



The Ryde Co-op Board of Directors is committed to serving our members and neighbours. We have been granted \$5000 from the Provincial Government via the District of Muskoka specifically to assist with COVID-19 relief.

This issue of the Ryder is to provide information that may be essential to our community. If you are experiencing food insecurity, financial distress or isolation, please reach out to any Board member in total confidence. We have a number of resources to assist you including grocery cards. Please read through this issue carefully and share with any neighbour that you think may be able to benefit. We will all pull together in this time of crisis and emerge RYDE STRONG!

At press time we have **no date set for re-opening**. Our great programs are set to restart as soon as possible. This will include ASL, Digital Smarts, Ukulele and Nia classes. Please keep checking our webpage and Facebook accounts for updates.

Frozen Meals from Red Cross
Individual servings delivered.
Approximately \$67 for 12 meals.
705-721-3313 x 5267

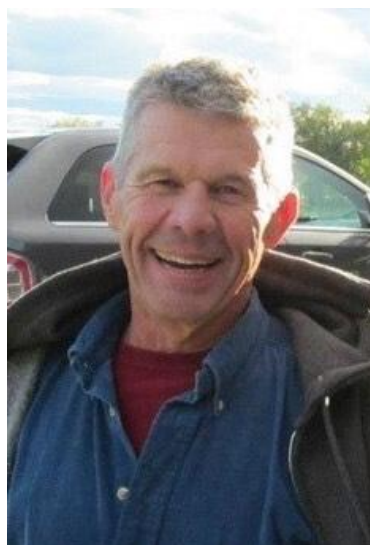
Summerland General Store is
offering free delivery.
705-687-7776

Grocery & prescription delivery.
Caretation Volunteers
705-710-4542
gravenhurst2020@gmail.com

Looking for information? One stop website:
<https://www.muskoka.on.ca/en/Coronavirus.aspx>
You will see two buttons to click on; one for financial assistance and one for help with food and support.

Community Notices:

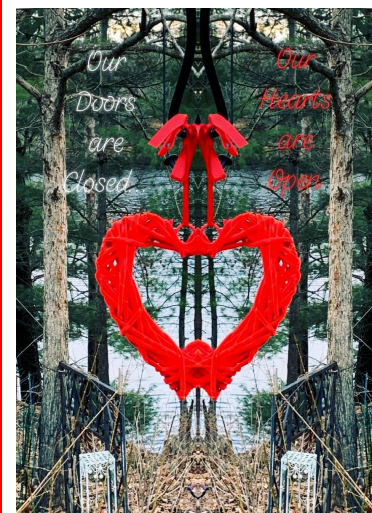
Holy Manger Anglican Church
Barkway Reverend Heather Manuel
705-687-4624
balagravenhurstchurches.com
Ryde Centennial Free Methodist Church
Pastor Tim Richards
705-687-3005
www.rydefreemethodist.ca



Rick Nice

The Ryde Community mourns the loss of a great friend and neighbour. Rick passed away suddenly on April 20, aged 73. He leaves his wife, Jennie, three children and six beloved grandchildren. Rick's heart was rooted in the Kahshe Lake community all his life. He will be remembered for his love of family and community, his love of hockey and Tai Chi, his great dancing, and for his role as Santa at the Ryde Co-op's Christmas gatherings. Rest in peace dear friend.

Our beloved "Little Building with a Big Heart" remains closed, but warming to the hopes of a new beginning. We will reignite the Ryde Community Co-op with purpose and the strength of our community. Let's embrace our future together and continue to help one another. Stay strong. Stay positive. Stay safe. We will be together soon.....Nancy, Ryde Co-op President



Free Face Masks courtesy of Gravenhurst Masketeers! If you need a mask or two for your household (as only one person normally would go out) please contact a Board member.

Done Right Property Services - (705) 687-3532



Although our building is closed, free WiFi is available just outside the co-op building. No password or login is required. If the service is down please let us know.

What, no WiFi? No device?

All the information that is out there online is no good to those in our area who have limited internet service and/or no device to access it. If you are in this position, we may be able to help with some Federal funding through the New Horizons for Seniors program and our partnership with YWCA Muskoka and other organizations. Please contact Judy (705-687-2406) to get your name on the list.

WISE Without Walls - From the District of Muskoka:

Phone in program on Monday, Wednesday, Friday afternoons from 1:20 pm- 3:00 pm. **To participate, please call:** 1-888-289-4573
Access code: 8473454 Due to an increased call volume, it may take a few attempts to connect to the call. We encourage you to keep trying and join us for WISE Without Walls.

VON SMART Exercise Classes are available on line!

In the YouTube search box type in "VON Simcoe County SMART Program" Click on the exercise video that you want to use
For help with this please contact Jodi at 705-787-1996

Live Online Qui Gong with Shifu Janet Wilcox

Come and join Shifu Janet as she takes you through Qui Gong's gentle and relaxing movements in your own home on Tuesdays and Thursdays at 9:30 a.m. **To participate you must download the Zoom app onto your computer or iPad. Don't worry, it's easy.** If you are interested email Shifu Janet Wilcox at janet@stardateprojects.com. Limited enrollment.

Please remember all of the local businesses that have supported the Ryde Co-op over the years. Before you order online, check to see if your local business is offering delivery or curbside pick-up.

Recipe Box and Little Lending Library- Please submit your recipes in the box out in front of the Co-op. Our little library will soon be a free pantry. Help yourself!

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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.

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Director
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Ryde Centennial Free
Methodist Church
(705) 687-3005



Gravenhurst KOA
(705) 687-2333



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JOIN CURLING

705-687-5531

Gravenhurstcurlingclub.com

BARKWAY FARMS

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1043 Hopkins Road
Gravenhurst, ON
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barkwayfarms@gmail.com
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