

# Ingersoll 50+ Centre

## May 2026



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

Like us on Facebook - Ingersoll 50+ Activity Centre

Sign up for our E-Newsletters and Weekly Email Reminders

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# YOUR STAFF TEAM



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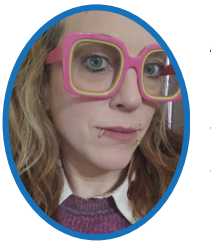
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**Sharlene Clarke**  
*Centre Fitness Coordinator*  
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**Rick Henry**  
*Kitchen Manager/Chef*  
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**Sarah Dorsman**  
*Custodial Staff*

## IN LOVING MEMORY – LOCATED IN OUR FRONT LOBBY

Our Memorial Tree celebrates the lives of members, volunteers and those who have positively impacted our Centre. Please let Kristy know of any members who have passed away so we are able to add their name to the wall.



Please see Kristy for more details about our remembrance event being planned.

# CENTRE INFO

## BOARD OF DIRECTORS

Kitty Babcock - Chairperson  
Ken Angus - Vice Chairperson  
Ann Campbell - Treasurer  
Barbara Bird - Secretary  
Bob DesRoches  
Trevor Finkenzeller  
Fred Freeman  
Anne Hollis  
Shannon Hutson - Town Councillor Rep

**Next Meeting: Thurs. May 28<sup>th</sup> at 530pm**

## GARDENING COMMITTEE

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

## MEMBERS ADVISORY COMMITTEE

Kim Bidwell                          Nora Holden  
Marilyn McFarland                  Mary Pinney  
Maria Ricker

**Next Meeting: Mon. May 19<sup>th</sup> at 1:30pm**

## SPECIAL EVENTS COMMITTEE

Kim Bidwell                          Bonnie Knott  
Debbie Dahl                          Caroline Moncrieff  
Ray Dahl                                Mary Pinney  
Eleanor Dorland                      Christine Smith

**Next Meeting: Thurs. May 7<sup>th</sup> at 1pm**

## TRAVEL ADVISORY COMMITTEE

Kim Bidwell                          Joyce Pavey  
Joyce Crawford                      Meg Walden  
Trudy DeWit

## Hours

Monday - 8:30am to 9:00pm  
Tuesday - 8:30am to 4:30pm  
Wednesday - 8:30am to 8:00pm  
Thursday and Friday - 8:30am to 4:30pm

## Holiday Closures

Victoria Day - May 18th

## From the Desk of the Executive Director:

April decided to turn up the heat and drench us with rain showers, perfect for setting the stage for a spectacular May flower show! Easter weekend kicked off with a golden 4-day retreat, giving our crew a chance to recharge with family and friends before diving into the whirlwind of the month. It was a bustling time, welcoming a wave of new members and gearing up for our second-biggest annual fundraising extravaganza—the yard sale! Amidst all this hustle and bustle, we kept the fun rolling with loads of activities and programs. The Centre hit the jackpot this year with a treasure trove of donations, and we're sending a massive thank you to everyone who shared their bounty! Our superstar squad of volunteers, led by the fabulous quartet—Nora H, Judy H, Marie R, and Betty B—rolled up their sleeves and sorted through the mountain of goodies like pros. Thanks to all the amazing members and wider community who shopped 'til they dropped, which helped raise over \$9,000 in sales! On behalf of all the staff, we're throwing confetti and blowing kisses to all the volunteers, because without you, we'd be up a creek without a paddle. Cheers to you all!

Shoutout to all the fabulous volunteers! National Volunteer Week, which cozied up right before our Yard Sale from April 19–25, reminded us how lucky we are to have the crème de la crème of volunteers. These heroes don't just rock yard sales—they do so much more! Our staff team intends to celebrate you in May, so stay tuned for what is to come!

We've got exciting news from team central—Charlene Clarke has joined the ranks! She'll spill the beans about herself in our next newsletter edition. We hope you'll keep cheering us on as we blossom and learn together! The curtain has closed on the Free Income Tax Clinic once more, and let's give a standing ovation to the fabulous trio who made it all possible - Jannie D, Ann W, and Joyce P. Hats off to you, ladies!

My door's always wide open for your feedback and brilliant ideas about your center—come on in anytime! Don't forget to stop and sniff the tulips!

*Kristy*

# SOCIAL FORECAST

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

## MAY

May 4<sup>th</sup> - Sewing Workshop

May 5<sup>th</sup> - Yoga with Nancy start 10:15am

May 6<sup>th</sup> - Brunch 9 - 1130am

May 7<sup>th</sup> - Yoga with Nancy start 10:15am

May 8<sup>th</sup> - Dine In Lunch

May 10<sup>th</sup> - Mother's Day Brunch  
9am, 11am and 1pm



Call for your Reservation time by May 8th

May 12<sup>th</sup> - Yoga with Nancy start 10:15am

May 13<sup>th</sup> - Dinner @ 5pm with Virtual Horse Racing  
Register by May 6th

May 14<sup>th</sup> - Yoga with Nancy start 10:15am

May 18<sup>th</sup> - CENTRE CLOSED - VICTORIA DAY

May 20<sup>th</sup> - Pet Clipping 9am - 1pm (Please call to reserve time)  
- Culinary Creations with Chef Richard 1pm  
- Brunch 9 - 1130am

May 26<sup>th</sup> - Yoga with John start 10:15am  
- Amplifon 12-3pm - Complimentary Hearing Aid Clinic  
- Card Making with Cindy 1pm

May 27<sup>th</sup> - Blue Jays Bus Trip - SOLD OUT  
- Dinner @ 5pm

May 28<sup>th</sup> - Book Club with Jane  
- Alzheimer's Presentation - 2pm - Dementia Friendly Communities

May 29<sup>th</sup> - Garden Party Take Out Lunch  
- NO DINE IN

## Fitness Volunteer

We are looking for a volunteer that can assist our instructor with the Stroke, Parkinson's, and COPD Fitness Class. We are looking for 2-3 volunteers that are available on Thursdays and occasional Tuesdays from 10:15 to 11:45am. Please see Kristy or Jenn if you are able to assist with this class!



## Renewal of Memberships for 2026-27

Be sure to stop by the desk & renew your membership. Membership Fees are remaining the same for the 2026-27 year of \$45.

## JUNE

17<sup>th</sup> - Pet Clippings  
- Men's BBQ Lunch  
25<sup>th</sup> - Alzheimer's Workshop  
26<sup>th</sup> - Beats & Bites Night

## JULY

July 1<sup>st</sup> - CENTRE CLOSED  
July 2<sup>nd</sup> - Remainder of Bus  
Trip Deposit due for Aug 13th

# MEMBERSHIP UPDATES

## Welcome to our New Members

Geraldine C, Evelyn (Lynn) M, Michel D, Kathleen D, John H, Martha B, Peter A, Lisa N, Dave N, Roger V, Patricia V, Marty M, Diane M, Roger A, Terri B, Deanna W, Aubrey F

## LOG IT TO WIN IT DRAWS

Volunteer Check-In - **May**  
Judy Hodgson

Program Check-In -  
Sheryl Houston

In April, we had over 72 active volunteers who logged in over 300 times in total within our 50+ Activity Centre, with 55 volunteers logging more than 5 hours each. This month, the name drawn is Judy Hodgson!! Judy spends her time helping organize all the yardsale items that are brought in for donation. She is also the master guru of putting items that can catch a better value online. We thank Judy for her commitment and contribution to this centre!!

For check-ins in April, we had over 500 active members with over 2000 check-ins. Keep going in checking in!! This month's draw winner is Sheryl Houston. Sheryl can be found playing a mean game of cards or attending special and fundraising events of the centre. Congratulations Sheryl!!!

## It's time to RENEW your MEMBERSHIP



- Your membership has now expired.
- \$45.00 for the year
- If renewing-verify your information. New member-fill out a form
- Membership includes member pricing for fitness classes, drop-in programs, registered sessions, bus trips, and access to our Fitness Centre, Woodshop and any off-site programs such as golf and baseball
- Easy sign in with a fob provided

Don't forget to sign in using your FOB.  
If you forget your fob you can still sign in manually!

# ASSISTED LIVING

## PSW APPRECIATION DAY

May 19 is PSW Appreciation Day!

The Assisted Living Program thrives off of the caring, compassionate, dedicated PSWs and Home Helpers who make this program a success. They work tirelessly to ensure that clients of the Assisted Living Program receive the care they need to remain living independently in their home.

If you see a PSW this month, be sure to thank them for all they do!



Assisted  
Living



INGERSOLL  
SERVICES FOR  
SENIORS

# COMMUNITY SERVICES



Community  
Services

## CVITP Income Tax Clinic

Our Income Tax Clinic has now wrapped up for 2026. We are fortunate to be able to provide this service with funding support and many volunteer hours! Thank you very much to Ann W. and Jannie D. who completed returns for the past two months! We would also like to thank Joyce P. who made herself available for appointments throughout April to assist with form completion and return explanations for our clients!

— — — — —  
♥  
— — — — —

# Mother's Day Brunch

— — — — —

- 🌸 Adults ..... **\$20**
- 🌸 Kids under 10 .... **\$10**
- 🌸 Kids under 5 .... **FREE**

- 9am Sitting
- 11am Sitting
- 1pm Sitting

MENU

- 🌸 Eggs
- 🌸 Sausage
- 🌸 Bacon
- 🌸 Toast
- 🌸 Hash browns
- 🌸 Pancakes
- 🌸 Fruit Cups
- 🌸 Ham
- 🌸 Scalloped Potatoes
- 🌸 Salads
- 🌸 Rolls

DESSERT INCLUDED

*Enjoy a sweet treat with your brunch!*



*All You Can Eat!*

**\$20.00**

# Staff Welcome

Hi everyone. I'm Anna. I'm excited to take on this new position as Recreation Coordinator and bring a positive, community-minded approach to working with seniors creating fun, inclusive programs. With experience supporting older adults and a customer service background, I bring a friendly attitude and an encouraging, motivating approach. I enjoy getting to know people, creating activities that build connection and joy, and help foster a warm welcoming space where everyone feels comfortable and included. Outside of work, I enjoy spending time with my son and daughter, especially taking walks with our two chihuahuas, Stevie and Nixx. I can also be seen out hiking around the trails or sitting in my backyard crocheting. I'm excited to help grow the program and look forward to hearing your ideas and suggestions.



## THIS AND THAT

### LOBBY 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. We also still have meat and turkey pot pies available.

### Mint Smoothies - \$2.50/Smoothie

These make a great afternoon "pick-me-up" or "thank you" token! Get yours at the Front Desk today! We have the traditional milk chocolate as well as dark chocolate.

### LIBRARY

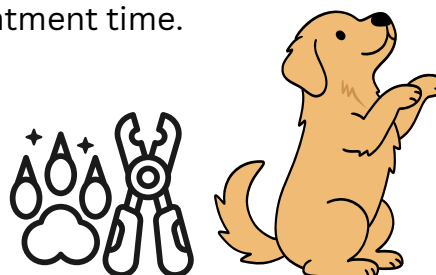
Stock up with our vast selection of gently used books! We have a wide variety of genres and authors to choose from. Puzzles and DVDs also available. Keep an eye out for the occasional pop-up book sale!

### 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, May 20th

Kelly will be here to do basic nail clippings for dogs and cats. Appointment times are required. Please do not arrive until 5 mins prior to your appointment time.  
\$7/member \$10/non-member



# Notice

Due to the rising cost of preparing meals, in order to avoid an increase in price, please **WASH** and **RINSE** your containers then return them to the centre.

Delivery drivers can also pick up washed containers when delivering your meal and return them to the

Centre for you.  
**THANK YOU**




## **SPECIAL EVENTS COMMITTEE**

### Share Your Ideas!

Do you have a suggestion for a future event or feedback on a previous one? We'd love to hear from you! Please drop off your written ideas at the main office. Our Special Events Committee is also seeking new volunteers. If you're interested in joining us or volunteering with the committee, feel free to reach out to the front desk.

**Next Special Events Meeting - Mark your calendar!**  
Will take place on Thursday, May 7th, at 1 PM.



You're Invited by  
the Special Events  
Committee

**Annual Garden Party**

**Friday, May 29th**

Celebrating spring with a boxed  
lunch, drink, gift bag and planted geranium  
**TAKE OUT ONLY**

**Ingersoll 50+ Activity Centre**

250 Ingersoll St. S.

**Pick up**

**12:00 - 12:30**

Register before May 26<sup>th</sup>  
at 519-485-3869

**\$15.00**





Ronald  
McDonald  
House®  
LONDON

# BAKING VOLUNTEERS

Do you enjoy baking? In addition to our baking program here at the Centre, once a month we are baking at the Ronald McDonald House in London. Sign up at the Front Desk if you're interested in helping out. You can drive yourself or carpool with the group!



## FUTURE DATES

9:30am to 12pm

Thursday, May 14<sup>th</sup>

Thursday, June 11<sup>th</sup>

Thursday, July 9<sup>th</sup>

Thursday, August 13<sup>th</sup>

Ronald McDonald House  
Charities® Southwestern Ontario

## HOW TO HELP

HOME / HOW TO HELP / VOLUNTEER / BAKING GROUP VOLUNTEERING



## **Ingersoll Ukuleles**

**A weekly drop-in jam for ukulele and other stringed instruments**



**Every Tuesday  
Ingersoll 50+ Activity Centre  
1 - 2 pm**

**\$2 per week for members  
\$4 per week for non-members  
We supply the music - you just need to bring your love of  
singing and strumming!**

**For more information, email...  
[Ingersollukuleles@gmail.com](mailto:Ingersollukuleles@gmail.com)**

# Ukulele Classes

The Beginner/Learning class will teach ukulele basics, including holding, tuning, chords, and strumming, and then continue to enhance new skills by introducing new chords and techniques, promoting collaboration and individual goals. Kate Channer over 8 weeks will boost confidence through playing familiar and popular songs.



Fridays  
Beginner / Learning -  
10:00 to 11:00am  
April 10<sup>th</sup> to June 5<sup>th</sup>



\$40/member  
\$64/non-member

Bring your own ukulele or  
borrow one for an  
additional cost

# Sing for Joy

Sing for Joy is an uplifting 8-week vocal program designed especially for adults who love music and want to connect through song. Each week blends gentle vocal exercises, breathing and posture techniques, and sing-along favorites in a relaxed, supportive environment. No experience is needed—just a love of music and a willingness to have fun! Participants will learn the basics of healthy singing, explore their vocal range, and gain confidence performing in a group. The series concludes with an informal celebration and sing-along to showcase what we've learned.

Highlights:

- Gentle vocal warm-ups and breathing exercises
  - Classic songs from across the decades
  - Focus on confidence, joy, and community
  - Optional final performance or group sing-along
- st confidence through playing familiar and popular songs.



Fridays  
11:15 to 12:15pm  
April 10<sup>th</sup> to June 5<sup>th</sup>

\$40/member  
\$64/non-member





**EVERY TUESDAY 10:00 AM-11:30 AM**



**INGERSOLL SERVICES FOR SENIORS  
250 INGERSOLL STREET S.,  
INGERSOLL, ONTARIO**



**COFFEE AND TEA WILL BE PROVIDED**  
**Attending the group is FREE of charge!**



This program offers group members a place to continue to recover and to challenge themselves. It is focused on helping people with aphasia who are recovering from a stroke gain the skills they need to get back to enjoying life.

Sessions will provide a supportive environment in which group members will learn and practice multiple specific strategies that will assist them to:

- communicate more effectively
- achieve their functional communication goals
- form new relationships
- increase their comprehension
- feel more comfortable initiating speech
- learn about available community services

- ✓ Practice talking
- ✓ Use pictures and writing
- ✓ Play word games
- ✓ Share stories
- ✓ Laugh and connect



**FOR MORE INFORMATION**  
CONTACT SEAN WILLIS  
519-421-4211 ext.2231  
swillis@woodstockhospital.ca

# Bus Trip!

A DAY OF FUN, FOOD & LAUGHTER!



## ST JACOB'S MARKET

Explore unique shops,  
local finds & more!



## BUY AND ENJOY LUNCH AT THE MARKET

Delicious food and treats  
to enjoy!



## ST JACOB'S THEATRE - *The Odd Couple*

1 DAY TRIP

**\$125**  
FOR MEMBERS



**\$140**  
FOR NON MEMBERS



**\$50** DEPOSIT AT TIME OF BOOKING



REMAINDER DUE BY **JULY 2ND**

Good company. Great memories. Let's go! ♥

We are looking for more players to join the fun

# RECREATIONAL PICKLEBALL

**MONDAYS  
9:30-11:30**

**WE HAVE  
RETURNED TO THE  
OUTDOOR COURTS  
AT THE INGERSOLL  
50+ ACTIVITY  
CENTRE  
250 INGERSOLL ST S,  
INGERSOLL**



MORE INFORMATION  
**519-485-3869**



## SMART® Exercise Class

*Seniors Maintaining Active Roles Together*

The VON SMART® Exercise Program is a safe and effective exercise and fall prevention program designed specifically for older adults or for those individuals with mobility issues and/or chronic conditions that could benefit from exercise.

This is a **free** exercise class designed to assist in the maintenance of independence and to assist in the prevention of falls and fall related injuries.

Our SMART® classes consist of:

- ✓ *A thorough warm up*
- ✓ *A cardiovascular component*
- ✓ *A cool-down*
- ✓ *Strength training exercises*
- ✓ *Balance training exercises*
- ✓ *Stretching*
- ✓ *Falls Prevention education*



Classes are held at the Ingersoll 50+ Activity Centre on  
Monday and Thursday from 1:30pm – 2:30pm



# GOLF LEAGUE

Ready to tee off, join our Monday morning Golf League. Each week play at a different golf course in the area; and belong to a group that values laughs and friendship as much as the scorecard.

Everyone is guaranteed a great time! If you are interested please contact **Jane Zurbrigg** by emailing: [j.zurbrigg@icloud.com](mailto:j.zurbrigg@icloud.com).

# BASEBALL

# LEAGUE

**Step up to  
the plate**

If you are interested in playing ball, contact  
**Kristy**

[executive.director@ingersollseniors.com](mailto:executive.director@ingersollseniors.com)  
**519-485-3869**





# Intro to meditation

6 week series introducing the fundamentals of meditation

## Benefits of mindful breathing and meditation

- Access to creative flow
- Ease of expression of heart desire
- Clarity
- Focus
- Presence
- Self awareness
- Increase resilience to stress
- Improved immune function
- Improved quality of sleep
- Reduced anxiety

### Wednesday

6:45 to 7:45pm

April 15<sup>th</sup> to May 20<sup>th</sup>

(6 week session)

\$40 members / \$64 non-members



# FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fitness Centre</b> 8:30am to 4:30pm 5:30 to 8:30pm	<b>Fitness Centre</b> 8:30am to 10:00am 12:00 to 4:00pm	<b>Fitness Centre</b> 8:30am to 7:30pm	<b>Fitness Centre</b> 8:30am to 10:00am 12:00 to 4:00pm	<b>Fitness Centre</b> 8:30am to 4:00pm
<b>Pickleball</b> 9:30 to 11:30am Courts by the Centre	<b>Total Body Workout</b> 9:00 to 10:00am North Room Nancy	<b>Walking Club</b> 9:00am Various Locations Kim	<b>Gentle Yoga</b> 9:00 to 10:00am North Room Debbie	<b>Strength &amp; Stretch</b> 9:00 to 10:00am North Room Jennifer
<b>Total Body Workout</b> 9:00 to 10:00am North Room Jennifer	<b>Chair Yoga</b> 10:00 to 11:00am Activity Room John - May 19 <sup>th</sup>	<b>Sculpt &amp; Sweat</b> 9:00 to 10:00am Fitness Centre Jennifer	<b>Chair Yoga</b> 10:00 to 11:00am Activity Room John	<b>OsteoFIT</b> 10:30 to 11:30am Fitness Centre Jennifer
	<b>Chair Yoga</b> 10:15 to 11:15am Activity Room May 5 <sup>th</sup> , 12 <sup>th</sup> & 26 <sup>th</sup>	<b>Chair Fitness</b> 10:30-11:30am Fitness Centre Jennifer	<b>Chair Yoga</b> 10:15 to 11:15am Activity Room May 7 <sup>th</sup> & 14 <sup>th</sup>	
<b>Tai Chi</b> 12:00 to 1:00pm North Room June	<b>Stroke, COPD, Parkinson's Disease Fitness</b> 10:30 to 11:30am Fitness Centre Jennifer	<b>Absolute Beginner Line Dancing</b> 10:30 to 11:30am North Room Joyce	<b>Stroke, COPD, Parkinson's Disease Fitness</b> 10:30 to 11:30am Fitness Centre Jennifer	
<b>VON SMART Exercise</b> 1:30 to 2:30pm North Room Tom			<b>VON SMART Exercise</b> 1:30 to 2:30pm North Room Gwen	
<b>Beginner Line Dance</b> 6:00 to 7:00pm North Room Elma		<b>Total Toning Time</b> 5:15 to 6:15pm North Room Maria		
<b>Improver Line Dance</b> 7:15 to 8:15pm North Room Graham		<b>Meditation</b> 6:45 to 7:45pm Meditation Room (Apr 15 <sup>th</sup> - May 20 <sup>th</sup> )	<b>Legend:</b> Light Gray - Registered Program (please call for complete details) <b>VON SMART Exercise - FREE</b>	

# 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

**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:** Classes 8 weeks: \$24/member \$48/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 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 CENTRE CLOSED**

**Our Fitness Centre is closed on:**

**Tuesday mornings from 10am to 12pm**

**Thursday mornings from 10am to 12pm**

**All other hours our Centre is open, you are able to use the Fitness Centre for \$1.**

**You must have an orientation before starting to use any equipment.**

# 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**

**Stroke, COPD, Parkinson's Disease Fitness Class:** Tuesday/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 @ 9am. 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:** Tuesday, Thursday @ 10am. 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.

**\*\*Gentle Yoga:** Thursday @ 9am. 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.

**\*Intro to Meditation:** Wednesday @ 6:45pm. 6 week program introducing the fundamentals of meditation. Learn the benefits of mindful breathing & meditation. **Starts - April 15th.**

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

**\*\*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.

**\*\*\*Sculpt and Sweat:** Wednesday @ 9am. A 1-hour total body workout with a thorough warm up and cool down, 15 minutes of cardio, 20 minutes of strength and abs training using dumbbells and body weight, 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.

# FITNESS CLASS DESCRIPTIONS

## Drop-In Programs Continued

**\*\*\*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 @ 12:00pm. 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.

**\*\*\*Total Toning Time** Wednesday @ 5:15pm. Get ready to sculpt, sweat, and shine! This full-body workout blends strength moves with a cardio boost to leave you feeling powerful and energized. With options for every fitness level, you'll tone and tighten from head to toe while pushing yourself in all the right ways. You'll walk out stronger, more confident, and ready to crush anything that comes your way!

**\*VON SMART Exercise Class** Monday and Thursday @ 1:30pm. The VON SMART® Exercise Program is a safe and effective exercise and fall prevention program designed specifically for older adults or for those individuals with mobility issues and/or chronic conditions that could benefit from exercise. These classes are designed to assist in the maintenance of independence and to assist in the prevention of falls and fall related injuries. This is a free class.

**\*VON SMART Walking Program** Wednesday @ 9:00am. The VON SMART Walking Program is being delivered indoors @ the Sr. Centre when the weather is not so nice or outdoors when it is nice. Warm up, stretching and cool downs will be apart of this hour program. Starting May 6<sup>th</sup>. This is a free class.

## OFF SITE FITNESS PROGRAMS

**Baseball** - Tuesday Mornings - Are you wanting to play slo pitchl with a fun, recreational team! Must let Kristy or the front desk know that you would like to play before April 10<sup>th</sup>. Must be a member of the centre.

**Golf** - Monday Mornings - If you like golfing in a relaxed atmosphere - look no further. Email Jane Zurbrigg [j.zurbrigg@icloud.com](mailto:j.zurbrigg@icloud.com). and get your name on the list to golf in foursomes.



**Recreational Pickleball**— Beginners Welcome! - Monday @ 9:00am at the Outdoor Courts  
Are you interested in how to play beginner pickleball? Well, you can learn the basics of pickleball in a low-pressure environment with the members of Ingersoll 50+ Centre. This is a non-competitive group that plays for recreational fun. MEMBERS ONLY — \$2.00/week

# OFF SITE FITNESS PROGRAMS

## Walking Club - Wednesday @ 9am – Various locations

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 \$2.00 (or \$20 for Walking Card 10-day pass). Locations may change depending on weather.

DATE	LOCATION	DATE	LOCATION
MAY 6TH	Cheese Museum	JUNE 3RD	Lawson Tract
MAY 13TH	Tillsonburg	JUNE 10TH	Fingal
MAY 20TH	Dorchester	JUNE 17TH	McNiven Trail
MAY 27TH	Port Dover	JUNE 24TH	Exeter
		JULY 1ST	HAPPY CANADA DAY!



# STRONGER STARTS HERE.

Move. Sweat. Thrive.



## CHAIR FITNESS UPDATE

MOVING FROM WEDNESDAY 9:00AM - 10:00AM  
TO WEDNESDAY 10:30AM - 11:30AM  
NEW TIME. SAME GREAT CLASS!



## SCULPT & SWEAT

WEDNESDAY | 9:00AM - 10:00AM

INSTRUCTOR: *JENNIFER*

A full-body workout to build strength, boost endurance, and leave you feeling amazing!



1-HOUR TOTAL BODY WORKOUT



15 MINUTES CARDIO



20 MINUTES STRENGTH + ABS  
WITH DUMBBELLS & BODYWEIGHT



SUITABLE FOR ALL FITNESS LEVELS



## VON SMART WALKING PROGRAM

WEDNESDAY | 9:00AM - 10:00AM

Low-impact, high-benefit walking for better health and mobility.

FREE PROGRAM



INCLUDES WARM UP & COOL DOWN



GENTLE STRETCHES DURING WALK



LOCATION: CENTENNIAL PARK  
(NICE WEATHER)



INDOOR LOCATION: SENIORS CENTRE  
(BAD WEATHER)



ARRIVE **15 MINUTES** EARLY TO GET SET UP



PLEASE BRING YOUR OWN MAT IF POSSIBLE.  
ALL YOU NEED IS A POSITIVE ATTITUDE!



NO MORE FUNCTIONAL MOVEMENT  
OR PILATES CLASSES WILL START  
AGAIN **IN THE FALL.**

FEEL STRONGER. MOVE BETTER. LIVE WELL.



INGERSOLL 50+ CENTRE

# BRUNCH



Join us on the 1st & 3rd Wednesdays | 9 - 11:30 AM

**Featuring:**

- Scrambled Eggs
- Bacon or Sausage\*
- Hashbrowns
- Pancakes
- French Toast
- Toast
- Fruit Cup

**\$10**

**DINE IN ONLY - Please signup Tuesdays before noon.**

*\*Subject to Availability*



INGERSOLL 50 +  
CENTRE  
DINNER

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Join us for a delightful evening of good food, great company, and wonderful conversations.



Please Sign Up Tuesdays  
before Noon!

# WEDNESDAY NIGHT DINNER

**MAY 13TH INCLUDES:**

# VIRTUAL REALITY RACE NIGHT



**PLEASE SIGN UP BY MAY 6TH.**

EXPERIENCE WHAT IT IS LIKE TO  
**BE THE JOCKEY BEHIND THE HORSE!**



THE **DRIVE TO WIN** EXPERIENCE IS  
GENEROUSLY SPONSORED BY:

THE CENTRAL ONTARIO STANDARDBRED ASSOCIATION (COSA).



**PS:**

Join in for the last real night of racing at the  
**WESTERN FAIR GROUND**  
on TUESDAY MAY 19TH – SENIOR'S NIGHT.



# DROP-IN/REGISTERED PROGRAM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Billiards</b> <b>Library</b> <b>Woodshop</b> 8:30am to 8:30pm	<b>Billiards</b> <b>Woodshop</b> 8:30am to 4pm	<b>Library</b> <b>Woodshop</b> 8:30am to 7:30pm	<b>Library</b> <b>Woodshop</b> 8:30am to 4pm	<b>Billiards</b> <b>Library</b> <b>Woodshop</b> 8:30am to 4pm
<b>Sewing Workshop</b> 9:00am Dining Room <b>(Monday May 4th)</b>	<b>Timelines and Tales</b> 9:30am Multipurpose Room <b>Till May 12<sup>th</sup></b>		<b>Choir</b> Call for Times Multipurpose Room	<b>Ukulele Beginner &amp; Learning</b> 10:00am Front Lounge
<b>Knitting and Crocheting</b> 10:00am Front Lounge	<b>Aphasia Conversation Group</b> 10:00am Front Lounge	<b>Bridge</b> 12:45pm Front Lounge	<b>Sewing Drop-In</b> Bring your own project Front Lounge 9:30am	<b>Sing for Joy</b> 11:15am Multipurpose Room
<b>American Mah Jongg</b> 10:00am Multipurpose Room	<b>Amplifon Hearing Aid Clinic</b> 12:00 - 3:00pm <b>(May 26th)</b>	<b>Bingo</b> 1:00pm Activity Room	<b>Bid Euchre</b> 1:00pm Activity Room	<b>Bridge</b> 12:45pm Front Lounge
<b>Bid Euchre</b> 1:00pm Activity Room	<b>Ingersoll Ukuleles (I Ukes)</b> 1:00pm Front Lounge		<b>Darts</b> 1:00pm Front Lounge	<b>Euchre</b> 1:00pm Activity Room
<b>Wood Carving</b> 1:00pm Multipurpose Room	<b>Beginner Mah Jongg</b> 1:00pm Multipurpose Room  <b>Sketchy Seniors</b> 1:00pm Front Lobby	<b>Culinary Creations</b> 1:00 - 2:30 pm Dining Room <b>(May 20th)</b>	<b>Chinese Mah Jongg</b> 1:30pm Multipurpose Room  <b>Book Club</b> 1:30pm <b>(May 28th)</b> Library	<b>Mexican Dominoes</b> 1:00pm Library
	<b>Carpet Bowling</b> 1:00pm North Room  <b>Pepper</b> 1:00pm Activity Room		<b>Alzheimer Society Session</b> 2:00pm <b>(May 28th)</b>	<b>World Issues</b> 1:00pm Multipurpose Room

# DROP-IN PROGRAM PRICING

## Billards (must call ahead and reserve time slot)

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

## Bingo:

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

## Bid Euchre, Euchre, and Pepper:

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

## Book Club, Board Games, Bridge, Carpet Bowling, , Darts, Farkle, Mah Jongg (American & Chinese) , Mexican Dominoes, Sketchy Seniors, World Issues

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

## Sewing (Drop-In and Workshop), Knitting and Crocheting:

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

## Woodshop and Wood Carving:

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

# REGISTERED PROGRAM PRICING

**Beginner/Learning Ukulele: April 10<sup>th</sup> - June 5<sup>th</sup> - Friday 10:00 to 11:00am (8 weeks) \$40/members & \$64/non-members (instruments available to borrow upon request)**

**Cooking Classes - Culinary Creations with Chef Richard: Wednesday, April 15<sup>th</sup> 1:00 to 2:30pm \$25/members & \$30/non-members**

**Sing for Joy: April 10<sup>th</sup> - June 5<sup>th</sup> - Friday 11:15am to 12:15pm (8 weeks) - \$40/members & \$64/non-members**

**Timelines & Tales (History): Tuesday 9:30 to 11:30am (8 weeks) - \$40/members & \$64/non-members**



# DROP-IN PROGRAM DESCRIPTIONS

**Bid Euchre:** Monday & Thursday @ 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 once a month on Thursdays at 1:30pm. The next gathering will be May 28<sup>th</sup> to discuss '*Moon Road*' by Sarah Leipciger'. Drop-ins are welcome to join the group.

**Bridge:** Wednesdays and 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.

**Darts:** Thursday @ 1:00pm. Join us for an afternoon of darts in the Front Lounge. Three boards are available.

**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.

**Farkle/Board Games:** Farkle is a "push-your-luck" dice game for two or more players where the goal is to be the first to score 10,000 points. Players roll six dice, setting aside any scoring combinations to bank points, but risking losing all their accumulated points for the turn if a roll yields no scoring dice. Players must decide whether to stop and bank their current points or roll the remaining dice for a chance at a higher score. If you are interested in playing please talk to a staff member.

**Ingersoll Ukuleles (I Ukes):** Tues @ 1:00pm. A weekly drop-in jam for ukulele and other stringed instruments. Music is supplied, you just need to bring your love of singing and strumming.

**Knitting and 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 @ 10:00am and Chinese on Thursday @ 1:30pm. These games require a little skill, strategy, and luck! For American Mah Jongg, you'll need to bring your own card.

# DROP-IN PROGRAMS CONTINUED

**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. Pepper is a trick taking game closely related to Euchre.

**Sewing:** Thursday @ 9:30am. Bring your own projects and enjoy a social while working on your projects.

**Sketchy Seniors:** Tuesday @ 1:00pm. Join us for an afternoon of art. Bring your own project and spend the afternoon with creative minds and enjoy some social time. 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

**Beginner OR Learning Guitar:** Learn the basics of holding and tuning the guitar, an introduction to simple chords and strumming patterns, and play along with easy songs to build confidence. This is an 8-week session, led by Kate Channer in a fun environment, focused on group learning in a relaxed setting. Bring your own guitar or borrow one for an additional fee. A minimum of 8 people are needed for an 8 week class. Please talk to Kristy if you are interested in this class.

**Beginner & Learning Ukulele:** April 10<sup>th</sup> to June 5<sup>th</sup> from 10:00 to 11:00am. The two classes have joined together for this 8-week session, led by Kate Channer. Learn the basics of holding and tuning a ukulele, an introduction to basic chords and strumming techniques, and play along with simple and familiar songs to build confidence. If you are ahead of the beginner then Kate will continue to teach more skills and techniques. This class is a light and easy approach to learning! Bring your own ukulele or borrow one for an additional fee.

**Cooking Classes - Culinary Creations:** Wednesday May 20<sup>th</sup> 1:00 to 2:30pm. Each month Chef Richard will come and share recipes, shopping tips and demonstrations along with tasting all of this. Come and join in May .

**Sing for Joy:** Friday @ 11:15am. Starting on April 10<sup>th</sup> to June 5<sup>th</sup>. An uplifting 8-week vocal program designed especially for adults who love music & want to connect through song. Blending gentle vocal exercises, breathing & posture techniques, and sing-along favorites in a relaxed, supportive environment. No experience is needed—just a love of music and a willingness to have fun!

# REGISTERED PROGRAMS CONTINUED

**Timelines and Tales (History):** Tuesday @ 9:30am. Join Brian, Dave, and Deward for engaging discussions around a variety of topics starting January 20th through to May 12th. Please see topics below.

Date	Presenter	Topic
Tues May 5	Deward Yates	A focus on the Ancient World with a look at civilizations on the Nile, Tigris-Euphrates, Mesoamerica and Andean America.
Tues May 12	Deward Yates	A focus on the Ancient World with a look at civilizations on the Nile, Tigris-Euphrates, Mesoamerica and Andean America.



OXFORD COUNTY

## APHASIA CONVERSATION GROUP



**WE GO SLOW.  
WE GIVE TIME.  
WE LISTEN.**



WOODSTOCK HOSPITAL



Stroke Network  
Southwestern Ontario



INGERSOLL  
SERVICES FOR  
SENIORS

# PRESENTATIONS/WORKSHOPS

## Sewing Workshop

**Monday, May 4<sup>th</sup> at 9am (\$2/M and \$4/NM)**  
**and the last Monday workshop until fall will be**  
**Monday, June 1<sup>st</sup> at 9am**

We will be making  
Hanging Tea Towels on  
Monday May 4<sup>th</sup>.  
Bring your towel, fabric,  
and machine. Enjoy a  
morning of  
sewing and conversation.



## IT'S TIME TO RENEW YOUR MEMBERSHIP!



- **Your membership has now expired.**
- **\$45.00 for the year**
- **If renewing - verify your information; If new member - fill out a form; then complete payment**
- **Membership includes member pricing for fitness classes, drop-in programs, registered sessions, bus trips and access to our Fitness Centre, Woodshop and any off-site programs such a golf, baseball**

**250 Ingersoll Street South  
Ingersoll, ON N5C3J7  
519-485-3869  
info@ingersollseniors.com**

# PRESENTATIONS/WORKSHOPS

# CULINARY CREATIONS

*with Chef Richard*



★ SHOPPING TIPS ★



★ GUIDED BY CHEF RICHARD ★



★ RECIPE HANDOUT ★

**WEDNESDAY MAY 20, 2026  
1:00PM - 2:30PM**

Ingersoll Services for Seniors - 250 Ingersoll St S

Join us this month Chef Richard will be featuring Shredded Braised Lamb Shoulder with Vegetables & Dauphinoise Potatoes.

This is a classic comfort dish. Tender, slow-braised lamb paired with Dauphinoise potatoes, a traditional French recipe made with thinly sliced potatoes baked in cream, butter, and garlic until rich and perfectly tender.

It's a wonderful dish often enjoyed for special occasions, and we're excited to share it with you!

35

# PRESENTATIONS/WORKSHOPS

## CARD MAKING WITH CINDY KOSTER

**TUESDAY MAY 26TH**  
**1 PM TO 3PM**



- Time to get creative and spend time together while having some fun!
- Cindy will lead you all in making 6 different cards.
- All materials will be supplied.
- Please pre-register for the workshop by 12pm on the Monday prior to the workshop.
- Maximum participants is 20 - register early so you don't miss out.
- We have take-out lunch available on Tuesdays so you could pre-order lunch and come early before the workshop to enjoy Rick's cooking.

**\$20/M OR \$25/NM**  
**OPTIONAL LUNCH-\$10**

**Complimentary Hearing Aid Clinic**  
available to all members, family and friends

Hosted by Allison Seguin from

**amplifon** Hearing Care  
Experts

**Tuesday,**  
**May 26th**

Time:  
**12 pm - 3 pm**



Services provided include:

**Otoscopy, Q&A with Allison Seguin, Clean & Check, and Consumables & Ear Products for Sale.**

20-minute hearing screenings can be scheduled if booked ahead by calling our clinic before March 27 and asking to book a hearing screening at the Senior Center Hearing Clinic.

**519-425-1783**



# Dementia Friendly Communities

In this free presentation, join us in creating safe and supportive spaces for people living with dementia by learning how you can make your community more dementia friendly!

**DEMENTIA  
FRIENDLY  
COMMUNITIES**

## Please join us!



May 28th 2026



2:00 - 3:00 pm



Ingersoll Services for Seniors  
250 Ingersoll St S., Ingersoll ON

**For more info or to register:**

519-485-3869

*Alzheimer Society*  
SOUTHWEST PARTNERS

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



# Pup Cakes AND BAKES


## FUNDRAISER for our Centre



**Contact us**

 [pupcakes@gmail.com](mailto:pupcakes@gmail.com)

 [www.pup-cakes.ca](http://www.pup-cakes.ca)

 519-425-4237



**Ingersoll 50+ Centre**

Has joined with

*Pup Cakes & Bakes*

Purchase a bundle of treats  
for \$20 and a % of the proceeds goes  
back into the Centre

### **Have you seen our Lobby Fundraising?**

In our lobby you'll find our clothing rack with zipped hoodies, ¼ zip sweaters, a variety of polos, and now t-shirts!! You'll find lots of homemade jam and jelly fundraiser by the front desk. Rheo Thompson Mint Smoothies are back - keep an eye for some Easter Rheo Thompson Treats too! Quality, affordable items all supporting programming at the Centre!

## Kitchen Volunteers

As lunches get busier, we will need more helping hands in the kitchen. Whether it's food prep, set up, serving, or dishes, we need you! Please see Kristy

## Front Desk and Centre Ambassadors

Our Front Desk has been busy! We're still looking for a few more volunteers to assist during the week for answering the phone and the ambassador role. Please see Chris.

## Student Nutrition Program

Through our involvement with The FOOD Project, we are looking for volunteers to assist with the Student Nutrition Program at St. Jude's and Harrisfield schools. Please get in touch with Rick if you are able to assist with this program!

## Fitness Class

Passionate about fitness and helping keep people active and healthy? We're looking for a few passionate and enthusiastic volunteers to assist Tuesday and Thursday morning.

## The FOOD Project

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The FOOD Project has received funding to continue making lunches in the summer time when school gets out. It will be every week that up to 400 lunches will be made on Mondays at the Senior Centre. Maybe you would consider donating your time if not on vacation. We will start to schedule for each week so that we help to not burn out volunteers throughout the summer. Talk to Rick or Kristy and let's help feed them.



Feeding Our Future  
with FOOD Project



Volunteers are needed for baking on Wednesday mornings at Fusion.

If you are interested please contact Rick in person or by calling the centre - 519-485-2269.



More information: [lindsay@unitedwayoxford.ca](mailto:lindsay@unitedwayoxford.ca)

# 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, \$2.75/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 38-39

**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 37

## **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 \$45.00.

## **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.

## **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 Victoria Adshade at 519-485-2269 ext 106 or css@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!

### 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.

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.***

# CURBSIDE AND DINE-IN MEALS

## TUESDAY CURBSIDE MENU - *Sign up by Noon on Mondays* - Call 519-485-3869

**\$10 - Menu is subject to change**

**Pick up on Tuesdays between 11:45am to 12:15pm**

<b>May 5th</b> - Parmesan Crusted Chicken, Potatoes, Vegetables, Roll, Dessert	<b>June 2nd</b> - Roast Pork Tenderloin, Roasted Potatoes, Vegetables, Gravy, Roll, Dessert
<b>May 12th</b> Chili, Salad, Roll, Dessert	<b>June 9th</b> - Hamburger with lettuce, tomatoe, pickle, onion, Salad, Chips, Dessert
<b>May 19th</b> Cabbage Casserole, Salad, Roll, Dessert	<b>June 16th</b> Lazy Cabbage Roll Casserole, Salad, Roll, Dessert
<b>May 26th</b> Salisbury Steak, Potatoe, Vegetable, Roll, Dessert	<b>June 23rd</b> - Linguine with Italian Sausage & Red Wine Sauce, Roll, Dessert
	<b>June 30th</b> Fish (Haddock) in Dill Sauce, Rice, Vegetable, Roll, Dessert

## WEDNESDAY BRUNCH - April 1st, 15th & 29th and May 6th & 20th

*Sign up by Noon on Tuesdays*

**\$10 (Dine-in only) - SERVED Between 9:00am - 11:30am**

**Eggs, Bacon or Sausage, HashBrowns, Pancakes, French Toast, Toast, Fruit Cup**

## WEDNESDAY DINNER MENU - *Sign up by Noon on Tuesdays*

**\$13 - Menu is subject to change**

**Served on Wednesdays at 5:00pm (Dine-in and Take-out)**

<b>May 13th</b> Pork Chops, Rice, Vegetables, Salad, Roll, Dessert	<b>June 10th</b> Meatloaf, Potatoe, Vegetables, Salad, Roll, Dessert
<b>May 27th</b> Honey Garlic Meatballs, Potatoes, Vegetables, Roll, Dessert	<b>June 24th</b> "Chinese Night"

## FRIDAY DINE-IN MENU - \$10 - *Sign up by Noon on Thursdays*

**Friday Lunches are Sponsored by Wellington Street Denture Clinic - see ad on page 43**

**Served on Fridays at 12:00pm (Dine-in, Take-out, Delivery)**

<b>May 1st</b> Turkey Pot Pie, Salad, Roll, Dessert	<b>June 5th</b> - Penne with Tomatoes, Black Olives & Goat Cheese, Salad, Roll, Dessert
<b>May 8th</b> Lasagna, Salad, Roll, Dessert	<b>June 12th</b> Beef Wellington, Mashed Potatoe, Veggie, Roll, Dessert
<b>May 15th - Roast Beef, Mashed Potatoes, Vegetables, Gravy, Roll, Dessert - **CHANGED**</b>	<b>June 19th</b> Chicken Cacciatore, Wild Rice, Salad, Roll, Dessert
<b>May 22nd</b> Meatloaf, Mashed Potatoes, Vegetables, Roll, Dessert	<b>June 26th</b> Roast Beef, Mashed Potatoes, Vegetables, Gravy, Roll, Dessert
<b>MAY 29TH - GARDEN PARTY TAKE OUT!! **CHANGED**</b>	

**We are able to accept and reuse curbside packaging.**

**Please wash & rinse your containers and lids and return to the centre. Call 519-485-3869.**

# 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 .....\$2.75

## 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\*\*\*



VON Oxford Introduces  
**IN GOOD COMPANY**

**VON In Good Company** is a supportive community program for those dealing with caregiving, grief, life-limiting illness or major life-changes. It fosters peer support and belonging through relaxed activities, encouraging genuine connections without deep discussions or therapy.

Get-togethers and activities are planned throughout the months in Woodstock!

**Reach out to get connected:**  
**Angela - Supportive Care Coordinator**  
**519-539-1231 ext.: 6299**  
**[angela.wildfong@von.ca](mailto:angela.wildfong@von.ca)**



# ADVERTISING OPPORTUNITIES

Are you interested in advertising in our newsletter? Each issue is emailed to over 800 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 12 issues at a 25% discount. Members of the Centre will receive an additional 20% off.

Ad	Size	Monthly	Annual
Business Card	8.9cm x 5cm	\$30	\$270
1/4 Page	8.9cm x 11.5cm	\$40	\$360
1/2 Page	17.8cm x 11.5cm	\$75	\$675
Full Page	17.8cm x 22.8cm	\$125	\$1125



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B: 519-485-3600  
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**Would you like to advertise in our monthly newsletter that goes to 800+ members? Please contact Chris or Kristy for more information.**

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**519-425-1783**

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*To learn about your eligibility and coverage, schedule a consultation with us today.*



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at the Centre, please  
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# THANK YOU

We would like to extend our heartfelt thank you to all of our *incredible* volunteers who made our recent yard sale such a success. Your time, energy, and dedication truly brought this event to life. From organizing donations and setting up, to carrying heavy items and helping throughout day (and year), your efforts did not go unnoticed.

Because of you, the yard sale was not only successful, but also a wonderful opportunity to bring our community together. Your *kindness, teamwork,* and *enthusiasm* are what make our senior's centre such a special place.

Thank you for everything you do – we couldn't have done it without you!

YARD  
SALE

Thank  
You

# 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, 55+
FOODLAND	10% 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+
FIRST CHOICE HAIRCUTTERS	10% OFF	Tuesday and Wednesday, 65+