

# The Village



**INGERSOLL**  
Issue 160 Since 2012

# Voice



**MARCH 2026**

## KINSMEN FANSHAWE SUGAR BUSH

Saturday & Sundays for the month of March. Fun for the whole family: tours, horse wagon rides, hot pancakes with pure maple syrup and more. Reservations can be made at [www.kinsmenfan-shawesugarbush.com](http://www.kinsmenfan-shawesugarbush.com).

## INGERSOLL 50+ CENTRE EVENTS

**BUS TRIP Irish Kitchen Party** Mon, Mar 17. Join us for a show of Irish singers, dancers, fiddlers & story-tellers.

**BUS TRIP Women's Professional Hockey League** Sat, Apr 11.

**Las Vegas Style Casino Night** Fri, Mar 27, 6-9pm. Come play casino tables with "funny money" to win raffle prizes. Call 519-485-3869 to register by Mar 20.

**Annual Yard Sale** Apr 25, 8-12pm. Donations accepted until Apr 11.

## KC AND THE SUNSHINE GIRLS

Coming to Mt Elgin Community Centre Sun, May 3, 2-4pm. Put on your Boogie Shoes for an afternoon of dance hits of the 70's & 80's. This Tribute Show is being hosted by Mt Elgin United Church. Tickets are \$30 and are available by calling Joanne 519-425-1988 or Dawne 519-421-6836.

## IT IS CARNIVAL TIME

The Ingersoll Skating Club proudly presents "Pop Stars on Ice." Our annual Carnival is Sat, Mar 28, 3pm. Our skaters will be skating to popular songs for an afternoon of exciting performances. Tickets are available at the door or during Ingersoll Skating Club sessions at the Ingersoll arena. Adults \$10, children (5-12) \$5 and under 5 are free. Everyone is welcome. Our carnival will feature all of our skaters including our pre-schoolers & our competitive skaters. There are group numbers, features & solos. We also have a silent auction and a 50/50 draw. Please join our skating families for a fun afternoon at the Ingersoll arena March 28!

## STICH SUPPER CLUB

Supper Club celebrated its 10th anniversary Feb 19 with thanks to its donors, volunteers & guests. For more information and/or to help, see [www.stichsupperclub.ca](http://www.stichsupperclub.ca).

## INGERSOLL HORTICULTURAL SOCIETY

Meets Mar 24, 7:30pm at Ingersoll Seniors Centre, 250 Ingersoll St. S. Topic: Show Stopping Shrubbery. Presenter: Mike Prong. Visitors welcome, free. Yearly membership \$10.

## TO INGERSOLL, WITH LOVE

The Museum's newest exhibit, "To Ingersoll, With Love," offers a poignant look at the history of local communication. Before the era of instant messaging & digital footprints, the heartbeat of our town was captured through the intimate medium of ink & paper. This exhibit invites visitors to step back in time & immerse themselves in the private lives of those who walked these streets before us, viewing letters as tactile connections rather than just simple messages. Through a carefully curated collection of original letters & postcards, "To Ingersoll, With Love" uncovers the raw, unfiltered history of our community and will remain open to the public until the spring.

## CELEBRATING 60 YEARS OF SINGING!

The Woodstock Choralaires presents "Thank You For The Music" Sat, Apr 25, 3pm at Knox Presbyterian Church, Woodstock with Luciano DeCicco, Guest Artist. Tickets \$30 (free admission to children 12 & under). For tickets contact Wilson & Markle Jewellers, Woodstock; [ticketscene.ca](http://ticketscene.ca); Choralire Members; 519-456-5270.

## OXFORD CTY DIABETES EDUCATION

Are you looking for support with your diabetes? Our team of Registered Nurses, Registered Dietitians & a Social Worker are here to support YOUR goals. We can help with medication adjustments, lifestyle & diet changes, stress management, weight reduction strategies & more. Appointments are available at Alexandra Hospital Ingersoll & Tillsonburg District Memorial Hospital and by phone. SELF REFERRALS ARE WELCOME. Please call 519-485-9611 to book an appointment. Let's work together!



## ALCOHOLICS ANONYMOUS

If You want to drink... that's Your business.  
If You want to Stop... We can help.  
24-Hour Helpline 519-438-1122  
email us soberoxfordaa@gmail.com  
www.oxfordaa.com



## CUCKOO'S NEST CONCERT SEASON

Portage - "Canadian Fiddle Show" - Sun, Mar 1, 7:30pm.

Steafan Hannigan & Saskia Tomkins - Sun, Mar 15

Pressgang Mutiny - Sun, Mar 29

All remaining concerts in our season are being held at the German Canadian Club, 1 Cove Road, London (lots of free parking).

**Portage "Canadian Fiddle Show"** Sun, Mar 1, 7:30pm. Portage is a new "super-group" of fiddlers/multi-instrumentalists/singers from across Canada bringing you old & new music in a collective artistic adventure. Portage is: Erynn Marshall, Laura Risk, Jean Hewson, Alanna Jennish & Anne Lederman. High energy fiddling from many traditions meets innovative arrangements combining vocals, guitar, cello, piano, bones, feet & more. The members of Portage are rooted in Newfoundland & Labrador, Quebec, Ontario, the Prairies, Appalachia and the West Coast.

**Steafán Hannigan & Saskia Tomkins** Sun, Mar 15, 7:30pm. An Ontario-based Irish traditional duo who play traditional music from Ireland with some spice from around the world thrown in! Steafán and Saskia have played at many European & North American festivals as a duo and with their family band, and trio Cairdeas. They have worked with many of the traditional music greats including, Martin Carthy and Dave Swarbrick, The Chieftains, Michael Flatly, and Paddy Keenan.

**Pressgang Mutiny** Sun, Mar 29, 7:30pm. Pressgang Mutiny are Toronto's Shantymen, a quartet of dynamic musicians & tall ship sailors, dedicated to traveling the globe to discover shanties - work songs passed down through the generations, traditionally sung by sailors and whalers, fishermen & navies, in English (mostly), but also Irish, Scots Gaelic & French. Each with a rousing chorus & beautiful harmonies. They have performed extensively at festivals & venues across Canada, the US & Europe. They were an Official Showcase artist at the 2023 Folk Music Ontario Conference and also have showcased at Folk Alliance International. Pressgang Mutiny are Richard Kott, James McKie, Tim Pyron, and Stefan Read. For Information call 519-319-5847 or folk@iandavies.com.

## OXFORD TRACTOR SKILL GAMES

Our Board of Directors is already hard at work planning the 2026 Tractor Skill Games, all in support of the Children's Health Foundation. For the past 4 years, we've proudly hosted an annual family-friendly fun day, raising funds that go directly to families in need at London Children's Hospital. Thanks to our incredible community, we're making a real difference—together. Want to get involved? There are so many ways: -Compete in the Tractor Skill Games -Volunteer at the event -Donate as a business or individual -Join a committee & help behind the scenes. Learn more or get involved:

www.tractorskillgames.ca  
tractorskillgames@hotmail.com. Don't forget to follow us on Facebook & Instagram for updates! Save the date: Sat, Sept 5, near Ingersoll.



## IN 2026 IT'S YOUR FIX!

Ingersoll Country Music Jamboree meets every other Fri 1-4pm at Masonic Hall, 190 Thames St S, Ingersoll. Join us, walk ins welcome. Qualifications: love 1950-70's country music, perform, listen, dance, enjoy! Mar 6, 20, Apr 10 & 17, May 1 & 15 & 29, June 5 & 19.

## INGERSOLL DISTRICT NATURE CLUB

**DESTINATION ANTARCTICA** Wed, Mar 11, 7-8pm with Richard Skevington, a life-long naturalist & member of the Woodstock Field Naturalists' Club. This free presentation is at the Ingersoll Public Library Program Room. Richard will join us to present an engaging talk & slideshow on his recent travels to Antarctica. He weaves a compelling & enlightening story that you won't want to miss. For more information contact Sheila 519-485-2645.

**COULTER CONSERVATION AREA & MAPLE SYRUP FESTIVAL** Sat, Mar 14. Please join us at 9am at the Municipal Parking lot behind the Ingersoll Arena to carpool to the Springwater Conservation area near Aylmer where we will enjoy pancakes & maple syrup before continuing to the nearby Archie Coulter Conservation Area at 46900 Brouwer's Line, which is a new location for our Club. This area stretches 133 acres along the west branch of Catfish Creek with an easily walkable 4.2 km trail, providing a window into our beautiful Carolinian Zone. On the way back to Ingersoll a stop at the Aylmer viewing stand to watch migrating swans & geese is an option for those interested. For more information contact Meg 519-485-4220 and www.ingersollnatureclub.com.

## SPRING CHOIR CONCERT

The Thames Centre Community Choir presents its 2026 Spring Concert Sun, Mar 29, 2pm. "In Nature" will showcase a variety of songs including vocal & piano solos. Admission is by donation. Thorndale location to be announced.



## WEDNESDAY LADIES BOWLING LEAGUE

Weekly games over 200. Week 17: Michelle Kirwin 325, Janice Harry 211, Linda Duynisveld 201. Week 18: Linda Robinson 225, Janice Harry 220. Week 19: Melanie Hance 235, Michelle Kirwin 217, Toni Scaiff 208, Kim Overton 201. Week 20: Michelle Kirwin 248, 217, 254, Janet Scott 239, Karen Aubin 233, Cheryl Jeffery 219, Linda Duynisveld 209, Pam Stewart 206. Week 21: Michelle Kirwin 294, 210, 209, Melanie Hance 235, Kim Overton 234, Mary Rooke 202.



See Our Website for Monthly Specials!

194253 19th Line  
Ingersoll, ON  
N5C 3J6

Tel: 519-425-0428  
Fax: 519-425-1714  
Cell: 519-630-6649  
Email: shane@greatfloors.ca

## FREE YOUTH PROGRAM

Free youth program for ages 12-18. 201 Royal Canadian Air Cadet Squadron: \* Participate in survival training exercises \* Fly simulators \* Learn leadership skills & make lifelong friendships \* Join the squadron pipe & drum band. \* Earn community service hours \* All training & uniforms are free of charge. The squadron meets weekly on Wednesday at the Dorchester Optimist Club, 6:30-9pm. For more info: email: captain.higgins@outlook.com. <http://www.aircadets.ca/201/>

## TRIVIA NIGHT in INGERSOLL

Are you a Trivia Lover? Do you have friends, families or coworkers that love to play trivia games? The Ingersoll Pipe Band has the best entertainment night in April planned for you. Come on out to the Ingersoll Pipe Band Hall April 11, 7pm and enjoy some amazing trivia rounds created by the trivia gurus Danielle & Ron McMurphy! Teams can be 2 to 6 in size and each member of a team pays \$20. For that you get treats & a chance to win some great prizes, all the while having fun & challenging those grey cells. Call 519-878-4494 or text to register your team. Deadline for registration is Mon, Apr 6. This is a fundraiser for the IPB which is planning a major trip to the Maritimes in 2027 so come on out and support our band.



## THAMESFORD FRIENDSHIP CLUB

March comes in like a lion or lamb? March has spring break & a time change. Friendship Club meets on the 4th Wed: Mar 25. A catered lunch with dessert will be served at 12 noon in the Beaty Room at the library. Please let us know you are coming by Mar 18, call Helen 519-285-2024 or Shirley 519-285-2938. We will have entertainment after the lunch. Come join us & enjoy! Your contribution remains at \$20. Friendship Club invites seniors 55 Plus new or old from the village & surrounding area.

## SWEABURG LIONS ECHRE

Sweaburg & District Lions Euchre (regular progressive) to be held Sat, Mar 21, at Sweaburg Church (Dodge Line). Doors open at 6:30pm, \$10 per person, light refreshments. Everyone welcome.

## THISTLE THEATRE - AUDITIONS

Thistle Theatre will be holding auditions for our fall production of "Joseph & the Amazing Technicolour Dreamcoat" June 5, 6-9pm and June 7, 1-6pm. We are looking for singers of all ages, young and old. Children will be needed for this production. Please visit [www.thistletheatre.com](http://www.thistletheatre.com) to book your audition time.

## REUSEPALOOZAHA IS COMING!

This giant free community swap meet returns to the Brownsville Community Centre Apr 25, 8am to noon. This event is co-sponsored by the Township of South-West Oxford and The Oxford Coalition for Social Justice. Volunteers are always welcome as are reusable goods & good people. Among invited guests will be Janet Ward demonstrating some of her heritage skills which turn old fabric & clothing into warm feet. [www.reusepaloozaha.ca](http://www.reusepaloozaha.ca) for more information.



## COOKING CONNEXIONS

Cooking Connexions is designed for people living alone in Thamesford & surrounding area. Together we prepare a nutritious home style meal. Everyone participates in the preparation, cooking & clean-up. Each participant pays \$10 and that gives you a lovely sit-down meal to enjoy together & enough food left for another meal to take home. This will be a 3 course meal consisting of soup/salad/appetizer, a main course, followed by a yummy dessert served with coffee & tea. We meet at Westminster United Church at 10:30am and are usually all wrapped up by 2pm. If you would like to participate, please contact Mariette Bardoel 519-533-7515 or [mbardoel65@hotmail.com](mailto:mbardoel65@hotmail.com). Your first meal is on us, so come out and see what we are all about. Our next dates are Mar 12, Apr 16, May 7, June 18.



## BEACHVILLE HISTORICAL SOCIETY

On Tues, Mar 10 the Beachville District Historical Society will have the Annual General Meeting at 7pm at the Beachville District Museum preceded by a potluck meal at 5:30pm. Come, bring your favourite dish and join our organization with a membership. All are welcome.

## SCRAPBOOK FUNDRAISER 2026

Hi-Way Pentecostal Church Ingersoll's 15th "Crop for a Cause" Fri, Mar 6, 5pm to midnight, \$30 • Sat, Mar 7, 8-8pm, \$65. To attend both days \$85. Vendors on site, Silent Auction, Swap & Sale Table. Door prizes, snacks on Fri, lunch & supper Sat & more! To register, please visit [www.hiwaypentecostal.ca](http://www.hiwaypentecostal.ca) or call 519-485-0961 for more information. Looking forward to seeing old friends & making new ones!

# scrapbook

## TOURISM OXFORD

March Break is the perfect time to explore close to home & make new memories together. Celebrate the season with sweet maple experiences, stretch your legs on scenic local trails, or spark curiosity with hands-on, interactive explorations at our museums. Whether you're planning for curious little ones or hard-to-impress tweens, you'll find plenty of ways to play, taste, learn & explore. Start planning your March Break adventures at [www.TourismOxford.ca](http://www.TourismOxford.ca).

## GOOD FRIDAY CHORAL CONCERT

Apr 3 join the Ingersoll Choral Society on Good Friday evening in a stirring performance of Pepper Choplin's cantata, "Come, Touch the Robe" and other selected works. With orchestral accompaniment. Sacred Heart Church, Ingersoll, 8pm. Free will offering will be received. [www.ingersollchoralsociety.ca](http://www.ingersollchoralsociety.ca) or visit us on FB.

## INGERSOLL GARAGE SALES

Save the date for Ingersoll's annual town wide yard sales Sat, June 6!

## GRIEF SUPPORT FOR MAID RELATED LOSS

This monthly in-person grief support group for loss related to Medical Assistance in Dying (MAiD) offers a compassionate, safe space to explore this unique loss. The next meeting is Mar 25, 1-2:30pm at the Thamesford Library, 165 Dundas St, Thamesford and also offered 6-7:30pm at the Tillsonburg Library, 1 Library Lane, Tillsonburg. The group is free of charge & pre-registration is requested. To register or inquire about an evening group, contact Faye Brekelmans 519-866-3016, [faye@compassionategriefsupport.ca](mailto:faye@compassionategriefsupport.ca).

## THISTLE THEATRE - MIGHTY MEN OF ZORRA

Tickets for the play "The Mighty Men of Zorra" are now on sale at [www.Thistle-Theatre.com](http://www.Thistle-Theatre.com) or 226-785-3353. The play runs Mar 20-29 at the historic Embro Town Hall. Tickets \$25. Showtimes are: Mar 20, 21, 26, 27 & 28, 7:30pm; and Mar 22 & 29, 2pm. This is the 3rd of a series of unique Zorra based plays focusing on the how & why a local historic event occurred. The production written by William Butt, leads towards the story of The Mighty Men of Zorra and their 1893 Tug-o-War victory in Chicago. Many contributing events are uniquely dramatized along the way. Fifteen local actors are diligently practicing for this upcoming play which includes music sung & conducted by Daniel VanWinden. Looking for dinner & a show? For an additional \$25 both Saturday night performances have an optional dinner add-on. Once again, Knox United Church is hosting a delicious sit-down meal on Sat Mar 21 & 28. Doors open at 5:30pm. You can add these on to your purchase after you select your seats on those specific performance nights! March 21 is pulled pork, hash-brown casserole & sides. March 28 is turkey dinner with all the fixin's.



**Thistle Theatre**

## AFFECTED BY SOMEONE'S ADDICTION?

Nar-Anon groups are a worldwide fellowship for those affected by someone else's addiction. We offer our help by sharing our experience, strength & hope. Helpline 1-800-477-6291. Please contact your local area or region for specific information regarding group changes. Some group, area, and regional website information can be found at <https://www.nar-anon.org/other-sites>.

## COMING THIS MARCH TO ITOPA

Ingersoll - are you ready? We've got an incredible lineup of live entertainment you won't want to miss!

**ONE WAY STREETS** Ingersoll's own! They're heading to ITOPA and bringing the energy with them! Support local. June 20.

**JODY REID** International Healer & Psychic Medium. Join Jody Reid for two unforgettable evenings of connection, insight, and healing messages from Spirit. Apr 10 & 11.

**BINGO** by Daniel MacIvor. Directed by Vix Ledgley. Stage Managed by Adam Tanton. Produced by Rebecca McNall. Five classmates. Thirty years later. One unforgettable night. What starts as a 30th high-school reunion quickly becomes something much more. For some, it's a long-overdue trip home. For others, an obligation they'd rather avoid. And for a few... they never really left at all. As the night unfolds, old friendships are rekindled, memories resurface, and with every drink poured, the lines between past & present begin to blur. Laughter turns to tension as these once-close classmates inch closer to confronting the secrets they've spent decades trying to bury. Raw, funny, and uncomfortably honest, BINGO explores friendship, nostalgia, and the truths we can't outrun forever. Mar 6, 7, 8\*, 12, 13, 14\* & 15\*. Evening shows: 7:30pm. Matinees: 2pm (Mar 8, 14 & 15). Tickets: <https://www.itopa.ca/buy-tickets> or call the box office 519-485-3070. Don't miss this reunion — some secrets refuse to stay buried.





**OXFORD MANOR**  
RETIREMENT RESIDENCE  
276 Oxford Street • Ingersoll, ON N5C 2W1

### Short Term Stay Availability

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## INGERSOLL LIBRARY

**Adults - Free Income Tax Clinics** Need help with your taxes? Join us Thursdays until April 30, 10-1pm to get assistance.

**Ingersoll Nature Club: Destination Antarctica** Wed, Mar 11, 7-8pm. Richard Skevington: Lifelong naturalist, will present a talk & slide-show on his recent travels to Antarctica. Richard weaves a compelling and enlightening story that you won't want to miss.

**Tech Talk** Mon, Mar 23, 6pm. Join Melanie to learn about planning your garden or landscaping your yard using the Internet and apps.

**Film Club Discussion** Wed, Mar 25, 5pm. Do you love watching & talking about films? If so, join our Film Club! Each month 4 themed films will be available for the club to borrow, watch & discuss.

**March Break!** Generously sponsored by the Ingersoll Kiwanis Club. All programs are while supplies last, as capacity allows, and intended for ages 12 and under unless otherwise stated.

**Ventriloquist Yvette Locke & her Puppet Friends** Mon, Mar 16, 10am. Join Canada's premiere female ventriloquist, Yvette Locke, and her puppet friends for a super silly show!

**Dinosaur Silhouette Painting** Tues, Mar 17, 1-3pm. Drop in to create your own prehistoric painting.

**Pot of Gold Party** Tues, Mar 17, 10-12pm. Drop by to play big games, make a craft, and enjoy a scavenger hunt with a prize at the end of the rainbow!

**St. Patrick's Perler Bead Magnets** Tues, Mar 17, 1-3pm. Drop in to make a St. Patrick's shaped magnet out of melting Perler beads.

**Reptile Show** Wed, Mar 18, 10am. Join Reptilia London for a meet & greet with some reptile friends!

**Seed Planting** Thur, Mar 19, 1-3pm. You will decorate your own flowerpot & plant a seed to see what grows.

**Model Magic Fossils** Thur, Mar 19, 10-12pm. Using Crayola Model Magic, you will create your own dinosaur fossil.

**Cartooning with Mr. AJ** Thur, Mar 19, 1pm session start OR 2pm session start. Ages 6+. Local author & artist, Mr. AJ, guides us through a 1-hour prehistoric cartooning class.

**Mini Dinosaur Terrariums** Fri, Mar 20, 10-12pm. Drop by to create your own mini terrarium habitat for a dinosaur!

**A Minecraft Movie** Fri, Mar 20, 1pm. Movie rated PG.

**Teens - March Break Escape** Wed, Mar 18, 4:30pm & 6pm. Can you & your team solve your way through the clues & make it to the top of the leader board in a video game-themed escape room? For teens in grades 7-12. Please register for only one timeslot.

**Family - Ditch the Devices** Sat, Mar 28, 9:30-12:30pm. Drop in, all ages welcome. Ditch your devices & have fun offline! The library will provide board games, puzzles, offline technologies, and more!



## DEATH CAFÉ AT WESTMINSTER

Please join us for coffee, cake & conversation at 115 George St in Thamesford. It is your opportunity to talk about any aspect regarding death that you'd like to discuss. These conversations open up taboo topics & enable us to face death with less fear & resistance! Hope to see you there: Mar 22, 1:30pm.

## THANK YOU!

Thanks to your generosity, 1,588 Operation Christmas Child shoeboxes were collected from the Woodstock / Ingersoll / Thamesford area! In Canada, there were 458,768 boxes collected, being part of the 12,205,900 boxes collected worldwide! Thank you for giving these gifts of love & hope to destitute children.

## FITNESS AT INGERSOLL 50+ CENTRE

250 Ingersoll St. S. 519-485-3869 ~ info@ingersollseniors.com  
Mon 8:30-9pm, Wed 8:30-8pm Tues/Thur/Fri 8:30-4:30pm

**FITNESS ROOM** Open to all members & equipped with a treadmill, elliptical, recumbent bike, spin bike, weights & more. If you want to work out independently, this is the place to do it! A fitness orientation is needed before the first use. \$1/use.

**Registered Programs: FUNCTIONAL MOVEMENT** Tues 11am. This class addresses the serious issues of aging independently and well. Following closely to the guidelines of the "longevity scale", the class will address the pillars that help to ensure healthy aging such as grip strength, sit to stand ability, balance, posture, range of movement. Each class will include movements to increase performance and will build on abilities from the previous week. This class is low to no impact and should be done within your own personal fitness level. 8-week session \$24/M \$48/NM (Mar 10- Apr 28)

**PILATES** Thurs 11am. Pilates is a fantastic form of low-impact exercise, focusing on the core & extending from there to work every part of your body. Simultaneously stretching & strengthening. Pilates is taught as a choreographed flow. At the end of this 45-minute class, you will feel limber, flexible, and energized. All levels are welcome. 8wk session \$24/M \$48/NM (Mar 12 – Apr 30)

**STROKE RECOVERY, COPD, PARKINSON'S DISEASE FITNESS** Tues/Thur 10:30am. Light to moderate intensity exercise with a focus on functional movement.

**DROP-IN FITNESS CLASSES** \$3/member, \$6/non-member.

**PICKLEBALL** Mon 9:30am at Trinity United Church. Come out and try your hand at this popular sport. Drop-in rate \$5.

**TAI CHI** Mon 12:30pm. A gentle exercise practice incorporating graceful, slow movements to help restore balance, both body and mind. Can be done standing or seated.

**VON SMART Exercise Class** Mon & Thur 1:30pm. A safe & 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. 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.

**LINE DANCING** Beginner Mon 6pm - Improver Mon 7:15pm - Absolute Beginner Wed 10:30am. Contemporary line dances in a fun-filled class. No partner is needed but please bring along a friend.

**TOTAL BODY WORKOUT** Mon 9am / Tues 9am. An energetic, fully standing class set to fun music, focusing on cardio, balance, resistance & flexibility training.

**CHAIR YOGA** Tues 10am, Thur 10am. A mostly seated class, gentle yoga poses are used to strengthen and stretch the body.

**WALKING CLUB** Wed 9am. A very popular exercise group at the Centre, enjoy a morning walk at various trails/locations. Call to get exact walking locations (members only).

**CHAIR FITNESS** Wed 9am. A seated class for those that may have mobility or balance issues. Don't let the name fool you! This class is a gentle yet vigorous workout that includes a warm-up, cardiovascular component, cool down and balance, resistance training, and wraps up with stretch and relaxation exercises.

**TOTAL TONING TIME** Wed 5:30pm. Get ready to sculpt, sweat & shine! This full-body workout blends strength moves with a cardio boost to leave you feeling powerful & 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!

**GENTLE YOGA** Thur 9am. Poses both standing & on the floor.

**STRENGTH & STRETCH** Fri 9am. Have fun pumping some weights, followed by flexibility training and relaxation.

**OSTEOFIT** Fri 10:30am. A gentler total body workout designed for those who are concerned or have been diagnosed with osteoporosis. Also suitable for those with osteoarthritis. The class can be done standing or seated.

# Glendinning

Funeral Home LTD.



McBeath-Dynes Chapel

246 Thames Street South

Ingersoll, Ontario N5C 2T7

Tel: (519) 425-1600

Fax: (519) 485-0150

E-mail: info@mcbeathdynes.ca

www.mcbeathdynes.ca

**Robert P.**

**Rivest**

Funeral Director

## WESTERN ONTARIO DRAMA LEAGUE 2026

Thistle Theatre is hosting the Western Ontario Drama League Mini-fest 2026 Aug 7 & 8. The play this year is "Jersey" by Brad Fortman. Join us for the weekend & see how very differently theatre groups can interpret this one act play. If you'd like to volunteer for this really fun weekend please contact lyndapillon281@gmail.com. We'd love to have you.

## EMBRO LEGION BREAKFAST

First Sunday of the month Oct-May. \$5 kids, \$10 regular, \$15 hungry man meal 9-12:30pm, come on out. Support your local Legion and enjoy a family style meal with your neighbors.

## STOPPING TO SMELL THE FLOWERS:

A Healing and Resource Centre ~ Echoing a Remembrance of your Magnificence Through Short Story Awakenings & Offerings~ Join me & internationally respected Psychic Medium Kerrilynn Shellhorn for the Spring Equinox Event Sat, Mar 21, 3-5pm at the Meditation Hut, 130 Stanley St. S, Thamesford. Tickets \$225. This is an intimate event full of intention setting & readings – if you are interested, don't delay - tickets are selling fast!

**Guided Meditation** Sessions start up again at the Meditation Hut - Mar 3, 10 & 24, 7-8pm. Cost: \$135. To register message Stephanie Malo on Facebook at Stopping to Smell the Flowers: Extraordinary Observations of Everyday Life. Instagram @therealstephaniemalo or email stephaniemalo@hotmail.com. www.stoppingtosmelltheflowers.com.

## ONTARIO ANCESTORS - VIRTUAL MEETING

Please join us Mon, Mar 9, 7pm for Lori Carter's presentation "Gone but not Forgotten, Digging Deep into Thoroughly Documenting Cemeteries". Lori Carter is a dedicated, self-trained Cemetery Genealogist hobbyist. She founded the Facebook group "Cemetery Enthusiasts of Huron County Ontario" to unite individuals with a shared goal. This community strives to create memorials on FindaGrave.com for as many people as possible buried in Huron County. They not only establish basic but also seek out obituaries & connect individuals to their parents & spouses, regardless of geographic location. This initiative enriches our shared heritage by building family connections within & beyond the county. Lori is always eager to share her knowledge & encourages everyone to get involved. Visit our website at <https://oxford.ogs.on.ca> to access the link to join this free presentation. Everyone is welcome.

## THISTLE THEATRE - AGM

Thistle Theatre's annual general meeting is Sat, Mar 7, at the Embro Legion, 128 Huron St. Come join us for a fun family event, delicious meal & quick meeting followed by special entertainment. Doors open at 6:30pm. Entertainment for the evening will be provided by The Gee Gees. Catering is provided by the Rose & Daffodil. RSVP to [infosthistletheatre@gmail.com](mailto:infosthistletheatre@gmail.com) or visit [www.thistle-theatre.com](http://www.thistle-theatre.com) to sign up. Tickets \$35 – includes your meal & your membership for 2026. Payable in cash or cheque at the door, or by e-transfer a minimum of 2 days before the event. E-transfers should be sent to [thistletheatreasurer@gmail.com](mailto:thistletheatreasurer@gmail.com). Can't make the annual meeting and still want to be a member? Renewals and new memberships can be paid by email, cash or cheque. It can be mailed or dropped off at Workshop Supply in Embro.

## THE COLDEST NIGHT OF THE YEAR

Thanks to the many team members who joined The Oxford Coalition for Social Justice, and to the many teams which walked on the Coldest Night of the Year to help raise money for Operation Sharing. This will help the homeless find overnight emergency shelter and a path off the streets. Bryan Smith was glad of the company and proud of your commitment.

## THORNDALE HORTICULTURAL SOCIETY

Thorndale & Area Horticultural Society's February meeting speaker, Brian Trapp presentation 'Gardening with Dahlias and Roses' was informative & accompanied by beautiful photos of his prize dahlias and roses. He began growing dahlias in 2009, starting with only 9 plants and now has more than 700 of various varieties of dahlias, along with many roses in his 8 gardens. He also maintains a small greenhouse, riverside gardens on his property & floral patches of sunflowers. Brian Trapp has found that turkey manure compost from a local supplier in Putnam boosts the growth & flower production for both his dahlias & roses, so that over successive seasons the flower production increased by more than five times. He also found that when this poultry compost was applied to his cannas & roses, their leaves changed to a red colour & deterred the Japanese Beetles from feeding on them. Growing dahlias is Trapp's passion, and he opens his gardens in Dorchester to the public in August for everyone to come & enjoy his prized beauties. The next meeting of the Thorndale & Area Horticultural Society is set for Wed, Mar 11, 7:30pm in the Thorndale Community Center, Room 3, with another informative speaker. Lisa Finkbeiner will give a presentation on "Tricks to Change the Colours of your Hydrangeas". The Society will be celebrating its 30th anniversary, marked by their first official meeting March 28, 1996, with cake, awards & memories shared by founding members.

## CALI WEEKEND TOWN WIDE YARD SALE

Westminster United Church, Thamesford will be hosting their Annual Yard Sale Sat, May 16, 8-1pm. Please consider donating your gently used stuff. We will be accepting donations of items that are clean & in good, or repairable, condition Tues, May 12, 10-6pm at 115 George St, Thamesford. To make other arrangements for drop of you can contact Mariette 519-533-7515. Besides your regular household goods, we also appreciate the following items: fashion accessories like jewelry, purses; vintage items; books; reusable shopping bags.



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## UTRCA 2026 CONSERVATION AWARDS

The Upper Thames River Conservation Authority (UTRCA) is proud to announce the recipients of its 2026 Conservation Awards, recognizing exceptional contributions to community engagement & environmental stewardship. This year's Outstanding Resident Award was presented posthumously to Diane Irving to honour her many years of volunteer service & commitment to supporting community events. For nearly 20 years, Diane was a familiar & welcoming presence at the UTRCA's Children's Water Festivals, Celebrating Community Connection events, litter clean-ups, and much more. Known for her warm smile & generous spirit, she went above & beyond – sewing costumes, mending activity materials, and ensuring every detail was ready to help create memorable experiences for the children. "She made connections, brought positive energy, and carried a quiet joy in everything she did. Whether she was volunteering in classrooms, leading community initiatives, or supporting environmental programs, she believed deeply in being part of something bigger than herself," shared Linda Smith, daughter of Diane Irving and Community Partnerships Specialist with the UTRCA. "All of Diane's efforts, all her activities, and her wonderful spirit will continue to be felt at our future events," said Teresa Hollingsworth, Manager, Community and Corporate Services, UTRCA. The Kayla Berger Stewardship Award was presented to Bill and Cecilia Davies in recognition of their decades of tree planting through the UTRCA's Tree Planting on Private Lands program. The Davies have purchased trees for their rural property nearly every year since 1987, missing only one spring planting season. They like to plant the trees themselves, contributing to local reforestation efforts, creating habitat, and supporting watershed health. "Over the years, Bill and Cecilia have planted more than 4,500 trees on their property," said Brenda Gallagher, UTRCA's Forestry Technician. "Through their hard work & dedication, they have left a legacy for future generations." "Planting trees is like therapy. You plant them, and then you see them leaf out, and they grow. And then 30 or 40 years later, you have this magnificent tree on your property. I think it's been good for us," shared Bill Davies. The Conservation Awards were presented at the UTRCA's Annual General Meeting Feb 24, 2026, at the Watershed Conservation Centre. Short tribute videos highlighting the award recipients' contributions were shown at the meeting and are available online.

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## ALZHEIMER SOCIETY SOUTHWEST PARTNERS

Are you concerned about changes in memory? We're here to help. The Alzheimer Society Southwest Partners is the local community agency dedicated to supporting individuals living with dementia and their care partners. We provide a circle of care through our programs and services which include dementia education, counselling and support and therapeutic recreation. With offices in London, St. Thomas and Woodstock, we are truly your partner in dementia care. For more information visit [alzswp.ca](http://alzswp.ca) or call 1-888-495-5855.

## EZAS WORKSHOPS

Thank you to Mad Mash Brewery for hosting the Beer 101: Basics of Brewing Workshop - it was a huge hit, and thoroughly enjoyed by everyone. It even included a beer sample & lunch! A big thank you to everyone who made the EZAS Galentines Night a success - Erin Munro (Maybells & Daisies) for our flower arranging demonstration, Rebecca MacLeod for teaching watercolour painting, EZAS directors for baked goods & treats, and all participants for joining in at Knox United Church! We had 40 participants and the room was full of laughter, camaraderie, and a beautiful scent of florals! Upcoming workshops:

**Build With Clay** Mar 28      **Knitting & Crocheting** Circle Apr 18  
**Growing Veggies & Herbs** Apr 25      **Craft & Tea Embroidery** May 2  
And register for many more at [www.embrofair.com](http://www.embrofair.com)!

## R&R LOTTERY TICKETS NOW AVAILABLE

The Rotary Club of Ingersoll's popular R&R Lottery is back, and tickets are now on sale. Only 650 tickets are available, and sales close before the first draw in May 2026. With odds of 1 in 16 to win a prize, organizers say those interested should secure their tickets sooner rather than later. The 2026/2027 lottery runs from May-April and features 12 monthly draws. This year's prizes include trips to destinations such as Lisbon, Punta Cana, Panama, Greece & Spain, along with several \$500 cash draws throughout the year. Tickets are \$100 each & remain eligible for every draw, meaning you can win more than once. Proceeds from this year's lottery will support Alexandra Hospital's OneChart Campaign, helping modernize patient care, and The FOOD Project, which supports individuals & families facing food insecurity in our area. The Rotary Club of Ingersoll is part of Rotary International, a global service organization dedicated to improving communities at home & abroad. Locally, the club supports healthcare initiatives, youth programs, & community projects throughout the region. The R&R Lottery has become one of its signature fundraisers, combining the excitement of travel with meaningful support close to home. For full details or to purchase a ticket, visit [www.rrlottery.com](http://www.rrlottery.com).

## PROGRAMS AT INGERSOLL 50+ CENTRE

**ALZHEIMERS EDUCATION SESSIONS** Join us for Dementia Education Sessions – Mar 19, Apr 23, May 28 & June 25, 2pm. No fees but please register by 12pm the day before.

**WEDNESDAY DINING & SOCIAL** Join us the 2nd & 4th Wed (Mar 11 & 25), 5pm, each month for \$13. Register by 12pm the day before.

**WEDNESDAY BRUNCH** Join us on the 1st & 3rd Wed (Mar 4 & 18) 9-11:30am, each month for \$10. Register by 12pm the day before.

**SKETCHY SENIORS** Tues 1-3:30pm. A drop-in session for creative minds. Bring your project & learn from other like-minded individuals. Painting, sketching, storytelling, origami, there are no limits in this program. Some materials provided.

**TIMELINES & TALES (HISTORY)** Tues 9:30-11:30am. Dave, Deward & Brian have an exciting session planned. Join the group to learn about the Ancient World with a look at the Ancient Civilizations of the Nile, Tigris-Euphrates, Indus & Yangtze Rivers, Mesoamerica, and Andean America. Discuss the "Greats of History" like Constantine, Alexander & Catherine. Delve into the origin & meaning of some of the most well-known myths, legends, and folklore.

**CARD & TABLE GAMES** See our newsletter for a more detailed schedule. Bridge (Wed, Fri), Bid Euchre (Mon & Thur), Pepper (Tues), Bingo (Wed), Mah Jongg (American on Mon, Chinese on Thur), Mexican Dominoes (Fri), Carpet Bowling (Tues), Billiards (all week), and Darts (Thur).

**WOOD CARVING** Mon 1pm. Enjoy carving pictures into wood, creating beautiful figurines & more. Carvers must provide their own supplies. Membership is required to use the woodshop.

**WOODSHOP** We have a well-equipped shop for you to create your projects from start to finish. A membership and orientation are required prior to using any of the equipment. \$3/day.

## SUMMER TIME, AND EUROPE IS EASY

Thanks to ISE Ontario, teens can experience 6 European destinations this summer, and show our part of Canada to their exchange partners. These are the nations which our government tells us should be our trusted partners in strengthening the economy. It is a great way to build that relationship by helping teens & families to better understand other cultures. Contact: [www.iseontario.on.ca](http://www.iseontario.on.ca) or [bryasmit@oxford.net](mailto:bryasmit@oxford.net) for information and more vitally, application forms.



## THE GREATS OF ZORRA- W.H. GREGORY

Submitted by Jim Verwer, Zorra Heritage Committee  
W.H. Gregory was a member of first council for the newly incorporated Township of East Nissouri in 1851. A pioneer who became a politician, he had the support of all his farm neighbours near & far when elected. W.H. Gregory became involved in local matters by helping his constituents incorporate better agricultural practices when farmland was being cleared from the dense woods that covered the landscape. As chairman of the one of the first agricultural societies for East Nissouri, he became well known throughout the township & was readily elected to council. At that time, in contrast to Zorra Township's elections now being held every 4 years, elections were held every year, and meetings were held in the councillors' homes. Once elected, Councillor Gregory expressed the need to improve the poor condition of the roads in the township & helped facilitate the upgrading & paving of the 10th Concession, known today as Highway 119. This caused taxes to be raised, making him unpopular at the time, but once the road was upgraded the benefits became apparent and it was considered a good decision that council had made. Today Highway 119 continues to be a main artery in Zorra Township and its history of continual improvements first initiated by W.H Gregory as one of Zorra's Greats has been preserved & made available through the Zorra Heritage Committee and the Beachville District Museum.



## A MOM'S STOP & SWAP

Sat, Mar 28, 9-12pm at Hi-Way Pentecostal Church, 584118 Beachville Rd, Ingersoll. This is how it works... Go through your closets, dressers, shoe racks, purses, jewelry & makeup boxes... your children's closets, dressers, shoe racks, purses, jewelry, books & toys! Wash it down, clean it up & sort it out by sizes. Then, bring it together to shop each other's once loved items. All without spending a dime! This eco-friendly & budget-conscious event offers a fantastic opportunity to meet new people, find new-to-you treasures, & contribute to a sustainable community initiative. Plus, any leftovers will support a great cause, as unclaimed items will be donated at the end of the event to the Ingersoll Salvation Army to help send kids to camp! Come swap, shop, & socialize! For more information, please call 519-485-0961 or office@hiwaypentecostal.ca.

## EMBRO-OHIO EXCHANGE CELEBRATES!

Join us Mar 20-22 as the Embro-Ohio Exchange proudly marks its 50th Anniversary—a weekend celebrating 5 decades of hockey, friendship & community. The festivities kick off with Opening Ceremonies on Fri 3pm, welcoming our Ohio guests & setting the stage for a memorable weekend. Saturday is packed with excitement for the whole family: • Coaches Game 3pm  
• Local vendors throughout the day  
• BeaverTails Food Truck on site 11-2pm  
• Poutine available at the canteen  
Whether you're a longtime Exchange family or new to the tradition, there's something for everyone to enjoy. Mar 20-22 at Embro Arena. For the full weekend schedule, visit embrohockey.com and look for Ohio Exchange 50th Anniversary details. Come celebrate the past, present & future of the Embro-Ohio Exchange!



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## DROP-IN SHUFFLEBOARD

Drop-In shuffleboard at the Auditorium - Ingersoll Memorial Arena Tues & Thur at 12:30pm. New evening program - Thur at 6:30pm. Register online using the Pickup Hub app "pickup hub.net". Equipment (cues) is provided. A great way to have fun & meet new people. Contact: Trevor Martin 519-926-0039.

## COME CELEBRATE YOUR CELTIC ROOTS

"The Paddy Stones" Sat, Mar 7 who will definitely entertain you with a vast selection of tunes. The Paddy Stones are 2 acoustic guitar playing gents who have entertained crowds for years at highland games, pubs, restaurants & private parties. They play pub favourites from Ireland, Scotland, the East Coast & Sea Shanties with plenty of song variations. Rick & Dan love to get the audience involved and ensure that attendees have a great time. At St. James' Church, 130 Thames St. S, Ingersoll. 519-485-0385 or call or text 519-878-4494, stjamesingersoll@gmail.com.

## Turn heads with an ornamental fence.



## OXFORD JR FARMER'S YEAR IN REVIEW

2025 was another busy one for Oxford Country Junior Farmers but definitely one for the books! The year was a packed schedule of Junior Farmers' Association of Ontario (JFAO) provincial events. Oxford members traveled across the province, competing in Winter Games in Stormont-Glengarry, attending March Conference in Niagara Falls, Leadership Camp at Camp Kawartha, Autumn Profile in Wentworth-Niagara, and Sing Swing in Huron-Perth. Oxford hosted the Ambassadors Banquet in Princeton this summer, and in February, some members of the club organized a bus trip to the National Farm Machinery Show in Louisville, Kentucky. One awesome opportunity of Jr Farmers is the ability to go on an exchange to another country, which one of our members, Amy Danen, did in June to Scotland. She spent 3 weeks touring around the country, staying with different families. In July, we hosted international delegates for a week from Scotland, Northern Ireland, Republic of Ireland, Germany, Switzerland & Austria. These delegates are a part of young farmer groups in their countries, who tour around Ontario with each Jr Farmer club for a total of 10 weeks in the summer. We showed them the best of Oxford while they stayed with us & made lifelong friendships along the way. Our club also made appearances across the county helping with various events & community betterment projects, such as Breakfast on the Farm in Innerkip, Tavistock Fall Fair KidZone, mulching the labyrinth at the VON Sakura house in Woodstock, and cleaning up Roth Park in Woodstock. Back in October, members went door to door "trick-or-canning" in Embro collecting non-perishable food items for Operation Sharing. Oxford also tries to organize a social each month, with some this year being a learn to curl afternoon, a games night, bowling, a Christmas tree burn, and a tour of the Tavistock Hops Farm. We helped put on the Embro Truck & Tractor Pull again this year, which was yet another great weekend! This event allows us to give back to the community, donating over \$80,000 to the community groups that help at the event, as well as local charities, projects & initiatives in Oxford County! We appreciate the continued support at the tractor pull & we are honoured to be able to make an impact & donate so much back to the community year after year. Oxford JF would like to thank all those people who have supported us this year, whether it be through attending or volunteering at the Tractor Pull or donating to our Trick-or-Can drive, thank you! Are you or someone you know interested in joining Oxford Junior Farmers? Follow us on either Instagram or Facebook to see when the next event is & send us a message for more info! Our monthly meetings are on the 2nd Friday of the month, typically with a social event every month as well. Anyone from the ages of 15-30 can join, you do not have to be a farmer! Attention alumni! Looking to stay up to date with Oxford JF news? Join the alumni email list to receive the newsletter! Contact Kelly at kellyndebruyn@outlook.com to be added. Written By: Kelly DeBruyn and Nicole Danen.



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## ST. PAUL'S PRESBYTERIAN CHURCH

Well, it's been quite a winter! The snow started early, and never really left. We've had some very cold days, with lots of shoveling. While this often brings out the best of Canadians in our neighbourhoods, we do know those cold temperatures can cause many of us to want to hibernate inside by the fireplace, if we are lucky enough to have one. When the cold temperatures linger, like they have this year, we can often find ourselves not getting out, and this can be a bit isolating. On Fri, Mar 27, St. Paul's is hosting a Spaghetti Dinner, and we'd like to invite you to come. Spaghetti is one of those wonderful comfort foods that just tastes so good on a cold night. After working all week, what a treat it can be to bring your family or a friend & simply sit down for a tasty dinner. This is designed as a community dinner. Sometimes it is easy to just stay home on a cold night, but these are the moments we never know when we may run into an old friend, or a meet a new one over a nice meal. We invite you to take a step out. To make sure you don't miss out, we encourage you to get your tickets in advance. You can do so by calling our church office 519-485-3390 or email: [stpauls@execulink.com](mailto:stpauls@execulink.com). Adult tickets \$25, children ages 5-10 \$10, and children under the age of 4 are FREE. Payment can be made by cash, cheque, debit or credit. You can eat in, but if take out is preferable, that is also available. Our menu will include spaghetti & meat balls or vegetarian sauce, salad, roll, dessert, coffee, tea & juice. We hope you can join us for a delicious dinner and an evening in the warmth of community!

## BROWNSVILLE LIBRARY

**Coffee & Connect Drop-in** The Brownsville Library in partnership with the Brownsville Community Hall & Park Committee will be hosting a Coffee & Connect Drop-in program the 1st Thur of every month. Join us Thur, Mar 5, 10am in the Brownsville Community Hall. Community members are welcome to stop by & chat over a free cup of coffee!

**Tales for Tots** Join us Thur mornings 10-11am for Tales for Tots program! Storytime with songs followed by a craft & play time.

**Cooking with Jed Lau** Brownsville Library is hosting a cooking demonstration with Jed Lau Tues, Mar 10, 5:30-6:30pm for adults. We will be cooking German food. Registration required at [www.ocl.net](http://www.ocl.net) or email [brownsvillelibrary@ocl.net](mailto:brownsvillelibrary@ocl.net).

**March Break** Brownsville Library has lots of exciting events for kids this March Break 2026! Check out the program calendar on [www.ocl.net](http://www.ocl.net) to browse through different crafts, storytimes & STEM activities we will be running Mar 17-21.

## BROWNSVILLE VILLAGE WIDE YARD SALE

Sat, June 6, 8-1pm. Craft and vendor show. Food truck.

## \$36,800 IN GRANTS AVAILABLE

The Oxford Community Foundation is thrilled to announce the availability of \$536,800 in grant funding from The Maple Leaf Community Fund to support capital-related initiatives that strengthen food security programs—initiatives that promote dignity while building individual & community capacity across Oxford County. The Maple Leaf Community Fund was established in honour of the late Harvey & Erma Beaty of Thamesford. Harvey founded Cold Springs Farm in 1949, guiding its growth from a small family farm into a significant agri-food enterprise that later became part of Maple Leaf Foods. Maple Leaf Foods' rich history spans more than a century, rooted in the amalgamation of several of Canada's most notable food companies. This fund reflects the Beatys' enduring legacy & their belief in strong, resilient communities built around access to nutritious food. The \$36,800 in available funding will support capital-related initiatives for food security programs that promote dignity & foster long-term community well-being. Grants are intended to support initiatives aligned with one or more of the following focus areas:

- 1. Food Literacy** – Supporting access to information, knowledge, and skills that enable individuals & families to provide healthy food for themselves (e.g. nutrition education/food safety/meal planning)
- 2. School & Other Nutrition Programs** – Promoting access to healthy meals through education & direct programming. (e.g. school breakfast, lunch, or after school programs; nutrition and fitness programs.)
- 3. Sustainable Initiatives Beyond Conventional Food Bank Models** – Strengthening long-term food security & self-sufficiency (e.g. social enterprises supporting food security; community gardens; social profit enterprises offering food-related training for unemployed individuals, at-risk youth or single parents)

“This funding represents more than a financial contribution—it represents lives changed & communities strengthened,” said Louise Wardrop, Executive Director of the Oxford Community Foundation. “Through the Maple Leaf Community Fund, Harvey & Erma Beaty's legacy is helping families access healthy food with dignity, supporting programs that build skills and self-sufficiency, and creating lasting pathways to food security across Oxford County.”

Applications are due by Fri, Apr 10, 2026. Organizations can apply by visiting [www.oxfordcommunityfoundation.org](http://www.oxfordcommunityfoundation.org) or contacting [info@oxfordcommunityfoundation.org](mailto:info@oxfordcommunityfoundation.org).



Erma & Harvey Beaty

## FOOD ADDICTS ANONYMOUS

The only requirement to membership in FA is a desire to stop eating addictively. No dues, no fees, no weigh-ins. No in person meetings, visit <http://www.foodaddicts.org> for zoom. For information, call Gayle 226-927-4025.



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### AL-ANON

Friends, families & adult children suffering from the effects of a loved one's drinking find understanding, support & hope at Al-Anon meetings. There are no dues or fees. Call 24 hours 519-434-2613. [al-anon.alateen.on.ca](http://al-anon.alateen.on.ca), [al-anon.org](http://al-anon.org)  
**Tues 7pm** St. Pauls Church, 56 Thames St. S, Ingersoll.

**GEMS & JAVA...** A Fundraiser That Changes Lives in Ethiopia Hearts for Ethiopia is a volunteer driven organization in Oxford County that raises funds to support projects in Ethiopia for women, children & families living in extreme poverty. Life-changing projects are made possible through the financial support of our community. The organization has no office, no staff & very few expenses so your donations are maximized to change lives in Ethiopia. Gems & Java is the major fundraising event for the organization and will take place Sat, Apr 18, 1:30-4:30pm in Woodstock. Tickets are on sale at [www.heartsforethiopia.com](http://www.heartsforethiopia.com). Early bird tickets are \$60 until Mar 21. Mar 22, tickets are \$65. Tables of 8 are \$460. Tickets can also be purchased by emailing [hmckinnon15@gmail.com](mailto:hmckinnon15@gmail.com) or call 519-535-9535. A silent auction, Ethiopian Marketplace, Bags & Baubles Boutique (gently used jewellery, purses & scarves), live jazz band, delicious finger foods & coffee and a presentation about the needs in Ethiopia and the work being done through funds raised make Gems & Java an enjoyable & meaningful event to attend. We need your help - gently used costume jewellery & purses. Please take a few minutes to look through your cupboards & drawers and donate what you are not using to help the women & children living in extreme poverty in Ethiopia. For locations accepting jewellery & purses, or to arrange a pick-up of your donation, please visit our website, send an email to [info@heartsforethiopia.com](mailto:info@heartsforethiopia.com) or call 519-532-2089.

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### COMMUNITY SUPPORT SERVICES

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**CVITP INCOME TAX CLINIC** Our drop off clinic runs until May 1 and provides clients with a modest income & simple return a free option to get your taxes done. No appointment needed. E-filing by volunteers. Contact 519-485-2269.

**GROCERY BUDDY** Our friendly volunteers will pick up groceries for you! Call us with your grocery list & we will arrange a day and time for us to do your shopping! Volunteers are needed as this program grows. Contact 519-485-2269 ext. 106 if interested.

**FROSTY MEALS** \$7.50/ entrée, \$2.75/ soup or dessert. Free delivery available. These meals meet Canada's Food Guide recommendations & use only the best ingredients. Meals are available for all diet types including gluten free, sodium reduced, lactose free & modified texture. With a selection of over 30 entrees & 10 soups/desserts give us a try today! Discount pricing available when purchasing 7 entrees.

**MEALS ON WHEELS** \$7/day, are served at lunch time Mon-Fri, within Ingersoll.

**CURBSIDE MEALS** Full meal & dessert on Tues, \$10. Pick up 11:45-12:15pm. Free delivery to Ingersoll & Thamesford available. Please call to book your meal by 12pm the day before!

**DINE IN** Full meal & dessert on Fri in our dining room \$10. Free delivery to Ingersoll & Thamesford available. For Tues & Fri meals, please call to book your meal by 12pm the day before!

**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 & cleaning around the house. Call us for a referral to a police check individual who can help you out! We are looking for people to clean homes & do landscaping. Do you have a truck to help with large deliveries?

**TRANSPORTATION** for older adults & those with disabilities in Ingersoll & surrounding areas. We provide rides to & from appointments, errands, etc. Reasonable rates & reliable, friendly volunteer drivers. 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.

**ASSISTIVE DEVICE LOAN PROGRAM** Do you or someone you know require assistive devices? Why not call us? This FREE program has a wide range of equipment from crutches, canes, commodes, rollators, knee slider boards to wheelchairs. We also take donations! DROP OFF & PICK UP Mon-Fri, 9-12pm.

**HELP WITH FORMS** FREE, by appointment. Examples include CPP, OAS, and GIS & 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.

**FOOT CARE CLINIC** \$31. Call for an appointment. Our trained providers can also come to your home.

**VOLUNTEERS** We are looking for volunteers to assist with Meals on Wheels delivery Wed & Thur 11:30-1pm in Ingersoll. Please call Victoria Adshade at 519-485-2269 if you're interested in helping.

### EZAS 5K-10K FARM RUN EVENT

Our 2nd annual 5K-10K Farm Run Event will be held Sat, May 30, with a morning stretch, lunch, photo booth, merchandise, and a dairy farm tour! Watch our website & social media for updates on registration, donation, and volunteering opportunities! [www.embrofair.com](http://www.embrofair.com).

### BEACHVILLE COMMUNITY GARAGE SALE

Sat, May 23, 8am-noon. Mark your calendars. Time to spring clean & sell your unwanted treasures.

## PROSTATE CANCER SUPPORT GROUP

We meet in person & via Zoom 7-8:30pm on the 1st Wed of the month except July & Aug at 140 Pine Valley Blvd, London. Everyone is welcome! Contact: Carl 519-852-4277, carlkelly39@gmail.com; John 519-365-1599, johnolivei@gmail.com. Visit our Facebook page at: London Prostate Support Group and [www.pcsupportgroup.ca](http://www.pcsupportgroup.ca).

## ROOTING FOR BEETS!

Root crops are the old-fashioned way that families get through the winter when other vegetables are scarce. As grocery prices soar due to a massive labour shortage in the American southwest, we can look for Canadian-grown root crops: beets, carrots, parsnips... And while we often think about these as boiled or roasted sides, why not consider the salads which can be made combining the first two, or even with arugala. It's available thanks to Oxford county greenhouses; it's tart taste goes well with earthy crops; Oxford's great supply of cheese makes the salad delicious. Several of Bryan Smith's acquaintances also like the sound of 'arugala' when you say it aloud. Farmers' markets and CSAs are great ways to buy Canadian foods and to eat local produce.

## ALL DRESSED UP 2026 (formerly Gals & Gowns)

Originated by the OPP & Woodstock Police Services and now hosted by Hi-Way Pentecostal Church in Ingersoll since 2022. If you are graduating from Grade 8 or going to the High School Prom or maybe there is an occasion or event that you will need formal or semi-formal attire. Purchasing clothing for these events can be very expensive especially with inflation on the rise. This event is FREE and we have hundreds of gently used & new prom dresses, as well as dresses for those special occasions such as a wedding, mother of the bride, bridesmaids or any special event. We welcome you to come & see if there is a dress just for you! We have expanded our selection to include men's suits, dress pants, etc. At present there is a limited supply of men's clothing, but we are hoping soon to have more available. This FREE event will be held at the Ingersoll Services For Seniors Centre, 250 Ingersoll St. S. Ingersoll on Fri, Apr 10, 6-9pm & Sat, Apr 11, 9-12pm. We are also looking for donations of gently used or new dresses, shoes, jewellery and men's suits, dress shirts and pants, etc. Donations can be dropped off at Hi-Way Pentecostal Church Ingersoll, 584118 Beachville Rd, Ingersoll or call 519-485-0961. [www.hiwaypentecostal.ca](http://www.hiwaypentecostal.ca).



## DEREHAM VENDOR SHOW

Dereham District Lions Club Vendor Show at Mt Elgin Community Center Mar 29, 10-3pm. \$2 admission.

## "LIFE WORTH LIVING"

This powerful, new documentary, which exposes the euthanasia crisis in Canada, has just been named a finalist at the Cannes World Film Festival and is being considered by multiple film festivals. The 1 hour film was produced by Woodstock native, Alex Schadenberg, Executive Director of Euthanasia Prevention Coalition, and will be shown Tues, Mar 24 at the Woodstock Polish Hall, 878 Dufferin St, Woodstock. The film starts at 7pm and will be followed by a Q & A session with Alex. Admission is FREE, courtesy of Oxford County Right to Life.

## BEACHVILLE LEGION

434852 Zorra Line, Beachville

**Euchre** 7pm Thur. Branch open 7-10pm.

**Line Dancing** commencing Mar 12, 7-8pm, \$10.

**Rumba & Bachata Dancing** Thur commencing Mar 12, 8:15-9:15pm, \$10. No partner required.

**Night Darts Blind Draw Doubles** Fri 8pm.

**Bluegrass & Old Time Country Jam** every Sat in Mar 1-4pm. Come play in open mic jam (acoustic only) or come to enjoy the music.

**Ox on the Run Mobile Library** Wed, Mar 4, 4:30-6pm.

**General Meeting** Wed, Mar 4, 7pm.

**Woodstock Kitten Rescue & Nursery Bingo** Mar 6. Doors open 6pm, play begins 7pm.

**Roast Beef Dinner** Fri, Mar 13, 5:30pm, \$15. Please pre-order 519-423-6363.

**Woodstock Kitten Nursery & Rescue Bingo** Fri, Mar 13. Doors open 6 pm. Bingo starts 7pm.

**Ox on the Run Mobile Library** Mar 18, 4:30-6pm.

**Woodstock Kitten Nursery & Rescue Pasta Dinner Fundraiser** Sat, Mar 28, 5-9pm. Call 226-228-3567 for reservations.

**Karaoke** Sat, Mar 28, 7-11pm.

**Good Friday Fish & Chip Dinner** Fri, Apr 3.

Free pool. Hall rental for meetings, parties, receptions. Follow us on Facebook or visit our website for additional events.

## ALL YOU CAN EAT PANCAKES!

All you can eat Pancake Brunch at Christ Church Lakeside Sun, Apr 26, 11-2pm. We are serving homemade pancakes, sausages, quiche, fruit, maple syrup & drinks. Adults \$12, children 6-12 \$6 and 5 & under free. All proceeds will be shared with Seniors in Food Crisis.

## INGERSOLL ROTARY EASTER EGG HUNT

The Rotary Club of Ingersoll is proud to once again welcome families from across our community to the annual Rotary Easter Egg Hunt Sat, Apr 6, 10am in Victoria Park (beside the community centre). This FREE community event for children ages 2-10 has become a cherished spring tradition, bringing neighbours together year after year for a morning of laughter, excitement & chocolate. The hunt is divided into 3 age groups: 2-4, 5-7, and 8-10 so every child has a chance to participate & enjoy the fun. We encourage families to arrive early & stop by the registration table to receive their ticket. Each child with a ticket will receive a free chocolate bunny at the end of the hunt (while supplies last). Please bring your own basket, as only a limited number will be available to borrow. As with any early spring outdoor event, weather can play a role, so be sure to check our Facebook page ([www.facebook.com/IngersollRotary](http://www.facebook.com/IngersollRotary)) for updates as the day approaches. The Easter Egg Hunt is just one example of how the Rotary Club of Ingersoll works to strengthen & celebrate our community. From local initiatives to hands-on events, Rotary members are committed to service, connection & giving back to the place we all call home. We are grateful for the generous support of Woodstock Giant Tiger & for the volunteers who help make this event possible each year. If you would like to learn more about the Rotary Club of Ingersoll, the projects we support, or how you can get involved, please visit [www.ingersollrotary.com](http://www.ingersollrotary.com). We're always looking for community-minded individuals who want to be part of something meaningful right here in Ingersoll.



## EVENT SPACE FOR RENT

Salford Community Centre (capacity: 149). Call to book: 519-425-2657.

## SACRED HEART PARISH EUCHRE

We invite everyone to join us for a euchre afternoon. It will be held in Henderson Hall, 133 John St, Ingersoll. Tues, Mar 3, 17, 31 start at 1pm. Refreshments provided.

## THISTLE THEATRE – DRAMARAMA 2026

Thistle Theatre is proud to present the 30th season of DRAMARAMA, our summer day camp for young people ages 6-13 (grades 1-8) July 20-31. A 2-week session at Dramarama is all about developing creativity, self-expression & self-confidence. Workshops in drama, music, dance, arts & crafts, and theatre production take place each morning, with the afternoon spent working together to collectively create one play. The 45-minute play is then performed for family, friends & community members on the final day of camp. Camps run daily 9-3pm out of the historic Embro Town Hall, 135 Huron St. For all the information, including payment options, please head to [www.thistle-theatre.com](http://www.thistle-theatre.com) and click on the Dramarama page. The Early Bird rate of \$300 per camper per session ends May 1. We're looking for volunteers who want the ability to obtain community service hours while also participating in our programming! Apply to be a Leader-in-Training at Dramarama if you're transitioning to high school this fall or currently in grade 9-12. Email our Artistic Director [dramarama.thistletheatre@gmail.com](mailto:dramarama.thistletheatre@gmail.com). These are volunteer, unpaid positions with the ability to obtain community service hours, as well as learn valuable leadership skills along the way. Should you have any used-in-good condition costumes or props that you'd like to donate, please email [dramarama.thistletheatre@gmail.com](mailto:dramarama.thistletheatre@gmail.com) to arrange for drop off or pick up.

## 4-H

4-H members & volunteers have endless possibilities to 'Learn to do by Doing' with the 4-H program in Oxford & across the province! The 4-H program is a leadership development program for youth ages 6-21 from urban & rural areas learning about health, environment, technology, agriculture, science, food, community & communication in a hands-on learning atmosphere. Oxford County 4-H Association elected executive for 2026—Chairperson: Melvin Bergsma, Vice: Terri Muir, Treas: Jack Danen, Asst Treas: Christy Brekelmans, Sec: Shonna Ward, Asst Secretary: Kirsten Dill. Other roles, Livestock Coordinator: Amy Reinhart, Oxford Awards & Screening Coordinator: Shonna Ward, Oxford Assn Rep: Kirsten Dill, Royal Beef Coordinators: Sarah Pletsch & Terri Muir, Classic Coordinator: Geoff Innes and other Directors Deb Bailey, Elizabeth Bruce & Michelle McCoy. The Oxford Beef 4-H Club starts Mar 2, contact [oxford4hbeef@gmail.com](mailto:oxford4hbeef@gmail.com); Oxford Swine 4-H Club started Feb 25 with the topic of 'Biosecurity & Recordkeeping', contact Christy [c\\_brekelmans@hotmail.com](mailto:c_brekelmans@hotmail.com); H project, Community 4-H Club starts Apr 29, contact Shonna [wardshonna@hotmail.com](mailto:wardshonna@hotmail.com); Oxford Centre 4-H Club contact [tj\\_hargreaves@yahoo.ca](mailto:tj_hargreaves@yahoo.ca) for next 4-H project. The Thamesford 4-H Club started the 'Breakfast' 4-H project, Brooksdale 4-H Club 'Craft', Oxford Quilting 4-H Club 'Hoodie', and Mt Elgin 4-H Club 'Maple Syrup' 4-H projects. The Cloverbud 4-H program for youth ages 6-8 (born in 2017-19) is based on a 3 year curriculum where there is something different for each of the 3 years a member can participate in a hands-on learning atmosphere. Oxford 4-H has 2 Cloverbud 4-H Clubs with full registrations for 2026. Oxford 4-H is hosting a Judging Reason taking session Wed, Mar 4 at Sweaburg United Church, 7:30-9pm, pre-register by Mar 1 to [ginnes@xplornet.ca](mailto:ginnes@xplornet.ca), presenter: Kim DeKlein, open to volunteers & youth, refreshments provided, volunteer learning opportunity credit. Oxford County 4-H Assoc Special 4-H Class for 2026— Piece of art, featuring green. Entries can be done at all Oxford County Fairs—Embro, Tavistock, Woodstock, Drumbo, Tillsonburg. Prizes 1st \$15, 2nd \$12, 3rd \$10, 4th \$8, 5th \$5. There are lots of opportunities for youth ages 9-21 to become involved with 4-H to 'learn to do by doing' at home & in-person. Are you beyond the age to be involved as a member—become a 4-H volunteer! Volunteers also 'learn to do by doing' by being involved in the 4-H program. Contact [oxfordcounty4h@gmail.com](mailto:oxfordcounty4h@gmail.com) to find out more & how you can become involved with a great youth development program in your community. Also check the Oxford County 4-H Facebook page or website link <https://4-hontario.ca/association/oxford-4-h-association/> for information.

## INGERSOLL MEDITATION

\$10 donation, Wed 6:30-8pm. No experience necessary. Just come, get comfortable & listen as the meditation guides you into relaxation & ease. Join "Ingersoll Meditation Group" on Facebook to get all the info & address or call 519-485-0629.



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# Worship With Us

**Oxford Church** 184 Oxford St - [www.oxfordchurch.ca](http://www.oxfordchurch.ca)  
Pastor Meine Veldman 519-602-7386 [meine73@yahoo.com](mailto:meine73@yahoo.com)

**St. Paul's Presbyterian Church** Rev. Allan Brouwer  
56 Thames St. S, Ingersoll, 519-485-3390; [paulsingersoll.ca](http://paulsingersoll.ca)  
[stpauls@execulink.com](mailto:stpauls@execulink.com), Like us on Facebook  
SUN Worship 10:30am. In-person & on YouTube  
Sunday School & Nursery - All children are welcomed!  
TUES Coffee Conversation, 10:30am  
WED Bible Study, 10am  
Mar 27 Spaghetti Dinner 5-6:30pm

**Ingersoll Christian Reformed Church** [ingersollcrc.ca](http://ingersollcrc.ca)  
519-485-4941, 429 King Street West, Pastor Derek Ellens  
SUN 10am Live Stream or YouTube - Ingersoll CRC

**Free Reformed Church of Oxford County**  
284793 Pleasant Valley Rd, Pastor D. Kranendonk, [oxfordfrc.com](http://oxfordfrc.com)

**St James' Anglican Church** [stjamesingersoll.com](http://stjamesingersoll.com)  
130 Thames St S, Ingersoll, 519-485-0385  
10:30am services. Livestream service on our Facebook page.

**Trinity United Church** 519-485-0820, 118 Church St  
Rev. Joy Cowan, [revjoy@execulink.com](mailto:revjoy@execulink.com), office: 519-485-0820  
[trinityingersoll@rogers.com](mailto:trinityingersoll@rogers.com)  
Sunday Service: 10:30am livestream: [tucingersoll.ca](http://tucingersoll.ca)

**Truth Community Church** 519-285-2112  
154978 15th Line, Thamesford, [truthcommunitychurch.ca](http://truthcommunitychurch.ca)  
Pastor Steve Twinem, [tccthamesford@gmail.com](mailto:tccthamesford@gmail.com)

**First Baptist Church** Rev Trevor Whittingham  
235 Thames St S, Ingersoll, [fbcingersoll.com](http://fbcingersoll.com), 519-485-3046  
SUN 10:30am Worship Service  
Mar 2 & 9 Youth Group (Jr. & Sr. High) 7pm  
Mar 7 Pancake Breakfast Fundraiser 8am  
Mar 21 The Well 7pm  
Mar 22 Worship & Praise Night 7pm

**Crossroads Bible Church** 519-900-6281  
184 Oxford St Ingersoll, [crossroadsingersoll.ca](http://crossroadsingersoll.ca)  
FB: [crossroadsingersoll](https://www.facebook.com/crossroadsingersoll) & IG: [ingersollcrossroadschurch](https://www.instagram.com/ingersollcrossroadschurch)  
Services at 8:45am & 11:15am

**Hi-Way Pentecostal Church** 519-485-0961  
584118 Beachville Rd, Ingersoll [hiwaypentecostal.ca](http://hiwaypentecostal.ca)  
SUN 10am Livestream [www.facebook.com/hiwayingersoll](http://www.facebook.com/hiwayingersoll)

**Sacred Heart Roman Catholic Church**  
519-485-1802 131 Thames St. N, Ingersoll N5C 3C9  
Website - [nocfop.dol.ca](http://nocfop.dol.ca) or email [shingersoll@dol.ca](mailto:shingersoll@dol.ca)  
Weekday Masses – Tues & Thur 11:30am  
Sunday Masses – 10:15am and 6pm

**Southwest Oxford United Churches**  
Emergency Contact: Rev. David Van Patter 519-773-5715  
[vanpatter007@gmail.com](mailto:vanpatter007@gmail.com)  
West Oxford 354395 Church Line. Closed Feb.  
Sweaburg 474425 Dodge Line 9:30am  
Foldens 374097 Folden's Line 11am

**Huron Park Baptist Church** 199 Berwick St, Wdstck  
519-421-4722, [office@huronparkchurch.org](mailto:office@huronparkchurch.org)  
10:30am Sunday Service Mid-week programs Tues & Thur  
Mar 26 12pm Seniors Lunch  
Mar 21 9-11am Men's Breakfast  
July 6-10 Basketball Power Camp 9-12:30pm. Ages 5-14.  
Please call 519-421-4722 for more information.

**Free Reformed Church of Oxford County**  
284793 Pleasant Valley Rd, Pastor D. Kranendonk, [oxfordfrc.com](http://oxfordfrc.com)

**GOD – Namadwaar Ontario**  
Global Organization for Divinity, 239 Ossian Terrace, Ingersoll  
[www.godivinity.ca](http://www.godivinity.ca), [canada.godivinity@gmail.com](mailto:canada.godivinity@gmail.com), 548-328-1043  
Mon-Fri 9:30-11am, 5:30-7pm  
Sat 9:30-8pm  
Sun 9:30-7pm

# MARCH

## march

SUN	MON	TUES	WED	THUR	FRI	SAT
<b>1</b> • Kinsmen Fanshawe Sugar Bush  • Cuckoo's Nest concert, London  • Brunch, Embro	<b>2</b>	<b>3</b> • Functional Movement, Ing 50+  • Al-Anon, 7pm  • Euchre, Sacred Heart	<b>4</b> • Air Cadets, Dorchester • Walking Club, Ingersoll 50+ • Brunch, Ingersoll 50+ • Prostate Cancer Support group	<b>5</b> • Pilates, Ing 50+  • Coffee & Connect, Brownsville  • Euchre, Beachville Legion	<b>6</b> • Jamboree 1-4pm  • Crop for a Cause  • Bingo, ITOPA  • Osteofit, Ing 50+	<b>7</b> • Kinsmen Fanshawe Sugar Bush  • Crop for a Cause  • Bingo, ITOPA
<b>8</b>  • Bingo, ITOPA	<b>9</b>  • Ont. Ancestors	<b>10</b> • Beachville Historical • Chair Yoga, Ingersoll 50+ • Cooking Demo, Brownsville Library • Al-Anon, 7pm	<b>11</b> • Destination Antarctica, library • Chair Fitness, Ingersoll 50+ • Thorndale Horticulture	<b>12</b> • Cooking Connexions, Thamesford  • Bingo, ITOPA  • VON Exercise, Ingersoll 50+	<b>13</b> • Bingo, ITOPA • Total Body Workout, Ingersoll 50+ • Beef Dinner, Beachville Legion	<b>14</b> • Nature Club hike • Bingo, ITOPA • Kinsmen Fanshawe Sugar Bush • Bluegrass Jam, Beachville Legion
<b>15</b> • Kinsmen Fanshawe Sugar Bush  • Cuckoo's Nest concert, London  • Bingo, ITOPA	<b>16</b> • Puppet Show, library  • Line Dancing, Ingersoll 50+	<b>17</b> • Irish Kitchen Party • Pot of Gold Party, library 	<b>18</b> • Air Cadets, Dorchester • Reptile Show, library • Teen Escape, library • Meditation	<b>19</b> • Seed Planting, library • Model Magic Fossils, library • Cartooning, library • Alzheimer education, Ingersoll 50+	<b>20</b> • Jamboree 1-4pm • Mighty Men of Zorra • Dinosaur Terrariums • Minecraft Movie, library <b>VILLAGE VOICE DEADLINE</b>	<b>21</b> • Euchre, Sweaburg • Mighty Men of Zorra • Equinox event, Stopping to... • Embro Ohio Exchange Hockey
<b>22</b> • Mighty Men of Zorra  • Death Cafe, Thmsfd	<b>23</b> • Tech Talk, library  • Tai Chi, Ing 50+	<b>24</b> • Horticulture Society  • Timelines & Tales, Ingersoll 50+  • Life Worth Living	<b>25</b> • Thamesford Friendship Club • MAiD Grief Support • Film Club, library • Meditation	<b>26</b> • Mighty Men of Zorra  • Gentle Yoga, Ingersoll 50+	<b>27</b> • Casino Night, Ingersoll 50+  • Mighty Men of Zorra  • Spaghetti Supper, St Paul's	<b>28</b> • Skating Carnival • Mighty Men of Zorra • Ditch the Devices, library • Building w/Clay Workshop, Embro • Mom's Stop & Swap
<b>29</b> • Kinsmen Fanshawe Sugar Bush • Cuckoo's Nest concert, London • Spring Choir concert • Mighty Men of Zorra • Dereham Vendor	<b>30</b> • Pickleball, Ing 50+  • VON Exercise, Ingersoll 50+	<b>31</b> • Functional Movement, Ing 50+  • Al-Anon, 7pm  • Euchre, Sacred Heart	<b>APRIL 1</b> • Total Toning, Ingersoll 50+	<b>2</b> • Pilates, Ing 50+	<b>3</b> • Choral concert  <b>GOOD FRIDAY</b>	<b>4</b>

### Community Contacts

**Telehealth Ontario** ..... 866-797-0000  
**Poison Info Centre**..... 800-268-9017  
**Women's Emerg. Centre** ..... 519-539-4811  
**Kids Help Phone** ..... 800-668-6868  
**Information Oxford** ..... 211  
 Arena ..... 519-485-5023  
 Big Brothers Big Sisters..... 519-485-1801  
 Creative Arts Centre ..... 519-485-4691

Crime Stoppers..... 800-222-8477  
 Fusion Youth Centre ..... 519-485-4386  
 Girl Guides..... 877-323-4545 Ext 6401  
 Health Care Connect ..... 888-579-6707  
 Hockey, Minor..... 519-485-5858  
 Horticultural Society..... 519-485-3649  
 Ingersoll & District Inter-Church.... 519-933-7730  
 Kiwanis Club..... 519-319-3937  
 Library..... 519-485-2505  
 Lions Club..... 519-536-3528

Museum, Cheese & Agri..... 519-485-5510  
 Performing Arts (ITOPA)..... 519-485-3070  
 Rotary Club..... 519-485-0750  
 Seniors Services..... 519-485-3869  
 Skating Club ..... 519-485-1039  
 Social Assistance Support Line ..... 888-999-1142  
 Trillium Drug Program..... 800-575-5386  
 Victoria Park Comm Centre..... 519-425-1181  
 Village Voice ..... 519-285-3249  
 VON..... 519-539-1231

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