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The Village Voice

THORNDALE

Issue 214
Since 2008

Voice

MAY 2026

CALI WEEKEND TOWN WIDE YARD SALE

Westminster United Church 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 on 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 (even your broken silver & gold jewelry), purses; vintage items; books; reusable shopping bags. There will be breakfast sandwiches & beverages available for purchase. We will be selling books \$5 per bag. Make sure to visit our Heavenly Boutique with loads of jewelry and many, many purses/handbags. Yard sale items will be half price from 12-1pm.

ST. JOHN'S BOOK, BAKE & YARD SALE

220 Dundas St., Thamesford May 16, 9am to Noon.

THANKS FOR REUSEAPALOOZAHANG!

Many thanks to the volunteers at both recent Reuseapaloozahas, in Brownsville & Innerkip. In addition to having a great time, many found treasures. I have been approached by people about fall editions in other parts of Oxford County. Let's do it! Contact bryasmit@oxford.net.

THORNDALE FIREFIGHTERS BREAKFAST

Thorndale Firefighters Breakfast is Sun, May 24, 8-12pm at the fire hall.



THAMESFORD CALITHUMPIAN PRESENTS

TROPI-CALI WEEKEND

MAY 15-18 2026

www.ThamesfordCalithumpian.ca

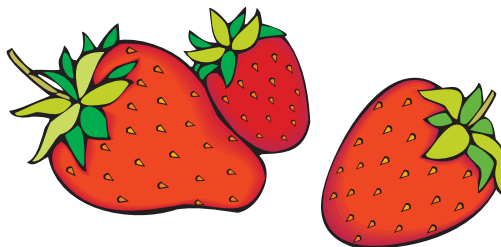
EMBRO ZORRA LAWN BOWLING CLUB

The season begins May 18 with a potluck / BBQ at 5pm followed by the opening jitney. New members are welcome.

OPEN HOUSE EVENTS If you want to give Lawn Bowls a try with no commitment, come out on any Monday evening in June 7-9pm for free instruction and a friendly game. Lawn Bowling offers a mild form of exercise that is fun, but fosters friendships & socialization while providing recreational & competitive play. Club bowls are available to new players & no special clothing is required. Coaching is available. We welcome all to try the fun game of Lawn Bowling at the club located at the Embro West Zorra Community Center! For more information call Ken 519-533-7446.

THORNDALE HAM & STRAWBERRY SUPPER

You are invited to our annual Ham & Strawberry Supper Tues, May 19, at Thorndale Lions Community Centre, 4:30-7pm. Adults \$25, children 6-14 \$10, 5 and under - free. Take-out and dine-in available. Advance tickets only until Sun, May 10. For tickets call Bob & Darlene 519-461-0463.



JC Graphics and the Village Voice acknowledge that we are operating on the traditional territory of the Anishinabewaki, Attiwonderonk & Mississauga First Nations, and we are grateful for the opportunity to conduct business on this land under the London Township, Treaty 6.

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STOPPING TO SMELL THE FLOWERS:

A Healing & Resource Centre ~ Echoing a Remembrance of your Magnificence Through Short Story Awakenings and Offerings~
Guided Meditation sessions Tuesdays in May (May 5, 12 & 19) 7-8pm at the Meditation Hut, 130 Stanley St S, Thamesford. Chairs are provided. \$135 + free admission to the Immersion Series Thur, May 28, 7-8:30pm – a new offering with sneak peaks & take away tools into concepts from my next book series on how to manifest with the energy that is in us & around us.

Commonplace Book Store Sat, May 1, 105 Thames St. S, Ingersoll, 12-4pm. Buy a Stopping to Smell the Flowers book and get it signed by the author! I will also be offering a free Guided Journaling Workshop – just drop in – all journaling tools will be provided. This is a great way to tune into emotions & pivot towards better feeling thoughts & actions. To find out more & register, message Stephanie Malo, author and facilitator: Facebook at “Stopping to Smell the Flowers: Extraordinary Observations of Everyday Life” Instagram @therealstephaniemalo or email stephaniemalo@hotmail.com. www.stoppingtosmelltheflowers.com.

INGERSOLL LIBRARY

ADULTS - Ten Healthy Habits of Financial Management Tues, May 5, 5:30pm. Learn with Michael Banham, a retired financial services executive with over 32 years of experience.

Film Club Discussion Wed, May 27, 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.

Superstorms of Ontario Sat, May 30, 11am. Enjoy seeing a wide variety of severe weather including thunderstorms, ice storms, wind storms, snow storms & solar storms all from the beautiful province of Ontario, presented by David T. Chapman!

KIDS - Messy Monday Mon, May 4, 10am. Drop by & explore learning through play! Your little learners will enjoy sensory play & hands-on discovery. Some play materials may be messy! For children ages 5 and under with their caregiver. * Please note the program room capacity is limited and you may be asked to wait & enjoy the library until space opens up in the program.

Tween Time (Ages 9-13) Pebble Art Tues, May 26, 4pm. Hey tweens! Drop by the Ingersoll library program room to make a pebble art picture! The library has various programs for all ages. We kindly ask that the age limits are followed and we appreciate your understanding!*

PA Day (Ages 12 and under): Magnet Fishing Craft Fri, May 29, 10am. Drop by to make a magnet fishing game! While supplies last and space allows.

NATURE CLUB

BIRDING AT HODGES POND Sat, May 16. Please join us 9am in the Ingersoll Municipal Parking lot behind the arena to carpool to Hodges Pond at 504918 Old Stage Rd Woodstock N4S 7V8 or meet us there. Hodges Pond is a former millpond that has been transformed through the hard work of a local project team & volunteers. The ecological enhancement started with removal of the dam in 2016 followed by construction of several wetland cells, in-stream habitat improvements, planting of thousands of trees & installation of several wildlife nest structures. This loop trail provides for an easy walk through prime wetland with ample opportunity to view migrating & resident birds. This project is an ongoing partnership between Ducks Unlimited Canada, Oxford County, Stewardship Oxford, UTRCA and the MNR. The Ingersoll District Nature Club has several extremely knowledgeable birders who would be more than willing to share their expertise with anyone who joins our outing. This is an excellent opportunity for beginners & experts to enjoy the great outdoors and hone their skills! For more information contact Sheila 519-485-2645 or www.ingersollnatureclub.com

LAWSON NATURE RESERVE CLEANUP DAY

Sat, June 6, 9am. Community members are welcome to join the Ingersoll District Nature Club for clean-up activities at the Reserve on McBeth Rd, south of Ingersoll, including trail maintenance, garlic mustard extraction & painting. We would especially appreciate help from those who regularly use the trails as the Reserve is maintained solely by volunteers. Please bring gloves, bug spray & wear sturdy boots. Helping hands are always appreciated. For info call Meg 519-485-4220 or www.ingersollnatureclub.com.

BROWN'S CHICKEN BBQ

Brown's United Church Drive-thru chicken BBQ is Thur, July 9, 4:30-7pm. Advance tickets only \$30, call Sue 519-868-3335.

BEACHVILLE COMMUNITY GARAGE SALE

Sat, May 23, 8am-noon. Sell your unwanted treasures.

THAMES CENTRE COMMUNITY CHOIR

The Thames Centre Community Choir presents its May Concert Sun, May 24, 2pm at Dorchester United Church, 4100 Catherine St. Admission is by donation. Everyone is welcome! Choir members will be selling Dipladenia and Hibiscus plants as their major annual fund raiser this April and early May. Same great prices & delivery by Mother's Day. Please contact any choir member or c_baskerville@hotmail.com for more information.

UTRCA CONTRIBUTES TO 30X30

The Upper Thames River Conservation Authority (UTRCA), in collaboration with Ontario Nature, is proud to announce the contribution of 855.76 hectares of natural areas & provincially significant swamp land towards Canada's target of protecting & conserving 30% of our lands & waters by 2030, known commonly as the 30x30 target. The partnership with Ontario Nature facilitated an assessment of UTRCA lands, determining that 16 properties will be registered under the Protected Areas designation in the Canadian Protected and Conserved Areas Database. This marks a significant step towards halting & reversing biodiversity loss in the Upper Thames River watershed. Notable areas include Harrington Conservation Area (CA), Dorchester CA, and Embro CA. Each of these areas consist of mixed woodland and coniferous plantations centred around a small dam and pond. "Protecting these lands through long-term conservation measures supports habitat for species at risk, reduces the impacts of flood events, and provides recreational opportunities" said Brandon Williamson, Land Management Coordinator, UTRCA. The full list of properties includes: W.L Dickson Arboretum, Beachville Tract, Cade Tract, Dorchester CA, Dorchester Mill Pond, Downey Tract, Embro CA, Fish Creek CA, Gads Hill North and South, Golspie Swamp, Harrington CA, Ivey Tract, Kintore Swamp, Lowthian Flats, Shakespeare CA, and Westminster (Dingman). This initiative has helped us further reach our vision of partnering to protect and promote a healthy environment and resilient communities.

INGERSOLL GARAGE SALES

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



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MAY 15-18, 2026

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Beer Tent

MAY 18
Calithumpian
Parade

MAY 15
Moana
Watch Party

MAY 18
Lei'd Back
Beer Tent

See the Full Weekend Lineup:
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FROM CONVERSATION TO ACTION:

Oxford Community Foundation Celebrates Grants, New Funds, and a Bold Look at Housing. Join us for our Community Impact Celebration Mon, June 1, 4-6pm at the Clubhouse at the Tillsonburg Soccer Club, 275 Quarter Town Line, Tillsonburg. This evening is a celebration of new funds created dedicated to supporting our most vulnerable residents, strengthening community & investing in our youth. We'll also celebrate \$255,000 in grants awarded to 38 local charities supporting arts, culture & heritage, to health & wellness, education, the environment, and social services. And the centrepiece of the evening is a panel discussion we believe is particularly timely for our community: Housing & Homelessness. The panel will feature voices you'll want to hear, including a community organization & builder who didn't just talk about the housing crisis — they did something about it. They built homes for families on the waitlist and, in the process, opened doors for young people looking to build careers in the skilled trades. It's the kind of story that reminds us what's possible when people in this room decide to act. The panel will also include a local expert sharing what's happening right here in Oxford County and what we can accomplish together. This is an open invitation to everyone in our community. We would be honoured to have you join us. Register now at www.oxfordcommunityfoundation.org.

HOPE BLOOMS, CHORAL SOCIETY

May 8, join the Ingersoll Choral Society as they present "Hope Blooms", a spring benefit concert in support of the Ingersoll & District Interchurch. Uplifting choral selections to brighten your spring day! St. Paul's Presbyterian Church, 56 Thames St. S, Ingersoll, 7pm. A free will offering will be received for Ingersoll & District Inter-Church. Find us on FB or www.ingersollchoralsociety.ca.

NHL NEWS

The Buffalo Sabres finished the season as Atlantic Division Champs. This is the first time they have reached the playoffs in 15 years. Local Michael Kesslering is #8 on the team. Submitted by Ken Minler.

THISTLE THEATRE - AUDITIONS

Thistle Theatre is looking for singers, of all ages, sizes & genders. Our fall production is "Joseph and the Amazing Technicolour Dreamcoat". Auditions are June 5 & 7 at the Town Hall in Embro. Please visit our website www.thistletheatre.com to book your audition time. Hope to see you there.

THE CAIRN!

The Zorra Caledonians have carefully considered options for the iconic cairn located at the North Embro Cemetery. The cairn, built in 1939, is dedicated to the 1893 World's Fair Tug of War champion team, and remains a local, national & international symbol of honour & pride in Zorra's impact on the sport. For several years the Caledonians have received financial support from the community for cairn restoration & we are excited to announce that after a careful search into repair options, the work will proceed this spring! Anyone interested in contributing to this work is encouraged to send your donation via e-transfer to events@embrohighlandgames.ca or mail a cheque to Zorra Caledonian Society PO Box 258, Embro, N0J 1J0. Four quotes for the work were sourced and the cost will be \$ 9,000, taxes in! Any support is welcome as we honour the men who put Zorra - a community considered the birthplace of tug-of-war - on the map.

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, May 12 & 26 start at 1pm. Refreshments provided.



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OXFORD 4-H

Oxford 4-H is growing with the 3 new 4-H clubs—Fishing, Horse & Vet along with the other clubs & projects happening with hands-on learn to do by doing activities. Some 4-H Clubs started in April with youth still able to join. For Dairy 4-H Clubs contact Dean dkarn@xlpornet.com for Ingersoll Kiwanis; Jack jjdanen@netflash.net for North Oxford; T-J tj_hargreaves@yahoo.ca for Bonds. The Oxford Beef 4-H Club contact oxford4hbeef@gmail.com; Community 4-H Club is doing 'Community Engagement' project, contact Shonna wardshonna@hotmail.com; Brooksdale 4-H Club doing an "Anything with an Engine" 4-H project, contact kait.mckay12@gmail.com; Hickson 4-H Club doing a "Let's Get Ready for the Fair" project, contact Shonna wardshonna@hotmail.com. The two Cloverbud 4-H Clubs in Oxford for 6-8 year olds have youth learning about maple syrup, field crops, alternative livestock, fruits & vegetables, our heritage, butterflies & pollinators, alternative dance & breadventure. Oxford 4-H youth have participated in a few opportunities this year already—Dairy Sense, Future Leaders in Action and soon going to 4-H Canada National Citizenship Congress in Ottawa. Jacob Bergsma was selected to be a 4-H Ontario Ambassador for 2026—Congratulations Jacob! There are lots of opportunities for youth ages 6-21 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. Volunteers are not required to be a parent of a youth member. Contact oxfordcounty4h@gmail.com to find out more & how you can become involved with a great youth development program in your community. 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 and communication in a hands-on learning atmosphere. To learn more about the 4-H program, please contact the Oxford 4-H Communications Coordinator, Shonna Ward, by email oxfordcounty4h@gmail.com or call/text 519-854-6919 or check the Oxford 4-H page on the 4-H Ontario website at <https://4-hontario.ca/association/oxford-4-h-association/>.

BROWNSVILLE ANNUAL SCHOOL REUNION

The Brownsville Annual School Reunion will be held Wed, June 10, 10-3pm at the Brownsville Community Centre. There will be a Potluck lunch, so please bring your favourite dish. All former students & spouses are welcome to attend. If you have any historical information or pictures please bring them with you. If you have any questions please contact Patty Meertens rpmeertens@gmail.com.



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WHAT'S ON AT THORNDALE LIBRARY IN MAY!

FOR YOUNG FAMILIES: Thorndale Storytime Tues, 10:30am. Join us for stories, songs, rhymes & fun!

Early ON Play & Learn Fridays, 9-11am. Free drop-in program for families with children 0-6 years old.

Early ON Click & Connect Fri, May 22, 9-11am. Middlesex EarlyON offers quarterly Check & Connect drop-in clinics during regularly scheduled Play & Learn programs.

FOR SCHOOL AGED & YOUTH: Show & Tell Wed, May 13, 6-7pm. Relive Kindergarten joy with a show & tell performance! Show us your favourite stuffed animal. Tell us a wild, zany story that happened to you last summer. We want to see & hear you! Ages 7-17.

Catch the Sun! PA Day Fri, May 29 12-1pm. Spring is here & summer is coming! Join us for this PA Day craft & create your own colourful suncatcher to hang in your window. For ages 7-17.

FOR ADULTS & SENIORS: Stitch 'n Chat Tues, May 5, 10-12pm & Wed, May 20 6-8pm) Bring your needle project & meet other crocheters, knitters, and stitchers. Registration required.

Evening Book Club Thur, May 28 6-8pm. Come & sign out a Book Club novel and then join us on the 4th Thur of each month to share your opinions! Register for the Book Club is required as the number of books available is limited.

For more information or to register, call 519-461-1150 or email thorndale_staff@middlesex.ca.

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BEACHVILLE HISTORICAL SOCIETY

On Tues, May 12, 7pm the Beachville District Historical Society welcomes Todd Pearson, owner of Kintore Coffee Company in Embro. He will share the story & history of the Kintore Coffee Company. Join us at the Beachville District Museum for his story followed by a light lunch & of course a cup of Kintore Coffee.

EZAS UPCOMING WORKSHOPS:

Craft, Tea & Embroidery May 2, 10-11:30am, Knox United Church
BBQ Tips & Tricks with Lancaster Smokehouse June 6
Cupcake Decorating June 13 **Wine Painting** July 11
Canning Pickled Beets Aug 15 **Pie Crust & Filling Making** Oct 3
DIY Holiday Craft Nov 7 Register online at www.embrofair.com.

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.

EZAS 5K-10K FARM

Join us for the 2nd Annual EZAS Farm 5k/10k. We will start the morning off enjoying a beautiful walk/run down Oxford County country roads. After, the race guests are welcome to tour Darcroft Farms to enjoy pulled pork on a bun for lunch. There will be activities for kids & agriculture industry representatives on site teaching about other local farming practices. Note: May 31 rain date.



9am Participants welcomed at Darcroft Farms to complete registration & obtain race number. You must be registered by 10:45am, so please arrive early.

10am Tiny Trotters 250m. Little racers ages 2-6 years old are invited to dress as their favorite farm animal & race. Prizes for all participants.

11am EZAS Farm 5k/10k begins. Upon arrival back to Darcroft Farms, participants can rest and/or receive a guided tour of the dairy farm. Followed by Pulled Pork Lunch. Registration includes your race, guided farm tour & hot lunch.

Not interested in racing? For those not wanting to race, or wanting to attend to support a racer, you can purchase a ticket for just the farm tour & lunch. So bring your cheer squad to encourage you on across the finish line and join you for the farm tour & lunch.

Registration Fees: Adults \$40 - Youth (13-18 yrs) \$30 - Ages 12-4 yrs \$10. Farm Tour and Lunch Ticket, ages 4+ (does not include the race) \$10. Ages 4 & under can participate in the race, tours and enjoy lunch for free. There will be kids activities at the farm for your littles to enjoy.

TARTAN TEA LUNCHEON

Daughters of the Nile Tartan Tea Luncheon & Floral Demonstration May 21, 12:30pm at Ingersoll Pipe Band Hall, 108 Wonham St, S. Floral demonstration by Little Leaf Haven. Tickets \$25. Gluten free available if asked at time of buying ticket. For tickets, please phone Merilee Peter 519-425-2162. Proceeds of this event assist our club to support Shriners Children's Hospital Canada.

OXFORD DIABETES EDUCATION PROGRAM

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

ONTARIO ANCESTORS

Mon, May 11, 7pm on Zoom - Researching at the United Church Archives with Christopher Hogendoorn. An in-depth look at the United Church of Canada (UCC) Archives, with a focus on how genealogists can locate, interpret & access church records. Please visit our website at <https://oxford.ogs.on.ca> and click on the link to register. This is a free event and all are welcome to attend.

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Johnson Sausage **\$10⁴⁹** 4 pk.

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HEAVENLY BOUTIQUE

May 16, 8-1pm. Come out & shop at the Heavenly Boutique with gently used fashion accessories. Over 200 purses/handbags priced at \$5 & \$10. All jewelry 5 pieces for \$10, choose from hundreds of necklaces, earrings, brooches, watches, bracelets, pendants & rings. We also have designer purses & many wallets, clutches & a selection of fashion scarves. Don't miss this one-day sale at Westminster United Church, 115 George St, Thamesford. All proceed go towards the sponsorship of our Syrian refugee family.

TOURISM OXFORD

Craving a cheesy outing? BIG fun is coming to the Cheese Trail on Saturdays in May. Get out & explore during Big Cheese Days when Cheese Trail stops roll out extra special offers like factory tours, new cheeses & treats, plus hands on experiences. There's no 'whey' you want to miss this 'gouda' local event. Get all the ooey gooey details plus cycling routes to explore the trail by bike. www.TourismOxford.ca/Big-Cheese-Days.

LAWRENCE STATION:

The **Flagship Erie's Final Flight** sold out in 2023 & returns in Oct 2026 with a music infused version. The play is about the family, friends & locals whose lives were changed by this local event. www.On-StageLive.ca for information and tickets. www.LenCuthbert.com.

DROP-IN SHUFFLEBOARD

Drop-In shuffleboard at the Auditorium - Ingersoll Memorial Arena Tues & Thur at 12:30pm. Evening program - Thur 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.

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.

BOOK SALE

May 30, 1-4pm at Aylmer Evangelical Missionary Church, 600 Talbot St, W (at Rogers Rd). Sponsored by distributor of Living Books & More Anne Schieckoff, hosted by Brenda Eccles-Jardine. Christian books, Bibles, word search books, devotionals, Christian fiction & non-fiction, journals, small gifts and much more for adults & Children. Coffee & tea available.

160th ANNIVERSARY!

Join us at Beachville Baptist Church, The Village Chapel, 8 King St, Beachville, for our 160th Anniversary May 3, 2pm. Rev. Dr. Glenn Malcolm, speaker & special musical guests. We welcome former members & friends to celebrate with us. For information: Eleanor Reeves 519-423-6776 or Sheila Graham 519-421-5460.

5 VILLAGE VOICES

- Thamesford •Embro
- Ingersoll •Thorndale
- South West Oxford Township

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/>

EZAS COMMUNITY TOGETHER COOKBOOK

Please submit your favourite recipes for the EZAS Community Cookbook! Cookbooks will be available for purchase this fall. Please see our website www.embrofair.com to submit!

THORNDALE KIDS BIBLE CAMP (formerly VBS)

Camp will be the week of July 13-17, 9am - noon at Thorndale United Church. Theme for the week is "Rocky Railroad". Children SK to Gr. 6 are invited to attend for Bible stories, songs, games, snacks and fun with friends new & old. We welcome Student Volunteers as Crew Leaders to help out & be credited with their volunteer hours. Registration fee \$30/camper or \$90/family of 3 or more. To register or for more information email: Yvonne Elliott elliottjy@bell.net or Pam Wilcox pamwilcox@hotmail.ca. Registration due by: June 22.

THAMESFORD FRIENDSHIP CLUB

May is the TFC Spring Outing. It will take place Wed, May 27. This is the time we go together on an adventure & eat out – maybe somewhere we have not been before. Please arrive by 9:50am. We start out at 10am from the Thamesford Library Parking lot. We join up in vehicles to drive to the adventure destination as planned. All drivers are voluntary. Then together we go to the restaurant where we dine & pay our own way. Maybe your car mates want to venture on their own after that but we are usually back by 2.30pm in Thamesford. We will need to reserve our spot at the restaurant & know how many vehicles we need. Please let us know you want to join with us by May 20, call Helen 519-285-2024 or Shirley 519-285-2938. If you need assistance let us know. Maybe we can help. The Friendship club invites Seniors 55 Plus - new or old from Thamesford and surrounding areas.

ST. JOHN'S DECORATION DAY SERVICE

220 Dundas St., Thamesford, June 14, 2pm. All welcome.



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THISTLE THEATRE – DRAMARAMA 2026

Thistle Theatre is proud to present the 30th season of DRAMARAMA! Dramarama is our summer day camp for young people ages 6-13 (grades 1-8). 9 spots remaining in our July 20-31 session. Dramarama is all about developing creativity, self-expression, & self-confidence. Workshops in drama, music, dance, arts and crafts, and theatre production take place each morning, with the afternoon spent working together to collectively create one play. The play is then performed for family, friends & community members on the final day of camp. Camp runs daily 9-3pm out of the Embro Town Hall, 135 Huron St. For all the information, head to www.thistle-theatre.com and click on the Dramarama page. 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 at 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. We're always looking for used-in-good condition costumes or props that you'd be willing to part with and donate to our camp, please email dramarama.thistletheatre@gmail.com to arrange for drop off or pick up.



Thistle Theatre

JERUSALEM ARTICHOKES & SUN CHOKES

.... Are the same thing, produce bright yellow flowers reminiscent of small sunflowers and, are a forgotten vegetable. Not long ago Bryan Smith was given some & offered them up to guests and friends. Most did not know what they were. It was like a replay of the conversations he'd had about kohlrabi and daikon radishes. All good, edible, tasty, vegetables which have fallen from favour. This means that they are often available free or cheaply, and are on the cusp of being the next thing chefs and famous cooks rave about. In times of economic hardship, it is wise to find & try a broad range of foods, often because they are low-cost, and certainly because they are delicious. What other discoveries can you put on your plate while the prices soar at the grocery store?



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>.

CREATIVE ARTS CENTRE

Gallery & Artisan Market: Open Mon-Fri 9-4pm & Sat 1-4pm. 125 Centennial Lane, Ingersoll, (in the heart of Victoria Park). We offer membership, artists’ studio times for various mediums, adult & youth classes, as well as handcrafted gifts in our Artisan Market. Check out our Facebook page!

Current Exhibition: ICAC

Members’ Show Featuring the works of our talented members, this show is a must-see for any art lover! Join us for a multi-media exhibition of pottery, rug hooking, quilting, fibre arts, paintings, mixed media, photography, and more.



The exhibition will be on display until May 23.

Upcoming Exhibition: ICAC Fibre Arts Bunch & Nimble Fingers Exceptional fibre artwork by the talented members of the Creative Arts Centre’s fibre arts groups. Running May 30-July 4.

Upcoming Classes: Cookies & Coffee with Rosy’s Kitchen. Sat, May 9, 1-3pm.

Wire Wrapped Trees with Pat Palmer. Tues, May 12, 3-5pm.

Ink Joy! Adventures in Alcohol Inks with Audrianna DeSouza. Sat, May 23, 1-3:30pm.

Play with Watercolour with Leith Channen. Tues, May 26, 3-5pm.

Spring Into Watercolour with Leith Channen. Tues, May 26, and/or Wed, May 27, 7-9pm

Events: ICAC Fashion Show Fundraiser May 8, doors open 6pm, show 7pm. Support the Arts Centre and stay up on the latest fashions! Featuring the fashion of Roberts & Co. Ladies Wear. Tickets available at the Centre or at www.creativeartscentre.com.

The “Oh Canada” Silent Auction Fundraiser June 6-26. Opening: Sat, June 6, 1pm. This fundraiser silent auction will feature a wide selection of artwork celebrating what we love about Canada! Pottery, fibre art, rug hooking, quilted items, and more made by the talented members of the Creative Arts Centre.

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.

SAVE THE DATE!

Trinity United Church Ingersoll is hosting... Divinely Gluten Free Expo Sun, June 28. This expo will host a wide variety of gluten free vendors, selling a plethora of delicious products. You don’t want to miss this event. If you wish to be a gluten free vendor, please email divinelyglutenfreeexpo@gmail.com. More information to share in May’s edition and/or follow us on Facebook.

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CUCKOO’S NEST FOLK CLUB

Melisande Fri, May 1, 8pm at Metropolitan United Church
Moonfruits Sun, May 31, 7:30pm at German Canadian Club
 2024 Canadian Folk Music Award nominees Moonfruits (Emerging Act & Producers of the Year) craft contemporary folk that addresses our collective humanity with heart, wit, and wonder. Led by partners Alex Millaire and Kaitlin Milroy, Moonfruits pen songs in both French and English, a reflection of their bilingual lived experience in their hometown of Ottawa. Theirs is the music of open-minded dreamers and diligent doers, confronting dehumanizing capitalism and environmental catastrophe with a rousing message of solidarity. “The future of roots music is in good hands” — Heather Kitching, Roots Music Canada. This Stingray Rising Star, SOCAN, and Trille Or award-winning group has toured their transportive live show across Canada, the US and Europe. For Information: 519-319-5847, folk@iandavies.com.



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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.

EZAS COMMUNITY CONCERT IS BACK!

Back by popular demand, Chris Clark will be our concert headliner, and we are excited to welcome Greg Williams & The Dirty Magnolias to open up the show. Early bird tickets are \$30 each before July 1. After, tickets will be \$35. Hope to see you there!

BEACHVILLE DISTRICT MUSEUM

We're getting ready for another fun & exciting summer season at the museum! This month, we welcome Keely Shaw to the museum team as Interim Assistant Curator for 2026. Keely will be the newest friendly face you'll see around the museum & brings experience in programming, education & collections research. We're also glad to welcome our grounds keeper Jeff, back for another summer season. Be sure to say hello to Keely and Jeff the next time you're in! Join us this spring for a tour of the museum & grounds Tues-Sat 10-4pm, or for one of our upcoming programs and events. We look forward to seeing you soon!

Upcoming Programs & Events - SUMMER CAMP PROGRAM For children ages 5-11 June 29-Aug 28 (excluding statutory holidays). Additional slots for each week are now available for both full week & single day registrations. Register online now at beachvilledistrict-museum.com/summercamp2026.

OXFORD LOCAL HISTORY DAY Sat, May 9, 10-1pm at the Ingersoll Public Library, 130 Oxford St, Ingersoll. Join us for a day of presentations & exhibits at the library that will help bring the story of Oxford to light & promote the importance of local history to the community. Visitors will experience collections, exhibits & featured stories from archives, museums, heritage groups & individual researchers from around Oxford County.

MAY SPEAKER SERIES Tues, May 12, 7pm in the museum's Program Room. Hosted by the Beachville District Historical Society (BDHS), this month's speaker will be Todd Pearson on the origins of his business, the Kintore Coffee Co., and their current location. Free admission. No registration required. Seating is limited and available on a first-come, first-served basis.

MAY COMMUNITY CAR SHOW We're kicking off our season of Community Car Shows on Sun, May 24, 11-3pm (show cars are welcome on the grounds from 9:30am) at the Beachville District Museum, 584367 Beachville Rd. The Beachville Legion will be preparing a BBQ lunch, ice cream will be available, and local vendors will be onsite. Come by to take it all in, grab a snack, tour the museum, and participate in the 50/50 draw! No pre-registration is required, drivers can register at the main table when they arrive. There is no cost to attend (donations to the Beachville District Museum are welcome).

SOUTH-WEST OXFORD TOWNSHIP FARE Sat, May 23, 10-2pm at the Mount Elgin Community Centre, 333204 Plank Line, Mount Elgin. Join us as we celebrate 51 years of the Township of South-West Oxford at the SWOX Township Fare! Visit the museum's table to take in a display of artifacts related to the history of dairy businesses in SWOX. Afterward, shop local businesses, grab a bite from some fantastic food trucks, and enjoy a great mix of hand-crafted goods, candles, skincare, preserves, honey, cheese, local services, and more!

Bits n Clips

CELEBRATION OF LIFE FOR GARY ABRAMS

Join us and share Memory or Story.
Wednesday, May 6th 2026, 1-4pm
Elm Hurst Inn, Ingersoll Ontario

NASH BARNETT MEMORIAL CAR SHOW

Save the date! The 5th Annual Nash Barnett Memorial Car & Tractor Show will be held Sun, Sept 20, 10-4pm, at the Embro Zorra Community Centre. We will have a live band, door prizes & more! We look forward to seeing everyone out with their favourite set of wheels. To register, or for more information, please contact Nash's mom and dad - Nicole & Chris 519-533-2208 or email nbarnett221@gmail.com.

THORNDALE HORTICULTURAL SOCIETY

We had a very fun & informative meeting with Catherine McGill who spoke to us on "The Ground gets Lower every Year: Tips and Tools for Ageing Gardeners". Catherine comes to us from the Haldimand Horticultural Society. At one point she had her own Garden Maintenance Company and she shared her knowledge & experience on how we can continue to garden, even as we age. There is a Spring Design Workshop 2026 being arranged for Wed, May 6 at the Thorndale Community Center 7:30-9:30pm. Jim Mabee will be hosting this event. Come & explore fresh, creative designs. Perfectly timed ahead of our May Flower show. \$15 per person (supplies not included). Non-members can register, \$20 per person. Registration by email: dian.chute@hotmail.com. Our next meeting will be Wed, May 13, 7:30pm at the Thorndale Community Centre, Room 3. Brenda Symns will demonstrate a couple of Floral Design Arrangements using spring flowers. We are also holding our Member Floral Show which has not been done for a few years. We are excited to see what our members will display. Our 27th annual Green Thumb Garden Tour will be held Sun, June 28, 11-4pm rain or shine, so dress appropriately. Passports to view the gardens are \$10 per person and will be available at our May 13 and June 10 regular meetings and on the day of the tour at 198 Thorndale Road (Cenotaph). We have 5 lovely host gardens in the north-west quadrant of Thorndale, as well as our community beds within the village. Guests are welcome at our meetings.



THAMESFORD LIBRARY

Community Employment Services Tues 1:30-4pm. Your job is out there. A consultant from CES is available to help you find it by preparing a resume, training opportunities & information you need to achieve your goals. CES wants to connect people looking for work with employers who are currently hiring. Call Sam Ritchie 519-539-8161 to book an appointment.

Tales for Tots Wed 10:30-11am. A half hour of fun featuring songs, rhymes, stories & more followed by freeplay and social time. For ages 0+ with a caregiver.

Mahjong Wed 1-3pm, drop in to play everyone is welcome!

Knits 'N' Knots Fri 10-11:30am, a relaxing time of knitting, crocheting (or other crafty hobby) & casual conversation. This is an adult social drop-in program. Please bring your own supplies.

Writing Group Tues, May 19, 2-4pm, are you a creative writer looking to meet other writers?

Thamesford Library Book Club Wed, May 27, 3pm. stop by to pick up this month's read.

STEAM Club Visit the library to play with robots, build with Lego, and complete STEAM-based crafts & activities! Recommended for ages 7-12, but curious children of all ages are welcome!

May 5, 5-6pm – Superhero Science

May 19, 5-6pm – Crafty Codebreaking

Adult Crafternoon Tues, May 12, 1:30pm. Visit the library to learn some historical Japanese bookbinding stitches and sew your own mini notebook! Please register.

Calithumpian Book Sale Sat, May 16, 8-2pm. We will start collecting donations for the Book Sale at the Library (during open hours) Fri, May 1, please make sure all donations are in good condition (no yellowed pages or musty smells).

Visit our program calendar at www.ocl.net to register for programs or give us a call at 519-285-3219.

ANDREW'S LEGACY & DRAGONBOAT CHALLENGE

Join us for a day full of paddling, games, CPR & AED demonstrations, 50/50 draw, food, music & some friendly competitions! Sat, May 23 at Wildwood Conservation Area, St. Marys. The TRPC & Andrew's Legacy have teamed up to provide a great team building activity & challenge for all, from novice to competitive! Great for businesses, schools & other groups of 8-24 to try something new. Everything you need to participate is available, for more information visit <https://www.thamesriverpaddlingclub.com/wdbc>. There are still spaces available on the Legacy boat for anyone who wants to try their hand at paddling. Bring out the whole family to cheer on your favorite team. Enjoy the park, BBQ lunch, yard games, silent auction & 50/50 draw. Stop by the Andrew's Legacy tent to try your hand at CPR and get one of our new legacy ducks. To make a donation to the silent auction table contact andrewslegacy11@gmail.com or visit our website: To make a PLEDGE to a participant or team visit: www.Andrewslegacyforever.ca. All pledge proceeds go towards placing automated external defibrillators (AED) in public spaces.

EZAS FIELD CROP COMPETITION DEADLINE

Calling all farmers in Zorra Township! This is a competition you can enter without even doing anything out of your regular day — the Field Crop Competition. Standing crops will be judged, points given, and winners announced at the Embro Fair. Prize money will be awarded. Several crop classes to be included, with the first deadline to be May 8 for First Cut Hay. Please contact Jim Grieve 519-475-6163 or embroagsociety@gmail.com to enter your field.



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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.

HAVING HOPE AT HOME

Don't miss this heart-warming & hilarious comedy by Canadian Playwright Daniel S. Craig! Having Hope at Home is a powerful & funny family drama! Carolyn goes into labour at her grandparents' run-down, drafty farmhouse, just as her estranged parents arrive for dinner. As generations clash & old wounds are opened, this hilarious story explores motherhood, tradition, and the strength of family ties. Directed by Mark "The Original" Smith, our talented cast & crew are ready to entertain audiences once again! Theatre Tillsonburg's production of "Having Hope at Home" is humorous, heart warming, and a definite "Don't Miss out!" production! Show dates: May 28, 29, *30, *31 & June 4, 5, 6, *7. Evenings 7:30pm, *matinees 2pm. Tickets available at theatretillsonburg.com.

KC AND THE SUNSHINE GIRLS

At 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 \$30 and are available by calling Joanne 519-485-1988 or Dawne 519-421-6836.

CHILDREN'S WATER FESTIVAL IS COMING!

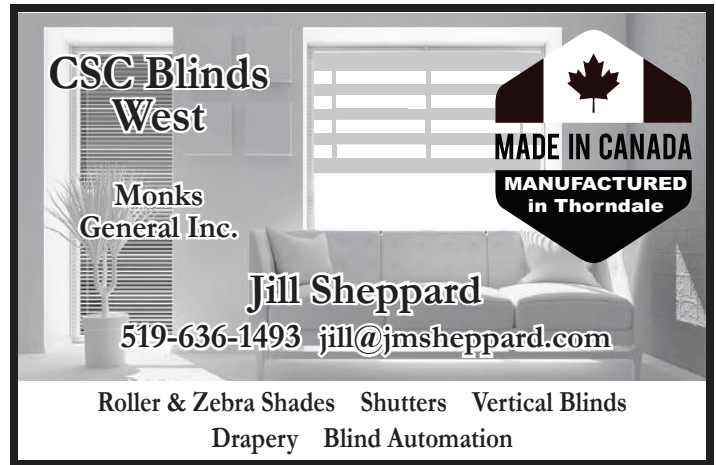
After an extraordinary year in 2025, the Children's Water Festival returns in 2026 at nearby Fanshawe Park Conservation Area. For the most fun imaginable, sign up to volunteer any day of the week of May 25-29, or to help with the Family Night on May 28. The Oxford Coalition for Social Justice is committed to solidarity in developing new activities, bringing older ones up to date, and making complex ideas clear for all age groups. Connect via <https://www.childrenswaterfestival.ca>, fill out the volunteer's form & get ready to get wet.

SWEABURG EUCHE

Sweaburg & District Lions Club EURCHE (progressive) is on Sat, May 23, at Sweaburg United Church. Doors open 6:30pm and the fun begins at 7pm. \$10 per person & light refreshments are served. Everyone is welcome.

WHAT DO TEARS MEAN?

When you see teens crying at an airport, you know they are having a deeply personal experience. One even said he was aware that it was less his story & more who he'd become that was important, at the end of 9-week exchanges with ISE-Ontario. Moving 39 adolescents through 2 large airports should be a complicated task, but thanks to planning & preparation by ISE, International Student Exchanges, students had been gathered from all over France & Germany, for their return to their homes. Tears? Of course, parting is such sweet sorrow. The prospect of reuniting with family could provoke tears too. For more information about the extraordinary impact that exchanges to any of ISE's 6 European destinations, track down a recent participant in your school, contact bryasmit@oxford.net and/or visit www.iseontario.on.ca.



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TRACTOR SKILL GAMES FUNDRAISING

Save the date: Sat, Sept 5, for the Tractor Skill Games Event, fundraising for Children's Hospital. If you wish to participate in the games, volunteer, or your business would like to be a sponsor, please visit our website www.tractorskillgames.ca.



OXFORD STEWARDSHIP AWARD WINNER:

Middle Grand Chapter of Freshwater Conservation Canada

Oxford County Warden Marcus Ryan presented the 2025 Oxford Stewardship Award to the Middle Grand Chapter of Freshwater Conservation Canada, honoring their contributions to land improvement & sustainability. The Middle Grand Chapter of Freshwater Conservation Canada, a passionate volunteer group, unites behind a vision to renew & protect the health and biodiversity of cold-water tributaries along the Middle Grand River. Over the past 3 years, the Middle Grand chapter has planted over 2,000 trees along a stretch of Horner's Creek in Oxford County, between 8th and 10th Concession, just outside of Bright. The group pursues a simple goal: healthier water. Cool, flowing water equals healthy water. By planting trees, they create a buffer around the stream, reduce runoff & sediment, and, as the trees mature, provide shade that helps keep water temperatures down. With support from the Oxford Clean Water Program, the group furthered these efforts by organizing a community planting event at a farm property along Horner's Creek last spring, where 250 potted & bareroot trees were added. The chapter collaborated closely with the Grand River Conservation Authority, Enbridge, and local landowners, who provided access to their properties to assist with tree planting and the implementation of this project. Oxford County is honouring this year's Oxford Stewardship Award recipient with a \$500 gift certificate to purchase original artwork commissioned from an Oxford County artist of their choice OR an experience at a local destination featured through Tour Oxford. In addition to this prize, the Middle Grand Chapter has been added to the recognition wall at the Oxford County Administration Building, designed to honour all past and future recipients of the Oxford Stewardship Award. The winner of the Oxford Stewardship Award is chosen by representatives of local stewardship organizations, with Marinda Gras, Soil & Crop Improvement Association, and Cher Sprague, Stewardship Oxford, leading the judging process.



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Tues 7pm St. Pauls Church, 56 Thames St. S, Ingersoll.

SWEABURG LIONS FISH FRY

The Sweaburg & District Lions are pleased to present their annual fish fry on Sat, June 13. Dinner served 5-7pm. Take out pickup 4:30-5pm at Sweaburg Community and Lions Park. Adult \$25, 12 and under \$15, advance sales only. For tickets call Sue 519-456-5926 or ask any Sweaburg Lions member.

HARRINGTON HALL FOR RENT

Planning a function or celebration? Why not hold it at Harrington Hall? Bright, accessible, cheery space. Holds up to 100. Reasonable rates. Contact Nancy 519-536-0955, or nancyskillings10@hotmail.com.

BROWNSVILLE VILLAGE WIDE YARD SALE

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



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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 or call 1-888-495-5855.

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! May 1 & 15 & 29, June 5 & 19.

A FULL PASSENGER CAR - MAY 28

The Ontario Health Coalition has reserved an entire VIA train car from Woodstock to Toronto and back again to do an education session about the savings of costs & lives in fully public hospitals. Not too long ago, retirees in ARM 11 spent a day at Queen's Park, urging policy makers to extend the quality & duration of life for those needing home care. Now a second opportunity awaits: Join us for education and discussion while travelling into town, at Queen's Park and on the (rail)road home. Visit www.ontariohealth-coalition.ca for more information. See you Thur, May 28 at the Via rail in Toronto. Your voice must be heard.

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PROGRAMS AT INGERSOLL 50+ CENTRE

Hours: Mon 8:30-9pm, Wed 8:30-8pm Tues/Thur/Fri 8:30-4:30pm
ALZHEIMERS EDUCATION SESSIONS Dementia Education – May 28 & June 25, 2pm. No fees, register by 12pm the day before.

AMERICAN MAH JONGG BEGINNER LESSONS May – TBD. Are you interested in learning how to play? This is a registered session as such you must be committed to playing on all 4 weeks. If you are interested in lessons please contact Kristy.

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

KNITTING & CROCHETING Mon 10am. Enjoy a fun social while either learning how to knit/crochet or maybe you just need a refresher.

OVERTONES CHOIR Come on out & sing with our social choir. The Overtones practice at the centre and then travel to local retirement homes to since once a month.

SEWING DROP-IN Thurs 9:30am. Bring your own projects & enjoy a social time while working.

SEWING WORKSHOP 1st Mon of each month 9am. Each month a different project will be chosen and worked on together. Bring your own machine and enjoy a morning of sewing and conversation.

SING FOR JOY Fri 11:15-12:15pm. Blends gentle vocal exercises, breathing & posture techniques and sing-along favorites in a relaxed, supportive environment. No experience is needed.

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. Join the group to learn about the Ancient World with a look at the Ancient Civilizations of the Nile, Tigris-Euphrates, Indus and Yangtze Rivers, Mesoamerica, and Andean America. Discuss the "Greats of History" like Constantine, Alexander and Catherine. Delve into the origin and meaning of some of the most well-known myths & folklore.

UKULELE Fri 10-11am. This class will continue to learn basic chords & strumming techniques while playing along to simple & familiar songs to build confidence and have fun.

WEDNESDAY BRUNCH Join us on the 1st & 3rd Wed (May 6 & 20) 9-11:30am, \$10. Register by 12pm the day before.

WEDNESDAY DINING & SOCIAL Join us on the 2nd & 4th Wed (May 13 & 27), 5pm, \$13. Register by 12pm the day before.

WOOD CARVING Mon 1pm. Enjoy carving pictures into wood, creating beautiful figurines & more.

WOODSHOP We have a well-equipped shop for you to create your projects from start to finish.

INGERSOLL HORTICULTURAL SOCIETY

PLANT & BAKE SALE at UNIFOR Hall May 15, 3-7pm; May 16, 7-11:30am. Annuals, perennials, herbs, interesting selections, reasonable prices. Tomatoes: Sun Sugar (cherry), Mtn. Merit, Plum Regal. (blight resistant varieties) R. & T. Poortinga will have these available from home at 50 Witty Ave starting May 4. Donations of plants & baking for the sale much appreciated. Can drop off at UNIFOR Fri pm or at 136 Holcroft Ave. May 14 pm or May 15 am.



GENERAL MEMBERSHIP MEETING May 26, 7:30pm at Seniors Centre, 250 Ingersoll Ave. S. Speaker: Nancy Abra. Topic: What's Bugging You(r) Garden? Visitors welcome, no charge.

FITNESS AT INGERSOLL 50+ CENTRE

250 Ingersoll St. S. ~ 519-485-3869 ~ info@ingersollseniors.com
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Registered Programs: MEDITATION Wed 6:30pm. The benefits of mindful breathing & meditation are clarity, focus, improved immune function, and reduced anxiety. Until May 20.

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.

CHAIR FITNESS *NEW TIME* Wed 10:30-11:30am. A gentle yet vigorous workout that includes warm-up, cardio, cool down & balance, resistance training, and wraps up with stretch & relaxation.

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

GENTLE YOGA Thur 9am.

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

OSTEOFIT Fri 10:30am. A gentler total body workout designed for those who are concerned or have been diagnosed with osteoporosis. Can be done standing or seated.

PICKLEBALL Mon 9:30am. As of May 4 – back at the courts across from the Sr. Centre. Drop-in rate \$5.

SCULPT & SWEAT Wed 9-10am. Starting May 6. A 1-hour total body workout with a thorough warm up & cool down, 15 minutes of cardio, 20 minutes of strength & abs training using dumbbells and body weight, finishing with a relaxing 15 minutes of flexibility training. We will be doing some exercises on the floor. It is meant for every fitness level where everyone is encouraged to workout at their own pace. Participants need to come at least 15 minutes before the class starts so that they can set up their own equipment which the Centre provides.

STRENGTH & STRETCH Fri 9am. Increasing your strength helps with activities of daily living. Come have fun pumping some weights, followed by flexibility training & relaxation. It is a 75-minute class. Participants need to come at least 15 minutes prior to class starts to set up their own equipment which the Centre provides.

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

TOTAL BODY WORKOUT Mon 9am / Tues 9am. An energetic, fully standing class set to fun music.

TOTAL TONING TIME Wed 5:30pm. Get ready to sculpt, sweat, and shine! This full-body workout blends strength moves with a cardio boost to leave you feeling powerful and energized. With options for every fitness level, you'll tone and tighten from head to toe while pushing yourself in all the right ways. You'll walk out stronger, more confident, and ready to crush anything that comes your way!

VON SMART Exercise Class 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. This is a free class.

LINE DANCING Beginner Mon 6pm - Improver Mon 7:15pm - Absolute Beginner Wed 10:30am.

TOTAL BODY WORKOUT Mon 9am / Tues 9am. An energetic, fully standing class set to fun music, focusing on cardio, balance, resistance, and 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. Enjoy a morning walk at various trails/locations. Call to get exact walking locations. (members only).

Worship With Us

St George's On-The-Wye Anglican Church

172 King St., Thorndale. Look for us on Facebook!
Join us at 11 am!

Rev. Quenton Little, quenton_little@outlook.com,
226-237-4298

South Nissouri Presbyterian Church

Service 10am

17358 Oliver Rd at Heritage, Thorndale

Contact: Doug Hill 519-461-0906

Thorndale United Church

Pastor Pam Wilcox

245 King Street www.tzuc.ca 519-609-6132

Sun Worship & Lighthouse Ministry 11am

Tues Bible Study 7-9pm

Wed Youth Group 5:30-7:30pm

Thur Choir Practice 8:15-9:15pm

May 3 Mission Sunday Pursuit 519

May 10 Coffee Hour 10am & Foodbank Sunday

May 12 UCW Ladies Luncheon (Advance tickets only)

May 19 Strawberry & Ham Supper 4:30-7pm
(Advance tickets by May 10)

Truth Community Church 519-285-2112

154978 15th Line, Thamesford, truthcommunitychurch.ca

Pastor Steve Twinem, tccthamesford@gmail.com

Chalmers United Church Kintore, kintorechurch.com

Rev. Pirie Mitchell 519-639-0978, pirieminister@gmail.com

SUN Services 10:30am.

MON Kintore Knitting & More 9:30-11am. Everyone welcomed.

East Nissouri Union Church 519-709-0282

Corner of Rd 96 & Line 15, Uniondale Pastor Gail Kavelman

First Baptist Church Rev Trevor Whittingham

235 Thames St S, Ingersoll, fbcingersoll.com, 519-485-3046

SUN 10:30am Worship Service

May 4 & 11 Youth Group (Jr. & Sr. High) 7pm

May 23 The Well 7pm

Banner United Church www.bannerunitedchurch.com

602800 Road 60 at Line 15, Zorra Twp.

GOD – Namadwaar Ontario

Global Organization for Divinity, 239 Ossian Terrace, Ingersoll


www.godivinity.ca, canada.godivinity@gmail.com, 548-328-1043

Mon-Fri 9:30-11am, 5:30-7pm

Sat 9:30-8pm

Sun 9:30-7pm

MAY

SUN	MON	TUES	WED	THUR	FRI	SAT
Big Cheese Days Every Saturday in May! TourismOxford.ca/ Big-Cheese-Days					1 • Stopping to... at Commonplace Books • Osteofit, Ing 50+ • Ukulele, Ing 50+	2 • We Lend a Hand" • Sacred Heart Yard & Plant Sale
3 • KC & Sunshine Girls • Embro Legion Breakfast	4 • Line Dancing, Ingersoll 50+	5 • Financial Mgmt, Ingersoll library • Stopping to... meditation • Sketchy Srs, Ing 50+	6 • Meditation • Sculpt & Sweat, Ingersoll 50+ • Abrams Celebration	7	8 • Hope Blooms, choral concert • Fashion Show, ICAC	9 • Cookies class, ICAC • Oxford Local History Day
10	11 • Ontario Ancestors • Pickleball, Ing 50+ • Total Body Workout, Ingersoll 50+	12 • Sacred Heart Euchre • Wire Wrapped Trees, ICAC • Speaker series, Beachville Museum	13 • Thorndale Horticulture • Air Cadets, Drchstr	14 • Sewing Drop In, Ingersoll 50+	15 THAMESFORD CALITHUMPIAN WEEKEND • Jamboree • Plant Sale, Ingersoll	16 • Heavenly Boutique, Thamesford • Nature Club Birding • Plant Sale, Ingersoll
17	18 • Embro Lawn Bowling begins 	19 • Al-Anon, Ingersoll • Chair Yoga, Ing 50+ • Drop-in Shuffleboard Ingersoll arena	20 • Meditation, Ingersoll • Total Toning, Ing 50+ • Air Cadets, Drchstr • Brunch, Ing 50+	21 • Tartan Tea Luncheon • Chair Yoga, Ing 50+ VILLAGE VOICE DEADLINE	22 • Strength & Stretch, Ingersoll 50+	23 • Euchre, Sweaburg • Dragonboat event • Bchville Yard Sales
24 • Car Show, Beachville Museum • Choir concert 31 • Cuckoo's concert	25 • Tai Chi, Ing 50+ • Kids Water Festival	26 • Sacred Heart Euchre • Horticultural Society • Watercolour class, ICAC	27 • Film Club, Ingersoll library • Thmsfd Friendship	28 • Having Hope at Home, Theatre Tillsb • Gentle Yoga, Ingersoll 50+	29 • Jamboree • Seniors Learning in Retirement	30 • Super Storms, Ingersoll library • Book Sale, Aylmer • 5km Farm Run

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