

OCTOBER 2025
TILLSONBURG SENIOR CENTRE

The Leisure Link

www.tillsonburgseniorcentre.com

In This Issue...

Top Scores
Fall Programs
Special Events

OUR MISSION

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

Get in touch:

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

 **519-688-2520**

For Program Inquiries:

 **programs@tillsonburgseniorcentre.com**

Administrative/Rentals

 **npuhr@tillsonburgseniorcentre.com**

 **www.facebook.com/tillsonburgseniorcentre**



Mon

Tue

Wed

Thu

Fri

29

30

1

2

3



9am - Art Club
 9am - FUNctional Fitness
 10:15am - Essentrics:
 Aging Backwards
 10:15am - Zumba Gold
 11:15am - Essentrics:
 Stretch and Tone
 12:45pm - Bridge
 12:45pm - Carpet Bowling
 1pm - Euchre
 1:30pm - Drum Fit

8:30am - Lap Walking
 9:30am - Farkle
 9:45am - Beginner
 Line Dancing
 11am - Line Dancing
 1pm - Cribbage
 2pm - Tai Chi

9am - Guitar Level 1
 10am - Chair Fitness
 10:30am - Guitar Level 2
 1pm - Bingo
 1:30pm - Trivial Pursuit

6

7

8

9

10

9am - Carpet Bowling
 9am - Quilting and Crafts
 10am - Chair Fitness
 1pm - Hand and Foot
 1pm - Time Travel
 Adventures
 1pm - Indoor Pickleball

9am - Quilting and Crafts
 9:30am - Choir
 9:30am - Scrabble
 9:45am - Meditation
 1pm - Bid Euchre
 1pm - Whomp'em
 1pm - American Mahjong
 2pm - Adaptive Chair Yoga

9am - Art Club
 9am - FUNctional Fitness
 10:15am - Essentrics:
 Aging Backwards
 10:15am - Zumba Gold
 11:15am - Essentrics:
 Stretch and Tone
 12:45pm - Bridge
 12:45pm - Carpet Bowling
 1pm - Euchre
 1:30pm - Drum Fit

8:30am - Lap Walking
 9:30am - Farkle
 9:45am - Beginner
 Line Dancing
 11am - Line Dancing
 1pm - Cribbage
 2pm - Tai Chi

9am - Guitar Level 1
 10am - Chair Fitness
 10:30am - Guitar Level 2
 11:30am - Luncheon
 1pm - Bingo
 1:30pm - Karaoke

13

14

15

16

17



9am - Quilting and Crafts
 9:30am - Choir
 9:30am - Scrabble
 9:45am - Meditation
 1pm - Bid Euchre
 1pm - Whomp'em
 1pm - American Mahjong
 2pm - Adaptive Chair Yoga

9am - Art Club
 9am - FUNctional Fitness
 10:15am - Essentrics:
 Aging Backwards
 10:15am - Zumba Gold
 11:15am - Essentrics:
 Stretch and Tone
 12:45pm - Bridge
 12:45pm - Carpet Bowling
 1pm - Euchre
 1:30pm - Drum Fit

8:30am - Lap Walking
 9:30am - Farkle
 9:45am - Beginner
 Line Dancing
 11am - Line Dancing
 1pm - Cribbage
 2pm - Tai Chi

9am - Guitar Level 1
 10am - Chair Fitness
 10:30am - Guitar Level 2
 1pm - Bingo
 1:30pm - Trivia

10am -12pm
 Blood Pressure Clinic

20

21

22

23

24

9am - Carpet Bowling
 9am - Quilting and Crafts
 10am - Chair Fitness
 11am - Service Canada
 Seminar
 1pm - Hand and Foot
 1pm - Time Travel
 Adventures
 1pm - Indoor Pickleball

9am - Quilting and Crafts
 9:30am - Choir
 9:30am - Scrabble
 1pm - Bid Euchre
 1pm - Whomp'em
 1pm - American Mahjong
 2pm - Adaptive Chair Yoga
 1pm - Medical Minute

9am - Art Club
 9am - FUNctional Fitness
 10:15am - Essentrics:
 Aging Backwards
 10:15am - Zumba Gold
 11:15am - Essentrics:
 Stretch and Tone
 12:45pm - Bridge
 12:45pm - Carpet Bowling
 1pm - Euchre
 1:30pm - Drum Fit

8:30am - Lap Walking
 9:30am - Farkle
 9:45am - Beginner
 Line Dancing
 11am - Line Dancing
 1pm - Cribbage
 1:30pm - An Afternoon
 with Natalie Nadine
 2pm - Tai Chi (AUD)

9am - Guitar Level 1
 10am - Chair Fitness
 10:30am - Guitar Level 2
 1pm - Bingo
 1:30pm - Trivia



Saturday Oct 25 - 6:30pm
 Monster Mash Dance

27

28

29

30

31

9am - Carpet Bowling
 9am - Quilting and Crafts
 10am - Chair Fitness
 1pm - Hand and Foot
 1pm - Time Travel
 Adventures
 1pm - Indoor Pickleball

9am - Quilting and Crafts
 9:30am - Choir
 9:30am - Scrabble
 12:30pm - Men's Shed
 1pm - Bid Euchre
 1pm - Whomp'em
 1pm - American Mahjong
 2pm - Adaptive Chair Yoga

9am - Art Club
 9am - FUNctional Fitness
 10:15am - Essentrics:
 Aging Backwards
 10:15am - Zumba Gold
 11am - Book Club Chapter 1
 11:15am - Cooking Class
 11:15am - Essentrics:
 Stretch and Tone
 12:45pm - Bridge
 12:45pm - Carpet Bowling
 1pm - Euchre
 1:30pm - Drum Fit

8:30am - Lap Walking
 9:30am - Farkle
 9:45am - Beginner
 Line Dancing
 11am - Line Dancing
 1pm - Book Club Chapter 2
 1pm - Cribbage
 1pm - Prac-Tea-Cal
 Magic Tea
 2pm - Tai Chi

10am - Chair Fitness
 1pm - Armchair Travel
 1pm - NO BINGO
 1:30pm - Trivia

Fitness CALENDAR

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

Table Games CALENDAR

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

Sports CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS/SNOOKER ALL DAY 9AM- CARPET BOWLING 12:30-4 DARTS 1PM - INDOOR PICKLEBALL	BILLIARDS/SNOOKER 8:30-12 (OCT 21, 28) 8:30-1 DARTS	BILLIARDS/SNOOKER 12:15-4 1PM- CARPET BOWLING	BILLIARDS/SNOOKER 8:30-12:30 8:30-12:30 DARTS 1PM FLOOR KURLING	BILLIARDS/SNOOKER 12-4PM DARTS 12-4PM

FRIDAY FUNDAYS!

KARAOKE

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

TRIVIA

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

BINGO

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

MESSAGE FROM THE BOARD

Welcome, one and all to Autumn 2025! Although, at the time I am writing this, we are still experiencing summery weather, we all know what is coming in the next few months!

I hope folks are settling back into the usual fall routines, returning to classes that may have been either on pause over the summer or perhaps you have been away travelling or to cottages or trailers. Some of you may have grandchildren who have returned to school, meaning their schedules have changed too. In some ways, it's almost like the start of a new year, and since that is often a time for new beginnings I invite you all to think about trying some new classes. Have you been wanting to get a little more physically active? The Senior Centre has quite a variety of exercise-type programs, such as Chair Fitness, Yoga, Essentrics, Line Dancing, Drum Fit and Tai Chi, to name but a few. Or if it's mental stimulation you seek, consider Scrabble, Trivia, Farkle, Bridge or Cribbage. And for just plain fun, what about Karaoke, Bingo, Whomp 'Em, Art, Guitar or Hand and Foot? You could truly find a class every day to suit your interests! And just a reminder, as an incentive to trying something new before committing financially to a new program, the first class you attend is free! That way you can decide if it was what you were expecting before signing up. Consider trying a few new programs and expanding your knowledge and your circle of friends at the same time.

As usual, I will leave you with some special (and sometimes unusual) days to celebrate in October.

Oct. 1: International Coffee Day, International Music Day, International Day of Older Persons

Oct. 4: National Taco Day, National Vodka Day, (is there a pairing here?), World Animal Day

Oct. 7: World Cotton Day, National Frappe Day

Oct. 10: World Egg Day, World Mental Health Day, World Homeless Day

Oct. 13: Thanksgiving Day, World Thrombosis Day

Oct. 15: White Cane Safety Day, Global Handwriting Day, Global Dignity Day

Oct. 17: National Pasta Day, National Mammography Day, International Day for Eradication of Poverty

Oct. 20: National Day on Writing, International Chefs Day, International Sloth Day

Oct. 24: United Nations Day, World Development Information Day, World Polio Day

Oct. 28: International Animation Day, World Judo Day

Oct. 29: World Cat Day, World Psoriasis Day, World Stroke Day

Oct. 31: Halloween, National Peanut Day, National Magic Day

Try and celebrate as many of these days as you can. I would be thrilled to hear about said celebrations, so drop me a line to let me know what you did and with whom!

Cheers! Dorothy Hrischenko ,Board Chair

YOUR BOARD OF DIRECTORS

Dorothy Hrischenko - Chairperson

Joan Skelton - Vice-Chairperson

Lisa Belliveau – Treasurer

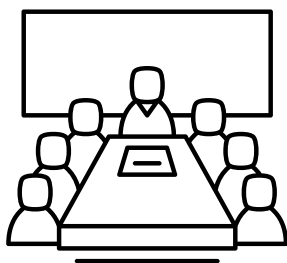
Crystal Getty - Secretary

Terry Fleming - Director

Joanna LeBlanc - Director

Linda McGaughey – Director

Marion McLean - Director



A NOTE FROM NANCY

Welcome to spooky season, folks!

We love this time of year at the Centre, and we have several great activities planned to help you love it, too! Please join us on October 23 as we welcome intuitive and energy worker Natalie Nadine for a fun and interesting afternoon where she will explain how she works with energy, and how she interprets it!

You asked for it - we answered - join us Saturday, Oct. 25 for a Monster Mash Bash Halloween Dance featuring music to delight all ghouls and boys by Klassy FM DJ Randy Halmo. Tickets are just \$15 each, doors open at 6:30 (bar service starts at 7 pm), and we will have a cash bar available. Costumes are optional (but lots of fun) and we'll have a prize for the most spook-tacularly dressed. Get your tickets now and get ready to mash - the monster mash!

On Oct. 30 we're hosting a Prac-tea-cal Magic tea party! Sign up for this afternoon workshop and craft your very own decorative witch's hat while enjoying some fall flavours and special refreshments. All supplies provided. Wear your favourite Halloween-wear or fall colours and join us for a magical afternoon of fun and creativity! Pre-register now to avoid disappointment.

No matter how you celebrate fall, we're happy to have you celebrate it with us! See you around the Centre!

Administrator Nancy Puhr-Slingerland

Welcome New Members!

Dianne R., Judy T., Mila H., Patricia W., Dora B., Deborah S., Mary-Lou H., Margit P., Anne B., Laura S., Catherine W., Doreen O., Annette V., Wendy B., Mary O., Laura H., Brenda M., Maureen A., Doug T., Janet M., Wanda H., Juleen M, and Connie D.



THANK-YOU, SILENT AUCTION DONORS:

Dallas Boudreau, Melanie Cornwell, Dianne Williams, Joanne Coffin, Roseanne Fillion, and those that wish to remain anonymous

The Leisure Lowdown

Musical Programming

Fall Choir

September 23 9:30-11:30am (10 weeks)

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

Karaoke - 1:30pm Friday October 10

Acoustic Guitar lessons

level 1 - 9-10am 10 weeks starting Sept 19

level 2 - 10:30-11:30am 10 weeks starting Sept 19

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

Medical Minute

Join David Lopes, Roulston's Pharmacist to talk about osteoporosis health

October 21

2pm

FREE



Luncheon

Get a large oven-roasted quarter chicken lunch with mashed potatoes, mixed vegetables, and a slice of pie

October 10

11:30am

\$15

Meditation

Join Dr O'Sullivan for meditation Tuesday mornings at 9:45am for 6 weeks

September 9- October 14

FREE

Tai Chi

Join Dorothy for tai chi lessons Thursdays at 2pm

7 week course starting Oct 2

Members/ \$35, non-members/\$49

Service Canada Information Session

Learn about programs and services for seniors (e.g. Canada Pension Plan, Old Age Security, Canada Dental Care Plan, and the Canada Disability Benefit)

Learn about My Service Canada Account (MSCA) for easier access to benefits

October 20

11am

FREE

Monster Mash

Happy Halloween! Grab a friend and enjoy a night out dancing and mingling. Costumes are not required but there will be a prize for best costume. Cash bar

October 25

6:30pm

\$15

Indoor Pickleball

Beginner to intermediate level pickleball

Monday 1pm

\$2.50/member, \$4.50/non-member

Relaxation Library - Monday - Friday - 8:30 am - 4:00 pm. Free book borrowing.

Lounge - Monday - Friday, 8:30 am to 4:00 pm. Spend time reading or chatting.

Art Club- Wednesdays 9:00 am. Work on your art projects and get inspired.

Memberships

Early bird 2026 memberships are now available! Save \$10 when you sign up before December 23, 2025

First-time member? Partake of our Fall special pricing! Join for just \$15 and enjoy member benefits until Dec. 31, 2025!

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.

**COFFEE SERVICE
FOR THE MONTHS
OF SEPTEMBER &
OCTOBER
GENEROUSLY
PROVIDED BY THE
GOOD FOLKS IN
OUR FRIDAY
MORNING FITNESS
CLASS**

THANK YOU!

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

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!

SANTA PARADE VOLUNTEERS NEEDED

We are seeking volunteers interested in helping us create and execute a senior centre float for the 2025 Santa Claus Parade on Saturday, Nov. 15. As with last year, this will be a night parade starting at 6 pm. If you have creative ideas or are interested in riding on the float (it's a lot of fun), please let us know in the office!



Handyman services

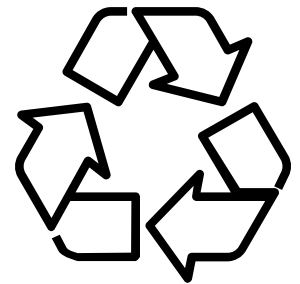
Friendly • Affordable • Reliable

Small repairs, installs, and home maintenance with a respectful touch.

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

Call Victor Goñi at 519-830-5466

**PLEASE
RECYCLE
THIS
NEWSLETTER**



Loads of Laundry Inc.

Need to come clean?

Visit Loads of Laundry Inc.

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

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

519-550-9274



New here? Welcome!



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

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

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

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

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



Easy is always on hand.

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



CALL US TODAY!

Get your **FREE** Menu

1-877-545-5577

HeartToHomeMeals.ca

*Some conditions may apply.



We accept Veteran Affairs Allowances
and offer Special Diet Options

If 'some assembly required' has
you down, call

GARY THE ASSEMBLER

your one-stop source for assembly of
toys, barbecues, furniture and other items
ordered from stores or online.

Stop fussing with vague, confusing instructions,
and let Gary
help you get it together

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



Call:

226-213-3710

Check us out on Facebook:

<https://www.facebook.com/61573178662960/>

MY OFFICE CAN HELP YOU WITH:



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

ERNIE HARDEMAN

MPP - Oxford

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

Oxford
ONTARIO HEALTH TEAM

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



VISIT OUR WEBSITE FOR THE
MOST UP-TO-DATE INFORMATION
BIT.LY/OXFORDOHT

The Oxford OHT
is funded by the
Government of
Ontario.



If you require assistance accessing this document, please contact info@oxfordoht.ca

Empower your Health Journey with ConnectMyHealth

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

To register successfully:

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

info.connectmyhealth.ca



parkinson SOCIETY
SOUTHWESTERN
ONTARIO



SUPPORT GROUP

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

We Are Here to Help.

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

parkinson SOCIETY
SOUTHWESTERN
ONTARIO

info@pssso.ca 1.888.851.7376

HARVEST VIEW

APARTMENTS IN TILLSONBURG

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

Enjoy An Amenity Rich Community

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

And More!

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NOW OPEN**

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519-688-5081
harvestview@onyxcm.ca
www.harvestview.ca



SCAN HERE



TO LEARN MORE

AN AFTERNOON WITH NATALIE NADINE

Please join us Thursday, Oct. 23 at 1:30 pm for
an afternoon with intuitive and energy worker
Natalie Nadine.

**Natalie will share her spiritual journey with us,
and discuss how she channels energy and
delivers messages to those with questions**

**Tickets \$25 each, includes hot apple cider and
light refreshments with a decidedly fall-feel!
Register by calling 688-2520 as space is limited!**



Tillsonburg's Classic Pinball Arcade

102 Tillson Avenue, Unit I

Located across from Home Hardware

skillshotpinball.ca (519) 544-1799

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

Rediscover the Joy of Playing Pinball!

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

Bring the grandkids, affordable fun

Great for family visits & group outings

**Private Party Rate \$60 per hour
No coins required**

Sunday discount: \$10 off total parlour rental charge

FULLY ACCESSIBLE, PERCHING STOOL AVAILABLE

Tillsonburg Senior Centre **BOOK CLUB**



CHAPTER 1: LAST WEDNESDAY OF EVERY
MONTH @ 11 AM

CHAPTER 2: LAST THURSDAY OF EVERY
MONTH @ 1 PM



BARKS PEDORTHICS ASSESSMENTS ON WHEELS

Serving Southwestern Ontario

Locally Manufactured
Custom Orthotics

Services Covered By
Many Benefits Plans

We Can Help With

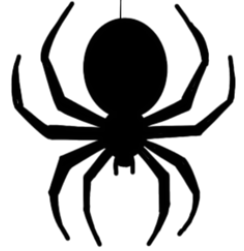
Foot, Ankle, and Knee Pain

Plantar Fasciitis

Acquired Workplace Injuries

Diabetic Ulcers

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



SOUNDS OF THE SEASON

A CHRISTMAS CONCERT FEATURING THE COUNTRY MUSIC
STYLINGS OF:

CRYSTAL GAGE

& ACCOMPANIED BY
RICK LOUCKS, CHARLIE AGRO,
DOUG JOHNSON & FRED LEWIS

Saturday, Dec. 6, 7 pm
Lions Auditorium,
Tillsonburg Community Centre

Tickets \$20 pp available at
Tillsonburg Senior Centre
519-688-2520

Proceeds support ongoing programs and
activities at Tillsonburg Senior Centre



DO SOME MUNCHIN' AT OUR OCTOBER LUNCHEON

**Join us Friday, Oct. 10 for a
quarter chicken lunch!**

Lunch will be \$15 and include a delicious oven-roasted chicken quarter, mashed potatoes and mixed vegetables with slice of pie for dessert.

And, as always, coffee or tea are included.

Register by October 8 to avoid disappointment.

CALL:

688-2520



SELLING

DOWNSIZING

MOVING CLOSER
TO FAMILY

Ready for a New Chapter?

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



GRANT SUMLER
SALES REPRESENTATIVE



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



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



MEN'S SHED

Meetings held fourth
Tuesday each month

Tuesday, Oct 28, 12:30 pm

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

Stratford Bus Trip Dirty Rotten Scoundrels

**Wednesday, Nov. 19,
Departs the senior centre
10:45 am direct to Swiss Chalet,
Stratford for lunch (own cost),
followed by a 2 pm matinee at
the Stratford Festival Theatre.**

\$140 plus lunch

WAYS TO SUPPORT YOUR SENIOR CENTRE

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

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

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

519-688-2520

Prac - tea - cal Magic

Join Nancy & Michelle for a

'wickedly' fun afternoon inspired by the hit movie

PRACTICAL MAGIC

Craft a decorative witch hat to wear for Halloween
or display it as a cute centerpiece or decor item.

Sip witches' brew (tea) from beautiful teacups,
enjoy special treats & hang out with the coven!

When: Thursday, Oct. 30, 1 pm

How Much: \$25 pp

What: All supplies included,
advance registration only

Optional: Have fun and dress on a
witchy/seasonal theme!

Feel free to bring any decor items
you may want to incorporate in your hat!



MONSTER MASH

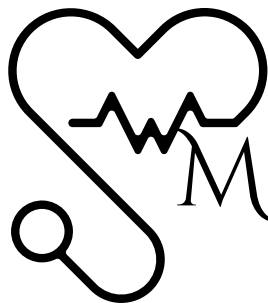
It was a graveyard smash

Grab your dancing shoes for a Halloween dance on October 25th
at 6:30pm. Tickets are \$15. DJ Randy will provide the music

Cash bar

costumes are optional

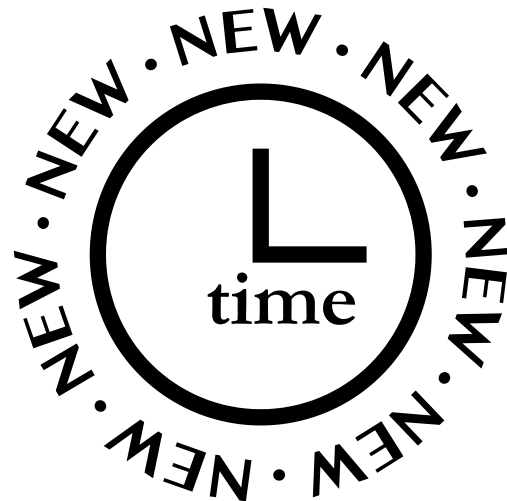




MEDICAL MINUTE

OCT. 21

1 pm



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



IT'S MEMBERSHIP RENEWAL TIME!!

Next year's memberships are now on sale!

Purchase your 2026 membership
before Dec. 19

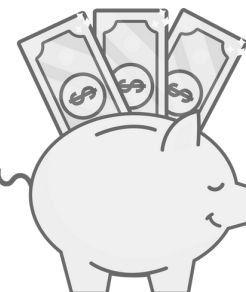
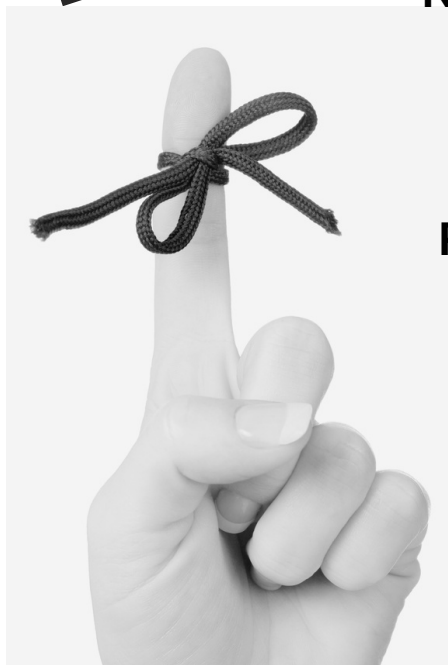
and pay just \$45 (that's a \$10 savings!)

Plus, all early renewals get entered into a
monthly draw for a gift card!

The earlier you renew,
the more chances you have to win!

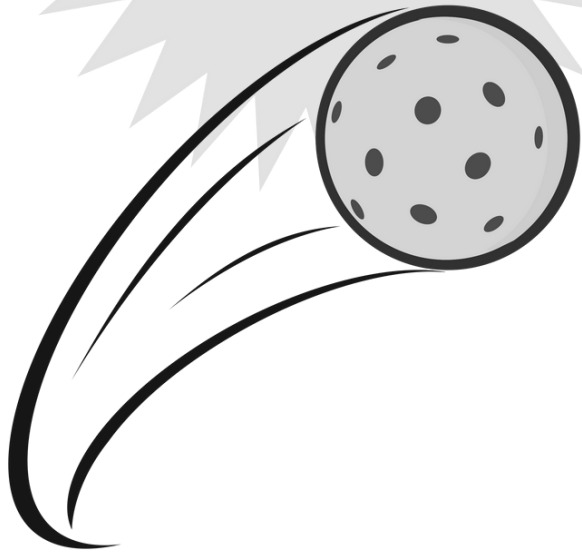
Don't delay - renew today!

Membership price increases to \$55
starting Jan. 1, 2026!



INDOOR PICKLEBALL

NEW



Open to beginner to intermediate players.

Join us for a **FREE** intro day on Oct. 6 at 1 pm in our Aud.

Bring-your-own paddles preferred.

After intro day:

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

COMING SOON: AMERICAN MAHJONG

Our learn-to-play Mahjong program for October is full (please call to add your name to our wait list), but if you already know how to play, please plan to join us Tuesday afternoons (1 pm) in November. Please call the office to register so that we can ensure we have enough boards in place!



PROGRAM REGISTRATION

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

You can add money to your digital wallet ahead of time and not worry about having cash on hand each time. All user fees include coffee, tea, and cookies.

Please note: Credits are only given for missed classes due to medical reasons or class cancellations.

NO FEE DROP-IN PROGRAM

QUILTING AND CRAFTING

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

Monday and Tuesday at 9:00am

CUSTOM QUILTING AVAILABLE

Did you know that our intrepid group of quilters and crafters offers custom quilting?



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

SOCIAL PRESCRIBING

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

DROP-IN PROGRAMS

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

The following programs do not need to be pre-registered for. You can attend when you can. You can add money to your digital wallet ahead of time and not worry about having cash on hand each time.

These user fees include coffee, tea, and cookies.

CARPET BOWLING



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

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

INDOOR PICKLEBALL



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.

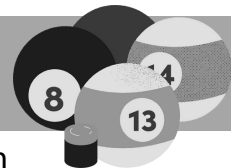
Monday at 1:00pm

Starts September 22

SCRABBLE

JOIN US TUESDAYS, 9:30AM - 11AM
IN THE ROTARY ROOM FOR
EVERYONE'S FAVOURITE WORD GAME!
SCRABBLE IS BACK, SO IF YOU'RE A WORDSMITH
(OR IF YOU JUST LOVE THIS GAME) COME ON
OUT AND STRETCH YOUR
MENTAL MUSCLE WITH FRIENDS!
\$2.50/MEMBERS, \$4.50/NON-MEMBERS

BILLIARDS



Bring your friends out for a fun game. We have two tables that can be used throughout the week. Bring your own cue or use ours. Available, anytime, except during yoga classes.

Billiards

Monday- All Day

Times

Wednesday- 12:00pm to 4:00pm

Thursday- 8:30am to 12:00pm

Friday- 12:00pm to 4:00pm



FLOOR KURL

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

LAP WALKING



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

Thursday 8:30 am

AMERICAN MAHJONG



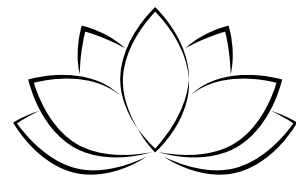
Beginner lessons Oct 7, 14, 21, 28 are full.

Mahjong games will continue in November with our new and seasoned players.



Tuesday 1pm

YOGA AND WELLNESS CLASSES



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

ADAPTIVE CHAIR YOGA

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

Get your fitness in with this workout class
Tuesday 2pm-3pm

Benefits of Yoga

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



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.

ESSETRICS: STRETCH AND TONE

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

Wednesday 11:15 am-12:15pm

ESSETRICS: AGING BACKWARDS

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

Wednesday 10:15 am, 30 mins.



Members

\$6.50/class

Non-Members

\$8.00/class

(excludes Aging Backwards)

FITNESS CLASSES

These programs require pre-registration.

CHAIR FITNESS

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

Monday 10:00 am and Friday 10:00 am

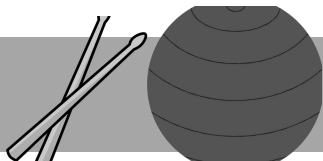


ZUMBA GOLD

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

Wednesday 10:15 am

DRUM FIT



This unique program uses movement through drumming to benefit both the mind and body. Reduce stress and anxiety with this upbeat class and get moving to some uplifting music!

Wednesday 1:30 pm

'FUN'CTIONAL FITNESS

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

Wednesday 9:00 am

Members \$3.00

Non-Members \$5.00

Some exceptions apply

LINE DANCING

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

ULTRA Beginner

Thursday
9:45 am

Advanced

Thursday
11:00 am



TAI CHI

Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm and refreshed!

Consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Join Dorothy to learn the how and why behind each movement.

Thursdays 2pm

October 2 - 7 week course

\$49/non-member, \$35/member



CARD & TABLE GAMES

These drop-in programs are pay as you go and anyone can attend.

HAND & FOOT

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

Monday 1:00 pm

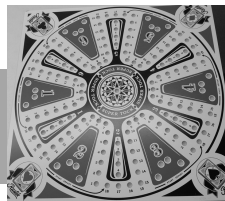


BID EUCHRE

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

Tuesday 1:00 pm

WHOMP'EM



This fun, fast-paced game involves using cards to move your marbles around the board and back home before another player can 'whomp' you and send you home.

Tuesday 1:00 pm

FARKLE

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

Thursday 9:30 am



Drop In Price

Members- \$2.50

Non-Members- \$4.50

EUCHRE

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

Wednesday 1:00 pm

BRIDGE

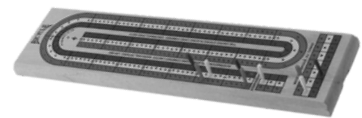
Bridge is a team trick-taking game played with a standard 52 card deck. The objective is to win as many games to 100 as possible. It is known to be the greatest source of enjoyment that four people can have with a pack of cards.

Wednesday 12:45 pm

CRIBBAGE

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

Thursday 1:00 pm

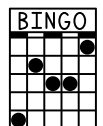


BINGO

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

Friday 1:00 pm

- No bingo on 1st Friday of the month!



CREATIVE PROGRAMS

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



ART CLUB



Explore your creative side during this self-led art group. Bring your supplies and spend the morning creating and enjoying some social time with friends.
Wednesday at 9:00am



KARAOKE



On the second Friday of each month, bring your friends out for an afternoon of Karaoke. With a large catalogue of songs, there is something for everyone to have a good time and maybe even get some dancing in!
2nd Friday of every month at 1:30pm

SCRABBLE

Put your words on the board and your points on paper. Join us for scrabble!
Tuesday 9:30am

GUITAR

Level 1: Beginners - September 19 (10 weeks) 9am-10am
Level 2: Advanced - September 19 (10 weeks) 10:30am-11:30am
Level 2 must have previous experience. Guitars are not provided
\$95/non-member, \$75/member

Drop In Price

Members- \$2.50

Non-Members- \$4.50



CHOIR



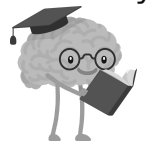
Our Tillsonburg Senior Centre Singers come together in the Fall to practice for their Christmas Concert and again in January for their Spring Concert. This four-part choir welcomes new members each season.

Tuesday at 9:30am, starts Sept. 23

TRIVIA

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

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



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

Members - \$2.50

Non-Members - \$4.50

QUILTING AND CRAFTING

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

Monday and Tuesday at 9:00am
FREE Program



EDUCATIONAL PROGRAMS

The following programs are a mix of drop-in sessions and activities that require pre-registration. For drop-in programs you pay each time you come. For programs requiring pre-registration, members can reserve their spaces for classes ahead of time. Non-Members need to pay for their space at the time of registration for their spot to be reserved.

COOKING CLASSES



Join us for this month's cooking class as we celebrate fall with comfort food! We'll make a creamy sausage and mushroom ragout that we'll serve over mashed potatoes.

Wednesday, Oct. 29, 11:15 am

Members- \$14.00/class

Non-Members- \$18.00/class

MEDITATION

Join Dr O'Sullivan for a 6 week course on meditation.

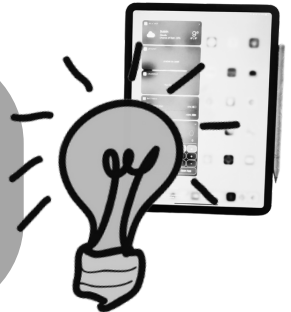
Tuesday September 9

6 weeks

9:45am

FREE

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

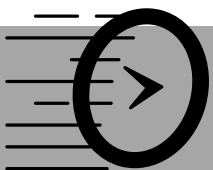


ARMCHAIR TRAVEL

Join us at 1pm the last Friday of each month to hear from one of our great presenters! This month we welcome Lauren Beard as she takes us to Korea. She will also be writing out your name in Korean. Explore the sights, history and people of this beautiful area, no boarding pass required!

Last Friday of the month 1:00PM

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



TIME TRAVEL ADVENTURES



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

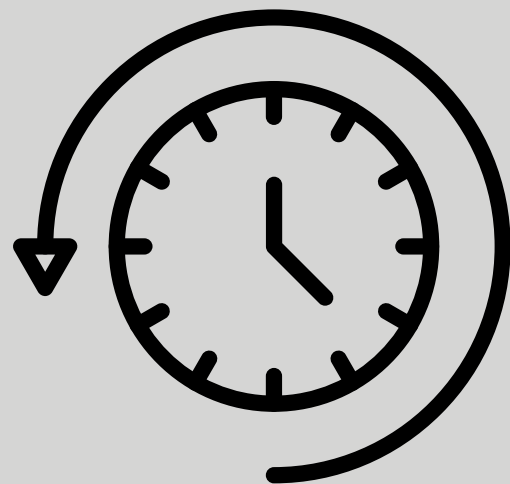
Monday at 1:00pm

Returns September 22 for a 10-week session

Session price is \$35/members, \$45/non-members
or pay-as-you go, \$5 per class!

**LEARNING
NEVER
ENDS**

Time Travel Adventures



The Spies Who Loved Us: Do You Really Know Your Neighbour?

Spies and espionage have played a significant role in shaping the course of history. Throughout the ages, these covert operatives have operated in the shadows, gathering information, conducting sabotage, and even altering the outcomes of critical events. From ancient times to the modern era, secret agents have left an indelible mark on the world.

Come with us as we explore the often dark and shady and dangerous world of the spy! Some of the spies who will be exposed are: Violette Szabo, Virginia Hall, Noor Inayat Khan, Nancy Wake, Mathilde Carré, Pearl Witherington, Vera Atkins, Mata Hari, Jane Whorwood, Elizabeth Van Lew, Harriet Tubman, Audrey Hepburn, Rose O'Neal Greenhow, Ian Fleming

October 6 - Five Great Canadian Women: Madeleine de Verchères, Jeanne Mance, Jennie Trout, Marie Lacoste, Gérin-Lajoie, Laura Ingersoll

October 13 - NO CLASS

October 20 - The Spies Who Loved Us: Do You Really Know Your Neighbour?

October 27 - The Spies Who Loved Us: Do You Really Know Your Neighbour?

Congratulations!

Congrats to
RHONWYN TERRY

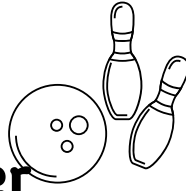
of Simcoe, the winner of our 35th anniversary scooter raffle draw. Thanks to everyone who bought tickets to support ongoing programs and activities here!

Lottery # M601388

Congrats to Sharyl Cohen who was the winner of our September early renewal draw for a gift card to a local eatery! Our next draw will be Oct. 31. Thanks to all who renewed!

BOWLERS

Top Scores For September



Monday

Graham Darmon	11
Hank Couwenberg	11
Brenda Darmon	5

Wednesday

Hank Couwenberg	18
Graham Darmon	14
Ruby Withington	12



Carpet bowling is a great activity for seniors, offering a fun, low-impact way to stay active and social. It's similar to lawn bowling but played indoors on a carpet, making it accessible year-round. The game is relatively gentle on the body, requiring strategic thinking and coordination, and can be adapted for those with mobility issue

REMINDER

**WE WILL BE
CLOSED OCT. 13
2025 FOR
THANKSGIVING!**

Farkle Scoring

Each 1= 100

Each 5 = 50

Minimum of 350 points to start counting



	3	4	5	6
Ones	1000	2000	3000	6000
Twos	200	400	600	200
Threes	300	600	900	1800
Fours	400	800	1200	2400
Fives	500	1000	1500	3000
Sixes	600	1200	1800	3600

3 pairs 55-33-11 (500+300+1000) =1800

2 triplets 444-222 2500

3 Farkles in a row -1000+ 6 Farkles

Straight 1,2,3,4,5,6 1500

SM straight 1,2,3,4,5 500

SM Straight 2,3,4,5,6 500

A score of 10,000 or more wins the game

If you are looking for the most fun that you can have in two hours

for \$2.50 , then Farkle is the game for you.

Don't be shy, drop by and check us out on Thursday mornings from

9:30am – 11:30

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

Lorrie Hull has accumulated
34 Farkles since September

Susan Charby is the leader with 14700
accumulated high score of points
since September.

Terry Fleming has accumulated
4 Skunks since September



Reminder: We're closed
for Thanksgiving: Oct. 13



BRIDGE

Top Scores For September

Barb M	4190
Marianne	4120
Marty	3790



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!

EUCHRE

Top Scores For September

LADIES HIGH - Louise R 259 pts
 LADIES LOW - Marion M Shelly V 47 pts
 MANS HIGH - Frank S 298 pts
 MANS LOW - Don M 100 pts
 MOST LONE HANDS - Frank S 11
 MOST EUCHRES - Barb H 27

CRIBbage

Sept	Mens Wins		Mens High Hand		Ladies Wins		Ladies High Hand		Skunks Keeper
Week 1	Ian	6	Frank S	20	Joanna	6	Shirley	24	Mens
Week 2	Bill	6	Ian Don	20 20	Wendy	5	Wendy	21	Russell
Week 3	Wendy Frank S	5 5	Bryan	24	Shirley Joanna Anne	6 6 6	Terry Joanna	17 17	Ladies
Week 4	Dan	6	Dora	28	Cindy	6	Terry Cheri	24 24	Norma

*in
loving
memory*

**Win Cuthbert, Gwenda Martin,
Marcia Toth, Connie Williams,
Ian McLaren**

**If you know of a member who is no longer with us, please
inform the office so we may include their name in our next
In Memoriam.**

Assaulted Women's Helpline-Seniors' Safety Line



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

Crisis Line: 416-863-0511

Mobile: #SAFE (#7233)

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

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

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

BLOOD PRESSURE CLINIC



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