

MAY 2026
TILLSONBURG SENIOR CENTRE

The Leisure Link

www.tillsonburgseniorcentre.com

Get in Touch:

519-688-2520

Program inquiries:

programs@

tillsonburgseniorcentre.com

Admin/rental inquiries:

npuhr@

tillsonburgseniorcentre.com

45 Hardy Avenue,

Tillsonburg, N4G 3W9

**FOLLOW
US:**



facebook.com/tillsonburgseniorcentre

or find us on the web:

www.tillsonburgseniorcentre.com

**MAY 5
12PM**

Bid Euchre Dessert Tournament

\$10 entry

Dessert: slice of pie with a scoop of ice cream

Cash prizes

HALF DAY 12pm-3pm

Advanced registration ONLY

Gaming License: SG1532000

**MAY 7
2PM**

Join us for a Beaded Plant Stake Workshop. Bonus! Make a teacup craft to enjoy all spring and summer. Light refreshments are included.
\$15 pp

**MAY 22
11:30AM**

May Luncheon

Spaghetti with homemade sauce, Caesar salad, and garlic toast, with a dessert included to finish off the meal, coffee or tea

\$15 pp

**TUES
1PM**

Highlighted Program: Shuffleboard

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.

Tuesday 1pm-3:30pm

Mon	Tue	Wed	Thu	1
				9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 1pm - Bingo 1:30pm - Trivial Pursuit
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Drawing Class 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	9am - Quilting and Crafts 9:30am - Pelvic Floor and Core 11am - Postcards Discussion Matt Griffis 12pm - Bid Euchre Dessert Tournament 1pm - NO Shuffleboard 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Scrabble	9am - FUNctional Fitness 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - Advanced Pickleball Indoor 2pm - Beaded Plant Stake Workshop	9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 1pm - Bingo 1:30pm - Trivia
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Drawing Class 11am - Heads Up for Healthier Brains 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	9am - Quilting and Crafts 9:30am - Pelvic Floor and Core 1pm - Bid Euchre 1pm - Shuffleboard 1pm - Whomp'em 2pm - Scrabble	9am - FUNctional Fitness 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - Advanced Pickleball Indoor	9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 1pm - Bingo 1:30pm - Trivia
CLOSED Victoria Day Weekend	9am - Quilting and Crafts 9:30am - Pelvic Floor and Core 1pm - Bid Euchre 1pm - Medical Minute 1pm - Shuffleboard 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Scrabble	9am - FUNctional Fitness 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 12:45pm - Cribbage 1pm - Advanced Pickleball Indoor 10am - 12pm Blood Pressure Clinic	9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 11am - Canadian Dental Care Plan Clinic 11:30am - Luncheon 1pm - Bingo 1:30pm - Trivia
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	9am - Quilting and Crafts 9:30am - Pelvic Floor and Core 1pm - Bid Euchre 1pm - Shuffleboard 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Scrabble	9am - FUNctional Fitness 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Cooking Class 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 1:30pm - Drum Fit	8:30am - Lap Walking 9:30am - Farkle 9:45am - Beginner Line Dancing 11am - Line Dancing 11am - Book Club Ch 2 12:45pm - Cribbage 1:30pm - AGM 1pm - NO Advanced Pickleball Indoor	9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 1pm - Armchair Travel 1pm - NO BINGO 1:30pm - Karaoke 1:30pm - Trivia

Fitness CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM- CHAIR FITNESS	2:00PM- ADAPTIVE CHAIR YOGA	10:15AM- ZUMBA GOLD 10:15AM- ESSETRICS: AGING BACKWARDS 11:15AM- ESSETRICS: STRETCH AND TONE 1PM - CHAIR FITNESS	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	1PM- BID EUCHRE 1PM- WHOMP'EM 2PM - SCRABBLE	1PM- BRIDGE 1PM- EUCHRE	9:30AM- FARKLE 12:45PM- CRIBBAGE	1PM- BINGO 1:30PM- TRIVIA

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 1PM-3PM SHUFFLEBOARD	BILLIARDS/SNOOKER 12:15-4 12:45PM- 3:45PM CARPET BOWLING	BILLIARDS/SNOOKER 8:30-12.30 8:30-12:30 DARTS 1PM-3:30PM INDOOR INTERMEDIATE PICKLEBALL	BILLIARDS/SNOOKER 12-4PM DARTS 12-4PM

FRIDAY FUNDAYS!

KARAOKE

Unleash your inner superstar the last Friday every month at 1:30pm! 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 rest of the Fridays 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

WAYS TO SUPPORT YOUR SENIOR CENTRE

Here at the Senior Centre, we pride ourselves on delivering high-quality, inclusive recreation and leisure programs promoting social, physical and mental wellbeing for the seniors we serve.

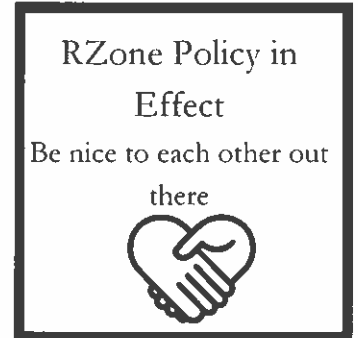
With costs rising and operating budgets tighter than ever, outside sources of funding are becoming an increasingly important revenue stream to keep the cost of these programs as affordable as possible for everyone.

If you would like to support us beyond purchasing an annual membership, there are several ways you can help including sponsorship opportunities, advertising your business, or honoring the memory of a loved one with a memorial donation. You can also donate new or gently used items for our weekly silent auction, yarn and/or fabric for our crafting group to make items that we sell here, or some other items. Please check with the office about what can be accepted.

Planned gifts provide a lasting legacy in the name of you or your loved one, and make a tremendous impact by ensuring continued quality programs for seniors in our community.

As a not-for-profit organization, tax receipts are available for all monetary donations. No matter how you choose to support our programs and activities, please know that you are making a lasting contribution to the health and wellbeing of seniors in and around Tillsonburg.

Contact the office to make arrangements that suit you if you are able and want to support the Centre.



COFFEE SERVICE FOR
THE MONTH OF MAY
GENEROUSLY
PROVIDED BY
COLIN AND WILMA
WILLIAMSON

THANK YOU! 

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

COOKIE SERVICE FOR
THE MONTH OF MAY
IS AVAILABLE

THANK YOU! 

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

Assaulted Women's Helpline-Seniors' Safety Line

As an anonymous provincial helpline which operates the Seniors Safety Line, we provide 24/7 support to callers in over 200 languages. We receive calls from people across the province, that are looking for a variety of services and supports. Our role through the Seniors Safety Line is to provide emotional support, safety planning, information and referrals to anyone who calls the line. If you or someone you know is in crisis, please get in touch as outlined below!

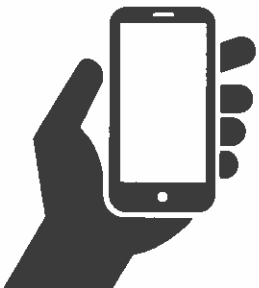
Crisis Line: 416-863-0511

Mobile: #SAFE (#7233)

Toll Free (Ontario): 1-866-863-0511

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

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



MESSAGE FROM THE BOARD

Greetings to all, both members and non-members! This will be my final Message from the Board contribution, as my term as Chairperson of the Board of Directors of the Tillsonburg Senior Centre comes to an end at our Annual General Meeting held Thursday, May 28, 1:30pm. It has been a real pleasure being a part of the board for the last 3 years, and while I will be continuing for another 3 years as a director, it is time to turn the reins over to another chairperson. I firmly believe new blood is healthy for an organization to continue to grow and change for the better. On that note, if you have ever wanted to play a more active role in how the Senior Centre operates, please speak to our administrator, Nancy, in the office, or anyone presently on the board. We are always happy to have someone new join the Board.

And now, for my last list of lesser-known special days to celebrate this month.

May 1- No Pants Day, Save the Rhino Day, Global Love Day

May 3-World Laughter Day, Sun Day, Mayday for Mutts

May 8-White Lotus Day, World Donkey Day, World Ovarian Cancer Day

May 12-Fibromyalgia Awareness Day, International Day of Plant Health, International Nurses Day

May 16-Int'l Day of Living Together in Peace, World Whisky Day, Waiters Day

May 17-World Baking Day, Pinot Grigio Day, World Telecommunication and Information Society Day

May 20-Bike to Work Day, World Flower Day, Int'l Red Sneakers Day

May 21-Global Accessibility Awareness Day, Int'l Tea Day, World Meditation Day

May 26-World Dracula Day, World Lindy Hop Day, World Redhead Day

May 28-World Hunger Day, Chardonnay Day, Int'l Burger Day

Hope you enjoy this beautiful month and celebrate as many of these days as possible. I'd love to hear about it. Cheers! Dorothy Hrischenko

Your Board of Directors

Dorothy Hrischenko - Chairperson

Joan Skelton - Vice-Chairperson

Lisa Belliveau - Treasurer

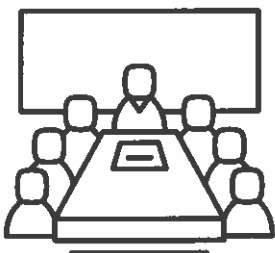
Crystal Getty - Secretary

Terry Fleming - Director

Joanna LeBlanc - Director

Linda McGaughey - Director

Marion McLean - Director



OUR MISSION

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

A NOTE FROM NANCY

May is a very busy month here at the Centre, with new programs such as our pelvic floor exercise program starting up, and others, like Time Travel Adventures taking a break for the summer. May is also when we host our Annual General Meeting, which is a great opportunity to check in on the Centre and its progress over the last year. Our AGM is happening Thursday, May 28 at 1:30 pm, and we welcome you to come, meet the Board find out what projects we have coming up, and also, to celebrate the accomplishments of the last year.

At this time of year, animals, birds and flowers are starting to wake up from their long winter slumber, and the earth is returning to life. With the arrival of May and the beautiful spring weather, there is no better time to get out and get active.

I want to encourage everyone to visit the senior centre this month to take advantage of our current programs and activities. Whether you are looking to try a new fitness class, join a social group, or simply enjoy the company of friends, it is a wonderful opportunity to stay healthy and connected to our community.

We look forward to seeing you here soon! Nancy Pühr-Slingerland, Administrator

THANK-YOU, DONORS:

*Joan Skelton, Pauline Breen, Monica Clare, Dianne Parnell, Jean VanMaele,
Melanie Cornwell*

and to those that wish to remain anonymous!

No longer by our side, forever in our hearts.

Barbara Libon

John Hall

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

*in
loving
memory*



THE LEISURE LOWDOWN

MONTHLY HIGHLIGHTS

Shuffleboard
 Shuffleboard returns to the Aud! We have 4 courts available
 Tuesday 1pm
 Drop-in
 \$2.50/member
 \$4.50/non-member

Luncheon
 Spaghetti with homemade sauce, Caesar salad, and garlic toast, with a slice of pie to finish off the meal, coffee or tea
 \$15 pp
 May 22 - 11:30am
 Last day to register- May 15

Bid Euchre Dessert Tournament
 Advance registration only
 Games start at 12:30pm
 6 games
 cash prizes
 Dessert: slice of pie and ice cream
 \$10 May 5

Postcards Talk
 Matthew Griffis will be discussing the art of collecting postcards as well as the history of things that land you in jail for being mailed
 May 5 11am Free
Karaoke
 1:30pm Friday Apr 24

Book Club
 Meet once a month for book club. Books are provided by the Oxford County Library at no cost to us.
 Last Thursday at 11am
 \$2.50/member
 \$4.50/non-member

Beaded Garden Stake Workshop
 Make a garden stake with a variety of beautiful beads. As a bonus, make a teacup craft!
 Light refreshments provided
 Thursday May 7 2pm
 \$15

DID YOU KNOW?
 By attending 28 programs (that's once a week for 6 months!) you will have saved \$56 by being a member
 Having a membership is beneficial even if you are away from the Centre half the year

CLOSED Victoria Day
 May 18

FREE SEMINARS

Medical Minute
 Join Sara Galimberty RPN, from Roulston's Pharmacy to talk about mobility aids and falls prevention
 May 19 1pm

Heads Up For Healthier Brains
 Learn how certain lifestyle choices can help to reduce modifiable risk factors for dementia. Adopting healthy behaviours, staying socially active, avoiding head injury, and challenging our thinking are some of the ways we can keep our brain healthy as we age.
 You'll also learn about programs and services offered by the Alzheimer Society.
 May 11 11am

Service Canada Clinic
 Raquel from Service Canada is holding 15 minute appointments to help seniors submit their Canadian Dental Care Plan paperwork in time for the June 1 deadline. She is also available to help with OAS and CPP paperwork. Call the office at the Centre to book your time slot
 Friday May 22 11am -3pm 15 minute appointments

MEMBERSHIPS

Memberships are \$55 for the calendar year

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 9:30 am. Work on your art projects and get inspired.

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!



NEW: PAY BY DEBIT!

NEW! Debit transactions now available (\$10 minimum). Please note: If you accidentally tap a credit card YOU will be charged 2.4% additional fee!

SENIORS SAFETY LINE

Here to provide you with support all winter long

TOLL-FREE 1-866-299-1011
TTY 1-866-299-0008
<https://seniorssafetyline.ca/>

24/7

24/7

Tillsonburg
Senior Centre
BOOK CLUB



~~CHAPTER 1: LAST WEDNESDAY OF EVERY
MONTH @ 11AM ON HOLD UNTIL FALL~~
CHAPTER 2: LAST THURSDAY OF EVERY
MONTH @ 11AM

BEADED
Plant Stake
WORKSHOP

BONUS! TEACUP CRAFT



MAY 7
2PM

\$15

Create your own garden stake to take home. Light refreshments included



BID EUCHRE DESSERT TOURNAMENT

MAY 5, 2026 **HALF DAY!** **\$10 PER PERSON**

12:00PM SIGN IN

12:30PM PROMPT START
GAMES END 3:00PM

DESSERT: SLICE OF PIE
AND SCOOP OF VANILLA
ICE CREAM

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

CASH PRIZES

LOTTERY LICENSE: SG1532000



May Luncheon:

This month, join us May 22 for spaghetti with homemade sauce, Caesar salad, garlic toast and dessert to follow. Coffee or tea is also provided

\$15 per meal
Call 688-2520 to
register by May 15

Friday, May 22, 11:30am - 1pm
Please bring a reusable container if you would
like to purchase leftovers* Subject to availability

COOKING CLASS

WHEN LIFE GIVES YOU LEMONS, MAKE DELICIOUS FOOD

Join us this month where lemons are the star of the show! We'll start off by making a simple, delicious lemon posset for dessert, and while that's setting up, we'll make the viral creamy ricotta-lemon pasta!

When life gives you lemons, cook with them!

Sign up by calling the office: 688-2520

WEDNESDAY, MAY 27

11:15 AM

Register and pay by May 20

Last day to cancel is Monday May 25 by 11am

\$14/MEMBER
\$18/NON-MEMBER



Seniors' Month BBQ

Join us on Friday, June 26 for a BBQ to celebrate Seniors' Month!

Sign up at the office and get a delicious hamburger, bag of chips, and beverage for \$5

All proceeds support ongoing programs & activities for seniors.

Sign up at the office by June 19



CAFTANS & COCKTAILS

Get ready to channel your inner Mrs. Roper at this FUN-draiser featuring fabulous finger food, delicious cocktails, great music, dancing, prizes, a silent auction and best of all: **NO WAISTBANDS ALLOWED!** Details coming soon!



JOIN US

OACAO 2026 WEBINARS CAPACITY BUILDING

Wednesday
May 27th
10:00 am - 11:15 am
EST

This is a FREE Webinar for Seniors Active Living Centres and OACAO Members staff, older adult members and volunteers. Participation can be done Virtually (with live multilingual captioning) or by Telephone.



TECHNOLOGY INFORMATION AND KNOWLEDGE SHARING VIRTUAL WORKSHOP

via Zoom and Toll Free

Workshop Facilitator: Human Endeavour/HOPE Resource Hub SALC, Technology, Access, Support for Seniors (TASS), info@humanendeavour.org

Helping Caregivers Navigate to Support:

A guide to connecting Caregivers to Ontario Caregiver Organization's Programs and Service

In Ontario, there are 4.2 million caregivers providing essential support to their family members, partners, friends, and neighbours. In order to do so, they often need support themselves such as help navigating services, managing stress and wellbeing, and getting connected to other caregivers. Service providers are frequently the first point of contact for caregivers, and can play an important role in helping them access the right supports.

Highlights include:

- An overview of the Ontario Caregiver Organization including the free programs and resources available to caregivers across the province.
- What the Ontario Caregiver Organization offers and how to support caregivers in navigating to the right supports for them

Presented by:



Please register in advance:
<https://oacao.wildapricot.org/event-6623388>

For More Information contact the OACAO

Funding provided by:

805-584-8125 or
Toll Free 1-866-835-7693
Emily Angel: emily@oacao.org



COMING UP

Accessing Online Games for Seniors

Highlights Include

- Intro to Mind Stimulating Games
- What are Online Mind Stimulating Games
- Benefits of Online Games for Seniors
- Types of Online Games
- Where to Access Online Games
- Step by Step: How to Access and Play



Tuesday, May 5th
10am-11:15am

FREE for Seniors Active Living Centres (SALCs), OACAO members and organizations serving seniors (Register in Advance)

To Register

Visit: <https://oacao.wildapricot.org/event-6583651>
For Registration Questions: Contact OACAO: 905-584-8125 or TOLL FREE 1-866-835-7693 OR julie@oacao.org

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



Links2Wellbeing
social prescribing for older adults

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

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

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

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

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

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

AGM 2025

Our 2025 Annual General Meeting is scheduled for Thursday, May 28 at 1:30 pm in the Senior Centre Auditorium. Join us for a review of the 2025 financials, program updates and to meet your Board of Directors. All members are welcome to attend. Light refreshments to follow



New here? Welcome!



If you're new to the community or to our centre, first of all, a hearty welcome! We hope you find that we have lots to offer you to keep you healthy, active and engaged!

We're pleased to offer membership on the calendar year (Jan. to Dec.), with discounted membership fees for first-time members joining in the latter half of the year, as well as early renewal incentives.

We offer both drop-in, pay-as-you-go programs, as well as session-based classes and programs, and you can participate in all of these without a membership. As the saying goes, however, membership has its privileges!

Membership not only lowers the user fee for all programs and activities, whether pay-as-you-go or session-based, it allows you to reserve space in your chosen program and pay later.

To get a membership, visit our office during business hours (M-F, 8:30 am - 4:00 pm) and our staff will be happy to help!



Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.



CALL US TODAY!

Get your **FREE** Menu
1-877-545-5577

HeartToHomeMeals.ca

*Some conditions may apply.



We accept Veteran Affairs Allowances
and offer Special Diet Options



Serving Southwestern Ontario

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Custom Orthotics

Services Covered By
Many Benefits Plans

We Can Help With

Foot, Ankle, and Knee Pain

Plantar Fasciitis

Acquired Workplace Injuries

Diabetic Ulcers

www.barkspedorthics.ca
Phone: 519-717-3464
Fax: 519-805-3284
appointments@barkspedorthics.ca



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

Call Victor Goñi at 519-830-5466

MAKE IT
MAKE SENSE

SIMPLE.SUBMIT1@GMAIL.COM

Do you need HELP ...

- Process Serving (Serving documents)
- Going online
- Typing documents
- Uploading documents
- Resumes and/or cover letters
- Finding resources
- Uploading documents online

519-842-0953

PARALEGAL SERVICES AVAILABLE

Commissioner & Notary services
Available by appointment

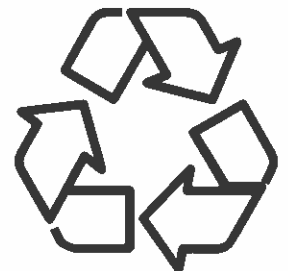
JMY.LEGAL.HELP@GMAIL.COM

AVAILABLE:
DAYS
EVENINGS
WEEKENDS

- Small Claims
- Landlord & Tenant
- Provincial Offences
- Criminal law
- Mediation
- Notarizing documents or wills
- Commissioning documents

Jennifer M. Young

PLEASE
RECYCLE
THIS
NEWSLETTER



HARVEST VIEW

APARTMENTS IN TILLSONBURG

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

Enjoy An Active Community

- Fitness Studio
- Outdoor Grills
- Billiards Room
- Pet Wash
- Firepit
- Bike Storage
- Social Events

And More!

**MODEL SUITES
NOW OPEN**

14 Harvest Ave, Tillsonburg ON

519-688-5081

harvestview@onyxcm.ca

www.harvestview.ca

SCAN HERE



TO LEARN MORE



SELLING
 DOWNSIZING
 MOVING CLOSER
 TO FAMILY



Ready for a New Chapter?

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



GRANT SUMLER
 SALES REPRESENTATIVE



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



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

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,
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 wash and fold service and more
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- ✓ Palliative & End-of-Life Care
- ✓ Housekeeping & Meal Preparation

24/7
Care & Support

+1 226-231-1328

info@fexhealthcare.ca

www.fexhealthcare.ca

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.hardeanco@pc.ola.org



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

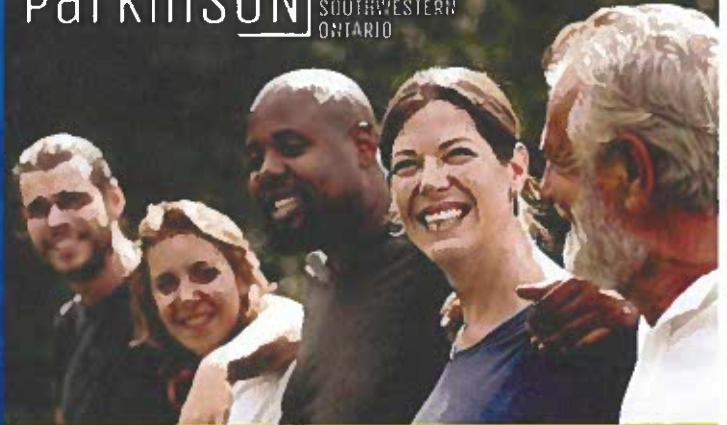
Great for family visits & group outings

Private Party Rate \$60 per hour
No coins required

Sunday discount: \$10 off total parlour rental charge

FULLY ACCESSIBLE, PERCHING STOOL AVAILABLE

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@pssso.ca

parkinson SOCIETY SOUTHWESTERN ONTARIO

info@pssso.ca

1.888.851.7376



Compassionate Care

Right at Home

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

519-842-3200
www.stonebridgecs.com



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

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

1. How does it work?

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

2. Why would I use my digital wallet?

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

3. Do wallet deposits expire?

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

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

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

5. What can I pay for using my wallet?

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

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

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

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

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

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

Free Seminars

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

Postcards with Matt Griffis

Tuesday May 5

11am

Matthew Griffis will be discussing the art of collecting postcards as well as the history of things that land you in jail for being mailed! Caught the talk at Annandale Museum? This talk contains new information that has not been previously covered in Matt's talks.

Heads Up For Healthier Brains

Monday May 11

11am

Learn how certain lifestyle choices can help to reduce modifiable risk factors for dementia. Adopting healthy behaviours, staying socially active, avoiding head injury, and challenging our thinking are some of the ways we can keep our brain healthy as we age.

You'll also learn about programs and services offered by the Alzheimer Society.



Tuesday May 19

1pm

David Lopes is the owner and pharmacist from Roulston's Pharmacy in Tillsonburg. He leads seminars each month on a different medical topic. Each talk includes a handout on the topic and a question period. Join Sara Galimberti RPN, from Roulston's Pharmacy to talk about mobility aids and falls prevention

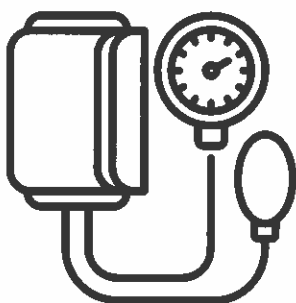
Service Canada Clinic

Friday May 22

11am-3pm

15 minute appointments

Raquel from Service Canada is holding 15 minute appointments to help seniors submit their Canadian Dental Care Plan paperwork in time for the June 1 deadline. She is also available to help with OAS and CPP paperwork. Call the office at the Centre to book your time slot



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!

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

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

WELLNESS CLASSES

Members \$6.50

Non-Members \$8.00

Aging Backwards

Members \$3

Non-Members \$5

ADAPTIVE CHAIR YOGA

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

Tuesday 2pm-3pm

Benefits of Yoga

- Improves strength, balance and flexibility
- Could help with back pain
- May ease arthritis symptoms
- Could benefit heart health
- Can help reduce stress, inflammation and anxiety
- Connects you with a supportive community
- Can increase blood flow which can help reduce your risk of heart attacks, strokes and blood clots

ESSETRICS: AGING BACKWARDS

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

Wednesday 10:15am-10:45am

Founded by former professional ballerina, Miranda Esmond-White, and based on fundamental Pilates principles, ESSETRICS® builds on the benefits of Pilates by combining it with ancient the practices Tai Chi and Yoga, and incorporating modern kinesiological insights, such as proprioceptive neuromuscular facilitation (PNF) technique, and a focus on fascial health.

The resulting workout is a fluid, dynamic flow sequence of body-intuitive movements that utilize natural muscle systems that dramatically improve body awareness and teach us to use our bodies optimally, whether for the physical demands of daily life, or as the foundation of any athletic pursuit.

STRETCH AND TONE

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

Wednesday 11:15am-12:15pm

PELVIC FLOOR AND CORE

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

Tuesdays May 12 - June 30, 8 weeks, 9:30-10:30am

\$32/member and \$48/non-member

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

You may try any class the first time for free

Chair Fitness, Drum Fit, and Functional Fitness are all instructed by certified instructors from Stonebridge Community Services.

FITNESS CLASSES

Some exceptions apply

Members \$4.00

Non-Members \$6.00

Chair Fitness

Members \$3.00

Non-Members \$5.00

Changing June 1

CHAIR FITNESS

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

Monday 10:00am and Friday 10:00am

NEW Wednesday 1:00pm!

Effective June 1 - Price Change

members \$4, non-members \$6

new!

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

9:45am

Advanced

Thursday

11am

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.

Ask in office for details

8 week course

\$40/member, \$56/non-member

SPORTS

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

Drop-in Price

Members \$2.50

Non-Members \$4.50

CARPET BOWLING

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

Monday 9:00am
Wednesday 12:45pm



LAP WALKING

Come out for an hour of walking in the auditorium with some catchy tunes. No need to worry about rain, heat, snow, or ice!

Put pep in your step for an extra fun time!

Thursday 8:30am



POOL TABLES

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

Billiards Times:

Monday- 8:30am-12pm and 12pm-4pm

Tuesday- 8:30am-1:00pm

Wednesday- 12:15pm-4:00pm

Thursday- 8:30am-12:00pm

Friday- 12:00pm-4:00pm



INDOOR PICKLEBALL: BEGINNERS

Indoor pickleball is a fun, social, and accessible sport that offers significant health benefits 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

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

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 1pm



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.

Tuesday 1pm

CARD & TABLE GAMES

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

Drop In Price
Members- \$2.50

Non-Members- \$4.50

HAND & FOOT

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

Monday 1:00 pm

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 1:00pm

BID EUCHRE

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

Tuesday 1:00pm

SCRABBLE

Scrabble is a word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board divided into a 15x15 grid of squares. Form English words to score.

Tuesday 2:00pm

EUCHRE

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

Wednesday 1:00pm

BRIDGE

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

Wednesday 12:45pm

FARKLE

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

Thursday 9:30am

CRIBBAGE

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

Thursday 12:45pm

BINGO

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

Friday 1:00pm *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 9:30am - 11:30am

Drop-in

KARAOKE

On the last 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!



Last Friday of every month at 1:30pm

Drop-in

BOOK CLUB

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

Chapter 1: last Wednesday of the month

11am on hold until Fall

Chapter 2: last Thursday of the month

11am



Drop-in

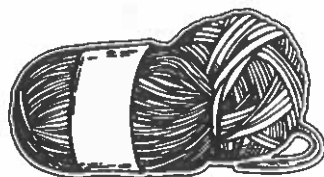
QUILTING AND CRAFTING

Whether you are a beginner or an expert, our quilters and crafters work on projects both individually and as a group. Bring personal projects, or work on something to donate to the Centre craft window.

Quilters do not pay a drop-in fee

Monday and Tuesday at 9:00am

Drop-in



CHOIR

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

The Tillsonburg Senior Centre Singers meet in September for a 10-week session leading up to their Christmas Concert.

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

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

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

Tuesday 9:30am

September 22 - Nov 24

Winter Concert Nov 24, 2026 1:30pm

Tickets are \$12



TRIVIA

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

First Friday of each month is Trivial Pursuit. Get all your slices of knowledge together!

Every other Friday is trivia questions with a caller.

Depending on numbers, you'll play alone or in pairs

Friday 1:30pm

Drop-in



EDUCATIONAL PROGRAMS

The following programs require pre-registration. For programs requiring pre-registration, members can reserve their spaces for classes ahead of time. Non-Members need to pay for their space at the time of registration for their spot to be reserved. Armchair Travel can be paid for on the day of the program but we ask that you register 48 hours in advance for the presenters benefit

ARMCHAIR TRAVEL

Join us at 1pm the last Friday of each month to hear from one of our great presenters!

This month we welcome Lauren Beard as she takes us to Sri Lanka

Last Friday of the month
1:00pm

Please register 48 hours in advance for the presenter to know how many will be in attendance.

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



FRIENDLY REMINDER:
We are a **SCENT-FREE** facility!
for the safety and comfort of those with allergies and respiratory issues, please refrain from using perfumes, colognes or other scented products!

COOKING CLASSES

Join us this month where lemons are the star of the show! We'll start off by making a simple, delicious lemon posset for dessert, and while that's setting up, we'll make the viral creamy ricotta-lemon pasta! When life gives you lemons, cook with them!

Wednesday, May 27, 11:15am

Members- \$14.00

Non-Members- \$18.00



Register and pay by May 20 to secure your spot
Must cancel by Monday May 25 before 11am to receive a credit for this class

GUITAR CLASSES

Level 1: Beginners - March 20 (10 weeks)

9am-10am

Level 2: Advanced - March 20 (10 weeks)

10:30am-11:30am

Level 2 requires previous experience. Guitars are not provided

\$95/non-member, \$75/member

Returns in September

TIME TRAVEL ADVENTURES

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

Jan - May 15 week session \$52.50/member, \$67.50/non-member

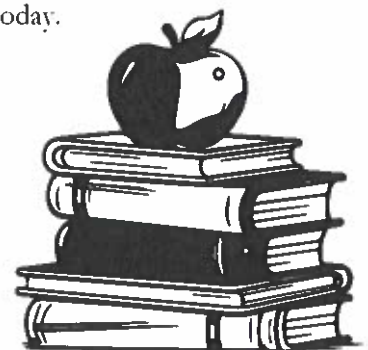
Sept - Dec 10 week session \$35/member, \$45/non-member

or pay-as-you go, \$5 per class!

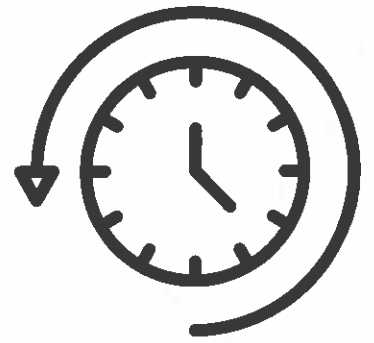
Monday Jan 5 - May 11

1pm

NO Class - Feb 16, April 6



Time Travel Adventures



\$5 per class

May 4 - Deward Yates

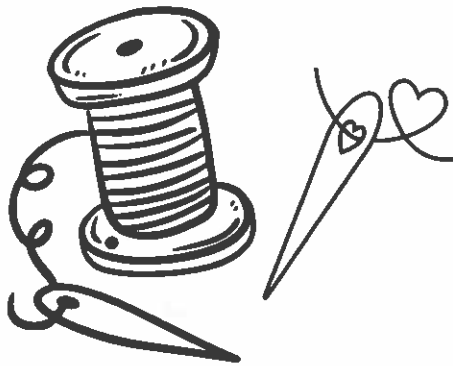
A focus on the Ancient World with a look at civilizations on the Nile, Tigris-Euphrates, Mesoamerica and Andean America.

May 11 - Deward Yates

A focus on the Ancient World with a look at civilizations on the Nile, Tigris-Euphrates, Mesoamerica and Andean America.

Mondays Until May 11

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!

Carpet Bowling

Monday

Brenda Darmon 8 seniors, offering a fun, low-impact way to stay active and social. It's similar to lawn bowling but played indoors on a carpet, it's accessible year-round.



Wednesday

Tom Molloy 24
 Hank Couwenburg 18
 Brenda Darmon 18
 Graham Darmon 18

Bridge

March April
 Barb A 4760 Christa 6050
 Peggy 4690 Helen 5430
 Helen 4330 Theresa 4850
 Marianne 3840 Barb A 4080

Farkle

High Score: Diana 66,000
 Helena 56,300
 Susan 47,600
 Most Farkles: Diana 52
 Most Skunks: Lois 4

Cribbage

March	Mens High Hand	Mens Win	Ladies High Hand	Ladies Win	Skunk Guardian
Week 1	Mike 21	Dave 6	Norma 17	Shirley, Norma, Joanna 6	Mens: Frank J
Week 2	Frank 24	Dave, Mike 6	Cheri 24	Cheri 6	Ladies: Joan
Week 3	Bryan 24	Dave 5	Wendy 16	Joanna 7	
Week 4	Dennis, Frank S 16	Dennie 6	Shirley 20	Joanna, Shirley 5	

April	Mens High Hand	Mens Win	Ladies High Hand	Ladies Win	Skunk Guardian
Week 1	Frank S 24	Frank S 7	Cheri 18	Joan, Cheri 5	Mens: Russell
Week 2	Dave 18	Dave 5	Cindy 18	Cindy 5	Ladies: Joanna
Week 3	Bryan, Frank S 16	Bryan 17	Deb, Joanna 17	Joan 5	
Week 4	Dave 22	Gunther 6	Joanna, Deb 24	Joanna, Joyce 5	
Week 5	Dave 24	Frank 6	Cheri 20	Norma 7	

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!