

We offer a large selection of programs to meet our membership needs!

Yoga and Pilates

Chair Yoga
Restorative Yoga
Rise and Shine Yoga
Pilates
Yogalates

Instructor-Led Fitness

Chair Fitness
Zumba Gold®
Line Dancing
Drum Fit
Tai Chi
Qi'Gong
Karate

Drop-In Fitness

Carpet Bowling
Billiards
Shuffleboard
Floor Curl
Lap Walking

Wellness

Support Group
Online:
Sharing Dance
Baycrest@HOME

Card and Table

Hand and Foot
Canasta
Whomp'em
Euchre
Bid Euchre
Cribbage
Bridge
Farkle
Bingo

Creative Programs

Quilting and Crafts
Karaoke
Ukulele
Choir Practice
Cooking Classes

Educational Programs

History
Armchair Travel
Technology Workshops
Trivia Contests
Spanish

Bus Trips and Special Events planned throughout the year!

Get in touch!

519-688-2520

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www.tillsonburgseniorcentre.com

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Tillsonburg, ON
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Visit us on Facebook
[@TillsonburgSeniorCentre](https://www.facebook.com/TillsonburgSeniorCentre)



Welcome
to the
Tillsonburg Senior Centre



We are open
Monday to Friday
8:30am to 4:00pm

Please contact us for more information on Facility Rentals and Advertising Opportunities

About Us

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

Whether you want to meet new people, learn a new skill, or just get out and enjoy time with your peers, the Senior Centre is the place to be. We offer reasonable annual membership rates, a nicely-equipped two-storey facility, highly-trained instructors who are knowledgeable about senior health and fitness, and a friendly staff who understand the importance of maintaining a healthy, active lifestyle in the senior years.



Memberships

The cost for a membership is \$55.00 per person. Memberships cover a calendar year and expire on December 31st of the year of purchase.

Memberships renewed prior to the start of the new year, receive a \$10 discount, making the membership renewal cost \$45.00.

On July 1st, the fee for a new membership drops to \$30 per person. On October 1st, the fee for a new membership drops to \$15.00.

Accepted Payment Methods: Cash and Cheque

Why Choose Us?

- Affordable and Accessible
- Safe Environment
- Supportive Peers
- Experienced Teachers



Membership Benefits

You do not have to purchase a membership to participate in programs. However, a membership does:

- Give you access to discounted program registration and user fees.
- Allow you to reserve your space in class prior to payment.
- Provide you with eligibility to vote.
- Permit participation in events such as Birthday Bashes, Technology Workshops, the Halloween Party, and other events.

