The Village Voice
SEPTEMBER 2025
INGERSOLL
Issue 154
Since 2012
PROUDLY CANADIAN

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/

SMOKED PORK CHOP DRIVE-THRU BBQ

Trinity United Church, Ingersoll is hosting a Smoked Pork Chop Drive-thru BBQ Supper fundraiser Sun, Sept 14 - meal pick up 5-7pm. Tickets $30 at the church office 118 Church St, Ingersoll on weekday mornings or call 519-485-0820.

INGERSOLL LIBRARY

Dementia Education: Communication Tips Tues, Sept 16, 6pm. Join the Alzheimer Society to learn communication strategies for interacting with persons living with dementia. Drop-in.

Film Club Screening Wed, Sept 17, 5pm. Join us for a Film Club *for adults* screening of The School of Rock! Drop-in.

Film Club Discussion Wed, Sept 24, 5pm. Each month 4 themed films will be available for the club to borrow & discuss. This year the theme is “Cinema through the decades”, Sept films will cover the 2000s! Info: email lheinbuck@ocl.net. Registration required.

Teddy Bear Picnic Tues, Sept 9, 2:30pm. Celebrate National Teddy Bear Day at Ingersoll’s Victoria Park! Bring your favourite stuffed friend, a blanket and drop by for crafts, snacks & activities in the park! In the event of rain, the program will be moved to the library.

Messy Monday Mon, Sept 15, 10am. Drop by & explore learning through play! Your little learners will enjoy sensory play & hands-on discovery. Some play materials may be messy! Drop-in. Please note the program room capacity is limited & you may be asked to wait and enjoy the library until space opens up in the program. For children ages 5 and under with their caregiver.

Family Bad Art Night Fri, Sept 19, 6pm. Leave your talent at the door & get ready to make a disaster-piece! Together families are tasked with creating a piece of art using an array of miscellaneous materials provided. Awards will be given for a variety of wacky categories! Registration required - www.ocl.net.

Kid’s Crafternoon-Yarn Monsters Thur, Sept 25, 2:30pm. Drop in. Ages 12 and under; While supplies last. *Children 10 & under cannot be left unattended in the library & we ask that parents/guardians stay in the library during this program.

Fall Teen Book Boxes Register by Fri, Sept 12. The Fall Teen Book Box, includes a library book picked just for you, supplies for a craft or activity & extra goodies for you to keep. Open to ages 12-18 with an Oxford County library card. Sign up online - www.ocl.net; you will be notified when your box is ready for pickup in Oct.

TRIBUTE SHOW

Mt Elgin United Church is hosting a Reba McIntyre, Shania Twain, Garth Brooks - Tribute Show at Mt Elgin Community Centre, Sun, Sept 21, 2-4pm. Come out relax & enjoy some great music. Tickets $30 and may be purchased by calling Dawne 519-421-6836 or Joanne 519-485-1988.

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, Sept 2, 16, 30, 1pm. Refreshments provided. For more info contact Martha 519-320-0785.

BEACHVILLE DISTRICT HISTORICAL SOCIETY

Speaker series Tues, Sept 9, 7pm at the Beachville District Museum welcomes Cody Groat. He will speak on Potter’s Field in the Ingersoll Rural Cemetery and the monument placed in their honour. Question period & lunch to follow. All are welcome.

MT ELGIN FIREFIGHTERS PERCH FISH FRY

Sat, Sept 20 at Mt Elgin Community Centre 4:30-7:30pm. Adult $35, 6-12 years $10, 5 years and under free. For tickets call 519-485-2099 or 519-550-4507.

INTERNATIONAL SOFTBALL CONGRESS

The Ingersoll Rotary Club is proud to host the 2025 International Softball Congress (ISC) Men’s Fastball Tournament in Ingersoll Sept 26-28 at Victoria & Garnet Elliott Parks. Games begin 7pm Friday. See some of the best league teams vying for a berth into next year’s World’s ISC Championship Tournament in Kitchener, Ontario in August 2026. At press time, registered teams are Georgian Bay, Sebringville, Saugeen, St. Thomas, Puslinch, Wiarton, Waterdown, Jarvis, Walton and Kitchener.

COPING WITH GRIEF & LOSS

8-week grief support group starts Mon, Sept 29, 6-8pm at Ingersoll Services for Seniors, 250 Ingersoll St S, Ingersoll. Space is limited. Pre-registration required. Cost $20 for members, $25 non-members. Group led by trained facilitators & focuses on coping & living with loss. To register, contact Compassionate Grief Support at 519-866-3016 or email faye@compassionategriefsupport.ca.

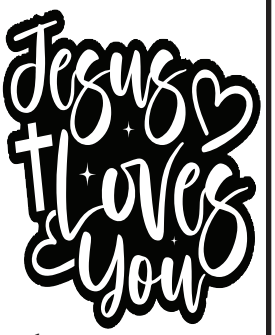
SENIORS IN FOOD CRISIS

Hear Jayna Leroux-Hendren speak on how she is helping feed Oxford County seniors in need in memory of her son Brent. Christ Church Hall, Lakeside, Sept 17, 7pm. All are welcome.

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.

Beachville Baptist Church

8 King St. Beachville



Even in uncertain times, all that is old can be new again. **Join us Sundays 10:30am** *as our new pastor, Ellie Muir, shares the message of God's Everlasting Love (Jeremiah 31:3). Please come to share the love of our community. Discover the power of faith & the joy of belonging to something greater than yourself.*

We can't wait to meet you.
We welcome you
and your gifts & talents, whatever they may be.
Contact: Ellie Muir 519-533-3694 call or text

MODERN SQUARE DANCING IS FOR YOU!

Looking for something to do in the evening or something new to try? Modern square dancing is a great way to learn something new, have fun, meet new friends, relieve stress & get some exercise! At Thames Valley Dance Club, we dance on Monday nights 7-9pm. All you need is comfortable shoes & casual clothing. No experience or partner is required & anyone over the age of 12 is welcome (children from 12-15 with an adult, please). We will be starting our 2025-2026 season Mon, Sept 8 at the Ingersoll Pipe Band Hall, 108 Wonham St S, Ingersoll. The first night is free, and after that the cost is $7.50 per person each Mon, paid monthly at the start of the month. For information, contact Julie 519-535-3314. Hope to see you Sept 8 at the Ingersoll Pipe Band Hall!

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THE WELL

We invite you to join us for an informal evening of fellowship & praise as we enter into this new fall season. We'll meet Sat, Sept 13, 7-9pm at 235 Thames St S, Ingersoll. Entrance is off of the parking lot & we'll gather together in the downstairs hall. Refreshments will be served. Come & enter into a wonderful time of worship to our awe-inspiring Lord! "I will exalt You, my God and King: I will praise Your name for ever and ever. Every day I will praise You and extol Your name. Great is the Lord and most worthy of praise; His greatness no one can fathom." Psalm 145:1&2.

THANK YOU

The Board of Zion Hill 7th Line Cemetery would like to thank all those that were out to Decoration Day at the cemetery. The cemetery always looks so nice with all the flowers & your donations help with the daily upkeep.



OXFORD WARDEN'S GOLF TOURNAMENT

The 2025 Oxford County Warden's Charity Golf Tournament in support of the Oxford Community Foundation (OCF) will take place Mon, Sept 22, at Craigowan Golf Course. This annual event is more than a game—it's about giving back. Whether you join as a golfer, sponsor, or guest, your participation supports vital local community initiatives through OCF. Since 2003, OCF has granted more than $2 million to 115 local organizations, strengthening Oxford County through arts, culture, education, the environment, health and wellness, social services, and recreation. To register or learn more: oxfordcommunityfoundation.org/events.

THORNDALE FAIR SNOWMOBILE DRAG RACES

Sled Races return to the Thorndale Fair Sat, Sept 20, 3pm! Entry is $20 (plus fair gate admission) & guarantees you 2 thrilling drags. Drivers please arrive by 2pm. Spots fill fast, so pre-register at thorndalefair.com by Sept 18 to secure your place. Get ready for roaring engines, friendly competition, and plenty of edge-of-your-seat excitement! The social tent will be open during this event.

Bits 'n Clips

OPEN HOUSE BIRTHDAY PARTY

Linda Holden is turning 70!
Please come & help us celebrate at 128 Byron St.,
Thamesford, Sept 13, 2025, 3pm-?.
Rain or shine. Food & karaoke provided.
Please bring your own drinks & chairs. Best wishes only.

MINLER 50th ANNIVERSARY

Happy Anniversary to Mary & Roger Minler who celebrated their 50th Wedding Anniversary on August 16, 2025.

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LOVE TO SING?

Thames Centre Community Choir welcomes new singers on Tuesday evenings at 7pm in Thorndale. Our fall session begins Sept 16. We are encouraging more male voices to join the choir in order to create a better balance of sound. All singers are most welcome. Please email c_baskerville@hotmail.com for more information.

INGERSOLL HORTICULTURAL SOCIETY

Meets Tues, Sept 23, 7:30pm at Ingersoll Masonic Centre 190 Thames St. S. Speaker: Darren Heinbecker of Whistling Gardens "Best Peonies and How to Grow Them". Meeting is free & open to anyone interested in gardening matters.

INGERSOLL

Try Curling Next Winter!

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

No experience necessary!

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

Registration in September. Season runs October to April.
Questions? Email: info@ingersollcurlingclub.ca
Website: Ingersollcurlingclub.com

INGERSOLL DISTRICT NATURE CLUB

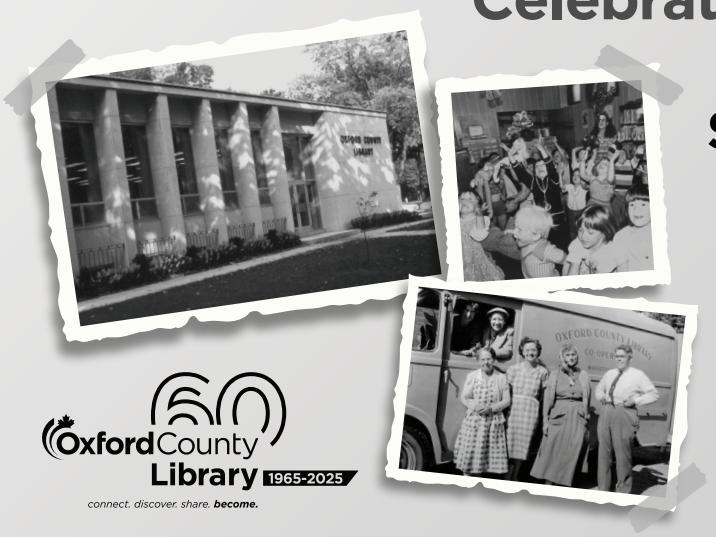
Sat, Sept 27 YARMOUTH CONSERVATION AREA Please meet at the Municipal Parking lot at 9am behind Ingersoll Arena to carpool to Yarmouth Natural Heritage Area in Elgin county at 47502 Sparta Line, just 2.5 km east of Sparta village. This beautiful parcel consists of 208 acres of forest, ponds & wetlands. This large, relatively isolated natural area has 2 main trails. The Wetland trail loops around the Kebbel Wetland to provide excellent views of waterfowl and wetland flora & fauna. The Catfish Creek loop runs along the Catfish Creek. Their management plan also provides for a butterfly habitat & opportunity for excellent bird watching. Please note there is a requested $3 fee to park, through Passport Parking Canada. Contact Sheila 519-485-2645, www.ingersollnatureclub.com.

HISTORICAL BITS & BYTES

Thank you to everyone who have been sharing stories of their family members who fought in the two world wars for the upcoming Hometown Heroes publication. Your support & enthusiasm are appreciated. I will be sharing some of those stories with the public when "Oxford Goes To War" is presented by the Oxford Historical Society in late November. Watch for more details. For those with an interest in even older history, consider coming to the Ingersoll Library on the afternoon of Oct 4 for the presentation on "Oxford's Founding Families". Like superstitions? Plan to attend "Black Cats Walking Under Ladders" at the Beachville Museum Oct 14. If you have enjoyed the walking tours of Ingersoll Rural Cemetery, you may wish to register for the Lunch & Learn at Woodstock Museum Oct 21 for "Woodstock's Stone Secrets". For more details, contact Scott Gillies at route2thepast@gmail.com.

Remember When:

Celebrating our first 60 years



Saturday, September 20

Drop-in: 11:00 a.m. - 2:00 p.m.
Formal presentations start at 12:00 p.m. noon

Oxford County Library - Ingersoll
130 Oxford St, Ingersoll

This event is open to the community: come and enjoy highlights from the library's historical collections, displays, and stories, looking back on six decades of connection, learning and community engagement!

Oxford County Library 1965-2025
connect. discover. share. become.

Learn more at
www.ocl.net

Don't forget to share your favourite stories, photos and creative expressions with the online 60th Anniversary Memory Wall. Submissions will be accepted to December 31, 2025. To share visit **www.ocl.net/memory-wall**

THORNDALE FAIR POWERWHEELS DERBY

Rev up the fun at the Thorndale Fair's Powerwheels Derby Sat, Sept 21, 3pm! Open to kids ages 4-8, this exciting (and adorable!) event is free to enter & every participant goes home a winner with their very own trophy. Safety first - helmets are required - but get ready for big smiles, little racers, and plenty of cheering from the crowd. Don't miss this high-energy highlight of fair day!

4-H IS FOR EVERYONE!!

The Region 6 4-H Go For The Gold was held Aug 12 in Ridgetown with the Oxford 2 Team advancing to the Provincial Go For The Gold Nov 8 at the Royal Agricultural Winter Fair in Toronto. Congratulations & best of luck to Jade, Erin, Grace & Jacob! Fall fairs are happening in Oxford with many 4-H activities. Come check out 4-H at Tavistock Fair Sept 5-7 with Dairy Achievement Day & Swine Show and 4-H project display boards. Embro Fair Sept 13-14 has 4-H display boards. Drumbo Fair has 4-H display boards Sept 20-21. There are 4-H member entries at all the fairs. 4-H projects starting in September with the Mt Elgin 4-H Club-contact Carolyn crwilsonj@xlpornet.ca; Oxford Quilting 4-H Club-contact Linda oxfordquilting4hclub@gmail.com; and Hickson 4-H Club contact Shonna wardshonna@hotmail.com. Mark your calendar for the Oxford 4-H Awards Night Nov 21 at the Embro Community Centre. Oxford 4-H has an email that goes out once a month to keep 4-H youth/families, supporters informed, want to be on the email list? 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 & communication in a hands-on learning atmosphere. Learn more about 4-H: oxfordcounty4h@gmail.com or call/text 519-854-6919 or check out Oxford County 4-H Facebook.

EVENT SPACE FOR RENT

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

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.

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.

COOKING CONNEXIONS

Cooking Connexions is designed for single people living alone in Thamesford & surrounding area. Together we prepare a nutritious home style meal & everyone participates in the preparation, cooking & clean-up. Each participant pays $10 and that gives you a lovely sit-down meal to enjoy together & enough food left for another meal to take home. This will be a 3 course meal consisting of soup/salad/appetizer, a main course, followed by a yummy dessert served with coffee & tea. We meet at Westminster United Church at 10:30am and are usually all wrapped up by 2pm. If you would like to participate, please contact Mariette Bardoel 519-533-7515 or mbardoel65@hotmail.com, your first meal is on us, so come out & see what we are all about. Our next dates are Sept 25, Oct 23, Nov 20, Dec 18.

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CLASSIC CARS & VINTAGE AIRCRAFT

The Canadian Harvard Aircraft Association (CHAA) is set to host its popular Wings & Wheels Family Fun Day Sat, Sept 13 at the Tillsonburg Regional Airport. This annual event brings together the excitement of aviation history & the charm of classic vehicles, drawing enthusiasts from across the region. Visitors will be able to explore hundreds of vintage cars parked alongside CHAA's impressive collection of WWII Harvard warbirds. For a once-in-a-lifetime experience, attendees can purchase a flight in one of their Harvard trainers. Contact crewflights@harvards.com to ensure your seat. The day also offers historical exhibits, a garage sale, kids' activities & food trucks. Vintage vehicle owners are encouraged to bring their vehicles to share with the crowd. Admission by cash donation, with all proceeds supporting the Harvard Aircraft Association's preservation efforts. Rain date: Sun, Sept 14.

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BEACHVILLE LEGION 434852 Zorra Line, Beachville

General Meeting Wed, Sept 3, 7pm.
Garlic Parmesan Chicken Dinner Fri, Sept 5, 5:30pm.
Steak BBQ dinner Sat, Sept 20, 5pm. $28 advance tickets only.
Line Dancing Thur 7-8pm starting Sept 25, $10.
Introduction to Ballroom Dancing Thur 8:15-9:15pm starting Sept 25. No partner needed, $10.
Karaoke Sat, Sept 27, 7-11pm.
Beachville Museum Car Show Sun, Sept 28, 11-4pm.
Men's Dart League Mon 7pm commencing Oct 20. Reg'n Sept 22, Sept 29, Oct 6 nights. $50. Dave Lapierre 226-888-7246 for info RSVP for dinners 519-423-6363 or rcl495.suppers@gmail.com.
Euchre Thur 7pm **Darts** Fri 8pm **Free Pool**
Hall rental for meetings, parties, receptions. Follow us Facebook or visit our website for additional events & updates.

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SALFORD LEISURE CLUB

Shuffleboard emerged as a popular game aboard ships at sea, the one game in which the wind didn't interfere. Shuffleboard continues on as both a national game & an amateur pastime, attractive to younger players & seniors alike due to low physical demands & the strategy required to play it. The game is popular with our Salford group and since our new season is just beginning, we encourage you to come out & give it a try. Recently a new member, Hanna Poort surprised everyone, including herself by shooting 3 discs into the high 10 point count during one game, giving herself a commanding 30 point lead over the opposition. July was busy in spite of the heat, some visited a flower garden display & a birthday was celebrated! A popular member of our group, Martha Wrona, celebrated her 98th birthday with us & along with receiving birthday cards & congratulations, 2 delicious cakes were served. Speaking of shuffleboard, Martha consistently scores at the top 5, showing her skills in the game.

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INGERSOLL CHORAL SOCIETY NEEDS YOU!

Like to sing? We'd love to have you join us. Some of our choir members don't read music – so don't let that stop you! You'll find a welcoming environment where fun & fellowship are only exceeded by a love of singing! While our Good Friday concert remains our 'signature event', we also perform broadway revues, dinner theatres, and other themed concerts. Rehearsals for our 2025/26 season begin Mon, Sept 8, 7-9pm at Ingersoll Christian Reformed Church, 429 King St. W, Ingersoll. Try us for 3 weeks with no commitment necessary. Find us on Facebook or email holly.langohr@gmail.com for more info.

SHOEBOX KICK-OFF!

Please join us (and bring a friend!) as we begin our Operation Christmas Child season. Find out about any changes, discuss ideas & encourage one another. We will meet Mon, Sept 29, 7pm at Faithway Baptist Church, 576 Brant St, Woodstock. For more information, call Karen 519-425-0172.



Over 60? SAVE Every Wednesday at:
FOODLAND
72 Charles St W, Ingersoll

BEACHVILLE DISTRICT MUSEUM

We had a wonderful time with our camp participants, special guests, volunteers & staff through July & Aug. On Aug 15, the Beachville District Historical Society hosted its annual beef BBQ at the museum. The fundraising event brought together 200 ticket holders for a menu that featured meat from the Butcher Barn, corn from the Windy Willow Garden, baked potatoes from Streef Produce Ltd and coleslaw made by the Mount Elgin United Church. The Society and its Fundraising Committee are especially grateful to the volunteer crews, food & dish providers, musicians & visitors that continue to make this event a success. On Tues, Sept 9, 7pm Dr. Cody Groat will join us to speak on a new monument dedicated to those buried in unmarked graves at Potter's Field in the Ingersoll Rural Cemetery. No registration or admission fee. The museum will a "Mackay Legacy Display" in partnership with the Canadian Mackay Committee starting Sept 9 until Sept 20. This travelling exhibit comes to Beachville from the Taiwan Cultural Centre. It highlights a significant anniversary of the twinning between Oxford County and Tamsui that was formalized to honor Zorra-born missionary, George Leslie Mackay. On Sept 13 & 14, you can find our museum staff & members of the Zorra Heritage Committee at the Embro Fair. On Sept 20, we will be travelling to London for Doors Open at the Roy McKay Clubhouse in the historic Labatt Memorial Park. Through the end of September, we will be running additional "Hands-On Heritage" workshops for baseball making. Come craft a baseball out of calf skin & sinew with us and stay to learn more about the first-recorded game of baseball in North America, dating back to 1838. Mark your calendar for Sun, Sept 28, 11-4pm when we'll be holding our final car show of the season. If you have questions about our events or programs, or are interested in signing up as a volunteer or member, call our office 519-423-6497 or reach out on social media.

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Meditation Guided meditation approx 20 minutes; Reduce stress, improve sleep, feel grounded, calm & centered. Tues 7-8pm, $125.

The Light Circle Interact with the Stopping to Smell the Flowers short stories while connecting with a like-minded group who wish to explore energy around us, emotions & taking inspired action; ending with a guided meditation. Thur 7-8:30pm, 4 sessions $175.

To register, text/call: 519-719-5453, stephaniemalo@hotmail.com. In-person workshops are on Stanley St. South, Thamesford. Cash, etransfer & digital payment options. Stopping to Smell the Flowers books, reminding us of the power of presence are also available at www.stoppingtosmelltheflowers.com www.amazon.ca. Books are also for sale at Indigo – North London. Follow me at: Facebook Page: Stopping to Smell the Flowers: Extraordinary Observations of Everyday Life Instagram: @therealstephaniemalo.

OXFORD HISTORICAL SOCIETY

Thank you to everyone who stopped by our booth at the Woodstock Streetfest this summer. The Society will be resuming its slate of free public presentations, beginning Sept 24 with Wes Magill speaking about "Industrial Woodstock". Remember Timberjack, King-Seagrave, Standard Tube? The meeting will commence at 6:30pm at the Woodstock Museum. Anyone with a passion for preserving our past is encouraged to consider joining the Oxford Historical Society; membership is only $10. The Society is currently looking to fill a director's vacancy. info@oxhs.ca for details.

THORNDALE HORTICULTURE SOCIETY

Last month we had a very interesting meeting about the health of our soil & our health in general. Dave & Anna DeVries from St. Marys explained how everything was connected. Our next meeting is Sept 9, 7:30pm in Room 3 at the Thorndale Community Centre. Please follow us on Facebook or get in touch with us at Thorndalehort@gmail.com.

FALL SEWING CLASSES

"Let's Sew Today" are sewing lessons for creative thinkers of all ages. Youth 8 years of age to adult. During the 6 week 2-hour weekly class, participants will master hand sewing techniques and learn to navigate & operate a sewing machine safely. All tools, machines & product materials will be supplied to create age appropriate & useful items utilizing newly acquired skills. Classes will take place in my home on the 15th line south of Thamesford. Day & evening classes are available. Adult classes begin Tues, Sept 29. Youth classes begin Wed, Oct 1. Class fee $225. Limit 6 students per class. Please contact Sandra Wullms to register letssewtoday25@gmail.com.

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.

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CUCKOO'S NEST 2025-26 CONCERT SEASON

SEASON OPENING CONCERT Friends of Fiddler's Green Sun, Sept 21, 7:30pm, Chaucer's Pub, 122 Carling St, London. It has become a tradition for the Friends of Fiddler's Green to visit each season at the Cuckoo's Nest Folk Club. The "Friends" boast 6 versatile musicians, 5 fine singers, 3 songwriters, brilliant joke tellers, the occasional fiery dragon, one Order of Canada, one Queen's Diamond Jubilee Medal and one of the longest track records in Canadian Folk Music. This collection of Friends has been together, since their inauguration at Toronto's Fiddler's Green coffeehouse in 1971. Nobody, not even the Friends themselves, can predict what might happen during one of their concerts, but it always includes humour, powerful vocal harmony, great musicianship, social commentary and an irresistible urge to tap your feet or sing along.

PIERRE BENSUSAN Sun, Sept 28, 6:30pm, St. James Westminster Chuch, 115 Askin St, London. French acoustic guitar virtuoso, vocalist & composer Pierre Bensusan, surnamed "Mister DADGAD", has taken his unique sound to all corners of the globe.

PAUL McKENNA Sun, Oct 5, 7:30pm, Chaucer's Pub, 122 Carling St, London. Direct from Scotland Paul has long been ranked among our finest singers & songwriters, armed with a powerful yet intensely emotive voice and passionate social conscience.

IAN TAMBLYN Sun, Oct 19, 7:30pm, Chaucer's Pub. Ian was born in Thunder Bay in 1947. His first "professional" and self titled album was recorded in 1976.

SIMON KEMPSTON Sun, Nov 9, 7:30pm, Chaucer's Pub. Simon is 'one of Scotland's very best songwriters' (The Sunday Herald).

WINDBORNE Sun, Nov 23, 7:30pm, Chaucer's Pub. BBC Traveling Folk describes Windborne as "subverting expectations and redefining the genre [of vocal music] ... just absolutely phenomenal!"

THE BARREL BOYS "Carols from the Barrel" Sun, Dec 14, 7:30pm, Chaucer's Pub. A bluegrass powerhouse featuring rich vocal harmonies, killer picking, and a fun-loving, down-to-earth stage presence. Informed by the deep traditions of bluegrass, country, old-time, and Americana, The Boys have crafted their unmistakable sound into a joyful and deeply soulful musical experience.

PUB CAROLING with Paul Grambo & Steve Holowitz. Fri, Dec 19, 7:30pm, Chaucer's Pub. Promises to be a night of fun & joyous singing to get us in the mood for the Christmas season. All singers and non-singers are welcome. Net proceeds after expenses go to the London Food Bank. For Information call 519-319-5847 or e-mail folk@iandavies.com.

ALCOHOLICS ANONYMOUS

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

THAMESFORD LIBRARY

Community Employment Services Tues afternoons. 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 ext. 267 to book an appointment.

Tales for Tots Fall session starts Wed, Sept 24. Each Wed 10:30-11am. Fun featuring songs, rhymes, stories & more followed by freeplay & social time. For ages 0+ with a caregiver.

Mahjong Wed 1-3pm, everyone is welcome!

Knits 'N' Knots Fri 10-11:30am, a relaxing time of knitting & casual conversation. An adult social drop-in program.

Oxford Reads Join Oxford County's community reading program. Oxford Reads is asking community members to join the initiative by reading Life in Two Worlds: A Coach's Journey from the Reserve to the NHL & Back by Ted Nolan. Pick up a reading guide & place a hold on this title at the library. The Oxford Reads Gala Event with Author Emily Austin is Fri, Nov 7, 7pm. For more details and to reserve your free ticket visit www.oxfordreads.ca.

Writing Group Are you a creative writer looking to meet other writers? Come out to meet a friendly bunch who enjoy sharing stories, poems, etc, both oral & written. Tues, Sept 16, 2-4pm.

Thamesford Library Book Club Wed, Sept 24, 3pm.

Tech Zone Thur, Sept 11 & 18, 3-4pm. Play with tech toys, make STEM-based crafts, and learn about the science of everyday objects! For ages 8+.

VOLUNTEERS - WESTMINSTRAL PLAYERS

We need people to help behind the scenes with our upcoming production. Please contact the office 519-285-3212 or info@makingconnexions.com. This is a great & fun way for adults to be part of something together or for high school students to get their community service hours.

THORNDALE LIONS ACTIVE LIVING CENTRE

Thorndale Active Living Centre will not be running any programs Sept 15-30 due to the Thorndale Fair & Renaissance Festival.



Thorndale Fall Kick Off Sept 4, 1-3pm at the Thorndale Lions Community Centre. To register contact kschruder@thamescentre.on.ca or 519-268-7334. A brand-new season of fun, fitness & friendship. Explore all the exciting programs we're offering this fall. Enjoy a relaxed & welcoming atmosphere with our complimentary coffee, tea, water, baked goods, popcorn and other tasty treats. Bring a friend, try something new, and find out what the Thorndale Active Living Centre is all about! Be sure to visit www.thamescentre.on.ca/seniorcentre, call 519-268-7334 ext. 730 or email kschruder@thamescentre.on.ca for information about upcoming programs, events, and bus trips.

Like Father movie afternoon in Thorndale Sept 3, 2pm. Contact kschruder@thamescentre.on.ca to register today.

Painting Afternoon Sept 10, 1pm. We will be painting a desert camper. To register contact kschruder@thamescentre.on.ca.

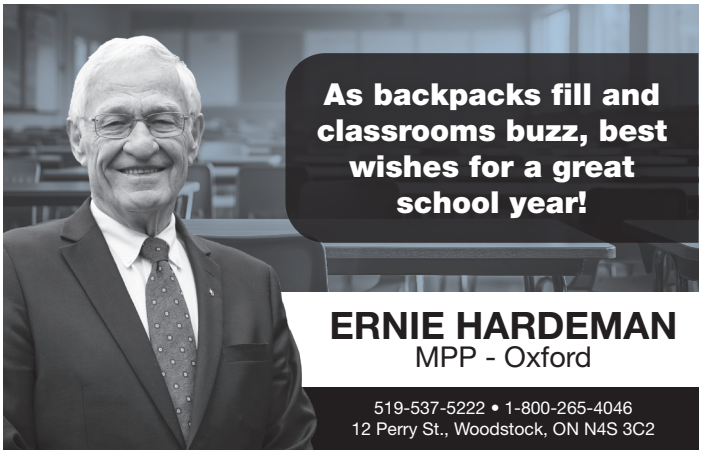
Book Club Oct 7 discussing the book "The Bucket List". The book will be available for pickup the week of Sept 8.

Johnny Cash Tribute & Windsor Casino Bus Trip Thur, Sept 25.

Sounds of Christmas. Fri, Nov 28. Nicole Guse's show Sounds of Christmas - a heartwarming multi-performer musical journey through the many styles of Christmas music from Traditional to Country to Gospel featuring harmony singing, toe-tapping instrumentals and various styles of dance.

We are looking for a Zumba instructor. If you know someone who may be interested, please let us know! If you have any questions about any of the programs listed above, contact Karen kgress@thamescentre.on.ca, Lucinda lheuving@thamescentre.on.ca or call the Senior Centre 519-268-7334 ext 708 or 728.





COMING THIS SEPTEMBER TO ITOPA

Jody Reid, International Psychic Medium Tickets on sale now at www.itopa.ca — don't miss this unforgettable evening of spiritual connection. Sept 26, 27, 7:30pm. Jody Reid is a globally recognized evidential psychic medium with an international following. Gifted since childhood, she has the remarkable ability to connect deeply with the spiritual realm, offering insightful & heartfelt readings to clients around the world. During her sessions, Jody receives vivid impressions, emotions & intuitive messages, which she delivers with clarity & compassion. She believes that each message is divinely guided, offering exactly what the recipient needs for healing, understanding, and peace. With a profound dedication to helping others, Jody's mission is to reconnect as many people as possible with their loved ones in spirit — bringing comfort, closure & hope. Join us for an extraordinary experience you won't forget. Get your tickets today at itopa.ca or call the box office 519-485-3070.
7-10 Split by Michael G. Wilmot, October 10-12, 16-19.
Seat Sponsorship Returns Want your name permanently displayed in the theatre? Dedicate a seat to yourself or someone who loves the arts. Receive a personalized plaque on a seat in the theatre lobby. All for just $150. To sponsor a seat, email: info@itopa.ca.

BROWNS EUCHRE

Resuming in September at Browns Schoolhouse. Join us for euchre 2nd & 4th Thurs of each month. Cost $5. Our euchres start with a light snack at 1pm with euchre to follow. Contact: Carol 519-702-2871.

ST MARYS FRIENDSHIP CENTRE

Grandparents Day Celebration Tues, Sept 2, 9-11am. Come & enjoy some face painting, story time, crafts, snacks & mini magic show! Open for: grandparents, neighbours & friends! Free to attend!
Flower Arranging Fri, Sept 5, 2:30pm. Join Sarah, amateur flower arranger to create a beautiful bloom of flowers. Flowers supplied by Black Creek Flower Farm.
Fields of Sunflowers Painting with Sue. Tues, Sept 9, 1pm. Cost: $30
Scrapbooking Garage Sale Sat, Sept 13, 9-1pm. Gently used supplies, 50 tables of products, free admission. Cash only!
13 Grandmother Moons Learning Circle Tues, Sept 16, 6pm. Join facilitator Patsy Day: Turtle Clan, Oneida Nation and learn about the Thirteen Grandmother moons teachings & ceremonies. Suggested donation: $5 for program supplies.
Please check out our newsletter online at www.townofstmarys.com or pick one up at the Friendship Centre. You must register for all the programs above by calling 519-284-3272. Any questions email: friends@town.stmarys.on.ca. Friendship Centre, 317 James St S, St. Marys.

HOLY FAMILY SCHOOL ~ VOLUNTEERS

Holy Family School in Woodstock is seeking volunteers for the Outdoor Farm Show to raise funds for the school. The show takes place Sept 9-11, at Canada's Outdoor Park in Woodstock. No experience is required. Duties include checking passes & greeting farm show visitors at the gates. Volunteer on your own or with a partner. Morning, midday & afternoon shifts available. A free pass to the farm show is provided to volunteers for the day they sign up. For information please contact Alida or Ruth holyfamilyfarmshow@gmail.com.

SPECIAL EVENTS AT INGERSOLL 50+ CENTRE

SPECIALTY YARN SALE All selections have been priced at 50% or even lower than the retail cost. This is quality yarn including Madeline Tosh, Malabrigo Dragon Fly, Fleece Artist, Noro, Hand Maiden & more. Mon, Sept 8, 4-8pm & Tues, Sept 9, 9-4pm
E-BIKE WORKSHOP Mon, Sept 8, 11am. We'll be discussing how e-bikes can make cycling more accessible to people of all ages & fitness levels. Learn about the benefits of the electric assist that enables longer rides & new adventurous possibilities.
WELCOME BACK OPEN HOUSE Tues, Sept 16, 9:30-1pm. Learn about the new programs & activities we have scheduled for the fall. Chat with program instructors and meet our Community Services & Assisted Living Team. You'll have the opportunity to try some fitness classes, enjoy a performance from our choir. BBQ at 12pm, $10, sausage/hamburger, salads & dessert.
COOKING CLASS Wed, Sept 17, 1pm. Chef Richard from Harvest Crossing will help us master the art of pan-frying cod & pairing it with a poached egg.
ALZHEIMER SOCIETY PRESENTATION Thur, Sept 25, 2pm. Distinguishing Young Onset Dementia from Late Onset Dementia.
ANNUAL GENERAL MEETING Thur, Sept 25, 5:30pm.
FISH FRY FUNDRAISER Fri, Sept 26, 5:30pm. $35, buy your ticket by Sept 19. Join us for 6 pieces of fried perch (cooked by Mt Elgin Firefighters) with PB's Fries & dessert.
PA DAY Fri, Oct 10. Join us at Ingersoll Key Putt, for a round of mini golf, lawn games & decorating our own golf balls. Morning snacks along with a hot dog & hamburger lunch. Register by Oct 3.
SPEAK MENOPAUSE Investing in your 2nd half. Tues, Oct 21, 1pm. Shirley Weir will help us understand the unique health needs after age 50: from hormone therapy to bone health to vulva, vaginal & urinary health! No topic is off the table! Want to invest in your heart, brain &bone health post-menopause? Haven't slept well in years? Stop trying to manage yourself. Shirley will share the approved therapies for treating. Sexual desire? Yup! Leaking urine & feel you have no one to talk to? You are not alone. Told you couldn't take, should stop or are no longer a candidate for menopause hormone therapy? Understand your options. Feeling dismissed or disappointed with your doctor's appointment? I can offer some tips to change the conversation. Something you'd like to discuss with your doctor but don't know how to bring it up? Shirley is your girl.

ONTARIO ANCESTORS

October is Family History Month: Oxford Branch of Ontario Ancestors would like to invite you & all your friends to attend the launch of Family History Month. This Open House event is being held Tues, Sept 30, 10-12pm at The Govenor's House, Courthouse Square (Oxford Genealogical Society) 82 Light St, Woodstock. During Family History Month we are offering free scanning of albums or scrapbooks (bring your own USB). New researchers will be given a starter kit with tips for finding their ancestors. Opportunities for signing up for genealogy classes or exploring your DNA results will be available. Following the launch, the Mary Liley Reading Room Resource Library, located in the Governor's House, is open to the public Tues, Wed & Thur, 10-4pm.

SPEAKER SERIES

DISCOVER. LEARN. ENGAGE.

September 23rd
Multi-Use Recreation Centre
Michael Graves



Our CAO for the Town of Ingersoll will join us to share plans for the new facility being built in our community. From fundraising to building stages, you'll hear the most recent updates for the project.

September 30th
Budget Backpacking for Boomers
Alastair Henry & Candas Whitlock



Alastair and Candas will share where they stayed, how they travelled, and the fascinating sights they discovered as they travelled through Central America and Southeast Asia on less than $40/day.

October 7th
Youth Opportunities Unlimited
Melanie Cole



YOU is a youth focused organization operating in London. Learn about the challenges youth face and the services and resources provided by YOU to assist youth in overcoming barriers.

October 14th
Wheelchair Rugby Experience
Ian Crowe



Ian discovered "murderball" after a snowboarding incident that left him paralyzed from the chest down. He'll teach us about the game and share his experiences training and travelling with the National team.

October 21st
Speak Menopause - Investing in Your 2nd Half - Shirley Weir



Your health should be a priority! Shirley will share her knowledge and experiences with menopause to help women navigate health appts, marketing campaigns, and the uncomfortable conversations.

October 28th
The FOOD Project
Dr. Stephen Tait



An exciting new opportunity for our community! Learn about the organizations working together to assist in providing food and meals and how you can volunteer and get involved.

INGERSOLL
SERVICES FOR
SENIORS

250 Ingersoll St S
N5C 3J7
519-485-3869
info@ingersollseniors.com

Join us for six impactful presentations this fall on Tuesday afternoons (September 23rd to October 28th). Each presentation begins at 1pm. The registration fee is $60/M $80/NM.

HELPING THOSE IN NEED

Jayna Leroux-Hendren of Seniors in Food Crisis in Woodstock started helping people in need 10 years ago, after the tragic loss of her son. When Jayna's adventure-loving son Brent went missing in 2015, the Woodstock woman endured a period of profound grief. Efforts to return to work after her son's presumed drowning while boating in BC, faltered, she retired & decided to honour her son by establishing Seniors in Food Crisis, a Facebook group that works to ensure Oxford County seniors facing food insecurity never go hungry. "After we lost Brent, I started thinking, I want to do something to pay it forward in Brent's name. My husband read a story about a charity called Helping our Northern Neighbours, and that was exactly what I was looking for. Brent was up north & had difficulty getting things because of where he was. In 4 years, we sent 4,000 boxes. Then, my 75-year-old aunt in Florida became homeless. I got her to Canada & I began realizing how terribly bad it is for seniors, it is shocking. When a person turns 65, they get cut off from Ontario Disability Support, which means they get cut off from their benefits. No longer do they get free hearing aids, even though they were deaf since they were born. You no longer get glasses or your Depends paid for. More than half the beds at the homeless shelter are seniors. I have seniors say to me, "after I pay my bills, I have $48 left and I haven't bought food yet". Now we have almost 2,000 members in the group. Today, I packed food for 16 pickups and 17 deliveries for 33 households, which could be 60 people. I started in a corner in my basement and now I've taken over my husband's shop. We have 8 freezers, 2 fridges & several floor-to-ceiling shelf units. I work on it 10 hours a day. Hear Jayna Leroux-Hendren speak about helping feed Oxford County seniors in need at Christ Church Hall, Lakeside, Sept 17, 7pm. All are welcome.

FITNESS AT INGERSOLL 50+ CENTRE

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

FITNESS ROOM is open to all members & is equipped with a treadmill, elliptical, recumbent bike, spin bike, weights & more. If you want to work out independently, this is the place to do it!

FUNCTIONAL MOVEMENT Tues 11am. Grip strength, sit to stand ability, balance, posture, range of movement. Sept 23-Oct 28.

PILATES Thur 11am. All levels are welcome, and modifications are always offered. Sept 11-Oct 28.

STROKE RECOVERY, COPD, PARKINSON'S DISEASE FITNESS Tues/Thur 10:30am. Light to moderate intensity. Call for info 519-485-3869.

DROP-IN FITNESS CLASSES

TAI CHI Mon 12:30pm. Graceful, slow movements.

CIRCUIT TRAINING Mon 4:30pm. A 30-min workout with series of exercises targeting different muscle groups with little rest in between.

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

TOTAL BODY WORKOUT Tues 9am. An energetic, fully standing class, cardio, balance, resistance & flexibility training.

CHAIR YOGA Tues 10am, Thur 10:30am.

WALKING CLUB Wed 9am. Call to get exact locations.

PICKLEBALL Mon/Wed/Fri 9am. Outdoor courts. $2/week.

CHAIR FITNESS Wed 9am. A gentle yet vigorous workout that includes a warmup, cardiovascular, cool down & balance, resistance training, and wraps up with stretch & relaxation exercises.

GENTLE YOGA Thur 9am. Gentle yoga standing & on the floor.

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

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

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THISTLE THEATRE - EMBRO

Perils of Persephone by Dan Needles. We're bringing back our very first production at Thistle Theatre from Nov 1995 to celebrate our 30th Anniversary. Show dates Nov 14-16 & 20-23. The play tells the story of a truck with radioactive material that crashes into a swamp near a family farm in rural Ontario. The farm community is pitted against government people from the city who want to downplay the situation, with hilarious results. Stay tuned for more details about box office in the coming weeks.

Mighty Men of Zorra Auditions This play will detail the successful local tug of war team climaxing with the win at the 1893 Chicago World's Fair. We need men and women of all ages to audition for this new play which also includes music of the time. Auditions are Sept 21 & 24, 7pm at Knox United Church, Embro. Information at thistle-theatre.com or text Don Hilborn 519-537-3756.

28TH ANNUAL ROTARY CHRISTMAS PARADE

Get ready, Oxford County—Ingersoll's most cherished holiday tradition is back! On Sat, Nov 15, 11am, the 28th Annual Ingersoll Rotary Christmas Parade will once again bring festive cheer to our streets, this year sparkling under the theme "Santa's Workshop." The beloved parade is a highlight of the season, drawing families from across the county to enjoy colourful floats, lively music & of course, the arrival of Santa himself. It's one of the largest parades in the region & a tradition that has been kicking off the holiday season for nearly 3 decades. The Rotary Club of Ingersoll is inviting bands, schools, businesses & community groups to get involved & showcase their creativity. Entries are free, and the club is hoping to see as many floats, costumes, and festive displays as possible to help make this year's parade the best yet. The route will begin at the corner of Wilson & Mutual Streets and wind its way through town before finishing at Harrisfield School—giving everyone plenty of chances to line the streets & take in the holiday magic. If your group would like to be part of this wonderful community tradition, visit ingersollrotary.com to register today. Whether you're marching, building a float, or simply coming out to watch, the Ingersoll Rotary Christmas Parade is truly one of the most joyful holiday celebrations in Oxford County—an event that brings neighbours together, spreads Christmas spirit, and creates lasting memories for young & old alike.

THAMESFORD TROJANS HOME GAMES

Fri, Sept 12, Mt. Brydges
Fri, Sept 19, North Middlesex
Fri, Sept 26, Aylmer
Fri, Oct 10, Port Stanley
Fri, Oct 17, North Middlesex
Fri, Oct 24, Exeter
All games at 7:30pm at Thamesford Area Recreation Centre.

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.

INGERSOLL MEDITATION

$10 donation, Tues 7-8pm. 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.

HEARTS FOR ETHIOPIA

Register today for Hearts for Ethiopia's A Walk in Their Shoes! This meaningful community event is happening Sat, Oct 18 in Woodstock, individuals & teams are encouraged to sign up today at www.heartsforethiopia.com. A Walk in Their Shoes 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, and opportunities to learn how the money raised will change the lives of women & children in Ethiopia. Be a part of something special, a fundraiser that makes life-changing projects possible in Ethiopia. Don't wait — register as an individual or gather your friends, form a team, and register today at www.heartsforethiopia.com. Every dollar raised makes a difference!

TOURISM OXFORD

Autumn is in full swing in Oxford County with fall flavors, farm markets & back road adventures. Get lost in a corn maze, pick the perfect pumpkin and surround yourself with fall colors & golden fields. Munch on fresh cheese curds as you travel the Cheese Trail and get to know the entrepreneurs that make supporting local so delicious. You don't have to travel far to escape. Find trip itineraries at www.TourismOxford.ca and Embrace our Rural Routes.

THAMESFORD SPAGHETTI SUPPER

At St. John's Anglican Church, Thamesford Sat, Sept 27, 4:30-6:30pm. Adults $18, children under 12 $8. Supper includes: spaghetti, fresh roll, Caesar salad, dessert & drink. For tickets call 519-285-2013. Tickets also available at the door.

EVERYDAY ORGANIZED

Paper clutter sneaks up on us. A few pieces on the kitchen counter. A stack on the desk. A bin of "I'll deal with it later" that hasn't been touched in months. Sound familiar? You're not alone. Paper is one of the most common sources of clutter in homes, and it often feels overwhelming because it represents decisions we haven't made yet. But here's the good news: you don't have to deal with everything all at once. Instead of tackling every paper pile in your home, start by setting up a simple, sustainable system for everything coming in today. If you don't, those incoming papers will just keep adding to the mess. Once the incoming flow is under control, you can circle back to those older piles with more clarity.

Step One: Create a Landing Spot Designate a specific place for incoming papers. This can be a tray, a basket, a magazine holder—whatever works for your space. The key is to keep it small & visible so it doesn't become a black hole. Put it where paper tends to land already: near the front door, the kitchen, or your home office.

Step Two: Decide When You'll Review It Pick one day a week to sort through your landing spot. Put it on the calendar or make it part of your weekend routine. You'll only be dealing with what's come in recently, which is manageable & quick. 10 minutes is likely enough. Sort each item into: • Recycle/Shred – Be ruthless.

• To File – Keep only what's important.

• To Do – Action items like forms to sign or bills to pay.

Step Three: Address the Backlog Once your new system is working, you can circle back to the old paper piles with a clear head & less pressure. You've stopped the incoming flood—now you can deal with the rest in smaller chunks, when you're ready. Even just 10–15 minutes a week spent on an older pile will make a big difference over time. Turn on your favourite playlist or pour a cup of tea. Taking care of the paper piles will leave you with peace of mind & your future self will be so thankful! Need help getting started? Everyday Organized can help you create a plan for the avalanche of papers & get you on track to living more organized in your space - without judgment. (***If you've got kids heading back to school, now is the perfect time to set up your paper management system!). Find me everydayorganized.ca on Instagram, Facebook or visit www.everydayorganized.ca for more tips and support.

THANK YOU FROM THE TROJANS

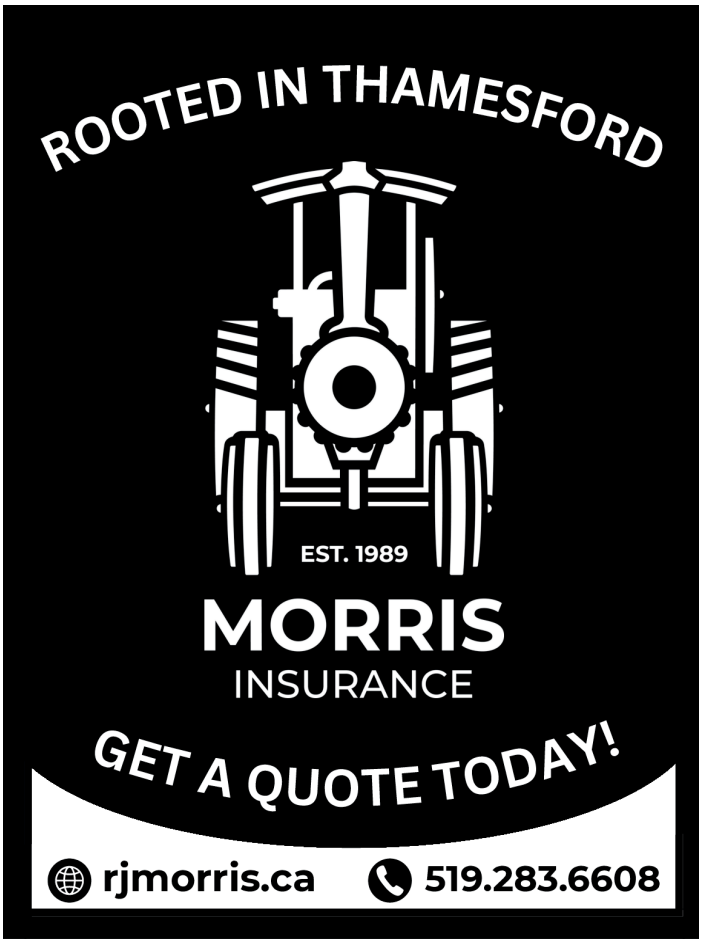
The Thamesford Trojans 15th Annual Golf Tournament took place recently & we would like to thank all the hole sponsors and friends who donated prizes: Thamesford Lions Club, MacMaster Chevrolet, Petes Sports, Sandley Farms, Discount Drain Service, Brunnys Sports Bar, Bob Henderson Farms, Township of Zorra, Carly Collins-Derek Stead/Oxford Farm Mutual. Bob & Linda Ryall, Xtreme Marine, Steve Glover, Green Horizons Sod Farms, In Memory of Sy Glover, Bayson Heat Treating, McCready Farms, Glover-Hill, Paul Klaessens Electric, Dewys Auto & Custom Repairs, Ross Trophies. Ingersoll Golf & Country Club, Thamesford Trojans Hockey Club. Thank you for your support!

SWEABURG LIONS EUCHRE

Sweaburg & District Lions is hosting a Euchre Sat, Sept 20 at the Sweaburg United Church. Doors are open at 6:30pm and admission is $10, with light refreshments served. Everyone welcome.

THORNDALE BBQ CHICKEN DINNER!

Wed, Sept 17, drive thru takeout 4:30-6:30pm. Adult meals include 1/2 chicken, coleslaw, baked potato with sour cream, dinner roll with butter & dessert. St George's Anglican Church, 172 King St, Thorndale. For tickets call Laurie 519-461-1901 or Ed 519-461-1936. Adults $25, child (under 12) $15.



DIABETES 101

Are you at risk of developing diabetes, have recently been told you have Prediabetes or Type 2 Diabetes or simply need a refresher? Join our dietitians for a 2 hour session on how simple changes can set you up for a healthier future! To register call, 519-485-1700, ext 8611. Tues, Sept 9 or Tues, Oct 14, 10-12pm, Alexandra Hospital. Tues, Sept 23 or Tues, Oct 28, 2-4pm, Tillsonburg Hospital.

Tillsonburg Mall Drop In Are you worried about your diabetes, stress levels, or heart health? Do you have questions about our Diabetes Education or Cardiac Rehabilitation Programs? The Oxford County Cardiac Rehabilitation & Diabetes Education Centre of Excellence invites you to stop by at the Tillsonburg Town Centre Mall. We will be there to answer your questions & support your journey to health. Whether you're already supported by our programs or are new to our services, please stop by! Sept 30, 1-4pm, 200 Broadway St, Tillsonburg.

ALPACA FARM DAYS

Sept 20-21, 11-3pm. Meet our newest additions: Rory & Hershey! Children's games, alpaca products for sale, admission by donation to BBBS. Rain or shine. Harrison's Alpacas, 335358 Line 33, RR #4 Embro. Find us on Facebook.

THORNDALE FAIR HOMECRAFT COMPETITION

Calling crafters, bakers, quilters, antique collectors, gardeners, amateur artists & photographers of all ages! For details check out www.thorndalefair.com. Attention School & Youth Fair Exhibitors: Craft Sessions are Sept 15-18, 6-8pm in the Community Centre. For Assist Expo help reach out to Laura ljlangford@gmail.com.

"A WINDOW TO THE WOMB"

The prenatal development of the child in the womb is truly amazing & nothing short of miraculous. Technological advancements in ultrasound imaging allow us to see what's happening in 3D and 4D. "A Window to the Womb" is a factual, scientific & gentle presentation that allows all age groups to comprehend our early development. For more information, visit www.OxfordCountyRightToLife.com.

CHRISTMAS MAKERS MARKET

This year Crossroads Bible Church will be hosting their 3rd annual Christmas Makers Market at their new location, 184 Oxford St, Ingersoll. The building will be bustling with festive activity as dozens of vendors sell their handmade wares & as good food and live music are enjoyed by all! Come join us for this fun family event Sat, Nov 15, 11-4pm. Don't forget to bring some cash so that you can get a head start on your Christmas shopping! All are welcome and we look forward to seeing you there!

INGERSOLL CHEESE MUSEUM

Mystic Market at the Ingersoll Cheese Museum Fri, Oct 10, 6-10pm. Explore a world of eerie delights with vendors offering all things spooky & macabre. Get a glimpse beyond the veil with tarot readers & mediums, learn the secrets of ghost hunting from the local paranormal investigators, and see some intriguing artifacts from Dustin Wade of Wade Manor in Woodstock. Francisco is back to share his paranormal magic with you. New this year, Jim Munch the Zombie! Come for a hauntingly good time—if you dare!

PumpkinFest Sat, Oct 25, 12-4pm. There will be a costume contest for adults & children, kids' crafts, face painting, balloon twisters, activities, and over 20 vendors to visit. Thanks to the Ingersoll Kiwanis Club & Food Basics, we will have pumpkins in our pumpkin patch for children to pick & take home (1 free pumpkin per family, additional pumpkins by donation).

GRIEF WORKSHOP

Westminster United Church is offering an 8 week Edu-Therapy program (https://edutherapysolutions.com) starting Thur, Sept 18-Nov 6, 7pm. There are over 60 things that might cause one to grieve, including death, divorce, childhood issues, job loss, empty nest, aging, relocating and many others. We welcome new comers as well as those who would like to take the course again as a refresher. We can teach you how to find joy in your life again. Your cost for the entire course is $75. For dates, more info, and/or to enroll, call Catherine Cannon 519-619-8108.

GRIEF SUPPORT FOR MAID RELATED LOSS

This monthly in-person grief support group for loss related to Medical Assistance in Dying (MAiD) offers a compassionate, safe space to explore this unique loss. The group will meet the 4th Wed of the month 1-2:30pm at the Thamesford Library, 165 Dundas St, Thamesford. The group is free of charge & pre-registration is requested. To register or inquire about an evening group, contact Faye Brekelmans 519-866-3016 or faye@compassionategrief-support.ca.

THORNDALE FAIR DEMOLITION DERBY

Got an old car sitting around? Turn it into a crowd-pleaser at the Thorndale Fair Demolition Derby Sun, Sept 21, 3pm! With many different classes hitting the pit, there's a spot for just about any ride ready to rumble. Smash, crash & compete for glory in one of the fair's most exciting & loudest events of the year. For full details & registration info, visit thorndalefair.com—then get ready to send that old car out in a blaze of glory!

Community Futures Oxford

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LET'S TALK

Connect for confidential advice & financing.

cfoxford.ca 519-425-0401

THAMESFORD FRIENDSHIP CLUB

We are on the doorstep of autumn! The blazing sun of summer eases up to make room for cooler days & deep blue skies. While the kids are going back to school the Thamesford Friendship Club is back on the calendar for Sept 24. The TFC is a group of 55+ people living in or around Thamesford. We meet in the Beaty Room on the 4th Wed of most months to enjoy a catered home-style meal followed by a program that is of interest to our senior folks. It is an entertaining afternoon spent with friends over a meal with no prep or clean-up for you! Please be here early enough to be seated & ready to eat at 12 noon. Following the dessert we have an interesting speaker or other entertainment. This month we are thrilled to have Andrea Aikenhead representing 'Victoria Quilts Canada' -Comforting People with Cancer, speak with us. She will bring a selection of quilts that will be delivered to people with cancer. Andrea will explain to us how quilts are requested & how the many volunteers of VQC fulfill them. RSVP by Sept 17. The cost is $20, pay at the door. Call Bunny 519-902-2054 or Helen 519-285-2024 to register. If you would like to know more about the TFC or have a suggestion for our October outing give us a call. We would like to mention our gratitude to the Thamesford Lions, the Township of Zorra & Thamesford Pizza for their support in making our events so successful.

COUNTRY MUSIC JAMBOREE

Let's fall into country music! Join the Ingersoll Country Music Jamboree at the Masonic Hall, 190 Thames St, Ingersoll 1-4pm every other Fri. Walk-ins welcome! Qualifications: love of 1950-70's country music. Perform, listen, dance, enjoy! Sept 5 & 19, Oct 3, 17 & 31, Nov 14 & 28, Dec 5.

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www.mcbeathdynes.ca

Robert P. Rivest
Funeral Director

INGERSOLL SERVICES FOR SENIORS

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

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

FROSTY MEALS $7.50 entrée, $2.50 soup or dessert. Free delivery available. These meals meet Canada's Food Guide recommendations and use only the best ingredients.

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

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

Dine In: Full meal & dessert Fri, $10. For Tues & Fri meals, please call to book your meal by 12pm the day before!

HOME HELP & MAINTENANCE PROGRAM Small fee for service. Tasks such as yard work, companionship & cleaning. Call us for a referral to a police check individual who can help you out! We are looking for people to clean homes & do landscaping. Do you have a truck to help with large deliveries?

TRANSPORTATION for older adults & those with disabilities in Ingersoll & surrounding areas. 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 paid for their mileage.

ASSISTIVE DEVICE LOAN PROGRAM This free program has a wide range of equipment from crutches to wheelchairs. We also take donations! Drop & pick up Mon-Fri, 9-12pm. We currently have electric wheelchairs & scooters available to lend & 2 monitors that will magnify text, images & objects. Please call inquire more about these devices.

HELP WITH FORMS Free, by appointment. Examples include CPP, OAS, GIS. and passport forms, etc. Right now, we are assisting those with simple taxes at no cost.

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

FOOT CARE CLINIC $31. Call for appointment.

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

THORNDALE DINNER THEATRE

The Thorndale Agricultural Society is planning the 2026 dinner theatre. The play is 'a Murder of Scarecrows' by Pat Cook. The play dates are Feb 21, 22, 25 (no meal) 27 & 28. Auditions will be held Oct 16 & 21 at the Thorndale Library 7pm. Tickets will go on sale Dec 6. For more information, call Jackie 519-461-0218.

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$71,200 IN GRANTS AVAILABLE

Oxford Community Foundation (OCF) is pleased to announce that $71,200 is now available in grants to support communities across Oxford County. These funds are made possible thanks to the generosity of donors who have contributed to OCF's community & legacy funds. OCF believes that communities thrive when every part of community life is supported. That's why OCF invests in a wide range of needs and opportunities through its granting—celebrating Arts & Culture, advancing Education, protecting the Environment, preserving Heritage, fostering Recreation, strengthening Health & Wellness, and caring for those in need through Social Services. Grants typically range from $500-$10,000, and applications are now open. The deadline to apply is Tues, Sept 30, 2025. For eligibility details, granting criteria, and examples of past initiatives funded, please visit: www.oxfordcommunityfoundation.org.

FALLING FOR FASHION

Trinity United Church presents: Falling for Fashion - Show & Desserts, Fri, Oct 3. Tickets $25, available at the church office 118 Church St, Ingersoll on weekday mornings or call 519-485-0820.

COLOURING THROUGH GRIEF

Third Wed monthly. One time fee of $15. Registration is required. Call 519-536-3370. www.caringheartssupportnetwork.com.

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.

Worship With Us

Livingway Church 519-423-9191
434809 Zorra Line, Beachville, Home Bible studies offered
SUN 3pm Worship Service WED 7pm Bible Study

Southwest Oxford United Churches
Emergency Contact: Rev. David Van Patter 519-402-0179
vanpatter007@gmail.com
West Oxford 354395 Church Line 9:30am
Sweaburg 474425 Dodge Line 9:30am
Foldens 374097 Folden's Line 11am
Services resume Sept 7. * Note time changes.

First Baptist Church Rev Trevor Whittingham
235 Thames St S, Ingersoll, fbcingersoll.com, 519-485-3046
SUN 10:30am Worship Service
Sept 13 The Well 7pm
Sept 22 Bible Study 1:30pm
Oct 4 Men's Breakfast 8am

PROGRAMS AT INGERSOLL 50+ CENTRE

250 Ingersoll St. S. 519-485-3869 ~ info@ingersollseniors.com
BEGINNER CROCHET Fri, Sept 5, 12, 26 & Oct 3, 10:30-12pm.
BEGINNER UKULELE Fri 10:30-12pm. Learn the basics in this 8-week session, led by Kate Channer. Sept 19-Nov 7.
BEGINNER GUITAR Wed 1:30-2:30pm. Learn the basics in this 8-week session, led by Kate Channer. Sept 17-Nov 5.
GUITAR SESSION (for ongoing learners) Wed 2:45-3:45pm. This session will review & build on basic skills. Learn new chords, strumming & picking techniques. Sept 17-Nov 5.
AMERICAN MAH JONGG INSTRUCTIONAL COURSE Tues, Sept 9-30, 1:30-3:30pm. For beginners wanting to learn how to play the American version of Mah Jongg.
HISTORY Tues 9:30-11:30am. Sept 23-Dec 19. Dave, Deward, and Brian have an exciting session planned for the fall. Topics including Canadian women, Norse settlement in North America, Polynesia's earliest settlers, challenges to Canadian sovereignty, account for pre-glacial human footprints in a New Mexico desert, and Christmas legions & tradition.
WORLD ISSUES Fri 1pm. Discussions from around the world, national issues, current social issues & occasional guest speakers.
SKETCHY SENIORS Tues 1-3:30pm. Drop-in session for creative minds. Painting, sketching, storytelling, origami, no limits!
BOARD GAMES Wed 9:30-11:30am.
CARD & TABLE GAMES See our newsletter for detailed schedule. Bridge (Wed, Fri), Bid Euchre (Mon), Pepper (Tues, Thurs), Bingo (Wed), Mah Jongg (American Mon, Chinese Thur), Mexican Dominoes (Fri), Carpet Bowling (Tues), Billiards & Darts (Thur).
COPING WITH GRIEF & LOSS An 8-week grief support group for those living with the death of a loved one starts Mon, Sept 29, 6-8pm. Space is limited, pre-registration is required. The group will be led by trained facilitators. To register, contact Faye or Deb 519-866-3016, faye@compassionategriefsupport.ca.
WOOD CARVING Mon 1pm. 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.
ACROSS THE AGES Biweekly sessions encouraging older adults & local youth to learn from one another, volunteer together, and socialize. Sessions are at Ingersoll 50+ Activity Centre or Fusion Youth Centre. There is no cost to attend & the session includes a light meal & refreshments. Call for specific dates & activities.

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
Sunday School & Nursery - All children are welcomed!
TUES Coffee Conversation, 10:30am
WED Bible Study,10am

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

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

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

Reynolds Creek United Church Putnam Services 10am

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

St James' Anglican Church stjamesingersoll.com
Services at Masonic Hall, 190 Thames St. S, 519-485-0385
SUN 10:30am Virtual Service through the church website & FB

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

Hi-Way Pentecostal Church 519-485-0961
584118 Beachville Rd, Ingersoll hiwaypentecostal.ca
SUN 10am Livestream www.facebook.com/hiwayingersoll

The Ark New Beginnings Assembly TheArknba.com
Salford Commty Center, 383908 Salford Rd SUN 10:30am

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

Beachville Baptist Church Pastor Ellie Muir 519-533-3694
SUN10:30am

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

Crossroads Bible Church 519-900-6281
184 Oxford St Ingersoll, crossroadsingersoll.ca,
FB: crossroadsingersoll & IG: ingersollcrossroadschurch
Services at 8:45am & 11:15am

SEPTEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	**2** • Euchre, Sacred Heart •Community Employment help, Thamesford Library • Grandparents Day, St Marys Friendship • Meditation, Ingersoll • Al-Anon St Pauls 7pm	**3** • Air Cadets, Dorchester • GM Beachville Legion • 60+ Save 10% on Wed at Foodland • Srs Movie Afternoon, Thorndale • Prostate Cancer Support Group	**4** • Euchre, Bchville Legion • Thorndale Seniors Fall Kick Off • Pilates, Ing 50+	**5** • Chicken Dinner, Beachville Legion • Knits n Knots, Thamesford library • Flower Arranging, St Marys Friendship	**6** TAVISTOCK FAIR
7	**8** •Modern Square Dancing • Ing. Choral Society • Specialty Yarn Sale, Ingersoll 50+ Centre • E-bike Class, Ing 50+	**9** • Teddy Bear Picnic with the library • Beachville Historical speaker series • Thorndale Horticulture • Sunflower Painting, St Marys Friendship • Outdoor Farm Show • Diabetes 101	**10** •Mackay Legacy display, Beachville Museum until Sept 20 • Srs Painting, Thorndale • Outdoor Farm Show • Line Dancing, Ing 50+ • Walking Club, Ing 50+	**11** • Tech Zone, Thamesford Library • Euchre, Browns School • Outdoor Farm Show	**12** • Fall Teen Book Boxes registration, library • Darts, Bchville Legion • Thmsfrd Trojans game • World Issues, Ing 50+	**13** EMBRO FAIR •Holden 70th Celebration • Wings & Wheels Family Fun Day, Tillsonburg • Scrapbook Garage Sale,St Marys Friendship
14 EMBRO FAIR WEEKEND • Drive Thru Pork Chop Dinner, Trinity Church •Car Show at Verspeeten	**15** • Messy Mon., library •Modern Square Dancing • Tai Chi, Ing 50+ • Pickleball, Ing 50+	**16** • Dementia Ed., library • Euchre, Sacred Heart • Thames Centre Choir • Writing Group, Thamesford Library •13 Grandmother Moons, St Marys Friendship • Welcome Back, Ing 50+	**17** • Air Cadets, Dorchester • Film Club, library • Srs in Food Crisis talk • Mahjong, Thamesford library • Colouring thru Grief • BBQ Chicken Dinner, Thorndale • Cooking Class, Ing 50+	**18** • Euchre, Bchville Legion • Tech Zone, Thamesford Library • Chair Yoga, Ing 50+ • Grief Workshop, Thamesford	**19** • Family Bad Art, library • Thmsfrd Trojans game • Pickleball, Ing 50+ • Beginner Ukelele, Ingersoll 50+	**20** THORNDALE FAIR • Fish Fry, Mt Elgin • Snowmobile Drag Races, Thorndale Fair • Remember When... • Euchre Night, Sweaburg • Alpaca Farm Days
21 THORNDALE FAIR • Tribute Show, Mt Elgin • Friends of Fiddlers Green concert, London • Demo Derby, Thorndale • Auditions, Embro • Alpaca Farm Days **VILLAGE VOICE DEADLINE**	**22** •Modern Square Dancing • Wardens Golf Tourney • Mens Dart League, Beachville Legion • Diabetes 101 • Circuit Training, Ing 50+	**23** • Thames Centre Choir • Ingersoll Horticulture • Stopping to Smell the Flowers Meditation • Al-Anon St Pauls 7pm • Rec Centre Plans, Ingersoll 50+ • History, Ing 50+	**24** • 60+ Save 10% on Wed at Foodland • Oxford Historical talk • Tales for Tots, Thamesford library • Auditions, Embro • MAiD Grief Support •Thmsfd Friendship Club	**25** •Kids Crafternoon, library •Line & Ballrm Dancing, Beachville Legion • AGM, Ing 50+ • Casino Bus Trip • Euchre, Browns School • Cooking Connexions • Alzheimer talk, Ing 50+	**26** • Intnl Softball Congress • Thmsfrd Trojans game • Fish Fry, Ing 50+ • Osteofit, Ing 50+	**27** • Intnl Softball Congress •Spaghetti Dinner, Thmfd • Nature Club walk • Karaoke, Bchvll Legion • Jody Reid, ITOPA
28 • Intnl Softball Congress • Car Show, Beachville Museum • Pierre Bensusan concert, London • Jody Reid, ITOPA	**29** • Coping with Grief •Modern Square Dancing • Mens Dart League, Beachville Legion • Shoebox Kick Off • Wood Carving, Ing 50+	**30** • Euchre, Sacred Heart • Backpacking for Boomers, Ing 50+ • Meditation, Ingersoll • Diabetes 101 Drop In, Tillsonburg Mall • Al-Anon St Pauls 7pm • Ontario Ancestors	**1** • Air Cadets, Dorchester • Chair Fitness, Ing 50+ • Board Games, Ing 50+	**2** • Gentle Yoga, Ing 50+	**3** • Darts, Bchville Legion • Strength & Stretch, Ingersoll 50+	**4**

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

Arena..... 519-485-5023
Big Brothers Big Sisters..... 519-485-1801
Creative Arts Centre 519-485-4691
Crime Stoppers..... 800-222-8477
Fusion Youth Centre..... 519-485-4386
Girl Guides..... 877-323-4545 Ext 6401
Historical Society..... 519-485-2062
Hockey, Minor..... 519-485-5858
Horticultural Society..... 519-485-3649
Ingersoll & District Inter-Church..... 519-933-7730
Kiwanis Club..... 519-319-3937
Library..... 519-485-2505
Lions Club..... 519-536-3528
Museum, Cheese & Agri..... 519-485-5510
Performing Arts (ITOPA)..... 519-485-3070
Rotary Club..... 519-485-0750
Scouts..... .519-639-8353
Skating Club 519-485-1039
Seniors Services..... 519-485-3869
Soccer 519-425-4324
Victoria Park Comm Centre..... 519-425-1181
Village Voice 519-285-3249
VON..... 519-539-1231

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