

OCTOBER 2026
TILLSONBURG SENIOR CENTRE

The Leisure Link

www.tillsonburgseniorcentre.com



Get in Touch:

519-688-2520

Program inquiries:

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

tillsonburgseniorcentre.com

Admin/rental inquiries:

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

tillsonburgseniorcentre.com

45 Hardy Avenue, Tillsonburg

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or find us on the web:

www.tillsonburgseniorcentre.com

**OCT DATE
CHANGES**

Changes to programs:

Zumba now on Tuesday at 1pm

Chair fitness Wednesday now at 10am

Next session of beginner Tai Chi is on Friday Oct 30 at 10:30am

Luncheons will be on Thursdays

**OCT 29
11:30AM**

October Luncheon:

Join us for cabbage rolls, mashed potatoes, gravy, vegetable, and
dessert. **NEW DATE: THURSDAY**

\$20 per person

Must register and pay by October 21

**OCT 16
1:00PM**

Guitar classes begin

Level 1: 9am-10am - beginner lessons

Level 2: 10:30am-11:30am - jam session for beyond beginners

Bring your own guitar and learn to play

\$85.5/non-member, 67.50/member (9 sessions)

**HALLOWEEN
FALL ARTS**

Oct 14, 2pm: Faux Stained Glass \$25/member, \$30/non-member

Oct 15, 10am: Embroidery: Halloween \$30/member, \$35/non-member

Oct 21, 2pm: Diamond Dots: Fall \$25/member, \$30/non-member

See more details on these programs in the Leisure Lowdown Section

Mon	Tue	Wed	Thu	Fri
 28 Bid Euchre Dessert Tournament \$10 entry 6 games with top cash prizes Dessert: slice of pie and scoop of vanilla ice cream November 3 12:30pm Register in advance to avoid disappointment	29	30	1 8:30am - Lap Walking 9:30am - Farkle 10am - Junk Journal 10am - Line Dance 11am - Memories from the Vault 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball	2 10am - Chair Fitness 1pm - Bingo 1pm - Trivial Pursuit
5 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Watercolour Class 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	6 9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation (whomp'em) 1pm - Bid Euchre 1pm - Scrabble 1pm - Zumba Gold - new date and time! 2pm - Adaptive Chair Yoga	7 9:30am - Art Club 10am - Chair Fitness - new time! 10am - Tai Chi 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 11:15am - Pelvic Floor and Core 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre	8 8:30am - Lap Walking 9:30am - Farkle 10am - Junk Journal 10am - Line Dance 11am - Alzheimer Seminar 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball	9 10am - Chair Fitness 1pm - Bingo 1pm - Trivia
12	13 9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation (whomp'em) 1pm - Bid Euchre 1pm - Scrabble 1pm - Zumba Gold 2pm - Adaptive Chair Yoga	14 9:30am - Art Club 10am - Chair Fitness 10am - Tai Chi 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 11:15am - Pelvic Floor and Core 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 2pm - Faux Stained Glass	15 8:30am - Lap Walking 9:30am - Farkle 10am - Blood Pressure Clinic 10am - Embroidery: Halloween 10am - Line Dance 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball	16 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 1pm - Bingo 1pm - Trivia
19 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Watercolour Class 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	20 9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation (whomp'em) 1pm - Bid Euchre 1pm - Medical Minute 1pm - Scrabble 1pm - Zumba Gold 2pm - Adaptive Chair Yoga	21 9:30am - Art Club 10am - Chair Fitness 10am - Tai Chi 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 11:15am - Pelvic Floor and Core 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre 2pm - Diamond Dot: Fall	22 CLOSED ALL DAY FOR SPECIAL EVENT	23 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 11am - CMHA Stress Management 1pm - Bingo 1pm - Trivia
26 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures 9am - 3pm Flu and Covid Vaccine Clinic	27 9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation (whomp'em) 1pm - Bid Euchre 1pm - Scrabble 1pm - Zumba Gold 2pm - NO Adaptive Chair Yoga	28 9:30am - Art Club 10am - Chair Fitness 10am - Tai Chi 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 11:15am - Pelvic Floor and Core 12:45pm - Carpet Bowling 12:45pm - NO Bridge 1pm - Euchre	29 8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance 11am - Book Club Ch 2 11:30am - Luncheon 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball	30 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 10:30am - Tai Chi - NEW SESSION 8 1pm - Armchair Travel 1pm - Bingo 1pm - Trivia

Fitness CALENDAR

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

Table Games CALENDAR

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

Sports CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS/SNOOKER ALL DAY 9AM- CARPET BOWLING 1PM - INDOOR BEGINNER PICKLEBALL	BILLIARDS/SNOOKER 8:30-12	BILLIARDS/SNOOKER 12:15-4 12:45PM- 3:45PM CARPET BOWLING	BILLIARDS/SNOOKER 8:30-12:30 1PM-3:30PM INDOOR INTERMEDIATE PICKLEBALL	BILLIARDS/SNOOKER 12-4PM

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

Seniors Safety Line Toll Free (Ontario)

1-866-299-1011

Mobile: #SAFE (#7233)

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

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

MESSAGE FROM THE BOARD

As we enter the fall season, it's time for preparation of the Senior Centre's operating budget for our next fiscal year, which starts January 1st. Budgets in non profits like ours should align with the organization's Mission Statement. Our newly minted mission is to be a community leader in providing high quality, inclusive recreation, leisure and social activities for those aged 50+.

For me, the operating budget not only sets out revenue and expenses, it gives the Board of Directors the opportunity to assess the financial health of an organization. Our centre is in a good financial position, in my opinion. That's due to years of fiscal stewardship by our Administrator and previous Boards. But we can't rest on those laurels because costs are increasing and we need revenue if we want to consider expanding our programming.

While we're an independent, incorporated non-profit, we benefit from a positive relationship with the Town of Tillsonburg which provides the space we operate from for a very minimal fee to help cover costs for electricity, hydro and maintenance. The Centre employs two full time staff, our Administrator and Program Coordinator covering salary and mandatory employer-related benefits. We also retain professional instructors and facilitators for some of our programs, especially those involving exercise. Coffee, cookies, program supplies and token prizes are paid for through the operating budget, as are insurance, audit fees and fundraising expenses. All together, our expenses come to just under \$250,000 for the year.

The revenue sources for the Centre are diverse and include a grant from the Ontario Government that covers about 20 % of our operating costs. We also raise money through the sale of memberships and the fees for attending programs. Donations and fundraising are important to the Centre as well. As a registered charity we can issue receipts for income tax purposes for donations.

The budget is monitored closely by our Administrator and volunteer Treasurer who provide reports to the Board showing expenses and revenue monthly and year-to-date. Our financial position also includes a reserve fund invested in low-risk Guaranteed Income Certificates (GICs). This "rainy day" fund provides financial stability should the Centre be faced with unforeseen revenue loss or expenses.

This is just a quick snap shot of our budgeting process. Now, a little homework for you. As I mentioned, fundraising is an important part of revenue generation for us. And because there are resources involved in planning and delivering fundraising activities we want to make sure we're getting bang for our bucks (to use a somewhat tired phrase). Included here is a list of possible areas of fundraising. Please take a few minutes to check off those you think the Centre should focus on most. You can leave your feedback at the office or with the volunteer greeter.

Joan Skelton, Board Chair

Your Board of Directors

Joan Skelton - Chairperson
Melanie Cornwell - Vice-Chairperson
Lisa Belliveau - Treasurer
Crystal Getty - Secretary
Dorothy Hrischenko - Director
Tom McLarty - Director
Marion McLean - Director
David Wells - Director

OUR MISSION

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

OUR VISION

Fostering a vibrant, engaged community

Have your say: Fundraising Ideas

We'd love to hear from you on which ideas you like:

- ☐ Walk/Hike (pledge-based)
- ☐ Disco-themed Dance
- ☐ Gala Dinner & Dance
- ☐ Merchandize sales e.g. cards, mugs, t-shirts, chocolate
- ☐ Planned Giving eg. Bequests
- ☐ Online Giving Pages accessed through website
- ☐ In Memory Donations
- ☐ Virtual/Online Events such as Auctions
- ☐ Other _____

A NOTE FROM NANCY

Happy fall, y'all! With the arrival of cool weather comes great things like apple picking, thoughts of Thanksgiving, crisp mornings and municipal elections!

Have you decided how you'll vote on Oct. 26? If not, don't worry - perhaps we can help! This month, we offered space in our newsletter for each of the municipal candidates to introduce themselves and their election platform. I was pleased that every candidate chose to submit a writeup, and I think you'll find as you read through their submissions, that they offer many strengths and qualities that could serve our community well. I hope this election special edition of our newsletter will be helpful to you in identifying candidates who resonate with your core values, who will best represent you, and who will provide leadership for our wonderful little town. Even if you don't closely follow municipal politics, I hope you will take an opportunity to get to know those who are running for office, and what they bring to the table. No matter how you vote, remember the important thing is that you DO vote. We're fortunate to live in a town (indeed a country) where the democratic process matters. Thanks to all the candidates for participating in our newsletter this month, and thanks to all candidates for putting their names forward for what must be a very interesting, challenging, busy, and demanding job. It's not something just anyone can do, and striking a balance between fiscal responsibility and keeping people happy is no mean feat! Good luck to one and all.

That's all for today - We'll see you around the Centre!

Nancy Puhr-Slingerland, Administrator

THANK-YOU, DONORS:

*Sharon Butcher, David Stubbs, Glenda Walker, Joanna
LeBlanc, Christine Smelser
and to those that wish to remain anonymous!*

RZone Policy in
Effect
Be nice to each other out
there



*in
loving
memory*

No longer by our side, forever in our hearts.

Jack Peddle

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

Tillsonburg Senior Centre Monthly 50-50 draw

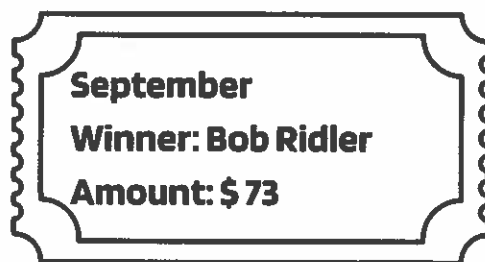
Please pay and PRINT your name and phone number on the applicable squares. All proceeds support programs and activities for seniors.

Available at the desk in the reception area. Tickets are \$2 each

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

Lottery # M601364

Congrats!



COFFEE SERVICE FOR
THE MONTH OF
OCTOBER
GENEROUSLY
PROVIDED BY
MEL AND CRYSTAL
GETTY

THANK YOU!

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

COOKIE SERVICE FOR
THE MONTH OF
OCTOBER
GENEROUSLY
PROVIDED BY
TIM TEATHER,
HANDYMAN

THANK YOU!

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

WAYS TO PAY

Stop by the office to register and pay by cash, cheque, digital wallet, debit (minimum \$10) or credit (2.4% fee) to pay for your registered programs, luncheons, membership, craft items, silent auction items, etc.

Exception: Drop-in program can be paid by digital wallet by letting the office know to take it off, or by giving cash to the program convenor

****Digital Wallet:** Load your wallet like a gift card and use it for any purchase. Credits for classes are put on your wallet for future use**



Luncheon
 This month, join us for cabbage rolls, mashed potatoes, gravy, vegetables, and dessert
 \$20 per person
NEW DATE:
THURSDAY
 Oct 29 - 11:30am
 Last day to pay- Oct 21

Embroidery
 Use spooky inspired templates and embroidery stitches to create your piece
 Beginner class but open to all.
 \$35/non-member
 \$30/member
 Oct 15 10am-12:30pm
 All supplies included!

Diamond Dot: Fall
 Choose from 5 different images when you register.
 Self guided with fall themed treats and drinks
 Oct 21 2pm
 \$25/member, \$30/non-member

Faux Stain Glass
 Bring a 8x10 frame with glass to your guided class. Images and all other materials will be provided. Fall themed treats and drinks provided.
 Oct 14 2pm
 \$25/member, \$30/non-member

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

Tai Chi Lessons
 Learn the first 17 movements of Taoist Tai Chi from Instructor Dorothy.
 Friday - NEW DAY
 10:30am-11:30am
 Begins Oct 30 until Dec 18
 \$40/member
 \$56/non-member

Bid Euchre Tournament
 Check-in begins at 12pm
 Games start at 12:30pm
 Dessert is served after 3 games. 6 games total.
 Cash prizes to top players.
 Dessert: Pie and ice cream
Nov 3
\$10

Covid and Flu Shot Clinic
 Shoppers Drug Mart will be here on Oct 26 to administer the Covid Vaccine, Flu Shot, and High Risk Flu Shot in 10 minute appts. Contact the Senior Centre to book your spot

CLOSED

THANKSGIVING - OCT 12
SPECIAL EVENT - OCT 22



FREE SEMINARS

Memories from the Vault: Halloween, Haunts, and Crime in the County
 Join Tysha Rieger, from Oxford County Archives, as she looks into some of the County's crime history, sinister dark tales, and spine-tingling ghost stories. Come for the history, stay for the haunts!
 Oct 1 11am

Understanding an Aging Brain
 Explore age related memory changes, recognize atypical changes that may signal a concern, learn about treatable causes of memory difficulties, an understanding of dementia.
 October 8 11am

Medical Minute
 Join David Lopes, from Roulston's Pharmacy to talk about cholesterol
 Oct 20 1pm

CMHA Stress Seminar
 Canadian Mental Health Association is joining us to go over Family, Finances, and Christmas stressors and what we can do about it. How to prepare, manage, and work through these stressors.
 Oct 23 11am

MEMBERSHIPS

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

DID YOU KNOW?

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

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

*New here?
Welcome!*



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

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

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

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

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

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

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

TILLSONBURG SENIOR CENTRE BID EUCBRE DESSERT TOURNAMENT

\$10 PER PERSON

HALF DAY!

12:00pm sign in

12:30pm prompt start

1:30pm-2pm break

3:00pm end of games

NOVEMBER 3, 2026

**DESSERT:
SLICE OF PIE
SCOOP OF
VANILLA ICE
CREAM**

REGISTER BY CALLING OR STOPPING BY THE OFFICE

NO WALK-INS

REGISTRATION CLOSING 24 HOURS BEFORE TOURNAMENT
519-688-2520 45 HARDY AVE, TILLSONBURG

CASH PRIZES

LOTTERY LICENSE:
SG1532000

Oktoberfest

**October Luncheon
Thursday, Oct. 29,
11:30 am:**

**Cabbage Rolls, with
mashed potatoes and
vegetable, roll and
dessert, \$20
GLUTEN-FREE!**

**Sign up and pay by Oct.
23**



COOKING CLASS

BEEF & BISCUIT SKILLET

Join us this month as we make a delicious, hearty beef and biscuit skillet: Rich, flavourful gravy, an assortment of veggies and hearty ground beef combine under a layer of flaky biscuits and cheese. Come enjoy this one-skillet wonder. YUM!

Sign up by calling the office: 688-2520

WEDNESDAY, OCT. 28

11:15 AM

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

Register and pay by Oct 20

Last day to cancel is Monday Oct. 26 by 11am



EMBROIDERY: HALLOWEEN



MORE INFORMATION :

October 15
10:00am - 12:30pm
All supplies included

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

LET'S DRAW: STILL LIFE



November 18
1pm-3pm
Supplies are included

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

REGISTER NOW

Starting from the ground up, learn and practice basic embroidery stitches and work towards creating a beautifully embroidered spooky image. Sewing templates will be available. No previous sewing experience required but is an asset. Open to all levels.

All materials included along with a 4" embroidery hoop.

\$30/MEMBER, \$35/NON-MEMBER

MERCEDES VICTORIA

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

This embroidered spiderweb from a previously run program



REGISTER NOW

Follow along with Mercedes to create the illusion of 3D in a still life. This session focuses on shading and highlights. This class is very beginner friendly.

This class is a Christmas themed still life with some Christmas decorations. You will take home a drawing that is on 8x10 paper

\$50/MEMBER, \$55/NON-MEMBER

MERCEDES VICTORIA

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





Quilters and Crafters

Monday and Tuesday 8:30am-11:30am
drop in anytime

Handicrafts: fiber arts, textile crafts, and needlecrafts

Check out the sale window in the lobby!

Stay Healthy This Flu Season!



A Shoppers Drug
Mart pharmacist
will administer the
shots.

October 26
9am-3pm

- Flu Shot
- Covid Vaccine
- High Risk Flu Shot (65+)

Contact Us:

Book your appointment
at the Tillsonburg Senior
Centre office
10 minute slots
519-688-2520



GUITAR LESSONS

Fall Session: 10 weeks Oct 16 - Dec 18
\$95/non-member, \$75/member

Level 1: Beginner
9am - 10am

**No experience needed. Bring a guitar and
learn the basics of guitar playing to be able
to play songs**

Level 2: Jam Session
10:30am - 11:30am

**Experience needed. Learn new chords as
needed for new songs**

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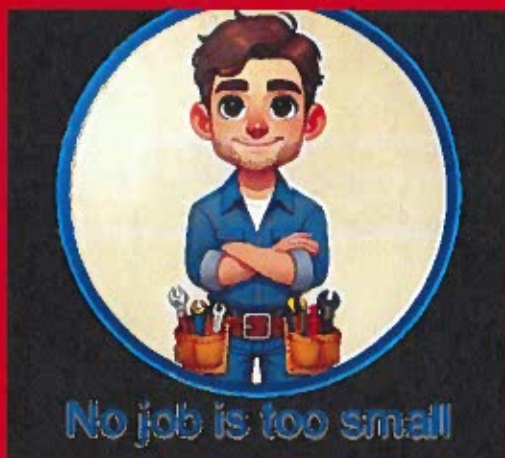
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Fax: 519-805-3284
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AD

GREAT CANADIAN
HOLIDAYS & COACHES

If you're travelling with Great Canadian Coaches this year, please mention Tillsonburg Senior Centre when booking! As part of the company's incentive plan, we receive 5% credit on all multi-day bookings (at no cost to you). We can then apply this credit toward our bus trips to help keep costs low for everyone!



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- Finding resources
- Uploading documents online

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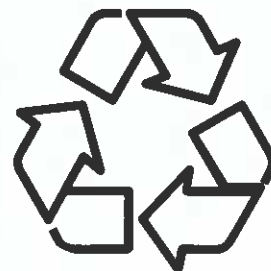
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Jennifer M. Young

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NEWSLETTER



AD

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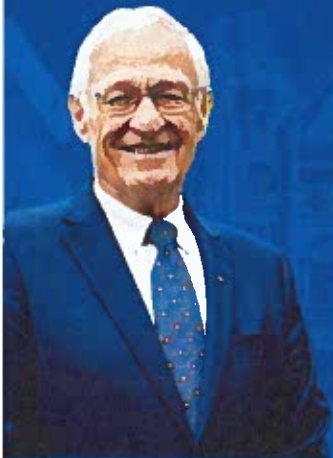
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My husband, our 2 ferrets and I have now landed in Tillsonburg!
See me around town? Come say hello!

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Stronger, Safer, and More
Prosperous Tillsonburg.**



Tillsonburg is our home, and
its future belongs to all of us.
I am running to serve with listen-
ing, accountability, transparency, and
responsible decision making.

My priorities are clear:



A HEALTHY COMMUNITY

Healthcare access, seniors' services,
youth, recreation and family support



A SAFE AND CARING COMMUNITY

Public safety, affordable housing,
community partnerships and neighbourhoods
where families can thrive



A STRONG ECONOMY

Supporting local businesses and agriculture
creating jobs, investing in our downtown
and responsible growth

- ✓ Support responsible spending
- ✓ Protect essential services and green spaces
- ✓ Strengthen local businesses and agriculture
- ✓ Advocate for seniors and families
- ✓ Promote growth that benefits residents
without placing unnecessary pressure
on taxpayers

**I will listen before I speak
and represent residents fairly.**



CLEANER,
GREENER
COMMUNITY



STRONGER
FAMILIES



THRIVING
BUSINESSES



A BRIGHTER
TOMORROW

Tillsonburg
OUR HOME
OUR FUTURE
TOGETHER

YOUR VOTE, YOUR VOICE, AND YOUR SUPPORT MATTER.

PLEASE VOTE FOR KATHERINE ENGLANDER

AD



MY COMMITMENT TO TILLSONBURG

I won't promise everything. I will promise to listen, to ask the
difficult questions, to understand the facts and to make decisions
based on the long-term interests of our citizens and community.

My platform:

1. Community well-being and quality of life - overarching covering most
things including homelessness, green space, parks, culture, infrastructure,
policing etc.
2. Accountable and respectful governance
3. Responsible growth - keep Tillsonburg as the rural community that we love
4. Fiscal responsibility - respect every taxpayer dollar
5. A strong local economy - a strong economy creates a stronger community

FOR TILLSONBURG TOWN COUNCIL

KELLY SPENCER

HERE TO HEAR.
POSITIVE CHANGE.
READY TO LEAD.

FOR
MAYOR



ENDORSED BY:

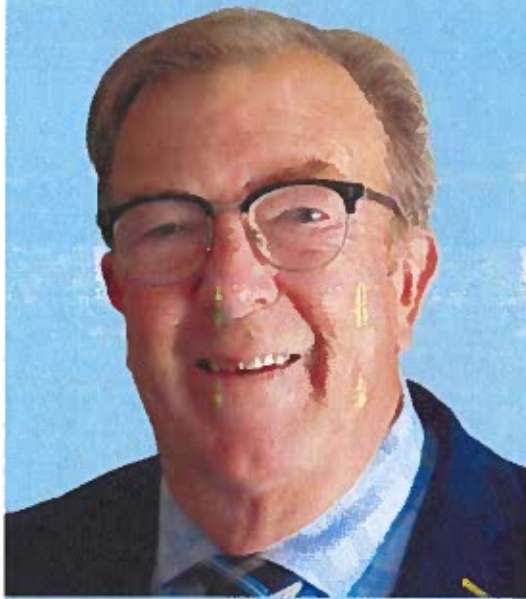
**Dr. John Andrews
and Pat Andrews**

3 term Mayor,
Cam McKnight

2 term Councillor,
Pete Luciani

2 term Councillor,
Bob Parsons

2 term Councillor,
Penny Esseltine



**For Campaign
Info Contact**

votemolnar@execulink.com

ELECT

Stephen MOLNAR



COUNCILLOR

"The Choice for Your Future"

519-983-VOTE (8683)

THIS IS HOME!

When we moved to Tillsonburg in 2023, we were looking for more than a place to live. We found a community that quickly felt like home.

Yes, I'm a newer resident, and I see that as a strength. I bring a fresh perspective and the curiosity to ask questions. I'm also invested in Tillsonburg because this is now my family's home.

I'm the person who says hello when I pass someone while walking my dog. Sometimes it's a smile or a nod. Sometimes that hello becomes a conversation or even a new friendship. Those everyday connections are what make a community feel like home.

I'll bring my professional experience in communications and project management, along with a practical approach to Council. I'll listen, ask questions and work together to find practical solutions.

**Because the decisions we make today will shape
the Tillsonburg we call home tomorrow.**

Visit Dee4Council.ca for more information



Deanna (Dee) Tosto
Candidate for Tillsonburg Town Council
Collaboration Builds Community

EXPERIENCE. LEADERSHIP. COMMITMENT.

DAVE *Proven. Trusted. Tillsonburg Proud.*

BERES

— FOR TILLSONBURG —

TOWN COUNCIL

 **DEDICATED**
to our community

 **DELIVERING**
results that matter

 **BUILDING**
a stronger tomorrow

VOTE 2026 ☒



Please
recycle
this
newsletter

KIM  *A stronger Tillsonburg starts with listening.*

— FOR COUNCIL —
Tillsonburg

 **I WILL LISTEN...**
without prejudice or judgement.
Your voice matters.
I pay these taxes too!

 **I WILL STAND UP**
for what I believe in.
Your voice.
Your community.
Your future.

 **WORKING TOGETHER**
for a better Tillsonburg.
Real conversations.
Practical solutions.
Positive change.

 **FINANCIALLY RESPONSIBLE DECISIONS**
I will focus on financially responsible decisions, transparency and getting the best value for every tax dollar.

Let's build a Tillsonburg WE CAN ALL BE PROUD OF.  *Proven. Trusted. Tillsonburg Proud.*

☒ **VOTE KIM**
— FOR COUNCIL —

OCTOBER 26, 2026

Advertise
with us!
Call Nancy
at 688-2520
for
affordable
rates!

MINT SMOOTHIES



Milk chocolate mint smoothies from Rheo Thompson Candies in Stratford will be available starting Wednesday, Oct. 7, \$4 each. Stop by the office to get yours, or pre-order if you would like to purchase a quantity. Available while supplies last!

All proceeds support repairs to our basement pool table.

Meet the 2026 Mayoral Candidates



DEB GILVESY, Running for Tillsonburg Mayor

I bring more than 40 years of farming experience, a strong background in local business, and years of municipal leadership to my candidacy for Mayor.

As a lifelong entrepreneur and community minded leader, I owned and operated Lux Salon and Spa and Tanner's Studio (along with my husband) in Tillsonburg and Ingersoll. I spent 10 years with Cyril J. Demeyere Ltd., gaining valuable knowledge and hands-on experience in municipal infrastructure and local government.

My commitment to our community extends beyond business and farming. I have served on numerous boards, building extensive experience working with government, community organizations, and local stakeholders and spent many years coaching youth.

Elected to Town Council in 2018 and Mayor in 2022, I have continued to lead with a practical, informed approach. My years in agriculture, business, municipal work, and community service have given me a well-rounded understanding of the challenges and opportunities facing the community.

If re-elected, I am committed to leading from experience, listening to residents, and making common sense decisions that put the community first.

With deep local roots and decades of experience, I am ready to continue serving with integrity, practical leadership, and a focus on getting things done.



KELLY SPENCER, Running for Tillsonburg Mayor

I'm Kelly Spencer and I'm rooted in Tillsonburg. I've lived here for 50 years, and my commitment to this community has been lifelong. I have volunteered since I was child, became a nurse and worked at our hospital, built a small business 15 years ago, and have spent decades advocating for the town. I have loved being on your town council for the past four years.

I'm running for Mayor because I believe Tillsonburg deserves experienced, rooted-in-community leadership that listens, finds solutions and creates collaboration both in town and at the county level.

My priority will be a welcoming, vibrant and thriving downtown. I will establish a community Safety Ranger, with background in social services who can work alongside businesses, employees and customers, helping people feel welcome while connecting those in need, with appropriate resources.

I will advocate for responsible commercial and industrial growth that strengthens our tax base and creates local job opportunities, while aiming to keep taxation at the rate of inflation or less. I have consistently advocated for more affordable housing and will continue working to expand attainable housing options.

I believe in smart budgeting, responsible decision-making and effective municipal services. I have brought forth several motions to council to assist seniors to age in place. Rooted in Community. Ready to Lead.

Meet the 2026 Municipal Candidates



JOHN GILVESY running for Tillsonburg councillor

Raised on the local family farm and surrounded by faith, John came to appreciate his good fortune and the importance of hard work. After an engineering degree from Western and MBA from UBC, John built a career in real estate and construction including recently created Wood Haven subdivision.

"I have been trained to solve problems, broker transactions, build, and protect."

John has also been committed to community service, including President-Tillsonburg Real Estate Board, Director-Goodwill Industries, Chair-Tillsonburg Hydro Inc., and District Governor-Rotary International District 7080.

John is running for Town council to be part of a uniquely skilled, collaborative team that promotes community interests by focusing on six core priorities:

Public Safety: Keeping our community safe and secure including exceptional cyber, police and fire services.

Infrastructure: Smart, financially responsible growth, including proactive maintenance and expansion of utilities and infrastructure, reliable backup plans, and a vibrant, prosperous downtown.

Economic Vitality: Fostering conditions that attract quality industries, developers, retailers, services, citizens - and their children.

Fiscal Responsibility: Spending taxpayer money wisely and mitigating risks.

Healthy Environment: Striving to provide exceptional community health care, and educational, recreational, entertainment and cultural opportunities to benefit all residents - youth, families and seniors.

Compassionate Solutions: Finding practical alternatives that create dignity for those living with disabilities, struggling to manage, and our homeless.

With his balanced transparent approach, John feels that we could live in the best place in the world and is committed to making it that way.



CHRIS PARKER, Running for Tillsonburg Councillor

My name is Chris Parker, and I am proud to be seeking my third term on Tillsonburg Town Council. I am happily married to my wife, Rebecca, and together we share our home with our dog, Teddy. We are proud to call Tillsonburg home.

Professionally, I am a Manager of Production Control in the automotive industry, but much of my free time is dedicated to serving the community. In addition to serving on several Town committees and boards, I am the President of the Men's

Slo-Pitch League and the Referee-in-Chief for Tillsonburg and South Oxford Minor Hockey. I also enjoy curling and golf and appreciate the many recreational opportunities in Tillsonburg.

Over the past two terms on Council, I have worked hard to be an accessible, hardworking, and practical voice for residents. I recognize the significant contributions that seniors have made to building our community and believe their needs and perspectives must remain a priority as Tillsonburg continues to grow.

I am running for a third term because I love Tillsonburg, believe in its potential, and want to continue working to ensure it remains a safe, welcoming, and affordable community for residents of all ages.

Meet the 2026 Municipal Candidates



DEE TOSTO, running for Tillsonburg councillor

Why I'm Running for Council

We moved to Tillsonburg in 2023, drawn to the things that make this community feel like home... the lake, the small-town feel, the activities, the people and the sense that there is always something going on.

I love being involved in our community and I think an important question to ask is... What will Tillsonburg look like for all of us as we get older?

I believe seniors should be able to stay here, stay connected and remain independent.

That starts with affordability. Municipal government needs to be responsible with taxpayers' money, especially for people living on fixed incomes. We need to make thoughtful choices about what we spend and plan ahead for the infrastructure our community will need.

It means transportation. Being able to get to an appointment, shop for groceries, attend an activity or visit a friend shouldn't depend entirely on having a car.

And includes healthcare and community connection. Access to services, appropriate housing, recreation and the organizations that help make Tillsonburg a caring community.

I'm not running because I have all the answers. I'm willing to listen, ask questions and work with others to find practical solutions.

Deanna (Dee) Tosto

Dee4council.ca



STEPHEN MOLNAR, Running for Tillsonburg Councillor

My decision to seek election to the position of Councillor is based on my personal commitment to every resident of Tillsonburg that I will once again accept the responsibility with all the time and energy I have demonstrated in the past. Tillsonburg deserves experienced commitment for sustainable results. By working together we can ensure that Tillsonburg can be the unique community you chose to call home.

Over m four terms as Mayor for Tillsonburg I have experienced first hand the values the Tillsonburg Seniors Centre brings to its membership, seniors across our community and indeed the municipality as a whole. Your centre is truly a caring and inclusive hub for Tillsonburg.

I believe we must continue to truly listen to our citizens and engage all stakeholders in the governance process. We will continue to work together to further enhance the 'Quality of Life' in Tillsonburg through vision, partnership and results.

I continue to support your motto - Be Happy! Be Healthy! Be Here! - At the Tillsonburg Senior Centre! I welcome you to share your ideas with me at votemolnar@execulink.com or (519) 983-8683. Together we can ensure a process that listens, learns and acts for the betterment of all our citizens.

Meet the 2026 Municipal Candidates



LINDSEY AMBRUS MEJASKI, Running for Tillsonburg Councillor

My name is Lindsey Ambrus Mejaski, and I am proud to be running for Tillsonburg Town Council. Born and raised in Tillsonburg, I have always believed that what makes our community special is the people who call it home.

I am a wife, a mother of three young children, a local business owner and a longtime community volunteer. Through my volunteer work with Minor Soccer, St. Joseph's Parent Council, the Tillsonburg Kinettes and other local organizations, I have had the

opportunity to meet and work alongside people of all ages throughout our community.

My campaign is focused on three priorities: Supporting Local Families & Seniors, Smart Growth, and Affordability.

I want Tillsonburg to remain a safe, welcoming and affordable community for everyone. I believe we need to be responsible with taxpayers' money, find ways to reduce unnecessary spending and keep tax increases as low as possible. I also want to see investment in policing, emergency services, recreation and infrastructure, while working to attract more doctors and improve access to healthcare in our community.

As Tillsonburg grows, I believe we need to grow thoughtfully while protecting the small-town character, safety and community spirit that make Tillsonburg such a great place to live.

I truly believe Tillsonburg is the best place in the world, and I want to help keep it that way for generations to come.



KIM SAGE, Running for Tillsonburg Councillor

Born and raised on a tobacco farm just outside Tillsonburg, I learned early that hard work, dedication, and resilience are essential. I'm not afraid to get my hands dirty, and I'm not afraid to work hard. Growing up in a male-dominated farm environment also taught me to stand up for myself and for what I believe in — values that continue to guide me today.

I raised my family here in Tillsonburg, and now they are raising theirs. This isn't just for me — it's for my grandbabies and the future of the community they will grow up

in. I am running for Tillsonburg Town Council to bring practical, community-focused leadership rooted in real-world experience. As a small-business owner and long-time volunteer, I understand the everyday challenges faced by families, seniors, and local businesses. My priorities include reasonable, balanced growth that supports housing, business opportunities, and infrastructure while preserving the small-town character that makes Tillsonburg special.

I believe strongly in open communication and respectful dialogue. I am always ready to listen — even when I don't agree — because good decisions start with understanding the perspectives of the people you serve. My goal is to continue to build a welcoming, vibrant, and sustainable Tillsonburg for families, seniors, and future generations.

Meet the 2026 Municipal Candidates



KATHERINE ENGLANDER, running for Tillsonburg councillor

Katherine Englander brings leadership, practical solutions and focus on Tillsonburg's future to her campaign for Town Council. Her platform is built around three principles: Strategy, Vision and Accountability.

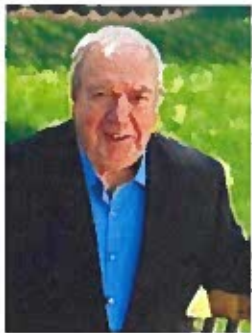
With more than 15 years of HR consulting experience, Katherine has advised executives, business owners and boards on policy, recruitment, workplace culture, investigations, compliance and difficult decisions. She is also a professor at Fanshawe

College, Certified Life Coach, community leader and former chair of the BBB of Southwestern Ontario. She believes this background brings a practical understanding of legislation, ethics, accountability and respectful decision-making to Council.

Community well-being is central to Katherine's platform. This includes addressing homelessness through collaboration with community partners, ensuring affordable recreation, parks, trails, culture, community organizations, healthcare advocacy and physician recruitment.

Katherine supports responsible growth, ensuring development is supported by roads, water, wastewater and other infrastructure while protecting Tillsonburg's character and green space. She will champion fiscal responsibility, asset management and stewardship of taxpayer dollars. She supports strengthening local businesses and Downtown Tillsonburg, encouraging quality employment and maintaining a sustainable tax base.

Above all, she promises to listen, ask difficult questions, communicate transparently, respect differing opinions and make informed decisions based on Tillsonburg's long-term interests.



DAVE BERES, Running for Tillsonburg Councillor

Did you know 30 percent of Tillsonburg residents are over 65 and I am one of them? From my owning a main street business, I value customer service. When first elected, we didn't have any grandchildren and now we do, they thank me for my long term vision.

Service is what I carry forward to my position on Council. I have served with commitment through the Lions Club, the Legion, the Church, and through Council.

Through my Council experience, I have served as Councilor, Deputy Mayor and Mayor for 6 months when the Mayor of the day resigned. In the past 4 years I hve chaired the Long

IPoint Region Conservation Authority, I was certified by the Province in Emergency Management, I have chaired the Health Committee which helped produce the Nurse Practitioner Clinic as well as family doctors but we need more and I commit to do so.

My goal for the next term is assist with homelessness, keep taxes down, more doctors, and with more mobile scooters, strive for better streets and sidewalks.

In all elections we need new blood however, we also need continuity and I'm asking you to let me be that voice.

Meet the 2026 Municipal Candidates



FELIX NZEMEKA, running for Tillsonburg councillor

I am a healthcare and community service professional, teacher, and Christian minister who has called Tillsonburg home for six years. I am running for Town Council because I believe our community deserves leadership that listens, serves with integrity, and is committed to accountability and transparency.

My experience serving seniors, families, vulnerable individuals, and people facing difficult circumstances has strengthened my commitment to compassionate and responsible public service. I volunteer at a Tillsonburg nursing home, providing Christian teaching,

companionship, and support.

In addition, supported individuals experiencing homelessness and addiction by providing transportation to essential appointments, and worked in housing and community support in collaboration with Oxford County. As a healthcare business director, I understand the importance of safety, dignity, independence, and quality of life, particularly for seniors and vulnerable residents.

I built on three priorities: a Healthy Community, a Safe and Caring Community, and a Strong Economy.

I will advocate for seniors, youth, and families: practical transportation solutions, affordability, responsible growth, well-maintained infrastructure, responsive municipal services, support for local businesses, and opportunities for economic development for Tillsonburg.

My commitment is simple: listen, collaborate, act responsibly, and advocate for the residents of Tillsonburg while building a stronger, safer, and more prosperous Tillsonburg.



RON GASPARETTO, Running for Tillsonburg Councillor

I am running for Tillsonburg Town Council because I believe in giving back to the community that has given so much to my family and me. After 33 years in public service, I am ready to bring my experience, knowledge, and commitment to serving others to our Town Council.

I love Tillsonburg. I believe our community has tremendous potential, and I want to help ensure it remains a place where families can put down roots, young people can build their future, seniors can enjoy their retirement, and businesses can thrive.

My approach is simple: listen to residents, work collaboratively, make responsible decisions, and focus on practical solutions. I believe good municipal government starts with understanding the concerns of the people who live here and working together to address them.

During the campaign, affordable and attainable housing has been a recurring concern. I want to work with Council, developers, community organizations, and residents to explore practical ways to expand housing choices while respecting the character and needs of our community.

I am asking for the opportunity to serve Tillsonburg with integrity, experience, and a strong commitment to our community. Together, we can build on what makes Tillsonburg special and create a future we can all be proud of.

Meet the 2026 Municipal Candidates



CLAYTON CURTIS, Running for Tillsonburg Councillor

My name is Clayton Curtis, and I'm proud to call Tillsonburg home. I'm 28 years old, a father, and a local business owner, and I'm putting my name forward for Tillsonburg Town Council because I believe I can bring a fresh perspective to our community.

In 2020, I founded StrictlySpores, an international mycology, mushroom research, and genetics company. Through my work, I've had the opportunity to collaborate with the federal government on medical mycology research, contribute to the development of the University of Montreal Fungarium, and work with Johns Hopkins researchers on a study involving medicinal fungi and PTSD.

My family has deep roots in Tillsonburg, dating back roughly 170 years, including a connection to our town's founder, George Tillson. I've also been fortunate to give back through volunteer work with the Station Arts Centre and other local organizations.

I've followed the work of our Town Council closely for roughly six years after my family and I decided in 2020 that Tillsonburg would be the centre of our long-term future.

I'm running because I am passionate about our town. I bring new perspective, an endless reserve of determination, energy, willpower, and modern solutions to age-old problems. I know I will act in the best interests of all residents in our community, and do so with the long-term success of Tillsonburg at the core of all my decisions

Photo
unavailable
at time of
printing

CHRIS ROSEHART, Running for Tillsonburg Councillor

Hello my name is Chrissy Rosehart. I've been part of the Tillsonburg community for most of my life. For the past 48 years, I've owned and operated my own variety store on Tillson Avenue. That business has allowed me to meet and get to know so many wonderful people in our community over the years.

I've also had the privilege of serving several terms on Town Council. My business experience has taught me how important it is to watch every dollar, while my time on Council has taught me how important it is to listen to the people we represent.

I understand that life can be difficult, especially when you're living on a fixed income. I believe everyone deserves a chance to get out, meet people, and feel like they are part of the community. Places like our Senior Centre are important because they give people a place to enjoy friendship and fellowship.

I'm running because I care deeply about Tillsonburg. I believe in listening to people, being responsible with their tax dollars, and making practical decisions that keep our community a good place to live.

After 48 years in business and several terms on Council, I'm still here, I'm still listening, and I still care about Tillsonburg.

WAYS TO SUPPORT YOUR SENIOR CENTRE

Here at the Senior Centre, we pride ourselves on delivering high-quality, inclusive recreation and leisure programs promoting social, physical and mental wellbeing for the seniors we serve. With costs rising and operating budgets tighter than ever, outside sources of funding are becoming an increasingly important revenue stream to keep the cost of these programs as affordable as possible for everyone.



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

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

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



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

Program Rules & Sign-Up

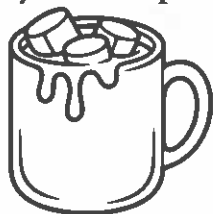
- Cost: Annual registration fee of \$100 covers unlimited rides for a full year; financial support options are available if you cannot pay.
- Eligibility: Must have a cancer diagnosis and be undergoing or recently finished treatment (within 12 months) for follow-up.
- Independence: Riders must be able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



Neighbours Helping Neighbours

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

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



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

Links2Wellbeing
social prescribing for older adults

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

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

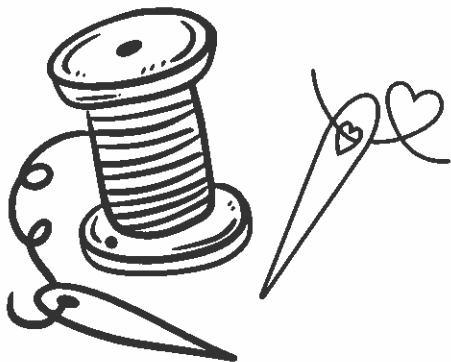
We remain incredibly appreciative of the funding provided through Links2Wellbeing to help us establish Social Prescribing at our Centre, but since no funding is infinite, we're planning for ways to be able to continue helping the most vulnerable among us, and there are a number of ways you can help.

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

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

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

“ Social Prescribing shifts the conversations away from asking, “What’s the matter *with* you?” to “What matters *to* you?” ”



CUSTOM QUILTING AVAILABLE

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



YOUR DIGITAL WALLET:

WHAT IS IT, AND HOW DOES IT WORK?

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

1. How does it work?

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

2. Why would I use my digital wallet?

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

3. Do wallet deposits expire?

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

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

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

5. What can I pay for using my wallet?

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

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

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

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

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

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

Free Seminars

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

Memories from the Vault: Halloween, Haunts, and Crime in the County

Thursday Oct 1

11:00am

Join Tysha Rieger, from Oxford County Archives, as she looks into some of the County's crime history, sinister dark tales, and spine-tingling ghost stories. Come for the history, stay for the haunts!

Understanding an Aging Brain

Thursday Oct 8

11:00am

Explore age related memory changes, recognize atypical changes that may signal a concern, learn about treatable causes of memory difficulties, an understanding of dementia. Family members, care partners and the general public are welcome You'll also learn about programs and services offered by the Alzheimer Society.



Tuesday Oct 20

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 David Lopes as he talks about cholesterol.

CMHA Stress Seminar

Friday Oct 23

11am

Canadian Mental Health Association is joining us to go over Family, Finances, and Christmas stressors and what we can do about it. How to prepare, manage, and work through these stressors.



BLOOD PRESSURE CLINIC

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

WELLNESS CLASSES

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

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

Members \$6.50

Non-Members \$8.00

Aging Backwards

Members \$3

Non-Members \$5

ADAPTIVE CHAIR YOGA

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

Tuesday 2pm-3pm

Benefits of Yoga

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

STRETCH AND TONE

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

Wednesday 11:15am-12:15pm

Founded by former professional ballerina, Miranda Esmond-White, and based on fundamental Pilates principles, 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.

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.

FITNESS CLASSES

Some exceptions apply
Members \$4.00
Non-Members \$6.00

You may try any class the first time for free

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

CHAIR FITNESS

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

Monday 10:00am and Friday 10:00am

NEW Wednesday 10:00am

new!

PELVIC FLOOR AND CORE

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

Wednesday 11:15am Oct 7 - Dec 2

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

LINE DANCING

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

Thursday
10:00am- 11:00am

\$4/member
\$6/non-member

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!

Tuesday 1pm

NEW DATE AND TIME!

TAOIST TAI CHI

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

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

Friday
10:30am-11:30am
Oct 31 - Dec 18

Don't delay! Spots
fill quickly!

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



INDOOR PICKLEBALL: BEGINNERS

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

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

Monday 1pm

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



INDOOR PICKLEBALL: INTERMEDIATE

This time slot is set for players that are experienced at the game and not quite at an advanced level yet.

Games can be expected to be quick-paced.

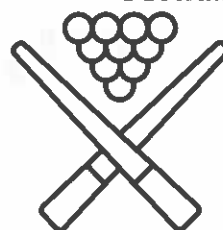
There are two slots available to play. Sign up is required. You can drop in to see if a spot is open but space is not guaranteed.

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



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

CARD & TABLE GAMES

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

Drop In Price
Members- \$2.50

Non-Members- \$4.50

HAND & FOOT

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

Monday 1:00 pm

AGGRAVATION

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

Tuesday 1:00pm

BID EUCHRE

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

Tuesday 1:00pm

SCRABBLE

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

Tuesday 1:00pm

EUCHRE

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

Wednesday 1:00pm

BRIDGE

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

Wednesday 12:45pm

FARKLE

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

Thursday 9:30am

CRIBBAGE

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

Thursday 12:45pm

BINGO

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

Friday 1:00pm

CREATIVE PROGRAMS

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

Drop In Price
Members- \$2.50

Non-Members- \$4.50

TRIVIA

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

First Friday of each month is Trivial Pursuit. Every other Friday is trivia questions with a caller.

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

Friday 1:00pm

Drop-in



BOOK CLUB

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

~~Chapter 1: last Wednesday of the month~~
~~11am~~ on hold until Fall

Chapter 2: last Thursday of the month
11am

Drop-in



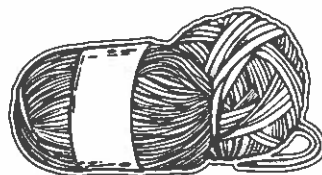
QUILTING AND CRAFTING

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 12-week session leading up to their Winter Concert.

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

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

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

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

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



JUNK JOURNALING

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

Drop-in

Thursday 10am-12pm

No Drop-in available Oct 15, 22

ART PROGRAMS

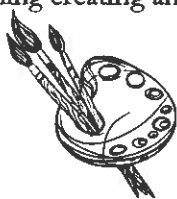
The following programs are a mix of drop-in sessions and activities that require pre-registration. For programs requiring pre-registration, please call the office or pop in. Credits are only given for missed classes due to medical reasons or class cancellations.

Drop In Price
Members- \$2.50

Non-Members- \$4.50

ART CLUB

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



Wednesday 9:30am - 11:30am

Drop-in

WATERCOLOURS

Deb Riopelle will be instructing watercolour classes.

Sept 14, 21, 28, Oct 5, 19, Nov 9

\$150/non-member, \$120/member

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

Week 1: Watercolour Experiment

Work with various levels of wetness in paper and paint to create effects. Nail down the technique

Week 2: Watercolour Resist

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

Week 3: Mixing Watercolour

Keep colours bright, gradate colours, colour blend, and colour layering

Week 4: Negative Space

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

Week 5: Favourites Day

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

Week 6: Final Project

Bring everything together and create a painting using the photo references provided.

LET'S DRAW:

STILL LIFE

Follow along with Mercedes to create the illusion of 3D in a still life. This session focuses on shading and highlights.

This class is very beginner friendly.

This class is a Christmas themed still life with some Christmas decorations.

You will take home a drawing that is on 8x10 paper

All supplies are provided

\$50/member/\$55/non-member

November 18 - 1pm-3pm

Mercedes is an award winning local artist from Beachville.

She primarily works with chalk pastels, graphite pencils, and charcoal.

EMBROIDERY:

HALLOWEEN

Starting from the ground up, learn and practice basic embroidery stitches and work towards creating a beautifully embroidered spooky image. Sewing templates will be available. No previous sewing experience required but is an asset. Open to all levels.

All materials included along with a 4" embroidery hoop.

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

October 15 - 10:00am - 12:30pm

Mercedes is an award winning local artist from Beachville.

She primarily works with chalk pastels, graphite pencils, and charcoal.

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.

Join Nancy Puhr-Slingerland as she explores soaring landscapes and beautiful wildlife in the far west of our home and native land out on Vancouver Island, BC.



Please register 48 hours in advance for the presenter to know how many will be in attendance.
\$2.50/members/\$4.50 non-members

COOKING CLASSES

Join us for a hearty one-skillet meal featuring biscuits, veggies, beef and gravy. This dish comes together fast and is stick-to-your-ribs good!

Wednesday, Oct. 28, 11:15am

Members- \$14.00

Non-Members- \$18.00

Register and pay by Oct 21 to secure your spot

Must cancel by Monday Oct 26 before 11am to receive a credit for this class



TIME TRAVEL ADVENTURES

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

Jan - May - 15 week session

\$52.50/member, \$67.50/non-member

Sept - Dec - 10 week session

\$35/member, \$45/non-member

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



GUITAR CLASSES

Level 1: Beginners - Friday 9am-10am

10 Weeks Setpember and January start

Level 2: Jam Style advanced lessons -

Friday 10:30am-11:30am

10 Weeks September and January start

Level 2 requires previous experience. Guitars are not provided

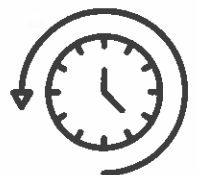
\$95/non-member, \$75/member

This fall is Oct 16 until Dec 18 for 10 sessions

Time Travel Adventures

\$5 per class

Mondays Sept 21 Until Dec 7



October 5 - Deward Yates

Atlantis: Mythology, reality or Greek hubris

October 12 - Thanksgiving

October 19 - Brian Cox

ARRG! The World of Pirates: How real was Treasure Island? Part 2

October 26 - Deward Yates

Seven Wonders of the Ancient World - Ever wonder how they were designated and by whom?

SEPTEMBER

High Scores

Carpet Bowling

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

Monday

12 Graham Darmon
10 Jake Klassen
8 Hank Couwenburg
8 Brenda Darmon

Wednesday

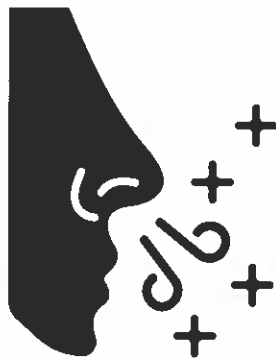
21 Tom Tracey
20 Graham Darmon
14 Brenda Darmon
114 Hank Couwenberg

Bridge

4820 Barb Aubrey
3710 Joan Skelton
3220 Peggy Thompson
3220 Marty Timmons
3030 Christa Timmons

Farkle

High Score:
34,550 Louise
32,400 Helena
24,350 Johanna
Most Farkles:
43 Johanna
Most Skunks:
35 Lois



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!

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

	Mens High Hand	Mens Win	Ladies High Hand	Ladies Win	Skunk Guardian
Week 1	22 Wendy	6 Gunther	16 Joanna, Shirley, Cindy, Jane	7 Jane	Mens
Week 2	21 Dennis	5 Gunther	20 Yvonne, Cindy	7 Cindy	Dave
Week 3	21 David A	7 Bryan	20 Cheri	5 Joanna	Ladies
Week 4	18 Frank	6 Frank	17 Joanna	5 Wendy, Shirley	Yvonne