

January 2018

VOLUME 16 ISSUE 1
Published monthly by the
Ryde Community Co-op



Working together in a Co-operative way to be one voice and one community. Find us at: www.facebook.com/RydeCoop or @RydeCoop



World Premiere of our Video "The Place to Be" - Tuesday, January 16, 3:00 pm

With a grant from Co-operators' Insurance Company, we contracted award winning videographer Patrick Gilbert to create a video to promote our activities we offer at the Co-op. Come to Grav-

enhurst Town Hall to see the result as we reveal the first public showing to Town Council.

Welcome!

To our newest Board member, Nancy Cronin!

Foot Care Café - Wednesday, January 10th - 9:30am - 12:00pm

Thanks to a grant from Shopper's Drug Mart, we are able to offer Foot Care and Blood Pressure Cafes at a reduced rate of \$20. Please register. These Cafes will be offered at 6 week intervals, with the next date on



Wednesday, January 10. Come and have two important services delivered by qualified nurses Katherine Skelding and Nancy Cronin, and enjoy a hot beverage and a snack.

To book an appointment please call Nancy at 705-323-4021



Aging Artfully - TBA - 11:00 am

YWCA Muskoka and a grant from the provincial government bring this great free program to the Ryde Co-op! Lunch is included. Registration is limited. Please call Krishma Goraya at 705-645-9827 or register online at goo.gl/XGwDBF.

Memberships due now!

Did you know that as a co-op member, you have an equal share in our Community Hub? One member, one vote. Members enjoy access to our free and low-cost programs, as well as discounts on some meal tickets. More importantly, you are showing your commitment to supporting our own "Place to Be". There is a membership form



available on our website at <u>click here</u> or from any Board member. Only \$10 per adult for a year.

Coron Co-op Name(s):	201 Annual Membership Form Please Print Clearly
Mailing Addr	ress:
Town:	Postal Code:
Telephone:	
Email:	
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New	Renewal			
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Upcoming Events

- Bid Euchre Every Wed at the Co-op from 1pm.
- VON SMART Exercise program Every Monday & Wednesday starting at 9:30am.
- WISE Seniors' Clubhouse Fri Jan 5th - 12:30pm
- ◆ Tai Chi and Qigong Thursdays 10:30 – 11:30am - \$2
- Ryde Knitters and Hookers Fridays at Summerland 10am \$2
- World Beat Monday, January 8th and 29th - 5pm - \$2
- Foot Care Café Wed Jan 10th
 9:30 noon \$20
- Video reveal Tues Jan 16th -3pm - Gravenhurst Town Hall
- Aging Artfully TBA 11am
- Board Meeting Mon Jan 22nd -10:30am at the Co-op

COMMUNITY NOTICES

• Summerland General Store

Jan monthly \$20 food basket is due Tues 9th by 9 am and picked up on Thurs 18th. Download schedule here: http://bit.ly/2vKbXz6

- Holy Manger Anglican Church Winter church services are the first Sunday of the month at 1pm.
- Ryde Centennial Free Methodist Church

Worship service Sundays at 11am.



WISE Senior's Clubhouse - Friday, January 5 Come on out at 12:30 to enjoy friendship, learning and a delicious meal. This month's program features Living Tree Meditation and Mandalas

and the theme is Winter Wonderland. This wonderful free program is brought to us by the District of Muskoka's Seniors Programs department. For more information please call Nancy Gosse at 705-645-2100.

Summerland General Store

The next \$20 basket order is due January, 9th by 9:30am in cash to the Summerland Store. Baskets will be available for pick up on Thursday January 18th. Thanks to Carrie and Ron for their ongoing support of this program! http://bit.ly/2vKbXz6





Come and move your way to fitness with World Beat!! - Monday, January 8th and 29th Nancy Knapp is offering dance and choreography as part of your fitness program. Steps can be modified as needed; move at your own pace. This class will be a gentle introduction to the

steps and routines with verbal cues. If it looks like fun, it is!! Nancy is trained in Zumba and choreography based fitness programs. Classes will be Monday evenings at 5pm. Classes are \$2 each. For more info please email Nancy at endlessgifts@gmail.com

Early Years at Ryde Co-op?

We are investigating whether there might be enough interest in having the District of Muskoka bring their free Early Years program to the Co-op. We need a strong case with a commitment from parents and caregivers of children 0-6 years of age. Please call Kristina Langtree at 705-687-0008 if you are interested.



Great Moose Adventures & Yoga North 705-687-3903 www.greatmooseadventures.com

Board of Directors Contact List 2018

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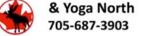
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Friends of Ryde

Great Moose Adventures



ww.greatmooseadventures.com



Ryde Centennial Free Methodist Church (705) 687-3005



STEER NORTH

Basement Waterproofing 705.645.6792



Don Wilton SEPTIC PUMPING PORTABLE RENTALS 1-877-646-5756



Gravenhurst KOA (705) 687-2333

North Base Enterprises Foundations & Masonry Greg Keeling 705-801-5326



Terry Pilger - Sales Representative North Country Realty Inc (705) 644-1195



Ryde Lake Camp 705-687-2912 office@rydelakecamp.com www.rydelakecamp.com



Kubota North



ır Muskoka. Parry Sound & Haliburton Dealer



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Mark Dulmage **REMIX** 705-345 6789 1-800-840-4246





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