

**JULY /AUGUST 2025**  
**TILLSONBURG SENIOR CENTRE**

# *The Leisure Link*

**[www.tillsonburgseniorcentre.com](http://www.tillsonburgseniorcentre.com)**



## **In This Issue...**

**Top Scores**  
**Spring Programs**  
**Special Events**

### **OUR MISSION**

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

### **Get in touch:**

 **45 Hardy Avenue, Tillsonburg, N4G 3W9**

 **519-688-2520**

**For Program Inquiries:**


 **[programs@tillsonburgseniorcentre.com](mailto:programs@tillsonburgseniorcentre.com)**

**Administrative/Rentals**

 **[npuhr@tillsonburgseniorcentre.com](mailto:npuhr@tillsonburgseniorcentre.com)**

 **[www.facebook.com/tillsonburgseniorcentre](https://www.facebook.com/tillsonburgseniorcentre)**

# JULY

	Tue	Wed	Thu	Fri
30	1	2	3	4
		9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre	7:30am - Golf League 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beg Line Dance 11am - Line Dancing 1pm - Cribbage	10am - Chair Fitness 1pm - Bingo 1pm - Free Throw Fridays 1:30pm - Trivial Pursuit
7	8	9	10	11
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Scrabble 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga	9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre	7:30am - Golf League 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beg Line Dance 11am - Line Dancing 1pm - Cribbage	10am - Chair Fitness 1pm - Bingo 1pm - Free Throw Fridays 1:30pm - Karaoke
14	15	16	17	18
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Scrabble 11am - Retirement and Investment Planning Seminar 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Medical Minute	9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre	7:30am - Golf League 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beg Line Dance 10am- Paint and Sip 11am - Line Dancing 1pm - Bone Health 101 1pm - Cribbage Blood Pressure Clinic 10am-12pm	10am - Chair Fitness 1pm - Bingo 1pm - Free Throw Fridays
21	22	23	24	25
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Scrabble 12:30pm - Men's Shed 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga	9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 11:15am - Cooking Class 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre	7:30am - Golf League 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beg Line Dance 11am - Line Dancing 1pm - Cribbage	10am - Chair Fitness 1pm - Bingo 1pm - Free Throw Fridays 1:30pm - Trivia
28	29	30	31	1
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Hand and Foot 2pm - Caretaker Burnout	8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Scrabble 1pm - Bid Euchre 1pm - Whomp'em	9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 5:30pm - Cooking Class	8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line 11am - Line Dancing 1pm - Cribbage	



August		Tue		Wed		Thu		Fri	
28		29		30		31		1	
								10am - Chair Fitness 1pm - Bingo 1pm - Free Throw Fridays 1:30pm - Trivial Pursuit	
4		5		6		7		8	
		8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Scrabble 1pm - Bid Euchre 1pm - Whomp'em		9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - NO Carpet Bowling 1pm - Euchre		8:30am - Lap Walking 9:30am - Farkle 9:45am - Beg Line Dance 11am - Line Dancing 1pm - Cribbage		10am - Chair Fitness 1pm - Bingo 1pm - Free Throw Fridays 1:30pm - Karaoke	
11		12		13		14		15	
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Hand and Foot		8:30am - Lap Walking 9am - Quilting and Crafts 9:30 - Scrabble 1pm - Bid Euchre 1pm - Whomp'em		9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre		8:30am - Lap Walking 9:30am - Farkle 9:45am - Beg Line Dance 11am - Line Dancing 1pm - Cribbage		8:30am - Annual Jewelry 10am - Chair Fitness 1pm - Bingo 1pm - Free Throw Fridays	
18		19		20		21		22	
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 10am - Paint and Sip 1pm - Hand and Foot		8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Scrabble 1pm - Bid Euchre 1pm - Whomp'em 2pm - Medical Minute		9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre		8:30am - Lap Walking 9:30am - Farkle 9:45am - Beg Line Dance 11am - Line Dancing 1pm - Cribbage  Blood Pressure Clinic 10am-12pm		10am - Chair Fitness 10:30am - Bus Trip- Toast the Coast 1pm - Bingo 1pm - Free Throw Fridays	
25		26		27		28		29	
9am - NO Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Hand and Foot		8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Scrabble 12:30pm - Men's Shed 1pm - Bid Euchre 1pm - Whomp'em		9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - NO Carpet Bowling 1pm - Euchre		8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line 11am - Line Dancing 1pm - Cribbage		10am - Chair Fitness 11:30am - Luncheon 1pm - Bingo 1pm - Free Throw Fridays 1:30pm - Trivia	



# Fitness CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM- CHAIR FITNESS	8:30AM- LAP WALKING  2:00PM- ADAPTIVE CHAIR YOGA (JULY ONLY)	9AM- FUNCTIONAL FITNESS  10:15AM- ESSENTRICS: AGING BACKWARDS  10:15AM- ZUMBA GOLD  11:15AM- ESSENTRICS: STRETCH AND TONE	7:30AM- GOLF LEAGUE  8:30AM- LAP WALKING  9:45AM- BEGINNER LINE DANCING  11AM- LINE DANCING	10AM- CHAIR FITNESS

# Table Games CALENDAR

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

# Sports CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS/SNOOKER ALL DAY  9AM- CARPET BOWLING  12:30-4 DARTS	BILLIARDS/SNOOKER 8:30-1  8:30-1 DARTS	BILLIARDS/SNOOKER 12:15 -4  1PM- CARPET BOWLING	BILLIARDS/SNOOKER 8:30-12:30  8:30-12:30 DARTS	BILLIARDS/SNOOKER 12-4PM  DARTS, CORNHOLE, WASHER TOSS 12-4PM



# ***MESSAGE FROM THE BOARD***

Hello to all our members, both new and long-standing! Whew! Seems like a switch was flipped to turn on the hot weather as soon as the calendar said it was officially summer! All joking aside, the kind of oppressive heat and humidity we have been experiencing lately is a serious matter, especially if you do not have the benefit of air conditioning in your home. Please be aware that serious health issues, such as heat stroke can occur and seniors are particularly vulnerable. Anyone over 50 is welcome to come and cool off in our library area; no need to be a member. It's a great way to stay comfortable, chat and socialize and meet new people, and have a cold drink of water, also very important in this weather to avoid heat-induced dehydration. If you have elderly neighbours, particularly if they live alone, I encourage you to check on them during periods of high temperatures. If they have no AC, let them know about our cooling zone in our lounge and that they do not have to be a member to come in and cool off. After our centre closes weekdays and on the weekends, the Library , Recreation Centre, and Shopping Mall are all good places to stay cool. The Recreation Centre is a town-designated official cooling zone, open until 10pm during heat waves.

I will continue with special dates this summer you might like to be aware of:

July 1-Canada Day, International Joke Day, National Postal Workers Day

July 2-National UFO Day

July 7-World Chocolate Day, Global Day of Forgiveness (these 2 work well together!)

July 18-World Listening Day, International Nelson Mandela Day

July 24-International Self Care Day, National Refreshment Day

July 30-International Day of Friendship

August 2-Ice Cream Sandwich Day (Yum!), Find a 4-leaf Clover Day

August 6-Wiggle Your Toes Day National Fort Beer Float Day (Yum again!)

August 10-Lazy Day

August 15-National Relaxation Day, Tomatoes Galore Day

August 18-National Bad Poetry Day, Fajita Day, Serendipity Day

August 26-National Women's Day, National Dog Day, National Toilet Paper Day(!)

**Hope everyone enjoys a safe, happy and healthy Summer! Cheers! Dorothy Hrischenko**

## ***YOUR BOARD OF DIRECTORS***

**Dorothy Hrischenko - Chairperson**

**Lisa Belliveau – Treasurer**

**Crystal Getty - Secretary**

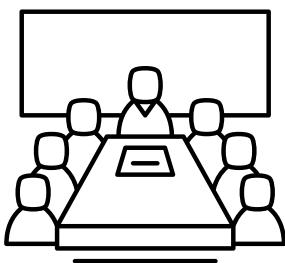
**Terry Fleming – Director**

**Joan Skelton – Director**

**Joanna LeBlanc – Director**

**Linda McGaughey – Director**

**Marion McLean – Director**



## A NOTE FROM NANCY

Happy summer to one and all! As we celebrate July and the birthday of our great nation, I can't help but reflect on the geopolitical situation, and how lucky we are to call Canada our home.

In a time of unprecedented protest, unrest and global economic uncertainty, our flag remains a symbol of tolerance, peace, friendship, and of a people who, the world over, are reknown for being even-tempered and welcoming (anyone who wishes to debate that last point should first Google search "Gander, Newfoundland, 9-11").

I've always been a proud Canadian, but the turning point moment for me was visiting the WW1/2 battlefields in France where Canadians fought and died by the thousands for an ideal greater than tyranny and oppression. Seeing those graves lined up row on row, and reading the ages of the graves' occupants puts democracy into a vastly different perspective. From that moment on, a deep appreciation for the sacrifice of our ancestors and family members has always been with me, not just on Nov. 11, but year round.

To be sure, no one political system is perfect; Leaders are human and have flaws. They make bad decisions from time to time, or fall short of their promises. Additionally, we as Canadians have had our share of dark moments in history, in which we hold no pride. But how lucky are we that in 2025, we live in a place where our leaders, regardless of party, allow us to peacefully express our opposition to their decisions without fear of legal repercussions or physical harm?

I like to think that from the very darkest of times, some good can always come, and if that holds true for what we're watching unfold in the world today, perhaps we can look forward to a future of more and better jobs for Canadians, to a Canadian economy that's stronger, more self-reliant, and knows no provincial borders, to new alliances with new trade partners, and to a stronger sense of national pride.

In short, how you commemorate Canada Day isn't as important as the fact that you DO commemorate it. So this year, let's celebrate a country with free healthcare and an abundance of social services, with freedom of speech and opinion, with vast open spaces and clean air and water, with opportunities for all, and whose people have a kindness and warmth of spirit that makes us the envy of others the world over. Happy Canada Day! – **Nancy Puhr-Slingerland, Administrator**

**Loads of Laundry Inc.**

**Need to come clean?**

**Visit Loads of Laundry Inc.**

**Located at 102 Tillson Avenue,  
Unit F, in Tillsonburg**

**Featuring brand new machines,  
dry cleaning drop off/pick-up,  
wash and fold service and more**

**519-550-9274**



## Cooking with Michelle

Join Michelle for an ice cream social cooking class. We will be making homemade sauces and enjoying them on ice cream

July 23 11:15am \$18/non-member \$14/member

## Certified Art Therapy

Join Registered Art Therapist Nadine to work through your stress and pressing thoughts

No sessions in July  
August 2, 16 and 30

10am-12pm \$5

## Caretaker Burnout

Join Sophie to understand gender-based violence, elder abuse, and how to take action.

July 28 2pm FREE

## Carpet Bowling Cancellations

Just a reminder there is no carpet bowling Aug 6, 25, or 27 as there are photos being taken those days

## Musical Programming

Karaoke - 1:30pm Friday July 11, August 8

Choir will begin September 22

## Paint and Sip with Stella

Join Stella to paint a blue jay on July 17. No experience necessary, and all materials are supplied. Take home a lovely 8x10 blue jay acrylic painting!

July 17 10am-12pm



\$35/non-member  
\$30/member

# The Leisure Lowdown

## Medical Minute

Join Brooke and Sara from Roulston's Pharmacy to talk about "Bathroom Safety and Rentals"

July 15 2pm FREE

Join David Lopes, Roulston's Pharmacist to talk about "Arthritis - over the counter options in pain management"

August 19 2pm FREE

## Retirement and Investment Planning

Join Blake Moore, Chartered financial planner and Investment Specialist to talk about CPP/OAS decisions, income splitting, RRSP to RRIF conversion, TFSA's in retirement, and asset withdrawal order

July 15 11am FREE

## Paint and Sip with Michelle

Join Michelle and paint a night sky of northern lights on Aug 18. All materials are supplied, and no experience is needed. 8x10 finished size.

Aug 18 10am-2pm

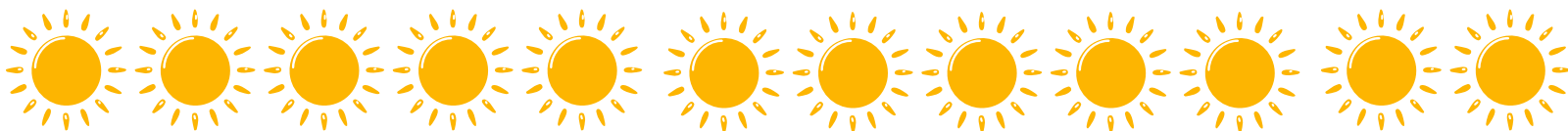
\$35/non-member

\$30/member

\*Picture to be emailed soon



CLOSED July 1 for  
Canada Day  
CLOSED August 4  
for Civic Holiday



**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.



# ***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.

**THANK-YOU, SILENT AUCTION DONORS:**

*Marjie Martin, Ed Eley & Ann Marie Harper,  
Dorothy Hrischenko, Nancy Puhr Sr.*

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**Welcome New Members!**

*Tom McLarty, Angela McLellan, Dallas  
Boudreaux*

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## **2025 Memberships**

First-time member? Partake of our summer special pricing! Join for just \$35 and enjoy member benefits until Dec. 31, 2025!

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**TURNING  
90? LET  
US  
KNOW!**

If you are celebrating your 90<sup>th</sup> birthday this year, be sure to let us know when you do so that we can list you as an honorary member. Honorary members do NOT pay an annual membership fee, but are still subject to the usual fees for programs and activities. Membership does have its privileges!





# TOAST THE COAST

BUS TOUR \$155/member  
\$165/non-member

**FRIDAY AUG 22**

10:50am  
-11am

11:40am  
-12:40pm

12:45pm  
-2:15pm

2:40pm  
-5:10pm

5:30pm

**Ready to leave**

Meet at Tillsonburg Senior Centre and get on the bus. Departure at 11am sharp

**Activity 1**

Arrive at Blueberry Hill Winery. Enjoy a flight of 3 wine and cheese pairings (incl.)

Shop at the winery

**Activity 2**

Arrive at Burning Kiln Winery. Go on a tour of the facilities and hear about the history of the location. Get 4 wine tastings while on tour (incl.)

Shop at the winery

**Activity 3**

Arrive at Rambling Road Brewery. Enjoy a flight of 6 beers. (incl.) Dine inside (extra cost, menu available at registration)

Shop at the brewery

**Back at Centre**

Arrive back at Tillsonburg Senior Centre

**IMPORTANT!**

Please sign up  
and pay by July  
31!!





# 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](http://HeartToHomeMeals.ca)

\*Some conditions may apply.



We accept Veteran Affairs Allowances  
and offer Special Diet Options

## ***TASTER'S CHOICE: OUR MEMBERS RATE HEART TO HOME MEALS***

On June 20, we hosted a free, no-obligation tasting event at the Senior Centre, to introduce our members to Heart to Home Meals. These frozen, nutritionally-balanced meals are available for in-home delivery once weekly, and offer a great way to ensure proper nutrition and convenience for those times when you don't feel like (or can't) cook. But what do they really taste like? Read on and let our staff and members tell you!

### **Marian**

Marian sampled three soups (cream of leek and potato, chicken noodle and beef vegetable, and had this to say: They all taste homemade. The carrots in the soups were a bit crunchy and reminded me of reconstituted carrots. My favourite soup was chicken noodle which is surprising because I don't usually choose chicken noodle. Caution: If you don't like pepper, this one has plenty of pepper

Marian also sampled the Country Chicken and the Beef Meatballs with Mushroom gravy and had these comments:

It was really hard to choose a favourite with these two. The chicken was very tender, the carrots were much better in this meal and the mashed potatoes were creamy and good and didn't taste like instant. The beef meatballs were also tender and tasty.

The vegetables were not soft and overcooked and had some nice texture and flavour. She rated these meals Excellent.

In terms of taste, Marian said, "I noticed that most meats come with either gravy or sauce. John explained that sauce helps keep the protein moist and tender. There are a few choices that don't have any sauce and look good as well. These meals don't taste like the TV dinners we are familiar with. They have a homemade look and taste.

Marian rated the portion size of the meals 'just right,' and had this to say in terms of whether she'd recommend the meals to a friend: "Anyone who wants a good, nutritious meal on short notice would benefit. I like to keep something in the freezer for times I don't feel like cooking or don't have time. These meals are excellent for that."

In terms of desserts Marian tried, she rated the cookie and the blueberry scone moist and delicious. She said she prefers less crust on the lemon tart and butter tart, and found the raisin scone a bit dry.

### **Marilyn**

I was pleased to offer to review the Heart To Home Meal Tasting on Friday, June 20<sup>th</sup>. We sampled 3 soups; Cream of Leek and Potato, Chicken Noodle and Beef Vegetable. The sample size was approximately 1/3 cup so we had a very good portion to sample. The chicken noodle was my favorite. It had plenty of small noodles and lots of carrots and celery as well as chicken. So there was lots of filling to go with the broth. It was very good. Then we tried the Cream of Leek and Potato. It was thick and creamy and I thought was also very good. I have to be honest, the Beef Vegetable wasn't my favorite. It did have lots of vegetables and broth but I thought it wasn't as thick as it could be. But if you like a soup with a little more broth then maybe this is the one for you.

Next we were given samples of 2 meals; Country Chicken and Beef Meatballs with Mushroom Gravy. The Country Chicken was very good. It included chicken chunks, stuffing, mashed potatoes, carrots and gravy. I really liked this one. We got a good taste of everything included in the meal and this is definitely one I would order. The Beef Meatballs with Mushroom Gravy included 2 Meatballs, Roasted Potatoes and Vegetables with Mushroom Gravy. The meatballs were good with the mushroom gravy on top and the roasted potatoes were really good. Of course the vegs were good too. Both of these meals had gravy so you would have to be ok with that but I liked both meals and would order both again.

Then we were encouraged to try the desserts that included, Pecan Butter Tarts, Lemon Tarts, Blueberry Scones, Raisin Tea Biscuit, Double Chocolate & Chocolate Chip Cookies. I did try the Raisin Tea Biscuit, the Blueberry Scones and the Cookie. All were very good and I would have no hesitation in ordering them. My husband tried the tarts and he said they were good as well.

You can get a Heart to Home Booklet at the Senior Center with all the meals they offer. You have lots of choice, including a mini meal, a regular sized meal or a hearty meal. They also have Breakfasts, Soups, Desserts and Special Diets. Each meal has colour coding so you can choose what suits your diet. It's so easy to order and they deliver each Tuesday to Tillsonburg. The meals come frozen and ready to pop in your freezer and each meal has cooking instructions on the label. My husband and I are big fans of Heart To Home and I encourage you to give them a try. You won't be disappointed!!!

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**

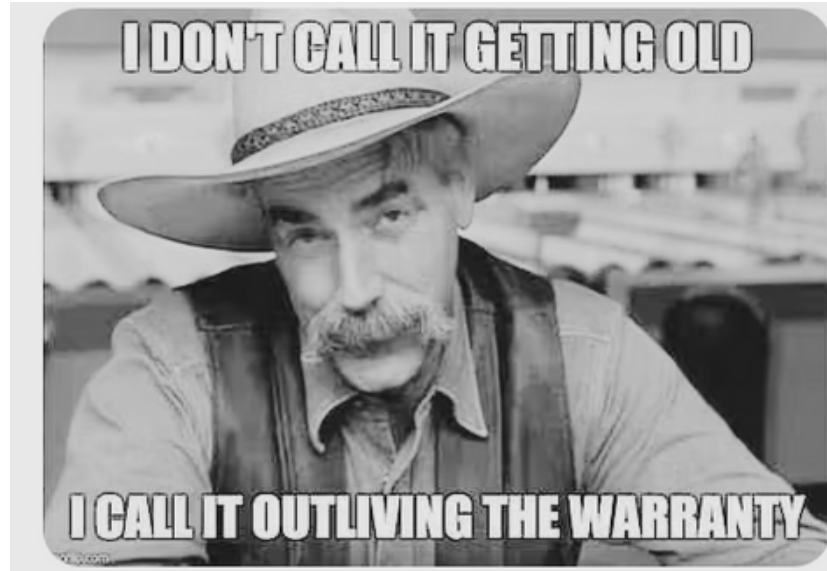
**Prices start at \$40, depending on  
complexity of the job, cash only.**

**Call:**

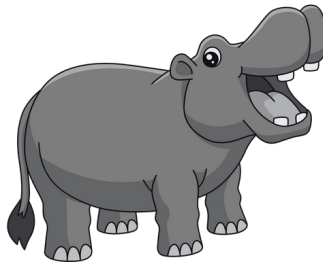
**226-213-3710**

**Check us out on Facebook:**

**[https://www.facebook.com/61573178  
662960/](https://www.facebook.com/61573178662960/)**

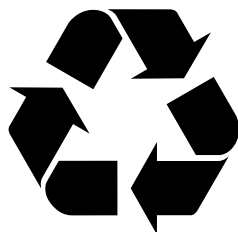


**What's the difference  
between a hippo and a  
zippo? One is super  
heavy; the other is a  
little lighter.**



**What do you call a dog  
magician?  
A labracadabrador!**

**Please  
recycle this  
newsletter**







Monday, September 15, 2025  
1:00pm to 4:00pm  
45 Hardy Avenue, Tillsonburg

# TILLSONBURG TASTING: SENIORS SAMPLER



## HAVE A CUP ON SEASONS!

COFFEE SERVICE FOR THE  
MONTHS OF JULY AND  
AUGUST GENEROUSLY  
PROVIDED BY SEASONS  
RETIREMENT

# THANK YOU!



**Seasons**  
RETIREMENT COMMUNITIES

## HEART TO HOME REVIEWS CONTINUED...

**Nancy**

I'm no stranger to Heart to Home Meals, having availed myself of the convenience of these a number of years ago.

At the recent tasting event, I sampled the Meatballs and mushrooms with roasted potatoes and mixed vegetables and the country chicken with stuffing, mashed potatoes and carrots. They say you eat with your eyes first, so in this regard, I have to say the food is great; It was well-presented in its microwave/oven-safe tray, and the colours of the vegetables were very bright and appealing.

In terms of taste, I also have to rate the meals highly; The portion sizes are perfect, and each food's unique flavour was discernable, unlike some store-bought frozen meals where everything tastes the same. The food was not over-seasoned or salty, and everything tasted fresh and flavourful. The carrots were perfectly cooked but still had a pleasant firmness, which is hard to do with anything frozen! It's also quite impressive how the meat is tender and juicy, and the dishes I sampled came with a generous portion of gravy/sauce.

I'm a bit of a stickler about stuffing, but I have to say that I enjoyed the flavour of the stuffing that came with the country chicken very much. It was moist and there was just enough of it.

Lastly, I sampled two desserts, a blueberry scone and a pecan butter tart, both of which were delicious. The scone was soft and had good blueberry flavour, and the tart had flaky pastry and was delicious and sweet.

In terms of value, I would say this: If you want something that has good nutrition, tastes yummy and is a vast cut above most frozen TV-style dinners, give these meals a shot. They're delivered right to your door and are very convenient and well-portioned.



## MEDICAL MINUTE

**July 15 and**

**Aug 19**

**@ 2pm**

**July 15: Join Brooke and Sarah from Roulston's, as they discuss steps you can take to make your bathroom safer. David Lopes returns Aug. 19 discusses arthritis: over the counter options in pain management.**

# ADVERTISING WITH US IS EASY!

**¼ PAGE \$60\***

**½ PAGE \$120\***

**FULL PAGE \$240\***

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**CALL 688-2520 OR EMAIL [NPUHR@TILLSONBURGSENIORCENTRE.COM](mailto:NPUHR@TILLSONBURGSENIORCENTRE.COM)**

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Phone: 519-717-3464

Fax: 519-805-3284

[appointments@barkspedorthics.ca](mailto:appointments@barkspedorthics.ca)

**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!**



## **Handyman services**

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- ✓ Furniture assembly
- ✓ Yard work & more!
- ✓ Computer and Electronics Troubleshooting
- ✓ Seniors' Discount

**Call Victor Goñi at 519-830-5466**

# **35TH ANNIVERSARY PHOTO DIRECTORY**

**IN HONOUR OF OUR 35<sup>TH</sup> ANNIVERSARY, WE'VE TEAMED UP WITH IPC TO CREATE A COMMEMORATIVE PHOTO DIRECTORY, AND WE'D LIKE YOU TO BE A PART OF IT.**

**HERE'S HOW IT WORKS:**

**REGISTER AT THE OFFICE FOR AN APPOINTMENT FOR PHOTOS BETWEEN**

**10 AM AND 3 PM AUGUST 5-8 AND AUGUST 25-29**

**A PROFESSIONAL PHOTOGRAPHER WILL TAKE YOUR  
PHOTO, ABSOLUTELY FREE OF CHARGE,  
FOR INCLUSION IN OUR DIRECTORY.**

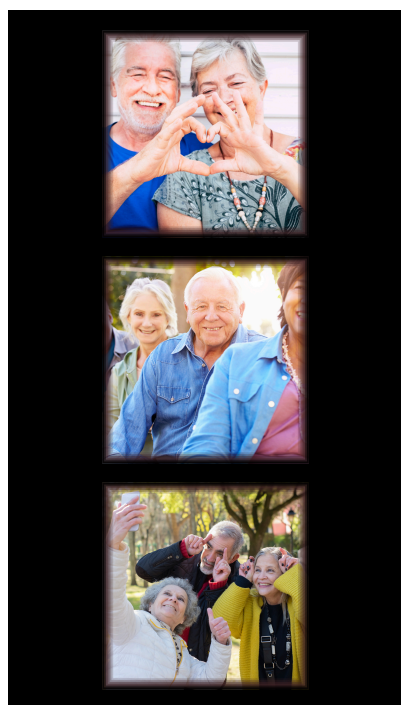
**YOU MAY CHOOSE TO ORDER PHOTO REPRINTS,  
BUT THIS IS COMPLETELY OPTIONAL**

**WHEN THE DIRECTORY IS COMPLETE (LATE NOVEMBER)**

**YOU WILL RECEIVE A FREE COPY OF YOUR OWN.**

**FOR MORE INFO, STOP BY THE OFFICE!**

**CALL US TO RESERVE YOUR SITTING: 688-2520**



**JOIN US TUESDAYS, STARTING JULY 8,  
9 AM - 11 AM 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!  
\$2.50/MEMBERS, \$4.50/NON-MEMBERS**



# Cooking Class- Ice Cream Sauces

Join Michelle as we make homemade sauces perfect for drizzling over desserts. We'll taste them over ice cream afterwards!

\$14/member

\$19/non-member



Join Michelle in making a colourful night sky with acrylic northern lights. No experience needed, all are welcome! All materials are supplied

\$30/member

\$35/non-member

Aug 18 10am-12pm

## Paint and Sip with Michelle



## Paint and Sip with Stella

Join Stella in making a gorgeous blue jay with acrylic. No experience needed, all are welcome! All materials are supplied

\$30/member

\$35/non-member

July 17 10am-12pm

Ingersoll Senior Centre  
250 Ingersoll St S  
Ingersoll, ON N5C 3J7

Tillsonburg Senior Centre  
45 Hardy Avenue  
Tillsonburg N4G 3W9



# TILLSONBURG AND INGERSOLL PARTNERSHIP MEN'S SHED



**A group by men for men featuring coffee and chat,  
Lunch and Learn, guest speakers, and  
brainstorming new ideas.**

**MEN AGES 50+**

## 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

Exciting News! Ingersoll has partnered with Tillsonburg to expand the Men's Shed!  
Second Tuesday is in Ingersoll  
Fourth Tuesday is in Tillsonburg

## Upcoming Dates

**Tuesday July 22 - 12:30pm- Learn how to make your own clay pinch pot**

**Tuesday, August 26 - 12:30pm - Join Chef Nancy and learn how to make her world famous baked beans**



Call or email to let us know you're interested!  
519-688-2520  
[programs@tillsonburgseniorcentre.com](mailto:programs@tillsonburgseniorcentre.com)



# 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 programming, 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

## ROTARY PHONE CHECK

Tillsonburg Rotary Club carries out phone checks each morning commencing at 8 am for seniors. Seniors taking part in the program welcome such regular calls for many reasons including physical and mental health. Rotary is now able to add interested persons to the Phone Check program. Seniors who wish to be part of being called are required to also provide names of trusted relatives or friends who may be backups in case Rotary callers are not able to reach them.

John Lohuis (Coordinator)

519-859-0338



## SUPPORT GROUP

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

**We Are Here to Help.**

**Tillsonburg Parkinson's Support Group**  
For more information and to connect with this group, email [stephen.owen@pssso.ca](mailto:stephen.owen@pssso.ca)



# Pride Photobooth

Thank you to everyone who participated in our photobooth! Here's a few of the photos we captured





# ***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



### ***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.

## CARPET BOWLING



This is an enjoyable and safe game, suitable for all. This game provides a nice alternative to sports that rely on strength, agility and speed. New players are always welcome. Carpet Bowling is a team game with two or three persons on each team. The object of the game is for each team member to gently roll special biased bowling balls down a 72ft long carpet so that they stop as close as possible to the small white ball called the jack and receive the allotted points.

Monday at 9:00am and Wednesday at 1:00pm

## SHUFFLEBOARD



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.

Thursday at 1:00pm  
RETURNING IN THE FALL

**IMPORTANT!**

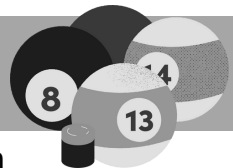
## DARTS/CORNHOLE

On Friday afternoons we offer darts, cornhole and washer toss. Bring your own darts and bean bags or use what we have here!

Friday 1 pm to 4:00 pm



## BILLIARDS



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 to 1pm  
Wednesday- 12:00pm to 4:00pm  
Thursday- 8:30am to 12:00pm  
Friday- 12:00pm to 4:00pm



## FLOOR KURL

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

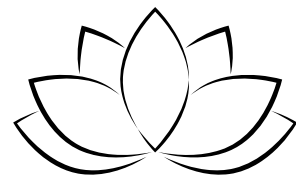
## LAP WALKING



Come out for an hour of walking in the auditorium with some catchy tunes. No need to worry about rain, snow, or ice! Put pep in your step for an extra fun time!

Tuesday 8:30am Thursday 8:30 am

# YOGA AND WELLNESS CLASSES



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

## CHAIR YOGA

Join Kelly Spencer to focus on balance and postures that ultimately improves confidence and builds on your muscle strength, flexibility, and balance capabilities. Chair yoga is a great form of exercise without putting pressure on joints.

This class is suitable for those with mobility issues

Thursday at 1:15pm-2:15pm



**Paused for Summer**

## 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



**No classes in August**

**Benefits of Yoga and**

**-Improves strength, balance and flexibility**

**-Could help with back pain**

**-May ease arthritis symptoms**

**-Could benefit heart health**

**-Can help reduce stress, inflammation and anxiety**

**-Connects you with a supportive community**

**-Can increase blood flow which can help reduce your risk of heart attacks, strokes and blood clots**

## ESSENTRICS: STRETCH AND TONE

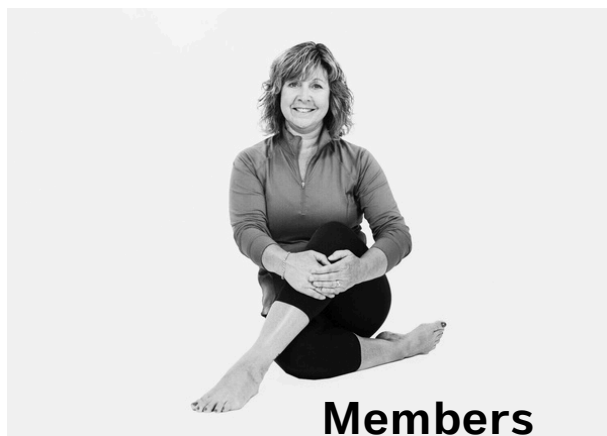
A dynamic, full body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. Effective for flexibility, mobility and pain-relief as well as injury prevention and recovery. This lively class is medium paced and easy to follow. Music is used to enhance the stretching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

Wednesday mornings at 11:15

## ESSENTRICS: 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 in March of 2025 for this dynamic, relaxing class! WEDNESDAYS, at 10:15 am in our bowling area!

**Paused for Summer**



**Members**

**\$6.50/class**

**Non-Members**

**\$8.00/class**

**(excludes Aging Backwards)**

# FITNESS CLASSES

These programs require pre-registration.

## 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 10:00 am and Friday 10:00 am

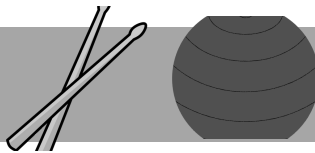


## ZUMBA GOLD

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

Wednesday 10:15 am

## DRUM FIT



This unique program uses movement through drumming to benefit both the mind and body. Reduce stress and anxiety with this upbeat class and get moving to some uplifting music! **Paused for Summer**  
Wednesday at 1:30 pm

## 'FUN'CTIONAL FITNESS

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

Wednesday 9:00 am

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

## LINE DANCING

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

### Beginner

Thursday  
9:45 am

### Advanced

Thursday  
11:00 am



## 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.  
Tuesdays 9:30 am, 8 week program  
**\$40/members, \$56/non-members**





# 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

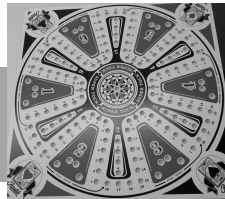
Bid Euchre is similar to Euchre, but it introduces an element of bidding in which the trump suit is decided by which player bids to take the most tricks. The primary differences are the number of cards dealt, absence of any undealt cards, the bidding and scoring process, and the addition of a no-trump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

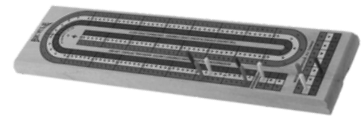
Bridge is a team trick-taking game played with a standard 52 card deck. The objective is to win as many games to 100 as possible. It is known to be the greatest source of enjoyment that four people can have with a pack of cards.

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.

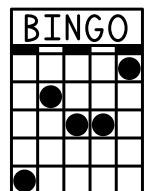
Thursday 1:00 pm



## 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



# 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.



## 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 at 9:00am



## KARAOKE



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

## PAINT AND SIP WITH STELLA

On July 17, Stella returns with a new bird to paint. We are going to be painting a blue jay this round! All materials are supplied. All levels are welcome.

\$35/non-member

\$30/member

July 17

10am-12pm



Image in colour on page 7

**Drop In Price**

**Members- \$2.50**

**Non-Members- \$4.50**



## CHOIR



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

Choir breaks until September

## TRIVIA

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

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



We'll split into pairs or teams depending on numbers and a few rounds of themed Trivia! Last Friday of Each Month at 1:30pm

Members - \$2.50

Non-Members - \$4.50

## QUILTING AND CRAFTING

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

Monday and Tuesday at 9:00am  
FREE Program



# 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



This month we enjoy an al fresco potluck in lieu of our usual cooking class. Register for this event happening Wednesday, July 30, 5 pm. A main course of sticky BBQ chicken bake, dill pickle potato salad and non-alcoholic beverages will be provided, just bring a lawnchair, your own plate/cutlery, and a dessert, side dish, salad OR finger food to share with the group. Of course recipes will be available! Sign up as space is limited. NOTE: No cooking class in August.

**Members- \$14.00/class**

**Non-Members- \$18.00/class**

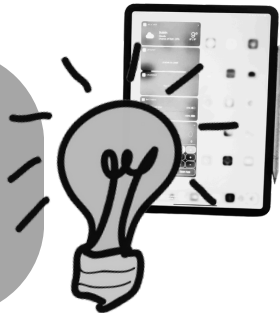
## ARMCHAIR TRAVEL

Join us at 1pm the last Friday of the month to hear from one of our great presenters! Explore the sights, history and people of this beautiful area, no boarding pass required!



PAUSED FOR SUMMER  
RESUMES IN SEPTEMBER

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

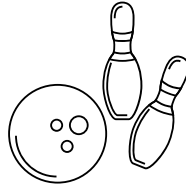
Returns September 22 for a 10-week session

Stay tuned for details!!

**LEARNING  
NEVER  
ENDS**

# BOWLERS

## Top Scores For June



### Monday

Graham Darmon	16
Brenda Darmon	12
Hank Couwenberg	10
Tom Tracey	6

### Wednesday

Hank Couwenberg	14
Graham Darmon	12
Brenda Darmon	11
Diana May	9
Tom Malloy	9



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 JULY 1,  
2025 FOR  
CANADA DAY!**



# 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 seasons top accumulated  
attendance points leaders is Louise  
Ross with a total of 143 points since  
September. Louise was awarded a  
certificate of achievement.



Helena Green has accumulated 313 Farkles  
since September and was awarded the  
Farkle Dice

Louise Ross is also the leader with  
116150  
accumulated high score of points  
since September. Louise was awarded  
a second certificate of achievement.

Helena Green has accumulated  
13 Skunks since September.  
She was awarded the Farkle Skunk

# BRIDGE

## Top Scores For May

Teresa	5650
Marcia	3560
Al	2840
Marty	2460



# EUCHRE

## Top Scores For June

LADIES HIGH - Shelly V  
MANS HIGH - Frank S  
MOST LONE HANDS - Donelda,  
Don, Tony  
MOST EUCHRES - Don  
OVERALL POINTS FEB TO JUNE  
- Barb H 910 Don 1036

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!

# CRIBbage

June	Mens Wins	Mens High Hand	Ladies Wins	Ladies High Hand	Skunks Keeper
Week 1	Dave 6 Frank J 6	Bob 24	Deb 7	Joan 21	Mens
Week 2	Dave 6 Bill 6	Ian 20	Wendy 8	Joanna 20 Terry 20 Joan 20	Frank S
Week 3	Frank S 5	Frank J 20	Joanna 6	Deb 24	Ladies
Week 4	Bob 5	Don 24	Wendy 6	Wendy 22	Shirley

# SOCIAL PRESCRIBING



Links2Wellbeing  
social prescribing for older adults



Alliance for Healthier Communities  
Advancing Health Equity in Ontario

OACAO

The Voice of Older Adult Centres  
La voix des centres pour aînés

We have teamed up with the OACAO and the Alliance for Healthier Communities on a social prescribing project – Links2Wellbeing! We have delivered packages to close to 45 healthcare providers to allow them to prescribe older adults to activities and programs here at the senior centre. Financial assistance is available to help with registration and transportation costs. If you know any healthcare providers that would like to take part, please let us know so we can bring them on board. And if you know any older adults that would benefit from participation, please encourage them to ask their healthcare team for a referral! We have already started receiving referrals and look forward to welcoming new members to the centre and in our programs!

## What is Social Prescribing?

Social prescribing uses the familiar, trusted process of writing a prescription to refer patients to local, non-clinical services that empower them to improve their health and build invaluable connections within their community.

In doing so, social prescribing:



Gives a structured pathway for healthcare providers to address the **social determinants of health**.



Bridges the gap between **clinical** and **social care**



Empowers people to be **co-creators** in improving their own health and wellbeing

## How does social prescribing work?

A healthcare worker sees a need and refers the patient to a link worker



The link worker connects with the individual to understand their needs and interests



The link worker connects the patient to a wide range of community supports and follows up

## Why is Social Prescribing Needed?

The effect of social isolation on mortality is comparable to that of other risk factors such as smoking, obesity, and physical inactivity, according to research from the WHO.


Addressing the social determinants of health (political, socioeconomic, cultural factors) is crucial to an individual's well-being.

**80%** of an individual's health are related to the social determinants of health

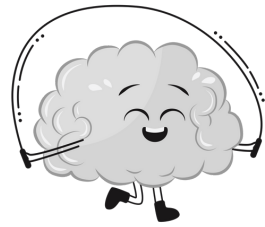
**47%** of socially disconnected older adults rate themselves as being less healthy overall

The echo pandemic of COVID-19 restrictions means that experiences of social isolation are common. Throughout the pandemic, in Canada:

 **43%** showed symptoms of moderate to high depression

 **54%** say their mental health has worsened

# ***FRIDAY FUNDAYS!***



## **KARAOKE**

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

**Friday, July 11 @**

**Friday, August 8**

**1:30 pm**



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



## ***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!**



*in  
loving  
memory*

## **In memory of: Robert Marsden**

**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!**

# ***DO SOME MUNCHIN' AT THE AUGUST LUNCHEON***



**FRIDAY, AUG, 29**

**11:30 AM - 1 PM**

**\$17/PP\***

**PRICE INCREASED FOR THIS LUNCHEON  
TO REFLECT THE COST OF CHICKEN**

**Picnic-style luncheon includes a  
sticky bbq-style baked chicken  
quarter, corn on the cob, baked  
beans, coffee or tea and an ice cream  
sandwich for dessert.\***

***\*Gluten-free dessert available on request -  
please specify when registering***

## ***INVESTMENT PLANNING SEMINAR***

Planning for the future and don't know  
where to start? Let Blake Moore, Chartered  
Financial Planner & RIS Investment  
Specialist from FirstOntario Credit Union  
help! Join us July 15 at 11 am for a free  
seminar and ask all your questions! Sign up  
by calling the office: 688-2520



TILLSONBURG SR. CENTRE

# Jewelry & Accessories Sale

**Our annual jewelry and accessories sale will take place Friday, August 15 (members only), and Saturday, August 16 (general public), 1 pm - 4 pm. All items are priced at \$2, so save your toonies and shop with us!**

**Please drop off donations for our sale by Friday, Aug. 8 so our volunteers can sort and organize them!**

**Hats, belts, jewelry, scarves and purses accepted. No shoes, please!**



## 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](http://BIT.LY/OXFORDOHT)

The Oxford OHT  
is funded by the  
Government of  
Ontario.



If you require assistance accessing this document, please contact [info@oxfordoht.ca](mailto: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](http://info.connectmyhealth.ca)



**PLEASE  
MARK  
YOUR  
CALENDAR  
CLOSED  
JULY 1 FOR  
CANADA  
DAY  
AND  
AUGUST  
4 FOR  
CIVIC  
HOLIDAY!**





# EMERALD CITY ELEGANCE



A Gala evening celebrating the 35<sup>th</sup>  
anniversary of  
Tillsonburg Senior Centre  
Saturday, Sept. 20, Tillsonburg Senior  
Centre Auditorium,  
45 Hardy Ave.  
Cocktails: 6 pm  
Dinner: 6:30 pm  
Dancing featuring  
DJ Randy Halmo to follow  
Cash bar

Tickets \$35 each  
Call 519-688-2520 to reserve

DJ generously sponsored by:



**Seasons**  
RETIREMENT COMMUNITIES



## ***TILLSONBURG SENIOR CENTRE***

### ***35<sup>TH</sup> ANNIVERSARY RAFFLE***

# ***WE'RE RAFFLING A COLT SPORT 4-WHEELED MOTORIZED MOBILITY SCOOTER!***

***TICKETS \$10 EACH***

***OR 3 FOR \$20,***

***AVAILABLE AT***

***TILLSONBURG SENIOR CENTRE***

***(45 HARDY AVENUE),***

***BY CALLING 519-688-2520,***

***OR LOOK FOR US SELLING TICKETS***

***IN THE COMMUNITY!***

***PROCEEDS SUPPORT ONGOING  
PROGRAMS AND ACTIVITIES AT  
TILLSONBURG SENIOR CENTRE***

***RAFFLE #M601388***



**Our heartfelt thanks to Jack Peddle for  
donating this fabulous prize and for always  
supporting our Centre!**