

November 2019



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Ryde Community Co-op
1624 Barkway Rd.
P1P 1R3

The Place to Be!

www.rydecommunityco-op.com

www.facebook.com/rydecoop

@rydecoop

2020 Co-op Memberships Now Available

A membership in the Ryde Co-op is the best deal in town at only \$10, and you are supporting your own community hub.

A membership form will soon be available on our website or at the Co-op next time that you are visiting.

Pasta Dinner- Thursday, November 14 at 5:30

Take the night off from cooking and come to the Co-op for our very popular \$5 dinner! Bring your own dishes and cutlery please. Bonus: there will be a slide show presentation of The Heritage Day Hoedown 2019. Sign up and pay at Summerland General Store or email Nancy.Cronin@rydecoop.ca to reserve your spot.



Thanks to Lars Kristjansen

Our energetic friend has taken on an additional workload and has let the Board know that he is stepping down. We will look forward to his visits and thank him sincerely for his great work to benefit the Co-op.

WEDNESDAY, NOVEMBER 27
9 AM TO 1 PM



FREE DIABETES AND WELLNESS CLINIC

CALL 705-325-7611 EXT 703
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HEALTHY DIET/LIFESTYLE
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A HEALTHY SEASONAL MEAL.

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 **Soldiers'**
MEMORIAL HOSPITAL ONTARIO

 **North Muskoka**
Nurse Practitioner-Led Clinic

FREE! | RYDECOMMUNITYCO-OP.COM

Herbal Facial - Tuesday, November 26th from 10 to noon.

Would you like to have some fun and come away with a fresh face? Do your own facial with Janet Merkley. All products are made by her with fresh herbs, no chemicals.

Class is limited to 10. The cost is \$20. Please bring a headband, metal bowl, towel and facecloth. This is a fundraiser for the Co-op.

Please email Janet at janetgmerkley@gmail.com

(remember the g in there), by November 13th.

If you are interested in having a potluck lunch afterwards, please let Janet know.

WISE Mobile Active Living Centre

THE DISTRICT OF MUSKOKA

Free Event
Ages 55+
Welcome!

Community Connect

Seniors Programs and Services

Topic: Muskoka Stageworks—Improvisation

When: Tuesday, November 5, 2019
10:00 a.m. - 12:00 p.m.

Where: Ryde Community Co-op
1624 Barkway Road,
Gravenhurst



RSVP: (705) 645-2100 ext. 4199

Learn more: www.muskoka.on.ca/seniorsprograms

Gravenhurst Public Library and Ryde Community Co-op
Present:

Instagram

Thursday, November 14, 2019 at 9 am

Explore the world of Instagram.
Share your photos, keep up to date with
friends and family, and more!



Community Notices:

Holy Manger Anglican Church Barkway Service: Sunday, November 3 at 1:00 p.m.

Ryde Centennial Free Methodist Church Worship Services Sundays at 11 am.


Done Right Property Services - (705) 687-3532

WISE Mobile Active Living Centre THE DISTRICT OF MUSKOKA



Mary Pop-ins: A Musical Production
Seniors Programs and Services

Join us on a fantastic adventure aboard a coach bus to see **Mary Pop-ins** on stage **Saturday, December 7th**. A picnic lunch will be provided at the **South Simcoe Theatre** before the performance at 2pm. This trip will include three pick up and drop off locations: Huntsville (9:30 am), Bracebridge (10 am) and Gravenhurst (10:15 am).
It is sure to be "supercalifragilisticexpialidocious" !

Registration opens **Mon. Oct. 21st** and closes **Nov. 7th**, please call individually to register as **limited spaces are available**. 

RSVP: (705) 645-2100 ext. 4199
Learn more: www.muskoka.on.ca/seniorsprograms



YOGA with Desarae
Tuesdays, November 5 and 19 at 7:00
\$12 for Members \$15 for Non-Members.
Register by emailing rebecca.hickey@rydecoop.ca

Friends of the Muskoka Watershed

Fill a free large can or a plastic pail with clean, dry, cold wood ash from your fireplace or woodstove. Help stabilize declining calcium in our sugar maple bushes. For more details on how you can help email nancy.cronin@rydecoop.ca or <https://friendsofthemuskokawatershed.org>



EarlyON- for children up to 6 and their caregivers at the Co-op. The EarlyOn program will run every Friday from 9:30 to 12:30.



Baby Sign Language
Arleigh Luckett
705-687-1496

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	President	705-323-4021	nancy.cronin@rydecoop.ca
Marc Mantha	V-President	416-272-6293	marc.mantha@rydecoop.ca
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Rebecca Hickey	Director		rebecca.hickey@rydecoop.ca
Judy Campbell	Secretary	705-687-2406	judy.campbell@rydecoop.ca

Friends of Ryde

Great Moose Adventures & Yoga North
705-687-3903

www.greatmooseadventures.com

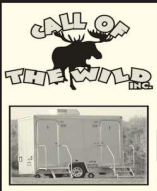


Ryde Centennial Free Methodist Church
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Ryde Lake Camp
705-687-2912
office@rydelakecamp.com
www.rydelakecamp.com



BARKWAY FARMS

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1043 Hopkins Road
Gravenhurst, ON
705-715-1500
barkwayfarms@gmail.com
Check us out on Facebook!



Baby Sign Language
Arleigh Luckett
705-687-1496

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