

SEPTEMBER 2026
TILLSONBURG SENIOR CENTRE

The Leisure Link

www.tillsonburgseniorcentre.com

Get in Touch:
519-688-2520

Program inquiries:
programs@tillsonburgseniorcentre.com

Admin/rental inquiries:
npuhr@tillsonburgseniorcentre.com

45 Hardy Avenue,
Tillsonburg, N4G 3W9

**FOLLOW
US:**



facebook.com/tillsonburgseniorcentre
or find us on the web:
www.tillsonburgseniorcentre.com

**SEPT 8
9:30AM**

Choir resumes for 12 weeks
New extended fall session - extra two weeks!
Please note the last practice will be held Monday November 23 at 4pm
There will be no practice November 24 before the concert that day

**SEPT 17
11:30AM**

September Luncheon:
Join us for hamburger soup and a bun with apple crisp to follow
NEW DATE: THURSDAY
\$15 per person
Must register and pay by Sept 10

**SEPT 21
1:00PM**

Time Travel Adventures begins the fall sessions
September 21 to December 7
Weekly on Monday at 1pm join Deward, Brian, and David as they teach
us history lessons. \$5 each class or get a discount when you register for
all 10 classes!

**MON
11AM-1PM**

Watercolours
September 14, 21, 28, October 5, 19, Nov 9
Monday 11am-1pm
See advertisement for pricing
6 week course on watercolour painting. You get 12 hours of instruction!

Mon	Tue	Wed	Thu	Fri
31	1	2	3	4
	8:30am - Lap Walking 9am - Quilting and Crafts 1pm - Aggravation 1pm - Bid Euchre 1pm - Scrabble NO ADAPTIVE CHAIR YOGA	9:30am - Art Club 10:15am - Zumba Gold 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre	8:30am - Lap Walking 9:30am - Farkle 10am - Junk Journal Series 11am - Alzheimer Seminar 12:45pm - Cribbage 1pm - Advanced Pickleball	10am - Chair Fitness CLOSED AT 12PM
7	8	9	10	11
CLOSED Labour Day	9am - Quilting and Crafts 9:30am - Choir NEW starting week - Longer Fall session! 1pm - Aggravation 1pm - Bid Euchre 1pm - Scrabble 2pm - Adaptive Chair Yoga	9:30am - Art Club 10am - Tai Chi (8 weeks) 10am - Zumba Gold 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness	8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance 1hr 10am - Junk Journal Series 12:45pm - Cribbage 1pm - Advanced Pickleball	10am - Chair Fitness 1pm - Bingo 1pm - Trivia
14	15	16	17	18
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Watercolours 1pm - Beginner Pickleball 1pm - Hand and Foot	9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation 1pm - Bid Euchre 1pm - Medical Minute 1pm - Scrabble 2pm - Adaptive Chair Yoga	9am - Jewelry Appraisal (appointment based) 9:30am - Art Club 10am - Tai Chi 10:15am - Zumba Gold 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness	8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance 1hr 10am - Junk Journal Series 11:30am - Luncheon 12:45pm - Cribbage 1pm - Advanced Pickleball 10am - 12pm Free Blood Pressure Clinic	10am - Chair Fitness 1pm - Bingo 1pm - Trivia
21	22	23	24	25
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Watercolours 11am - Insurance Seminar 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures (history) begins for 10 weeks	9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation 1pm - Bid Euchre 1pm - Scrabble 2pm - Adaptive Chair Yoga	9:30am - Art Club 10am - Tai Chi 10:15am - Zumba Gold 10:15am - Essentrics: Aging Backwards 10:30am - Pull up a Chair: Building Connections 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre	8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance 1hr 10am - Junk Journal Series 11am - Book Club Ch 2 12:45pm - Cribbage 1pm - Advanced Pickleball	10am - Chair Fitness 1pm - Armchair Travel 1pm - Bingo 1pm - Trivia
28	29	30	1	2
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Watercolours 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures (history)	9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation 1pm - Bid Euchre 1pm - Scrabble 2pm - Adaptive Chair Yoga	9:30am - Art Club 10am - Tai Chi 10:15am - Zumba Gold 10:15am - Essentrics: Aging Backwards 11:15am - Cooking Class 11:15am - Essentrics: Stretch and Tone 12:45pm - NO Bridge 12:45pm - Carpet Bowling	<u>October Fitness Updates:</u> Zumba Gold moves to Tuesday at 1pm Chair Fit Wednesday moves to 10am Pelvic Floor and Core starts Wed Oct 7 at 11:15am	

Fitness CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM- CHAIR FITNESS	2:00PM- ADAPTIVE CHAIR YOGA	10:15AM- ZUMBA GOLD 10:15AM- ESSENTRICS: AGING BACKWARDS 11:15AM- ESSENTRICS: STRETCH AND TONE 1PM - CHAIR FITNESS	8:30AM- LAP WALKING 10AM- LINE DANCE 1 HOUR	10AM- CHAIR FITNESS

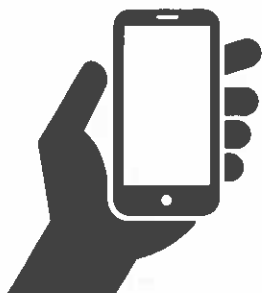
Table Games CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1PM- HAND AND FOOT	1PM- BID EUCHRE 1PM- AGGRAVATION 1PM - SCRABBLE	12:45PM- BRIDGE 1PM- EUCHRE	9:30AM- FARKLE 12:45PM- CRIBBAGE	1PM- BINGO 1PM- TRIVIA

Sports CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS/SNOOKER ALL DAY 9AM- CARPET BOWLING 1PM - INDOOR BEGINNER PICKLEBALL	BILLIARDS/SNOOKER 8:30PM-12PM	BILLIARDS/SNOOKER 12:15PM-4PM 12:45PM- 3:45PM CARPET BOWLING	BILLIARDS/SNOOKER 8:30AM-12:30PM 1PM-3:30PM INDOOR INTERMEDIATE PICKLEBALL	BILLIARDS/SNOOKER 12-4PM

Assaulted Women's Helpline-Seniors' Safety Line



As an anonymous provincial helpline which operates the Seniors Safety Line, we provide 24/7 support to callers in over 200 languages. We receive calls from people across the province, that are looking for a variety of services and supports. Our role through the Seniors Safety Line is to provide emotional support, safety planning, information and referrals to anyone who calls the line. If you or someone you know is in crisis, please get in touch as outlined below!

Crisis Line: 416-863-0511

Seniors Safety Line Toll Free (Ontario)

1-866-299-1011

Toll Free TTY (Ontario): 1-866-863-7868

Mobile: #SAFE (#7233)

Toll Free (Ontario): 1-866-863-0511

MESSAGE FROM THE BOARD

As a volunteer, one of the roles I get the most satisfaction from is being a member of a Board of Directors. Over the years, I have participated in Boards of charities and non profits working in the areas of child welfare, community information, non-profit housing, mental health and counseling services and services for seniors. Regardless of the mandate of the organization, the commonalities of the Boards of Directors included responsibility to the mission, stewardship of resources, commitment to governance and ensuring we bring our best to the job.

In Ontario, incorporated non-profit corporations are required by law to have a Board of Directors. The Tillsonburg Senior Centre is incorporated in Ontario and has charitable status through the Canada Revenue Agency federally. The Articles of Incorporation is the official document that governs what we do and our Bylaws help up operate. With those documents come responsibilities to ensure a strong organization, the biggest of which are a Duty of Care (exercising due diligence in decision-making) and Duty of Loyalty (acting in good faith in the best interests of the Senior Centre).

The Senior Centre Board of Directors is elected by the membership with an Annual General Meeting held each spring. In recruiting Directors we look for folks with experience in one or more of the following area: communications, accounting, management, information technology, human resources, strategic planning, policy development and/or non-profit governance. Our Board meets monthly, with the exception of August. Each meeting we receive an update on our financial picture, programming, attendance and any operational issues. The Board also sets the annual budget for the Centre ensuring our revenue at least matches and hopefully exceeds expenses. Any money left over at the end of the year is invested carefully to help build financial sustainability.

In addition to meetings, Board members support the work of the Centre through volunteering at activities. The Board is in the process of updating the Centre's Strategic Plan, which we anticipate having ready to share in the fall. This plan will set renewed priorities for us and help steer our work for the next three to five years by which time we will be ready to work on a new plan. Please don't hesitate to let us know if you're interested in learning more about the Board's work or have experience with non-profits and charities to bring to us as a Board member.

Joan Skelton, Board Chair

Your Board of Directors

Joan Skelton - Chairperson

Melanie Cornwell - Vice-Chairperson

Lisa Belliveau – Treasurer

Crystal Getty - Secretary

Dorothy Hrischenko - Director

Tom McLarty – Director

Marion McLean - Director

David Wells - Director

OUR MISSION

The Tillsonburg Senior Centre is a community leader in providing high-quality, inclusive recreation, leisure and social opportunities for those age 50-plus.

OUR VISION

Fostering a vibrant, engaged community

DID YOU KNOW?

Our budget discussions get underway in the fall, so if your program requires new supplies or you have suggestions for items you'd like to see added to the budget, now is the time to bring them to the office. Please direct these to Nancy at : 519-688-2520, or by email:

npuhr@tillsonburgseniorcentre.com

A NOTE FROM NANCY

Happy fall, y'all!

With the start of September we're looking at the end of sunny summer weather and cooler, crisp days, but fall is an exciting time here because it means a return to programs and even a few new additions. This year, you may have noticed we're hosting a lot more seminars and info sessions on health-based topics of interest to seniors, and this isn't by happenstance. Every year, the government looks at the focus of seniors' programming in Ontario, and makes recommendations about particular areas of focus, which we as senior centres must then translate into programs and activities for you, our members. Since seniors are living longer than ever before, the focus on maintaining good health and wellness, and being able to live independently in one's own home, is a key part of our health care system.

But while seniors are living longer, they're also dealing with more complex health care needs than ever before. Some are working well into the retirement years, while simultaneously managing chronic illnesses or even caring for spouses with health issues of their own. In short, the need for quality, reliable health information is critical. And let's face it, these days there are any number of ways you can choose to source that information; You can ask your doctor or pharmacist, you can read a book or you can ask Dr. Google, to name but a few. And to be fair, there are advantages and disadvantages to all of these routes. Our goal as your friendly neighbourhood senior centre, is simply to make reputable, solid, evidence-based health information accessible as easily as possible so that you can make the best-informed decisions for your life and situation. Couple that knowledge with involvement in the wide range of programs and activities we offer, and you've got a winning combination for a vital, active and fulfilling life.

Sept. 1 is when we start selling next year's memberships at a discounted rate. If you purchase between Sept. 1 and when we shut down for Christmas break, not only will you get \$10 off the regular cost of Membership (\$45 rather than \$55), you'll be able to hit the ground running in the New Year without any delay in your programs and activities. Plus, the earlier you get your membership, the better your chance of winning one of our monthly early incentive draws for a local restaurant gift card. So think of your senior centre as an investment in your long-term health and happiness. Get that 2027 membership, and get out and get active in our many programs, activities and info sessions. Your health will thank you for it!

Nancy Puhrl-Slingerland, Administrator

THANK-YOU, DONORS:

Crystal Getty & Mel Getty, Dianne Williams, Rosanne Fillion and the St. Mary's Catholic Women's League, Wanda Brown, LuAnne Dupon, Joan Skelton, the Women on Wilson (WOW), Barb Glass, Marie & Gary Risdon, LuAnn Gamble, Julie Anne Snell, Marjo Kubera, and to those that wish to remain anonymous!

RZone Policy in
Effect

Be nice to each other out
there



*in
loving
memory*

No longer by our side, forever in our hearts.

*If you know of a member who is no longer with us,
please let the office know so we can include it in our
next In Memorium.*

Tillsonburg Senior Centre Monthly 50-50 Draw

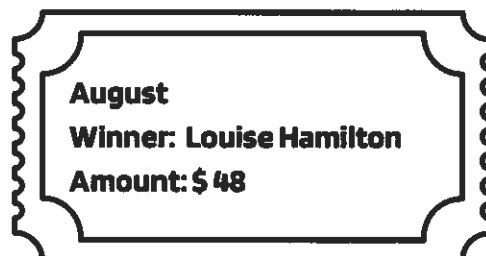
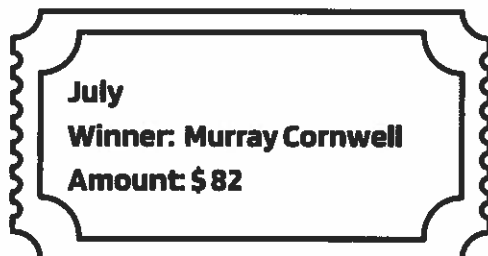
Please pay and PRINT your name and phone number on the applicable squares. All proceeds support programs and activities for seniors.

Available at the desk in the reception area. Tickets are \$2 each

Draw held at 3pm on the last business day every month, and the winner will be notified by phone.

Lottery # M601364

Congrats!



COFFEE SERVICE FOR
THE MONTH OF
SEPTEMBER
GENEROUSLY
PROVIDED IN
MEMORY OF
ED ELEY BY THE
FARKLE GROUP

THANK YOU! 

To learn more about coffee sponsorship,
please contact the office!

COOKIE SERVICE FOR
THE MONTH OF
SEPTEMBER
GENEROUSLY
PROVIDED IN
MEMORY OF
ED ELEY BY THE
FARKLE GROUP

THANK YOU! 

To learn more about cookie sponsorship,
please contact the office!

WAYS TO PAY

Stop by the office to register and pay by cash, cheque, digital wallet, debit (minimum \$10) or credit (2.4% fee) to pay for your registered programs, luncheons, membership, craft items, silent auction items, etc.

Exception: Drop-in program can be paid by digital wallet by letting the office know to take it off, or by giving cash to the program convenor

****Digital Wallet:** Load your wallet like a gift card and use it for any purchase. Credits for classes are put on your wallet for future use******

WAYS TO SUPPORT YOUR SENIOR CENTRE

Here at the Senior Centre, we pride ourselves on delivering high-quality, inclusive recreation and leisure programs promoting social, physical and mental wellbeing for the seniors we serve. With costs rising and operating budgets tighter than ever, outside sources of funding are becoming an increasingly important revenue stream to keep the cost of these programs as affordable as possible for everyone.

If you would like to support us beyond purchasing an annual membership, there are several ways you can help including sponsorship opportunities, advertising your business, or honoring the memory of a loved one with a memorial donation. You can also donate new or gently used items for our weekly silent auction, yarn and/or fabric for our crafting group to make items that we sell here, or some other items. Please check with the office about what can be accepted. Planned gifts provide a lasting legacy in the name of you or your loved one, and make a tremendous impact by ensuring continued quality programs for seniors in our community.

As a not-for-profit organization, tax receipts are available for all monetary donations. No matter how you choose to support our programs and activities, please know that you are making a lasting contribution to the health and wellbeing of seniors in and around Tillsonburg.

Contact the office to make arrangements that suit you if you are able and want to support the Centre.



Thank you to Aspira Harvest Crossing for raising \$1567.24 for the Centre at their Annual Charity Golf Tournament.

WOMEN ON WILSON DONATION



Shari Sonoda, left, and Gail Anderson, right, of the Women On Wilson (WOW) presented a cheque to Senior Centre Administrator Nancy Puhrlinger for \$1,610, which will be used for improvements at TSC. The funds were raised at a Groove To Give event benefiting both the Senior Centre and the Upper Deck Youth Centre, held earlier in the summer.

YARD-SALE

Thank you to Jennifer and Andrew Cuthbert for their generous donation of \$1816.30 in memory of their mother, Winn Cuthbert, a longtime member of the Centre. They settled her estate and hosted a yard sale. Thank you!

The annual jewelry sale and the crafting sale hosted Aug 14-15 raised \$2390. Many thanks to our volunteers for sorting, creating, and hosting the sale



Thank you to Crompton Home Hardware Building Centre for including us in their Charity BBQ Summer Series. Thank you to our amazing volunteers as well. On July 25 we raised \$701 from BBQ sales and donations!





THE LEISURE LOWDOWN

MONTHLY HIGHLIGHTS

Luncheon

This month, join us for hamburger soup and a bun followed by apple crisp

\$15 per person

**NEW DATE:
THURSDAY**

Sept 17 - 11:30am

Last day to register- Sept 10

Tai Chi Lessons

Learn the first 17 movements of Taoist Tai Chi from Instructor Dorothy.

Wednesday **FULL**
10am-11am **Join our waitlist for the next session**
Begins Sept 9 until Oct 28
\$40/member
\$56/non-member

Choir

Choir returns Sept 8 for 12 weeks. New members are welcome at anytime!

\$54/non-member

\$42/member

Sept 8-Nov 23

Winter Concert

Nov 24 1:30pm \$12

Time Travel Adventures (History)

Deward, Brian, and Dave take us on a spin through time

Monday 1pm \$5 each week

All 10 sessions:

\$45/non-member

\$35/member

Coming Soon:

Embroidery: Halloween
Oct 15 10am-12:30pm

\$30/member, \$35/non-member

Let's Draw: Still Life

Nov 18 1pm-3pm

\$50/member, \$55/non-member

Watercolour

6 week course on watercolours

Monday 11am-1pm

Deb Riopelle will be instructing

\$150/non-member

\$120/member

Call the office for details on lesson content

DID YOU KNOW?

Early Bird Special:

2027 memberships are on sale for \$45. That's a saving of \$10! Only here April to September? You'll still see the full benefit of a membership by participating only once a week!

Bring a Friend:

New members can join for \$15 starting Oct 1

CLOSED

LABOUR DAY SEPT 7

FREE SEMINARS

Heads up for Healthier Brains Discussion

Learn how certain lifestyle choices can help to reduce modifiable risk factors for dementia. See seminar page for more details

September 3

11am

Medical Minute

Join David Lopes as he talks about cortisol. What is it and how does it affect our bodies?

Sept 15

1pm

Insurance Changes Seminar

VLG Insurance will join us to talk about the changes to auto insurance that took place July 1, 2026. See seminar page for more details

Sept 21

11am

Memories from the Vault: Halloween, Haunts, and Crime in the County

Join Tysha Rieger, from Oxford County Archives, as she looks into some of the County's crime history, sinister dark tales, and spine-tingling ghost stories. Come for the history, stay for the haunts!

Oct 1

11am

MEMBERSHIPS

Memberships are \$55 for the calendar year

NEW MEMBER WELCOME

Last Quarter Memberships

October 1 - \$15

Early Bird: Grab your 2027 membership Sept 1-Dec 22 for only \$45

RELAXATION

Library - Monday - Friday 8:30 am - 4:00 pm. Free book borrowing.

Lounge - Monday - Friday 8:30 am to 4:00 pm. Spend time reading or chatting.

Art Club - Wednesdays 9:30 am. Work on your art projects and get inspired.



On behalf of the Board, members and staff of Tillsonburg Senior Centre, a hearty and sincere thank-you to the members of the Women on Wilson (WOW). Earlier this year this group reached out, offering to partner with us to not only provide volunteer assistance with our activities and events, but to do some fundraising on our behalf. Since then, these women (and sometimes their husbands) have helped out with preparation for activities and events, volunteered on our reception desk, assisted with clerical tasks and much more. On June 12 the group hosted Groove to Give, a fundraiser featuring live music, a food truck, dancing, door prizes and more, and they raised much-needed funds for not only TSC's ongoing programs and activities, but for the Upper Deck Youth Centre as well. Pictured at the cheque presentation are, from left: Ann Ormerod, Carol Iwaniuk, Ghislaine Boulianne, Corrie Parris, Shari Sonoda, Nicole Christison, Administrator Nancy Puhr-Slingerland, Kate Robson, Gail Anderson, Donna Lonsway, Janice Donoghue and Louise Harriman. Thank you, ladies! Your efforts are best summed up in one word: **WOW!**

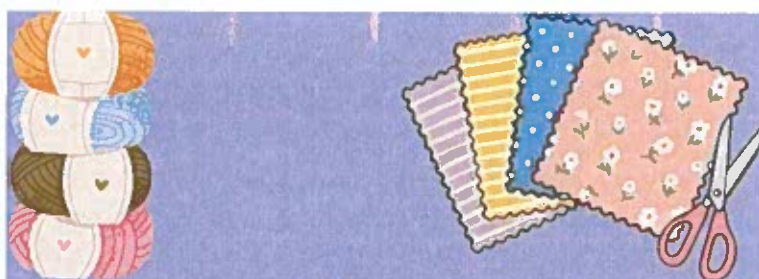
THANK
YOU!

WOW!

MINT SMOOTHIES: COMING SOON

Milk chocolate mint smoothies from Rheo Thompson Candies in Stratford will be available starting Wednesday, Oct. 7, \$4 each. Stop by the office to get yours, or pre-order if you would like to purchase a quantity. Available while supplies last!

All proceeds support repairs to our basement pool table.



The annual jewelry sale and the craft sale raised \$2390. Thank you to our wonderful crafters and volunteers!



Quilters and Crafters

Monday and Tuesday 8:30am-11:30am
drop in anytime

Handicrafts: fiber arts, textile crafts, and needlecrafts

Check out the sale window in the lobby!

EMBROIDERY: HALLOWEEN



MORE INFORMATION :

October 15
10:00am - 12:30pm
All supplies included

Tillsonburg Senior Centre
programs@tillsonburgseniorcentre.com
519-688-2520

LET'S DRAW: STILL LIFE

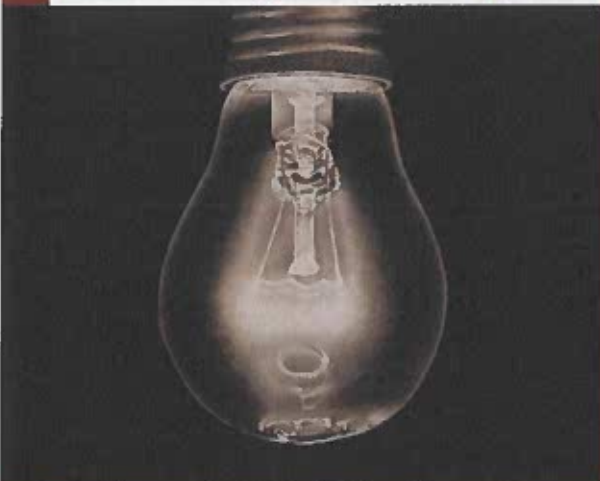


Image: Example of Mercedes work

MORE INFORMATION :

November 18
1pm-3pm
Supplies are included

Tillsonburg Senior Centre
programs@tillsonburgseniorcentre.com
519-688-2520



REGISTER NOW

Starting from the ground up, learn and practice basic embroidery stitches and work towards creating a beautifully embroidered spooky image. Sewing templates will be available. No previous sewing experience required but is an asset. Open to all levels.

All materials included along with a 4" embroidery hoop.

\$30/MEMBER, \$35/NON-MEMBER

MERCEDES VICTORIA

Mercedes is an award winning local artist from Beachville. She primarily works with chalk pastels, graphite pencils, and charcoal.

This embroidered spiderweb from a previously run program



REGISTER NOW

Follow along with Mercedes to create the illusion of 3D in a still life. This session focuses on shading and highlights. This class is very beginner friendly.

This class is a Christmas themed still life with some Christmas decorations. You will take home a drawing that is on 8x10 paper

\$50/MEMBER, \$55/NON-MEMBER

MERCEDES VICTORIA

Mercedes is an award winning local artist from Beachville. She primarily works with chalk pastels, graphite pencils, and charcoal.

This lightbulb is one of her original pieces as an example of her work



Tillsonburg Senior
Centre
45 Hardy Ave.
North Entrance



Watercolour 6 Week Class

Instructor: Deb Riopelle

SEPT 14, 21, 28,

OCT 5, 19, NOV 9

MONDAY 11AM-1PM

\$150/non-member, \$120/member

CALL 519-688-2520

TO REGISTER



GUITAR LESSONS

Fall Session: 10 weeks Oct 16 - Dec 18

\$95/non-member, \$75/member

Level 1: Beginner

9am - 10am

No experience needed. Bring a guitar and learn the basics of guitar playing to be able to play songs

Level 2: Jam Session

10:30am - 11:30am

Experience needed. Learn new chords as needed for new songs



September Luncheon:

IT'S SOUP SEASON!

Join us for a hearty bowl of hamburger-vegetable soup, served with a delicious bun, coffee or tea, and apple crisp for dessert,
\$15 per person

Register now for lunch on **THURSDAY**
Sept. 17, 11:30 am - 1 pm
PLEASE NOTE THE DATE CHANGE!!

\$15 per meal
Call 688-2520 to
register by Sept 10

Thursday, Sept. 17,
11:30am - 1pm
Please bring a reusable container if you would
like to take your meal to go.

COOKING CLASS SOUP-A-PALOOZA!

It's fall which means crisp morning air and savoury soups! Join us this month and prepare two hearty soups including a loaded baked potato soup, and a stick-to-your-ribs sausage, kale and white bean soup. As always, you get to sample both soups at the end of class, and take home recipes to make them yourself!

Sign up by calling the office: 688-2520

WEDNESDAY, SEPT 30
11:15 AM

\$14/MEMBER
\$18/NON-MEMBER

Register and pay by Sept 23
Last day to cancel is Monday Sept 28 by 11am





Junk Journal

Workshop

4 Part Series

Thursday September

3, 10, 17, 24

10am - 12pm

Tillsonburg Senior Centre

Workshop tools & materials provided

\$25/member
\$35/non-member

Register Now:
519-688-2520



Jewelry Appraisal/Buying Event

Wednesday, Sept. 16

Chuck Branton:
That Gold & Silver Guy

Board Room, Tillsonburg Senior Centre

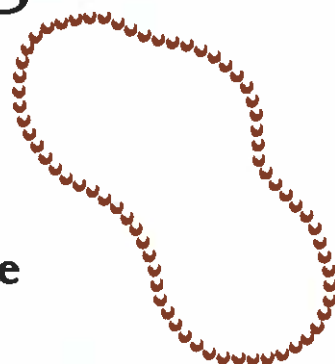
9 am - 3:30 pm

Bring in your new, used or broken jewelry, 925 flatware and spoons, pocket watches, and old paper money and Chuck will test, appraise and make you a cash offer.

There's no pressure to buy, and sellers will be paid on the spot.

Best of all, TSC will receive a percentage of total sales, so it's a win-win!

Appointments are available in 15-minute increments starting at 9 am. Call 688-2520 to book your spot!



TILLSONBURG SENIOR CENTRE TIME TRAVEL ADVENTURES FALL 2026

Monday, September 21
@ 1:00PM
David Hay

The Story of Iran

Monday September 28
@ 1:00PM
Brian Cox

ARRG! The World of Pirates - How real was
Treasure Island? Part 1

Monday October 5
@ 1:00PM
Deward Yates

Atlantis: Mythology, Reality, or Greek Hubris

Monday October 12

THANKSGIVING
NO CLASS

Monday, October 19
@ 1:00PM
Brian Cox

ARRG! The World of Pirates - How real was
Treasure Island? Part 2

Monday October 26
@ 1:00PM
Deward Yates

Seven Wonders of the Ancient World: Ever
wonder how they were designated and by
whom?

Monday, November 2
@ 1:00PM
David Hay

The Story of Turkey

Monday November 9

REMEMBRANCE WEEK
NO CLASS

Monday November 16
@ 1:00PM
Deward Yates

Stone circles, stone monuments of the
Ancient World. Locations, dating, theories
and mythology

Monday November 23
@ 1:00PM
Deward Yates

Step pyramids across the world. Locations,
dating, theories, mythology, and possible
linkage

Monday, November 30
@ 1:00PM
Brian Cox

ARRG! The World of Pirates - How real was
Treasure Island? Part 3

Monday December 7
@ 1:00PM
David Hay

The Story of Christmas

**10 Week Session Members- \$35 Non-Members- \$45
PAY AS YOU GO - \$5 each class**

New here? Welcome!

If you're new to the community or to our centre, first of all, a hearty welcome! We hope you find that we have lots to offer you to keep you healthy, active and engaged!

We're pleased to offer membership on the calendar year (Jan. to Dec.), with discounted membership fees for first-time members joining in the latter half of the year, as well as early renewal incentives.

We offer both drop-in, pay-as-you-go programs, as well as session-based classes and programs, and you can participate in all of these without a membership. As the saying goes, however, membership has its privileges!

Membership not only lowers the user fee for all programs and activities, whether pay-as-you-go or session-based, it allows you to reserve space in your chosen program and pay later.

To get a membership, visit our office during business hours (M-F, 8:30 am - 4:00 pm) and our staff will be happy to help!

Pull Up a Chair: Building Connection Close to Home

Three welcoming workshops followed by a relaxed social gathering two weeks later.

Looking to meet new people and build meaningful connections? Join us for a welcoming workshop at your local library to explore the benefits of social connection and well-being. Then, reconnect two weeks later at a relaxed social gathering with good food and conversation. Come as you are. No pressure. Just connecting, conversation, and community at your own pace.

Building Connection Workshops:

September 10, 3:00pm at Tillsonburg Public Library
September 11, 10:30am at Ingersoll Public Library
September 11, 2:30pm at Woodstock Public Library

Social Gathering (food provided):

September 22, 11:45 am - 1:15 pm at South Gate Centre
September 23, 10:30 am - 12:00 pm at the Tillsonburg Seniors Centre
September 23, 2:00 pm - 3:30 pm at the Ingersoll Seniors Centre

For more information, call Lindsay at 519-532-6141



United Way
Oxford



Looking for something FUN to do? **AD**

Square Dancing allows you to:

- Laugh
- Keep fit (easy as walking)
- Feel good
- Enjoy a great social activity
- Meet new friends
- Relieve stress

THAMES VALLEY DANCE CLUB WANTS YOU!!

Introduction to Modern Square Dancing



- NO experience required
- First evening FREE!!
- \$8/person/night
- Professional Caller/Instructor
- Casual attire

Every Monday Evening, 7:00-9:00pm
Beginning September 14/26

NEW LOCATION:
Ingersoll Pipe Band Hall
108 Wonham St. S. in Ingersoll



To pre-register, or for more info, call Julie at 519-535-3314
or check our facebook page, Thames Valley



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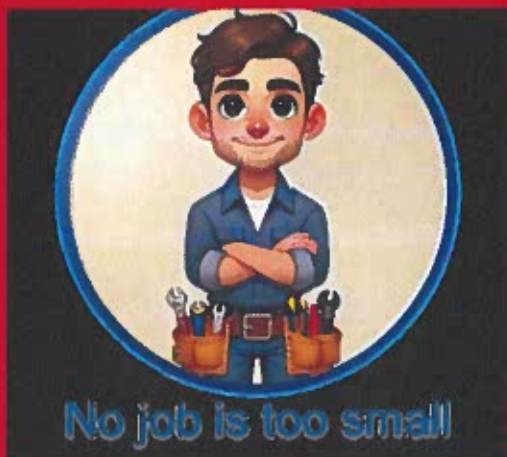
Diabetic Ulcers

www.barkspedorthics.ca
Phone: 519-717-3464
Fax: 519-805-3284
appointments@barkspedorthics.ca

AD



If you're travelling with Great Canadian Coaches this year, please mention Tillsonburg Senior Centre when booking! As part of the company's incentive plan, we receive 5% credit on all multi-day bookings (at no cost to you). We can then apply this credit toward our bus trips to help keep costs low for everyone!



Handyman services

Friendly • Affordable • Reliable

Small repairs, installs, and home maintenance with a respectful touch.

- ✓ Plumbing & electrical
- ✓ Grab bars & safety items
- ✓ Furniture assembly
- ✓ Yard work & more!

- ✓ Computer and Electronics Troubleshooting
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Call Victor Goñi at 519-830-5466

MAKE IT

MAKE SENSE

SIMPLE.SUBMIT1@GMAIL.COM

Do you need HELP ...

- Process Serving (Serving documents)
- Going online
- Typing documents
- Uploading documents
- Resumes and/or cover letters
- Finding resources
- Uploading documents online

519-842-0953

PARALEGAL SERVICES AVAILABLE

Commissioner & Notary services
Available by appointment

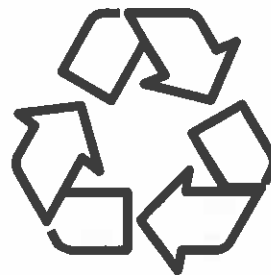
JMY.LEGAL.HELP@GMAIL.COM

**AVAILABLE:
DAYS
EVENINGS
WEEKENDS**

- Small Claims
- Landlord & Tenant
- Provincial Offences
- Criminal law
- Mediation
- Notarizing documents or wills
- Commissioning documents

Jennifer M. Young

PLEASE
RECYCLE
THIS
NEWSLETTER



AD



wine + beer studio '93

69 Broadway St.
Downtown Tillsonburg
(519) 842-2337 (BEER)

Experience a **Do-it-Yourself Drink**

Make Your Own Wine or Beer

Visit the welcoming studio to craft your own wine or beer under the guidance of the friendly experts on site.

Set Up Your Home Studio

Take home your favourite kit to brew your own wine, beer, or cider at home. We have all the supplies you need, too!

Reverse Osmosis Water

Fresh, delicious water for drinking or brewing! Fill up at our U-Fill station, or have it delivered right to your door.

SELLING

—
DOWNSIZING

—
MOVING CLOSER
TO FAMILY

Ready for a New Chapter?

Whether you're downsizing, selling the family home, or moving closer to loved ones, I'm here to guide you every step of the way. With patience, experience, and a focus on your needs, I'll make the process as simple and stress-free as possible.



GRANT SUMLER
SALES REPRESENTATIVE



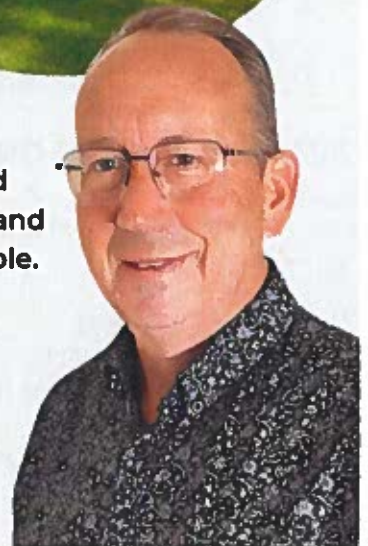
55 Brock St., E
Tillsonburg ON N4G 4H5
Office: 519-842-8418



519-550-5352 (Direct)



grantsumler@royallepage.ca



HARVEST VIEW

APARTMENTS IN TILLSONBURG

STUDIO, 1 & 2 BED RENTALS
NOW LEASING
MOVE-IN NOW

Enjoy An Active Community

- Fitness Studio
- Outdoor Grills
- Billiards Room
- Pet Wash
- Firepit
- Bike Storage
- Social Events

And More!

**MODEL SUITES
NOW OPEN**

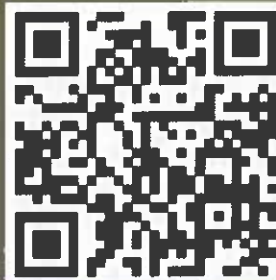
14 Harvest Ave, Tillsonburg ON

519-688-5081

harvestview@onyxcm.ca

www.harvestview.ca

SCAN HERE



TO LEARN MORE



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MY OFFICE CAN HELP YOU WITH:



- Birth and Marriage Certificates
- Commissioner of Oaths
- Congratulatory Certificates for Milestone Anniversaries and Birthdays
- Family Responsibility Office
- MTO
- OHIP and ServiceOntario
- OW/ODSP/WSIB
- Any Other Provincial Matters

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- ✓ Palliative & End-of-Life Care
- ✓ Housekeeping & Meal Preparation

24/7
Care & Support

 **+1 226-231-1328**

 **info@fexhealthcare.ca**

 **www.fexhealthcare.ca**

AD

The Canadian Cancer Society Wheels of Hope program provides safe, reliable volunteer-driven rides for cancer patients traveling to and from treatment appointments, medical imaging, and oncology visits. Call the Canadian Cancer Society Information Line at 1-888-939-3333 to register.

Program Rules & Sign-Up

- **Cost:** Annual registration fee of \$100 covers unlimited rides for a full year; financial support options are available if you cannot pay.
- **Eligibility:** Must have a cancer diagnosis and be undergoing or recently finished treatment (within 12 months) for follow-up.
- **Independence:** Riders must be able to get in and out of a vehicle independently or with a mandatory caregiver escort. Wheelchairs cannot be transported.
- **Notice:** Minimum of 3 business days required when requesting individual rides.
- **Referral:** Sign-up typically requires a referral from your hospital healthcare team or cancer clinic.

A stronger Tillsonburg & County
for everyone!

the peoples mayor

Kelly
SPENCER



for

MAYOR



519-550-2948



SpencerForTillsonburg@outlook.com



<https://spencerformayor.wixsite.com/2026>



Kelly Spencer, Candidate for Tillsonburg Mayor



Chat over coffee? Just let me know!

AD

SPENCER'S PRIORITIES AND SUPPORTS



ECONOMIC HEALTH

- Strong physician recruitment advocacy
- Downtown Task Force & Safety Officer
- Intercity transit revival
- Affordable / Attainable Housing
- Aging in Place: Supports/ Resources for Seniors

ECONOMIC GROWTH

- Support commercial property downtown, a downtown hotel, all-year farmers market.
- Actively continue to support industrial sector expansion for Tillsonburg's industrial and transportation corridors
- Conservative budget, smart investments

COMMUNITY ENGAGEMENT & TRANSPARENCY

- Hold a town hall meeting in between elections to hear citizens, not just every 4 years.
- Transparent communication with council meeting highlight videos for both Tillsonburg and Oxford County, to keep you informed
- Build a collaborative council culture focused on results, not politics

Proven Positive & Effective Leadership

Supported by Experience!

Mayor Cam Mc McKnight - 3 terms 1990-2000

Councillor Pete Luciani - 2 terms 2018-2026

Councillor Bob Parsons - 2 terms 1990 & 2022

READ THEIR TESTIMONIALS ON WEBSITE

SOCIAL PRESCRIBING: WHAT IT IS, AND HOW YOU CAN HELP

Links2Wellbeing
social prescribing for older adults

Since 2024, our Centre has been an active participant in something called Social Prescribing. Through Links2Wellbeing, senior centres like ours have been funded to support older adults who identify financial and other barriers to accessing our services and programs. For some, this has meant financial assistance with the cost of an annual membership or program fees, while for others, it's been assistance with getting to and from the Senior Centre for activities.

We know Social Prescribing works. We also know that with seniors living longer, supporting people to stay active and engaged in their communities is key to preventing falls and injuries, and staving off loneliness, isolation and associated depression.

We remain incredibly appreciative of the funding provided through Links2Wellbeing to help us establish Social Prescribing at our Centre, but since no funding is infinite, we're planning for ways to be able to continue helping the most vulnerable among us, and there are a number of ways you can help.

The simplest way is to make a donation in any amount, and let us distribute the funds to where they're needed most. If you prefer to make a more specific donation, consider sponsoring a membership for someone, paying for a block of classes, or contributing toward taxi passes for those who don't have transportation to the Centre. Another simple way to help is to round up your next purchase with us by \$5 - just tell us you're rounding up for Social Prescribing, and we'll add it to your total. Tax receipts are available for your contributions of \$20 or more - just ask at the time of your donation.

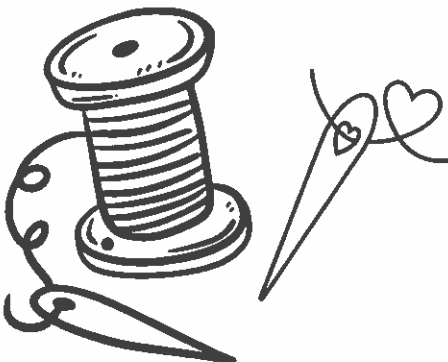
In the meantime, if you know of a senior who may benefit from a 'prescription' for social interaction and activity, please direct them to us so we can tell them about Social Prescribing and connect them with the resources they need to sign up. It's simple to get involved, and all participants' information is confidential.

Thank-you for supporting seniors to live their best lives!

“ Social Prescribing shifts the conversations away from asking, “What’s the matter *with* you?” to “What matters *to* you?” ”

CUSTOM QUILTING AVAILABLE

Did you know that our intrepid group of quilters and crafters offers custom quilting? Whether it's a partially-completed family heirloom quilt that grandma never got the chance to finish, or a quilt for the newest member of the family, our quilters can handle it all! Stop by our craft room Monday or Tuesday mornings between 8:30 and 11 am and let our crafters answer your questions. Custom quilting provides quality workmanship at a reasonable price. Come see us for details!





YOUR DIGITAL WALLET:

WHAT IS IT, AND HOW DOES IT WORK?

Hey you – yes, **YOU!** Did you know that **EVERYONE** who participates in programs at Tillsonburg Senior Centre has a digital wallet? It's part of your profile in our computer system, and is aimed at making payments more convenient for you. How does it work? I'm glad you asked! Let me answer some of your frequently-asked questions:

1. How does it work?

Using your wallet is simple! Deposit an amount of your choosing by stopping by the office and letting staff know you want to put money in your wallet. You can pay for your deposit with cash cheque or debit. We'll add the money, and can give you a receipt if you'd like one. Next, sign up for programs of your choice, and when asked you how you'd like to pay, tell the staff you'd like to use the money in your wallet. We'll apply it to your programs and give you an updated wallet balance.

2. Why would I use my digital wallet?

Not only is your wallet a convenient way to ensure you always have money on hand to pay for your programs and activities here at the Centre, it's great for folks who don't like to carry cash! Also, if we ever have to cancel a class here at the Centre, credit for that class will automatically be placed into your digital wallet, to be used at a later date!

3. Do wallet deposits expire?

No they don't. Any money in your wallet stays there until you decide how you'd like to use it!

4. If I put money in my wallet then swipe in for a program on the sign-in terminal, does the charge automatically come off my wallet?

Great question: **NO**, it does not. **ALL** payments must be handled at the office, so if you're swiping in for a program and want to pay for that program by using your wallet, you **MUST** stop at the office and let staff know so they can process the transaction. This is important, so please remember to tell us **EVERY** time you want to use your wallet to pay for something!

5. What can I pay for using my wallet?

This is simple: **ANYTHING!** You can buy a membership, pay fees for lunches, tickets, dinners or program user fees. It doesn't matter if the transaction is \$2.50 or \$250. If there's money in your wallet, you can use it to pay for whatever you like!

6. Can I transfer money from my wallet into someone else's?

You sure can! Just tell staff who you'd like to transfer the money to, and we'll debit your wallet and add the funds to theirs! Also: If you'd like to treat a friend, you can also deposit money into someone's account for them to use!

7. Can I use my wallet for a split payment?

Yes! If you don't have quite enough in your wallet, you can pay the balance by cash, cheque or debit.

If you have any other questions about the digital wallet, please ask staff! We're happy to help!

Free Seminars

Please register at least 48 hours in advance. Minimum numbers are required for speakers to attend

Support for Care Partners

Thursday Sept 3

11:00am

Join Rebekah in learning how communication can change over the course of the disease and effective ways to supportively communicate with a person living with dementia.

Family members, care partners and the general public are welcome You'll also learn about programs and services offered by the Alzheimer Society.



MEDICAL MINUTE

Tuesday Sept 15

1pm

David Lopes is the owner and pharmacist from Roulston's Pharmacy in Tillsonburg. He leads seminars each month on a different medical topic. Each talk includes a handout on the topic and a question period. Join David Lopes as he talks about cortisol. What is it and how does it affect our bodies?

Insurance Changes Seminar

Monday Sept 21

11am

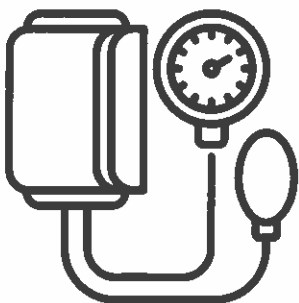
VLG Insurance will join us to talk about the changes to auto insurance that took place July 1, 2026. Learn about what it means for your insurance packages and what parts of your insurance are now optional. Find out what you need to add, or can leave out.

Memories from the Vault:

Thursday Oct 1

Halloween, Haunts, and Crime in the County^{11am}

Join Tysha Rieger, from Oxford County Archives, as she unearths the mysteries of the Halloween season, as she delves into historic and beloved modern traditions, while also looking into some of the County's crime history, sinister dark tales, and spine-tingling ghost stories. Come for the history, stay for the haunts!



BLOOD PRESSURE CLINIC

We're pleased to welcome back the VON and our FREE monthly blood pressure screening clinic. Join us on the 3rd Thursday of the month in our lounge, 10 am – 12 pm and let our friendly volunteers check your blood pressure!

WELLNESS CLASSES

Classes are available for pre-registration on a monthly basis. Please let the office know if you are unable to sign up for a full month at a time. Please note: Credits are only given for missed classes due to medical reasons or class cancellations.

What's the difference? Yoga increases flexibility through static stretches and builds strength through holding poses. Essentrics uses fluid movement to increase flexibility and builds muscle through full-body functional strength

Members \$6.50

Non-Members \$8.00

Aging Backwards

Members \$3

Non-Members \$5

ADAPTIVE CHAIR YOGA

Join John Schieven for a mostly seated class that utilizes gentle yoga poses that stretch and strengthen the entire body. This class is suitable for those that want to reduce stiffness by activating the muscles and maintain range of motion in their joints. Traditional yoga movements meet the repetition of traditional fitness. Get your fitness in with this workout class
NO FLOOR WORK

Benefits of Yoga

- Improves strength, balance and flexibility
- Could help with back pain
- May ease arthritis symptoms
- Could benefit heart health
- Can help reduce stress, inflammation and anxiety
- Connects you with a supportive community
- Can increase blood flow which can help reduce your risk of heart attacks, strokes and blood clots

Tuesday 2pm-3pm

John is away first week of September and returns on Sept 8

ESSENTRICS: AGING BACKWARDS

Effective for flexibility, mobility and pain-relief as well as injury prevention and recovery. This class is slow paced and easy to follow. Music is used to enhance the stretching and strengthening of the body. A chair for support can be used for those concerned about balance. Similar to Stretch and Tone, but slower and only 30 minutes in length.

Wednesday 10:15am-10:45am

STRETCH AND TONE

A dynamic, full body workout that combines stretching and strengthening while engaging all 650 muscles. Effective for flexibility, mobility and pain-relief as well as injury prevention and recovery. This class is medium paced and easy to follow. Music is used to enhance the stretching and strengthening of the body. A chair for support can be used for those concerned about balance.

Wednesday 11:15am-12:15pm

Founded by former professional ballerina, Miranda Esmond-White, and based on fundamental Pilates principles, ESSENTRICS® builds on the benefits of Pilates by combining it with ancient the practices Tai Chi and Yoga, and incorporating modern kinesiological insights, such as proprioceptive neuromuscular facilitation (PNF) technique, and a focus on fascial health.

The resulting workout is a fluid, dynamic flow sequence of body-intuitive movements that utilize natural muscle systems that dramatically improve body awareness and teach us to use our bodies optimally, whether for the physical demands of daily life, or as the foundation of any athletic pursuit.

FITNESS CLASSES

These programs require pre-registration. Programs are registered for on a monthly basis. Please let the office know at the time of booking if you are unable to attend any of your sessions. Please note: Credits are only given for missed classes due to medical reasons or class cancellations.

You may try any class* the first time for free. *except pelvic floor
Chair Fitness and Pelvic Floor and Core are instructed by certified instructors from Stonebridge Community Services.

Claudine is certified to teach Zumba since 2017 and is also a certified Group Fitness Instructor.

Some exceptions apply

Members \$4.00

Non-Members \$6.00

CHAIR FITNESS

This low intensity workout combines cardio, strength, and flexibility all modified from a seated position. This class is perfect for those just starting an exercise routine, recovering from surgery/injury, or are looking for a lower intensity workout. Participants use a resistance band in this class. There is also the option to stand and use the chair as a balance aid.

Monday 10:00am and Friday 10:00am

Wednesday 1:00pm

Moving to 10am October 7 *new!*

LINE DANCING

Line dancing is a great way to socialize, sharpen your memory and keep fit. Join our beginner class to learn the fundamentals with Ellen.

Some experience is recommended.

Ellen has been a line dancer since 1997 and has taught line dance classes for around 20 years. Her kindness and positive attitude makes her a joy to take lessons from.

Thursday

10:00am- 11:00am

PELVIC FLOOR AND CORE

This series will work on strengthening the pelvic floor and core muscles. Learn breathing techniques to improve awareness and control of the pelvic floor. Most of the exercises will be on the mat. Education will be provided on the function and importance of the pelvic floor and core during the classes. Mats will be available for use, but feel free to bring your own

October 7 - December 2 (8 weeks)

No class Nov 11

Wednesday 11:15am

\$32/member and \$48/non-member

ZUMBA GOLD

In Claudine's easy-to-follow, calorie busting Zumba class she'll get your body moving! A mix of Caribbean, World and Pop music in with classic Latin vibes to keep each class moving. To do Zumba you don't have to know how to dance, just follow her lead and have fun. All fitness levels welcome, don't forget your water and towel! The class introduces choreography focusing on balance, range of motion, and coordination. Come ready to sweat and prepare to leave feeling strong and empowered.

Wednesday 10:15am

Moving to Tuesday 1:00pm October 6 *new!*

TAOIST TAI CHI

Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm and refreshed!

Consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Join Dorothy to learn the how and why behind each movement.

First 17 movements of the Taoist Tai Chi

8 week course

\$40/member, \$56/non-member

Wednesday

10am-11am

September 9-October 28

Class is currently full. Please join our waitlist for a spot or the next session

SPORTS

These drop-in programs are pay as you go and anyone can attend. Please create a profile with the office and check in for your programs at the computer terminal. We will show you how. Coffee, tea, and cookies are provided with these programs. If using your digital wallet, please tell the office on your way into the program.

Drop-in Price
Members \$2.50

Non-Members \$4.50

CARPET BOWLING

Carpet Bowling is a team game with two or three persons on each team. The object of the game is for each team member to gently roll special biased bowling balls down a 72ft long carpet so that they stop as close as possible to the small white ball called the jack and receive the allotted points.

Monday 9:00am
Wednesday 12:45pm



INDOOR PICKLEBALL: BEGINNERS

Indoor pickleball is a fun, social, and accessible sport that offers significant health benefits with low impact on the body. It's easy to learn the basic rules, the equipment is affordable, and the smaller court size makes it less strenuous than other sports like tennis. This program is suitable for beginners and those new to pickleball. If you're a more experienced player, please check out Indoor Pickleball: Intermediate.

Monday 1pm

LAP WALKING

Come out for an hour of walking in the auditorium with some catchy tunes. No need to worry about rain, heat, snow, or ice!

Put pep in your step for an extra fun time!

Thursday 8:30am



INDOOR PICKLEBALL: INTERMEDIATE

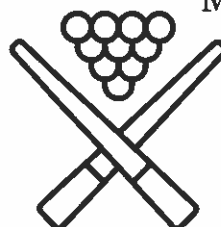
This time slot is set for players that are experienced at the game and not quite at an advanced level yet. Games can be expected to be quick-paced.

Thursday 1pm



POOL TABLES

Bring your friends out for a fun game. We have a heritage snooker table from 1905 as well as a billiards table that can be used throughout the week. Bring your own cue or use ours. Available anytime, except during yoga and essentric classes.



Billiards Times:

Monday- 8:30am-12pm and 12pm-4pm

Tuesday- 8:30am-1:00pm

Wednesday- 12:15pm-4:00pm

Thursday- 8:30am-12:00pm

Friday- 12:00pm-4:00pm

CARD & TABLE GAMES

These drop-in programs are pay as you go and anyone can attend. Please create a profile with the office and check in for your programs at the computer terminal. We will show you how. Coffee, tea, and cookies are provided with these programs. If using your digital wallet, please tell the office on your way into the program.

Drop In Price
Members- \$2.50

Non-Members- \$4.50

HAND & FOOT

Hand and Foot is a popular variation of the rummy type game of Canasta. It is a simpler, easier version for beginners. Players are dealt two sets of cards: "the hand", which is played first, and "the foot", which is played after.

Monday 1:00 pm

AGGRAVATION

Previously known as Whomp'em, this game has been rebranded to clarify what the game is. This fun, fast-paced game involves using cards to move your marbles around the board and back home before another player can 'whomp' you and send you home. Aggravation is typically played with dice, but we play with cards. A traditional race and chase marble game known by many names with many variations.

Tuesday 1:00pm

BID EUCHRE

Bid Euchre is similar to Euchre, but it introduces an element of bidding in which the trump suit is decided by which player bids to take the most tricks. The primary differences are the number of cards dealt, absence of any undealt cards, the bidding and scoring process, and the addition of a no-trump declaration.

Tuesday 1:00pm

SCRABBLE

Scrabble is a word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board divided into a 15×15 grid of squares. Form English words to score.

Tuesday 1:00pm

EUCHRE

Euchre is one of the most popular card games, and it's really easy to learn how to play.

Wednesday 1:00pm

BRIDGE

Bridge is a team trick-taking game played with a standard 52 card deck. The objective is to win as many games to 100 as possible. It is known to be the greatest source of enjoyment that four people can have with a pack of cards.

Wednesday 12:45pm

FARKLE

Join us for a fast-paced game of Farkle! A push-your luck game of rolling dice for points. You roll 6 dice, remove only the dice you want to use for points, and then re-roll the remaining dice.

Thursday 9:30am

CRIBBAGE

Cribbage is a popular, timeless card game that combines strategy, skill, and a sprinkle of luck. The goal is to score points by forming combinations of cards and reaching specific point thresholds. It's a race to be the first player to reach the target score.

Thursday 12:45pm

BINGO

Finish off your week with an afternoon of BINGO! Try your luck to win some token prizes while socializing with friends.

Friday 1:00pm

CREATIVE PROGRAMS

The following programs are a mix of drop-in sessions and activities that require pre-registration. For programs requiring pre-registration, please call the office or pop in. Credits are only given for missed classes due to medical reasons or class cancellations.

Drop In Price
Members- \$2.50

Non-Members- \$4.50

TRIVIA

Come and put all that random knowledge to use with an afternoon of Trivia!

First Friday of each month is Trivial Pursuit. Every other Friday is trivia questions with a caller.

Depending on numbers, you'll play alone or in pairs

Friday 1:00pm

Drop-in



CHOIR

Our Tillsonburg Senior Centre Singers meet in January for a 15-week session leading up to their Spring Concert.

The Tillsonburg Senior Centre Singers meet in September for a 12-week session leading up to their Winter Concert.

This four-part choir welcomes new members each season.

Call the office for pricing details: 688-2520

This is a fun choir with no auditions! The only requirement is an enjoyment of singing. Welcome!

Please note: Music books are on loan from the Senior Centre and can only be marked with sticky notes or pencil.

Tuesday 9:30am-11:30am

September 8 - Nov 24

Winter Concert Nov 24, 2026 1:30pm

Tickets are \$12



BOOK CLUB

Pick up your book at the office for book club. Books are free to borrow thanks to our Tillsonburg Library. You have one month to complete your book. The groups read different books so please pick the day that works best for you consistently.

Chapter 1: last Wednesday of the month

11am on hold until Fall

Chapter 2: last Thursday of the month

11am

Drop-in



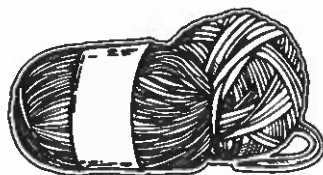
QUILTING AND CRAFTING

Whether you are a beginner or an expert, our quilters and crafters work on projects both individually and as a group. Bring personal projects, or work on something to donate to the Centre craft window.

Quilters do not pay a drop-in fee

Monday and Tuesday at 9:00am

Drop-in



JUNK JOURNALING

Junk journaling is the cozy, stress-free art of turning everyday papers - like vintage recipes, old maps, cards, and wrappers - into personal keepsake books. No artistic experience required. If you can tear paper and use a glue stick, you can junk journal. 4 week workshop with Michelle.

Week 1: The Base - craft your journal cover

Week 2: Pockets and Flaps - create hidden spots to tuck items

Week 3: Texture - don't limit yourself to only paper

Week 4: Memory - design a layout for a meaningful moment

Thursday 10am-12pm

\$25/member, \$35/non-member

ART PROGRAMS

The following programs are a mix of drop-in sessions and activities that require pre-registration. For programs requiring pre-registration, please call the office or pop in. Credits are only given for missed classes due to medical reasons or class cancellations.

Drop In Price
Members- \$2.50

Non-Members- \$4.50

ART CLUB

Explore your creative side during this self-led art group. Bring your supplies and spend the morning creating and enjoying some social time with friends.



Wednesday 9:30am - 11:30am

Drop-in

WATERCOLOURS

Deb Riopelle will be instructing watercolour classes.
Sept 14, 21, 28, Oct 5, 19, Nov 9
\$150/non-member, \$120/member

This 6 week class is designed for those that have some experience but are looking to refresh themselves or gain new skills. Supply list is available at the office

Week 1: Watercolour Experiment
Work with various levels of wetness in paper and paint to create effects. Nail down the technique

Week 2: Watercolour Resist
Keep your whites white and your lights light. Use masking tape, packing tape, wax, and commercial resist. Learn to lift paint.

Week 3: Mixing Watercolour
Keep colours bright, gradate colours, colour blend, and colour layering

Week 4: Negative Space
Paint around an object/shape to make it more pronounced in the composition. Create a unique piece of art

Week 5: Favourites Day
Learn methods using your favourite techniques and bring a painting to life with them. Experiment with ways to create depth, dimension, and distance.

Week 6: Final Project
Bring everything together and create a painting using the photo references provided.

LET'S DRAW:

STILL LIFE

Follow along with Mercedes to create the illusion of 3D in a still life. This session focuses on shading and highlights.

This class is very beginner friendly.

This class is a Christmas themed still life with some Christmas decorations.

You will take home a drawing that is on 8x10 paper
All supplies are provided

\$50/member/\$55/non-member

November 18 - 1pm-3pm

Mercedes is an award winning local artist from Beachville. She primarily works with chalk pastels, graphite pencils, and charcoal.

EMBROIDERY:

HALLOWEEN

Starting from the ground up, learn and practice basic embroidery stitches and work towards creating a beautifully embroidered spooky image. Sewing templates will be available. No previous sewing experience required but is an asset. Open to all levels.

All materials included along with a 4" embroidery hoop.

\$30/member/\$35/non-member

October 15 - 10:00am - 12:30pm

Mercedes is an award winning local artist from Beachville. She primarily works with chalk pastels, graphite pencils, and charcoal.

EDUCATIONAL PROGRAMS

The following programs require pre-registration. For programs requiring pre-registration, members can reserve their spaces for classes ahead of time. Non-Members need to pay for their space at the time of registration for their spot to be reserved. Armchair Travel can be paid for on the day of the program but we ask that you register 48 hours in advance for the presenters benefit

ARMCHAIR TRAVEL

Join us at 1pm the last Friday of each month to hear from one of our great presenters.

We will be shooting the rapids of the Spanish River with Anne Marie Van Heck (along with her son). They will be canoeing the rapids of the Spanish River north of Sudbury and exploring the area around Lake Superior Provincial Park on their way to South Bay Mouth where they take the car ferry MS Chi Cheemaun to Tobermory



Please register 48 hours in advance for the presenter to know how many will be in attendance.

\$2.50/members/\$4.50 non-members

TIME TRAVEL ADVENTURES

Join retired history teachers- Dave, Deward, and Brian- for some thought provoking lessons and discussions on important events and trends from our past that impact our lives today.

Jan - May - 15 week session

\$52.50/member, \$67.50/non-member

Sept - Dec - 10 week session

\$35/member, \$45/non-member

or pay-as-you go, \$5 per class!



Time Travel Adventures

\$5 per class

Mondays Sept 21 Until Dec 7

September 21 - David Hay
The Story of Iran

September 28 - Brian Cox
ARRG! The World of Pirates: How real was
Treasure Island? Part 1

October 5 - Deward Yates
Atlantis: Mythology, reality or Greek hubris

COOKING CLASSES

It's fall which means crisp morning air and savoury soups!

Join us this month and prepare two hearty soups including a loaded baked potato soup, and a stick-to-your-ribs sausage, kale and white bean soup. As always, you get to sample both soups at the end of class, and take home recipes to make them yourself!



Wednesday, Sept 30, 11:15am

Members- \$14.00 Non-Members- \$18.00

Register and pay by Sept 23 to secure your spot

Must cancel by Monday Sept 28 before 11am to receive a credit for this class

GUITAR CLASSES

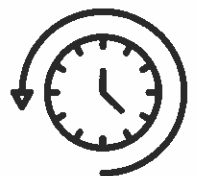
Level 1: Beginners - Friday 9am-10am
10 Weeks Setpember and January start

Level 2: Jam Style advanced lessons -
Friday 10:30am-11:30am
10 Weeks September and January start

Level 2 requires previous experience. Guitars are not provided

\$95/non-member, \$75/member

Oct 16 until Dec 18



October 12 - Thanksgiving

October 19 - Brian Cox
ARRG! The World of Pirates: How real was
Treasure Island? Part 2

October 26 - Deward Yates
Seven Wonders of the Ancient World - Ever
wonder how they were designated and by whom?

July

High Scores

Carpet Bowling

Carpet bowling is a great activity for seniors, offering a fun, low-impact way to stay active and social. It's similar to lawn bowling but played indoors on a carpet, it's accessible year-round.

Monday

12 Brenda Darmon
12 Graham Darmon
10 Hank Couwenburg
10 Jake Klassen

Wednesday

15 Graham Darmon
13 Hank Couwenburg
11 Jake Klassen

Bridge

4400 Peggy Thompson
3830 Teresa Puklicz
3710 Marty Timmons
3650 Barb Aubrey

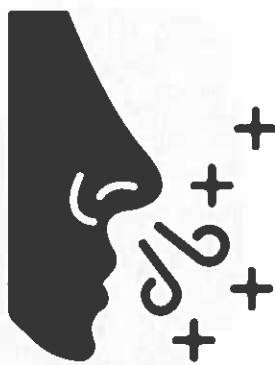
Farkle

High Score:

**NO SCORING IN
SUMMER**

Most Farkles:

Most Skunks:



FRIENDLY REMINDER:
We are a SCENT-FREE facility!
for the safety and comfort of
those with allergies and
respiratory issues, please refrain
from using perfumes, colognes
or other scented products!

The card club tradition is not just about playing cards; it's about building and strengthening community ties. In an age where digital interactions often overshadow face-to-face connections, card clubs offer a refreshing way to enjoy real human interaction. So, call up your friends and neighbors and start creating new memories with one of our card clubs!

Cribbage

	Mens High Hand	Mens Win	Ladies High Hand	Ladies Win	Skunk Guardian
Week 1	24 Frank S	6 Frank S	24 Shirley	5 Cindy	Mens
Week 2	24 Dennis	5 Gunther, Dennis	24 Wendy	7 Joyce, Wendy	Dave
Week 3	20 Cindy	5 Dennis	16 Jane	5 Jane, Shirley, Joanna	Ladies
Week 4	24 Jane	5 Frank S, Jane	22 Wendy	6 Joanna, Anne	Cheri
Week 5	20 Dennis	6 Dennis	22 Wendy	6 Cindy	

August

High Scores

Carpet Bowling

Carpet bowling is a great activity for seniors, offering a fun, low-impact way to stay active and social. It's similar to lawn bowling but played indoors on a carpet, it's accessible year-round.

Monday

16 Hank Couwenburg
15 Brenda Darmon
11 Graham Darmon

Wednesday

17 Graham Darmon
17 Hank Couwenburg
16 Tom T.
10 Jake Klassen

Bridge

3900 Dale Cunningham
3330 Kathie Donaldson
3270 Teresa Puklicz
3210 Joan Skelton

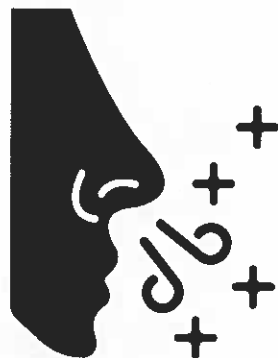
Farkle

High Score:

NO SCORING IN SUMMER

Most Farkles:

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Cribbage

	Mens High Hand	Mens Win	Ladies High Hand	Ladies Win	Skunk Guardian
Week 1	24 Dennis	6 Bryan	24 Shirley	5 Joyce, Cindy, Cheri	Mens: Bryan
Week 2	24 Bryan	4 Bryan, Dave L	24 Cheri	7 Joyce, Yvonne	Ladies: Anne
Week 3	22 Dave L	7 Dave L	20 Yvonne, Shirley	5 Cindy, Shirley	
Week 4	24 Bryan	6 Frank	24 Anne	5 Cindy, Joyce, Jane	