

MARCH 2026
TILLSONBURG SENIOR CENTRE

The Leisure Link

www.tillsonburgseniorcentre.com

In This Issue...
Special Events
50/50 Draw
Top Scores



**MAR 16-
25**

Carpet renovations are underway starting March 16. Programs will be impacted by this renovation as all carpets on the main floor are replaced with tiles. Check the calendar carefully for what programs have changes

**FOLLOW
US:**



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

**GET IN
TOUCH:**

45 Hardy Avenue, Tillsonburg, N4G 3W9
519-688-2520
Program inquiries: Programs@tillsonburgseniorcentre.com
Admin/rental inquiries: npuhr@tillsonburgseniorcentre.com

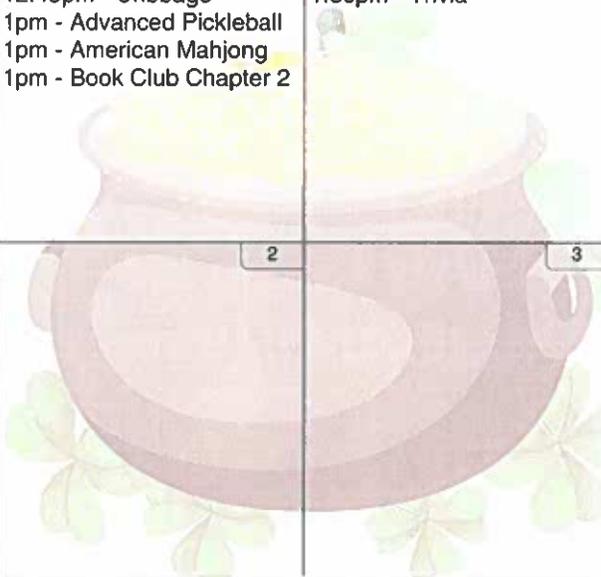
**MAR 13
11:30AM**

March Luncheon
Bangers & colcanon, Dessert, Coffee or Tea
\$15 pp

**THURS
11AM**

Highlighted Program:
Line dance - While advertised as advanced, this class is welcoming to anyone that knows most of the basic line dance steps. Join at 9:45am for beginner lessons

Mon	Tue	Wed	Thu	
2 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Drawing Class 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	3 9am - Quilting and Crafts 9:30am - Choir 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Scrabble	4 9am - FUNCTIONal Fitness 9:30am - Art Club 10:15am - Zumba Gold 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	5 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - Advanced Pickleball 1pm - American Mahjong	6 10am - Chair Fitness 11:15am - Heads Up for Healthier Brains Seminar 1pm - Bingo 1:30pm - Trivial Pursuit
9 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Drawing Class 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	10 9am - Quilting and Crafts 9:30am - Choir 1pm - Bid Euchre 1pm - Medical Minute 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Scrabble	11 9am - FUNCTIONal Fitness 9:30am - Art Club 10:15am - Zumba Gold 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	12 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 10am - Digital Literacy (At MSC) 11am - Line Dancing 12:45pm - Cribbage 1pm - Advanced Pickleball 1pm - American Mahjong Blood Pressure Clinic 10am-12pm	13 10am - Chair Fitness 11:30am - Luncheon 1pm - Bingo
16 - 20 Flooring renovation March 16-24. Rooms changed & some programs cancelled				
16 9am - Carpet Bowling 10am - Chair Fitness 11am - Drawing Class 1pm - Hand and Foot 1pm - Time Travel Adventures	17 9:30am - Choir 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Scrabble	18 9am - FUNCTIONal Fitness 9:30am - Art Club 10:15am - Zumba Gold 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	19 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - American Mahjong	20 9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 1pm - Bingo 1:30pm - Trivia
23 - 24 Flooring renovation continued		25 9am - FUNCTIONal Fitness 9:30am - Art Club 10:15am - Zumba Gold 11am - Book Club Ch 1 11:15am - Cooking Class 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	26 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 10am - Digital Literacy 11am - Line Dancing 12:45pm - Cribbage 1pm - Advanced Pickleball 1pm - American Mahjong 1pm - Book Club Chapter 2	27 9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 1pm - Armchair Travel 1pm - NO BINGO 1:30pm - Karaoke 1:30pm - Trivia
30 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Drawing Class Pt 2 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	31 9am - Quilting and Crafts 9:30am - Choir 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Scrabble	1 - 3 Reminder: Please bring clean, dry footwear during the winter 		



Fitness CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM - CHAIR FITNESS	2:00PM - ADAPTIVE CHAIR YOGA	9AM - FUNCTIONAL FITNESS 10:15AM - ZUMBA GOLD 10:15AM - ESSENTRICS: AGING BACKWARDS 11:15AM - ESSENTRICS: STRETCH AND TONE 1:30PM - DRUM FIT	8:30AM - LAP WALKING 9:45AM - ULTRA BEGINNER LINE DANCING 11AM - LINE DANCING	10AM - CHAIR FITNESS

Table Games CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1PM - HAND AND FOOT	1PM - BID EUCHRE 1PM - WHOMP'EM 2PM - SCRABBLE	1PM - BRIDGE 1PM - EUCHRE	9:30AM - FARKLE 12:45PM - CRIBBAGE 1PM - AMERICAN MAHJONG	1PM - BINGO

Sports CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS/SNOOKER ALL DAY 9AM - CARPET BOWLING 12:30-4 DARTS 1PM - INDOOR BEGINNER PICKLEBALL	BILLIARDS/SNOOKER 8:30-12 8:30-1 DARTS	BILLIARDS/SNOOKER 12:15-4 12:45PM - CARPET BOWLING	BILLIARDS/SNOOKER 8:30-12:30 8:30-12:30 DARTS 12PM-2PM 2PM-4PM INDOOR INTERMEDIATE PICKLEBALL	BILLIARDS/SNOOKER 12-4PM DARTS 12-4PM

FRIDAY FUNDAYS!

KARAOKE

Unleash your inner superstar the last Friday every month!

Whether you're singing solo, duetting with a friend, or performing as a group, karaoke is a shared experience that enhances social bonds.

TRIVIA

Join us at 1:30pm on the first Friday of the month for Trivial Pursuit and the rest of the Fridays for Trivia and put your knowledge to the test!

BINGO

Bring your lucky troll on Fridays and join us for an afternoon of games. Starts at 1:00pm. No Bingo last Friday of the month

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.



RZone Policy in
Effect

Be nice to each other out
there



COFFEE TIME!

COFFEE SERVICE
FOR THE MONTH
OF MARCH
GENEROUSLY
PROVIDED BY
'THE DEKIN'



THANK YOU!

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

Thanks!

Thanks to Murray and Melanie
Cornwell, who sponsored our
coffee carts AND cookies for
the month of February!
Your kindness is appreciated!

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

Mobile: #SAFE (#7233)

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

Seniors Safety Line Toll Free (Ontario) 1-866-299-1011

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

MESSAGE FROM THE BOARD

Yippee! It's March. And we all know what that means. Spring is in the air. We've had a pretty unpleasant winter (unless you're a skier who likes cold temperatures) with what feels like more snow than usual. I hope, like me, you're looking forward to warmer temperatures, buds on trees and planning for summer.

At Tillsonburg Senior Centre, the Board of Directors is using the rejuvenation theme of spring to work on updating the centre's strategic plan. With the help of former Board member Karen Smith, our current Board will, this month, be developing goals to help guide our future direction. Our goals will be accompanied by specific actions and timelines so we can measure our success. We'll look forward to sharing with you the outcome of our planning session and to keep you informed as we work toward achieving the goals.

While our terrific staff, instructors and program volunteer team excel at bringing our members fulfilling programs and services, the Board functions as the governance of our non-profit, charitable centre. Governance includes financial management, organizational planning, and accountability. Our Board of Directors is elected by the Centre's membership with new and renewing Board members voted on at an Annual General Meeting. The Board meets monthly on the morning of the second Thursday. We are recruiting now for our May 28th AGM. Please let our Board Chair Dorothy or Administrator Nancy know if you have an interest in being nominated.

Before signing off, I want to put a plug in for one of our new initiatives...Debit. I found this change very handy and used it to make a deposit on my electronic "wallet" to pay in advance for programs. Now when I attend an activity, I just let the staff know and they deduct the fee directly from the wallet in my member record. No need to have cash! Easy peasy. I also used debit to pay for an auction item. Check it out if you haven't tried it but keep in mind it's for transactions of \$10 or more.

Happy Spring everyone. And thanks for helping make our centre such a welcoming place to hang out.

- Joan Skelton, Vice-Chair of the Board

Your Board of Directors

Dorothy Hrischenko - Chairperson

Joan Skelton - Vice-Chairperson

Lisa Belliveau - Treasurer

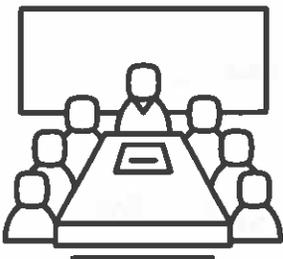
Crystal Getty - Secretary

Terry Fleming - Director

Joanna LeBlanc - Director

Linda McGaughey - Director

Marion McLean - Director



OUR MISSION

The Tillsonburg Senior Centre provides high-quality, inclusive recreational programs for those age 50+ which support physical, mental and social wellbeing.

A NOTE FROM NANCY

As we enter the month of March we think of St. Patrick's Day, the wearin' o the green, the arrival of spring, and growth and life renewed after along winter's nap. Here at the senior centre, we're also preparing for a renewal of sorts, with a large-scale flooring replacement happening the week of March 16-20. During this time, programs may be temporarily relocated, so please be sure to check our sandwich board in the lobby during the reno to know where your programs will be taking place, and we thank you in advance for your patience while we get this much-needed repair done! A special thank-you to the Town of Tillsonburg for providing partial funding support for this project!

Spring is also the time we start thinking about our Annual General Meeting (see page 27 for details) and elections to the Board of Directors. If you're a creative thinker, a team player and you care about the future of your Senior Centre, perhaps Board membership is right for you!

The Board meets once monthly on the second Thursday of the month for approximately two hours, with additional meetings as necessary. The Board governs the senior centre and makes decisions about policies and procedures and ensures the centre's financial health. If this sounds right up your alley, please see the office for a nomination form by the end of the month, and come prepared to introduce yourself to the members at our AGM in May. Thanks to Melanie Cornwell for standing for election this spring - we look forward to hearing what she has to say in May!

Thanks to all members of our Board who continue to serve, and to those whose terms are ending this year!

That's all for now - I'll see you around the Centre!
Nancy Puhr-Slingerland, Administrator

THANK-YOU, DONORS:

*Ken & Dianne Parnell, Julia Torma, Ed Eley (posthumously), Karin Frohman,
Glenda Walker, John Hall, Penny Holmes, Bruce Gannon
and to those that wish to remain anonymous!*

THANK
YOU!

*in
loving
memory*

Thanks to all our program conveners and volunteers who have worked so diligently to help us prepare for our flooring replacement this month. We appreciate everyone's time and effort to clean up, pare down, organize, pack and move program supplies, books, furniture and more!!

No longer by our side, forever in our hearts.

Gary Seitz

*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.*



THE LEISURE LOWDOWN

MONTHLY HIGHLIGHTS

Time Travel Adventures (History)
Deward, Brian, and Dave take us on a spin through time
Mondays 1pm \$5

Karaoke
1:30pm Friday Mar 27
NEW DATE

Luncheon
Join us Mar 13 for bangers (sausages) in a savoury onion gravy alongside creamy colcannon (mashed potatoes, onions, cabbage). Dessert to follow. \$15

Mar 13 - 11:30am
Last day to register - Mar 6

Beginner Pickleball Instruction
Join us the FIRST Monday each month to learn how to play pickleball. For the ultimate beginner.
\$2.50/member
\$4.50/non-member
Rest of month is regular beginner games

Drawing Class pt 2
Continue where Intro to Drawing left off. Open to everyone!
Mar 23, 30, Apr 13, 20, 27, May 4
11:00am-12:30pm
\$74/member, \$84/non-member
6 sessions, 90 minute session

Guitar Classes
March 20 - May 29
Level 1 - 9am-10am
Beginners picking up the guitar to working on building skills

Level 2 - 10:30am-11:30am
*Level 2 - must have previous guitar experience

Volunteer Appreciation
Mike Martineau will join us for an afternoon of musical entertainment. Open to our registered volunteers around the Centre. By Invitation Only

April 30 1:30pm

Choir
Choir returns Jan 27 for 15 weeks. New members are welcome at anytime!
\$63/non-member
\$49/member
Jan 27- April 28

Spring Concert
April 28 1:30pm \$12

Renovations
March 16-24 renovations will take place. Please check the calendar carefully! We will post the locations of programs each day at the centre.



FREE SEMINARS

Heads up for Healthier Brains Discussion
Learn how certain lifestyle choices can help to reduce modifiable risk factors for dementia. Adopting healthy behaviours, staying socially active, avoiding head injury, and challenging our thinking are some of the ways we can keep our brain healthy as we age. You'll also learn about programs and services offered by the Alzheimer Society.

Mar 6 11:15am

Medical Minute
Join David Lopes, Roulston's Pharmacist, to talk about reducing the risks of insomnia. Emma will be joining us as well to delve into this topic!

Mar 10 1pm

MSC Digital Literacy
Learn the basics of email, Facebook, Microsoft, Online safety, Zoom calls and more

March 12 (MSC Centre) March 26 (here) 10am -12pm

MEMBERSHIPS

Memberships are \$55 for the calendar year

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.

Tillsonburg Senior Centre Monthly 50-50 draw

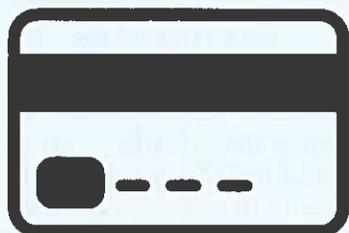
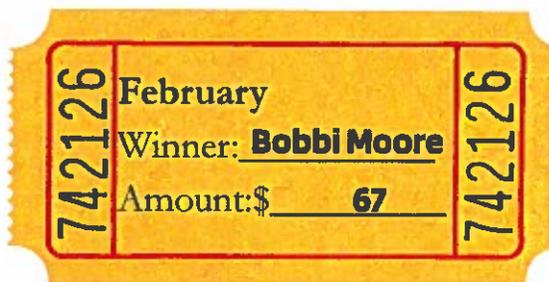
Tickets are \$2 each

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.

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

Lottery # M601364

Congrats!



NEW: PAY BY DEBIT!

NEW! Debit transactions now available (\$10 minimum). Please note: If you accidentally tap a credit card YOU will be charged 2.4% additional fee!



Here to provide you
with support

all winter long



TOLL-FREE 1-866-299-1011
TTY 1-866-299-0008
<https://seniorssafetyline.ca/>



Tillsonburg Senior Centre BOOK CLUB



CHAPTER 1: LAST WEDNESDAY OF EVERY
MONTH @ 11 AM
CHAPTER 2: LAST THURSDAY OF EVERY
MONTH @ 1 PM



Compassionate Home Care You Can Trust

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www.fexhealthcare.ca

DRAWING LESSONS PART 2



MORE INFORMATION:

6 week course (1.5 hour lessons)
Mar 23, 30, Apr 13, 20, 27, May 4
11:00am - 12:30pm

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

DRAWING PART 2

REGISTER NOW

Build off of previously learned skills using different drawing approaches. This will help build confidence in your work and understanding of basic drawing skills. We will work towards a final still life drawing.

This class will continue where Intro to Drawing left off. It is open to everyone!

Participants are asked to bring an 8.5" x 11" (approximate size) sketchbook as well as any pencils or erasers they have. All other material including extra pencils and erasers will be provided as needed.

\$74/MEMBER, \$84/NON-MEMBER

NEW: LONGER TIME SLOT AND 2
EXTRA SESSIONS!

MERCEDES VICTORIA

Mercedes is an award winning local artist from Beachville. She primarily works with chalk pastels, graphite pencils, and charcoal. This birch tree is one of her original pieces as an example of her work

DRAWING KITS: \$24 - INCLUDES: VARIETY OF
PENCILS, ERASERS, AND BLENDING TOOL



March Luncheon: Bangers & Colcannon



This month, join us for a taste of the Emerald Isle! We're serving up bangers (sausages) in a savoury onion gravy alongside creamy colcannon (mashed potatoes, onions, cabbage), with coffee or tea and dessert.

\$15 per meal
Call 688-2520 to
register by Mar 6

Friday, Mar 13, 11:30am - 1pm
Please bring a reusable container if you would
like to purchase leftovers* Subject to availability



COOKING CLASS

DELICIOUS VEGETARIAN

Join us as we explore dishes so
delicious you'll forget they're
vegetarian! We'll start with a creamy
Tuscan white bean skillet, and serve
it up with a sheet pan veggie gnocchi.
Sign up by calling the office: 688-2520



WEDNESDAY, MAR. 25
11:15 AM

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





BARKS PEDORTHICS ASSESSMENTS ON WHEELS

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Services Covered By
Many Benefits Plans

We Can Help With

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Plantar Fasciitis

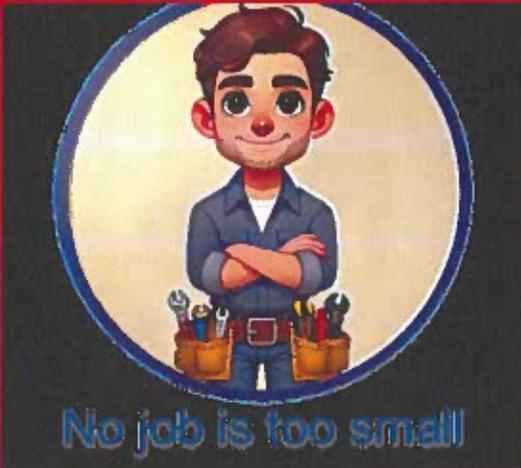
Acquired Workplace Injuries

Diabetic Ulcers

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



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

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- ✓ Grab bars & safety items
- ✓ Furniture assembly
- ✓ Yard work & more!
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- ✓ Seniors' Discount

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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

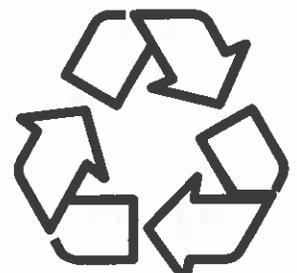
JMY.LEGAL.HELP@GMAIL.COM

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



HARVEST VIEW

APARTMENTS IN TILLSONBURG

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

Enjoy An Active Community

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- Outdoor Grills
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- Firepit
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www.harvestview.ca

SCAN HERE



TO LEARN MORE

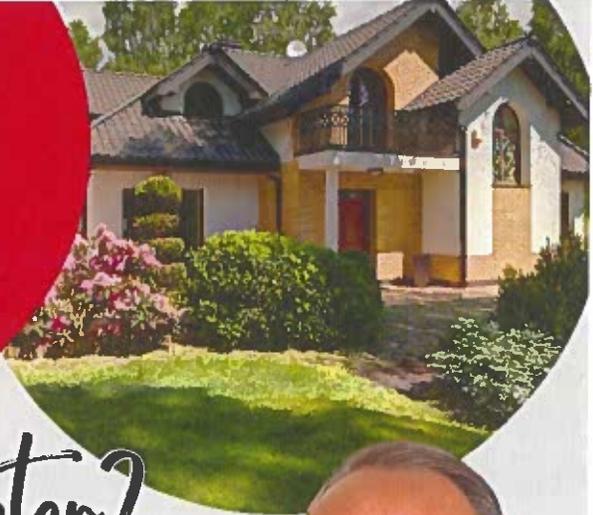




SELLING

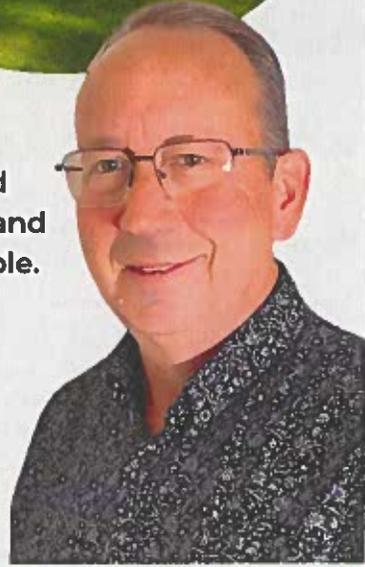
 DOWNSIZING

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 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.



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 SALES REPRESENTATIVE



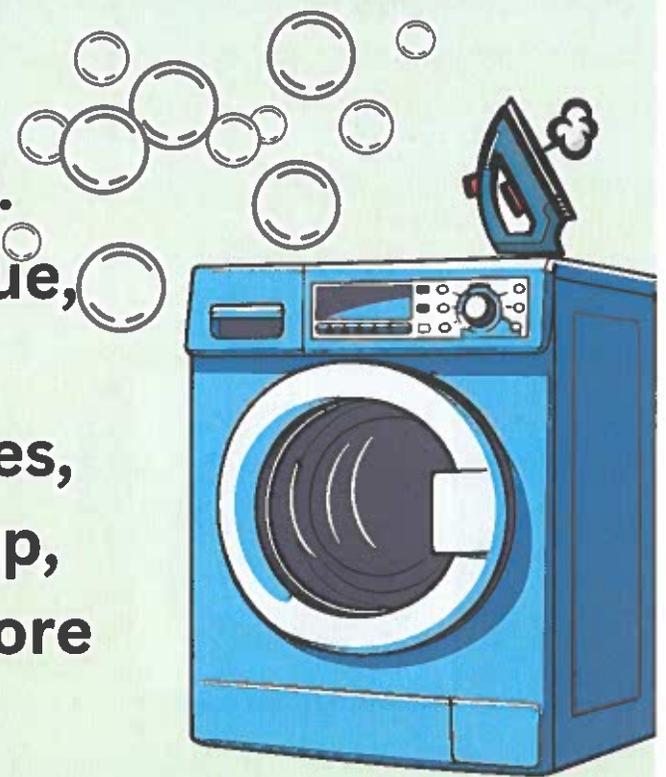
55 Brock St., E
 Tillsonburg ON N4G 4H5
 Office: 519-842-8418



519-550-5352 (Direct)
grantsumler@royallepage.ca

Loads of Laundry Inc.

**Need to come clean?
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 Located at 102 Tillson Avenue,
 Unit F, in Tillsonburg
 Featuring brand new machines,
 dry cleaning drop off/pick-up,
 wash and fold service and more
 519-550-9274**



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!



Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.



CALL US TODAY!

Get your **FREE** Menu

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HeartToHomeMeals.ca

*Some conditions may apply.



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and offer Special Diet Options

If 'some assembly required' has
you down, call

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Stop fussing with vague, confusing
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Prices start at \$40, depending on complexity of
the job, cash only.

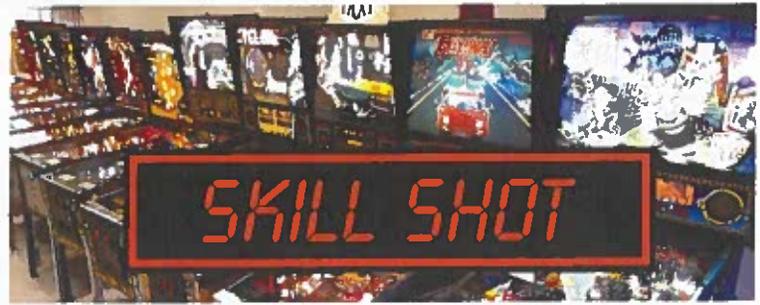


Call:

226-213-3710

Check us out on Facebook:

<https://www.facebook.com/61573178662960/>



Tillsonburg's Classic Pinball Arcade

102 Tillson Avenue, Unit I

Located across from Home Hardware

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MON to SAT: 12pm - 8pm, SUN: By Appointment

Rediscover the Joy of Playing Pinball!

Step back in time and enjoy the sights, sounds,
and fun of real pinball machines

Bring the grandkids, affordable fun

Great for family visits & group outings

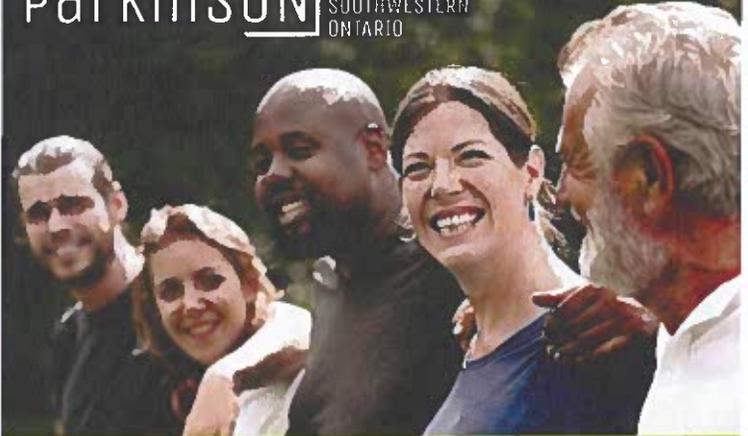
Private Party Rate \$60 per hour

No coins required

Sunday discount: \$10 off total parlour rental charge

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parkinson SOCIETY
SOUTHWESTERN
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SUPPORT GROUP

Do you or someone you know
have Parkinson's Disease?

We Are Here to Help.

Tillsonburg Parkinson's Support Group

For more information and to connect with this
group, email stephen.owen@pssso.ca

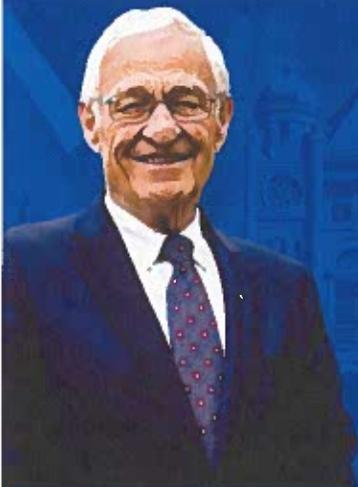
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Free Seminars

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

Heads Up for Healthier Brains

Friday March 6

11:15am

Learn how certain lifestyle choices can help to reduce modifiable risk factors for dementia. Adopting healthy behaviours, staying socially active, avoiding head injury, and challenging our thinking are some of the ways we can keep our brain healthy as we age. You'll also learn about programs and services offered by the Alzheimer Society.

MSC Digital Literacy

Thursday March 12 **Thursday March 26**
(MSC location) 11am **11am**

Learn the basics of email, Facebook, Microsoft, online safety, Zoom calls, and more. If you have already taken this course, the material will be different from the last time. A guest speaker (Cyber Security Professional) will be present for part of the seminar.



MEDICAL MINUTE

New date
March ONLY

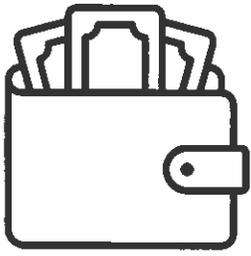
Tuesday March 10
1pm

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 from Roulston's Pharmacy as we discuss how to minimize the risk of insomnia. Emma will be returning for this session!

BLOOD PRESSURE CLINIC NEW DATE MARCH ONLY March 12

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!





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!

PROGRAM REGISTRATION

Some programs here are available for pre-registration on a monthly basis. Members have the option to reserve their spots in advance, while Non-Members are required to make payment at the time of registration to secure their places. Credits are exclusively issued for missed classes attributed to medical grounds or in cases of class cancellations due to inclement weather or instructor unavailability.

You can add money to your digital wallet ahead of time and not worry about having cash on hand each time. All user fees include coffee, tea, and cookies. Please note: Credits are only given for missed classes due to medical reasons or class cancellations.

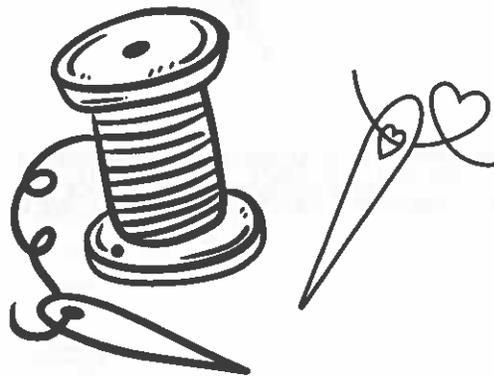
NO FEE DROP-IN PROGRAM

QUILTING AND CRAFTING

Whether you are a beginner or an expert, our quilters and crafters work on projects both individually and as a group. There is no fee for this program as many of the projects are donated back to the Tillsonburg Senior Centre and sold for various fundraising projects.

Monday and Tuesday 9:00am-11:30am

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 9:30 and 11 am and let our crafters answer your questions. Custom quilting provides quality workmanship at a reasonable price. Come see us for details!

SOCIAL PRESCRIBING Social prescribing bridges the gap between clinical and social care by referring patients to local services that are chosen according to the client's interests, goals, and gifts. It allows health providers to formally refer patients to community-based programs. It empowers clients to improve their health by developing new skills, participating in meaningful activities, and becoming more connected to their communities. It could be participating in an exercise group, taking an art or dance class, joining a bereavement network, and much more. Ask us how we're participating!

DROP-IN PROGRAMS

Members- \$2.50
Non-Members- \$4.50

The following programs do not need to be pre-registered for. You can attend when you can. You can add money to your digital wallet ahead of time and not worry about having cash on hand each time. These user fees include coffee, tea, and cookies. Exceptions apply for lessons.

CARPET BOWLING

This is an enjoyable and safe game, suitable for all. This game provides a nice alternative to sports that rely on strength, agility and speed. New players are always welcome. 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 at 9:00am

Wednesday at 12:45pm



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:

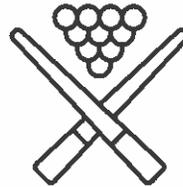
Monday- 8:30am-12pm and 12pm-4pm

Tuesday- 8:30am-1:00pm

Wednesday- 12:15pm-4:00pm

Thursday- 8:30am-12:00pm

Friday- 12:00pm-4:00pm



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, 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

AMERICAN MAHJONG

Mahjong is a four-player tile game that involves matching tiles to a specific winning hand on an official card. The game is a mix of strategy, skill, and luck, and the first player to form a valid hand calls "Mahjong" to win the round.

Thursday 1pm



INDOOR PICKLEBALL BEGINNER LESSONS

Never played before and not sure where to start? Join us on the first Monday each month to learn how to play the fun game of pickleball. Continue playing on Mondays to build on your skills and become comfortable playing

First Monday 1pm

AMERICAN MAHJONG LESSONS

Sign up to learn how to play American Mahjong. This will require 4 players to run. It also requires attendance at all 4 classes in order to build on skills.

Tuesday 1pm

Call to join a waitlist so we can schedule the next session

\$10/member

\$18/non-member

YOGA AND WELLNESS CLASSES

These 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.

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

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.

Get your fitness in with this workout class

Tuesday 2pm-3pm

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

ESSENTRICS:

STRETCH AND TONE

A dynamic, full body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. Effective for flexibility, mobility and pain-relief as well as injury prevention and recovery. This lively 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

AGING BACKWARDS

Similar to Stretch and Tone but a bit slower-paced, Aging Backwards focuses on fascial stretch in each of the body's muscle groups to improve flexibility, balance and overall health. Join Lori for this dynamic, relaxing class!

Wednesday 10:45am-10:45am

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.

Members: \$6.50/class

**Non-Members:
\$8.00/class**

**Aging Backwards:
\$3/member, \$5/non-member**

**Essentrics cancelled for
March. Will return in April!**

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.

Chair Fitness, Drum Fit, and Functional Fitness are all instructed by certified instructors from Stonebridge Community Services.

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

DRUM FIT

This unique program uses movement through drumming to benefit both the mind and body. Reduce stress and anxiety with this upbeat class and get moving to some uplifting music! No musical experience is needed in this class. The drumsticks are for fun, not holding a beat.

Wednesday 1:30 pm

***NOTE: Effective March 1, class fees are increasing to \$4/members and \$6/non-members PER CLASS to reflect increased class costs.**

'FUN'CTIONAL FITNESS

A fun and challenging workout for strength and cardio. This class is a high intensity workout with a creative and challenging format. This class is mostly standing with a small portion sitting in a chair. Designed for those that want to work up a sweat.

Wednesday 9:00am

NOTE: Effective March 1, class fees are increasing to \$4/members and \$6/non-members PER CLASS to reflect increased class costs.

Some exceptions apply
Members \$4.00
Non-Members \$6.00
Chair Fitness
Members \$3.00
Non-Members \$5.00

LINE DANCING

Line dancing is a great way to socialize, sharpen your memory and keep fit. Join our beginner class to learn the fundamentals and then try the advanced class to sharpen those skills.

ULTRA Beginner

Thursday
9:45 am

Advanced

Thursday
11:00 am

***NOTE: Effective March 1, class fees are increasing to \$4/members and \$6/non-members PER CLASS to reflect increased class costs.**



ZUMBA GOLD

This is a low impact dance and fitness-focused class that blends spicy Latin rhythms such as Salsa, Cha Cha, Merengue and Rock' n' Roll, with easy-to-follow moves. The class introduces choreography focusing on balance, range of motion, and coordination. Come ready to sweat and prepare to leave feeling strong and empowered. Join Lena and have a blast!

Wednesday 10:15 am

***NOTE: Effective March 1, class fees are increasing to \$4/members and \$6/non-members PER CLASS to reflect increased class costs.**

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.

Thursdays 2pm

ON HOLD FOR TIME BEING

8 week course

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

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.

HAND & FOOT

Hand and Foot is a popular variation from the rummy type game of Canasta. It is a simpler, easier version of Canasta for beginners. Players are dealt two sets of cards: "the hand", which is played with first, and "the foot", which is played after. The game generally has four players consisting of two partnerships.

Monday 1:00 pm

WHOMP'EM

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.

Tuesday 1:00 pm

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 1:00 pm

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. The tiles must form words that, in crossword fashion, read left to right in rows or downward in columns and are included in a standard dictionary.

If you're a wordsmith (or if you just love this game) come on out and stretch your mental muscle with friends!

Tuesday 2:00 pm

EUCHRE

If you're looking for a classic card game to play with your friends, it's time to give Euchre a try. Euchre is one of the most popular card games, and it's really easy to learn how to play.

Wednesday 1:00 pm

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 12:45 pm

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. Come and see how much fun you can have with a set of dice!

Thursday 9:30 am

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 12:45 pm

BINGO

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

Friday 1:00 pm

- No bingo on last Friday of the month!

Drop In Price

Members- \$2.50

Non-Members- \$4.50

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

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



KARAOKE

On the last Friday of each month, bring your friends out for an afternoon of Karaoke. With a large catalogue of songs, there is something for everyone to have a good time and maybe even get some dancing in!

Last Friday of every month at 1:30pm



GUITAR

Level 1: Beginners - March 20 (10 weeks)

9am-10am

Level 2: Advanced - March 20 (10 weeks)

10:30am-11:30am

Level 2 must have previous experience. Guitars are not provided

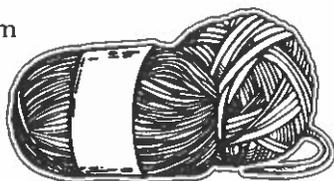
\$95/non-member, \$75/member

QUILTING AND CRAFTING

Whether you are a beginner or an expert, our quilters and crafters work on projects both individually and as a group. There is no fee for this program as many of the projects are donated back to the Tillsonburg Senior Centre and sold for various fundraising projects.

Monday and Tuesday at 9:00am

FREE Program



CHOIR

Our Tillsonburg Senior Centre Singers return in January for a 15-week session leading up to their Spring 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 at 9:30am

Jan. 27-April 28



Spring Concert April 28 1:30pm

Tickets will be on sale soon for \$12

TRIVIA

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

We will play Trivial Pursuit individually or in pairs depending on numbers. First Friday of each month at 1:30pm

We'll split into pairs or teams depending on numbers and an afternoon of trivia!

Every Friday of the month except the first 1:30pm



EDUCATIONAL PROGRAMS

The following programs are a mix of drop-in sessions and activities that require pre-registration. For drop-in programs you pay each time you come. 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.

COOKING CLASSES

Join us as we explore delicious vegetarian cuisine. We'll make a creamy Tuscan white bean skillet and a yummy sheet pan veggie gnocchi!

Wednesday, Mar. 25, 11:15 am

Members- \$14.00/class

Non-Members- \$18.00/class



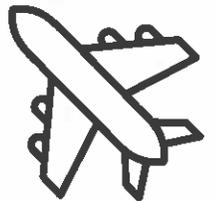
ARMCHAIR TRAVEL

Join us at 1pm the last Friday of each month to hear from one of our great presenters! This month we welcome Jeff Tribe as he takes us to Rwanda. Please join him on his presentation "Grace: A Rwandan genocide survivor/refugee/charitable organization founder/philanthropist's remarkable choice"

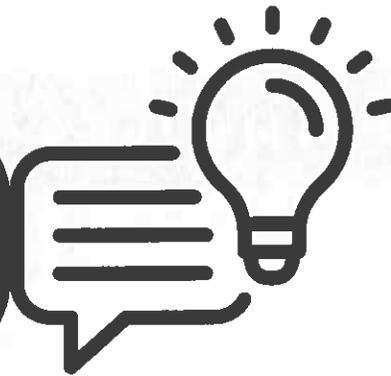
Last Friday of the month

1:00pm

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



If you have ideas for new classes and programs, please let Michelle know!



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.

Returns Jan. 5 for a 15-week session

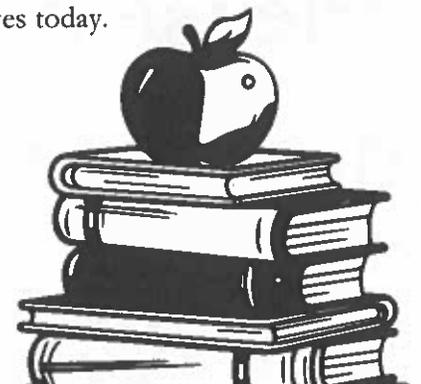
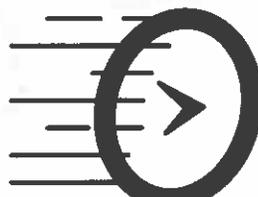
Session price is \$52.50/members, \$67.50/non-members

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

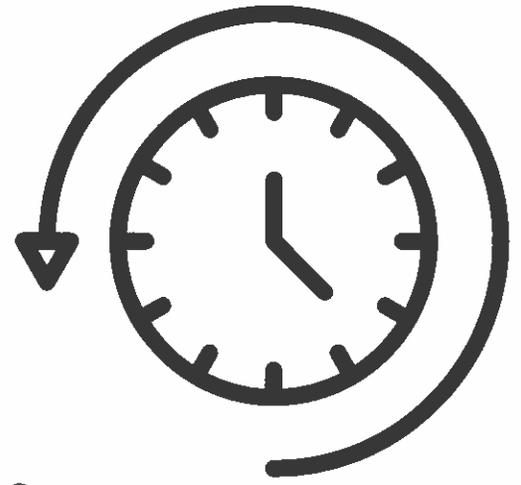
Monday Jan 5 - May 4

1pm

NO Class - Feb 16, April 6



Time Travel Adventures



Mar 2 - David Hay

The “Greats in History” - Constantine, Catherine, and Alexander are examples.

Mar 9 - Deward Yates

A focus on the Ancient World with a look at civilizations on the Nile, Tigris-Euphrates, Mesoamerica and Andean America.

Mar 16 - Brian Cox

The origin and meaning of some of our most well known superstitions, legends, and folklore

Mar 23 - Brian Cox

The origin and meaning of some of our most well known superstitions, legends, and folklore

Mar 30 - Brian Cox

The origin and meaning of some of our most well known superstitions, legends, and folklore

Mondays Until May 11

\$5 per class

Reminder:

**Please bring clean,
dry footwear during
the winter**



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



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!

AGM 2025

Our 2025 Annual General Meeting is scheduled for Thursday, May 28 at 1:30 pm in the Senior Centre Auditorium. Join us for a review of the 2025 financials, program updates and to meet your Board of Directors. All members are welcome to attend. Light refreshments to follow





Welcome Spring

Join the Tillsonburg Senior Centre Singers
at their annual Spring Choir Performance

45 Hardy Ave

Senior Centre Auditorium

Light refreshments to follow



\$12

Advanced
ticket sales
ONLY



1:30pm

**Apr 28,
2026**

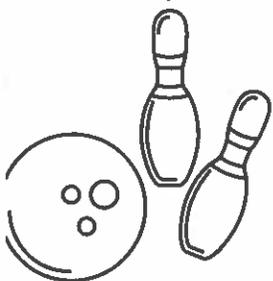
Carpet Bowling

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, making it accessible year-round. The game is relatively gentle on the body, requiring strategic thinking and coordination, and can be adapted for those with mobility issue



Top Scores

February



Monday

Brenda Darmon	12
Jodie De Melo	10
Jake Klassen	10
Hank Couwenburg	8
Graham Darmon	8

Wednesday

Peter Motter	22
Julie Sivern	18
Tom Malloy	18
Hank Couwenburg	14

Bid Euchre

Join us May 5, 2026 for a
half day **Bid Euchre Dessert
Tournament**

Farkle



Most Farkles: Helena G	49
Most Skunks: Julia C	4
High Score: Louise R	72,500
Helena G	58,650
Penny H	57,600

Cribbage

Feb	Mens High Hand	Mens Win	Ladies High Hand	Ladies Win	Skunk Guardian
Week 1	Mike 22	Mike, Bryan, Dan 5	Shirley, Cindy 20	Cindy 7	Mens: Bryan
Week 2	Dave 20	Bryan 6	Cindy 20	Anne, Cindy, Joyce 5	Ladies: Cheri
Week 3	Joan 24	Joan 6	Shirley 24	Joanna, Shirley 6	
Week 4	Dave 21	Gunther 6	Anne Marie 17	Anne 5	

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!

