

Ingersoll 50+ Centre

September

2026



50+ Activity Centre
519-485-3869



Services for Seniors
519-485-2269

Centre Address:
250 Ingersoll St South
Ingersoll, ON
N5C 3J7

Like us on FACEBOOK- Ingersoll50+Activity Centre

Add us on TIKTOK - Ingersoll50pluscentre

Follow us on Instagram - Ingersoll50plusactivity

Sign up for our E-Newsletters and Email reminders

STAY INFORMED



www.ingersollseniors.com



info@ingersollseniors.com



INGERSOLL
SERVICES FOR
SENIORS

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YOUR STAFF TEAM



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Melanie Valle

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Victoria (Vic) Adshade

Community Services Coordinator
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Community Services Assistant
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Centre Program Coordinator
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Sharlene Clarke

Centre Fitness Coordinator
519-485-3869 ext 102
rec.fitness@ingersollseniors.com



Sarah Dorsman

Custodial Staff



Janice Maltby

Kitchen Staff

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: September 24th @ 5:30

GARDENING COMMITTEE

Darby Anderson Marlene Travis

Julie McConkey-Barks Chris Leitch

Kim Walker

MEMBERS ADVISORY COMMITTEE

Kim Bidwell Nora Holden

Marilyn McFarland Mary Pinney

Maria Ricker

Next Meeting: Sept 15 @ 10:30am

SPECIAL EVENTS COMMITTEE

Susan Bannon Bonnie Knott

Debbie Dahl Caroline Moncrieff

Ray Dahl Mary Pinney

Eleanor Dorland Christine Smith

Next Meeting: Thurs.Sept 10th @ 1pm

TRAVEL ADVISORY COMMITTEE

Kim Bidwell Joyce Pavey

Joyce Crawford Meg Walden

Trudy DeWit

Next Meeting: Mon. Sept 21st at 10am

Summer Hours

Monday to Friday -

8:30am to 4:00pm

Times change Sept 14th (pg 4)

From the Desk of the
Executive Director:

Summer, oh summer, where did you vanish to?? As we roll out our fall funfest over the next couple of weeks, it seems August has zipped right past us! Our Christmas in August Yard Sale was a smash hit— thanks to all those marvelous donations, the tireless elves who sorted, priced, and laid it all out, and, of course, to everyone who came and shopped!

A GIGANTIC THANK YOU TO ALL OUR GENEROUS SUPPORTERS!

Our Annual Fish Fry, whipped up by our Special Events Committee, was another blockbuster! Led by the unstoppable Christine Smith, we reeled in a new partnership with Chef Rick and The Ingersoll Rails, featuring a beer you could actually buy, not just sip! The Mount Elgin Fire Fighters and PB's Fries cooked the fish and chips to golden perfection with hardly a wait. Hats off to the Special Events Committee and Staff for bringing such fantastic events to life!

Join us Monday, September 14th, for our Welcome Back & Aging Well Roadshow Event!
Explore info tables from Ingersoll and Oxford County and get a taste of our fitness class demos.

As we waltz into fall, here's a peek at the lineup: a bus trip to cheer on the Blue Jays, welcome events, brunches and dinners, baseball and golf tournaments, book club, and so much more!

Mark those calendars and come join the fun!

We're buzzing to see you there!

Kristy

SOCIAL FORECAST

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

September

Sept 2nd - Brunch
Sept 7th - CLOSED
Sept 9th - Dinner
Sept 14th - Welcome Back &
Oxford Aging Well Roadshow
Sept 16th - Blue Jay's Trip
Sept 17th - Ronald McDonald
Baking
Sept 16th - Brunch
Sept 23rd - Dinner
Sept 28th - Golf Tournament
and Dinner
Sept 30th - Brunch

October

Oct 7th - Thanksgiving Dinner
Oct 18th - Memorial Celebration
Oct 22nd - Annual General Meeting
5:30pm

November

Nov 28th - Bazaar, hours TBD

December

Dec 9th - Christmas Dinner
Dec 23rd - Christmas Social

FALL HOURS

Starting September 14th

Monday 8:30am-9:00pm

Tuesday 8:30-4:30pm

Wednesday 8:30am-9:00pm

Thursday 8:30-4:30pm

Friday 8:30-4:30pm

Sat & Sun Closed

FITNESS VOLUNTEER

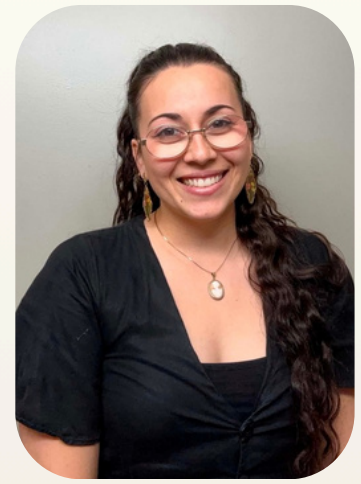
We are looking for a volunteer that can assist our instructor with the Stroke, Parkinson's, and COPD Fitness Class. We are looking for 2-3 volunteers that are available on Thursdays and occasional Tuesdays from 10:15 to 11:45am. Please see Shar or Jenn if you are able to assist with this class!

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. We will be having a memorial celebration on Sunday October 18th and would appreciate names being put forward for the tree to Kristy by the end of September. We welcome family and friends to join us.



NEW STAFF



MELANIE HAS RECENTLY JOINED OUR TEAM AS THE CO-MANAGER OF THE ASSISTED LIVING PROGRAM.

A LITTLE BIT ABOUT MELANIE:

MELANIE GREW UP IN WOODSTOCK, ONTARIO. SHE ENJOYS MUSIC, NATURE, ART AND SPENDING TIME WITH FAMILY AND FRIENDS. IN HER SPARE TIME SHE IS PAINTING/DRAWING PORTRAITS AND TENDING TO HER DOG AND TWO CATS. MELANIE IS A 2019 GRADUATE FROM HUMBER COLLEGE WHERE SHE ATTAINED A DIPLOMA IN INTERIOR DECORATING. MELANIE HAS A PASSION FOR PEOPLE, SHE HAS WORKED IN CUSTOMER SERVICE, ADMINISTRATION, AND MANAGEMENT FOR THE PAST 10 YEARS, GIVING HER A GREAT DEAL OF EXPERIENCE IN THE PROFESSIONAL WORLD.

BEST,

**MELANIE VALLE
ASSISTED LIVING PROGRAM MANAGER
INGERSOLL SERVICES FOR SENIORS
519-485-2269 EXT. 104
[HTTPS://INGERSOLLSENIORS.COM/](https://ingersollseniors.com/)**

Welcome New Members

Ron E, Kim O, Ty O, Lynda V, Debra H, Howard A, Elly B,
Arlene V, Gary V, Tresa C, Kristine B, Dan M, Colleen B

LOG IT, TO WIN IT DRAWS

Volunteer Check-In -
Marie Renaud

Sept

Program Check-In -
Don Nace

August Volunteer Recognition

In August, we had more than
70 active volunteers
who logged over 740 volunteer hours
throughout our 50+ Activity Centre.
This month's Volunteer Recognition goes to
Marie Renaud. Marie can often
be found working hard with the Yard Sale
Committee. Whether she's helping with Events,
supporting our Centre, or seen playing a mean
game of billiards.
Thank you MARIE & Congratulations

August Program Check-ins Recognition

In August we had over 1232 check-ins. We
can see how you are all starting to scan to
join the different events. THANK YOU!!!
This month's draw winner is Don Nance!
He can be found creating and working
hard in the woodshop or helping out
around the Centre. Thank you Don &
Congratulations !!!

BECOME A MEMBER



- Pro-Rated Memberships
- Now that it is September, memberships have been pro-rated to \$35 for new members (previous members renew at annual rate of \$45).
- Sept 1st - Oct 31st is \$35
- Nov 1st - Dec 31st is \$25
- Jan 1st - Mar 31st is \$20
- Come see us at the front desk for more information!



Welcome Back!

and Oxford Age Friendly Roadshow

***Sept 14th 10:00am - 1:00pm
at 250 Ingersoll St S***

What to Expect

Registration/ Welcome table
Speakers
Presentations
Vendors
Food & Drinks
Fitness
Demonstrations



Featuring

Oxford OHT
Ontario Health at Home
United Way
Oxford County Library
Alzheimer's Society
WFL-Family transition program
Oxford Age Friendly
Stonebridge/Tillsonburg
Ontario Caregivers Association
Oxford CHC-Housing Stability Program
And more.....

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. Prices listed on door of lobby freezer.

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! Just borrow and bring back 😊

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 September 30th* . 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

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, Sept 10th @ 1:00

SPECIAL EVENTS COMMITTEE

Special Events Committee

Welcome September! Where did our summer go? It always seems to go so quickly, and they say for retired people and seniors it goes even faster. As I am writing this report, the sun is shining and it is a beautiful day. I hope we continue to have this weather throughout September.

Well, our annual Fish Fry is in the books! Thank you to all our guests who came out to enjoy some Lake Erie pickerel, PB fries, homemade coleslaw, and tartar sauce. Our final count was 107 for dine in and 19 for take out.

This event could not have gone smoothly without the Volunteers and Staff. Along with myself and the Special Events Committee, I would like to THANK YOU all. From helping in the kitchen, to decorating, to just being there and waiting patiently for instructions, and even dressing up in costumes. I would like to personally thank Chris for helping me with the Centrepieces. Coming up with an idea was harder than I thought. Rick, you go above and beyond. Also to Pat, who was still there washing dishes when I was the last one to leave (except for Kristy who gets the honors of locking up). There is just so much that goes on "behind the scenes" to have an event run smoothly.

A Special Thank You goes out to our local Ingersoll Kiwanis for their generous donation of fish. Also, to the Mt. Elgin firefighters for volunteering to fry our fish. Once again, Daniel from PB Fries (who is on his way to hopefully win another competition) who was happy to help out with the fries. Our next event is already booked for Friday, October 16 th . We are having the Murder for Hire group back for another Murder Mystery evening!

More information will be coming out soon.

As I end my report, I would like to once again invite you to join our wonderful Committee. Your creativity and excitement is what we are looking for: yes, YOU! Why not come out to a meeting and check us out. You can connect with me for more information if that makes you feel more comfortable before joining us.

Our next meeting will be held Thursday, September 10th at 1 pm.

Enjoy the month of September!

Christine Smith
Chair
Special Events Committee



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

9:30-12:00

Thursday, October 15th
Thursday, November 12th
Thursday, December 10th

Join the baking
program

Ronald McDonald House
Charities® Southwestern Ontario

HOW TO HELP

HOME / HOW TO HELP / VOLUNTEER / BAKING GROUP VOLUNTEERING



WE NEED
YOUR HELP

Is looking for Volunteers

Help with:

- Setup and take down of tables and chairs
- Dishwashing
- Ironing Table Cloths
 - Cleaning
- Special Events
- Kitchen help



Just a couple
of hours -
and you make
a big
difference

Call the Centre (519-485-3869)
or visit the
front desk to sign up

Beginner ART CLASS

Discover your creativity in a
friendly and supportive environment.

MEMBERS

\$60
PER PERSON

NON-MEMBERS

\$80
PER PERSON

Starts Sept 23rd
11:00am
6 week program

INCLUDES

- | | |
|--|--------------------------------|
| 18x24 inch canvas portfolio | ✓ 2 erasers |
| 100 page book of acid free paper | ✓ 3 blending stumps |
| Canvas art roll case that
contains graphite, charcoal pencils | ✓ Double ended pencil extender |
| | ✓ Sharpener |
| | ✓ And an art knife |



CALL TO REGISTER:
519-485-3869



RELAX, LEARN, AND
ENJOY THE JOY OF ART!



WHY IT'S IMPORTANT TO

SCAN YOUR CARD

Every Time You Visit ♥

A QUICK SCAN. A BIG DIFFERENCE.



SUPPORTS OUR FUNDING

Accurate attendance counts help us
secure grants and funding so we can
continue to offer programs and
services you love.



SHOWS OUR IMPACT

Your scan helps demonstrate the value
of our centre in the community and
the demand for programs and activities.



HELPS US PLAN BETTER

Knowing how many members are
participating helps us plan programs,
events, meals, and resources more
effectively.



STRENGTHENS OUR COMMUNITY

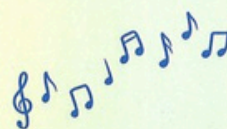
Every scan helps our non-profit thrive—
so we can keep building a welcoming,
active, and vibrant place for all seniors.



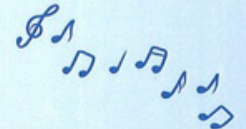
SCAN IN. SHOW UP. MAKE AN IMPACT.

Thank you for doing your part! ♥

Thank you for being part of our community. ♥



LUKES



WELCOME BACK JAM

WE'RE BACK AFTER A SUMMER
BREAK AND HAVING OUR FIRST
EVER...

→ 3 AND 4 CHORD JAM ←

(ALL SONGS HAVE ONLY 3 OR 4 CHORDS!)



IF YOU'RE A BEGINNER OR AN
EXPERIENCED PLAYER WHO ENJOYS
SINGING AND STRUMMING, COME
CHECK US OUT!



TUESDAY, SEPTEMBER 8TH
1 P.M.

INGERSOLL 50+ ACTIVITY CENTRE

Drop-In/Registered Programs

Please Note:

Connect, Participate, Enjoy

All programs are subject to change.

MONDAY

TIME

LOCATION

NOTES

Library, Woodshop
Creative Writing
American Mah Jongg
Knitting and Crocheting
Bid Euchre
Wood Carving
Art with Adelle

8:30am
10:00am
10:00am
10:00am
1:00pm
1:00pm
6:00pm

Library and Woodshop
Library
Multipurpose Room
Library
Activity Room
Multipurpose
Multipurpose

Sept 21st

TUESDAY

Library, Woodshop
Life Long Learning (History)
Aphasia Conversation Group
Ingersoll Ukuleles(I Ukes)
Carpet Bowling
Pepper

8:30am
9:30am
10:00am
1:00pm
1:00pm
1:00pm

Library and Woodshop
Multipurpose Room
Front Lounge
Front Lounge
North Room
Activity Room

Sept 22nd (start)

WEDNESDAY

Library, Woodshop
Beginner Art Class
Bridge
Bingo

8:30am
11:00am
12:45pm
1:00pm

Library, Woodshop
Multipurpose Room
Front Lounge
Activity Room

Sept 23rd (Start)

THURSDAY

Library, Woodshop
Choir (Overtones)
Drop in Sewing
Bid Euchre
Chinese Mah Jongg
Book Club

8:30am
various times
various times
1:00pm
1:30pm
1:30pm

Library, Woodshop
Multipurpose Room
Front Lounge
Activity Room
Multipurpose Room
Library

Sept 24th (start)

FRIDAY

Library, Woodshop
Ukulele Beginner/Learning
Sing for Joy
Bridge
Euchre
Mexican Dominoes
World Issues

8:30am
10:00am
11:00am
12:45pm
1:00pm
1:00pm
1:00pm

Library, Woodshop
Front Lounge
Front Lounge
Front Lounge
Activity Room
Library
Multipurpose

Sept 25th (start)
Sept 25th (start)

Sept 18th (start)

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)



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 will continue in the fall. The next gathering will be Thurs Sept 24th @ 1:30 to discuss "*The Correspondent*" by Virginia Evans. 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.

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: Will return in the fall. 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: Will resume in the fall. Bring your own projects and enjoy a social while working on your projects. Thursday mornings at 9:30.

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: Continues again Sept 18th at 1:00 (every Friday)

REGISTERED PROGRAM DESCRIPTIONS

Beginner & Learning Ukulele: The two classes have joined together for this 5-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. Starts Sept 25th. Call to register.

Cooking Classes - Culinary Creations: Will return in October. Each month Chef Richard will come and share recipes, shopping tips and demonstrations along with tasting all of this. Wednesday's



CARD MAKING WITH CINDY KOSTER:

Sept 29th from 1pm-3pm

**\$25/NM
OR
\$20/M**

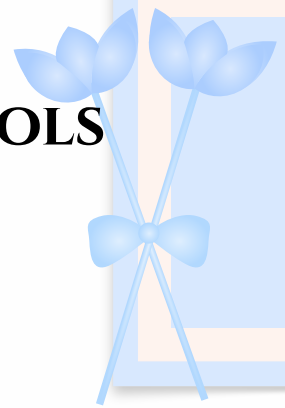
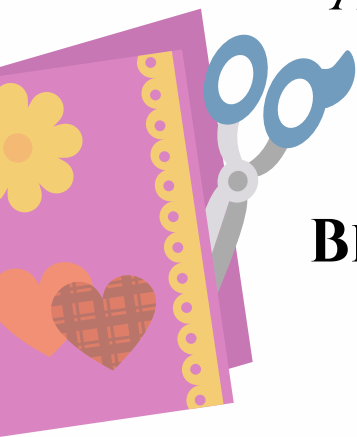
TIME TO GET CREATIVE

ALL MATERIALS WILL BE SUPPLIED

CALL THE CENTRE TO REGISTER

519-485-3869

**BRING YOUR CARD MAKING TOOLS
AND ADHESIVE OF CHOICE.**



OXFORD COUNTY

**APHASIA
CONVERSATION
GROUP**



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



WOODSTOCK HOSPITAL



Stroke Network
Southwestern Ontario





CREATE. RELAX. CONNECT

ART

WITH

Adelle

Starts Monday
Sept 21st @6pm
\$30 per person

Call to Register
519-485-3869

250 Ingersoll
St S

All supplies provided

No experience needed



Fall Workshop

Enjoy this social event
and a delicious fall
treat

\$30.00

Create, socialize,
and celebrate
the cozy flavours
of fall!

Coming in October
Stay tuned for Date
and time




Step into Fall

Join us for a morning on the Hickson Trail in Woodstock. Enjoy the outdoors, fresh air, and good company while exploring the trail together.

Meet in at the centre for 9am
September 24th

Carpooling? Need a ride or have room for someone to join you? Let us know!



\$155 NON-MEMBER
\$140 MEMBER

**INCLUDES: LUNCH,
MOTOR COACH,
DRIVER GRATUITY,
SHOW TICKET**

**THE
SOUNDS OF
CHRISTMAS
BUS TRIP
DECEMBER 4TH
2026**



*TURKEY BUFFET LUNCH AT QUEHL'S AND GUSE PRODUCTIONS
(WMB CHURCH 245 LEXINGTON RD WATERLOO)*

**REGISTER BY NOVEMBER 4TH
250 INGERSOLL ST
519-485-3869**



Looking for Donations

***The Food Project
is looking for
reusable grocery
bags.***

Please bring them into the
Centre
250 Ingersoll St S
THANKS SO MUCH



SEWING CLUB UPCOMING PROJECTS

September 14th



First Monday of every
month

Call the Centre for times

November 2nd

October 5th



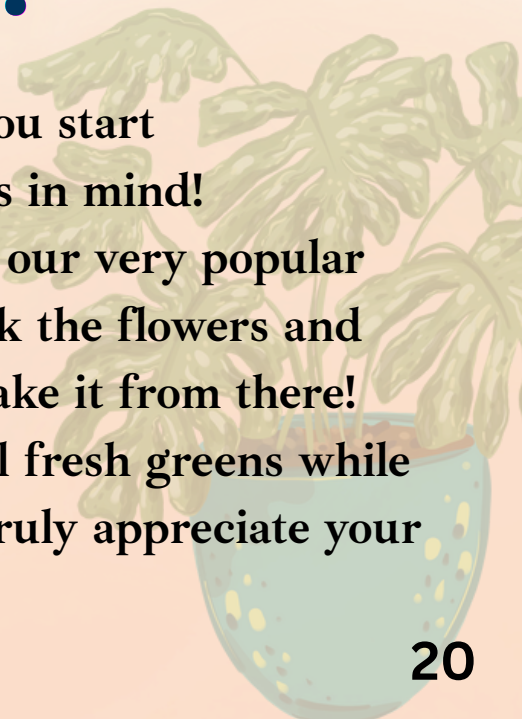
December 7th is
“bring your
project”

Don't Toss Those Summer Pots!

As summer/fall winds down and you start
clearing out your flower pots, keep us in mind!

We'd love to give those pots a second life for our very popular
Fresh Greens for the Bazaar. Simply cut back the flowers and
leave the roots and soil in the pot — we'll take it from there!

Your donated pots help us create our beautiful fresh greens while
keeping costs down. Every pot helps, and we truly appreciate your
support!





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

LIFE LONG LEARNING

THROUGH HUMAN STORIES

INGERSOLL SENIOR CENTER

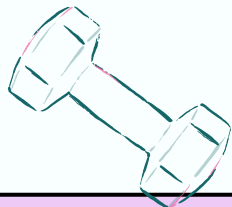
DATE AND TIME	PRESENTER	TOPIC
September 22 Tuesday @9:30 AM	David Hay	The Story of Iran
September 29 Tuesday @9:30 AM	Brian Cox	ARRG! The World of Pirates... How real was Treasure Island?
October 6 Tuesday @9:30 AM	Deward Yates	Atlantis: Mythology, Reality or Greek Hubris
October 12 and 13 Thanksgiving		
October 20 Tuesday @9:30 AM	Brian Cox	ARRG! The World of Pirates... How real was Treasure Island?
October 27 Tuesday @9:30 AM	Deward Yates	Seven Wonders of the Ancient World Ever Wonder -how they were designated and by whom?
November 3 Tuesday @9:30 AM	David Hay	Story of Turkey
November 9 and 10 Remembrance Day		
November 17 Tuesday @9:30 AM	Deward Yates	Stone circles, stone monuments of the Ancient World. Locations, dating, theories and mythology.
November 24 Tuesday @9:30 AM	Deward Yates	Step pyramids across the world Locations, dating, theories, and mythology; possible linkage
December 1 Tuesday @9:30 AM	Brian Cox	ARRG! The World of Pirates. How real was Treasure Island?
December 8 Tuesday @9:30 AM	David Hay	The Story of Christmas
December 14 and 15		

Call to register
519-485-3869

Extra Class in case of a cancellation

\$50.00

22



FITNESS SCHEDULE



TIME	MONDAY Hours 8:30-9:00PM 9:00-11:00AM Pickleball	INSTRUCTOR	NOTES
8:45-9:45AM 10:00-10:45AM 11:00-12:00PM 12:15-1:15PM 1:30-2:30PM 3:45-4:15PM 4:30-5:30PM 6:00-7:00PM 7:15-8:15PM	Total body workout Beginner Stretch & Strength Pelvic Floor Tai Chi VON SMART Exercise Essentrics 30 Mins Essentrics 60 Min Beginner Line Dance Improver Line Dancing	Jennifer NORTH ROOM Jennifer NORTH ROOM Shauna NORTH ROOM June NORTH ROOM Tom NORTH ROOM Lori NORTH ROOM Lori NORTH ROOM Elma NORTH ROOM Graham NORTH ROOM	Registered Sept 21-Nov 2 Begins Sept 8 th Free Registered Sept 21-Nov 2 Registered Sept 21- Nov 2 Begins Sept 14 Begins Sept 14
TIME	TUESDAY Hours 8:30-4:30PM	INSTRUCTOR	NOTES
8:45-9:45AM 10:00-10:45AM 10:00-11:00AM 10:30-11:30AM 11:00-12:00PM	Total Body Workout / Step Fit Yoga Chair Yoga Stroke, COPD, Parkinson's Zumba Gold	Nancy NORTH ROOM Debbie NORTH ROOM John ACTIVITY ROOM Jennifer FITNESS CENTRE Kelly NORTH ROOM	Begins Sept 8 Registered Sept 22-Nov 3 Registered Sept 22-Nov 3
TIME	WEDNESDAY Hours 8:30-9PM 9:00-11:00AM Pickleball	INSTRUCTOR	NOTES
9:00-10:00AM 10:15-11:45AM 10:30-11:30AM 4:45-5:45PM 6:00-7:00PM 7:15-8:15PM	Sculpt & Sweat Absolute beginner Line Dancing Chair Fitness Active Aging Pelvic Floor Meditation	Jennifer NORTH ROOM Joyce NORTH ROOM Jennifer ACTIVITY ROOM Maria NORTH ROOM Shauna NORTH ROOM Shauna MEDITATION R	Registered Sept 23-Nov 4 Registered Sept 23-Nov 4 Registered Sept 23-Nov 4 Registered Sept 23-Nov 4
TIME	THURSDAY Hours 8:30-4:30PM	INSTRUCTOR	NOTES
9:00-10:00AM 10:00-11:00AM 10:30-11:30AM 1:30-2:30PM	Gentle Yoga Chair Yoga (Sept 8 th start) Stroke, COPD Parkinson's VON SMART Exercise	Debbie NORTH ROOM John ACTIVITY ROOM Jennifer NORTH ROOM NORTH ROOM	Begins Sept 8th Registered Sept 24-Nov 5 Free
TIME	FRIDAY Hours 8:30-4:30PM Pickleball 9:00-11:00AM	INSTRUCTOR	NOTES
9:00-10:15AM 10:30-11:30AM	Stretch & Strength - Level 5 OSTEO fit	Jennifer NORTH ROOM Jennifer NORTH ROOM	Registered Sept 25-Nov 6

We are looking for more players to join the fun

RECREATIONAL PICKLEBALL

MONDAY, WEDNESDAY & FRIDAY
9:30-11:30AM

**WE ARE AT THE
OUTDOOR COURTS
UNTIL END OF
OCTOBER AT THE
INGERSOLL 50+
ACTIVITY CENTRE
250 INGERSOLL ST S,
INGERSOLL**



INGERSOLL
SERVICES FOR
SENIORS



\$2

DROP-IN

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

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 6 weeks: \$40/member \$64/non-member

General Program Registration:

- Payment is due at the time of registration for special events, bus trips and workshops.
- Membership cards must be shown when registering for any program.
- Phone in registration must be paid in full within 48 hours. Registrations will not be accepted via voice mail.

Cancellation Policy:

If you choose to register at the last minute, you run the risk of the class being full or cancelled 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 DESCRIPTIONS & SCHEDULE

ACTIVE AGING: 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! **Registration is required. September 23-Nov 4 \$40 M \$64 NM Instructor - Maria**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4:45 - 5:45PM		

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 warmup, cardiovascular component, cool down and balance, resistance training, and wraps up with stretch and relaxation exercises. **\$3M \$6NM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Instructor Jennifer->	10:30 - 11:30AM		

CHAIR YOGA: A mostly seated class, gentle yoga poses are used to strengthen and stretch the body. **\$3M \$6NM Instructor is John S.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00 - 11:00AM		10:00 - 11:00AM	

ESSETRICS AGING BACKWARDS: 30 Minutes A full body slow paced standing class set to music and is designed to help attendees regain their balance, strength, flexibility, and overall health. **Registration is required. September 21 - Nov 2 \$20 M \$32 NM Instructor - Lori A.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:45 - 4:15PM				

ESSETRICS STRETCH & TONE: 60 Minutes A dynamic, full body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. Effective for flexibility, mobility and pain-relief as well as injury prevention and recovery. This lively class is medium-paced and easy to follow. Music is used to enhance the stretching and strengthening of the body. A chair is used as a "barre" for deeper stretching in this class. A chair for support can be used for those concerned about balance. **Registration is required. September 21-Nov 2 \$40 M \$64 NM Instructor Lori A**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 - 5:30PM				

GENTLE YOGA & YOGA: Level 3 In this Gentle Floor Yoga class, you'll be on you mat for the duration of the class, gently moving between lying, seated, and kneeling positions. Breath awareness guides each soft movement and transition, promoting relaxation, mobility, and wellbeing. **\$3M \$6NM Instructor Debbie N.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga →	10:00 - 10:45AM		9:00 - 10:00AM	← Gentle Yoga

FITNESS DESCRIPTIONS & SCHEDULE CONT'D

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. **\$3M \$6NM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 7:00PM	← Instructor Elma S.	10:15 - 11:45AM	← Instructor Joyce S.	
7:15 - 8:15PM	← Instructor Graham			

MEDITATION: Introducing the fundamentals and variations of mindfulness and meditation. Learn the benefits of mindful breathing and meditation. **Registration is required. September 23-Nov 4 \$40 M \$64 NM - Instructor - Shauna B.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		7:15 - 8:15PM		

OsteoFIT: A class that is specially designed for participants that have osteoporosis concerns or diagnosis. The class is performed in a combination of seated and standing exercises. If the participant prefers or has mobility issues, all exercises can be performed seated. The class includes a warmup segment, gentle aerobics, cool down and balance, resistance training, ending with stretch and relaxation exercises. **\$3M \$6NM Instructor Jennifer M.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				10:30 - 11:30AM

PELVIC FLOOR: Pelvic tension and lower back aren't isolated issues - they are part of an intricately connected system. Join our 6-week somatic series to move beyond simple stretching and step into integrated, whole-body healing. By gently retraining your brain-body connection and releasing deeply held stress patterns, you will unlock lasting relief that frees your pelvis, supports your lower back and restores fluid movement to your entire lower body. **Registration is required. September 21-Nov 2 \$40 M \$64 NM - Instructor - Shauna B.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00AM-12:00PM		6:00 - 7:00PM		

SCULPT & SWEAT: 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. **ARRIVE 15 MIN EARLY TO SET-UP YOUR EQUIPMENT. Registration is required. September 23-Nov 4 \$18 M \$36 NM - Instructor - Jennifer M.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 - 10:00AM		

FITNESS DESCRIPTIONS & SCHEDULE CONT'D

STRETCH & STRENGTH: BEGINNER & LEVEL 5 A total body workout experience that will burn calories, shape, and tone your entire body, increase core strength, and improve bone health. Focus is given to functional movement and activities of daily living. Set to music to motivate, this class will get your heart pumping while engaging the major muscle groups of the body. Part of the class is performed on the floor; so, participants are encouraged to bring their own mats. **ARRIVE 15 MIN EARLY TO SET-UP YOUR EQUIPMENT. Registration is required. September 21-Nov 2 \$18 M \$36 NM - Instructor - Jennifer M.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-1045AM	← BEGINNER		LEVEL 5 →	9:00 - 10:15AM

STROKE, COPD, PARKINSONS DISEASE FITNESS CLASS: An 6-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 6 week session since the class is progressive and participants move along together even though everyone works at their own pace. **Registration is required. September 22-Nov 3 \$40 M \$64 NM Instructor Jennifer M.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:30 - 11:30AM		10:30 - 11:30AM	

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. **\$3M \$6NM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15 - 1:15PM				

TOTAL BODY WORKOUT/STEP FIT(TBSF): Level 4 Boost your cardiovascular health, stamina and full-body strength in a safe, energizing, low-impact environment with a fun music mix. TBSF pairs joint friendly step aerobics with resistance training to target every major muscle group. Warm up is followed by basic step patterns to increase your heart rate, improve coordination and build endurance. Strength training will use body weight, dumbbells and resistance bands to protect bone density and keep your heart strong. The class will end with dedicated core work, stability practice and flexibility stretching to restore muscles and enhance mobility. **\$3M \$6 NM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:45-9:45AM			

TOTAL BODY WORKOUT: LEVEL 4 A fully standing class that is set out to music that motivates, energizes, and then helps relax the body. It includes warm up, cardiovascular training, cool down, balance, resistance training, stretch and relaxation components for a total body workout. **\$3M \$6 NM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45-9:45AM				

FITNESS DESCRIPTIONS & SCHEDULE CONT'D

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30 - 2:30PM			1:30 - 2:30PM	

ZUMBA: Is a modified, low-impact version of standard Zumba. Designed for active 50+ adults, beginners, or those recovering from injuries, it focuses on improving balance, range of motion, and posture while eliminating jumping or high-impact movements. **Registration is required. September 22-Nov 3 \$40 M \$64 NM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:00 -12:00PM			

OFF SITE FITNESS PROGRAMS

Golf: If you like golfing in a relaxed atmosphere, look no further. Email Jane Zurbrigg j.zurbrigg@icloud.com. and get your name on the list to golf in foursomes. Must be a member of the centre.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 12:00PM				

Recreational Pickleball: Beginners Welcome! - Mon, Wed and Fri @ 9:00am at the Outdoor Courts - during the summer and at Trinity United Church from Monday November 2nd to spring. 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/Session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM		9:30AM		9:30AM

Slo-Pitch League: Are you wanting to play slo pitch with a fun, recreational team! Please talk to Kristy for next year. League runs from May to September. **Must be a member of the centre.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30 - 11:00AM			

OFF SITE FITNESS PROGRAMS CONT'D

Walking Club - Wednesday @ 9am – Various locations

"Fall is a great time to join the Walking Club. The temperatures are more relaxed, the colours are changing and we are still able to enjoy fantastic trails. It's also a great time to gear up for Winter Walking...remember- your body is a much better furnace than Air Conditioner! If it's your first time, please contact the Centre prior to a Wednesday walk. We have paces suited to all levels."

DATE	LOCATION	DATE	LOCATION
September 2nd	Garnet Elliot Area	October 7 th	TBD
September 9th	Beach walk: Pinery or Ipperwash TBD	October 14th	TBD
September 16th	Throntdale and Lunch at Cobble Hills	October 21st	TBD
September 23rd	Port Stanley	October 28th	TBD
September 30th	Beachville Trail		



FITNESS REMINDERS



We're looking for Hand Weights

– Gently used hand weights to support our fitness classes and help our members on their fitness journeys. If you have any you're not using anymore, please bring them to the front desk. Thank you so much

REMINDER

Please arrive **15 MINUTES BEFORE** your class to set up everything you need



FITNESS ETIQUETTE

SHHH... WE'RE GETTING FIT!

Fitness class is in progress!

Help our participants focus, move & enjoy their workout by keeping hallway conversations to a minimum while classes are underway.

Quiet hallway = Happy fitness class!

We appreciate your cooperation!

Don't forget to scan your
fob.



ESSENTRICS

—◆—
MOVE BETTER. FEEL BETTER
LIVE BETTER

Monday

ESSENTRICS 30 MIN
3:45pm - 4:15pm

ESSENTRICS 60 MIN
4:30pm - 5:30pm

**Registered
6-Week Program
Starts
Sept 21st - Nov 2nd**

WHAT LORI'S CLIENTS ARE SAYING

◆

"Nothing hurts as bad as it used to"

"I feel more alive. I have more energy"

"I breath easier"

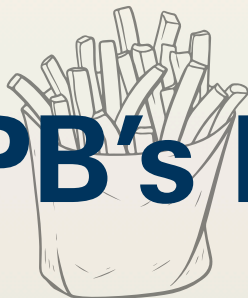
"I can bend my knees again"

"I can get out of my chair with ease now"

◆ A chair for support ◆
can be used for
those concerned
about balance

THANK YOU

PB's Fries



**Mt. Elgin Fire
Fighters**



**Ingersoll
Kiwanis
Club**



**Feeding the
futures**

VOLUNTEERS

Staff

**SPECIAL
EVENTS**
Committee

**YARD
SALE**
Committee



FUNDRAISER for our Centre, happening NOW



Contact us

✉ pupcakes@gmail.com

🌐 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?

Shop Our Lobby & Support the Centre!

Did you know we have a great selection of items for sale right here in our lobby?

Stop by and browse Centre-branded clothing, delicious homemade jams, Rheo Thompson Mint Smoothies, and much more!

You'll find quality items at affordable prices, and the best part is that your purchases help support programming and activities at the Centre.

Shop local, support the Centre, and treat yourself while you're here!

Volunteer Opportunities with the Ingersoll 50+ Activity 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 or Rick

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!

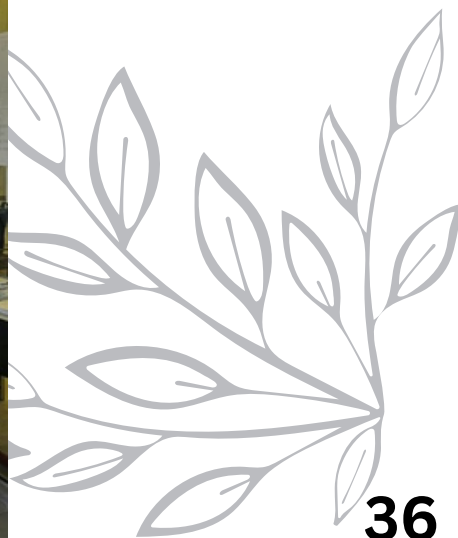
The FOOD Project

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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.

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.



Contact: Victoria Adshade ~ 519-485-2269 ~ css@ingersollseniors.com

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.

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!

FUNDRAISER



Thank you to
everyone who
made this happen!!!!

We raised
\$1050.00
for the FOOD
PROJECT

We raised
\$1035.00
for the Centre

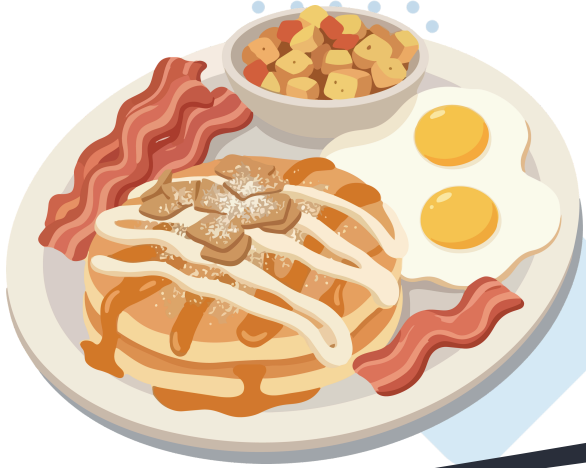


Brunch

SEPT 2ND, SEPT 16TH, SEPT 30TH

9:00 am - 11:30am

\$10.00



**REGISTER ON TUESDAY'S
BY NOON**

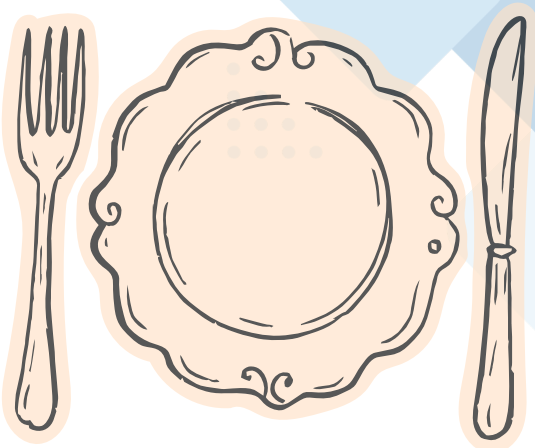
5:00pm - 6:30pm

Dinner

SEPT 9TH, SEPT 23RD

\$13.00

**REGISTER ON TUESDAY'S
BY NOON**



CURBSIDE AND DINE-IN MEALS

TUESDAY CURBSIDE MENU – \$10 SIGN UP BY NOON ON MONDAYS

\$10 - Menu is subject to change

Pickup on Tuesdays between
11:45am - 12:15pm

Sept 1 st	chicken, potatoes, vegg, dessert	Oct 6 th	chilli, Salad, dessert
Sept 8 th	soup, sandwich, salad, dessert	Oct 13 th	shepherd's pie, Salad, dessert
Sept 15 th	beef stirfry, rice, salad, dessert	Oct 20 th	meatballs, potatoes, vegg, dessert
Sept 23 rd	spaghetti, salad, dessert	Oct 27 th	pork chops, potatoes, vegg, dessert
Sept 29 th	sausage, potato, vegg, dessert		

WEDNESDAY BRUNCH – , SEPT 2ND, 16TH & 30TH

The 1st and 3rd Wednesday of each month
Sign up by Noon on Tuesdays. \$10(Dine-in only)
Served between 9am - 11:30am

Eggs, Bacon or Sausage, Hashbrowns, Pancakes, French Toast, Toast, Fruit Cup

WEDNESDAY DINNER MENU – SERVED FROM 5:00PM–6:30PM

Sept 9 th	Roast Beef Dinner with Yorkshire	Oct 14 th	Chicken, Rice, Vegg, dessert
Sept 23 rd	Italian Night Theme - Dress Accordingly	Oct 28 th	East Indian night!

FRIDAY DINE-IN MENU – \$10.00



Friday lunches are Sponsored
by Wellington Denture Clinic

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

Sept 4 th	fish <u>w</u> white sauce, rice, salad, dessert	Oct 2 nd	chicken stirfry, rice, vegg
Sept 11 th	meatloaf, potato, vegg, dessert	Oct 9 th	Thanksgiving Dinner(take-out only) Roast Beef Dinner(Dine-in only)
Sept 18 th	roast Beef, mashed, vegg, dessert	Oct 16 th	perogie/sausage vegg, salad, dessert
Sept 25 th	lasagna, Salad, dessert	Oct 23 rd	meatloaf, potato, vegg, salad dessert
		Oct 30 th	lasagna, salad, dessert

We are able to accept and reuse containers. Please wash & rinse your containers and lids before returning 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

☐☐

NewClient

ALL info for NESDA

☐☐

Frosty Meals Price List

7 entrees\$49.00 7

soups\$15.00 7

desserts\$15.00

5 entrees + 5 soups

ordesserts\$46.00

1entrée \$7.50

1soup 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 (LC)
- ☐ Chicken Cacciatore (LC LS LF)
- ☐ Chicken Pot Pie (LC)
- ☐ Country Chicken (LC LF)
- ☐ Lemon Chicken (LC LF LS)
- ☐ Chicken Breast with Broccoli & Cheddar Sauce
- ☐ Chicken Stew (LC)
- ☐ Sweet and Sour Chicken (LC LF)
- ☐ Chicken with Honey BBQ Sauce (LC LF LS)
- ☐ Turkey with Stuffing (LC LF)

Fish

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

Soups

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

Beef

- ☐ Beef Stew (LC LF LS)
- ☐ Beef Stroganoff (LC LS)
- ☐ Chopped Swiss Steak (LCLF LS)
- ☐ Steak & Mushroom Pie (LC)
- ☐ Liver & Onions (LC LF)
- ☐ Shepherd's Pie (LC)
- ☐ Pot Roast (GF LC LF)
- ☐ Meatballs in Gravy (LC)
- ☐ Meatloaf in Mushroom Gravy (LC LS)
- ☐ Lasagna

Pork

- ☐ Sweet & Sour Pork (LF LS)
- ☐ Pork With Stuffing (LF LS)
- ☐ Baked Ham (LF)
- ☐ Bangers & Mash

Desserts

- ☐ Chocolate Fudge Cake
- ☐ Orange Layer Cake ☐
- Lemon Layer Cake ☐
- Sticky Toffee Cake ☐
- Apple Pie Square (V W)

Sample of Minced Food—call for more details

GF- Gluten Free LC-Low Calorie LF-Low Fat

LS -Low Sodium V-Vegetarian

Sample of Minced & Gluten free Food

Call to see what is in stock

519-485-2269

Beef

Ask about our In-house cooked frozen meals

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. 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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Would you like to advertise in our monthly newsletter that goes to 800+ members? Please contact Anna for more information.



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HAHAHA

JOKE TIME

HAHAHA

"What's the difference between beer nuts and deer nuts?"

Beer nuts cost \$1.99 while deer nuts are always under a buck."



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Beginning September 14/26*

NEW LOCATION:
Ingersoll Pipe Band Hall
108 Wonham St. S. in Ingersoll



To pre-register, or for more info, call Julie at 519-535-3314
or check our facebook page, Thames Valley



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Ingersoll Choral Society



JOIN US !

- Do you like to sing? **So do we!**
- Are you looking to get involved in an enjoyable activity? **ICS members have lots of fun!**
- Are you looking for more choral experience? **ICS's signature performance is the Good Friday concert, but we also do themed concerts, Broadway shows, etc.**
- Think you don't have the qualifications? **No experience required! Some of our members don't read music, so no worries on that score!**

For more information, contact Holly Langohr,
Music Director, at holly.langohr@gmail.com
or call/text 226-984-1957



Ingersoll Choral Society needs YOU!

Like to sing? We'd love to have you join us.

No experience required! Some of our choir members don't read music – so don't let that stop you! You'll find a welcoming environment where fun and fellowship are only exceeded by a love of singing!

While our Good Friday concert remains our 'signature event', we also perform Broadway revues, dinner theatres, and other themed concerts.

This season, our first production will be held at ITOPA in November.

"Ingersoll Choral Society Lights Up Broadway" promises to be a lot of fun

and we would love to have you be part of it!

Rehearsals for our 2026/27 season begin

Monday, Sept. 14, 7-9 pm at

Ingersoll Christian Reformed Church,
429 King St. W., Ingersoll.

No commitment to join ICS is required until you've attended the first three rehearsals.

Find us on Facebook or email

holly.langohr@gmail.com

for more info.

Thanks so much!

Jan Vicars

Ingersoll Choral Society

519-902-4007

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
DOMINO'S PIZZA	30% OFF	Every Sunday, 60+
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+
GLOBAL PET STORE	15% OFF	Last Tuesday of every month, 60+
FIRST CHOICE HAIRCUTTERS	10% OFF	Tuesday and Wednesday, 60+
FOODLAND	10% OFF	Every Wednesday, 60+
GIANT TIGER	10% OFF	First Monday of every month (Tuesday if closed for holiday Monday), excludes groceries, 60+
HOME HARDWARE	10% OFF	Every Wednesday (in store only), 60+
INDEPENDENT	10% OFF	Every Tuesday with valid PC Optimum Card Excludes pharmacy, 55+
PET VALU	10% OFF	Last Thursday of every month with Pet Valu Rewards Card, 60+

AUGUST RIDDLE ANSWERS

- 1. An egg
- 2. A towel
- 3. A candle
- 4. A piano
- 5. A clock
- 6. A hole
- 7. The letter M
- 8. A bottle
- 9. A postage stamp
- 10. A needle
- 11. A teapot
- 12. A garbage truck
- 13. A mushroom
- 14. A cold
- 15. Your name

Bonus Riddle: A man leaves home, makes three left turns, and returns home to find two people wearing masks waiting for him. Who are they?

Answer: The catcher and the umpire—
it's a baseball game!



WORD

SCRAMBLE

Unscramble the letters to reveal the words

- | | |
|-----------------|-----------------|
| 1. RPYESHA | 9. EETCLSLIA |
| 2. LMNAYUIR | 10. CARUSREPIO |
| 3. SOCBSEUR | 11. BUNLUSOE |
| 4. IGNRNENEVN | 12. NENERCISDTM |
| 5. TENUARVDE | 13. PHMEEALRE |
| 6. NIPCEPRETO | 14. RDMUNCONU |
| 7. TISQUIXEE | 15. SINTAETOB |
| 8. LULIRTSUIISO | 16. LCRAAIYT |