1 Pepper and Carpet Bowling Sketchy Seniors Ukule Footcare Clinic Card Making with Linda</p>	<p>26 Sewing and Walking Pickleball Chair Fitness Absolute Beg. Line Dance Pilates Armchair Travel at 1:30pm Bridge Bingo & Cribbage Relaxation Yoga</p>	<p>27 Barks Pedorthics Choir Gentle Yoga Chair Yoga Stroke, COPD, PD Fitness Pilates Pepper and Darts Chinese Mah Jong</p>	<p>28 Strength and Stretch OsteoFIT Bridge Euchre Mexican Dominoes World Issues Footcare Clinic</p>