

APRIL 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

**APR 17
11:30AM**

April Luncheon

Homemade split pea and ham soup, side salad, and cheese bun, with a slice of pie to finish off the meal, coffee or tea
\$15 pp

**APR 28
1:30PM**

Tillsonburg Senior Centre Singers Spring Concert

Tickets are \$12 and can be purchased in the office. Advanced sale only
Our choir has been hard at work putting together a show to celebrate Spring's arrival. Light refreshments to follow

**MAY 5
12PM**

Bid Euchre Dessert Tournament

\$10 entry

Dessert: slice of pie with a scoop of ice cream

Cash prizes

HALF DAY 12pm-3pm

Advanced registration **ONLY**

Gaming License: SG1532000

**THURS
12:45PM**

Highlighted Program: Cribbage

A card game that combines strategy and skill. 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.

Mon	Tue	Wed	Thu	Fri
30	31	1	2	3
		9am - FUNctional Fitness 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - Advanced Pickleball Indoor 1pm - American Mahjong 2pm - Tai Chi	CLOSED GOOD FRIDAY
6	7	8	9	10
CLOSED EASTER MONDAY	9am - Quilting and Crafts 9:30am - Choir 1pm - Bid Euchre 1pm - Whomp'em 1pm - Shuffleboard 2pm - Adaptive Chair Yoga 2pm - Scrabble	9am - FUNctional Fitness 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - Advanced Pickleball Indoor 1pm - American Mahjong 2pm - Tai Chi	9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 1pm - Bingo 1:30pm - Trivia
13	14	15	16	17
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	9am - Quilting and Crafts 9:30am - Choir 1pm - Bid Euchre 1pm - Medical Minute 1pm - Whomp'em 1pm - Shuffleboard 2pm - Adaptive Chair Yoga 2pm - Scrabble	9am - FUNctional Fitness 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	8:30am - Lap Walking 9:30am - Farkle 9:45am - Begin. Line Dance 11am - Line Dancing 11am - Support for Care Partners 12:45pm - Cribbage 1pm - Advanced Pickleball Indoor 1pm - American Mahjong 2pm - Tai Chi Blood pressure clinic 10am-12pm	9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 11:30am - Luncheon 1pm - Bingo 1:30pm - Trivia
20	21	22	23	24
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	9am - Quilting and Crafts 9:30am - Choir 1pm - Bid Euchre 1pm - Whomp'em 1pm - Shuffleboard 2pm - Adaptive Chair Yoga 2pm - Scrabble	9am - FUNctional Fitness 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - Advanced Pickleball Indoor 1pm - American Mahjong 2pm - Tai Chi	9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 1pm - Armchair Travel 1pm - NO BINGO 1:30pm - Karaoke 1:30pm - Trivia
27	28	29	30	1
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - CMHA Stress Management Seminar 11am - Drawing Class 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	9am - Quilting and Crafts 9:30am - Choir 1pm - NO Bid Euchre 1pm - Whomp'em 1pm - Shuffleboard 1:30pm - Choir Performance 2pm - Adaptive Chair Yoga 2pm - Scrabble	9am - FUNctional Fitness 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11am - Book Club Ch 1 11:15am - Cooking Class 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - NO Advanced Pickleball Indoor 1pm - Book Club Ch 2 1pm - American Mahjong 1:30pm - Volunteer Appreciation Day 2pm - Tai Chi	

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 1PM-3PM SHUFFLEBOARD	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 at 1:30pm! 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

A line drawing of two hands shaking, symbolizing agreement or partnership.

COFFEE SERVICE FOR
THE MONTH OF APRIL
GENEROUSLY
PROVIDED BY
TILLSONBURG
SENIOR CENTRE
SINGERS

THANK YOU! A line drawing of a coffee cup with steam rising from it.

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

COOKIE SERVICE FOR
THE MONTH OF APRIL
GENEROUSLY
PROVIDED BY
MEL AND CRYSTAL
GETTY

THANK YOU! A line drawing of a heart-shaped cookie with a pattern on it.

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

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

As I write this, I look out my office window and see the sun shining. When I let my dog out in the backyard this morning I did not need to put a coat on over my robe. Although the calendar told us it was spring a couple of weeks ago, this is the first day it really FEELS like spring! And I couldn't be happier. This has been a particularly brutal winter on many levels, and I am not sorry to see it behind us. On that note, a very sincere thank-you to vice-chair Joan Skelton who wrote the Message From the Board last month for me as I had been hit with a particularly vicious virus. Nothing like being unable to get out of bed for 2 weeks to make you realize how important it is to have folks to help you with everyday, ordinary things. Living by myself, I was certainly very grateful to everyone who assisted me and give my thanks to all. The dog's great company, but he can't get me a glass of ginger ale!

We are still looking for volunteers to help staff a booth at Turtlefest, Saturday, June 20. We are required by the organizers to have someone there for the entire day, 8am-7pm. We are looking for folks interested in taking on 2-hr. shifts with 2 people per shift. If you take part in any type of board/card game and would like to sit under the canopy and play said game that would be great! Or, if you would just like to hand out cold water and answer any questions about the Senior Centre, that would also be welcomed. Please see the sign-up sheet at the front office if you'd like to help out

As usual, I would like to leave you with some lesser-known special days taking place this month. I invite you to celebrate as many as are meaningful to you and would love to hear how you commemorated!

April 1 - Yes, we all know it's April Fools ' Day, but did you know it's also International Fun at Work Day?

April 4 - Pillow Fight Day' Intl. Carrot Day, Pure Karma Day

April 8 - Intl. Day of Pink, Intl. Draw a Bird Day, Pygmy Hippo Day

April 15 - Day of Environmental Knowledge, Intl. Day of Culture, World Art Day

April 17 - Intl. Haiku Poetry Day, Intl. Bat Day, Intl. Day of Mastering Conversations that Matter

April 20 - Volunteer Appreciation Day, Hardware Freedom Day, Intl. Cannabis Day

April 22 - Earth Day, Secretary's Day

April 23 - Canada Book Day, Movie Theatre Day, Intl. Creator Day

April 25 - Daughter's Day, World Tai Chi & Qigong Day, World Penguin Day, World Healing Day

April 29 - World Wish Day, Stop Food Waste Day, Good Deeds Day, Intl. Dance Day

Hope you can all get outside and enjoy. And remember; April showers bring May flowers!

Your Board of Directors

Dorothy Hrischenko - Chairperson

Joan Skelton - Vice-Chairperson

Lisa Belliveau – Treasurer

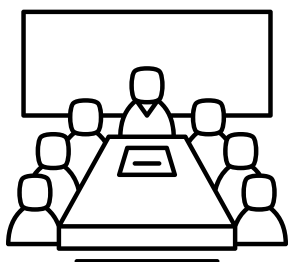
Crystal Getty - Secretary

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

April is a month of growth and rebirth as we welcome warmer weather and start to see signs of life in our gardens after a long winter's nap. Here at the Centre, April is also a time of thanks as we acknowledge our dedicated volunteers and the many ways they help us accomplish so much.

This year, we're honouring our volunteers on April 30 with a reception and musical presentation featuring Mike Martineau. If you haven't RSVP'd yet, please let the office know so we can prepare accordingly and celebrate you in the manner you deserve!

Although our Volunteer Appreciation event honours volunteer contributions made in the previous year (2025), I did want to give a nod to everyone who has helped out with events and activities this year, especially recently during our flooring renovations. In particular, I want to thank everyone who gave of their time to help dismantle (and now to reassemble) our library and various program spaces, who helped us purge and reorganize things, who washed and cleaned items while the reno was ongoing, and who helped direct our members to programs that had to change venue.

Volunteers are so very important here, and we have some of the best of the best. We truly couldn't do what we do without you, and every year we look forward to our opportunity to say thank-you in a formal way.

If you're interested in volunteering, contact the office! We have a variety of volunteer tasks from helping out with one-of events, to weekly staffing of our volunteer desk. In the meantime, have a safe and healthy spring and we'll see you at the Centre!

Nancy Puhr-Slingerland, Administrator

THANK-YOU, DONORS:

*Robert & Carolyn Ridler, Cycles of Life, Marion McLean, Joan Skelton,
Dorothy Hrischenko, Joanna Leblanc, John Hall, Melanie Cornwell, Lucie Gagnon
and to those that wish to remain anonymous!*

THANK
YOU!

Thanks to all our program conveners and volunteers who have worked so diligently to help our flooring replacement in March. We appreciate everyone's time and effort to clean up, pare down, organize, pack and move program supplies, books, furniture and then put it all back!

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.*



THE LEISURE LOWDOWN

MONTHLY HIGHLIGHTS

Shuffleboard

Shuffleboard returns Apr 7 to the Aud!

Tuesday 1pm

Drop-in
\$2.50/member
\$4.50/non-member

Luncheon

Join us Apr 17 for split pea and ham soup, side salad, cheese bun, and pie to follow. \$15

Apr 17 - 11:30am
Last day to register - Apr 10

Bid Euchre Dessert Tournament

Advance registration only
Games start at 12:30pm
6 games
cash prizes
Dessert: slice of pie and ice cream

\$10

May 5

Choir

Spring Concert
April 28 1:30pm \$12

Karaoke

1:30pm Friday Apr 24

Book Club

Meet once a month for book club. Books are provided by the Oxford County Library at no cost to us.

Drop-in fee -
\$2.50/member
\$4.50/non-member

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

DID YOU KNOW?

By attending 28 programs (that's once a week for 6 months!) you will have saved \$56 by being a member

Having a membership is beneficial even if you are away from the Centre half the year

CLOSED

Good Friday and
Easter Monday

FREE SEMINARS

Medical Minute

Join David Lopes, Roulston's Pharmacist, to talk about allergies!
April 14 1pm

Support for Care Partners

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.
April 16 11am

CMHA Stress Management

When stress goes unchecked, it's symptoms can negatively impact both physical and mental health. The goal isn't to eliminate all stress – it's to befriend it. Keeping stress at levels that are helpful, rather than harmful. In this workshop we will provide an overview of stress, it's symptoms and how it presents in daily life. From there we will discuss strategies to manage stress in healthy ways through self reflection activities.

Monday April 27 11am

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

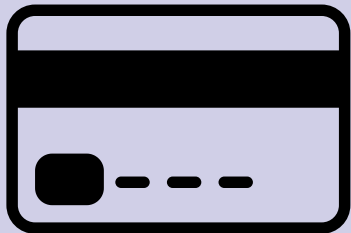
Tickets are \$2 each

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



Compassionate
Home Care
You Can Trust

WE ARE FOR YOU.

Professional, Reliable, and Faith-Inspired Home Care Services

Our Services:

- ✓ Personal Care & Daily Living Support
- ✓ Medication Assistance
- ✓ Dementia and Disabilities Care
- ✓ Companionship & Emotional Support
- ✓ Skilled Nursing Care (PSWs, RPNs, RNs)
- ✓ Palliative & End-of-Life Care
- ✓ Housekeeping & Meal Preparation

24/7
Care & Support

+1 226-231-1328

info@fexhealthcare.ca

www.fexhealthcare.ca

BID EUCHRE DESSERT TOURNAMENT

MAY 5, 2026 HALF DAY! \$10 PER PERSON

12:00PM SIGN IN

**12:30PM PROMPT START
GAMES END 3:00PM**

**DESSERT: SLICE OF PIE
AND SCOOP OF VANILLA
ICE CREAM**

**TILLSONBURG SENIORS CENTRE
45 HARDY AVE, TILLSONBURG
REGISTER BY CALLING OR STOPPING BY
THE OFFICE AS SPACE IS LIMITED!
NO WALK-INS
519-688-2520**

CASH PRIZES

LOTTERY LICENSE: SG1532000



April Luncheon: Split Pea and Ham Soup

This month, join us Apr 17 for split pea and ham soup, side salad, cheese bun, and pie to follow. Coffee or tea is also provided

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

Friday, Apr 17, 11:30am - 1pm
Please bring a reusable container if you would
like to purchase leftovers* Subject to availability

COOKING CLASS

SEASONAL SPRING EATS

Join us as we welcome spring with some delicious, seasonal dishes including an asparagus-brie-prosciutto bundle with a honey-thyme drizzle, and we'll make the viral 'life-changing lettuce' salad to serve alongside.

Join us and see how we transform simple seasonal ingredients into a delicious, light meal!

Sign up by calling the office: 688-2520

WEDNESDAY, APR 29

11:15 AM

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

Register and pay by Apr 22

Last day to unregister is Monday Apr 27 by 11am



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!

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**

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

1-877-545-5577

HeartToHomeMeals.ca

*Some conditions may apply.



We accept Veteran Affairs Allowances
and offer Special Diet Options

Serving Southwestern Ontario

Locally Manufactured
Custom Orthotics

Services Covered By
Many Benefits Plans

We Can Help With

Foot, Ankle, and Knee Pain

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

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

✓ Seniors' Discount

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

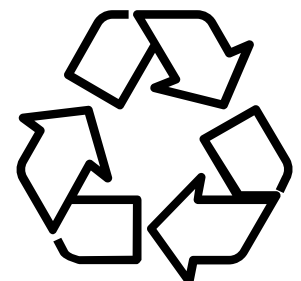
JMY.LEGAL.HELP@GMAIL.COM

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



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



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

Loads of Laundry Inc.

Need to come clean?

Visit Loads of Laundry Inc.

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



If 'some assembly required' has
you down, call

GARY THE ASSEMBLER

your one-stop source for assembly of
toys, barbecues, furniture and other items
ordered from stores or online.
Stop fussing with vague, confusing
instructions, and let Gary
help you get it together

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/>

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

ERNIE HARDEMAN

MPP - Oxford

519-537-5222 • 1-800-265-4046
ernie.hardemanco@pc.ola.org



Tillsonburg's Classic Pinball Arcade

102 Tillson Avenue, Unit I

Located across from Home Hardware

skillshotpinball.ca (519) 544-1799

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

FULLY ACCESSIBLE, PERCHING STOOL AVAILABLE

parkinson SOCIETY
SOUTHWESTERN
ONTARIO



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

parkinson SOCIETY
SOUTHWESTERN
ONTARIO

info@pssso.ca

1.888.851.7376

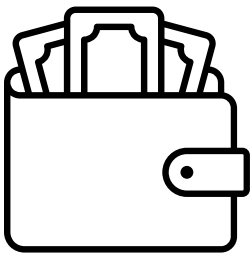


Compassionate Care

Right at Home

Personalized support when you need it most. Stonebridge's **Personal Care & Respite Services** provide assistance with daily tasks, companionship, and peace of mind - all in the comfort of home.

519-842-3200
www.stonebridgecs.com



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



Tuesday April 14
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 allergies this month.

Support for Care Partners

Thursday April 16
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.

CMHA Stress Management

Monday April 27
11am

Work, deadlines, bills, relationships, chores... and the list goes on. The demands of daily life pull us in all different directions, requiring time and energy that we don't always have. A healthy level of stress pushes people to take care of their responsibilities, pushes people outside of their comfort zone and accomplish goals. However, when stress goes unchecked, its symptoms can negatively impact both physical and mental health. The goal isn't to eliminate all stress – it's to befriend it. Keeping stress at levels that are helpful, rather than harmful. In this workshop we will provide an overview of stress, its symptoms and how it presents in daily life. From there we will discuss strategies to manage stress in healthy ways through selfreflection activities.



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!

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. Please note: Credits are only given for missed classes due to medical reasons or class cancellations.

Members \$6.50

Non-Members \$8.00

**Aging Backwards
members \$3**

non-members \$5

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. Traditional yoga movements meet the repetition of traditional fitness.

Get your fitness in with this workout class

NO FLOOR WORK

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

ESSETRICS:

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 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

Founded by former professional ballerina, Miranda Esmond-White, and based on fundamental Pilates principles, ESSETRICS® 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

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

Some exceptions apply
Members \$4.00
Non-Members \$6.00

Chair Fitness
Members \$3.00
Non-Members \$5.00

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

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
9:45am

Advanced

Thursday
11am

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

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

'FUNCTIONAL 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

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

8 week course
\$40/member, \$56/non-member

SPORTS

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.

**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



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

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:

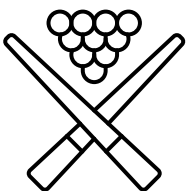
Monday- 8:30am-12pm and 12pm-4pm

Tuesday- 8:30am-1:00pm

Wednesday- 12:15pm-4:00pm

Thursday- 8:30am-12:00pm

Friday- 12:00pm-4:00pm



INDOOR PICKLEBALL: 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



CARD & TABLE GAMES

Drop In Price

Members- \$2.50

Non-Members- \$4.50

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 first, and "the foot", which is played after.

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 1:00pm

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 15x15 grid of squares. Form English words to score.

Tuesday 2:00pm

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

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



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

*No bingo on last Friday of the month!

CREATIVE PROGRAMS

Drop In Price

Members- \$2.50

Non-Members- \$4.50

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.

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

Drop-in

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!

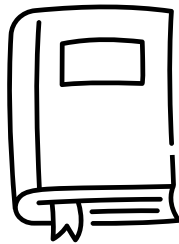


Last Friday of every month at 1:30pm

Drop-in

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

Chapter 2: last Thursday of the month

Drop-in

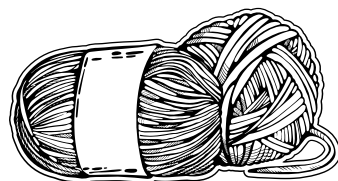
QUILTING AND CRAFTING

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



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 10-week session leading up to their Christmas 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!

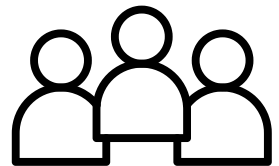
Please note: Music books are on loan from the Senior Centre and can only be marked with sticky notes or pencil.

Tuesday 9:30am

Jan. 27-April 28, 2026

Spring Concert April 28, 2026 1:30pm

Tickets are on sale for \$12



TRIVIA

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

First Friday of each month is Trivial Pursuit. Get all your slices of knowledge together!

Every other Friday is trivia questions with a caller.

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

Friday 1:30pm

Drop-in



EDUCATIONAL PROGRAMS

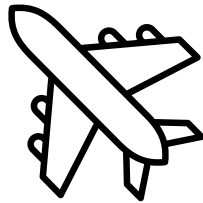
The following programs require pre-registration. For programs requiring pre-registration, members can reserve their spaces for classes ahead of time. Non-Members need to pay for their space at the time of registration for their spot to be reserved. Armchair Travel can be paid for on the day of the program 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!

This month we welcome Lauren Beard as she takes us to Norway
Last Friday of the month
1:00pm

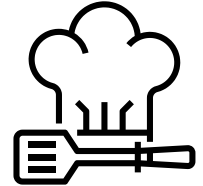
Please register 48 hours in advance for the presenter to know how many will be in attendance.
\$2.50/members/\$4.50 non-members



COOKING CLASSES

Join us as we welcome spring with some delicious, seasonal dishes including an asparagus-brie-proscuitto bundle with a honey-thyme drizzle, and we'll make the viral 'life-changing lettuce' salad to serve alongside.
See how we transform simple seasonal ingredients into a delicious, light meal!

Wednesday, Apr 29, 11:15 am
Members- \$14.00
Non-Members- \$18.00

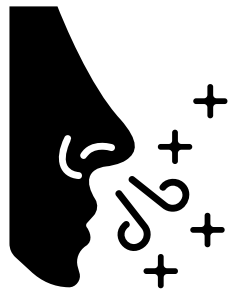


Register and pay by April 22 to secure your spot
Must cancel by Monday April 27 before 11am to receive a credit for this class

GUITAR CLASSES

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

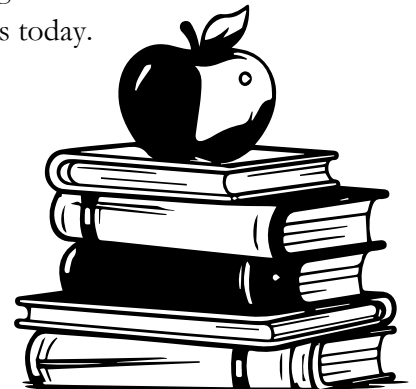
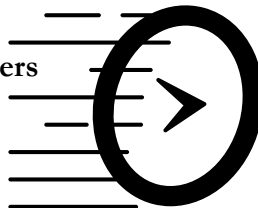


FRIENDLY REMINDER:
We are a SCENT-FREE facility!
for the safety and comfort of those with allergies and respiratory issues, please refrain from using perfumes, colognes or other scented products!

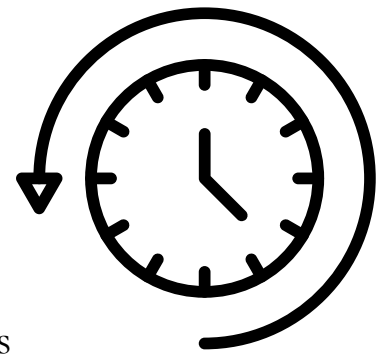
TIME TRAVEL ADVENTURES

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



\$5 per class

April 6 - closed for Easter

April 13 - Deward Yates

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

April 20 - Deward Yates

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

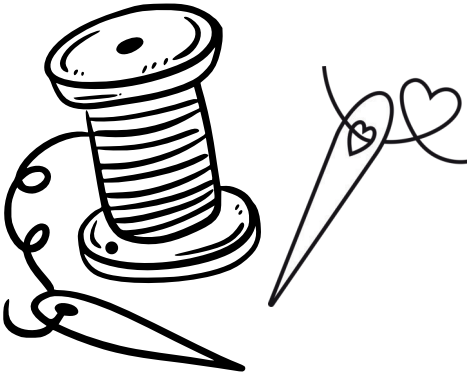
April 27 - Brian Cox

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

Mondays Until May 11

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!

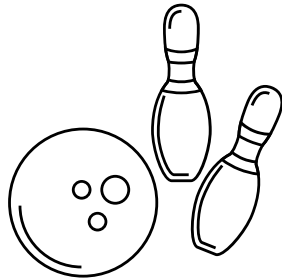
Carpet Bowling

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 issues.



Top Scores

March



Monday

Julie Sivers	13
Graham Darmon	12
Hank Couwenberg	11

Wednesday

Brenda Darmon	20
Hank Couwenberg	19
Graham Darmon	16
Ruby Withington	16

Bid Euchre

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

Farkle



Most Farkles: Penny & Lois	39
Most Skunks: Helena	3
High Score: Lois	49,750
Penny	49,700
Diana	48,000

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!