DECEMBER '25 / JANUARY '26

TILLSONBURG SENIOR CENTRE

The Leisure Link

www.tillsonburgseniorcentre.com

In This Issue...

DEC. 17 — Tim Hortons Smile Cookie Campaign Cheque Presentation at our Turkey Lunch with special guests from Tillsonburg Tim Hortons Locations

DEC. 19 — Last day to buy 2026 memberships at discounted price of $45!!

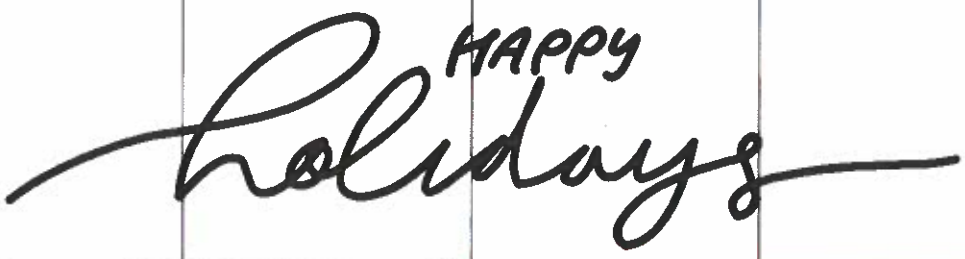
FOLLOW US: facebook.com/tillsonburgseniorcentre
or find us on the web:
www.tillsonburgseniorcentre.com

GET IN TOUCH:

45 Hardy Avenue, Tillsonburg, N4G 3W9
519-688-2520
Program inquiries: Programs@tillsonburgseniorcentre.com
Admin/rental inquiries: npuhr@tillsonburgseniorcentre.com

December

Tue	Wed	Thu	Fri
1 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11:30am - Drawing Lessons 1pm - Beginner Indoor Pickleball Lessons 1pm - Hand and Foot 1pm - Time Travel Adventures	**2** 9am - Quilting and Crafts 9:30am - Scrabble 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga	**3** 9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Aging Backwards NEW TIME 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit 10am-2pm Flu Shot and Covid Vaccine Clinic	**4** 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - American Mahjong 1pm - Intermediate Indoor Pickleball	**5** 10am - Chair Fitness 1pm - Bingo 1:30pm - Trivial Pursuit
8 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11:30am - Drawing Lessons 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	**9** 9am - NO Quilting Crafts 9am - Quilting and Crafts Pot Luck 9:30am - Scrabble 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga	**10** 9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Cooking Class rescheduled date 11:15am - Essentrics: Aging Backwards NEW TIME 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	**11** 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - American Mahjong 1pm - Intermediate Indoor Pickleball	**12** 10am - Chair Fitness 11:15am - Hears to You Hearing Seminar 1pm - Bingo 1:30pm - Karaoke
15 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11:30am - Drawing Lessons 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	**16** 9am - Quilting and Crafts 9:30am - Scrabble 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Medical Minute	**17** 9am - Art Club 11:15am - Essentrics: Aging Backwards NEW TIME 11:15am - Essentrics: Stretch and Tone 12pm - Turkey Lunch 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre	**18** 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - American Mahjong 1pm - Intermediate Indoor Pickleball 10am-12pm Blood Pressure Clinic	**19** 10am - Chair Fitness 1pm - Bingo 1:30pm - Trivia
22 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11:30am - Drawing Lessons 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	**23**	**24**	**25**	**26**
29	**30**	**31**	Debit available in January!	



JANUARY

Tue	Wed	Thu	Fri
29	30	31	1	2
5 9am - Carpet Bowling 10am - Chair Fitness 1pm - Beginner Indoor Pickleball Lessons 1pm - Time Travel Adventrues	6 9:30am - Scrabble 1pm - American Mahjong Lessons 1pm - Bid Euchre	7 9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge Lessons 12:45pm - Carpet Bowling 1:30pm - Drum Fit	8 8:30am - Lap Walking 9:30am - Farkle (Rotary Room) 9:45am - Beginner Line Dancing 11am - Line Dancing 1pm - American Mahjong 1pm - Intermediate Indoor Pickleball	9 10am - Chair Fitness 1pm - Bingo (rotary room) 1:30pm - Karaoke (board room)

CRAFT ROOM CLOSED FOR FLOORING JAN 5-9.
Programs have been cancelled or moved. Please check schedule

12 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 10am - Seniors Employment Workshop 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	13 9am - Quilting and Crafts 9:30am - Scrabble 1pm - American Mahjong Lessons 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga	14 9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge Lessons 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	15 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 10am - Seniors Employment Workshop 11am - Line Dancing 12:45pm - Cribbage 1pm - American Mahjong 1pm - Intermediate Indoor Pickleball 10am-12pm Blood Pressure Clinic	16 10am - Chair Fitness 11:30 - Luncheon 1pm - Bingo 1:30pm - Trivia
19 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	20 9am - Quilting and Crafts 9:30am - Scrabble 1pm - American Mahjong Lessons 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga 1pm - Medical Minute 9:30am-Bid Euchre Tournament NO DROP INS	21 9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge Lessons 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	22 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - American Mahjong 1pm - Intermediate Indoor Pickleball	23 10am - Chair Fitness 1pm - Bingo 1:30pm - Trivia
26 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventure	27 9am - Quilting and Crafts 9:30am - Choir 9:30am - Scrabble 12:30pm - Men's Shed 1pm - American Mahjong Lessons 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga	28 9am - Art Club 9am - FUNctional Fitness 10:15am - Zumba Gold 11am - Book Club Chapter 1 11:15am - Cooking Class 11:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge Lessons 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	29 8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - American Mahjong 1pm - Book Club Chapter 2 1pm - Intermediate Indoor Pickleball	30 10am - Chair Fitness 1pm - Armchair Travel 1pm - NO BINGO 1:30pm - Trivia

THE LEISURE LOWDOWN

MONTHLY HIGHLIGHTS

Time Travel Adventures (History)

Deward, Brian, and Dave take us on a spin through time
Mondays 1pm $5
Begins January 5

Karaoke

1:30pm Friday Dec 12, Jan 9 (Jan 9 in board room)

American Mahjong Lessons

A 4 part series on learning to play. Attendance is mandatory for all 4 sessions

$2.50/member
$4.50/non-member
January 6, 13, 20, 27
1pm-3pm

Beginner Pickleball Instruction

Join us the FIRST Monday each month to learn how to play pickleball. For the ultimate beginner.
$2.50/member
$4.50/non-member
FIRST CLASS FREE

Drawing Class

Learn 2D and 3D shapes, composition, and shading with graphite pencils
Feb 23, Mar 2, 9, 16
11:00am-12:30pm
$56/member, $66/non-member
NEW half hour longer class

Intermediate Pickleball

Join us Thursdays at 1pm for Intermediate indoor pickleball
$2.50/member
$4.50/non-member

We have 1 court available

Bid Euchre Tournament

January 20 - 10am SHARP
$2 to play
$18 optional lunch
Pre-registration only
NO DROP INS
See flyer on next page for more information

Beginner Watercolours

Learn basic techniques and more from Megan McKiernan.
Jan 5, 12, 19, 26
11:30am - 12:30pm

Bridge Lessons

Bridge is suspending play for the month of January to teach people how to play. Please register ahead for this fantastic opportunity to learn how to play!

Wednesday 12:45pm

MEMBERSHIPS

Early bird 2026 memberships are now available! Save $10 when you sign up before December 19, 2025

Memberships are $55 for the full calendar year beginning on January 2, 2026

FREE SEMINARS

Ears to You Seminar

Learn about how the ear works, the effects of untreated hearing loss, and technology changes over the years. Dec 12 11:15am

Senior Employment Information Sessions

First session: Job market outlook, how to update training
Second session: Writing resume/cover letter, how to apply to jobs, using their job bank January 12 10am-12pm January 15 10am-12pm

Medical Minute

Join David Lopes, Roulston's Pharmacist, to talk about blood pressure management NO December January 20 1pm

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.

MESSAGE FROM THE BOARD

I've heard it said that time goes faster as you get older. They also say time flies when you're having fun. I'm not sure if I'm having a great time or just aging, perhaps a little of both! All I know is that the last few weeks and months seem to be just flying by. Or maybe it's because I feel way behind my usual holiday preparations.

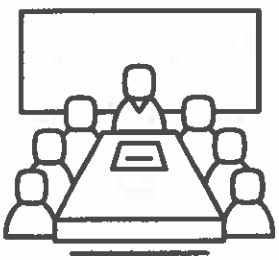
The festive season is upon us, no matter what holiday(s) you celebrate. Here's a thought: Is there someone that you have lost touch with over time, for whatever reason? Perhaps you could use this season of Goodwill to reach out to them, by whatever means you are comfortable with (phone call, email, text, snail mail, etc.). If you miss them, tell them. If you love them, say so. If you have hurt them, apologize. Can't think of a better tradition to start this year! Who knows? Perhaps they have been wanting to reach out to you as well, and just haven't found the way to do it yet. I wish you well in this endeavor, and hope you have a pleasant response. Would love to hear how it goes!

As usual, I will leave you with some special dates in the month that are not as commonly celebrated. I encourage you to embrace whichever ones speak to you, and would love to hear how you celebrated. Please don't hesitate to grab me at the centre and let me know!

Dec. 1: National Pie Day; Nat. Eat a Red Apple Day(perhaps in your pie?)
Dec. 4: Wildlife Conservation Day; Nat. Sock Day; Nat. Cookie Day
Dec. 7: Nat. Slime Day; Nat. Cotton Candy Day
Dec. 12: Nat. Poinsettia Day; Nat. Gingerbread House Day; Nat. Ambrosia Day
Dec. 14: Nat. Monkey Day; Nat. Bouillabaisse Day
Dec. Nat. Wear Your Pearls Day; Nat. Cupcake Day; National Cat Herders Day
Dec. 17: Nat. Sy It Now Day; Nat. Maple Syrup Day
Dec. 20: Nat. Go Caroling Day; Nat. Sangria Day
Dec. 21: First Day of Winter; Winter Solstice; Crossword Puzzle Day; Nat. Flashlight Day
Dec. 25: Nat. Pumpkin Pie Day
Dec. 26 : Nat. Thank You Note Day; Nat. Candy Cane Day
Dec. 28: Nat. Short Film Day; Nat. Card Playing Day; Nat. Chocolate Candy Day

Whatever holiday(s) you celebrate, I hope you have the pleasure of doing so in the company of family and good friends. Their presence should never be taken for granted. All the best to you all in the coming New Year!

Dorothy Hrischenko



Your Board of Directors

Dorothy Hrischenko - Chairperson
Joan Skelton - Vice-Chairperson
Lisa Belliveau – Treasurer
Crystal Getty - Secretary
Terry Fleming - Director
Joanna LeBlanc - Director
Linda McGaughey – Director
Marion McLean - Director

OUR MISSION

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

A NOTE FROM NANCY

April may be Volunteer Month, but I'd be terribly remiss if I didn't take this opportunity to thank all the volunteers who have helped make this fall one for the books! First to everyone who supported the Tim Hortons Smile Cookie Campaign (of which we were this year's benefactor) by buying cookies, helping us promote the campaign on Social Media, by decorating cookies or placing pre-orders - a simple thank you isn't enough. Our campaign exceeded our expectations and raised $19,741 that will help convert our former wood shop into a fully-functional art studio here at the Centre. We look forward to seeing this project develop and to sharing the final outcome with you in 2026!

Next, to the many volunteers who have helped out this fall, whether it be by decorating, overseeing the desk, helping with dishes after luncheons, convening programs, washing tables, and the many, many other ways you've supported us, please accept my heartfelt appreciation on behalf of our Board and members. You truly help us accomplish so much! I'd also like to take a moment to thank everyone who has helped us keep program and activity costs low in 2025 and into next year, by sponsoring monthly coffee service. Your generosity is so appreciated!

I'd also like to say a heart-felt thank-you to our anonymous donors who contributed $1,000 in November which will help reduce the cost associated with replacing flooring in the Craft Room in early 2026. Although I'm happy to respect their request for anonymity, please know that I'd like to be shouting their names from the mountaintop!

Lastly, from my home to ours, very best wishes for a happy and healthy holiday season.
Nancy

Welcome New Members!

THANK-YOU, DONORS:

Linda Mercer, Crystal & Mel Getty, Ruby Withington, Harold Anderson, Faye Wirth, Jean and Gary Norris, Joanne Coffin, Joan Skelton, Carol Martin, Louise Ross, Helena Green, Melanie Cornwell and to those that wish to remain anonymous!

Fitness CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM- CHAIR FITNESS	2:00PM- ADAPTIVE CHAIR YOGA	9AM- FUNCTIONAL FITNESS 10:15AM- ZUMBA GOLD 11:15AM- ESSENTRICS: AGING BACKWARDS 11:15AM- ESSENTRICS: STRETCH AND TONE 1:30PM- DRUM FIT	8:30AM- LAP WALKING 9:45AM- ULTRA BEGINNER LINE DANCING 11AM- LINE DANCING	10AM- CHAIR FITNESS

Table Games CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1PM- HAND AND FOOT	9:30AM - SCRABBLE 1PM- BID EUCHRE 1PM- WHOMP'EM	1PM- BRIDGE 1PM- EUCHRE	9:30AM- FARKLE 12:45PM- CRIBBAGE 1PM- AMERICAN MAHJONG	1PM- BINGO

Sports CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS/SNOOKER ALL DAY 9AM- CARPET BOWLING 12:30-4 DARTS 1PM - INDOOR BEGINNER PICKLEBALL	BILLIARDS/SNOOKER 8:30-12 8:30-1 DARTS	BILLIARDS/SNOOKER 12:15-4 12:45PM- CARPET BOWLING	BILLIARDS/SNOOKER 8:30-12:30 8:30-12:30 DARTS 1PM INDOOR INTERMEDIATE PICKLEBALL	BILLIARDS/SNOOKER 12-4PM DARTS 12-4PM

FRIDAY FUNDAYS!

KARAOKE

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

TRIVIA

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

BINGO

Bring your lucky troll on Fridays and join us for an afternoon of games. Starts at 1:00pm. No Bingo last Friday of the month

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.

WAYS TO SUPPORT YOUR SENIOR CENTRE

Here at the Senior Centre, we pride ourselves on delivering high-quality, inclusive recreation and leisure programs promoting social, physical and mental wellbeing for the seniors we serve. We run more than 40 recreational programs every month, and provide our members with opportunities for civic and social engagement, educational health and wellness programing, and connections to social services.

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

If you or someone you love has benefited from our programs and services, or if you value the work we do and would like to support us beyond purchasing an annual membership, there are several ways you can help including sponsorship opportunities, advertising your business, or honoring the memory of a loved one with a memorial donation. Planned gifts provide a lasting legacy in the name of you or your loved one, and make a tremendous impact by ensuring continued quality programs for seniors in our community. And of course, as a not-for-profit organization, tax receipts are available for all donations. No matter how you choose to support our programs and activities, please know that you are making a lasting contribution to the health and wellbeing of seniors in and around Tillsonburg both now and in the future! Want more information? Call us: 519-688-2520

BID EUCHRE TOURNAMENT

JANUARY 20, 2026

$2 PER PERSON

9:30AM SIGN IN

10:00AM PROMPT START
GAMES END 3:00PM

DOOR PRIZES
AND
CASH PRIZES

TILLSONBURG SENIORS CENTRE

45 HARDY AVE, TILLSONBURG

REGISTER BY CALLING OR STOPPING BY THE OFFICE AS
SPACE IS LIMITED!
NO WALK-INS 519-688-2520

OPTIONAL LUNCH $18-INCLUDES LUNCH AND LIGHT REFRESHMENTS:
PLEASE PRE-REGISTER!

WE HAVE 50/50 TICKETS AVAILABLE! $2 EACH - AVAILABLE AT FRONT OFFICE
DRAW HELD JANUARY 30 AT 3PM

VOLUNTEERS

IF ANYONE IS INTERESTED IN BECOMING A VOLUNTEER OR WOULD LIKE MORE INFORMATION ABOUT WHAT THEY WOULD BE DOING, PLEASE STOP BY THE OFFICE OR CALL AND WE CAN EXPLAIN THE PROCESS!

Tillsonburg Senior Centre Monthly 50-50 draw

Tickets are $2 each

Please pay and PRINT your name and phone number on the applicable squares. All proceeds support programs and activities for seniors. Available at the desk in the reception area.

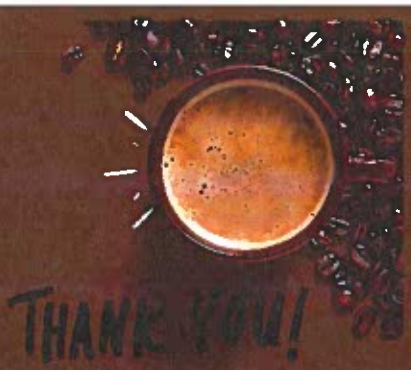
Draw held at 3pm on the last business day every month, and the winner will be notified by phone.

Lottery # M601364

Congrats!

742126 November Winner: MARJIE MARTIN Amount:$ $141 742126

COFFEE SERVICE FOR THE MONTH OF DECEMBER GENEROUSLY PROVIDED BY SHARON W. & THE GOOD FOLKS IN OUR FRIDAY FITNESS CLASS



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

COFFEE SERVICE FOR THE MONTH OF JANUARY GENEROUSLY PROVIDED BY SHARYL & LORNE COHEN

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

Congratulations to Phil Donoghue who we've named as the 2026 SPIRIT award winner for his unflinching commitment to spreading Halloween Spirit! Phil fully embraced 16 Days of Spooky, stopping by the office on numerous occasions to share his creative (and sometimes creepy) costumes. His enthusiasm brightened our day, and we felt it deserved a special nod. Thanks, Phil!

MEN'S SHED

Meetings held fourth Tuesday each month

January 27, 12:30pm

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

COOKING CLASS RESCHEDULED

SPECIAL DATE DEC 10

Holiday Appetizers

Watch Chef Nancy prepare a selection of holiday appetizers sure to please any crowd. Taste each one and take home the recipes!

Included:

parmesan cheese straws

party meatballs

warm dip

cold dip

$14/MEMBER
$18/NON-MEMBER

DRAWING LESSONS PART 2

MORE INFORMATION

6 week course (1.5 hour lessons)

Mar 23, 30, Apr 6, 13, 20, 27

11:00am - 12:30pm

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

REGISTER NOW

DRAWING PART 2

Build off of previously learned skills using different drawing approaches. This will help build confidence in your work and understanding of basic drawing skills. We will work towards a final still life drawing.

This class will continue where Intro to Drawing left off. It is open to everyone!

Participants are asked to bring an 8.5" x 11" (approximate size) sketchbook as well as any pencils or erasers they have. All other material including extra pencils and erasers will be provided as needed.

$74/MEMBER, $84/NON-MEMBER

NEW: LONGER TIME SLOT AND 2 EXTRA SESSIONS!

MERCEDES VICTORIA

Mercedes is an award winning local artist from Beachville. She primarily works with chalk pastels, graphite pencils, and charcoal.
This birch tree is one of her original pieces as an example of her work

High Dose Flu Shot (65+) And Covid Vaccine Clinic

There's still time to get a flu vaccine if you haven't yet this season. You can get your covid vaccine at this clinic. The high-dose flu shot is available only to seniors 65+. Call to register: 688-2520

December 3, 2025
10:00am - 2:00pm
Tillsonburg Senior Centre
45 Hardy Ave (North Entrance)
Tillsonburg, ON

Rheo Thompson Mint Smoothies available:
$4 each
Get yours now to avoid disappointment!

WATERCOLOUR LESSONS

MORE INFORMATION :

4 week course (1 hour lessons)
Learn the basics with Megan McKiernan
Dates to be announced (January Start)
Tillsonburg Senior Centre
programs@tillsonburgseniorcentre.com
519-688-2520

WHAT YOU'LL LEARN

BEGINNER WATERCOLOURS

Learning the basics of water control, wet-on-wet, wet-on-dry techniques, and unconventional tips and methods

$45/MEMBER, $55/NON-MEMBER*

*SUBJECT TO CHANGE ONCE FINALIZATION IS IN PLACE

MEGAN MCKIERNAN

Megan is a fine arts watercolour artist from Tillsonburg. She uses a variety of techniques to achieve her beautiful pieces

REGISTER NOW

Christmas Turkey Luncheon 2025

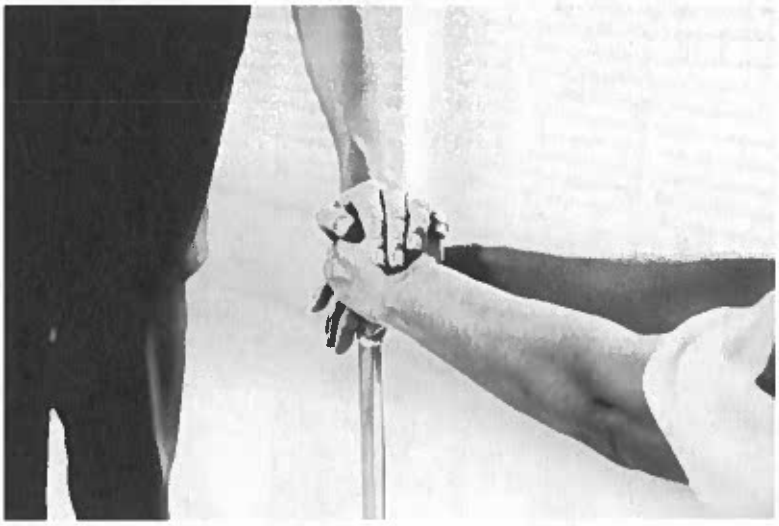
WEDNESDAY, DEC. 17, 12 PM (DINE
ENTERTAINMENT TO FOLLO
11:30 AM (TAKE-OUT)
COST $20 PP
PLEASE ORDER AND PAY AT THE MAIN
INCLUDES TURKEY WITH ALL THE TRIMM
DESSERT
*DINE-IN INCLUDES COFFEE/TEA

DINE IN SOLD OUT

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

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

EARLY CONVERSATIONS IN PALLIATIVE CARE



MONDAY, FEB. 2, 2026,
11 AM
PLEASE REGISTER:
688-2520

JOIN US FOR AN INFORMATIVE SESSION ON THE IMPORTANCE OF EARLY CONVERSATIONS ABOUT YOUR FUTURE HEALTH CARE. WE'LL EXPLORE WHAT PALLIATIVE CARE TRULY MEANS, HOW IT CAN SUPPORT QUALITY OF LIFE AT ANY STAGE OF ILLNESS, AND WHY ADVANCE CARE PLANNING MATTERS.

LEARN HOW TO:

- THINK ABOUT AND COMMUNICATE YOUR HEALTH-CARE WISHES
- CHOOSE A TRUSTED DECISION-MAKER IF YOU ARE UNABLE TO SPEAK FOR YOURSELF
- UNDERSTAND SUPPORTS AVAILABLE FOR THOSE LIVING WITH A SERIOUS ILLNESS AS WELL AS THOSE WHO ARE AGING AND PLANNING AHEAD
- ACCESS HELPFUL RESOURCES TO GUIDE COMPASSIONATE CARE DECISIONS

THIS SESSION WILL HELP YOU FEEL MORE PREPARED, INFORMED, AND EMPOWERED IN PLANNING FOR THE FUTURE.

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!

TILLSONBURG SENIOR CENTRE

TSC

BE HAPPY BE HEALTHY BE HERE

Tims

Thank you!

You've spread kindness
throughout your community
and helped us raise $19,741.


TILLSONBURG SENIOR CENTRE
BE HAPPY BE HEALTHY BE HERE
Tims
Thank you!
You've spread kindness throughout your community.
Holiday Smile Cookie

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

Friendly • Affordable • Reliable
Small repairs, installs, and home maintenance with a respectful touch.

✓ Plumbing & electrical
✓ Grab bars & safety items
✓ Furniture assembly
✓ Yard work & more!
✓Computer and Electronics Troubleshooting
✓Seniors' Discount

Call Victor Goñi at 519-830-5466

PLEASE
RECYCLE
THIS
NEWSLETTER

Loads 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

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!

TILLSONBURG SENIOR CENTRE
BE HAPPY BE HEALTHY BE HERE

If 'some assembly required' has
you down, call

GARY THE ASSEMBLER

your one-stop source for assembly of
toys, barbecues, furniture and other items
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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.

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Check us out on Facebook:
https://www.facebook.com/61573178662960/

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ONTARIO HEALTH TEAM

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

VISIT OUR WEBSITE FOR THE MOST UP-TO-DATE INFORMATION
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If you require assistance accessing this document, please contact info@oxfordoht.ca

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Empower your Health Journey with ConnectMyHealth

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

To register successfully:

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

info.connectmyhealth.ca

ConnectMyHealth Hamilton Health Ontario Health Oxford

MY OFFICE CAN HELP YOU WITH:

- Birth and Marriage Certificates
- Commissioner of Oaths
- Congratulatory Certificates for Milestone Anniversaries and Birthdays
- Family Responsibility Office
- MTO
- OHIP and ServiceOntario
- OW/ODSP/WSIB
- Any Other Provincial Matters

ERNIE HARDEMAN

MPP - Oxford

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

Parkinson Society Southwestern Ontario

SUPPORT GROUP

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

We Are Here to Help.

Tillsonburg Parkinson's Support Group
For more information and to connect with this group, email **stephen.owen@psso.ca**

Parkinson Society Southwestern Ontario info@psso.ca 1.888.851.7376

Compassionate Care

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

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HARVEST VIEW

APARTMENTS IN TILLSONBURG

STUDIO, 1 & 2 BED RENTALS

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MOVE-IN THIS FALL

Enjoy An Amenity Rich Community

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

And More!

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Ready for a New Chapter?

Whether you're downsizing, selling the family home, or moving closer to loved ones, I'm here to guide you every step of the way. With patience, experience, and a focus on your needs, I'll make the process as simple and stress-free as possible.

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Office: 519-842-8418

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

Tillsonburg's Classic Pinball Arcade

102 Tillson Avenue, Unit I
Located across from Home Hardware
skillshotpinball.ca (519) 544-1799

MON to SAT: 12pm - 8pm, SUN: By Appointment

Rediscover the Joy of Playing Pinball!

Step back in time and enjoy the sights, sounds, and fun of real pinball machines

Bring the grandkids, affordable fun

Great for family visits & group outings

Private Party Rate $60 per hour
No coins required

Sunday discount: $10 off total parlour rental charge

FULLY ACCESSIBLE, PERCHING STOOL AVAILABLE

Tillsonburg Senior Centre

BOOK CLUB

CHAPTER 1 : LAST WEDNESDAY OF EVERY MONTH @ 11 AM

CHAPTER 2 : LAST THURSDAY OF EVERY MONTH @ 1 PM

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 or cheque (debit is coming soon: stay tuned). 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 or cheque (debit coming soon)

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

MEDICAL MINUTE

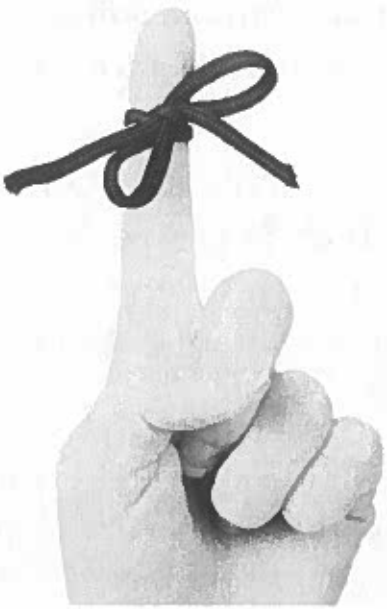
January 20
1pm

No Session in December

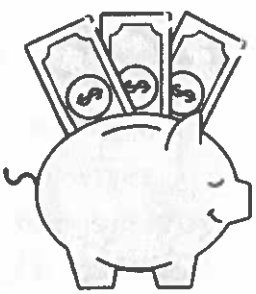
Join David Lopes from Roulston's Pharmacy as we dicuss all things Blood Pressure Management in January! FREE - but please register in advance!

REMINDER

IT'S MEMBERSHIP RENEWAL TIME!!



Next year's memberships are now on sale!
Purchase your 2026 membership
before Dec. 19
and pay just $45 (that's a $10 savings!)
Plus, all early renewals get entered into a monthly draw for a gift card!
The earlier you renew,
the more chances you have to win!
Don't delay - renew today!
Membership price increases to $55 starting Jan. 1, 2026!



PROGRAM REGISTRATION

Some programs here are available for pre-registration on a monthly basis. Members have the option to reserve their spots in advance, while Non-Members are required to make payment at the time of registration to secure their places. Credits are exclusively issued for missed classes attributed to medical grounds or in cases of class cancellations due to inclement weather or instructor unavailability.

You can add money to your digital wallet ahead of time and not worry about having cash on hand each time. All user fees include coffee, tea, and cookies. Please note: Credits are only given for missed classes due to medical reasons or class cancellations.

NO FEE DROP-IN PROGRAM

QUILTING AND CRAFTING

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

Monday and Tuesday at 9:00am

CUSTOM QUILTING AVAILABLE

Did you know that our intrepid group of quilters and crafters offers custom quilting? Whether it's a partially-completed family heirloom quilt that grandma never got the chance to finish, or a quilt for the newest member of the family , our quilters can handle it all! Stop by our craft room Monday or Tuesday mornings between 9:30 and 11 am and let our crafters answer your questions. Custom quilting provides quality workmanship at a reasonable price. Come see us for details!

SOCIAL PRESCRIBING

Social prescribing bridges the gap between clinical and social care by referring patients to local services that are chosen according to the client's interests, goals, and gifts. It allows health providers to formally refer patients to community-based programs. It empowers clients to improve their health by developing new skills, participating in meaningful activities, and becoming more connected to their communities. It could be participating in an exercise group, taking an art or dance class, joining a bereavement network, and much more. Ask us how we're participating!

DROP-IN PROGRAMS

Members- $2.50
Non-Members- $4.50

The following programs do not need to be pre-registered for. You can attend when you can. You can add money to your digital wallet ahead of time and not worry about having cash on hand each time. These user fees include coffee, tea, and cookies. Exceptions apply for lessons.

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
Wednesday at 12:45pm

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 with low impact on the body. It's easy to learn the basic rules, the equipment is affordable, and the smaller court size makes it less strenuous than other sports like tennis. This program is suitable for beginners and those new to pickleball. If you're a more experienced player, please check out Indoor Pickleball: Intermediate.

Monday 1pm

LAP WALKING

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

Tuesday 8:30am (until January 27)
Thursday 8:30am

INDOOR PICKLEBALL: INTERMEDIATE

This time slot is set for players that are experienced at the game and not quite at an advanced level yet. Games can be expected to be quick-paced.

Thursday 12pm - 2pm
Thursday 2pm-4pm

AMERICAN MAHJONG

Mahjong is a four-player tile game that involves matching tiles to a specific winning hand on an official card. The game is a mix of strategy, skill, and luck, and the first player to form a valid hand calls "Mahjong" to win the round.

Thursday 1pm

INDOOR PICKLEBALL BEGINNER LESSONS

Never played before and not sure where to start?
Join us on the first Monday each month to learn how to play the fun game of pickleball. Continue playing on Mondays to build on your skills and become comfortable playing
First Monday 1pm

AMERICAN MAHJONG LESSONS

Sign up to learn how to play American Mahjong. This will require 4 players to run. It also requires attendance at all 4 classes in order to build on skills.
Tuesday 1pm
January 6, 13, 20, 27
$10/member
$18/non-member

YOGA AND WELLNESS CLASSES

These classes are available for pre-registration on a monthly basis. Please let the office know if you are unable to sign up for a full month at a time.

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

ADAPTIVE CHAIR YOGA

Join John Schieven for a mostly seated class that utilizes gentle yoga poses that stretch and strengthen the entire body. This class is suitable for those that want to reduce stiffness by activating the muscles and maintain range of motion in their joints.

Get your fitness in with this workout class

Tuesday 2pm-3pm

Benefits of Yoga

-Improves strength, balance and flexibility
-Could help with back pain
-May ease arthritis symptoms
-Could benefit heart health
-Can help reduce stress, inflammation and anxiety
-Connects you with a supportive community
-Can increases 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 11:15am-12:15pm

AGING BACKWARDS

Similar to Stretch and Tone but a bit slower-paced, Aging Backwards focuses on fascial stretch in each of the body's muscle groups to improve flexibility, balance and overall health. Join Lori for this dynamic, relaxing class!

Wednesday 11:15am-11:45am

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.

Members: $6.50/class

Non-Members: $8.00/class

Aging Backwards: $3/member, $5/non-member

FITNESS CLASSES

Some exceptions apply
Members $3.00
Non-Members $5.00

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.

Chair Fitness, Drum Fit, and Functional Fitness are all 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

DRUM FIT

This unique program uses movement through drumming to benefit both the mind and body. Reduce stress and anxiety with this upbeat class and get moving to some uplifting music! No musical experience is needed in this class. The drumsticks are for fun, not holding a beat.

Wednesday 1:30 pm

'FUN'CTIONAL FITNESS

A fun and challenging workout for strength and cardio. This class is a high intensity workout with a creative and challenging format.
This class is mostly standing with a small portion sitting in a chair. Designed for those that want to work up a sweat.

Wednesday 9:00am

LINE DANCING

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

ULTRA **Beginner**
Thursday
9:45 am

Advanced
Thursday
11:00 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

TAI CHI

Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm and refreshed!
Consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Join Dorothy to learn the how and why behind each movement.
Thursdays 2pm
October 2 - 7 week course
$49/non-member, $35/member

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.

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

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

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

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

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

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

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. The tiles must form words that, in crossword fashion, read left to right in rows or downward in columns and are included in a standard dictionary.
If you're a wordsmith (or if you just love this game) come on out and stretch your mental muscle with friends!

Tuesday 9:30am

CRIBBAGE

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

Thursday 1:00 pm

BINGO

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

Friday 1:00 pm

- No bingo on last Friday of the month!

CREATIVE PROGRAMS

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

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 9:00am

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!

2rd Friday of every month at 1:30pm

GUITAR

Level 1: Beginners - March 20 (10 weeks)
9am-10am
Level 2: Advanced - March 20 (10 weeks)
10:30am-11:30am

Level 2 must have previous experience. Guitars are not provided
$95/non-member, $75/member

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

CHOIR

Our Tillsonburg Senior Centre Singers return in January for a 15-week session leading up to their Spring 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 at 9:30am
Jan. 27-April 28

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 an afternoon of trivia!

Every third, fourth, and fifth Friday of the month
1:30pm

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

Cooking class returns January 28, and it's gonna be souper! Join us as we make a delicious, fresh and healthy Vietnamese chicken Pho

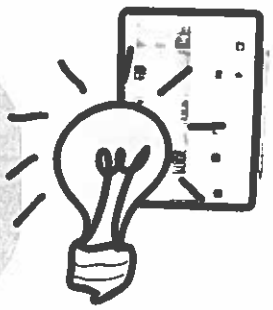
Wednesday, Jan. 28, 11:15 am
Members- $14.00/class
Non-Members- $18.00/class

ARMCHAIR TRAVEL

Join us at 1pm the last Friday of each month to hear from one of our great presenters! This month we welcome Beth Sandor as she takes us to Rwanda and Uganda. Explore the sights, history and people of this beautiful area, no boarding pass required!
Last Friday of the month
1:00pm

$2.50/members/$4.50 non-members

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



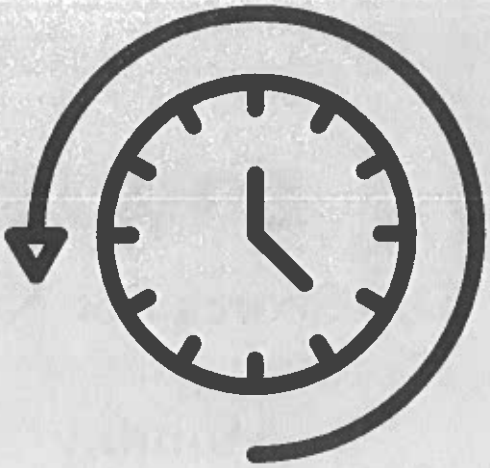
TIME TRAVEL ADVENTURES

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

Returns Jan. 5 for a 15-week session
Session price is $52.50/members, $67.50/non-members
or pay-as-you go, $5 per class!
Monday Jan 5 - May 4
1pm
NO Class - Feb 16, March 16, April 6

LEARNING NEVER ENDS

Time Travel Adventures



Dec. 1 - Join Brian Cox for the last installment of The Spies Who Loved us: Do you Really Know Your Neighbour

December 8 - Join David Hay for the last class of this fall session, exploring the rich history of Christmas and its traditions!

Time Travel Adventures will return in January with a 15-week spring session full of new and interesting topics designed to stretch your mental muscle. Stay tuned for details, and sign up at the office!

Spies & espionage have played a significant role in shaping the course of history. Throughout the ages, these covert operations have moved in the shadows, gathering information, conducting sabotage and even altering the outcome of critical events. From ancient times to the modern era, secret agents have left an indelible mark on the world! Join us as we explore the dark, shady and dangerous world of the spy!

Congrats to Dora Butcher who was the winner of our November early renewal draw for a gift card to a local eatery! Our last draw will be Dec. 19. Thanks to all who renewed!

BOWLERS

Top Scores For November

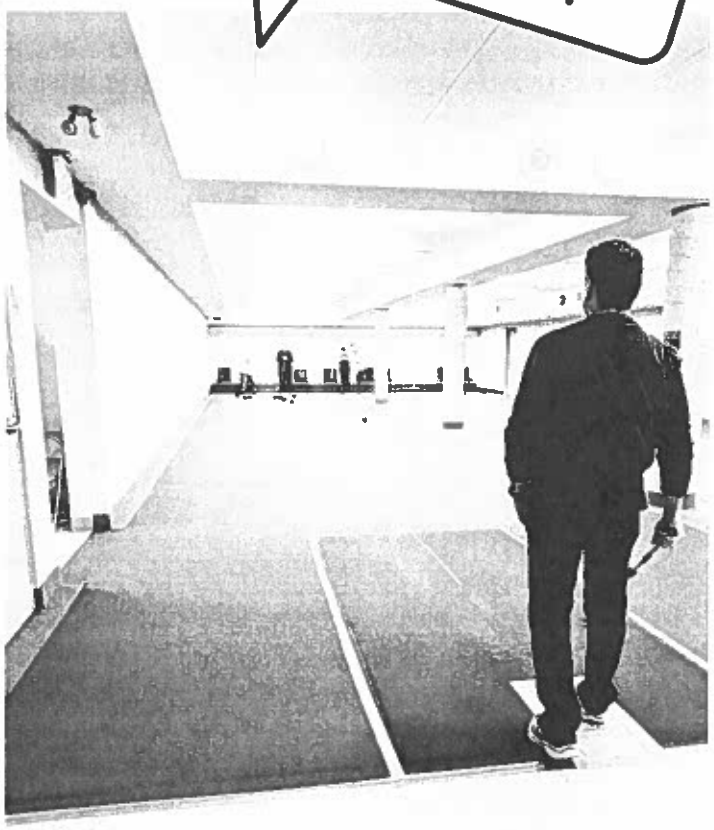
HEAR YE! HEAR YE! TOP SCORES!

Monday

Brenda Darmon	14
Graham Darmon	14
Hank Couwenburg	14
Jake Klassen	4

Wednesday

Peter Motter	16
Pauline Breen	14
Ruby Withington	12



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 DEC 23 2025 - JAN 2, 2026

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 – 11:30am

The top accumulated attendance points leader is Ed Eley with a total of 62 points since September.

Ed Eley is the leader with 47850 accumulated high score of points since September.

Lorrie Hull has accumulated 138 Farkles since September

Lorrie Hull has accumulated 112 Skunks since September

BRIDGE

Top Scores For November

Barb A	5270
Teresa	3540
Marianne	3390

EUCHRE

Top Scores For November

LADIES HIGH - Barb H	247
LADIES LOW - Marjorie N	54
MANS HIGH - Bryon G	269
MANS LOW - Frank S	213
MOST LONE HANDS - Murray C	10
MOST EUCHRES - Donelda	24

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

Nov	Mens High Hand		Mens Win		Ladies High Hand		Ladies Win		Skunk Guardian
Week 1	Russell	24	Frank S	6	Jo Ann	21	Cindy	8	Mens
Week 2	Dave	21	Bill	5	Dora	28	Anne	5	Gunther
Week 3	Frank J	22	Mike Bill	6 6	Joanna	28	Joan	6	Ladies
Week 4	Dave	20	Russell	5	Wendy	20	Joanna	5	Norma