

APRIL 2024

# The Leisure Link

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## **Get in touch:**



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



**519-688-2520**



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



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



# 2024 APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <b>CLOSED</b></p> <p><b>EASTER MONDAY</b></p> <p><b>519-688-2520</b></p>	<p><b>2</b> Quilting and Crafts Pilates Choir Tai Chi Bid Euchre Whomp'em and Canasta Adaptive Chair Yoga Restorative Yoga</p> <p><b>Men's Shed</b> <b>10:45am</b></p> <p><b>Niagara Trip</b> <b>Theatre Deposit</b></p>	<p><b>3</b> Lap Walking Art Club Rise &amp; Shine Yoga Zumba Wednesday Yogalates Qigong Bridge Euchre and Carpet Bowling Drum Fit</p>	<p><b>4</b> Lap Walking Farkle Beginner Line Dancing Line Dancing Cribbage and Shuffleboard Ukulele - Level 1 Chair Yoga Ukulele - Level 2 Restorative Yoga</p>	<p><b>5</b> Yogalates Acoustic Music Circle Chair Fitness Free Throw Fridays Bingo <b>TRIVIA</b></p>
<p><b>8</b> Quilting and Crafts Carpet Bowling Chair Fitness Spanish - Level 2 Hand &amp; Foot Shuffleboard and FloorCurl Time Travel Adventures</p>	<p><b>9</b> Quilting and Crafts Pilates Choir Tai Chi Bid Euchre Whomp'em and Canasta Adaptive Chair Yoga Restorative Yoga</p>	<p><b>10</b> Lap Walking Art Club Rise &amp; Shine Yoga Zumba Wednesday Yogalates Qigong Bridge Euchre and Carpet Bowling Drum Fit</p>	<p><b>11</b> Lap Walking Farkle Beginner Line Dancing Line Dancing Cribbage and Shuffleboard Ukulele - Level 1 Chair Yoga Ukulele - Level 2 Restorative Yoga</p>	<p><b>12</b> Yogalates Acoustic Music Circle Chair Fitness <b>Slow Flow Yoga - NEW</b> Free Throw Fridays Bingo</p>
<p><b>15</b> Quilting and Crafts Carpet Bowling Chair Fitness Looking for Your Ancestors Spanish - Level 2 Hand &amp; Foot Shuffleboard and FloorCurl Time Travel Adventures</p>	<p><b>16</b> Quilting and Crafts Pilates Choir Tai Chi Bid Euchre Whomp'em and Canasta Adaptive Chair Yoga Restorative Yoga</p> <p><b>Men's Shed</b> <b>10:45am</b></p> <p><b>Fraud Prevention</b> <b>1:30pm</b></p>	<p><b>17</b> Lap Walking Art Club Rise &amp; Shine Yoga Zumba Wednesday Yogalates Qigong Bridge Euchre and Carpet Bowling Drum Fit</p>	<p><b>18</b> Lap Walking Farkle Beginner Line Dancing Line Dancing Cribbage and Shuffleboard Ukulele - Level 1 Chair Yoga Ukulele - Level 2 Restorative Yoga</p> <p><b>Blood Pressure Clinic</b> <b>10am-12pm</b></p>	<p><b>19</b> Yogalates Acoustic Music Circle Chair Fitness <b>Slow Flow Yoga - NEW</b> Free Throw Fridays Bingo <b>KARAOKE</b></p>
<p><b>22</b> Quilting and Crafts Carpet Bowling Chair Fitness Spanish - Level 2 Hand &amp; Foot Shuffleboard and FloorCurl Time Travel Adventures</p>	<p><b>23</b> Quilting and Crafts Pilates Choir Tai Chi Bid Euchre Whomp'em and Canasta <b>No Adaptive Chair Yoga</b> <b>No Restorative Yoga</b></p>	<p><b>24</b> Lap Walking Art Club Rise &amp; Shine Yoga Zumba Wednesday Yogalates Qigong Bridge Euchre and Carpet Bowling Drum Fit</p>	<p><b>25</b> Lap Walking Farkle Beginner Line Dancing Line Dancing Cribbage and Shuffleboard Ukulele - Level 1 Chair Yoga Ukulele - Level 2 Restorative Yoga</p>	<p><b>26</b> <b>LUNCHEON</b> <b>NO YOGALATES</b> Acoustic Music Circle Chair Fitness <b>Slow Flow Yoga - NEW</b> Free Throw Fridays <b>ARMCHAIR TRAVEL</b></p>
<p><b>29</b> Quilting and Crafts Carpet Bowling Chair Fitness Looking for Your Ancestors Spanish - Level 2 Hand &amp; Foot Shuffleboard and FloorCurl Time Travel Adventures</p>	<p><b>30</b> Quilting and Crafts Pilates Choir Tai Chi Whomp'em and Canasta Adaptive Chair Yoga Restorative Yoga</p> <p><b>Men's Shed</b> <b>10:45am</b></p> <p><b>Choir Concert</b> <b>1:30pm</b></p> <p><b>NO BID EUCHRE</b> <b>1:30pm</b></p>	<p><b>Billiards Tables are available:</b> Monday - All Day Tuesday - 10:30am to 1pm Wed - 10:45am to 4pm Thursday - 8:30am to 1pm Friday - 12:00 to 4pm</p> <p><b>Darts and Cornhole are available:</b> Monday - 12:30 to 4pm Friday - 12:30 to 4pm</p> <p><b>FREE Blood Pressure Clinic</b> Thursday, April 18th 10am to 12pm</p>		

Greetings from the Senior Centre Board.

Nancy and Victoria are busy bees keeping the Centre a hub of activity. Nancy's cooking classes (which by the way smell sooo good when you enter the Centre on the days that class is in progress) to Victoria's successful Men's Shed program which was very well attended at its first meeting. The girls are also busy introducing new members to our numerous programs, setting up for the different programs (Drum Fit, Bingo, Cards, Chair Fit, and the list goes on). Then we have Gayle. She gets the refreshment carts ready for the different programs, sets up for Shuffleboard, and she always has a smile for you. What would we do without these girls?

As with other months I am including some fun facts about this month; Easter this year falls at the end of March instead of in April. We start Holy week after Holy Wednesday with MAUNDY THURSDAY(also known as Holy Thursday) which means the washing of the feet of the poor, which commemorates Jesus's washing the feet of his disciples as they shared their final meal. Recorded around 1250-1300, the word maundy comes from the Old French mande. This day is followed by Good Friday, then Easter Sunday. Easter Monday follows on Monday, April 1st, which is also APRIL FOOL'S DAY this year. April showers also brings May flowers or so it's said. According to meteorologists the saying is true, because traditionally April is a rainy month meaning the rain keeps the soil fertile which makes flowers grow and bloom a month later. Boy, did Mother nature ever screw up this year! Everything was in early bud, trees and flowers both and then surprise, surprise: more snow. The word APRIL comes from the Latin "APERIRE". April is also named after the Greek goddess of love "Aphrodite", and was sacred to the goddess Venus in Ancient Rome. The Anglo-Saxons called the month of April "EOSTURMONAP"--the Root of "Easter"

April 14th 1912 was the sinking of the Titanic.

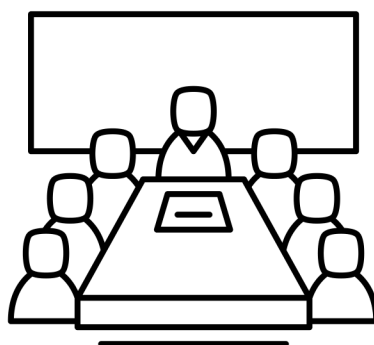
April is a good month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16-26 each year. One of the most well-known dates of the month is April Fools' Day. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale." After a 1500-year break, the 1st Olympics of the modern era took place on April 6th, 1896, in Athens. The explosion of the Chernobyl nuclear plant in Ukraine occurred on April 26th, 1986, which forced everyone within a 300-mile radius to be evacuated. To this day, the area is still radioactive.

SOME WEIRD HOLIDAYS IN APRIL just to name a few: April 2nd -National peanut butter & jelly sandwich day (NOW THAT ONE EVEN I WOULD OBSERVE). April 8th: If you feel playful and full of mischief, then International Pillow fight Day is for you; April 16th is National Wear Your PJs to work day. COULD YOU SEE US ALL DONNING OUR NIGHT WEAR TO WORK? WHICH UNUSUAL DAY ARE YOU LOOKING FORWARD TO?

Are we all ready for the Solar Eclipse which is to happen on Monday, April 8th. This Eclipse will cast a shadow that stretches across a significant portion of North America. What makes this total eclipse truly unique is that its path closely mirrors the major migration route of the endangered Monarch Butterfly. You can pick up your free glasses to watch the Eclipse with at: the Customer Service-10 Lisgar Ave; The Community Centre-45hardy Ave., or Annandale NHS-30 Tillson Ave on April 2nd. Please stay tuned for more fun facts in our next issue of the Link. Happy reading

Terry Fleming - Board Chairman

## YOUR BOARD OF DIRECTORS



**Terry Fleming - President**  
**Carlton Ross - Treasurer**  
**Susan Charby - Secretary**  
**Karen Smith - Director**  
**Helen Thompson - Director**  
**Karen Reid - Director**  
**Joanna LeBlanc - Director**  
**Linda McGaughey - Director**  
**Dorothy Hrischenko - Director**

# A Note From Nancy

A happy spring to one and all!

This month's newsletter is packed with tons of info about things coming up here, so please read it carefully as Victoria has been very busy creating a jam-packed calendar of events to suit all interests!

This time of year is always busy for our Board of Directors and for myself as well, as we have to review the audited financials and start thinking about our Annual General Meeting later this spring.

This year, our AGM will be an important one, as we introduce new bylaws and changes to our articles of incorporation to bring us in line with the new Ontario Non-Profit Corporations Act (ONCA). Can you believe that the government has been talking about updating ONCA since 2011? Well, they finally did it, and now non-profits like ours have until October of this year to change our governing documents accordingly in order to become compliant.

Our parent organization, the Older Adult Centres' Association of Ontario (OACAO) has been instrumental in helping Centres like ours wade through the massive task of updating our bylaws and drafting new ones. Thanks to them for the many webinars and expert advisors they made available to us. It's been a learning experience, I will tell you that!

We're on the home stretch of our ONCA process, thanks in no small measure to Mr. James Morgan, who assisted with the review and revision of our draft documents, which will be presented to you, our members, at the AGM. There we'll be asking you for formal approval of these documents before we file them with the government. Right now, we're targeting May 23 at 1:30 pm for our AGM, so if you're interested in seeing the new bylaws and amended articles of incorporation, stay tuned and mark your calendar.

Just one last reminder that we're closed Good Friday and Easter Monday, so we'll see all of you on April 2 for programs as usual! Have a wonderful Easter break!

**- Nancy Puhr, Administrator**



# ***RZONE POLICY IN EFFECT***

Please be advised that the RZone Policy is in effect at all Town indoor and outdoor facilities

including:

- Corporate Office
- Council Chambers
- Customer Service Centre
- Airport
- Annandale National Historic Site
- Community Centre (including arenas, outdoor pad, Senior Centre and pool)
- Sports fields
- Parks (including Skate Park and Pump Track)
- Trails
- Parking Lots

The RZone Policy applies to activities that are being conducted on the properties—both structured and unstructured, and to all patrons and guests.

**What is RZone?** Individuals using Town facilities have a right to expect that others will behave in a manner consistent with a safe and positive environment in public spaces. With this right comes the responsibility to be accountable for actions/behaviours that put the safety of others at risk.

The RZone Policy requires persons using a Town facility, park, program or service to respect others, and take responsibility in helping the Town maintain a safe and comfortable environment for all participants, spectators, patrons, volunteers and staff.

The aim of the RZone Policy is to ensure that measures are in place so that incidents of inappropriate behaviour, violence, indecency, or vandalism do not occur on Town properties. When incidents do occur, the RZone Policy helps to ensure that inappropriate behaviours are dealt with in an equitable and consistent manner.

**What behaviour does the RZone Policy address?** The RZone Policy covers a variety of inappropriate behaviours, including vandalism, harassment, disparaging or derogatory statements, violence and inappropriate use of technology. The Town of Tillsonburg takes a zero tolerance approach to inappropriate behavior as outlined above, and will take appropriate action where necessary to deal with these incidents.

**How is the RZone Policy enforced?**

In accordance with the Occupiers' Liability Act, the Occupational Health and Safety Act, the Trespass to Property Act, the Criminal Code, municipal by-laws and policies and other provincial legislation, contract holders and community volunteers are authorized to initiate enforcement options at Town of Tillsonburg programs and properties.

In the event that the contract holder or community volunteer cannot control the situation: When possible, Town of Tillsonburg facility staff will be asked for assistance; or In the event that Town of Tillsonburg facility staff are not available, the contract holder and/or community volunteer will contact the Ontario Provincial Police (OPP) for assistance. Anyone found to be violating the RZone Policy may be suspended from all Town facilities, not just the facility where the incident took place.

# ***BAYCREST@HOME***

## ***ONLINE PROGRAMMING***

We have partnered with Baycrest@HOME to provide online programming December through to the end of June. We hope that this doesn't replace the programs that you normally attend here, but enhances your participation with additional programs we may not offer or it provides an option when you are at home due to illness or poor weather conditions. There is also a Caregiver Program available (see reverse) for those interested.

### **HOW TO ACCESS:**

#### **On Your Own:**

You can email [info@baycrestathome.ca](mailto:info@baycrestathome.ca) and provide your name, email, telephone number and let them know you are with the Tillsonburg Senior Centre. If you prefer to call, the phone is 647-567-4663. You can also provide optional additional information including caregiver name, relationship to client and contact info, client functional needs, technical proficiency, and which device you'll be using. They will respond back to you with your login credentials.

#### **With Assistance:**

Alternatively, we can help you receive your login credentials. We have a referral form here at the office. Stop in and see us to receive one. Once the form is completed, we will send it to Baycrest and together decide the best way for you to receive the information to be able to login.

### **PROGRAM OPTIONS**

At the centre, you will find a few copies of the programs offered posted. To save a few trees, we did not include it in this newsletter. The list has been attached in an email as well.

**IF YOU HAVE ANY QUESTIONS, PLEASE  
GET IN TOUCH WITH VICTORIA!**

**519-688-2520 Ext 4241 ~ [victoriaprogramcoordinator@gmail.com](mailto:victoriaprogramcoordinator@gmail.com)**

# 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 pm) and our staff will be happy to help!



# Easy is always on hand.

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



CALL US TODAY!

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

[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

\*Some conditions may apply.



We accept Veteran Affairs Allowances  
and offer Special Diet Options

# VICTORIA'S LEISURE LOWDOWN



Thank you to everyone who came to the first Men's Shed info session. It was a great turnout and we look forward to meeting again on Tuesday, April 2nd at 10:45am! We had a great time on our first bus trip of the year to the Irish Kitchen Party. We have more trips coming up so be sure to indicate your interest so we can confirm plans as we get closer to the date!

We have a new yoga class starting this month with Amy Rohrer from the Yoga Hut. The Slow Flow Yoga class will take place Friday mornings at 10:45am. We will also be starting a new Beginner Square Dancing class for Wednesday afternoons 2:30 to 4:00pm. We are also looking at organizing a Pour Paint Workshop for May and starting some weekly scrapbooking sessions. Let us know if you'd be interested!

As we celebrate Earth Day this month, I'd like to thank Dorothy for bringing in a recycle bin and taking it home each week to help us recycle within the centre!

## PROGRAM HIGHLIGHTS

**PA Day** - Monday, April 8th from 8:30am to 12:30pm. Bunny Yoga with Little Hobby Hill, a craft, games, snack, and hot lunch!

**Fraud Prevention** - On Tuesday, April 16th at 1:30pm, we will have a FREE presentation on how to be aware of online and over the phone scams and how to protect yourself from fraudulent activities.

**Cooking Class** - Join us Wednesday, April 24th for our monthly cooking class.

**Luncheon** - Don't forget to purchase your tickets for our April 26th luncheon. Ham, scalloped potatoes, veggies, and dessert!

**Armchair Travel** - We have Armchair Travel scheduled for Friday, April 26th. Brianne from Senior Discovery Tours will be joining us to present about upcoming fall and winter trips.

**Choir Concert** - Tickets are now available for our Spring Choir Concert on Tuesday, April 30th at 1:30pm.

**Men's Shed** - Tuesday, April 2nd at 10:45  
We will also meet April 16th and 30th

## NEW CLASSES

**Time Changes for:**

**Billiards**

Mon, Tues, and Thurs - remains the same

Wednesday - 10:45am to 4:00pm

Friday - 12:00pm to 4:00pm

**Darts and Cornhole**

Monday and Friday

12:30pm to 4:00pm

**Slow Flow Yoga Class** - Fridays at 10:45am starting April 12th to 26th. Join Amy Rohrer for a series of gentle yet flowing movements, designed to warm up the body and core as you build strength, endurance and balance. Yoga Slow Flow also ends with a deep, slow stretching series and relaxation that will calm the body and mind as well as balance the nervous system. Your first class is FREE. \$6.50/class/members and \$8/class/non-members in monthly sessions.

**Beginner Square Dancing** - We'd like to start a 10-week session beginning the first Wednesday in May with the class running from 2:30 to 4:00pm. We need a minimum of 8 participants for the program to run. Please let us know if you'd be interested!

## BUS TRIPS

**Niagara on the Lake** - Friday, June 14th

Join us for a day of shopping in Niarara and an optional theatre ticket to *My Fair Lady* at the Shaw Theatre. Lunch will be on your own. Dinner will be included at the Lake House Restaurant in Vineland Station.

**You can also opt to spend the afternoon at the Niagara Casino!**

Members - \$150

Non-Members - \$165

Theatre Ticket - \$95

**If you'd like a ticket to the theatre, a deposit of \$95 needs to be paid by Tuesday, April 2nd. If you'd like to come, but not to the show, a \$50 deposit is due by April 15th.**

**Winery and Brewery Tours in Norfolk County**

Includes:

12-16 samples (4 stops), lunch, light afternoon snacks, pick up and drop off at the Tillsonburg Senior Centre

**Brewery Tour** - Wed. June 19th

Register by May 1st

Members - \$240 Non-Members - \$255

**Winery Tour** - Tuesday, July 16th

Register by May 31st

Members - \$235 Non-Members - \$250

## ONLINE PROGRAMMING - BAYCREST@HOME

A combination of live and on-demand programming is available to us until approximately June. All of the classes are completely free. You do need to register for an account ahead of time to participate. Now that we have a more reliable internet connection, we can also offer to have programs facilitated here if there is interest.

If you'd like to create an account, please get in touch and we will help you get set up. If there is any program that you'd like to see us host here, we can arrange to do that on the 2nd and 4th Friday of each month!

**Contact Information:** P: 519-688-2520 Ext 4241 E: victoriaprogramcoordinator@gmail.com





# Caregiving 101

## Dementia Skills Training for Family Caregivers

An interactive, virtual education series for family caregivers of persons living with dementia. This course equips you with tools, knowledge and skills to care with confidence.

### Series Includes:

- 8 Free lessons covering the fundamentals
- Led by Social Workers specializing in dementia care
- Caregiver supports and resources
- Connect with caregivers in similar situations

### Curriculum:

- What is Dementia?
- Home Safety
- Activities of Daily Living
- Caregiver Stress & Self-Care
- Challenging Behaviours
- Navigating the Healthcare System
- Coping with Grief & Loss

Register here: [info@baycrestathome.ca](mailto:info@baycrestathome.ca)  
or (647)-476-5663

## 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 and information and referral to anyone who calls the line. If you or someone you know is in crisis, please get in touch as outlined below!**

**Crisis Line: 416-863-0511**

**Mobile: #SAFE (#7233)**

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

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

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

## BLOOD PRESSURE CLINIC

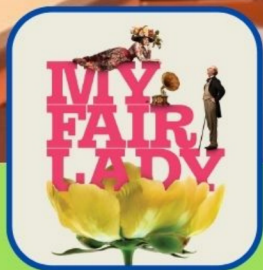


**We're pleased to welcome back the VON and our FREE monthly blood pressure screening clinic. Join us on the 3rd Thursday of the month in our lounge, 10 am – 12 pm and let our friendly volunteers check your blood pressure!**

# Niagara-on-the-Lake

Friday, June 14th

- For a theatre ticket, please pay your \$95 deposit by April 2nd
- To travel, but not see the show, please bring in your \$50 deposit by April 15th



## Join us for a Tour through Norfolk County!

- Shopping in Niagara-on-the-Lake
- Option to see *My Fair Lady* at Shaw Festival Theatre
- Lunch - on your own
- Dinner at the Lake House Restaurant in Vineland Station
- Or spend the afternoon at the Niagara Casino

**Members - \$150**

**Non-Members - \$165**

**Theatre Ticket - add \$95**

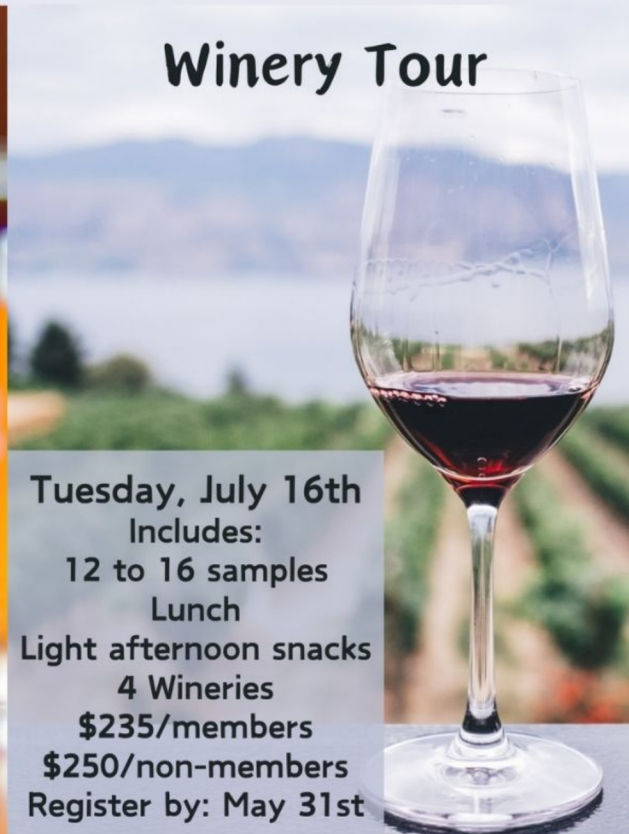
### Brewery Tour



Wed, June 19th  
Includes:  
12 to 16 samples  
Lunch

Light afternoon snacks  
4 Breweries  
\$240/members  
\$255/non-members  
Register by: May 1st

### Winery Tour



Tuesday, July 16th  
Includes:  
12 to 16 samples  
Lunch

Light afternoon snacks  
4 Wineries  
\$235/members  
\$250/non-members  
Register by: May 31st

# BUS TRIP OPPORTUNITIES

We have a few trips planned throughout the year. If you have an idea, let us know and we will see what we can do based on interest and timing.

All transportation is on a coach bus except the winery and brewery tours which a mini bus will be used (still more comfortable than a school bus!)

## NIAGARA ON THE LAKE WITH OPTIONAL THEATRE TICKET TO MY FAIR LADY

Enjoy shopping in the heart of Niagara on the Lake on Queen Street or spend the afternoon at the Casino!. Choose your favourite lunch spot and maybe take an afternoon ice cream break! For those that would like to take in a show, tickets to *My Fair Lady* are available. The cost includes transportation and dinner at the Lake House Restaurant in Vineland Station.

**Friday, June 14th**

Leaving at 9:30am and returning around 9pm

Members - \$150 Non-Members - \$160

Optional Theatre Ticket - \$95

**Theatre Ticket Deposit due by April 2nd - \$95**

**Deposit for trip due by April 15th - \$50**

**Final Payment due by June 1st**



## NORFOLK COUNTY BREWERY TOUR

This tour includes 4 stops at breweries throughout Norfolk County and 12-16 samples throughout the afternoon. Lunch and light afternoon snacks are provided. Spots are limited so please reserve your space as soon as possible.

**Wednesday, June 19th**

Departure and Arrival Times - TBD

Members - \$240 Non-Members - \$255

**Deposit due by May 1st - \$75**

**Final Payment due by June 1st**



## NORFOLK COUNTY WINERY TOUR

This tour includes 4 stops at wineries throughout Norfolk County and 12-16 samples throughout the afternoon. Lunch and light afternoon snacks are provided. Spots are limited so please reserve your space as soon as possible.

**Tuesday, July 16th**

Departure and Arrival Times - TBD

Members - \$235 Non-Members - \$250

**Deposit due by June 1st - \$75**

**Final Payment due by July 1st**



## ST. JACOB'S

Join us for a day at the St. Jacob's market. You'll get to enjoy lunch and some shopping on your own. Dinner at Anna Mae's is included. You can opt in to take a ride on the Waterloo Historical Rail Heritage Hopper train ride to travel through Woolwich Township and Waterloo Regions' famous Mennonite farm country on our historic rail line that has been in service since the 1880s. Sit back and relax as you travel through the picturesque countryside and beautiful farming landscape, we are so proud of.

**Thursday, September 26th**

Leaving at 10am and returning by 8pm

Members - \$115 Non-Members - \$135

Optional Train Ticket - \$25

**Deposit due by August 1st - \$50**

**Final Payment due by September 1st**



## STRATFORD THEATRE

This trip includes a bit of free time in Stratford, lunch at the Revival House restaurant, a ticket to see *London Assurance*, and a take-out dinner prepared by the theatre to enjoy on the bus ride back.

**Tuesday, October 22nd**

Leaving at 9am and returning by 6:30pm

Members - \$215 Non-Members - \$235

**Deposit due by September 1st - \$100**

**Final Payment due by October 1st**



# YOGA AND PILATES CLASSES

The following fitness classes are registered for in monthly session lengths. Members can reserve their spaces in classes ahead of time. Non-members need to pay for their space at the time of registration for their space to be reserved. You must pay for all classes in the session unless you register for the class after the start date. Credits are only given for missed classes due to medical reasons or class cancellations due to weather or instructor illness.

## HYBRID CHAIR YOGA

Join Kelly Spencer for a hybrid class - stay in the chair or move to the floor when you can. This class focuses on balance and postures that ultimately improve confidence and build on your muscle strength, flexibility, and balance capabilities.

Thursday at 1:15pm

Members - \$6.50/class

Non-Members - \$8.00/class



## 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 may have mobility issues yet want to reduce stiffness by activating the muscles and maintain range of motion in their joints. All levels and abilities are welcome to join this class!

Tuesday at 1:30pm

Members - \$6.50/class

Non-Members - \$8.00/class



## RESTORATIVE YOGA

Restorative Yoga is a gentle and slow-paced type of yoga that focuses on relaxation and restoration of your mind, body, and spirit. In this class you will find yourself holding poses for longer periods of time with the help of props to support you.

Tuesday and Thursday at 3:00pm

Members - \$6.50/class

Non-Members - \$8.00/class

## RISE AND SHINE YOGA

Join Dawn and start your day with a gentle, thorough yoga flow that awakens your senses and gets the juices flowing! You will encourage circulation in the muscles and train the breath for the day ahead. Expect guided visualizations that will bring you to full equilibrium and a meditation to finish the session.

Wednesday at 9:15am

Members - \$6.50/class

Non-Members - \$8.00/class

## SLOW FLOW YOGA

Join Amy for a series of gentle, yet flowing movements, designed to warm up the body and core as we build strength, endurance and balance. Yoga Slow Flow also ends with a deep, slow stretching series and relaxation that will calm the body/mind and balance the nervous system.

Friday at 10:45am

Members - \$6.50/class

Non-Members - \$8.00/class



## PILATES CLASSES

This comprehensive class offers a range of core strengthening sequences with lots of variations and props to make it accessible for every body. Improve your strength and balance and leave feeling energized!

Tuesday at 9:15am

Members - \$6.50/class Non-Members - \$8/class



## YOGALATES

Yogalates is a unique fusion of Yoga and Pilates creating a workout that increases core strength and improves posture. Increase your flexibility and reduce stiffness while learning breathing techniques and meditation practices to create ease in your everyday life.

Friday at 9:15am

Members - \$6.50/class

Non-Members - \$8.00/class

# NEW FITNESS AND WELLNESS CLASSES

The following fitness classes are registered for in a pre-determined set of weeks. Members can reserve their spaces in classes ahead of time. Non-members need to pay for their space at the time of registration for their space to be reserved. You must pay for all classes in the session unless you register for the class after the start date. Credits are only given for missed classes due to medical reasons or class cancellations due to weather or instructor illness.

## TAI CHI



Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm, refreshed and energized with this exercise 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 in this 8-week session.

Tuesday at 10:00am - Next Session: March 12 - April 30

Members - \$40.00 Non-Members - \$56.00

## QIGONG CLASSES

Qigong is an ancient Chinese energy art using movement, breath, self-massage, and meditation to get the healing juices flowing. Anyone at any fitness or wellness level can participate in this 8-week session either sitting or standing. This holistic energy practice benefits flexibility, mobility, balance, sleep, arthritis, blood pressure, lungs, posture, stamina, strength, and much more when done as recommended.

**Wed - Level 1:** 10:30am-11:30am **Level 2:** 11:15am-12:15pm

Next Session: Mar 6-Apr 24 (will add Friday classes if necessary)

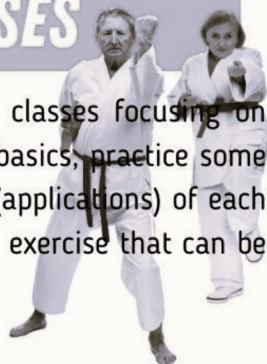
Members - \$40.00 Non-Members - \$56.00 Material Fee - \$5

## KARATE CLASSES

Hi-Yah! That's right, we have karate classes focusing on the basics of self-defense. Learn the basics, practice some kata (forms), and explore the bunkai (applications) of each movement. Karate is a very adaptable exercise that can be modified for everyone to participate.

Returning in September 2024

Members - \$40.00 Non-Members - \$56.00



## BAYCREST@HOME

If you are not able to make it to the Tillsonburg Senior Centre due to illness or transportation or you want to supplement your current participation at the centre, we have a solution! We are working with Baycrest@Home to provide online programming for both participants and caregivers. Each morning you will receive an email with the live programming you can join in on plus you have access to all recorded content as well! Dance and music classes, fitness sessions, trivia and bingo, support groups, and many educational resources for caregivers. For access, please get in touch with Victoria.

**We will join in for the Tuesday Storytelling Club online here at the centre on April 9th and 23rd at 11am.**

Online until May 2024

Members - FREE

Non-Members - FREE

## NEW MEN'S SHED TILLSONBURG

We have started a Men's Shed here at the Tillsonburg Senior Centre. We're starting with a few informal meetings with coffee, tea, and treats and as the group builds, plan more activities including local brewery tours, golf days, etc. Let us know if you're interested in participating or even leading the group! We have three informal meetings scheduled for April and we would like to serve lunch on April 16th for a cost of \$15/person. However, if cost is prohibitive to someone attending, we will use funding to cover the cost. We do not want to see any financial or transportation barriers prevent someone from participating and gaining all the benefits of social inclusion.

If you know someone that could benefit from participation, please let us know and we will do our best to get them involved. They can also be prescribed through our social prescribing program to access additional funding assistance.

April Meeting Dates - April 2nd, 16th, and 30th at 10:45am

April 16th - \$15 for lunch

**MEN'S  
SHEDS  
Ontario**

# FITNESS CLASSES

The following fitness classes are registered for in monthly or pre-determined session lengths. Members can reserve their spaces in classes ahead of time. Non-members need to pay for their space at the time of registration for their space to be reserved. You must pay for all classes in the session unless you register for the class after the start date. Credits are only given for missed classes due to medical reasons or class cancellations due to weather or instructor illness.

## CHAIR FITNESS

This low intensity workout combines cardio, strength and flexibility, all modified to a seated position. A perfect exercise class for those just starting an exercise routine, those with balance issues, those recovering from an injury or surgery or anyone who needs a lower intensity workout. Participants use a resistance band in this class. Some participants may also exercise standing up using the chair as a balance aid.

Monday at 10:00am and Friday at 9:45am

Members - \$3.00/class      Non-Members - \$5.00/class



## ZUMBA GOLD®

Zumba Gold is a low impact dance and fitness focused class that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, and Rock n' Roll with easy-to-follow moves. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Wednesday at 10:00am

Members - \$3.00/class      Non-Members - \$5.00/class

## BEGINNER LINE DANCE

Line dancing is a popular means of socializing, sharpening one's memory and keeping fit. This class offers the basic fundamentals of line dancing at a pace suited for the first-time dancer.

Thursday at 9:30am

Members - \$3.00/class      Non-Members - \$5.00/class

## LINE DANCING

Once you've got the basics, join us for this faster-paced Line Dancing class. You get to exercise without even realizing your exercising! Great friends and good music make the upbeat hour go by fast!

Thursday at 11:00am

Members - \$3.00/class      Non-Members - \$5.00/class



**NEW**

## BEGINNER SQUARE DANCING

Engaging in a fun square dance routine can improve your memory and concentration. Square dancing can be performed to a variety of music depending on your comfort level. This type of dance can also boost cardiovascular health. Practicing repetitive movements increases the heart rate and supports healthy blood flow to the body. Perfect for beginners!

Wednesday, May 1st to July 3rd from 2:30 to 4pm

Members - \$80/10-weeks      Non-Members - \$95/10-weeks

## 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 upbeat music!

Wednesday at 1:30pm

Members - \$3.00/class      Non-Members - \$5.00/class

# EDUCATIONAL PROGRAMS

The following programs are a mix of drop-in sessions and activities that require pre-registration. For drop-in programs, members pay \$2.50 and non-members \$4.50 each time they attend. For programs requiring pre-registration, members can reserve their spaces in classes ahead of time. Non-members need to pay for their space at the time of registration for their space to be reserved.

## ARMCHAIR TRAVEL

Have you caught the travel bug? Join us each month to learn about a new destination and picture yourself enjoying the landscape, culture, and cuisine! If you've travelled recently and want to share your experience, we'd love to have you share with the group!

Last Friday of Each Month at 1pm

Members - \$2.50 Non-Members - \$4.50



## TRIVIA CONTESTS

Come and put all that random knowledge to use with an afternoon of Trivia! We'll split in to pairs or teams depending on numbers and a few rounds of themed Trivia!

1st Friday of Each Month at 1:30pm

Members - \$2.50 Non-Members - \$4.50

## TIME TRAVEL ADVENTURES

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

Monday at 1:00pm - Next Session: Jan 8 - May 6

Please call us for more information on pricing as it changes each session according to the number of weeks included.

## COOKING CLASSES

Check in each month to see what's on the menu! You'll start by watching and learning as Nancy prepares the featured menu item. We try to keep menu items nutritious and themed to the season. After you'll get to savour all the flavours as you enjoy the meal with friends!

Last Wednesday of Each Month at 11:00am

Members - \$14.00/class Non-Members - \$18.00/class

## SPANISH

This 6-week course (90min classes) taught by Ruth Blass will have you feeling more confident with basic conversational skills. The course is perfect for those travelling to a sunny destination this winter or perhaps volunteering with Spanish speaking individuals. This course includes a one-material fee for both Level 1 and 2. An additional material fee would need to be paid for Level 3 and 4.

Level 1: April 8th to May 13th at 10:15am

Level 2: April 8 to May 13th at 12:15pm

Members - \$85.00/session

Non-Members - \$100.00/session

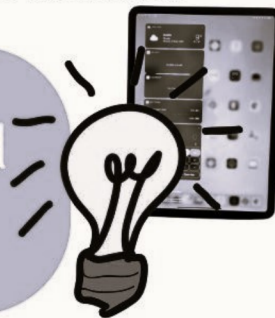
Material Fee - \$25.00



## TECHNOLOGY WORKSHOPS

We hope to be able to restart our Technology Workshops as soon as possible. Stay tuned for more information.

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



## LOOKING FOR YOUR ANCESTORS

Join us two Mondays a month and work with Matthew, our Local History Technician, and Carol from Ontario Ancestors to learn how to get started with building your family tree. They will help you learn what information is available, where to look, who created the records, and how to document your findings and stay organized. Each class will be a hands-on learning experience using paper resources, the internet, and community resources. Please bring a 3-ringed spiral notebook to each class.

Register for the entire session happening on these dates:

January 15th and 22nd, February 12th and 26th,

March 18th and 25th, and April 15th and 29th

Members - \$56.00

Non-Members - \$76.00



# CARD AND TABLE GAMES

The following programs do not need to be pre-registered for. You can attend when you can. Each time you come, members pay \$2.50 and non-members \$4.50. Beginners are always welcome. We will teach you how to play.

## HAND AND FOOT

Hand and Foot is a popular variation from the rummy type game of Canasta. It can be described as a simpler, easier version of Canasta for beginners. Players are dealt two sets of cards: the hand, which is played with first, and the foot, which is then played after. The game generally has four players consisting of two partnerships.

Monday at 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 at 1:00pm

## 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 at 1:00pm

## 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 through 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!

## EUCHRE

If you're looking for a classic card game to play with your friends, it's time to give Euchre a try. Euchre is one of the most popular card games, and it's really easy to learn how to play.

Wednesday at 1:00pm



## BRIDGE

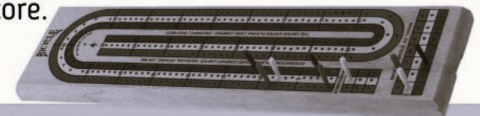
Bridge is a team trick-taking game played with a standard 52 card deck. The objective is to win as many games to 100 as possible. It is known to be the greatest source of enjoyment that four people can have with a pack of cards

Wednesday at 12:45pm

## 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 at 1:00pm



## FARKLE

Join us for a fast-paced game of Farkle! A push-your luck game of rolling dice for points. You roll 6 dice, remove only the dice you want to use for points, and then re-roll the remaining dice. Come and see how much fun you can have with a set of dice!

Thursday at 9:30am



## BINGO

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

Friday at 1:00pm

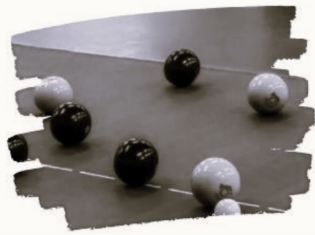
# DROP-IN FITNESS PROGRAMS

The following programs do not need to be pre-registered for. You can attend when you can. Each time you come, members pay \$2.50 and non-members \$4.50. You can add money to your digital wallet ahead of time and not worry about having cash on hand each time. These user fees include coffee, tea, and cookies.

## CARPET BOWLING

This is an enjoyable and safe game, suitable for all. This game provides a nice alternative to sports that rely on strength, agility and speed. New players are always welcome. Carpet Bowling is a team game with two or three persons on each team. The object of the game is for each team member to gently roll special biased bowling balls down a 30 ft. long carpet so that they stop as close as possible to the small white ball called the jack. The team that gets the closest to the jack scores points.

Monday at 9:00am and Wednesday at 1:00pm  
Members - \$2.50      Non-Members - \$4.50



## 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.

Monday and Thursday at 1:00pm  
Members - \$2.50      Non-Members - \$4.50

## BILLIARDS



Bring your friends out for a fun game. We have two tables that can be used throughout the week. Bring your own cue or use ours! Available anytime except during yoga classes.  
Members - \$2.50      Non-Members - \$4.50

## FLOOR CURL

Hurry! Hurry, head on out Monday afternoons for some Floor Curling! This game is played with four stones for each team and sticks to throw the rocks. The scoring is the same as traditional curling played on ice. No need to worry about slipping on ice or dressing warm.

Monday at 1:00pm  
Members - \$2.50      Non-Members - \$4.50



## LAP WALKING

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

Wednesday 9:00am  
Thursday at 8:30am  
Members - \$2.50  
Non-Members - \$4.50



## DARTS AND CORNHOLE

You're welcome to bring your own darts and bean bags or use what we have available here!

Members - \$2.50      Non-Members - \$4.50

### Billiards Times

Monday - 8:30am to 4pm  
Tuesday - 10:30am to 1pm  
Wednesday - 10:45am to 4pm  
Thursday - 8:30am to 1pm  
Friday - 12 to 4pm

### Darts and Cornhole Times

Monday and Friday  
12:30 to 4:00pm

# CREATIVE PROGRAMS

The following programs are a mix of drop-in sessions and activities that require pre-registration. For drop-in programs, members pay \$2.50 and non-members \$4.50 each time they attend. You can add money to your digital wallet ahead of time. For programs requiring pre-registration, members can reserve their spaces in classes ahead of time. Non-members need to pay for their space at the time of registration for their space to be reserved. You must pay for all classes in the session unless you register for the class after the start date. Credits are only given for missed classes due to medical reasons or class cancellations.

## ART CLUB

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

Wednesday at 9:00am

Members - \$2.50 Non-Members - \$4.50



## QUILTING AND CRAFTING

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

Monday and Tuesday at 9:00am

Members - FREE

Non-Members - FREE



## KARAOKE

On the third 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!

3rd Friday of Each Month at 1:30pm

Members - \$2.50 Non-Members - \$4.50



## UKULELE CLASSES

This class is for the absolute beginner who has never played an instrument before - no musical theory required! You will learn all the basics: the most commonly used chords, standard tuning, and simple strumming techniques. You need to have your own ukulele to participate in this 6-week course.

Next Session: March 21 - May 9

Level 1: 1:00-2:00pm Level 2: 2:15-3:15pm

Members - \$100.00

Non-Members - \$115.00



## CHOIR PRACTICE

Our Tillsonburg Senior Centre Singers come together in the fall to practice for their Christmas Concert and again in February for their Spring Concert. This four-part choir welcomes new members each season.

Tuesday at 9:30am - Next Session: Feb 6 - April 30

Please call us for more information on pricing as it does change each session according to the number of weeks included.

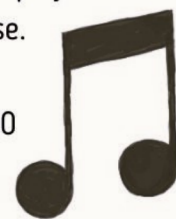


## ACOUSTIC MUSIC CIRCLE

Do you play the guitar, ukulele, fiddle, banjo? We are looking to have an acoustic music circle to play for fun! No percussion instruments or amplifiers please.

Friday at 9:30am Starts January 5th

Members - \$2..50 Non-Members - \$4.50



# PA DAY CAMP

## APRIL 8TH

### 8:30AM TO 1:00PM

### AGES 4 TO 12



**We're inviting Grandparents and Grandchildren to join us for a morning of fun! Little Hobby Hill Farm will be joining us for BUNNY YOGA! We'll enjoy a nutritious snack and hot lunch while making a seasonal craft and playing some games! Activities are adaptable so everyone can participate.**





Grandparent and Grandchild  
\$40 - Includes all activities,  
snack, juice, and a hot lunch  
\$10 - Each additional Grandchild



Call or email us to let us know you'd like to register. Payment can be made at the Tillsonburg Senior Centre. Cash and cheque only.



 **Date**  
Monday, April 8th

 **Time**  
8:30am to 1:00pm



## TILLSONBURG SENIOR CENTRE



E-mail  
victoriaprogramcoordinator@gmail.com



Phone  
519-688-2520



Our Location  
45 Hardy Avenue Tillsonburg

Our top bowlers for MARCH were:

**WEDNESDAYS:** Hank Couwenberg (16), Graham Darmon (12) and Ruby Withington (10)

**MONDAYS:** Graham Darmon & John Hall (14 each), and Hank Couwenberg (12)



**Our top shufflers for MARCH were (Thursday):**

**Dianne L (16), Lyn Appleton (14), Bill D (13) and Melaine G (11) and (Monday): Bill D. (14), Dianne L (10), Bill A (10) and Carol and Lyn with 8 each.**

### **FARKLE FUN**

**If you are looking for the most fun that you can have in two hours for a toonie, then Farkle is the game for you. Don't be shy, drop by and check us out on Thursday mornings from 9:30am – 11:30.**

**April's top accumulated attendance points leader was Louise Ross with a total of 101 points since September.**

**Edward Eley is leading with 80150 accumulated high score points.**

**Jan Siemans has accumulated 260 Farkles.**

**The total number of Farkles for our 14 players since September is 2111. That is an average of 62 Farkles per game.**

**The total number of Skunks (less than 5000 points in a single game) is 11.**

## **Free Income Tax Clinics**

at the  
Tillsonburg  
Library Branch

For more information on Free Tax Clinics, and the eligibility requirements, visit:  
<http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/nd-eng.html>

 Oxford County Library  
connect discover share become.

Wednesdays 12pm to 5pm starting on February 28 and running until May 1.

# Cyber Security Awareness and Prevention

Join us for a presentation  
on Tuesday, April 16th  
at 1:30pm to learn some  
useful tips to protect yourself  
from scams and fraudulent  
activity!



Tillsonburg Senior Centre  
45 Hardy Ave  
Tillsonburg N4G 3W9

Monday to Friday  
8:30am to 4pm  
519-688-2520





*HomeCare Haven*

*Lauren Slingerland*

CALL OR EMAIL FOR A FREE CONSULTATION  
AT 226-228-2926 OR  
HOMECAREHAVEN2023@GMAIL.COM

Available services:

- Housekeeping services
- Palliative care
- Respite care
- Shopping/transportation
- Food preparation
- Assistance with medications
- Companionship
- Personal care



## PSW/Nurse Support Available

We offer assistance with:

- personal care
- light meal prep
- light housekeeping
- respite or companionship
- 24h care
- palliative care
- monthly vitals
- general wellness checks

If you are looking for assistance, please contact us by phone or email at:

Phone: 519-717-6579

Email: [nbender@circleofcaretillsonburg.com](mailto:nbender@circleofcaretillsonburg.com)

## Home Assistance for Seniors

I'm Tracey, a qualified PSW/RPN offering assistance with:  
bathing and dressing,  
light house work,  
overnight stays  
light meal prep  
errands and more



For information call me at  
519.842.0926

## GriefShare Recovery & Support Group

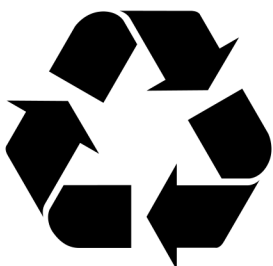
Have you lost a loved one or do you know someone who has? There's no need to feel alone in the journey of grief. There is help through GriefShare.

GriefShare offers support, insight and advice for healing.  
Meet with caring facilitators and others who understand your grief journey, and make new friends.

Next group starts March 21 at 7pm, Bethel Church, 269 Quarter Town Line, Tillsonburg. Register at [www.bethelpc.ca/griefshare](http://www.bethelpc.ca/griefshare) or call Terry Williams at 519-842-9401



**Mask wearing is now voluntary here, but we are in cold and flu season. Please respect others' choices, and please refrain from visiting if you are unwell or if you test positive for Covid-19**



**Please recycle this  
newsletter**



*The Tillsonburg Senior Centre Singers present their...*



# Spring Concert

**Tuesday, April 30th at 1:30pm**



**Tickets - \$12/each**



*Tillsonburg Senior Centre*  
*45 Hardy Avenue Tillsonburg N4G 3W9*  
*519-688-2520*





# THANK-YOU, SILENT AUCTION DONORS <sup>16</sup>

Thanks to everyone who donated toward our silent auction this month:  
Thanks to Joan Skelton, Dorothy Hrischenko, Stephen & Christine Burr, Joan Johnson, Tracey Brandon and Glad Fischer and to those who also donated but wish to remain anonymous.

## Community Corner

**Looking for information on transportation? Meals and nutrition? Safety? Health and wellness? What about links to other community supports, education and support in the home? Instead of calling six different numbers, dial just once: 1-888-866-7518 will get you to Oxford Support Services, and a friendly voice will direct your call accordingly. Learn more at [cssontario.ca](http://cssontario.ca) #SupportedAtHome.**

**ACCESS YOUR HEALTH RECORDS!**



ConnectMyHealth is a secure patient portal that allows you to view your health information from many healthcare facilities in **southwestern Ontario** in one, consolidated view, and there is no cost to use it.



To learn more and register today, visit [info.ConnectMyHealth.ca](http://info.ConnectMyHealth.ca) or scan:



ConnectMyHealth is made possible through a collaboration between Hamilton Health Sciences, Ontario Health, and your local Ontario Health Team.



Coming to a community near you!

**MOBILE DENTAL CLINIC**

Our wheelchair accessible mobile dental clinic serves seniors who qualify for the Ontario Seniors Dental Care Program. [www.swpublichealth.ca/mobileclinic](http://www.swpublichealth.ca/mobileclinic) or call 1-800-922-0096.

# SOCIAL PRESCRIBING



Links2Wellbeing  
social prescribing for older adults



Alliance for Healthier Communities  
Advancing Health Equity in Ontario

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

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

## What is Social Prescribing?

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

In doing so, social prescribing:



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



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



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

## How does social prescribing work?

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



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



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

## Why is Social Prescribing Needed?

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

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

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

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

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

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

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

# WELCOME

## ***A HEARTY WELCOME TO OUR NEW MEMBERS:***

**Paulette Lewis, Lil Molson, Bill Cuddy, Carol & Rob Honsberger and Sandra Strickland, Sherry Crowe, Barbara Holbrook, Jennifer Grant, Rose-Lynne McDougall, Diana Tracey, Tom Tracey, Paulette Lewis and Rosemary White**



### REMINDER

***You might be due for routine cancer screening.***

#### **When to get screened:**

##### **Breast Cancer**

Every 2 years between ages 50-74.

##### **Cervical Cancer**

Every 3 years between ages 25-70 if you have a cervix and you are or have ever been sexually active.

##### **Colorectal Cancer**

Every 2 years between ages 50-74.

#### **How to get screened:**

To learn how to book each type of screening appointment or for more information, visit [www.oxfordoht.ca/cancer-screening](http://www.oxfordoht.ca/cancer-screening) or scan the QR code.



## APRIL COOKING CLASS

Join us April 24 at 11 am for a fresh, zesty, spring-inspired meal of penne with asparagus in a lemon-feta cream sauce! We'll pair it with a crispy, brightly-coloured spring salad! Cost: \$14/members, \$16/non-members. Sign up soon as space is limited!



Please recycle this newsletter after reading!



# In Memoriam

No longer by our side, but forever in our hearts:  
**Alan McLean**

If you know of a member who has passed away and you'd like us to include them in our In Memoriam section, please supply the member's name to us no later than the second-last day of the month for inclusion in the next newsletter

## ***TIME TRAVEL ADVENTURES***

### ***2024 HISTORY TOPICS***

1:00 <u>PM Monday</u> April 8	Deward Yates	A Family Feud
1:00 <u>PM Monday</u> April 15	Deward Yates	Depression, Despair, <u>Fanatiism</u>
1:00 <u>PM Monday</u> April 22	Deward Yates	Americanization
1:00 <u>PM Monday</u> April 29	Deward Yates	Globalization
1:00 <u>PM Monday</u> May 6	Deward Yates	Globalization - <u>"The New Silk Roads"</u>
May 13 and 14 and 20 and 21 Extra Weeks in case of cancellation.		

*Reminder* →

History Class on April 8  
starts at 12:30 pm  
because of the eclipse!



# ***SLOW FLOW YOGA***

***WITH AMY FROM THE YOGA HUT***

**FRIDAYS AT 10:45AM**

**Members - \$6.50/class and Non-Members - \$8/class Register in monthly sessions**  
***A series of gentle, yet flowing movements, designed to warm up the body and core as we build strength, endurance and balance. Yoga Slow Flow also ends with a deep, slow stretching series and relaxation that will calm the body/mind and balance the nervous system.***

# **BEGINNER SQUARE DANCING**

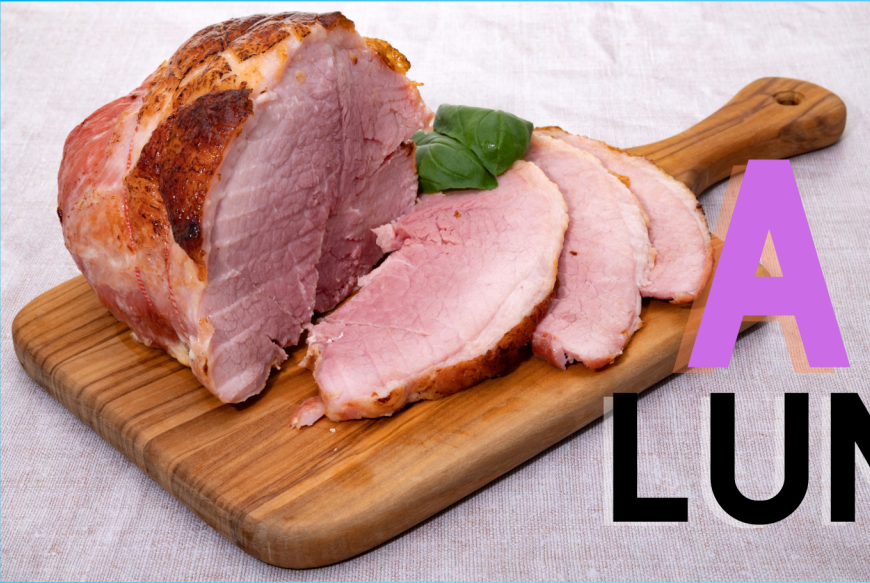
**WEDNESDAYS  
2:30-4PM**

**WE NEED A  
MINIMUM OF  
8 TO RUN THE  
PROGRAM**

**MAY 1ST TO JULY 3RD**

**MEMBERS - \$80  
NON-MEMBERS - \$95**





# APRIL LUNCHEON

Join us Friday, April 26, 12 noon for our April Luncheon. Menu is glazed ham, scalloped potatoes, dinner roll, veggies and pie for dessert, coffee or tea. Tickets are \$15, advance only by calling 688-2520 or stopping by at our office! Hope to see you there! Proceeds support all the great things we do around here!



Please note we will be closed March 29 and April 1 for Easter!



# DROP-IN PROGRAMS:

## BILLIARDS



Monday - 8:30am to 4:00pm  
 Tuesday - 10:30am to 1:00pm  
 Wed - 10:45am to 4:00pm  
 Thursday - 8:30am to 1:00pm  
 Friday - 12:00 to 4:00pm

## DARTS AND CORNHOLE

Monday and Friday  
 12:30 to 4:00pm



# GOLF

Are you interested in a golf program this summer?

Please let us know which day(s) you'd prefer, which courses you like, time of day, and 9 or 18 holes. If there is enough interest by mid-March, we will start planning!

# JOIN OUR MEN'S SHED

### Next Meetings

APRIL 2ND, 16TH, AND 30TH  
 10:45AM

Tillsonburg Senior Centre  
 45 Hardy Avenue  
 Tillsonburg N4G 3W9

### Why Participate?

- Enjoy activities you love and discover new hobbies and interests
- Make new friends
- Be involved in your community
- Opportunity to share your knowledge and skills and learn from others
- Be in a place you can be comfortable being yourself
- Experience support to enhance your mental health
- Reduce isolation with new relationships and activities

These are a few ideas we have in mind, but activities and plans will be decided by the interests of the participants.

AGES 50+

- Drop in – socialize with coffee/tea
- Woodworking
- Mentoring and skill-sharing
- Walking, bowling, golfing, etc.
- Activism and community involvement
- Music– listening and playing
- Workshops with invited guests
- Computers/technology workshops
- Health-related discussions and guest speakers



Call or Email to let us know you're interested!

Phone: 519-688-2520

E-mail: [links2wellbeingtillsonburg@gmail.com](mailto:links2wellbeingtillsonburg@gmail.com)