

May 2022

the Ryder

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Published monthly by the  
Ryde Community Co-op  
1624 Barkway Rd.  
P1P 1R3

[www.rydecommunityco-op.com](http://www.rydecommunityco-op.com) [www.facebook.com/rydecoop](https://www.facebook.com/rydecoop) @rydecoop

**Chef Larry is Back! Soup and Sandwiches to Go!** Get together at your Co-op with friends & neighbours. Enjoy a free and fun lunch! Our own Chef Larry and a generous Community Enhancement grant from the District of Muskoka enable us to offer an egg salad sandwich with tasty homemade soup. Lunches available for pick up between noon and 1pm on:

- Sunday, May 8
- Sunday, May 15

If it's a nice day, meet at the Co-op under the pavilion or maybe enjoy some sun. We have lots of chairs and picnic tables. This event is open to everyone. Please register by the previous Wed by emailing:

[Judy.campbell@rydecoop.ca](mailto:Judy.campbell@rydecoop.ca).



### SPRING Craft Show and Sale

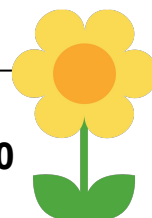
The Co-op will be holding an outdoor SPRING craft show & sale in June. Come check out what local artisans have been creating.

If you are interested in participating as a vendor there are a few spots available. Please contact Ann Marie at [annmarie@muskokaseaflea.ca](mailto:annmarie@muskokaseaflea.ca)

### Seniors' Programming Returns!

**Monday, May 2 from 10 to noon.** The District of Muskoka presents an **Open House for people aged 55+.** Socialize with friends, neighbours, and meet community members over tea and coffee. Learn about WISE Mobile Active Living Centre and provide input on what programs you would like to see in your community. We will offer a few activities to engage the group and have some fun. Please note that you do not need to register for an Open House, we encourage new and existing community members to attend.

A big welcome to our new Seniors' Program Coordinator, Paul Finley!



### Make it for MOM - Grab and Go Thursday, May 5th from 4:00-5:30

Stop by the Co-op for a FREE kit to make something special to give mom for Mother's Day.

RSVP to [rebecca.hickey@rydecoop.ca](mailto:rebecca.hickey@rydecoop.ca).

Looking forward to seeing smiling friends. This project is funded by grants from TC Energy & the District of Muskoka.

### Tai Chi / Qigong at the Ryde Co-op



Tuesdays, starting April 19th 9:30 to 10:30

### Pole Walking Fridays at 9:00 am.

Join George and Susan for this FREE fitness program for all ages. Walk at your own pace and choose your distance. Poles are available to borrow, if you don't have your own.

### Play, Learn, Connect.



at the



Families with children 0-6 years old can register to join EarlyON at the Ryde Community Co-op! Thursdays from 9:00am-12:00am



SCAN ME

[www.muskoka.on.ca/earlyon](http://www.muskoka.on.ca/earlyon)

### Community Notices

**Ryde Centennial Free Methodist Church** Pastor Tim Richards 705-687-3005 Service at 11:00 am.

[www.rydefreemethodist.ca](http://www.rydefreemethodist.ca)

**Holy Manger Anglican Church Barkway** Reverend Heather Manuel - In-person services May 1 and May 15 at 1 pm. [www.balagravenhurstchurches.com](http://www.balagravenhurstchurches.com)

**Done Right Property Services - (705) 687-3532**

**The FREE food pantry at the Ryde Co-op is open 24/7.**

If you and your family could benefit from frozen meals and fresh produce delivered to your door, please contact Gravenhurst Against Poverty at 705-646-3773 or email [dinner.reg.gap@gmail.com](mailto:dinner.reg.gap@gmail.com)

A big thank you to our dedicated volunteer drivers who deliver GAP meals weekly in Ryde: Robin, Cathy, Cheryl, Chris, Michele and Judy.

**Please help keep our Ryde community SAFE and BEAUTIFUL - Don't litter and watch your speed.**

### Indigenous Learning through Traditional Activities for Everyone

Are you interested in learning about indigenous culture, tradition and history by engaging in creative workshops, social activities and events at the Ryde Community Co-op? Here are some ideas ...

- o Ribbon Skirt/Shirt Workshops
- o Dreamcatcher Workshop
- o Beading
- o Leatherwork
- o Child/Youth Activities
- o Talking Circles (where it is welcome to ask questions without judgement)
- o Ancestral Research Assistance
- o Indigenous Culture Family Day activities
- o Plant Identification and Use
- o Fireside Bannock Bake

To express your interest, share suggestions, contact Marc at [marc.mantha@rydecoop.ca](mailto:marc.mantha@rydecoop.ca)

This month's featured sponsor:



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**Since 1952**

*The First Peoples are the keepers and caretakers of this land where we now live and work, in particular the Chippewas of Rama, Wahta Mohawk First Nations and Moon River Métis. We are dedicated to honouring Indigenous history and culture and committed to moving forward in the spirit of reconciliation and respect with all First Nation, Métis and Inuit people. We recognize all the generations of Indigenous People and their historic connection to this place and we are grateful for the opportunity to gather here.*

#### Ryde Co-op Volunteer Board of Directors

The Ryde Co-op is a charity that seeks to remove barriers to full inclusion. If you or your family find the fee for any of our programs to be out of reach, please speak in confidence to any Board member.

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