



**October
2023
BELLRINGER
E-BLAST**

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Upcoming Events



Bridge Tournament - Prizes, Pie, Ice Cream and lots of fun!

Wednesday, Nov. 1st 1:00 pm

Ingersoll Services for Seniors

Cost for Member or Guest - just \$8.00 Register by October 20th.

Register in one of two ways:

1. Call Ingersoll Services for Seniors (519-485-3869) or go to reception and leave your name.

Note: Pay the day of the tournament at the reception desk and bring the correct amount.



Chair Yoga (via Zoom) with John is happening again this Fall, into the Winter and Spring.

The sessions will always happen on a Wednesday, every other week, but NO sessions during the month of December and after February only ONE session per month.

The dates are: Oct 18, Nov 8, Nov 29, Jan 10, Jan 24, Feb 14, Feb 28, Mar 20, Apr 3, May 15.
EVERY SESSION WILL BEGIN AT 10 AM. Register by October 15th.

Click the link and fill out the form below indicating (to the best of your ability) which sessions you will likely be able to attend. This does NOT tie you to the commitment. You can always email Heather should circumstances change for you.

<https://forms.gle/XG5eCsYRr5qW7XHf7>



Celebrating 50 Years!

**Harris Heights/Harrisfield Public School Ingersoll 1973-2023
Thursday, November 23 2023 6:00-8:00 p.m. at the school**

Save the date. Enjoy a walk down memory lane.