

THE VILLAGE



FOR OUR COMMUNITY

Issue 164 AUGUST 2026

SINCE 2012

INGERSOLL

LOVE LOCAL NEWS? Get *The Village Voice* by email! Just send a message to linda@jcgraphics.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/>.

THAMES CENTRE COMMUNITY CHOIR

The Thames Centre Community Choir is taking a summer break until Sept. Choir members wish to thank the Thorndale & surrounding communities for their support throughout the year. We truly appreciate our audiences & the folks who support our annual plant sale! New singers are welcome to try us out this fall. For more information, please contact Cathy at c_baskerville@hotmail.com.

FAMILY FUN DAY

Aug 29, at Brownsville Community Centre, Brownsville. 10-2pm.

FRIDGE DOOR LIVE THEATRE

Fridge Door Live Theatre Company presents, Red Comet, a new play by Len Cuthbert, Aug 6-8. Set over the final year of high school, Red Comet is a coming of age comedy-drama about two best friends exploring friendship, ambition, and the fear of change at the edge of adulthood. Tickets & information at www.OnStage-Live.ca.

SACRED HEART PARISH EUCBRE

We invite everyone to join us for a euchre afternoon. It will be held in Henderson Hall, 133 John St, Ingersoll. Tues, Aug 4 & 18, 1pm. Refreshments provided.

BROWNSVILLE PIG ROAST

Brownsville Firefighters are hosting their annual Pig Roast at the Brownsville Community Park, 292244 Culloden Line, Brownsville, Sat, Aug 15. Tickets available in advance or at the door, \$25 adults, children \$10. Kids 5 and under free.

JOIN US!

Operation Christmas Child will be at the Harvest Market in Ingersoll Sat, Aug 22. Please stop by to learn what's new for this year, share any concerns, or just to say "hi". We hope to see you there!

COMMUNITY SUPPORT SERVICES

250 Ingersoll St. S. ~ 519-485-3869 ~ css@ingersollseniors.com

ASSISTIVE DEVICE FREE LOAN PROGRAM This FREE program has a wide range of equipment from crutches, canes, commodes, rollators, knee slider boards to wheelchairs. We also welcome donations! DROP OFF & PICK UP Mon-Fri 9-12pm.

CURBSIDE MEALS Full meal & dessert Tues, \$10. Pick up 11:45-12:15pm. Free delivery to Ingersoll & Thamesford available.

DINE IN Full meal & dessert on Friday 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!

FOOT CARE CLINIC \$31. Call for an appointment.

FROSTY MEALS \$7.50/ entrée \$2.75/ soup or dessert. Free delivery available. These meals meet Canada's Food Guide recommendations and use only the best ingredients.

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

HELP WITH FORMS FREE, by appointment. Examples include CPP, OAS, and GIS & passport forms, etc.

HOME HELP & MAINTENANCE PROGRAM SMALL FEE FOR SERVICE. Call us for a referral to a police checked individual who can help you out! We are looking for people to clean homes, and do landscaping. Do you have a truck to help with large deliveries?

MEALS ON WHEELS \$7/day, are served at lunchtime Mon-Fri.

TELEPHONE REASSURANCE Security checks can make all the difference to an individual alone at home. Call if you or a loved one would like to talk with a friendly volunteer once a day or weekly.

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.

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

INGERSOLL HARVEST MARKET CAR SHOW

King Hiram 37 presents the Kiwanis Ingersoll Harvest Market Car Show Sat, Aug 22. Set up 8am, show 9:30-2pm. At Centennial Park (the entrance for car show participants is off Canterbury St at Etna St. Classic & newer cars welcome, entrance is by donation, proceeds to Alexandria Hospital, Ingersoll. For more info contact Mike 226-228-0386, kh37@rogers.com.

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

YOUR VILLAGE VOICE IS PUBLISHED BY: JC GRAPHICS 519-285-3249 linda@jcgraphics.ca ORDER YOUR PRINTING NOW AT: jcgraphics.ca



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LIONS VENDOR AND CAR SHOW

Mount Elgin Community Center, Mount Elgin on Aug 30, 10-3pm.

AIR QUALITY

Recently, Bryan Smith returned a dust monitor to Gravel Watch. It had been in use for a significant period of time to measure visible dust & fine particulate matter in the air. Since we live downwind from Sarnia's petrochemical plants, we get lots of airborne pollutants along with local dust from pits & quarries, their truck traffic and track-outs of sand & grit onto local roads. Add to that the smoke from forest fires, and August's air could well be as smoky as mid-July's. No doubt there will be health warnings, telling us to stay inside many days. Not feasible for those with outdoor work, and not sensible when the sources might be found & fixed. One preventative measure would be for the Province of Ontario to abandon its foolish plan to burn organic & biogenic waste, sodden smoke-heavy stuff. (Google ERO 026-0595) Similarly, rather than dump billion after billions of \$ in pipelines from the west, it time now for the economic, environmental, clean and healthy solution - the electrical alternative.

MOM-TO-MOM TRUNK SALE

Sat, Sept 5, 8-1pm at Trinity United Church, 118 Church St, Ingersoll. Have your kids outgrown their clothes, toys, books, or sports/safety/play equipment? Sell them at our trunk sale! Vendor registration fee \$20. Vendor pre-registration required. Contact church office 519-485-0820. Snacks & face painting available during sale. All families are welcome to buy & sell!

FOREIGN EYES ARE WATCHING YOU GROW

It is amazing how international students on exchange can change how we look at Oxford. They see it with wonder, awe & novelty. It shapes our perception. Similarly, seeing France, Germany, Ireland, Italy, Spain, or Switzerland can alter your life and your perception of the possibilities here. Have a look at www.iseontario.on.ca for the time of your life! Email - bryasmit@oxford.net for wonderful teen experiences.

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www.oxfordaa.com



HEARTS FOR ETHIOPIA Hosts A Walk in Their Shoes

A Walk in Their Shoes, a fundraiser, invites participants to step into the daily experiences of women & children in Ethiopia, while raising vital funds to support those living in extreme poverty. The event features a family-friendly walk, interactive education, a silent auction, an Ethiopian Merkato, refreshments & opportunities to learn how the money raised will change the lives of women & children in Ethiopia. This meaningful community event is happening Sat, Oct 17 (afternoon) in Woodstock. Visit www.heartsforethiopia.com for more information.



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Friday,

AUG 28

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INCLUDED:

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& dessert

TIME:

5:00 – 8:00 PM

Doors 5:00 • Dinner served 6:00

BAR:

Cash Bar

on site all evening

THE CATCH:

Fresh Pickerel

hand-battered & fried

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FOR TICKETS & RESERVATIONS

Register by August 25th

Come hungry — leave happy. See you there!

HAPPY HILLS RESORT PRESENTS OUR 10TH ANNUAL



CAR SHOW

Hosted by: The Aylmer Shriners
Happy Hills Resort, Embro
Saturday September 5
10:00 am to 3:00 pm

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Entrance fee is a donation to the Aylmer Shriners.

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draws, food and fun!

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DATE

AUGUST 15, 2026

TIME

1:00 PM - 4:00 PM

LOCATION

BEATY ROOM
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165 DUNDAS STREET
THAMESFORD, ON

Well wishes only

— DROP IN —

TOWNLINCE CEMETERY DECORATION DAY

Everyone is welcome Sun, Aug 9, to visit this pleasant setting at 296246 - 29 th Line, Zorra Township, (near corner with Road 88), to place flowers and remember their loved ones. Muterer Family Pipers will attend to provide their gift of music. Donations towards the continuing care of the cemetery are always appreciated and may be made there, or directed to: Townline Cemetery, c/o David Waud, 6 Norsworthy Lane, Ingersoll ON N5C 4G5.

HOLY DINER, DORCHESTER

The Holy Diner at Dorchester United Church runs every Thursday until Aug 27, rain or shine. People are welcome to come between 5-7pm to enjoy a BBQ meal.

BANNER CEMETERY DECORATION

Sun, Aug 23. There will not be a service. Donations will be gratefully received.

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, al-anon.org
Tues 7pm St. Pauls Church, 56 Thames St. S, Ingersoll.



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EMBRO FAIR COUNTRY CONCERT TICKETS

Sat, Sept 13 the Country Music Concert is back at the Embro Fair, under the Pavillion at the Embro Zorra Community Centre. A 19+ Age of Majority Event, 8pm start. Food & drinks provided by Mad Mash Brewery. Tickets available at www.embrofair.com. Headliner Chris Clark, and opener Greg Williams & The Dirty Magnolias.

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.

MT. ELGIN CEMETERY DECORATION DAY

Aug 16. There will be no service but anyone wishing to donate towards upkeep please make cheque out to Mt. Elgin Cemetery Board c/o Barb Freeman 333195 Plank Line Mt. Elgin, N0J 1N0.

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 WORKSHOPS

Canning Pickled Beets Aug 15, 10-11:30am, Embro Zorra Community Centre. \$10. Tickets at Embrofair.com.

Christmas
IN
AUGUST
SALE

AUGUST 22ND

— 8AM - 12PM —

FIND MORE THAN
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for CHRISTMAS IN AUGUST

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AUGUST 20TH, 21ST, & 22ND

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FREE GOODS TO TAKE HOME

Reuseapaloozaha means good goods do good. Embro on Sept 12 is the place to find sporting equipment, books, tools, gardening supplies, toys, clothing, bikes, kitchen wares... and a lot of fun. Take them freely. Similarly, in Sweaburg's ball park, on Sept 26, the event runs from 8am until noon. Looking to volunteer? We'd love it. www.reuseapaloozaha.ca. Good fun!

THORNDALE HORTICULTURE SOCIETY

The Thorndale & Area Horticultural Society's 27th Annual Green Thumb Garden Tour held on June 28, was a huge success. The 2026 Core Green Thumb Garden Tour Committee included: Melanie Lisle-Gilchrist (Chair), Elaine Clays, Marylou Bontje, Barb Krasnicki, Elaine Wein, Dot Deller, and Norma Poel. Guests were able to tour 3 of the community-maintained gardens, and 5 private gardens. Each one unique, interesting, and full of ideas for each of our 74 visitors to explore. We had guests from London, Strathroy, St. Marys, Dorchester, and area. Refreshments were available at Esther & Kevin Spicer's, Matt & Stephanie Adams, Marjorie Bartons, and Ice Cream at Marian Smibert's, which was welcomed on this hot day. The beautiful host gifts were purchased from Practical Art (Steve Pietens), and were garden stakes of a lovely Cardinal. Sincere gratitude & appreciation are extended to our draw sponsors. Congratulations to all the draw winners! Special shout out to Thorndale Family Restaurant for staying open late that day to feed and refresh our hot & tired volunteers. We appreciate you. Our next general meeting will be held at the Thorndale Community Center, Room 3, Wed, Aug 12, 7.30pm. Connie Jasinskis will be presenting... "Don't let Gardening be a Pain!" Refreshments will be served. Guests are welcome.

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.

ST. MARYS FRIENDSHIP CENTRE

We are undergoing Friendship Centre facility renovations during August. Throughout the closure, Friendship Centre staff will be available in both the Arena Lobby and the Endzone to support customers and programs. Our office: Mon-Fri 8:30-4:30pm.

August Picnic in the Park Thur, Aug 27, 12 noon at Milt Dunnell Field (the Flats). Menu is: egg salad or salmon, side, sweet treat and cold drink. Cost \$12. You must pre-register.

Contact information: 519-284-3272, friends@town.stmarys.on.ca, or stop by & use entrance A, B or D at the Pyramid Recreation Centre, 317 James St South, St. Marys.

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>.

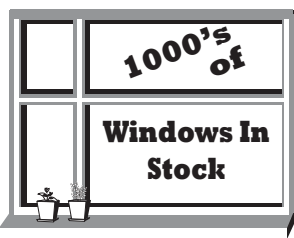
THORNDALE FAIR - Tractors, Tailgates and Tunes

Sept 25-27 www.thorndalefair.com. There's something for everyone! Animals, musical entertainment, Saturday parade, 4H shows, Sunday Demolition Derby and so much more! Homecraft, Youth Fair (grades 6-12) and School Fair (preschool-grade 5) Competitions! Calling crafters, bakers, quilters, antique collectors, gardeners, amateur artists & photographers of all ages! For all the details check out our website. For Assist Expo help please reach out to Laura at ljlangford@gmail.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.

THAMESFORD SPAGHETTI SUPPER

St. John's Anglican Church Spaghetti Supper Sat, Sept 26, 4:30-6:30pm. Adult tickets \$20, children 12 & under \$10. Dinner includes: spaghetti, Caesar salad, bread, dessert & beverage. For tickets call Brenda 519-285-2013, cell: 519-668-9678.

TOURISM OXFORD

Looking for big summer fun without the big price tag? Check out our Affordable Adventures blog series, packed with low-cost ways to explore Oxford County, from family outings & outdoor escapes to local eats & unexpected finds. It's proof that a great getaway doesn't have to come with a hefty price tag. Find these at www.TourismOxford.ca/TripIdeas. While you're building your summer bucket list, be sure to browse [TourismOxford.ca/Events](http://www.TourismOxford.ca/Events) for festivals, markets, live music, community celebrations, and more happening across the county all season long. Need help planning your next outing? We're happy to help. Connect with us at tourism@oxfordcounty.ca or visit [TourismOxford.ca](http://www.TourismOxford.ca) for even more ideas on how to make this summer your best one yet!

GROVE CEMETERY DECORATION DAY

We welcome everyone Sun, Aug 9, to place flowers & remember their loved ones at Grove Cemetery on Ebenezer Road. There will be no memorial service. Donations toward the care of the cemetery are greatly appreciated and if so desired they may be forwarded to Pat Simmons, 13 Raglan St, Ingersoll, N5C 1R1 or Dick Bell, 323795 Mt Elgin Rd, N0J 1N0. Make cheque payable to "Grove Cemetery".

DIABETES EDUCATION PROGRAM

Are you looking for support with your Diabetes? Our Team of Registered Nurses, Registered Dietitians and 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 and 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!



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OXFORD CTY BRANCH ONTARIO ANCESTORS

Are you looking to start a summer pastime? Are you interested in your family history? Oxford Branch has an extensive collection of family history and genealogical resources that can help you. Come visit our Resource Centre at 82 Light St, Courthouse Square, Woodstock. We are open Tues-Thur 10-4pm. Volunteers are ready to help you get started or help you research for missing information. You can also connect with us on the web at <https://oxford.ogs.on.ca>. We are dedicated to supporting & promoting genealogical research in Oxford County. Hope to see you through the summer!

INGERSOLL DISTRICT NATURE CLUB

During August our Club members enjoy their own summer outings in nature, but in September we will have organized activities again.

AGM & NATURE WALK Sat, Sept 12, 3pm. Annual General Meeting & Nature Walk with BBQ at Lawson Nature Reserve. Please come & learn more about the Ingersoll District Nature Club and the Lawson Nature Reserve's importance to our communities! The Reserve is located on McBeath Rd. south of Ingersoll. Following an informative walk around the Reserve main trail, we will hold a meeting at 4pm to acclaim our executive members, talk about our upcoming 75th anniversary year, planned projects for the Reserve & other items of interest. A BBQ & refreshments will be provided. RSVP if you will be staying for the BBQ. All welcome, members & non-members. Contact Sheila 519-485-2645.



JOIN THE FUN THIS WINTER!

INGERSOLL DISTRICT CURLING CLUB

No experience? No problem!

We're looking for new members to join our friendly, fun and social club.

Come out as a group or just bring yourself, we have a place for *everyone!*

LEARN A NEW SPORT MEET GREAT PEOPLE STAY ACTIVE ALL WINTER ENJOY A FUN & SOCIAL ATMOSPHERE

Questions? Email: info@ingersollcurlingclub.ca

Learn more or register: IngersollCurlingClub.com

SEASON: **OCTOBER TO APRIL**

REGISTRATION BEGINS **AUGUST 31!**

THAMES VALLEY DANCE CLUB WANTS YOU!

Looking for something fun to do? Square Dancing allows you to laugh, keep fit (easy as walking), feel good, enjoy a great social activity, meet new friends & relieve stress. At Thames Valley Dance Club, we dance Monday nights 7-9pm at Ingersoll Pipe Band Hall, 108 Wonham St. S, Ingersoll. No experience required, professional caller / instructor, casual attire. The first night is free, and after that the cost is \$8 per person each Mon, paid monthly at the start of the month. For information, contact Julie 519-535-3314. Visit FB Thames Valley.

HARRINGTON BRIDGE DAY

A walk around the Harrington Pond can be a wonderful experience combining nature, heritage, community with gentle exercise. Join us Sat, Aug 8, 10-2pm, for Harrington Bridge Day to celebrate the completion of the bridge across the creek that completes the trail around the Harrington Pond. We invite people from all walks (pun intended) to join in festivities for its official opening. Ceremonies will unfold on the bridge at 11am including live music. Also, playing a significant role will be our future community leaders – that is, children, both local and Coyote Nature School participants who have been learning much about the conservation area. Tours of the historic Harrington Grist Mill will be provided at 10am and 12:30pm. Outside the mill, local collector John Hiuser will display “carved cork” bridges. The Harrington Library, will host a free juggling & magic show with Doug the Great at 1pm. Food and refreshments will be available. And, of course, you will be welcome to walk the trail. Contact: Michael Kukhta, michael.kukhta@gmail.com or 905-599-2151.

NASH BARNETT MEMORIAL CAR SHOW

Sun, Sept 20 at the Embro Zorra Community Centre parking lot, 10-4pm. We will have local band “Now What?” playing live music, door prizes to hand out, and show participants & spectators can also take in everything the Embro Fair has to offer including children’s activities, food trucks, silent auction & more! Car Show participant fee is by donation at the event to the Canadian Wildlife Federation in memory of 14 year old Dominic Cross who was taken from this world January 2026. We would love to see many cars of any kind attend (antique, vintage, drag, race, show, European, anything!). We also welcome antique tractors, motorcycles, ATVs, or anything that is special to you — please bring it, we would love to see it. If you would like to pre-register, please contact Nicole Barnett 519-533-2208 or nbarnett221@gmail.com. Pre-registration is not necessary, but encouraged. Not sure if you can come yet? Decide that day and just come out! Can’t show up for 10, or have to leave early? That’s fine — come and leave as you like!

THISTLE THEATRE

Joseph and the Amazing Technicolor Dreamcoat We are excited to announce that the Nov 2026 show for Thistle Theatre will be the musical “Joseph & the Amazing Technicolor Dreamcoat” with lyrics by Tim Rice & music by Andrew Lloyd Webber. The play has been cast & our actors are busy starting to rehearse. The show will run Nov 12-22, at Thistle Theatre, in the Old Embro Town Hall. Watch for tickets going on sale in Sept! For more information follow www.thistle-theatre.com. Interested in helping out - we are always looking for volunteers. You can find more information at <https://thistle-theatre.com/volunteer>.

FITNESS AT INGERSOLL 50+ CENTRE

250 Ingersoll St. S. ~ 519-485-3869 ~ info@ingersollseniors.com
Hours: Mon-Fri 8:30-4pm CLOSED: Aug 3, Sept 7.

FITNESS ROOM Open to all members & equipped with a treadmill, elliptical, recumbent bike, spin bike, weights and 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.

ESSENTRICS with Lori Aug 19, 2pm. A fun, full body stretching & movement class that increases your range of motion & strengthens your muscles as it unlocks your body's potential for every stage of life. Fun, low impact class. Come and try a 30-minute demonstration. Please call & register.

ZUMBA GOLD with Kelly Aug 19, 11am. A modified, low-impact version of standard Zumba. Designed for active 50+ adults, beginners, or those recovering from injuries, it focuses on improving balance, range of motion, and posture while eliminating jumping or high-impact movements. Come and try a 30-minute demonstration. Please call & register.

STROKE RECOVERY, COPD, PARKINSON'S DISEASE FITNESS Tues/Thur 10:30am. A small group exercise program for light to moderate intensity exercise with a focus on functional movement. Please call for further information: 519-485-3869.

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

CHAIR FITNESS Wed 9am. A seated class for those that may have mobility or balance issues. A gentle yet vigorous workout that includes warmup, cardiovascular component, cool down and balance, resistance training, and wraps up with stretch and relaxation.

CHAIR YOGA *NOTE CHANGE IN TIME FOR MONTH OF AUGUST - Tues 10:15am, Thur 10:15am. A mostly seated class, gentle yoga poses are used to strengthen and stretch the body.

GENTLE YOGA Thur 9am. Gentle yoga poses both standing & on the floor. Participants are encouraged to bring their own mat.

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

PICKLEBALL Mon 9:30am. At the courts beside the Sr. Centre. Come out and try your hand at this popular sport. Drop-in rate \$5.

SCULPT & SWEAT Wed 9am. One hour total body workout. Total body workout experience that will burn calories, shape & tone your entire body. Increase core strength and bone health. Focus is given to functional movement and activities of daily living. Set to music to motivate – this class will get your heart pumping while engaging the major muscle groups of the body.

STRENGTH & STRETCH Fri 9am. Increasing your strength helps with activities of daily living. Come have fun pumping some weights, followed by flexibility training and relaxation.

TAI CHI On break until fall.

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

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.

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 bring along a friend.

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).

Line Dancing

PROGRAMS AT INGERSOLL 50+ CENTRE

Hours: Mon to Fri 8:30am-4pm from now until Sept 8.

FOOD FUNDRAISER Every Mon, Tues & Thur during Aug, 11-1pm. \$2 for a pretzel with proceeds going to The Food Project and \$2 for a hot dog with proceeds to Ingersoll 50+ Activity Centre.

CHRISTMAS IN AUGUST Sat, Aug 22, 8-12pm. Accepting donations until Aug 7 and always looking for more volunteers. Come & find all the Christmas treasures that will set you up for December.

ST. JACOB'S BUS TRIP Shopping at St. Jacob's Market & live theatre Thur, Aug 13, 9-6pm. "The Odd Couple".

KINGSTON Sept 22-24. Luxury motorcoach transportation, 2 nights accommodation, 1000 Islands Dinner Cruise, Kingston City Tour, Guided Tour of Kingston Penitentiary. Reserve your seat by Aug 6.

FISH FRY Fri, Aug 28, 5-8pm. Pickerel Battered & Fried by Mt. Elgin Firefighters, Fries by PB Fries with coleslaw & dessert. Cash bar. Everyone is welcome! Register by Aug 25, 519-485-3869.

AMERICAN MAH JONGG BEGINNER LESSONS This is a registered session as you must be committed to playing on all 4 Tuesdays.

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

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

SING FOR JOY Taking a summer break and will return in the fall.

SKETCHY SENIORS Tues 1-3:30pm. A drop-in for creative minds. Bring your project & learn from others. Painting, sketching, storytelling, origami, there are no limits in this program.

WEDNESDAY BRUNCH Every Wednesday in Aug, 9-11:30am, \$10. Please register by 12pm the day before. Come and join us!

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

WOODSHOP We have a well-equipped shop. Membership and orientation are required prior to using any of the equipment. \$3/day.

4-H IS FOR EVERYONE!

Come check out the 4-H program at the Woodstock Fair Aug 21-23. And see the 4-H project display boards at Oxford Fairs like Embro, Woodstock, Tavistock, Drumbo. Judging & Critical Thinking results are Novice Alaina Walker, Leda McKinlay, Rylee Weldrick, Byron Older, Isabel McKinlay; Junior Peyton Markus, Grace McKinlay, Charlotte Doan, Sophia Doan, Renee Walker; Intermediate Faith Abell, Zephyra Layman-Gilbert, Carmyn Doan, Brynn Boan, Owen Pletsch; Senior Bren Zeldrenrijk, Megan Atkinson, Jade Dill, Ella Ward-Boult, Olivia Sim. Oxford Go For The Gold has 8 players advancing to the Region 6 Go For The Gold Aug 5 in Aylmer. Best of Luck to Charlotte Ball, Megan Ball, Nathan Bean, Cohen DaCosta, Jacob Bergsma, Jade Dill, Mackenzie Westwood, Isabel McKinlay! Oxford 4-H Open Dairy Show at Woodstock Fair Aug 22 - register by Aug 10. Oxford Beef 4-H Club Achievement program at Tavistock Fairgrounds Aug 30. Lots of 4-H Ontario activities happening—Summer Virtual Art Show for youth ages 6-21 with entries being accepted to Aug 31 in 5 categories: painting/drawing, photography, craft/sculpture, video & food art. The Provincial Online Judging Competition for youth until Aug 15. Oxford 4-H has a monthly email to keep supporters informed, contact oxfordcounty4h@gmail.com. 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. Contact Shonna Ward, oxfordcounty4h@gmail.com or call/text 519-854-6919 or check out Oxford County 4-H Facebook.



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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.

BACK-TO-SCHOOL WHILE CARRYING GRIEF

As summer draws to a close, many families are preparing for the excitement & busyness of a new school year. Shopping for school supplies, meeting new teachers, and settling into routines are familiar milestones. For some families, however, this season also brings the challenge of facing these moments without a loved one who has died. The first day of school can be a powerful reminder of someone's absence. Whether it is a parent, grandparent, sibling, or close friend, grief may surface in unexpected ways. Children may become quieter, more emotional, or have difficulty concentrating, while parents & caregivers may be managing their own grief as they support their children. There is no right or wrong way to grieve. Every person's experience is unique, and emotions may change from day to day. Maintaining familiar routines can provide comfort & stability while creating opportunities to talk about feelings & share memories of the person who died. Simple acts such as looking at photos, telling stories, or lighting a candle can help keep their memory close. Healthy habits—including nutritious meals, regular physical activity, and good sleep routines—also support emotional well-being. If your family is grieving, consider letting your child's teacher or school staff know. Understanding what a student is experiencing helps educators respond with greater compassion and support. Lastly, kindness can make a lasting difference. A thoughtful check-in, a patient conversation, or simply listening may be exactly what a grieving family needs to feel supported, understood, and cared for as they begin the new school year.

Faye Brekelmans, Nurse Psychotherapist, Compassionate Grief Support, faye@compassionategriefsupport.ca, 519-866-3016.

Grief Support

HALLOWEEN

Is it too soon to think about Oct 31? Not when you plan to salvage used clothing for a spooky display of scarecrows, guys & ghouls using things you can find cheaply at charity retail stores or free at reuseapalooza. Same sources for some good costumes. It's not too early in August either to think about what food you will put on your walkway, steps or porch. It does seem



odd to stack food outdoors. Would you decorate with canned fish or dried herbs? Why then with so many squash & pumpkins unless you brilliantly plan to make them serve you for autumn & winter meals too. A porch pumpkin can become baking, soup, or sides. Time to check food in your freezer or cans that you need to eat your way through before the harvest overwhelms you in its bounty. Will the price of chocolate continue to rise and sugar with it? What could you give children at the door as an alternative? Maybe not a carved turnip, the origin of jack o'lanterns but it may be a small toy or something else edible? Bryan Smith has a gimmick that draws children & teens annually up a long hill to his house. Surely you can be more inventive!

EVENT SPACE FOR RENT

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



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THORNDALE LIONS ACTIVE LIVING CENTRE

Visit www.thamescentre.on.ca/seniorcentre, call 519-268-7334 ext. 730 or email dbarons@thamescentre.on.ca for more information about upcoming programs, events, and bus trips.

MON Chair yoga 9am, gentle yoga 10am, watercolour painting workshop 1-3pm, pickleball 1pm.

TUES pole walking 9am. Come in & cool off and enjoy an ice cream or ice tea or lemonade with munchies at 2pm.

WED strength & tone 8:45am, men/women's Coffee Hour 10am, pickleball 1pm.

THUR quilting 1pm, kurling & shuffleboard 1-3pm.

FRI word puzzles 10am, bocce ball, travelogue 2pm, pickleball 1pm, poker 1pm. All programs except pickleball are offered for members & non-members. If you are interested in playing pickleball during Active Living Centre times, please contact us to get a Senior Centre membership.

MOVIE AFTERNOON at Thorndale Lions Community Centre Aug 19, 2pm. Movie Overview: Fried Green Tomatoes is a 1991 American comedy-drama film directed by Jon Avnet and based on Fannie Flagg's 1987 novel. The film tells the story of a middle-aged housewife who, unhappy with her life, befriends an elderly lady in a nursing home and is enthralled by the tales she tells of people she used to know. Stars: Kathy Bates & Mary Stuart Masterson. Contact Dayna at dbarons@thamescentre.on.ca to register today.

SUMMER COWBOY BOOTS Are you the creative type? Sign up for "Summer Cowboy Boots" painting Wed, Aug 5, 12:30pm. Register at 519-268-7334 ext. 730, dbarons@thamescentre.on.ca.

THORNDALE BOOK CLUB will start up again in the fall.

THAMES CENTRE COMMUNITY CHOIR welcomes singers from teens to seniors to sing Tues 7pm at Thorndale Lions Community Centre. There are no auditions, just a love of singing in the community, contact Cathy 519-461-1679.

What programs would you like to have at the Thorndale Lions Community Centre? If you have any suggestions call Dayna 519-268-7334 ext. 730 or email dbarons@thamescentre.on.ca.

BEACHVILLE LEGION 434852 Zorra Line, Beachville

WED Gentle Chair Yoga 7-8pm

WED Summer Dart League Branch opens 6:40pm, 7:30pm start. Teams of 3 randomly drawn \$20/person. Last date Sept 2.

Winter Hump Day Dart League Sept 9-May 5. Call Shelley McDonald 519-580-8211 or Brandon 226-228-7545 for more info.

THUR Branch Euchre play begins 7pm.

THUR Line Dancing upstairs hall, 7pm, followed by Latin/Swing/Ballroom 8:15pm.

FRI Night Darts Blind Draw Doubles Play begins 8pm.

SAT Thames Valley Bluegrass & Old Time Country Pickers Saturdays in Aug 1-4pm. Open Mic (acoustic only).

Fri, Aug 7 & 14 Oxford County Feline Wellness & Outreach Bingo. Doors open 6pm. Play begins 7pm.

Aug 5 & 14 Ox On The Run Mobile Library 4:30-6pm.

Aug 23 Car Show at Museum Join us at the Beachville District Museum Community Car Show where we will have the BBQ fired up.

Aug 28 Roast Pork Dinner with roast potatoes & all the fixings 5:30pm. Pre-order by Aug 27 519-423-6363.

Aug 29 Karaoke with Ken Pyle Saturday 7-11pm. Free pool.

Sept 19 Annual Steak BBQ & Legion 100th Anniversary Celebration Interested in Beachville Legion Veterans Banner Availability? Contact Darlene 519-495-6276 or juliandarlene@gmail.com. Free pool. Hall rental for meetings, parties, receptions. Follow us on Facebook or visit our website for additional events.

Marianne Butler
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marianne.butler321@gmail.com

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LAKE LISGAR WATERPARK, TILLSONBURG

It's not too late to make a splash this summer at the Lake Lisgar Waterpark! Whether you're racing down the waterslide, swinging off the giant inflatable, or watching little ones enjoy the spray features, there's something for every member of the family to enjoy. Pack a bag, soak up the sunshine, and spend a day making lasting summer memories close to home. Don't forget to enjoy a frozen treat, or hot food from our snack shack while you're here! Looking for an affordable family outing? A family of up to 5 can enjoy a full day at the waterpark for just \$34.70. Planning to visit more than once? It's not too late to save with a season pass! A resident family of four (2 adults and 2 children) would spend about \$243 on 7 daily visits, while season passes for the whole family cost just \$237.20 (plus HST). That means your season passes pay for themselves in as little as 7 visits. If you're planning to come even a couple of times each week for the rest of the summer, a season pass is the best value. The Lake Lisgar Waterpark is open daily 11-6pm until Sept 7, so there's still plenty of time to cool off, have fun, and make the most of your summer. We can't wait to see you at the pool!

Register Today!

\$10

Saturday, August 15, 2026.
9 am - 3 pm

1 DAY
with Zacchaeus

A one-day VBS experience for kids ages 5-12, exploring the story of Zacchaeus - helping them understand through story, craft, snack and game how Jesus sees, knows, loves, calls and changes them.

To register, email: fbingersoll@gmail.com

Worship

Oxford Church 184 Oxford St - www.oxfordchurch.ca
Pastor Meine Veldman 519-602-7386 meine73@yahoo.com

St. Paul's Presbyterian Church Rev. Allan Brouwer
56 Thames St. S, Ingersoll, 519-485-3390; paulsingersoll.ca
stpauls@execulink.com, Like us on Facebook
SUN Worship 10:30am. In-person & on YouTube

Banner United Church www.bannerunitedchurch.com
602800 Road 60 at Line 15, Zorra Twp.

Ingersoll Christian Reformed Church ingersollcrc.ca
519-485-4941, 429 King Street West
SUN 10am Live Stream or YouTube - Ingersoll CRC

Free Reformed Church of Oxford County
284793 Pleasant Valley Rd, Pastor D. Kranendonk, oxfordfrc.com

St James' Anglican Church 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, office: 519-485-0820
trinityingersoll@rogers.com
Sunday Service: 10:30am livestream: tucingersoll.ca

Truth Community Church 519-285-2112
154978 15th Line, Thamesford, truthcommunitychurch.ca
Pastor Steve Twinem, tccthamesford@gmail.com

First Baptist Church Rev Trevor Whittingham
235 Thames St S, Ingersoll, fbcingersoll.com, 519-485-3046
SUN 10:30am Worship Service
Aug 15 VBS - One Day with Zacchaeus, \$10, 9-3pm
Sept 5 Men's Breakfast 8am

Worship With Us

Crossroads Bible Church 519-900-6281
184 Oxford St Ingersoll, 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
SUN 10am Livestream www.facebook.com/hiwayingersoll

Sacred Heart Roman Catholic Church
519-485-1802 131 Thames St. N, Ingersoll N5C 3C9
Website - nocfop.dol.ca or email 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 519-402-0147
vanpatter007@gmail.com
West Oxford 354395 Church Line 9:30am
Foldens 374097 Folden's Line 9:30am
Sweaburg 474425 Dodge Line 11am
No services August to Sept. 6
Sept 13 regular services resume with time change

Huron Park Baptist Church 199 Berwick St, Wdstck
519-421-4722, office@huronparkchurch.org
10:30am Sunday Service Mid-week programs Tues & Thur

Free Reformed Church of Oxford County
284793 Pleasant Valley Rd, Pastor D. Kranendonk, oxfordfrc.com

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

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www.mcbeathdynes.ca

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AUGUST

SUN	MON	TUES	WED	THUR	FRI	SAT
		JULY 28 • Sketchy Seniors, Ingersoll 50+	29 • Air Cadets, Dorchester • Meditation 6:30pm • Summer Darts, Beachville Legion	30 • Holy Diner BBQ, Dorchester 5-7pm • Gentle Yoga, Ingersoll 50+	31 • Osteofit, Ing 50+ • Bocce Ball, Thorndale Seniors	1 • Bluegrass Music, Beachville Legion
2	3 	4 • Euchre, Sacred Heart 1pm • Stroke Recovery, Ing 50+	5 • Meditation 6:30pm • Chair Yoga, Beachville Legion • Chair Fitness, Ingersoll 50+	6 • Fridge Door Live Theatre • Holy Diner BBQ, Dorchester 5-7pm	7 • Fridge Door Live Theatre • Charity Bingo, Beachville Legion	8 • Fridge Door Live Theatre • Harrington Bridge Day, 10-2pm
9 • Decoration Day -Townline Cemetery -Grove Cemetery	10 • Pickleball, Ing 50+ • Watercolour wkshp, Thorndale Seniors	11 • Chair Yoga, Ing 50+ • Al-Anon, St Paul's	12 • Thorndale Horticulture meeting • Sculpt & Sweat, Ingersoll 50+ • Coffee Hour, Thorndale Seniors	13 • Holy Diner BBQ, Dorchester 5-7pm • Euchre, Beachville Legion	14 • Strength & Stretch, Ingersoll 50+ • Poker, Thorndale Seniors	15 • Pig Roast, Brownsville • Pickled Beet Workshop, Embro
16	17 • Total Body Workout, Ingersoll 50+	18 • Euchre, Sacred Heart 1pm • Pole Walking, Thorndale Seniors	19 • Air Cadets, Dorchester • Essentrics, Ing 50+ • Zumba Gold, Ing 50+ • Movie afn., Thorndale Seniors	20 • Holy Diner BBQ, Dorchester 5-7pm • Line Dancing, Beachville Legion	21 • Chair Yoga, Ing 50+ • Woodstock Fair VILLAGE VOICE DEADLINE	22 • Car Show, Centennial Park • Christmas in Aug, Ingersoll 50+, 8-2pm
23 30 • Car Show, Mt Elgin	24 • VON Exercise, Ingersoll 50+ 31	25 • Al-Anon, St Paul's	26 • Meditation 6:30pm • Walking Club, Ingersoll 50+	27 • Holy Diner BBQ, Dorchester 5-7pm • Park Picnic, St Marys	28 • Fish Fry, Ing 50+ • Roast Pork dinner, Beachville Legion	29 • Family Fun Day, Brownsville 10-2pm • Karaoke, Beachville Legion

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

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
 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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