

NOVEMBER 2025
TILLSONBURG SENIOR CENTRE

The Leisure Link

www.tillsonburgseniorcentre.com

In This Issue...

Top Scores
Fall Programs

Smile Cookie
Campaign
Special Events
50/50 Draw

Get in touch:

45 Hardy Avenue, Tillsonburg, N4G 3W9

519-688-2520

For Program Inquiries:

programs@tillsonburgseniorcentre.com

Administrative/Rentals

npuhr@tillsonburgseniorcentre.com

www.facebook.com/tillsonburgseniorcentre

NOV
10

Paint Party- Paint a sweet snowman 11x14 canvas
1:30pm-3:30pm

NOV
13

Card Making Workshop - Stampin' Up!
9:00am-12:00pm

NOV
19

International Men's Day BBQ Seasoning Tasting
11:00am-12:00pm

NOV
21

Luncheon- Lasagna and Caesar Salad with Dessert
11:30am-1:00pm

NOV
24

Falls Prevention Seminar
11:00am-12:00pm

NOV
25

Christmas Choir Concert
1:30pm-3:00pm

NOV
27

Holiday Urn Decorating Workshop
1:30pm

November

3	Tue 4	Wed 5	Thu 6	Fri 7
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11:30am - Drawing Class 1pm - Hand and Foot 1pm - Indoor Pickleball 1pm - Time Travel Adventures	9am - Quilting and Crafts 9:30am - Choir 9:30am - Scrabble 1pm - American Mahjong 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga	9am - Art Club 9am - FUNctional Fitness 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 10am - MSC Digital Literacy 11am - Line Dancing 12:45pm - Cribbage 2pm - Tai Chi	9am - Guitar Level 1 9:30 - Meditation 10am - Chair Fitness 10:30am - Guitar Level 2 11am - Diamond Dot 1pm - Bingo 1:30pm - Trivial Pursuit
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11:30am - Drawing Class 1pm - Choir 1pm - Hand and Foot NO Indoor Pickleball 1:30pm - Paint Party	CLOSED until NOON 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga NO CHOIR TODAY RESCHEDULED TO MONDAY NOV 10	9am - Art Club 9am - FUNctional Fitness 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 9am - Card Making Workshop 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - American Mahjong 2pm - Tai Chi	9am - Guitar Level 1 9:30 - Meditation 10am - Chair Fitness 10:30am - Guitar Level 2 11am - Diamond Dot 1pm - Bingo 1:30pm - Karaoke
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Hand and Foot 1pm - Indoor Pickleball 1pm - Time Travel Adventures	9am - Quilting and Crafts 9:30am - Choir 9:30am - Scrabble 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Medical Minute	9am - Art Club 9am - FUNctional Fitness 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 11am- Intl Mens Day Spice Tasting 10:30am- Bus Trip	8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 10am - MSC Digital Literacy (at MSC) 11am - Line Dancing 12:45pm - Cribbage 1pm - American Mahjong 10am - 12pm Blood Pressure Clinic	9am - Guitar Level 1 9:30 - Meditation 10am - Chair Fitness 10:30am - Guitar Level 2 11am - Diamond Dot 11:30am - Luncheon 1pm - Bingo 1:30pm - Trivia
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Falls Prevention Seminar 11:30am - Drawing Class 1pm - Hand and Foot 1pm - Indoor Pickleball 1pm - Time Travel Adventures	9am - Quilting and Crafts 9:30am - Choir 9:30am - Scrabble 12:30pm - Men's Shed NO bid euchre 1pm - American Mahjong 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Choir Concert	9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11am - Book Club Chapter 1 11:15am - Cooking Class 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 - Book Club Chapter 2 1:30pm - Holiday Urn Decorating Workshop NO American Mahjong	9am - Guitar Level 1 9:30 - Meditation 10am - Chair Fitness 10:30am - Guitar Level 2 11am - Diamond Dot 1pm - Armchair Travel 1pm - NO BINGO 1:30pm - Trivia

Fitness CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM- CHAIR FITNESS	2:00PM- ADAPTIVE CHAIR YOGA	9AM- FUNCTIONAL FITNESS 10:15AM- ESSENTRICS: AGING BACKWARDS 10:15AM- ZUMBA GOLD 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	9:30AM - SCRABBLE 1PM- BID EUCHRE 1PM- WHOMP'EM	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 PICKLEBALL	BILLIARDS/SNOOKER 8:30-12 (OCT 21, 28) 8:30-1 DARTS	BILLIARDS/SNOOKER 12:15-4 12:45PM- CARPET BOWLING	BILLIARDS/SNOOKER 8:30-12:30 8:30-12:30 DARTS 1PM FLOOR KURLING	BILLIARDS/SNOOKER 12-4PM DARTS 12-4PM

FRIDAY FUNDAYS!

KARAOKE

Unleash your inner superstar the second 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 third, fourth, and fifth Friday of each month 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

MESSAGE FROM THE BOARD

Wow! How did it get to be November already? I guess the unseasonably warm weather we had in October made it easier to pretend fall wasn't already here. That's how I saw it, anyway! But when I had to flip the page on my kitchen calendar (yeah - I'm old school that way) and noted I needed to turn the clocks back an hour Saturday night, marking the end of Daylight Savings Time, I couldn't deny it any longer. The good news, from my perspective, anyways, is that the Tillsonburg Santa Claus Parade takes place on Saturday, November 15. And guess what? The Tillsonburg Senior Centre is once again having a float in the parade! When I first moved here in 2023, I took part in the parade, riding on the Senior Centre float, and it really put me in the Christmas spirit! I was saddened when we were not able to participate last year and really pushed pretty hard to ensure we could do so this year. It was so much fun being on the float in the parade! This year, we have purchased some inflatable Christmas decorations and I am so looking forward to taking part again. I would love it if you could join us on the float - please let Michelle or Nancy know if you want to take part yourself - I can assure you it will be a blast, and really will put you into the Christmas spirit! Seeing all the smiling kids faces, waving at us and waving back made it pretty special.

As usual, I will leave you with some special days to celebrate in November that you may not have been aware of. I encourage you to celebrate whichever ones are meaningful to you and would love to hear about any of your celebrations!

November 1 - World Vegan Day; Authors Day; National Cinnamon Day

November 2 - Daylight Savings Time Ends (turn clocks back 1 hour before going to bed Saturday night)

November 4 - National Candy Day; Men Make Dinner Day; King Tut Day

November 9 - Play Games with the Family Day

November 11- Remembrance Day; Veterans Day; National Sundae Day; Origami Day

November 13 - World Kindness Day

November 20 - National Child Day

November 26 - National Cake Day

November 28 - National French Toast Day

November 30 - National Day of Giving; National Mason Jar Day

Until next month, I hope to see you around the Centre. I would love it if you stopped to chat with me! Cheers!
Dorothy Hrischenko

YOUR BOARD OF DIRECTORS

Dorothy Hrischenko - Chairperson

Joan Skelton - Vice-Chairperson

Lisa Belliveau - Treasurer

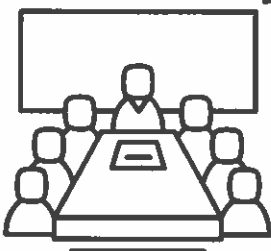
Crystal Getty - Secretary

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

November kicks off a very fun time of year here at the centre, with a variety of activities gearing up to the holiday season. The first of these is our Senior Centre Singers' concert on Tuesday, Nov. 25 at 1:30 pm. If you have never had the opportunity to attend this concert, not only will it help kickstart your holiday spirit, you'll be amazed and impressed at how hard these good folks have worked preparing their seasonal repertoire. Tickets are available now for just \$12 (refreshments included), so get yours soon to avoid disappointment. And if you like to sing, consider joining our choir in the New Year when they return to work on their spring concert selections.

In addition to our wonderful choir performance, we have a whole bunch of special events coming up such as the Santa Claus Parade on Nov. 16, a festive paint and sip, an outdoor urn workshop with Mandy Babbey, a card-making workshop with Melanie Cornwell, our Country Christmas concert on Dec. 6, and of course our fabulous turkey luncheon on Wednesday Dec. 17. Please review the pages of this newsletter for prices, dates and details.

On a solemn note, I'd like to take a moment to urge all members who are able, to plan to attend the Cenotaph celebrations on Nov. 11. At a time when threats to justice and equality are still very real in our world, the best weapon we have against tyranny is to remember the lessons that history has taught us, and to honor those who fought and died for our freedoms.

Yours in remembrance,
Nancy Puhr-Slingerland, Administrator

Welcome New Members!

*Dennis R., Helena D., Rick C., Al R., Sue P.,
Edward G., Julie G., Jake K., Paul V H., Walter
S., Marilyn M., Grant W., Heather C., Doris D.*



THANK-YOU, DONORS:

*Linda Mercer, Crystal & Mel Getty, Ruby Withington, Shelley Van Empel,
Joanne Coffin, Barb Glass, Glad Fisher, Shirley Hall and to those that wish to
remain anonymous!*

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 November
14

Luncheon

Get a hearty serving of
lasagna and cesaer salad,
along with dessert
November 21
11:30am \$15

Paint Party

Paint a Sensational
Snowman in this 2 hour
workshop. 11x14 acrylic
on canvas
Nov 10 1:30pm
\$35/member, \$40/non-
member

Drawing Class

Learn 2D and 3D shapes,
composition, and shading
with graphite pencils
Nov 3, 10, 24, Dec 1
11:30am-12:30pm
\$45/member, \$55/non-
member

FULL-next class February

Card Making Workshop

Join Melanie with Stampin'
Up supplies with step by
step instructions to make 5
splendid cards.
\$25/member, \$30/non-
member

Meditation NEW DAY

Join Dr O'Sullivan for
meditation Friday mornings
at 9:30am for 6 weeks
October 24- November 28
FREE

Holiday Urn Workshop

Learn how to make a
holiday urn and take it
home to decorate your
home this holiday season
\$70/member, \$75/non-
member

Int Men's Day

Try BBQ seasoning on
popcorn with James from
Crompton Home Hardware.
Learn about the flavour
notes and what they pair
well with for meats and
veggies. Sponsored FREE

MEMBERSHIPS

Early bird 2026 memberships are now available! Save \$10 when you sign up before December 23, 2025

First-time member? Partake of our Fall special pricing! Join for just \$15 and enjoy member benefits until Dec. 31, 2025!

FREE SEMINARS

Fall Prevention Session

Learn about risks for falls, steps we can take, and fall recovery techniques with
Sonya from Lifeline November 24 11am

Medical Minute

Join Tyler Vermeulen, Roulston's Nutritionist to talk about gut health

November 18 1pm

MSC Digital Literacy

Learn the basics of email, Facebook, Microsoft, Online safety, Zoom calls and
more November 6 (here) November 20 (MSC Centre) 10am

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 9:00 am. Work
on your art projects and get inspired.

NEW!

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.**

**Draw held at 3pm on the last business day
every month, and the winner will be
notified by phone. Lottery # M601364**

MONTHLY 50/50 DRAW

742126

October

**Winner: CHARMAINE
ELFORD**

Amount: \$ \$100

742126

RZONE POLICY IN EFFECT

Please be advised that the RZone Policy is in effect at all Town indoor and outdoor facilities including:

- Corporate Office, Council Chambers, Customer Service Centre, Airport, Annandale National Historic Site
- Community Centre (including arenas, outdoor pad, Senior Centre and pool), Sports fields
- Parks (including Skate Park and Pump Track), Trails, Parking Lots

The RZone Policy applies to activities that are being conducted on the properties—both structured and unstructured, and to all patrons and guests.

What is RZone?

Individuals using Town facilities have a right to expect that others will behave in a manner consistent with a safe and positive environment in public spaces. With this right comes the responsibility to be accountable for actions/behaviours that put the safety of others at risk.

The RZone Policy requires persons using a Town facility, park, program or service to respect others, and take responsibility in helping the Town maintain a safe and comfortable environment for all participants, spectators, patrons, volunteers and staff.

The aim of the RZone Policy is to ensure that measures are in place so that incidents of inappropriate behaviour, violence, indecency, or vandalism do not occur on Town properties. When incidents do occur, the RZone Policy helps to ensure that inappropriate behaviours are dealt with in an equitable and consistent manner.

What behaviour does the RZone Policy address? The RZone Policy covers a variety of inappropriate behaviours, including vandalism, harassment, disparaging or derogatory statements, violence and inappropriate use of technology. The Town of Tillsonburg takes a zero tolerance approach to inappropriate behavior as outlined above, and will take appropriate action where necessary to deal with these incidents.

How is the RZone Policy enforced?

In accordance with the Occupiers Liability Act, the Occupational Health and Safety Act, the Trespass to Property Act, the Criminal Code, municipal by-laws and policies and other provincial legislation, contract holders and community volunteers are authorized to initiate enforcement options at Town of Tillsonburg programs and properties.

In the event that the contract holder or community volunteer cannot control the situation: When possible, Town of Tillsonburg facility staff will be asked for assistance; or In the event that Town of Tillsonburg facility staff are not available, the contract holder and/or community volunteer will contact the Ontario Provincial Police (OPP) for assistance. Anyone found to be violating the RZone Policy may be suspended from all Town facilities, not just the facility where the incident took place.

**COFFEE
SERVICE FOR
THE MONTH OF
NOVEMBER
GENEROUSLY
PROVIDED BY
KEN & DIANNE
PARNELL**



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

GREAT CANADIAN
HOLIDAYS & COACHES

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!

SANTA PARADE VOLUNTEERS NEEDED

The Tillsonburg Santa Claus Parade is November 15 at 6pm. It is a wonderful event that captures the magic of Christmas. We are looking for members to sit on the float and give a wave and cheery smile. Please contact the office to volunteer to ride the float (519-688-2520)



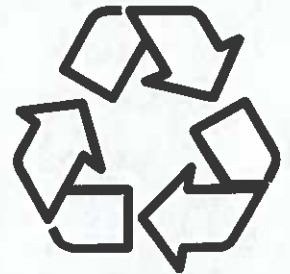
Handyman services

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

**PLEASE
RECYCLE
THIS
NEWSLETTER**



Loads 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



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

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

Oxford
ONTARIO HEALTH TEAM

Find Health Services for
People Without a Family
Doctor or Nurse
Practitioner



VISIT OUR WEBSITE FOR THE
MOST UP-TO-DATE INFORMATION
BIT.LY/OXFORDOHT

If you require assistance accessing this document, please contact info@oxfordoht.ca

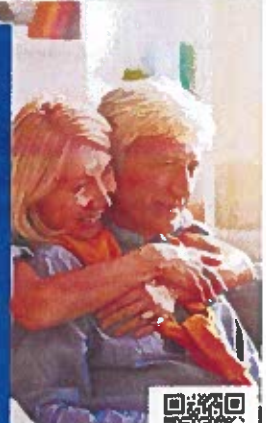
Empower your Health Journey with ConnectMyHealth

ConnectMyHealth (CMH) is a secure patient portal that allows you to view your health information from many healthcare facilities in southwestern Ontario in one, consolidated view. CMH can be used on desktop and mobile devices and is completely FREE to use.

To register successfully:

- You need a valid (not expired), green Ontario Health Card and a secondary piece of valid identification
- You must have an email address that is unique to you (not shared with anyone)

info.connectmyhealth.ca



ConnectMyHealth | | | Oxford



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@psso.ca

Parkinson SOCIETY
SOUTHWESTERN
ONTARIO

info@psso.ca

[1.888.851.7376](tel:18888517376)

HARVEST VIEW

APARTMENTS IN TILLSONBURG

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

Enjoy An Amenity Rich Community

- Fitness Studio
- Outdoor Grills
- Billards Room
- Pet Wash
- Firepit
- Bike Storage

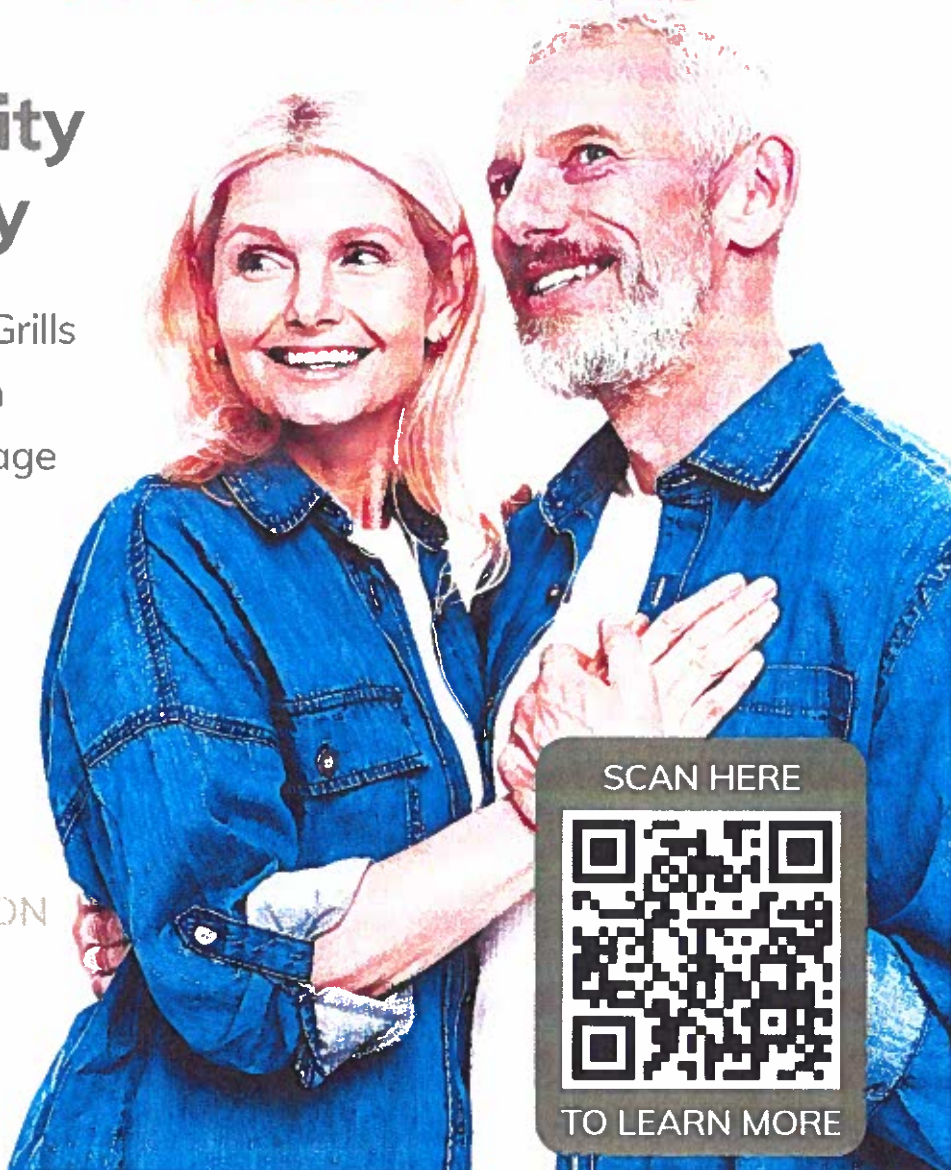
And More!

MODEL SUITES
NOW OPEN

14 Harvest Ave, Tillsonburg ON
519-688-5081

harvestview@onyxcm.ca

www.harvestview.ca



SCAN HERE



TO LEARN MORE

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. We run more than 40 recreational programs every month, and provide our members with opportunities for civic and social engagement, educational health and wellness programing, and connections to social services.

With costs rising and operating budgets tighter than ever, outside sources of funding are becoming an increasingly important revenue stream in order to expand the vital programs we offer, and to keep the cost of these programs as affordable as possible for everyone.

If you or someone you love has benefited from our programs and services, or if you value the work we do and 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. 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. And of course, as a not-for-profit organization, tax receipts are available for all 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 both now and in the future! Want more information? Call us:

519-688-2520



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

Tillsonburg Senior Centre **BOOK CLUB**



CHAPTER 1: LAST WEDNESDAY OF EVERY
MONTH @ 11 AM

CHAPTER 2: LAST THURSDAY OF EVERY
MONTH @ 1 PM

MEN'S SHED

Tuesday, Nov 25,
12:30 pm

Join Stephen Bourne to talk War of 1812. Suggested reading: Pierre Burton's "Flames Across the Border"



BARKS PEDORTHICS
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Fax: 519-805-3284

appointments@barkspedorthics.ca

Why Participate?

- Enjoy activities you love and discover new hobbies and interests
- Make new friends
- Be involved in your community
- Opportunity to share your knowledge and skills and learn from others
- Be in a place you can be comfortable being yourself
- Experience support to enhance your mental health
- Reduce isolation with new relationships and activities



SOUNDS OF THE SEASON

A CHRISTMAS CONCERT FEATURING THE COUNTRY MUSIC
STYLINGS OF:

CRYSTAL GAGE

& ACCOMPANIED BY

RICK LOUCKS, CHARLIE AGRO,
DOUG JOHNSON & FRED LEWIS

Saturday, Dec. 6, 7 pm

Lions Auditorium,

Tillsonburg Community Centre

Tickets \$20 pp available at
Tillsonburg Senior Centre

519-688-2520

Proceeds support ongoing programs and
activities at Tillsonburg Senior Centre



November
DO SOME MUNCHIN' AT OUR OCTOBER LUNCHEON

Join us Friday, Nov. 21 for a hearty lasagna lunch!

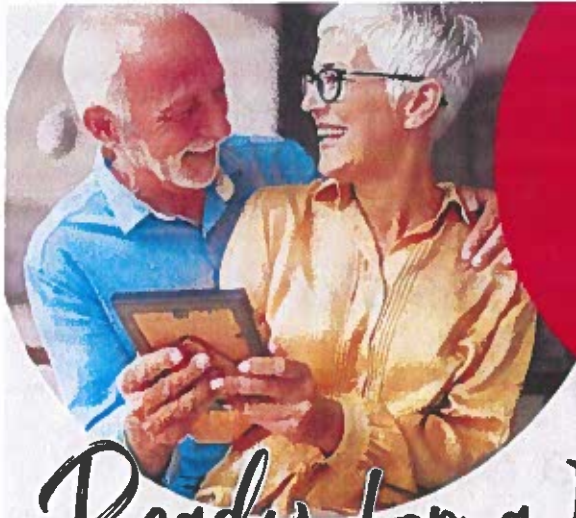
Lunch will be \$15 and include a delicious slice of lasagna, Caesar salad, garlic bread slice and a dessert. And, as always, coffee or tea are included.

Register by Nov 18 to avoid disappointment.

CALL:

688-2520

11:30am - 1:00 pm



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.



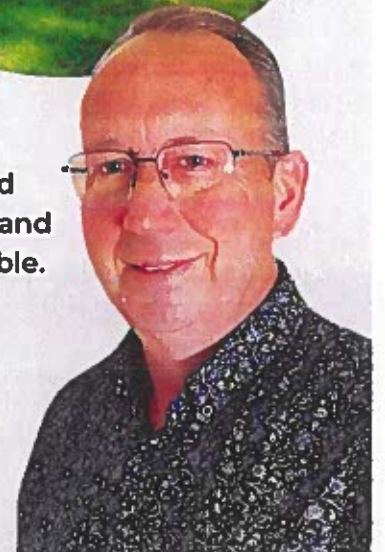
GRANT SUMLER
SALES REPRESENTATIVE



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



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





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.stonebridges.com

TILLSONBURG SENIOR CENTRE SINGERS



Tuesday, Nov. 25 at 1:30 pm

Tillsonburg Senior Centre Auditorium

Tickets \$12 each (advance only)

Call 688-2520 or stop by the office

Enjoy an afternoon of beautiful Christmas music with
refreshments to follow



Christmas Turkey Luncheon 2025

WEDNESDAY, DEC. 17, 12 PM (DINE IN),

ENTERTAINMENT TO FOLLOW

11:30 AM (TAKE-OUT)

COST \$20 PP

PLEASE ORDER AND PAY AT THE MAIN OFFICE

INCLUDES TURKEY WITH ALL THE TRIMMINGS AND
DESSERT

*DINE-IN INCLUDES COFFEE/TEA

NOTE: ALL TAKE-OUT DINNERS WILL NOW FEATURE A
MIX OF DARK AND WHITE MEAT

IF PLACING ORDERS FOR MULTIPLE PERSONS, PLEASE HAVE
THEIR NAME AND PHONE NUMBER WHEN ORDERING SO WE CAN
LINK THEM IN OUR SYSTEM



INTERNATIONAL MEN'S DAY

NOVEMBER 19, 2025
11:00AM-12:00PM

Sample BBQ seasonings on popcorn to get the full flavour. James will be here from Crompton Home Hardware to talk about pairings and what notes to expect in the seasonings

FREE- Donated by: **Crompton**



Holiday Urn Decorating Workshop

November 27

1:30pm

\$70/member, \$75/non-member

Workshop includes: instructor-led directions, urn, filler, fresh greenery, and bow

Register by November 14



Tillsonburg Senior
Centre
45 Hardy Ave,
Tillsonburg

participants must be 50+



not exact image, example only

Beginner Card Making Workshop

Make and take 5 cards using Stampin' Up! materials. All supplies and envelopes are included. Instructor Melanie will give step by step instructions for how to complete these splendid cards for any occasion.

Thursday November 13
at 9:00am
\$25/member
\$30/non-member



KINDNESS *in every crumb*

brought to you by:



COME
SEE US!

10:00AM - 2:00PM

SHARING THE SWEETNESS OF COMMUNITY!

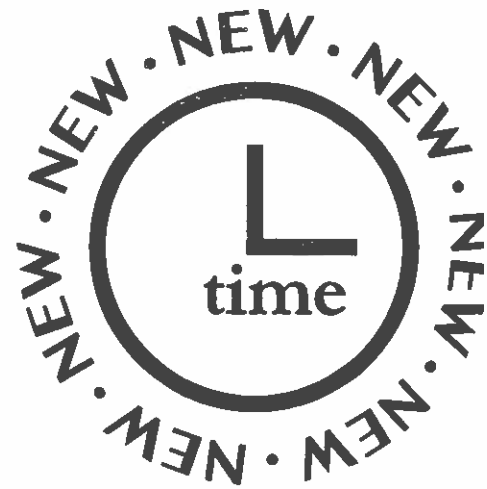
Join us on the last Wednesday of the month at the
Tillsonburg Seniors Centre
We're delivering freshly baked goodies and warm wishes from
Aspira Harvest Crossing because a little sweetness goes a long way.



MEDICAL MINUTE

OCT. 21

1 pm



Join Tyler Vermeulen from Roulston's Pharmacy as we discuss all things gut health! **FREE** - but please register in advance!



IT'S MEMBERSHIP RENEWAL TIME!!

Next year's memberships are now on sale!

Purchase your 2026 membership
before Dec. 19

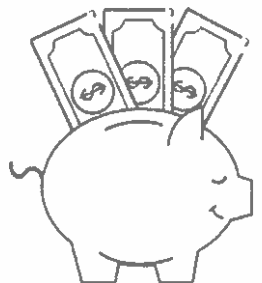
and pay just \$45 (that's a \$10 savings!)

Plus, all early renewals get entered into a
monthly draw for a gift card!

The earlier you renew,
the more chances you have to win!

Don't delay - renew today!

Membership price increases to \$55
starting Jan. 1, 2026!





NOV
17-23

Holiday

Smile

Cookie[®]

\$2

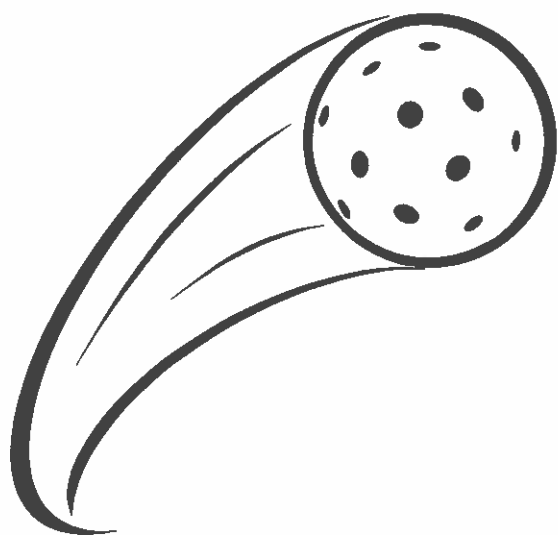


Order your holiday smile cookies from Broadway St, Oxford St, Town Centre Mall, or Simcoe St. Proceeds go to Tim Horton Camps and support Tillsonburg Senior Centre to convert and furnish our art studio

NEW

INDOOR PICKLEBALL

**Mondays at 1 pm in
our auditorium:
\$2.50/members,
\$4.50/non-
members**



AMERICAN MAHJONG

**Please join us Tuesday
afternoon Nov 6 (1 pm) and
then Thursdays at 1pm
starting Nov 13. Please call
the office to register so
that we can ensure we have
enough boards in place!**



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

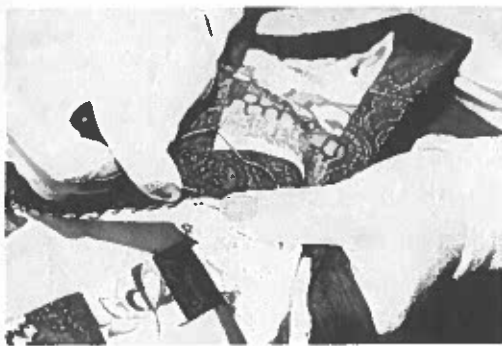
QUILTING AND CRAFTING

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 at 9:00am

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.



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 and Wednesday at 1:00pm



Shuffleboard is a game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area. Our shuffleboard program can be enjoyed by players of all levels. It is a lower intensity program with chairs available to rest.

Monday at 1:00pm
NO PICKLEBALL NOV 10

SCRABBLE

Join us Tuesdays, 9:30am - 11am in the rotary room for everyone's favourite word game! Scrabble is back, so if you're a wordsmith (or if you just love this game) come on out and stretch your mental muscle with friends!

Tuesday 9:30am
NO SCRABBLE NOV 11



Bring your friends out for a fun game. We have two tables that can be used throughout the week. Bring your own cue or use ours. Available, anytime, except during yoga classes.

Billiards Times

Monday- All Day
Tuesday- 8:30am-1:00pm
Wednesday- 12:00pm to 4:00pm
Thursday- 8:30am to 12:00pm
Friday- 12:00pm to 4:00pm



Floor Curling is done for the year, but it will return in the fall. Stay tuned!



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 8:30 am



Mahjong games continue in November with our new and seasoned players.

Tuesday 1pm - November 6
Thursday 1pm: November 13, 20
No Mah Jong November 27



Call the office to join a waitlist for lessons in the new year

YOGA AND WELLNESS CLASSES



These yoga classes are available for pre-registration on a monthly basis.

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

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.

ESSETRICS: 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 11:15 am-12:15pm

ESSETRICS: 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 10:15 am, 30 mins.



Members: \$6.50/class

**Non-Members:
\$8.00/class
(excludes Aging
Backwards)**

FITNESS CLASSES

These programs require pre-registration.

Members \$3.00
Non-Members \$5.00
Some exceptions
apply

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 10:00 am and Friday 10:00 am



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



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!

Wednesday 1:30 pm

A fun and challenging workout for strength and cardio. This class is a high intensity workout with a creative and challenging format.

Wednesday 9:00 am

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



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
Returns in the new year for a new 8 week session
\$56/non-member, \$40/member



CARD & TABLE GAMES

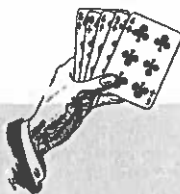
These drop-in programs are pay as you go and anyone can attend.

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

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

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

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

Drop In Price

Members- \$2.50

Non-Members- \$4.50

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

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 1:00 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 1st Friday of the month!

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.



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 9:00am



On the second 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!

2nd Friday of every month at 1:30pm

Explore your creative side with a wonderful winter snowman. Everything is included in this workshop! You'll get step by step instruction and take home an 11x14 canvas

November 10 at 1:30pm
\$35/member, \$40/non-member

Explore your creative side with a drawing class. Learn 2D and 3D shapes, composition, and shading with Mercedes Victoria. Great for beginners or those looking to get back to basics.

November 3, 10, 24, Dec 1 at 11:30am
\$45/member, \$55/non-member
CLASS FULL- Next session in February! Sign up now!

Drop In Price
Members- \$2.50

Non-Members- \$4.50



Our Tillsonburg Senior Centre Singers come together in the Fall to practice for their Christmas Concert and again in January for their Spring Concert. This four-part choir welcomes new members each season.

Tuesday at 9:30am, starts Sept. 23

Put your words on the board and your points on paper. Join us for scrabble!

Tuesday 9:30am

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 a few rounds of themed Trivia! Last Friday of Each Month at 1:30pm

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



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



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 for this month's cooking class as we prepare a selection of party-friendly appetizers and snacks

Wednesday, Nov. 26, 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! Stay tuned for this month's presenter!

.Explore the sights, history and people of this beautiful area, no boarding pass required!

Last Friday of the month 1:00PM

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

MEDITATION

Join Dr O'Sullivan for a 6 week course on meditation.

Friday at 9:30am

FREE

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



TIME TRAVEL ADVENTURES



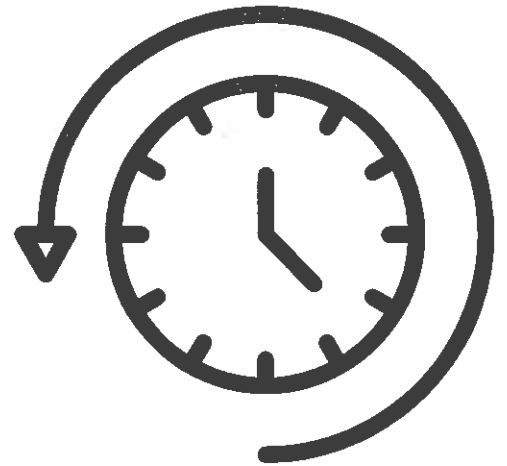
Join Dave, Deward, and Brian for some thought provoking lessons and discussions on important events and trends from our past that impact our lives today.

Monday at 1:00pm

Returns September 22 for a 10-week session

Session price is \$35/members, \$45/non-members
or pay-as-you go, \$5 per class!

**LEARNING
NEVER
ENDS**



November 3 - Challenges to Canadian Sovereignty

November 10 - NO CLASS

November 17 - Speculative History -
"Columbus sailed the ocean blue in 1492."
Confused, he had to refer to his map.
Where did he get a map of the Atlantic and the Caribbean?

November 24 - Speculative History- All American Indigenous Peoples Arrived Post-Glaciation Across the Bering Sea Land Bridge - How do you account for pre glacial human footprints in a New Mexico desert?

Speculative History- Overview

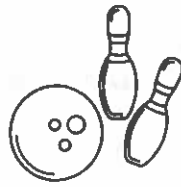
Speculative Historical research may be similar to research in any scientific field. Create a thesis "speculation as to what might be possible? This fall Deward is looking at four topics of Speculative History. Perhaps new looks at "what might have happened" or perhaps the speculation has been proven to be correct and history has to be rewritten!

Congratulations!

Congrats to Pat Inness who was the winner of our October early renewal draw for a gift card to a local eatery! Our next draw will be Nov. 28. Thanks to all who renewed!

BOWLERS

Top Scores For October

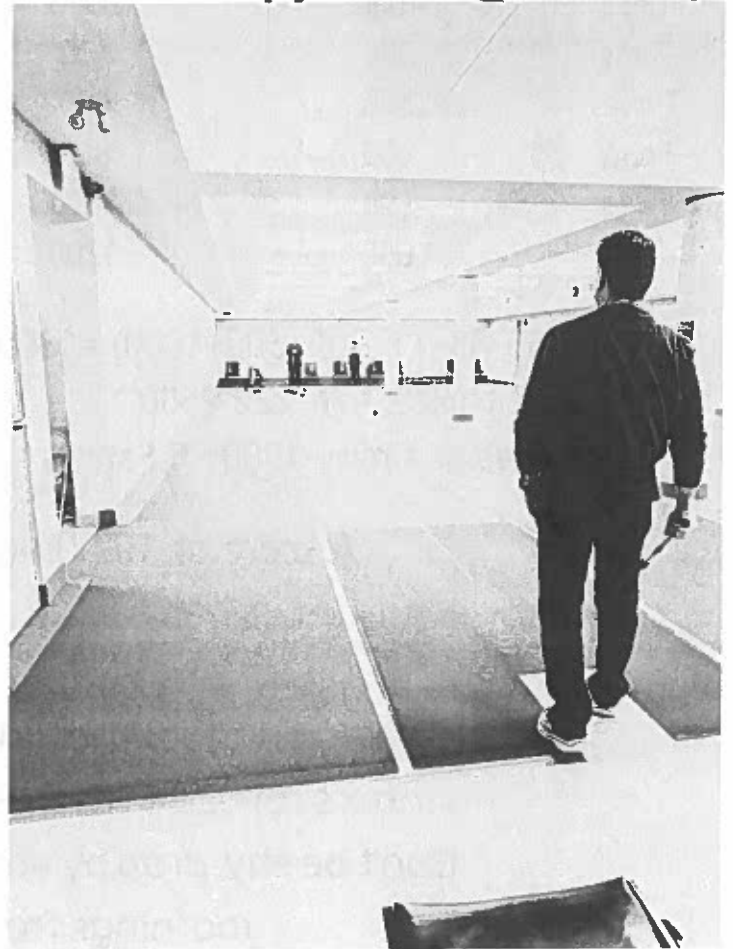


Monday

Brenda Darmon	11
Hank Couwenberg	9
Graham Darmon	7

Wednesday

Hank Couwenberg	21
Brenda Darmon	19
Ruby Withington	16



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

REMINDER

**WE WILL BE
CLOSED IN THE
MORNING NOV
11 2025**

Farkle Scoring

Each 1= 100

Each 5 = 50

Minimum of 350 points to start counting



	3	4	5	6
Ones	1000	2000	3000	6000
Twos	200	400	600	200
Threes	300	600	900	1800
Fours	400	800	1200	2400
Fives	500	1000	1500	3000
Sixes	600	1200	1800	3600

3 pairs 55-33-11 (500+300+1000) =1800

2 triplets 444-222 2500

3 Farkles in a row -1000+ 6 Farkles

Straight 1,2,3,4,5,6 1500

SM straight 1,2,3,4,5 500

SM Straight 2,3,4,5,6 500

A score of 10,000 or more wins the game

If you are looking for the most fun that you can have in two hours for \$2.50 , then Farkle is the game for you.

Don't be shy, drop by and check us out on Thursday mornings from 9:30am – 11:30



The top accumulated attendance points leader is Ed Eley with a total of 44 points since September.

Ed Eley is the leader with 36200 accumulated high score of points since September.

Susan Charby has accumulated 97 Farkles since September

Terry Fleming and Lois Howe has accumulated 6 Skunks since September

BRIDGE

Top Scores For October

Teresa	5320
Christo	4870
Barb A	4820
Helen	4040



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!

EUCHRE

Top Scores For October

Scores are posted in the craft room this month

CRIBbage

Most Skunks-Oct 2024- Sept 2025 Trophy winners: Ladies Anne 2855 pts Men Russell 2390 pts

Second Place stuffed skunk winners: Shirley 2486 pts Frank S 2043 pts

Most wins-Jan '25-Sept'25 \$10 gift card winners: Ladies Cindy 163 Men Frank S 147

Thank you Cindy Elliott and Wendy Chilcott for scorekeeping and donating prizes

CRIBbage

Oct	Mens Wins	Mens High Hand	Ladies Wins	Ladies High Hand	Skunks Keeper
Week 1	Dan 5 Bill 5	Bryan 24	Dora 7 Wendy 7	Wendy 24	Mens
Week 2	Bryan 5	Frank J 20	Dora 7	Wendy 20 Dora 20	Mike
Week 3	Dan 5 Grank S 5 Frank J 5	Dan 24	Dora 7	Cindy 22	Ladies
Week 4	Bill 7	Mike 22	Terry 6	Deb 24	Joyce
Week 5	Frank S 6 Dave 6	Dave 21	Deb 7 Marilyn 7	Shirley 24	

*in
loving
memory*

Harold Fishleigh

If you know of a member who is no longer with us, please inform the office so we may include their name in our next In Memoriam.

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

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

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



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!