

May 2019



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Ryde Community Co-op
1624 Barkway Rd.

The Place to Be!

www.rydecommunityco-op.com www.facebook.com/rydecoop @rydecoop

The Ryde Co-op has received funding from the Government of Canada – New Horizons for Seniors Program. The \$10,000 grant will replace our aging light fixtures and will make our building more secure and energy efficient. The grant will also provide a better quality of lighting for our programs.

More Fantastic News! We are so honoured when the efforts of our Co-op are recognized by the Gravenhurst Community. We have been chosen once again to be the happy recipients of the Tim Horton's SMILE Cookie campaign for 2019! Stay tuned for more information on how you can help us raise a record amount of money this September. A big thank you to Ashley Hrinkanic and Jeff Watson for this amazing opportunity.

Kids Crafts for Mother's Day

Wednesday, May 8th from 6-7:30

Make some special things for your mom, grandma, or whoever you want to show you love them. \$5 per child. To ensure we have enough supplies, please RSVP before May 6th to rebecca.hickey@rydecoop.ca

YOGA with Desarae Doolittle

Tuesdays, May 14 and 28 at 7:00

\$12 for Members & \$15 for Non-Members

To ensure there is enough room, please RSVP to rebecca.hickey@rydecoop.ca



Ladies Craft Night - Wednesday, May

22nd 7-9 pm Meet some new ladies or catch up with some familiar ones. Come out to make your own 5 ft tall WELCOME sign. The cost is \$25 for members and \$30 for non-members. To book your spot, email Ann Marie Taylor at

annatmuskoka@gmail.com

Ryde Wilderness Explorers- Saturday, May 11 1-3 p.m.

All ages are welcome to join us from 1 to 3 pm. Before the bugs get too hungry, join us for a hike into Queen Elizabeth II Wildlands Provincial Park.



Upcoming and Ongoing Events

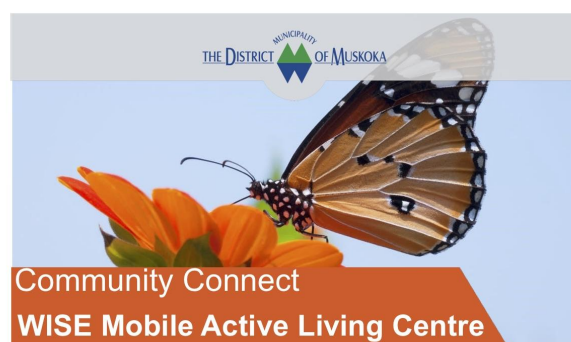
Tai Chi - Thursdays at 10:30

VON SMART exercise class Monday and Wednesday mornings at 9:30. Free for ages 55 and up. No classes on Victoria Day

Bid Euchre- Wednesdays from 1 to 3:30

Board Meeting-Tuesday, May 21 at 5 pm.

AGM and Plant Sale- Saturday, June 8-set this date 9 am for plant sale and 10 am for AGM.



**Ryde Community Co-op,
1624 Barkway Road, Gravenhurst**

Tuesday, May 7 at 10:00 a.m.

Decoration Theme: Butterflies
Stroke Awareness with Donna Crump

*Topics and themes are subject to change

**Free! Anyone 55+ Welcome
RSVP 705-645-2100 ext. 199
www.seniorsinmuskoka.ca**



Urban Pole Walking Group

Did you know that Urban poling...

- ~exercises 90% of your muscles
- ~reduces stress on lower joints
- ~burns up to 47% more calories over walking without poles
- ~is fun!

Learn how to properly use urban walking poles while making new friends and participating in an excellent work out. Poles will be lent to participants for the duration of each session.

**May 10, 2019 – June 28, 2019
Fridays from 9:30 a.m. – 10:30 a.m.
Ryde Community Co-op
1624 Barkway Road, Gravenhurst**

**Anyone 55+ welcome to attend this free program.
Please contact 1-800-461-4215, ext. 199 to register.**




Community Notices

Summerland General Store -Gen and Andrew will continue to host the Fresh Food Basket program. Next due date is **Monday, May 6** for pick up on Thursday, May 16.

Holy Manger Barkway Service Sunday, May 5 at 1:00 p.m.

Ryde Centennial Free. Methodist Church Worship service Sundays at 11am. Springtime Renewal Pot-Luck Saturday, May 4 at 4:30 for daughters of all ages.



Our firefighters are tough, strong, dedicated and fearless... caring, compassionate, selfless and intelligent. Do YOU have what it takes?

ANSWER THE CALL
For more information, please go to www.gravenhurst.ca and search: "Firefighter Recruiting"

Thank You! To everyone who came out to enjoy the pancake breakfast and egg hunt in the Co-op's backyard. What a great morning!!! Again, thanks to all of the volunteers, to Bill & Debbie Break and Andrew & Ann Taylor for donating maple syrup and to Terry's Your Independent Grocer for their support again this year! Bill has syrup for sale at \$20 a litre 705-687-8005. Congratulations to Kate and Phillip Pilger who won the bunny donated by Ann Taylor.

EarlyON- for children up to 6 and their caregivers at the Co-op **Friday, May 10 and 24** from 9:30 to 12:30. See you there for lots of fun and early learning!



This project is funded by the Government of Canada.

Canada



Gravenhurst KOA
(705) 687-2333

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.

Judy Campbell	President	705-687-2406
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Andrew Taylor	Tech Support	705-205-5769
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Garage Sale and Bottle Drive Report

Thanks once again to our generous donors and volunteers for helping to make our latest garage sale a big success! We raised \$650.17 on the sale and \$74 on the bottle drive. Thanks everyone!



Friends of Ryde

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& Yoga North

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www.greatmooseadventures.com

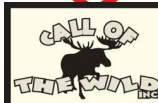


Ryde Centennial Free Methodist Church
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G R A V E N H U R S T



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Baby Sign Language

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