

Farewell Nancy!

With heavy but grateful hearts we bid farewell to our beloved president, Nancy and her “executive assistant” Rodney. Nancy and Rod devoted countless hours to the Ryde Co-op. Under Nancy’s loving leadership, the programs, members and board of directors thrived and grew during the last four years. Nancy led us through two Heritage Days, VON SMART exercise classes, pole walking, our first Flu clinic, community meals, the establishment of our food pantry during the pandemic, and so very much more. She advocated for the Co-op and especially our seniors at many agencies and levels of government. Nancy is a true friend and she and Rod will be greatly missed in our community.

Our loss is Nova Scotia’s gain!

All the very best to you both. Keep in touch!



Farewell Rod and Nancy. You will be greatly missed.

Pole Walking Friday mornings from 9:30 to 10:30

All ages welcome. Bring your poles, borrow some, or just walk with us. Numbers restricted to the first twenty five participants.



Join the Flotilla to Welcome the Rob Roy II to Kahshe Lake!

On Saturday, July 3, (Rain Date July 4) Cliff Fitchett’s replica steamboat Rob Roy II will sail on Kahshe Lake. There will be limited opportunities to view from on shore. If you would like to be a part of this historic occasion, please contact George.lindsay@sympatico.ca 705-394-8520 for more information. (Photo courtesy of Andre Fingerle)

The Ryde Co-op gratefully acknowledges funding from the District of Muskoka’s Social Services Relief Fund for the purchase of grocery cards to assist our neighbours in need.

Community Notices

Ryde Centennial Free Methodist Church Pastor Tim Richards
705-687-3005

www.rydefreemethodist.ca

Holy Manger Anglican Church
Barkway Reverend Heather Manuel
<https://balagravenhurstchurches.com>



S'mores Grab & Go for Kids.

Come to the Ryde Co-op on Wednesday, July 14th from 4 to 5:30 and receive a FREE family basket of yummy s'mores supplies and items for fun in the dark. This will be an outdoor, socially distanced pick up. Please RSVP to rebecca.hickey@rydecoop.ca before July 11th.

Congratulations to all Ryde students! A mix of in school and at home learning made 2020/21 a tough year but you did your best and should be proud of yourselves. Enjoy your summer vacation!

Done Right Property Services - (705) 687-3532

Free HEALTHY LIVING, HEALTHY HOME Class

July 24, 2021 @ 1:00 pm at the Ryde Community Co-operative Pavilion with Kim Holtby.

Health and wellness is on the rise, especially with the state of the world this past year. Many products are being advertised as "safe" and "all-natural", but are they really all that safe? The packages are pretty and the labels are clever, but the more you dig, the more you find out. This class will help you decide what's truly safe and give you the tools you need to start making simple swaps for a healthier home.

Please register, and receive a free gift by clicking on this link: <https://getoiling.com/KimHoltby/events/11203/healthy-living-healthy-home> or by emailing Kim at workingonwellness4u@gmail.com. Everyone who registers gets a free gift.

Please note that social distancing will be in place. Bring your mask.

Note: The Ryde Co-op does not endorse any products.

Ryde Co-op Partners with Gravenhurst Against Poverty to Provide Free Frozen Meals and Supplementary Groceries on Thursdays

If you and your family could benefit from frozen meals and fresh produce delivered to your door, please contact Judy.campbell@rydecoop.ca 705-687-2406 in confidence, or call Gravenhurst Against Poverty at 705-641-2225.

This month's Ryder Sponsor:



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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.

nancy.cronin@rydecoop.ca
marc.mantha@rydecoop.ca
andrew.taylor@rydecoop.ca
rebecca.hickey@rydecoop.ca
judy.campbell@rydecoop.ca
morris.cooper@rydecoop.ca
brenda.bates@rydecoop.ca

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Gravenhurst KOA
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