



300 Wilson Street East Ancaster, ON L9G 2B9

905-648-6675

## Seniors Connect Over Soup and Sandwiches

Ancaster's Let's Do Lunch programs parallel, in a small way, the Biblical story where five loaves of bread and two fish miraculously fed a crowd of 5,000 people. Although organizers of the lunches never know for sure how many people will attend the popular gatherings, somehow there is always enough soup and sandwiches to go around.

Let's Do Lunch offers lunch, companionship and often a guest speaker to seniors in Ancaster and area. It is held on the second Wednesday of each month in Jerseyville at Jerseyville United Church, on the third Wednesday of the month at St. Andrews Presbyterian Church on Sulphur Springs Road in Ancaster's village core, and – beginning March 24<sup>th</sup> – on the fourth Wednesday of each month at Meadowlands Fellowship Christian Reform Church on Stonehenge Road.

Ancaster Community Services supports the lunches by helping offset costs. The meals themselves are prepared and served by volunteers from the churches involved, often assisted by local high school students.

The lunches draw between 50 – 70 people, and feature six types of homemade soup, assorted sandwiches, dessert and tea or coffee. Lunches are offered free of charge, with diners asked to contribute a free will offering if they are able to.

Organizers say seniors are drawn to the lunches by the companionship they offer. As well, former residents or church members who have moved away from the area often come back for the lunches as a chance to catch up with old friends.

The new lunch program in the Meadowlands will follow a similar format, says Harriet Meyer, one of the organizers, who has attended Let's Do Lunch sessions at Jerseyville and St. Andrews to get a feel for the system. The Meadowlands lunches will be advertised on a sign in front of the church and with notices posted in places like the library. As well, flyers are being handed out in the Meadowlands. "There are a lot of seniors in the townhouses across from the church," Harriet says. "Student volunteers are welcome to help with the Meadowlands program as well. We would certainly want to involve students if they are interested."



Jeanie Lawson, Kim Leggett, Barb Raphael and Ann Hynd ready sandwiches for the Let's Do Lunch program at St. Andrew's Presbyterian Church in Ancaster



Volunteers Trevor Lewis, left and Chris Walker, right, both Ancaster High School students, set out soup



Diners enjoy soup, sandwiches and companionship

**Get Ready to Tee it up!**  
**9th ANNUAL COMMUNITY LINKS GOLF TOURNAMENT**



Keith Augustine-Meridian Credit Union, Mark Mindorff-DARTS, Toni McGregor and Don Jaffray (ACS Chair) pose for a picture during last year's tournament

The Community Links Golf Tournament is the major fund-raising event held by Ancaster Community Services. This year's tournament and dinner will be held on **Wednesday June 9th** at Knollwood Golf Club as part of Ancaster Heritage Day activities. **Golfers** and **sponsors** are invited to register as soon as possible. Registration forms, as well as sponsorship and volunteer information, will be available from the ACS office, or online at [www.ancastercommunityservices.ca](http://www.ancastercommunityservices.ca) in the coming weeks. Please register as soon as possible.

Proceeds raised through the tournament help ACS meet its commitments to fund social service programs in our community. "It has been a difficult year for many people in Ancaster due to the recession and we are urging all individuals and businesses to participate in **Community Links** as a sponsor, golfer, prize donor or volunteer," says Don Jaffray, ACS chairman.

Proceeds raised help finance programs including Meals on Wheels, Christmas Outreach, emergency food assistance, the volunteer driving program, family outreach, youth employment services and more.

The tournament features a best ball format over 18 holes. Golf registration per person is \$150, including a BBQ lunch, dinner, prizes and a silent auction. Tee off time is 1 p.m., with registration beginning at 11:30 p.m. Dinner and prizes immediately follow golf. Please consider donating a prize for our prize table or silent auction!!



ANCASTER COMMUNITY SERVICES

**Get on board Ancaster's new bus service for seniors!**



Are you a senior who finds it difficult to go shopping or do errands because you don't have a ride?  
 Ancaster's new **community bus** service may make it easier for you to get out and about.

Inadequate public transportation has always made it difficult for many Ancaster seniors to get to the store or to appointments without assistance from a friend or relative with a car. Ancaster Community Services, in partnership with DARTS, has received a grant from the New Horizons for Seniors program that will provide door-to-door bus service for seniors in Ancaster, Flamborough, Dundas and West Hamilton beginning April 1, 2010. The service is available on Fridays only, and costs \$6 round trip.

ACS has been involved with a similar service led by Flamborough Community Service for the past year. That experience suggests that trips to Wal-Mart and to the Fortinos and Food Basics plazas have a particularly high demand.

To book a ride on the community bus, contact ACS at 905-648-6675. Due to anticipated high demand for this service, we ask that you book at least one week in advance. We look forward to hearing from you!

This project is funded in part by  
 the Government of Canada's  
 New Horizons for Seniors program.



**Ancaster Community Services**

## Ancaster Volunteers “Give a Day and Get a Day” at



The Maier family who volunteered with the Meals on Wheels program, are among a group of ACS volunteers who have benefited from Disney’s “Give a Day, Get a Disney Day” program, which offered a **free** one-day admission pass to any of the Disney theme parks. The program was created by Disney to inspire people to complete a day of volunteer service with a participating charity organization such as ACS. The Disney program reached its capacity in March 2010.

## Ancaster Community Food Drive

Thanks to the generosity and support of the local community, including elementary and secondary schools, 75,000 pounds of food and close to \$7,000 in cash – a record amount – was collected for the annual Ancaster Community Food Drive.

More than 19,600 people use Hamilton food banks each month, including more than 8,300 children. Ancaster’s annual food drive helps Hamilton food agencies fill the gap between Christmas and Easter, when donations typically decline. More than 400 volunteers visited virtually every home in Ancaster on Feb 20th to collect donations, while schools and community groups also held fund-raising events and solicited contributions of non-perishable food and money.

Donations were delivered to food agencies including Ancaster Community Services, Neighbour to Neighbour, The Salvation Army, Greater Hamilton Food Share, St. Matthew’s House, Mission Services of Hamilton, Wesley Urban Ministries and the Good Shepherd Centre.



Pictured are Karen Hadden—ACS, Jan Lukas—Food Drive Committee and members of the Soroptimist Club of Dundas, Ancaster & Flamborough

## Support ACS—see donor card supplied.

*Your continued support helps these ACS Programs*

- Meals on Wheels
- Information & Referral
- Counselling/Senior Support
- Youth Employment Services (Y.E.S.)
- Let’s Do Lunch
- Emergency (Food/Voucher ) Assistance
- Volunteer Assisted Driving
- Community Outreach
- Christmas Outreach
- Community Companions
- Volunteer Opportunities

## Staff

**Karen Hadden**

Executive Director /  
Coordinator of  
Community Services  
[khadden@hpl.ca](mailto:khadden@hpl.ca)

**Melanie Barlow**

Coordinator of Volunteer  
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**Carol Zinszer**

Office Manager  
[czinszer@hpl.ca](mailto:czinszer@hpl.ca)

## ACS Annual General Meeting

will be held on **Tues. April 13th** at 7:00 pm in the Murray Ferguson Room (Ancaster Municipal Services building—below the Ancaster Library). All are welcome. Light refreshments will be served.

## 2nd Annual Oktoberfest Music Festival

Once again ACS wishes to extend a thank you to Knollwood Golf Club for their support to ACS through the Oktoberfest fundraiser event held last October. This event attracted even more musicians and supporters than the previous year's festival. All who attended experienced fun, laughter and great food. A total of \$2400.00 was donated to ACS.

## Canada Summer Jobs—Student Employment

ACS is accepting resumes from interested students for the Youth Counsellor position. The successful candidate will run the Babysitting Course, oversee the Youth Employment Services (YES) program as well as help ACS staff with the various services and programs provided through the summer months. Please send your Resume to Karen Hadden at [khadden@hpl.ca](mailto:khadden@hpl.ca) as soon as possible.

## ACS 2009/2010

### Board of Directors

**Don Jaffray**, Chair

**Ron Jeffree**, Vice Chair

**Andrew Zucker**, Treasurer

**Scott Llewellyn**, Secretary

**Chris Bellefeuille**

**Gary Bishop**

**Wilma Groen**

**Denise O'Connor**

**Laura Ramsay**

**Lorne Rochweg**

**Dan Wentworth**

**Scott Wismer**

## Volunteer Appreciation 2010

This year's Volunteer Appreciation will be held on **Wednesday April 21st, 2010** at St. John's Church Hall, from **7pm to 9pm**. This event takes place during National Volunteer Week (April 19th-24th), when the contributions of volunteers are recognized and celebrated. All ACS Volunteers are invited to attend. Refreshments, light fare, prizes, awards and entertainment are in store.

## 2010 Summer Babysitting Course

Registrations are now being accepted for the summer babysitting course. Interested participants can download the Registration Form from our website at [www.ancastercommunityservices.ca](http://www.ancastercommunityservices.ca), or visit our office to obtain one. Participants 11 yrs of age and over are welcome to attend. There are 2—one week sessions available for you to choose from: **July 5th - 9th or July 24th - 30th**.

The course runs from 9:30-12:00 noon daily at the Ancaster Optimist Club located at 237 Manitou Way, Ancaster. The cost is \$60.00. Please contact the ACS office for registration inquiries..

## Contact Us

**Office Hours**

Monday-Friday  
9 am to 4 pm

**Telephone**

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**Fax Number**

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**E-Mail**

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**Web**

[www.ancastercommunityservices.ca](http://www.ancastercommunityservices.ca)



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