NOVEMBER 2026
TILLSONBURG SENIOR CENTRE
The Leisure Link

www.tillsonburgseniorcentre.com

Get in Touch:
519-688-2520
Program inquiries:
programs@
tillsonburgseniorcentre.com
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npuhr@
tillsonburgseniorcentre.com
45 Hardy Avenue, Tillsonburg

FOLLOW US:	**facebook.com/tillsonburgseniorcentre or find us on the web: www.tillsonburgseniorcentre.com**
NOV. 11	**CLOSED UNTIL NOON IN OBSERVANCE OF REMEMBRANCE DAY**
DEC 16 11AM	**TURKEY DINNER TAKE-OUT PICK UP FROM 11AM-11:30AM ONLY**
DEC 16 12PM	**TURKEY DINNER DINE-IN BEGINS AT 12PM PROMPT BUY TICKETS EARLY TO AVOID DISAPPOINTMENT AS THIS EVENT ALWAYS SELLS OUT**

NOVEMBER

Mon	Tue	Wed	Thu	Fri
2 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	3 9am - Quilting and Crafts 9:30am - Choir **12pm - Bid Euchre Dessert Tournament** 1pm - Aggravation (whomp'em) 1pm - Scrabble 1pm - Zumba Gold 2pm - Adaptive Chair Yoga	4 9:30am - Art Club 10am - Chair Fitness 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 11:15am - Pelvic Floor and Core 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre	5 8:30am - Lap Walking 9:30am - Farkle **10am - Digital Literacy Seminar (Here)** 10am - Line Dance 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball **9am - 3pm Jewelry Appraisal**	6 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 10:30am - Tai Chi 1pm - Bingo 1:30pm - Trivial Pursuit
9 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness **11am - Watercolour Class** **11am - Will and Estate Planning** 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - NO Time Travel Adventures	10 9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation (whomp'em) 1pm - Bid Euchre 1pm - Scrabble 1pm - Zumba Gold 2pm - Adaptive Chair Yoga	11 **Closed til Noon** 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre	12 8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball	13 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 10:30am - Tai Chi 1pm - Bingo 1pm - Trivia
16 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	17 9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation (whomp'em) 1pm - Bid Euchre **1pm - Medical Minute** 1pm - Scrabble 1pm - Zumba Gold 2pm - Adaptive Chair Yoga	18 9:30am - Art Club 10am - Chair Fitness 10:15am - Essentrics: Aging Backwards **11am - Banking Scams and Fraud** 11:15am - Essentrics: Stretch and Tone 11:15am - Pelvic Floor and Core 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre **1pm - Let's Draw: Still Life**	19 8:30am - Lap Walking 9:30am - Farkle **10am - Blood Pressure Clinic** **10am - Digital Literacy Seminar (MSC)** 10am - Line Dance **11am - Alzheimer Seminar** 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball **1:30pm - Crafternoon**	20 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 10:30am - Tai Chi 1pm - Bingo 1pm - Trivia
23 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures **4pm - Choir**	24 9am - Quilting and Crafts 1pm - Aggravation (whomp'em) 1pm - NO Bid Euchre 1pm - NO Zumba Gold 1pm - Scrabble **1:30pm - Choir Concert** 2pm - Adaptive Chair Yoga	25 9:30am - Art Club 10am - Chair Fitness 10:15am - Essentrics: Aging Backwards **11:15am - Cooking Class** 11:15am - Essentrics: Stretch and Tone 11:15am - Pelvic Floor and Core 12:45pm - Carpet Bowling 12:45pm - NO Bridge 1pm - Euchre **1pm - Floor Curling**	26 8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance **11am - Book Club** **11:30am - Luncheon** 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball	27 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 10:30am - Tai Chi **1pm - Armchair Travel** 1pm - Bingo 1pm - Trivia

Fitness CALENDAR

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

Table Games CALENDAR

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

Sports CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM-12:00PM & 12:00PM-4:00PM BILLIARDS/SNOOKER 9:00AM - 11:30AM CARPET BOWLING 1:00PM - 4:00PM INDOOR BEGINNER PICKLEBALL	8:30AM - 12:00PM BILLIARDS/SNOOKER	12:15PM - 4:00PM BILLIARDS/SNOOKER 12:45PM- 3:45PM CARPET BOWLING 1:00PM - 3:30PM FLOOR CURLING	8:30AM-12:30PM BILLIARDS/SNOOKER 11:30AM-1:30PM INDOOR INTERMEDIATE PICKLEBALL 1:30PM-3:30PM INDOOR INTERMEDIATE PICKLEBALL	12:00PM - 4:00PM BILLIARDS/SNOOKER

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

Wow, it's November. And that means the holiday season is fast approaching. With it comes the question we all love to hear; what do you want for Christmas?

Well, I have my answer ready thanks to a recent reminder from the Tillsonburg Senior Centre. I'm going to suggest to anyone who asks that I would be very happy to have them make a contribution to my digital wallet here at the TSC. You may want to think about this as well. Depending on how frequently you attend programs, a gift of $20 or $30 will keep you coming for a while. And your relative or friend gets the benefit of giving you the gift of activity.

If you haven't set up a digital wallet, it's a handy way to pay for programs, special events and, in my case, the occasional craft for the little ones on my list. You can start it and top it up with a debit card. But even without the wallet, a contribution can be made to prepay attendance on your behalf.

Another gift-giving idea is having the cost of annual membership paid for you. With the discount in place, renewals and memberships for 2027 are $10 less at $45 until the end of this year.

If the person giving you the gift is out of town, the staff at TSC can help them with the logistics.

This gift giving column reminds me of a cool way we can help the Centre raise money. From time to time, we have milestone birthdays or anniversaries. To help celebrate, you can name the TSC to receive donations in lieu of folks giving you gifts. It's a nice way to support the Centre. If you're having a get together, the donations can be made there and then brought to the Centre. TSC accepts cash, cheques and debit, and tax receipts are available for donations of $20 or more.

While we're on the subject of giving, a quick reminder that we're collecting hot chocolate (either boxes or cans) for the Salvation Army Christmas Hamper program. Don't forget to give if you can. All donations are appreciated.

Joan Skelton, Board Chairperson

Your Board of Directors

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OUR MISSION

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

OUR VISION

Fostering a vibrant, engaged community

A NOTE FROM NANCY

In 2000, I was lucky enough to be part of a contingent of local teachers, students and veterans visiting the D-Day beaches on the 60th anniversary of the invasions, and it forever changed my thoughts on Remembrance Day.

On Nov. 11, we pause for two minutes of silence. During those quiet moments of reflection we look back across decades to honor those who answered the call, those who stepped forward into uncertainty, and those who laid down their tomorrows so that we could live our today in peace.

We remember names carved in stone, faces smiling from old photographs, and the quiet grief carried by families who never saw their loved ones return. We also thank the veterans who returned carrying invisible scars, and those who continue to wear the uniform today to protect our communities and our freedom.

In a world marked by deep political division and global uncertainty, standing together today is more important than ever. Remembrance Day reminds us of how fortunate we are to live in Canada. While the global landscape is often fractured, we inhabit a nation built on peace, democracy, and unity—a reality that was bought and paid for by the individuals we honor on Nov. 11.

So this month, when you stand silent at the cenotaph, I urge you to remember that the poppy on your collar is more than a symbol; it is a promise. It is a pledge that the courage of those brave men and women will not fade into history, that their sacrifice will not be forgotten, and that the strong and free Canada they secured will be guarded with care, respect and deep gratitude, not just today, but all year long.

Lest we forget.

- Nancy Puhr-Slingerland, Administrator

THANK-YOU, DONORS:

Christine Smelser, Mel & Crystal Getty, Melanie & Murray Cornwell, Darlene Phillips, Melinda Wall, Ann Ormerod and to those that wish to remain anonymous!

RZone Policy in Effect

Be nice to each other out there

Thank-You:

Mel Getty, Phil Donoghue, Walter Slingerland, for moving the shelves and to Carolyn Ridler and Joan Doreen for orgnizing our new boutique space!

in loving memory

No longer by our side, forever in our hearts.

Faye Wirth

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

Tillsonburg Senior Centre Monthly 50-50 draw

Please pay and PRINT your name and phone number on the applicable squares. All proceeds support programs and activities for seniors.
Available at the desk in the reception area. Tickets are $2 each
Draw held at 3pm on the last business day every month, and the winner will be notified by phone.
Lottery # M601364

NOVEMBER
Winner: Bev Smith
Amount: $ 54

WAYS TO PAY

Stop by the office to register and pay by cash, cheque, digital wallet, debit (minimum $10) or credit (2.4% fee) to pay for your registered programs, luncheons, membership, craft items, silent auction items, etc.
Exception: Drop-in program can be paid by digital wallet by letting the office know to take it off, or by giving cash to the program convenor
Digital Wallet: Load your wallet like a gift card and use it for any purchase. Credits for classes are put on your wallet for future use

THE LEISURE LOWDOWN

MONTHLY HIGHLIGHTS

Luncheon

This month, join us for meatloaf, mashed potatoes, gravy, salad, and dessert
$20 per person
NEW DATE:
THURSDAY
Nov 26 - 11:30am
Last day to pay- Nov 19

Floor Curling

Beginning Nov 25, we will take Curling to the dry, warm auditorium. Learn how to play!
Nov 25, Dec 2, and 9
Resumes in January!

Wednesday 1pm

Crafternoon

Working on gifts and crafts? Want to catch up on your projects? Join us for a crafternoon! Bring your projects and socialize with a cuppa and a treat.

Nov 19 1:30pm $5
Add Diamond Dot for $16

Turkey Dinner

Celebrate the holidays with the Centre! Turkey, mashed potatoes, and all the trimmings, along with dessert.

Dec 16 12pm $22
Take out available! 11am pick up

Pickleball

Thursday now has registered time slots. Sign up sheets are in the Aud by the kitchen window.
11:30am time slot
1:30pm time slot

Choir Concert

Tillsonburg Senior Centre Singers will host their Winter Concert Nov 24
Concert begins promptly at 1:30pm
Advanced ticket sales only
$12 per ticket
Light refreshments to follow

Bid Euchre

There is a dessert tournament on Nov 3. 6 games total for a half day of fun! Pie and Ice Cream included. Cash prizes.

$10 entry with $2 to prizes
Games start at 12:30pm

Let's Draw!

Join Mercedes for a drawing class to make a Christmas scene. Enjoy a single afternoon class to learn basic skills. Open to beginners and anyone is welcome! Materials included.
$50/member, $55/non-member

CLOSED

NOVEMBER 11 - MORNING
WE WILL BE OPEN 12PM-4PM

FREE SEMINARS

Digital Literacy Training with MSC

Join the MSC to discuss and learn about Digital Literacy. The topic will be 'medical platforms' such as Life Labs and Mycompass
Nov 5 10am

Medical Minute

Join David Lopes, from Roulston's Pharmacy for this month's topic!
Nov 17 1pm

Banking Scams and Fraud

Join First Ontario Credit Union to cover all the bases on fraud and the most common and latest scams happening
Nov 18 11am

Communication For Care Partners

Learn how communication can change over the course of dementia and effective ways to supportively communicate with a person living with dementia.
Nov 19 11am

MEMBERSHIPS

Memberships are $55 for the calendar year
NEW MEMBER WELCOME
Last Quarter Memberships
October 1 - $15
Early Bird: Grab your 2027 membership Sept 1-Dec 22 for only $45

DID YOU KNOW?

By attending 23 programs, you have saved $46 with your membership.

Memberships are cost effective, and a great way to support the Tillsonburg Senior Centre

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 drop-in 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!

Last quarter memberships are available for $15 beginning Oct 1! It's a great time to join in on the fun. Available to first time members

2027 memberships are on sale for $45. Open to everyone 50+

TILLSONBURG SENIOR CENTRE BID EUCHRE DESSERT TOURNAMENT

$10 PER PERSON

HALF DAY!
12:00pm sign in
12:30pm prompt start
1:30pm-2pm break
3:00pm end of games

NOVEMBER 3, 2026

DESSERT:
SLICE OF PIE
SCOOP OF VANILLA ICE CREAM

REGISTER BY CALLING OR STOPPING BY THE OFFICE
NO WALK-INS
REGISTRATION CLOSES 24 HOURS BEFORE TOURNAMENT
519-688-2520 45 HARDY AVE, TILLSONBURG

CASH PRIZES

LOTTERY LICENSE:
SG1532000

November Luncheon:

This month, we will be serving up meatloaf with mashed potatoes, gravy, salad, and dessert. Coffee and tea will be available as well.

Take-out option is available. NOTE: We are unable to accommodate changes from dine-in to take-out on the day of the luncheon.

$20 per meal

Call 688-2520 to register and pay by November 19

Thursday, November 26, 11:30am - 1pm

Please bring a reusable container if you would like to take your leftovers home.

COOKING CLASS

HOLIDAY PARTY APPIES

Join us this month as we make a fabulous selection of holiday party-ready appetizers including:

Maple Apple Bacon Whipped Goat Cheese

Cranberry Crack

Brie-Stuffed Dates with Hot Honey and Baked Brischetta Dip

Sign up by calling the office: 688-2520

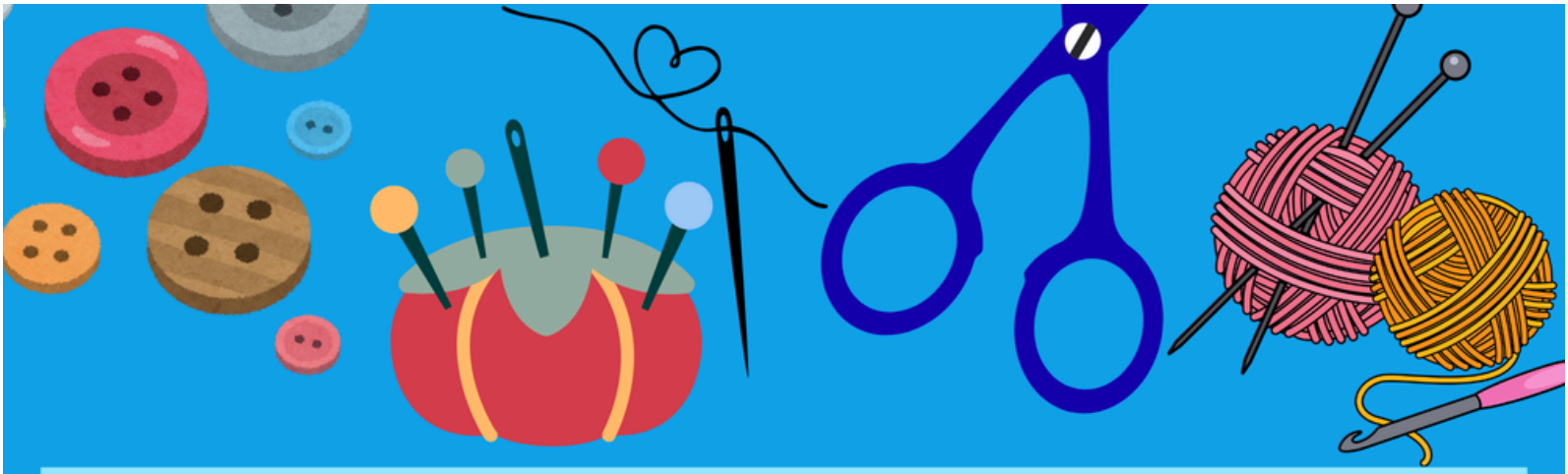
WEDNESDAY, NOV. 25

11:15 AM

$14/MEMBER
$18/NON-MEMBER

Register and pay by Nov. 20

Last day to cancel is Monday Nov. 23 by 11am



Quilters and Crafters

Monday and Tuesday 8:30am-11:30am
drop in anytime
Handicrafts: fiber arts, textile crafts, and needlecrafts

Check out the sale window in the lobby!

LET'S DRAW: STILL LIFE

November 18
1pm-3pm
Supplies are included

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

REGISTER NOW

Follow along with Mercedes to create the illusion of 3D in a still life. This session focuses on shading and highlights. This class is very beginner friendly.
This class is a Christmas themed still life with some Christmas decorations.
You will take home a drawing that is on 8x10 paper

$50/MEMBER, $55/NON-MEMBER

MERCEDES VICTORIA

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

AD

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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!

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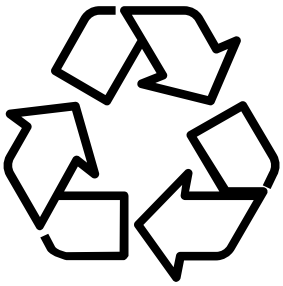
- Criminal law
- Mediation
- Notarizing documents or wills
- Commissioning documents

Jennifer M. Young

PLEASE
RECYCLE
THIS
NEWSLETTER



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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.

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

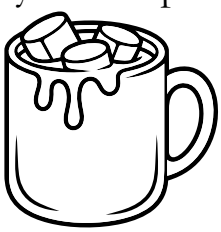
Program Rules & Sign-Up

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

Neighbours Helping Neighbours

The Tillsonburg Senior Centre is a registered non-profit and we like to help our other non-profits in town where we are able to. The Salvation Army has put a call out for donations for their Christmas Hamper Program.

Please donate hot chocolate in the small tubs or packets for the Salvation Army Christmas Hampers. They can be put on the cart beside the holiday tree in the lounge.



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

Links2Wellbeing
social prescribing for older adults

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

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

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

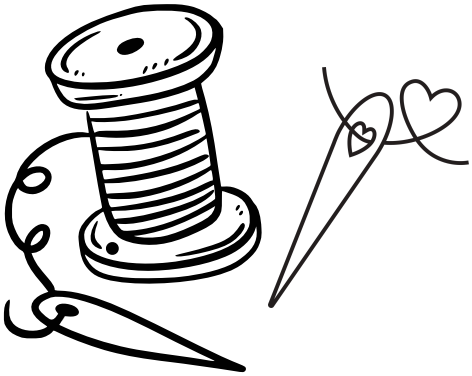
The simplest way is to make a donation in any amount, and let us distribute the funds to where they're needed most. If you prefer to make a more specific donation, consider sponsoring a membership for someone, paying for a block of classes, or contributing toward taxi passes for those who don't have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

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

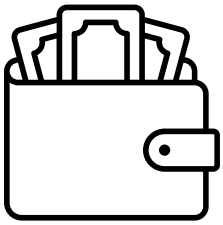
Thank-you for supporting seniors to live their best lives!

> "Social Prescribing shifts the conversations away from asking, "What's the matter *with* you?" to "What matters *to* you?"

CUSTOM QUILTING AVAILABLE



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



YOUR DIGITAL WALLET: WHAT IS IT, AND HOW DOES IT WORK?

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

1.How does it work?

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

2. Why would I use my digital wallet?

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

3. Do wallet deposits expire?

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

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

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

5. What can I pay for using my wallet?

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

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

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

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

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

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

Free Seminars

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

Digital Literacy Training with MSC

Thursday Nov 5
10:00am

Join the MSC to discuss and learn about Digital Literacy. The topic will be 'medical platforms' such as Life Labs and MyCompass. This seminar takes place at the Senior Centre

MEDICAL MINUTE

Tuesday Nov 17
1:00pm

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.

Bank Scams and Fraud

Wednesday Nov 18
11:00am

First Ontario Credit Union will givve a presentation that covers content similar to the Little Black Book of Scams. There will be a handout of paperwork detailing what to do and who to contact if you suspect you are the victim of fraud.

Communication for Care Partners

Thursday Nov 19
11:00am

Learn how communication can change over the course of dementia and effective ways to supportively communicate with a person living with dementia.

BLOOD PRESSURE CLINIC

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

WELLNESS CLASSES

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

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

Members $6.50

Non-Members $8.00

Aging Backwards

Members $3

Non-Members $5

ADAPTIVE CHAIR YOGA

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

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 increases blood flow which can help reduce your risk of heart attacks, strokes and blood clots

ESSENTRICS: AGING BACKWARDS

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

Wednesday 10:15am-10:45am

STRETCH AND TONE

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

Wednesday 11:15am-12:15pm

Founded by former professional ballerina, Miranda Esmond-White, and based on fundamental Pilates principles, ESSENTRICS® builds on the benefits of Pilates by combining it with ancient the practices Tai Chi and Yoga, and incorporating modern kinesiological insights, such as proprioceptive neuromuscular facilitation (PNF) technique, and a focus on fascial health.
The resulting workout is a fluid, dynamic flow sequence of body-intuitive movements that utilize natural muscle systems that dramatically improve body awareness and teach us to use our bodies optimally, whether for the physical demands of daily life, or as the foundation of any athletic pursuit.

FITNESS CLASSES

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

Some exceptions apply
Members $4.00
Non-Members $6.00

You may try any class the first time for free

Chair Fitness and Pelvic Floor and Core are instructed by certified instructors from Stonebridge Community Services.

CHAIR FITNESS

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

Monday 10:00am and Friday 10:00am

NEW Wednesday 10:00am

PELVIC FLOOR AND CORE

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

Wednesday 11:15am Oct 7 - Dec 2
$32/member and $48/non-member

LINE DANCING

Line dancing is a great way to socialize, sharpen your memory and keep fit. This class is for those that know what the steps are called but are working on piecing it all together with the choreography. Dance the morning away with Ellen!

Thursday
10:00am- 11:00am

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 Claudine and have a blast!

Tuesday 1pm

NEW DATE AND TIME!

TAOIST TAI CHI

Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm and refreshed!
Consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Join Dorothy to learn the how and why behind each movement.
First 17 movements of the Taoist Tai Chi

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

We are taking names for January. We are able to run the class Wednesdays 11:30-12:30 beginning in January and it will stay at that time slot

SPORTS

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

Drop-in Price
Members $2.50
Non-Members $4.50

CARPET BOWLING

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

Monday 9:00am
Wednesday 12:45pm

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!

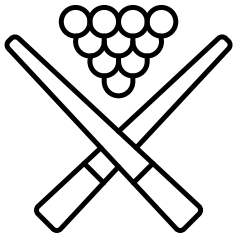
Thursday 8:30am

POOL TABLES

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

Billiards Times:

Monday- 8:30am-12pm and 12pm-4pm
Tuesday- 8:30am-1:00pm
Wednesday- 12:15pm-4:00pm
Thursday- 8:30am-12:00pm
Friday- 12:00pm-4:00pm



INDOOR PICKLEBALL: BEGINNERS

Indoor pickleball is a fun, social, and accessible sport that offers significant health benefits. This program is suitable for beginners and those new to pickleball. If you're a more experienced player, please check out Indoor Pickleball: Intermediate.

Games on Monday are played to the level of the lowest experience on the court.

Monday 1pm

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.
There are two slots available to play. Sign up is required. You can drop in to see if a spot is open but space is not guaranteed.

Sign up sheet in Aud by kitchen window
Thursday 11:30am and 1:30pm

FLOOR CURLING

Hurry! Hurry! Head on out Wednesday afternoons for some Floor Kurling! This game is played with four stones for each team and sticks to push the rocks. The scoring is the same as traditional curling played on ice. No need to worry about slipping on ice or dressing warm. Open to all. Learn to play!

Wednesday 1:00pm
Begins November 25

CARD & TABLE GAMES

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

Drop In Price
Members- $2.50
Non-Members- $4.50

HAND & FOOT

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

Monday 1:00 pm

AGGRAVATION

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

Tuesday 1:00pm

BID EUCHRE

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

Tuesday 1:00pm

SCRABBLE

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

Tuesday 1:00pm

EUCHRE

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

Wednesday 1:00pm

BRIDGE

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

Wednesday 12:45pm

FARKLE

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

Thursday 9:30am

CRIBBAGE

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

Thursday 12:45pm

BINGO

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

Friday 1:00pm

CREATIVE PROGRAMS

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

Drop In Price
Members- $2.50
Non-Members- $4.50

TRIVIA

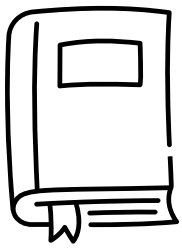
Come and put all that random knowledge to use with an afternoon of Trivia!
First Friday of each month is Trivial Pursuit. Every other Friday is trivia questions with a caller.
Depending on numbers, you'll play alone or in pairs

Friday 1:00pm
Drop-in

BOOK CLUB

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

~~Chapter 1: last Wednesday of the month 11am~~ on hold until Fall
Chapter 2: last Thursday of the month 11am
Drop-in



CHOIR

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

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

This four-part choir welcomes new members each season. Call the office for pricing details: 688-2520

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

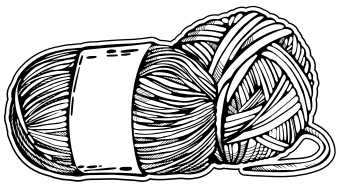
Please note: Music books are on loan from the Senior Centre and can only be marked with sticky notes or pencil.

Tuesday 9:30am-11:30am
September 8 - Nov 24

Winter Concert Nov 24, 2026 1:30pm
Tickets are $12

QUILTING AND CRAFTING

Whether you are a beginner or an expert, our quilters and crafters work on projects both individually and as a group. Bring personal projects, or work on something to donate to the Centre craft window.
Quilters do not pay a drop-in fee



Monday and Tuesday at 9:00am
Drop-in

JUNK JOURNALING

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

Drop-in

Thursday 10am-12pm
No Drop-in available Oct 15, 22

ART PROGRAMS

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

Drop In Price
Members- $2.50
Non-Members- $4.50

ART CLUB

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

Wednesday 9:30am - 11:30am
Drop-in

WATERCOLOURS

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

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

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

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

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

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

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

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

LET'S DRAW:

STILL LIFE

Follow along with Mercedes to create the illusion of 3D in a still life. This session focuses on shading and highlights.
This class is very beginner friendly.
This class is a Christmas themed still life with some Christmas decorations.
You will take home a drawing that is on 8x10 paper
All supplies are provided

$50/member, $55/non-member

November 18 - 1pm-3pm

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

CRAFTERNOON

Christmas tunes, hot drinks, and an afternoon of working on projects and crafting, oh my!

Bring your projects along with you and work on them at our crafting stations. Feel free to work on anything you'd like to bring along. Work on presents for friends and family or finish projects for your own home.

Want to socialize but don't have anything to work on? Add a diamond dot painting for just $16. Six different images to choose from!

$5 per person
Add diamond dot for $16

November 19 1:00pm

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.

Stay tuned for the topic for November!

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

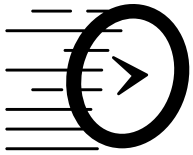
Join us this month as we make a fabulous selection of holiday party-ready appetizers including: Maple Apple Bacon Whipped Goat Cheese, Cranberry Crack, Brie-Stuffed Dates with Hot Honey and Baked Brischetta Dip

Wednesday, Nov 25, 11:15am
Members- $14.00
Non-Members- $18.00
Register and pay by Nov 18 to secure your spot
Must cancel by Monday Nov 23 before 11am to receive a credit for this class

TIME TRAVEL ADVENTURES

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

Jan - May - 15 week session
$52.50/member, $67.50/non-member
Sept - Dec - 10 week session
$35/member, $45/non-member
or pay-as-you go, $5 per class!



GUITAR CLASSES

Level 1: Beginners - Friday 9am-10am
10 Weeks Setpember and January start
Level 2: Jam Style advanced lessons -
Friday 10:30am-11:30am
10 Weeks September and January start
Level 2 requires previous experience. Guitars are not provided

$95/non-member, $75/member
This fall is Oct 16 until Dec 18 for 10 sessions

Congrats tp Patt Matisz who won our October early renewal incentive draw and receives a $25 gift card! Next draw Nov. 30!

High Scores

Carpet Bowling

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

Monday

14 Graham Darmon
14 Brenda Darmon
8 David Almas
6 Hank Couwenburg

Wednesday

17 Tom Malloy
16 Graham Darmon
15 Brenda Darmon

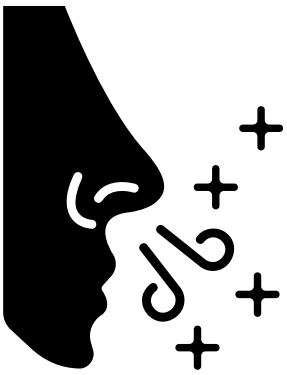
Bridge

Marty Timmons 5620
Peggy Thompson 4470
Barb MacKinnon 3920
Teresa Puklicz 3780

Farkle

High Score:
41,700 Johanna
38,700 Lois
32,850 Louise

Most Farkles:
36 Johanna



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!

Cribbage 2025-2026 Top Scores

Mens High Wins: Frank S 204, Bryan 191
Ladies High Wins: Cindy 214, Shirley 176
Most Skunk Points:
Pepe: Dave 1998, Bryan 1929
Flower: Cheri 2144, Shirley 1450

Cribbage

	Mens High Hand	Mens Win	Ladies High Hand	Ladies Win	Skunk Guardian
Week 1	22 Frank	5 Frank	22 Joyce	6 Joyce	Mens
Week 2	20 Dave	5 Anne	17 Joanna	7 Wendy	Frank
Week 3	20 Dave, Cheri	6 Dave	20 Wendy	5 Deb, Jane	Ladies
Week 4	24 Frank	6 Frank	24 Anne	6 Shirley	Jane
Week 5	24 Bryan	6 Cheri	24 Wendy	8 Shirley	