

SEPTEMBER 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



September

Mon	Tue	Wed	Thu	Fri
	2	3	4	5
CLOSED - Labour Day	8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Scrabble 1pm - Bid Euchre 1pm - Whomp'em	9am - Art Club 9am - FUNctional Fitness 10am - Watercolours 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	10am - Chair Fitness 1pm - Bingo 1:30pm - Trivial Pursuit
8	9	10	11	12
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Scrabble 9:45am - Meditation 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga	9am - Art Club 9am - FUNctional Fitness 10am - Watercolours 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 1:15pm - Chair Yoga	10am - Chair Fitness 11am - Bone Health 101 11:30am - Luncheon- BBQ 1pm - Bingo 1:30pm - Karaoke
15	16	17	18	19
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Hand and Foot 1pm - Tillsonburg Tasting: Seniors Sampler	8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Scrabble 9:45am - Meditation 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga 2pm - Medical Minute	9am - Art Club 9am - FUNctional Fitness 10am - Watercolours 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 1:15pm - Chair Yoga 10am - 12pm Blood Pressure Clinic	9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 11am - Raffle Draw 1pm - Bingo 6pm - Saturday Sept 20 Emerald City Gala
22	23	24	25	26
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 11am - Alzheimer's Seminar: Communication for Care Partners 1pm - Hand and Foot 1pm - Time Travel Adventures 1pm - Shuffleboard	8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Choir 9:30am - Scrabble 9:45am - Meditation 12:30pm - Men's Shed 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga	9am - Art Club 9am - FUNctional Fitness 10am - Watercolours 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11am - Book Club Chapter 1 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 1:15pm - Chair Yoga	9am - Guitar Level 1 10am - Chair Fitness 10:30am - Guitar Level 2 1pm - Armchair Travel 1pm - NO BINGO 1:30pm - Trivia
29	30	1	2	3
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Hand and Foot 1pm - Time Travel Adventures 1pm - Shuffleboard	8:30am - Lap Walking 9am - Quilting and Crafts 9:30am - Choir 9:30am - Scrabble 9:45am - Meditation 1pm - Bid Euchre 1pm - Whomp'em 2pm - Adaptive Chair Yoga			

Fitness CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM- CHAIR FITNESS	8:30AM- LAP WALKING 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 1:15PM- CHAIR YOGA	10AM- CHAIR FITNESS

Table Games CALENDAR

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

Sports CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS/SNOOKER ALL DAY 9AM- CARPET BOWLING 12:30-4 DARTS 1PM - SHUFFLEBOARD	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, CORNHOLE, WASHER TOSS 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

Greetings, one and all, and welcome back to any members, both new and not-so-new, who have been away from the Sr. Centre over the summer. I hope everyone has enjoyed the last couple of months of very summery weather and got out to enjoy some of the things that are not as enjoyable the rest of the year! For myself, this means camping, and I got away for a week in both July and August, as well as attending my much-beloved Riverfest, Elora music festival. This was my 7th year, and I am thrilled to say I was able to perform again this year. Okay: it was only live-band Karaoke, but I still get the bragging rights! I sang one of my favourites, Give Me One Reason by Tracy Chapman. The Boo Radley Project was the accompanying band, and if you ever get the chance to hear them play anywhere, I highly recommend it. You can always hear me at the Senior Centre the 2nd Friday of each month, 1:30 pm during Karaoke. I would love to have you join me. No particular talent necessary, as long as you like to sing!

I hope to see as many of you as possible at our Emerald City Elegance Gala Evening Sept. 20, 2025. We will be celebrating the 35th anniversary of our Senior Centre with cocktails, dinner and dancing (yea!). See elsewhere in the Leisure Link for details.

As always, I will leave you with some important dates for September that you may not be aware of. Celebrate as many as you can!

Sept. 4 - World Sexual Health Day

Sept. 5 - International Day of Charity

Sept. 7 - Grandparents Day

Sept. 12 - National Day of Encouragement

Sept. 13 - International Chocolate Day and National Bald is Beautiful Day

Sept. 18 - National Cheeseburger Day and International Equal Pay Day

Sept. 21 - World Gratitude Day, Wife Appreciation Day and International Day of Peace

Sept. 22 - Autumn Equinox (1st Day of Fall) World Car-Free Day, National Elephant Appreciation Day, World Rhino Day

Sept. 26 - National Love Note Day and International Day for Total Elimination of Nuclear Weapons

Sept. 29 - National Coffee Day and World Heart Day

I wish everyone a fantastic Autumn season. We still have a few more weeks of summer left so I hope you continue to get out and enjoy the remaining warm days. If you see me around the Centre (or anywhere, for that matter!) please stop and introduce yourself and say hi. I always like to chat! Cheers! **Dorothy Hrischenko, Board Chairperson**

YOUR BOARD OF DIRECTORS

Dorothy Hrischenko - Chairperson

Joan Skelton - Vice-Chairperson

Lisa Belliveau - Treasurer

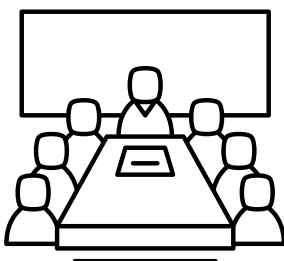
Crystal Getty - Secretary

Terry Fleming - Director

Joanna LeBlanc - Director

Linda McGaughey - Director

Marion McLean - Director



A NOTE FROM NANCY

Happy fall, y'all:

After a very long, HOT summer, it feels great to look forward to cooler evenings, crisp fall mornings and our usual program schedule. We're pleased to have programs like choir, guitar, yoga, drum fit and history (Time Travel Adventures) returning this month, and as always, we'd encourage you to stop by (or call) to sign up early so that your spots in our programs are secure.

This month we celebrate our 35th anniversary with our gala on Sept. 20, and if you haven't gotten yourself a ticket yet, do not wait!! We have a great evening planned, including door prizes, a wonderful meal, and music provided by Klassy FM DJ Randy Halmo and sponsored by Seasons Retirement. We'll also have a cash bar available, and Randy is bringing some lovely floral spot dance prizes as well.

We also make our raffle draw this month for the lovely motorized mobility scooter generously donated by Jack Peddle. Ticket sales end Sept. 12 and the draw will be made Sept. 19 at 11 am. You don't have to be here to win the prize, but if you are in the neighbourhood, please join us to celebrate our winner! If you still need tickets, they're \$10 each or three for \$20, so stop by the office during business hours or look for our volunteers in the Tillsonburg Town Centre Mall.

If you're reading this newsletter as a new or prospective new member, welcome! We're pleased to offer prorated memberships from now until year-end for first-time members just testing the waters, so now is a great time to try out all the wonderful programs we have to offer and find what brings you joy!

Statistically, seniors who regularly participate in social and recreational opportunities with their peers stay healthier and active longer, have lower instances of certain diseases and medical conditions, and improved cognitive ability. And in case that's not reason enough to be active and healthy with us – it's just great fun. We'll see you at the centre! - **Administrator Nancy puhr**

Welcome New Members!
Carolyn J., Lynda R., Liz B., and Pearl S.



THANK-YOU, SILENT AUCTION DONORS:

Ed Eley, Erica Fulop, Karen Smith, Helen Thompson, Rita Kathleen, Melanie Cornwell, Pierette Jolin, Sharon Wilson, Patti Lee, Karin Frohmann Annette Oncz & Dallas Boudreau, Glad Fisher, Graham and Brenda Darmon

Musical Programming

Fall Choir

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

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

Karaoke - 1:30pm Friday September 12

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

Meditation

Join Dr O'Sullivan for meditation Tuesday

mornings at 9:45am for 6 weeks

September 9 FREE

September Luncheon BBQ

Please register for this event, as we cannot guarantee burgers for walk-ins. Get a hamburger, drink, and bag of chips

September 12 \$5

Shuffleboard

Shuffleboard returns on Monday at 1pm

September 22 start date

Watercolour

Watercolour classes return Wednesdays. Starting September 3

Wednesday 10am-12pm

See in office for pricing and supplies

Emerald City Elegance Gala

Celebrate our emerald year with a Wizard of Oz themed gala. Enjoy a full roast beef dinner, cash bar, dancing, and mingling. Grab a friend and enjoy a night out. No tickets at the door

September 20 6pm \$35

The Leisure Lowdown

Certified Art Therapy

Join Registered Art Therapist Nadine to work through your stress and pressing thoughts

September 27

10am-12pm \$5

Medical Minute

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

September 2pm

Time Travel Adventures (History)

Deward, Brian, and Dave take us on a spin through time starting September 22

Mondays 1pm \$5

Tillsonburg Tasting: Senior Sampler

September 15 1pm-4pm \$15

Ticket sales end Sept 8

Enjoy an afternoon of samples from local restaurants. Sample pulled pork, Greek eats, Belgium chocolate pudding, sliders, and an assortment of other delicious foods.

Tai Chi

Join Dorothy September 25 at 2pm for a free demonstration on what Tai Chi has to offer.

Following will be an 8 week course Thursdays at 2pm

Members/ \$40, non-members/\$56

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, 2026!

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

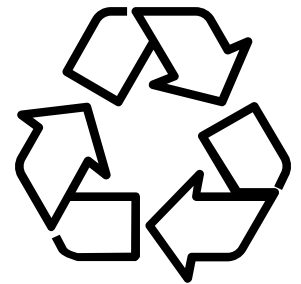
Small repairs, installs, and home maintenance with a respectful touch.

- ✓ 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



ConnectMyHealth

Hamilton Health

Ontario Health

Oxford



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!

**MODEL SUITES
NOW OPEN**

14 Harvest Ave, Tillsonburg ON
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

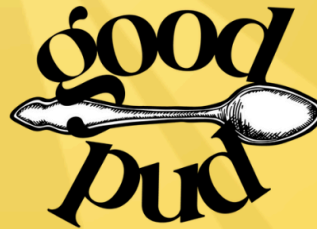
CHAPTER 2: LAST THURSDAY OF EVERY
MONTH @ 1 PM



Monday, September 15, 2025
1:00pm to 4:00pm
45 Hardy Avenue, Tillsonburg

TILLSONBURG TASTING:

SENIORS SAMPLER



More Vendors to be
announced!



DO SOME MUNCHIN'

AT OUR SEPTEMBER LUNCHEON!

Join us Friday, Sept. 12,

11:30 am - 1 pm

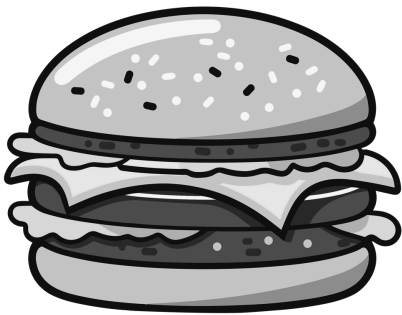
for a Welcome Back BBQ lunch!

\$5 gets you a delicious burger,

can of pop and bag of chips!

Please register and pay in advance

as walk-in orders will be limited.



EMERALD CITY ELEGANCE



A Gala evening celebrating the 35th
anniversary of
Tillsonburg Senior Centre
Saturday, Sept. 20, Tillsonburg Senior
Centre Auditorium,
45 Hardy Ave.
Cocktails: 6 pm
Dinner: 6:30 pm
Dancing featuring
DJ Randy Halmo to follow
Cash bar

Tickets \$35 each
Call 519-688-2520 to reserve

DJ generously sponsored by:



Seasons
RETIREMENT COMMUNITIES

MEN'S SHED

Meetings held fourth
Tuesday each month

Tuesday, Sept. 23, 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.**

Call the office for pricing

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

Communication strategies for interacting with persons living with dementia

Family members, care partners and the general public are welcome to join us in learning how communication can change over the course of the disease and effective ways to supportively communicate with a person living with dementia.

Please join us!



Monday September 22, 2025



11:00 am - 12:00 pm



Tillsonburg Seniors Centre
45 Hardy Ave, Tillsonburg, ON

Alzheimer Society
SOUTHWEST PARTNERS

Starting September 9- October 14

9:45am

Modern research demonstrates that meditation is beneficial for physical and mental health.

Join Dr. Sean O'Sullivan M.D. Associate Professor of Medicine, McMaster University, in a six week course offered as an introduction to this simple, entirely secular practice.

FREE



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

SHUFFLEBOARD



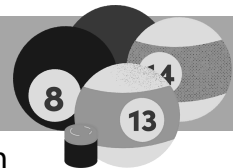
Shuffleboard is a game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area. Our shuffleboard program can be enjoyed by players of all levels. It is a lower intensity program with chairs available to rest.

Monday 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 Times

Monday- All Day
Tuesday- 8:30am to 1pm
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

MAHJONG



Do you play Mahjong?
We'd like to start a group here,
and we need your help!



If you can advise us on rules,
how to get started (or if you'd like
to play), please see Michelle!

YOGA AND WELLNESS CLASSES



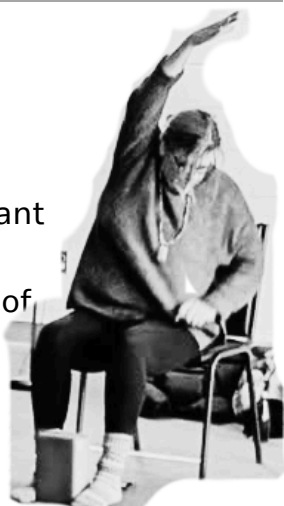
These yoga classes are available for pre-registration on a monthly basis.

CHAIR YOGA

Join Kelly Spencer 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

Thursday at 1:15pm-2:15pm



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 and

- 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

ESSENTRICS: STRETCH AND TONE

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

Wednesday mornings at 11:15 am, 60 mins.

ESSENTRICS: 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! WEDNESDAYS, at 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

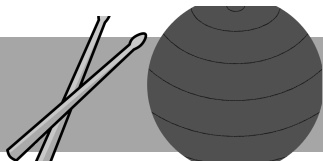


ZUMBA GOLD

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 at 1:30 pm, starts Sept. 3

'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

September 25 2pm - Free demonstration

October 2 - 8 week course

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

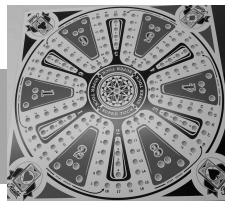


BID EUCHRE

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

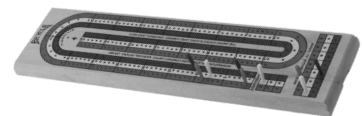
Bridge is a team trick-taking game played with a standard 52 card deck. The objective is to win as many games to 100 as possible. It is known to be the greatest source of enjoyment that four people can have with a pack of cards.

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

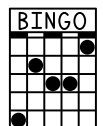


BINGO

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

ART WITH ANGELIQUE

Join Angelique and explore your creative side with beginner or advanced watercolours, or learn to sketch. Call the office for pricing and for a list of supplies: 519-688-2520, starts Sept. 3.

Watercolour Wednesday, 10am - 12pm

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



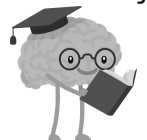
Our Tillsonburg Senior Centre Singers come together in the Fall to practice for their Christmas Concert and again in January for their Spring Concert. This four-part choir welcomes new members each season.

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



Cooking class will return October 29. Stay tuned to the October newsletter for menu details

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.

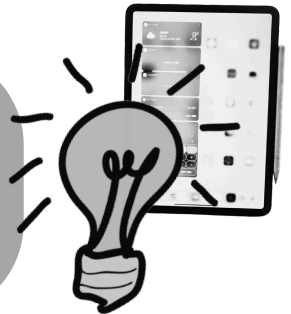
Tuesday September 9

6 weeks

9:45am

FREE

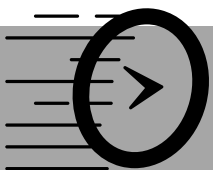
If you have ideas for new classes and programs, please let Michelle know!



Join us at 1pm the last Friday of each month to hear from one of our great presenters! This month we welcome Barb MacKinnon who will share her travel to South Africa with us. 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.

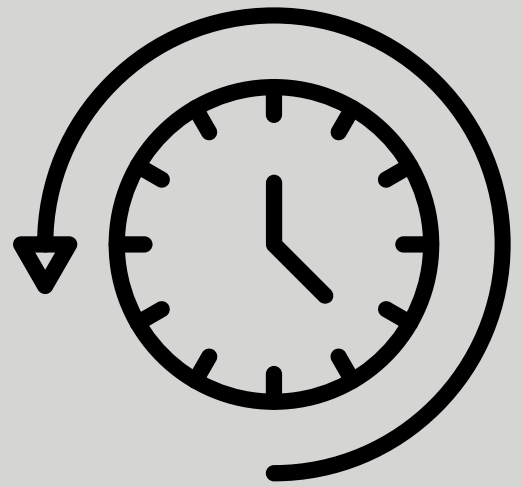
Monday at 1:00pm

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



September 22 - Speculative History- Heresy -
Polynesia's earliest settlers - Fleeing nobility from
Peru

September 29 - Speculative History - Norse
Settlement in North America - Once a Myth -
Speculation - Pre-Viking European Settlement?

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?

November 3 - Challenges to Canadian Sovereignty

November 10 - NO CLASS

November 17 - Speculative History - "Columbus
sailed the ocean blue in 1492." Confused, he had
to refer to his map. Where did he get a map of the
Atlantic and the Caribbean?

November 24 - Speculative History- All American
Indigenous Peoples Arrived Post-Glaciation Across
the Bering Sea Land Bridge - How do you account
for pre glacial human footprints in a New Mexico
desert?

December 1 - The Spies Who Loved Us: Do You
Really Know Your Neighbour?

December 8 - Christmas Legions and Traditions

Speculative History- Overview

Speculative Historical research may be similar to
research in any scientific field. Create a thesis
"speculation as to what might be possible? This
fall Deward is looking at four topics of
Speculative History. Perhaps new looks at "what
might have happened" or perhaps the
speculation has been proven to be correct and
history has to be rewritten!

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

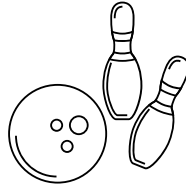
Spies and espionage have played a significant
role in shaping the course of history.

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

BOWLERS

Top Scores For July



Monday

Graham Darmon	8
Brenda Darmon	4
Hank Couwenberg	4
Tom Tracey	4

Wednesday

Hank Couwenberg	8
Ruby Withington	7
Diana May	7
Tom Tracey	5



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 SEPT 1,
2025 FOR
LABOUR DAY!**

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

Scores start accumulating in September.

We will be keeping track of number of
Farkles, number of Skunks, high score
points, and accumulated attendance points



Reminder: We're closed
for Labour Day, Sept. 1



BRIDGE

Top Scores For August

Teresa	4610
Marianne	3550
Barb M	3310
Peggy	2940

EUCHRE

Top Scores For August

LADIES HIGH - Shirley	256
LADIES LOW - Marion	155
MANS HIGH - Frank S	294
MANS LOW - Bryan	111
MOST LONE HANDS - Shirley & Frank S	13
MOST EUCHRES - Bryan & Terry	28

CRIBbage

July	Mens Wins	Mens High Hand	Ladies Wins	Ladies High Hand	Skunks Keeper
Week 1	Don 6	Frank D 24 Don 24	Terri 5	Arlene 16	Mens
Week 2	Don 6	Frank J 20 Don 20	Shirley 5	Wendy 24	Ian
Week 3	Bryan 5 Ian 5	Ian 20	Cindy 8	Cindy 24	Ladies
Week 4	Bill 6 Frank J 6 Frank S 6	Dave 20	Joyce 7	Cheri 20	Wendy
Week 5	Bill 5	Frank S 20 Gueenther 20	Shirley 5	Joan 16	

August	Mens Wins	Mens High Hand	Ladies Wins	Ladies High Hand	Skunks Keeper
Week 1	Mike 7	Mike 22	Joanna 7	Joanna 24	Mens
Week 2	Dave 5-58 Frank S 5-96 Russell 5-78	Guenther 24 Russell 24 Frank S 24	Norma 7	Cindy 21	David
Week 3	Dave 6	Bill 17	Cindy 7	Georgette 24	Ladies
Week 4	Bryan 6	Joan 24 Played as man	Wendy 7 Joanna 7	Deb 22	Terry

Reading Buddy Volunteers Needed!

Tillsonburg Branch Library is looking for volunteers ages 14+ to take part in our Reading Buddies program this Fall. This program will provide training sessions in September and begin on October 7th. Volunteer hours for high school students can be earned through this program.

If interested, please call the Tillsonburg Branch for more information at 519-842-5571 ext. 3271



BONE HEALTH 101

WHAT YOU NEED TO KNOW ABOUT YOUR BONE HEALTH

DID YOU KNOW AT LEAST **1 IN 3 WOMEN** AND **1 IN 5 MEN** WILL SUFFER FROM AN OSTEOPOROTIC FRACTURE IN THEIR LIFE.

LEARN HOW TO REDUCE YOUR RISK OF FRACTURE.

PRESENTATION INCLUDES:

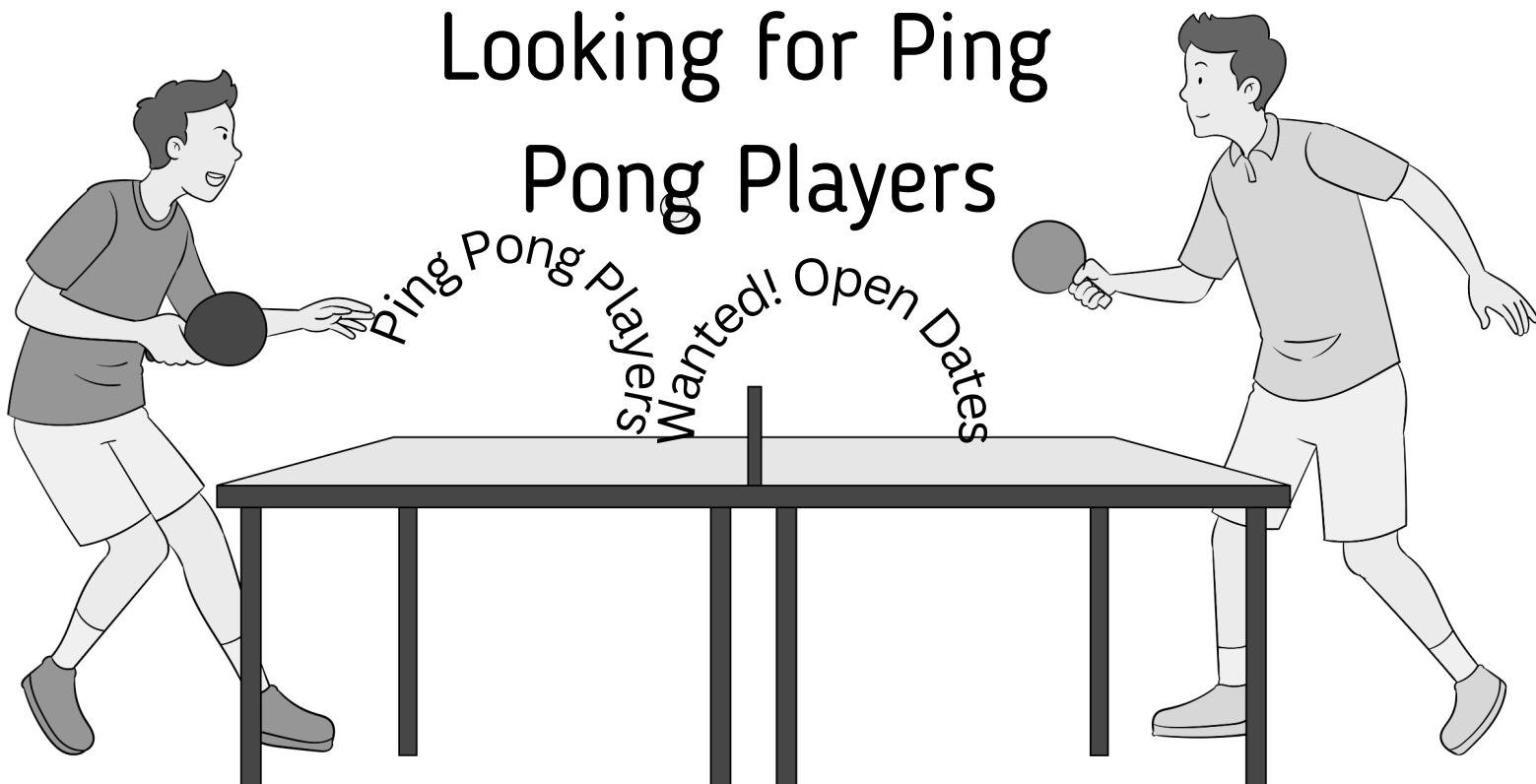
- What osteoporosis is
- The risk of fracturing a bone
- Maintaining healthy bones
- Impact of nutrition & physical activity
- Fall prevention



 **OSTEOPOROSIS**

September 12, 11am-12pm

Looking for Ping Pong Players



*in
loving
memory*

Patrick Gignac

**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

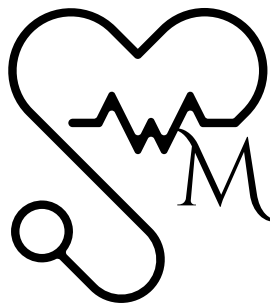
Toll Free TTY (Ontario): 1-866-863-7868

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!



MEDICAL MINUTE

Sept. 16,
2 pm

Join David Lopes from Roulston's Pharmacy as we discuss all things coughs and colds! Learn how to prevent them, how to deal with them if you get sick and options to help you feel better! FREE - but please register in advance!



IT'S MEMBERSHIP RENEWAL TIME!!

Next year's memberships are now on sale!

Purchase your 2026 membership

between Sept. 1 and Dec. 19

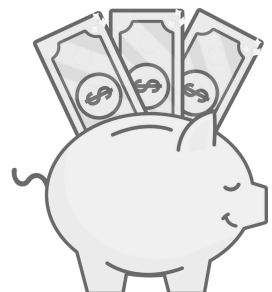
and pay just \$45 (that's a \$10 savings!)

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!



LAST CHANCE



**Ticket sales close
Sept. 12.
Draw date:
Sept. 19!**

TILLSONBURG SENIOR CENTRE

35TH ANNIVERSARY RAFFLE

**WE'RE RAFFLING A COLT SPORT 4-WHEELED
MOTORIZED MOBILITY SCOOTER!**

TICKETS \$10 EACH

OR 3 FOR \$20,

AVAILABLE AT

TILLSONBURG SENIOR CENTRE

(45 HARDY AVENUE),

BY CALLING 519-688-2520,

OR LOOK FOR US SELLING TICKETS

IN THE COMMUNITY!

**PROCEEDS SUPPORT ONGOING
PROGRAMS AND ACTIVITIES AT
TILLSONBURG SENIOR CENTRE**

RAFFLE #M601388

**DON'T
MISS
OUT!**



**Our heartfelt thanks to Jack Peddle for
donating this fabulous prize and for always
supporting our Centre!**



BARKS PEDORTHICS ASSESSMENTS ON WHEELS



Serving Southwestern Ontario

Locally Manufactured
Custom Orthotics

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



SOUNDS OF THE SEASON

A CHRISTMAS CONCERT FEATURING THE COUNTRY MUSIC
STYLINGS OF:

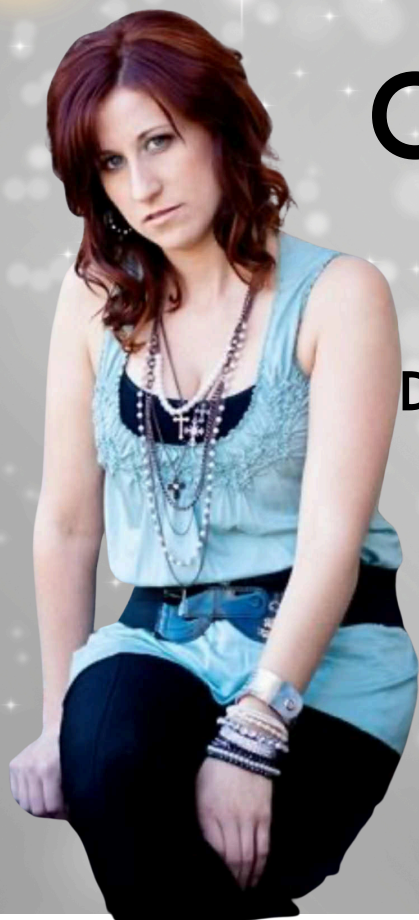
CRYSTAL GAGE

& 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



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 centrepiece 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!



Annandale NHS Presents



PIONEER GRAVEYARD WALKING TOUR

Thurs. Sept. 25th or Sat. Sept. 27th @ 1 p.m.

By Donation