

JUNE 2026

TILLSONBURG SENIOR CENTRE

The Leisure Link

www.tillsonburgseniorcentre.com

Get in Touch:

519-688-2520

Program inquiries:

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

tillsonburgseniorcentre.com

Admin/rental inquiries:

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

tillsonburgseniorcentre.com

45 Hardy Avenue,
Tillsonburg, N4G 3W9

**FOLLOW
US:**



facebook.com/tillsonburgseniorcentre

or find us on the web:

www.tillsonburgseniorcentre.com

**JUNE 5 & 19
12:30PM**

Aspira Harvest Crossing is sponsoring Suppa Swirls Ice Cream Truck to come to the Senior Centre for free ice cream! Victor Suppa has been wowing the crowds in Tillsonburg with his charm and tasty treats so be sure to stop by!

**JUNE 5
11:30AM**

Drop in and write a card to a youth in our community
Big Brothers Big Sisters will distribute cards to 2SLGBTQIA+ youths in their PRISM program

**JUNE 26
11:30AM**

Seniors Month BBQ
Come out and enjoy the barbeque with our wonderful volunteers from Women on Wilson
Hamburgers with chips and a drink \$5 pp

**WED
10:15AM**

Highlighted Program: Essentrics
Effective for flexibility, mobility and pain-relief as well as injury prevention and recovery.
Aging Backwards - 30 minutes
Stretch and Tone - 1 hour

Mon	Tue	Wed	Thu	Fri	
1 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	2 9am - Quilting and Crafts 9:30am - Pelvic Floor and Core 1pm - Bid Euchre 1pm - Shuffleboard 1pm - Aggravation (whomp'em) 2pm - Adaptive Chair Yoga 2pm - Scrabble	3 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre	4 8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance 1.5hr 12:45pm - Cribbage 1pm - Advanced Pickleball	5 9am-Guitar level 1 10am - Chair Fitness 10:30am - Guitar Level 2 11am - Canadian Dental Care Plan Appointments 11:30am - Card Writing PRIDE 12:30pm - Ice Cream Truck (Suppa Swirls) 1pm - Bingo 1:30pm - Trivial Pursuit	
8 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	9 9am - Quilting and Crafts 9:30am - Pelvic Floor and Core 1pm - Bid Euchre 1pm - Shuffleboard 1pm - Aggravation (whomp'em) 2pm - Adaptive Chair Yoga CANCELLED 2pm - Scrabble	10 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre	11 8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance 1.5hr 12:45pm - Cribbage 1pm - Advanced Pickleball	12 10am - Chair Fitness 1pm - Bingo 1:30pm - Trivia	
15 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	16 9am - Quilting and Crafts 9:30am - Pelvic Floor and Core 1pm - Bid Euchre 1pm - Medical Minute 1pm - Shuffleboard 1pm - Aggravation (whomp'em) 2pm - Adaptive Chair Yoga 2pm - Scrabble	17 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre	18 8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance 1.5hr 12:45pm - Cribbage 1pm - Advanced Pickleball 10am - 12pm Blood Pressure Clinic	19 10am - Chair Fitness 12:30pm - Ice Cream Truck (Suppa Swirls) 1pm - Bingo 1:30pm - Trivia	
22 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	23 9am - Quilting and Crafts 9:30am - Pelvic Floor and Core 1pm - Bid Euchre 1pm - Shuffleboard 1pm - Aggravation (whomp'em) 2pm - Adaptive Chair Yoga 2pm - Scrabble	24 9:30am - Art Club 10:15am - Essentrics: Aging Backwards 10:15am - Zumba Gold 11:15am - Cooking Class 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre	25 8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance 1.5hr 11am - Communication for Care Partners Seminar 12:45pm - Cribbage 1pm - Advanced Pickleball 1pm - Book Club Ch 2	26 10am - Chair Fitness 11:30am - Senior's Month BBQ 1pm - NO BINGO 1:30pm - Trivia 1:30pm - Karaoke	
29 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	30 9am - Quilting and Crafts 9:30am - Pelvic Floor and Core 1pm - Bid Euchre 1pm - Shuffleboard 1pm - Aggravation (whomp'em) 2pm - Adaptive Chair Yoga 2pm - Scrabble				<p style="text-align: center;">June 20 - Turtlefest</p> <p style="text-align: center;">Join us downtown for a street wide celebration! Broadway will be closed from Oxford St up to Bridge St for a full day of fun! We have a booth (11am-7pm) so stop by and say hi! Want to help out? Stop by the office!</p>

Fitness CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM- CHAIR FITNESS	8:30AM- LAP WALKING UNTIL SEPTEMBER 2:00PM- ADAPTIVE CHAIR YOGA	10:15AM- ZUMBA GOLD 10:15AM- ESSETRICS: AGING BACKWARDS 11:15AM- ESSETRICS: STRETCH AND TONE 1PM - CHAIR FITNESS	8:30AM- LAP WALKING 10AM- LINE DANCE 1.5HOURS	10AM- CHAIR FITNESS

Table Games CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1PM- HAND AND FOOT	1PM- BID EUCHRE 1PM- AGGRAVATION 2PM - SCRABBLE	1PM- BRIDGE 1PM- EUCHRE	9:30AM- FARKLE 12:45PM- CRIBBAGE	1PM- BINGO 1:30PM- TRIVIA

Sports CALENDAR

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

FRIDAY FUNDAYS!

KARAOKE

Unleash your inner superstar the last Friday every month at 1:30pm! Whether you're singing solo, duetting with a friend, or performing as a group, karaoke is a shared experience that enhances social bonds.

TRIVIA

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

BINGO

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

WAYS TO SUPPORT YOUR SENIOR CENTRE

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

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

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

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

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

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



RZone Policy in
Effect

Be nice to each other out
there



COFFEE SERVICE FOR
THE MONTH OF JUNE
GENEROUSLY
PROVIDED BY
SUSAN CALCUTT &
BOBBI MOORE

THANK YOU! 

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

COOKIE SERVICE FOR
THE MONTH OF JUNE
IS GENEROUSLY
PROVIDED BY
ROULSTON'S
PHARMACY

THANK YOU! 

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

Assaulted Women's Helpline-Seniors' Safety Line

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

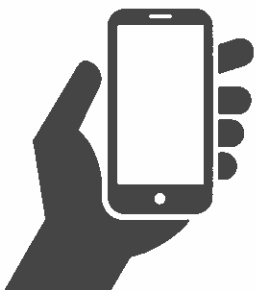
Crisis Line: 416-863-0511

Mobile: #SAFE (#7233)

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

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

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



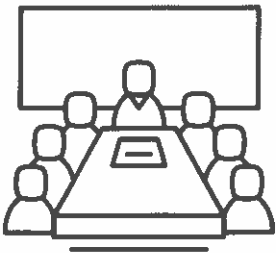
MESSAGE FROM THE BOARD

June is Seniors Month in Ontario. The month is designated each year by the Province to acknowledge and celebrate older adults. The theme this year is “Let’s Get Moving”. And what better place to do that than our very own senior centre where we members can stay active and connected.

Staff, convenors, and volunteers work tirelessly to bring us fitness related activities such as line dancing, chair fitness, adaptive chair yoga and pickleball. If exercising your brain is more your thing there’s trivia, scrabble, bridge, and other card games, as well as quilting and crafts, and an art club. There’s literally something for everyone. The calendar published with this newsletter gives you the full schedule.

To celebrate Seniors Month, the centre will again be hosting our annual barbecue on Friday, June 26 at 11:30 am. For \$5 you can enjoy a hamburger, bag of chips and soft drink/water. Tickets are available at the office, and you do need to preregister to participate. Also to showcase our work we’ll be participating with a booth at the annual Turtlefest downtown on June 20th. This will be a great chance for us to promote the many programs and activities offered by the centre and remind our community of what a great place our centre is for older adults.

Joan Skelton, Board Chair



Your Board of Directors

Joan Skelton - Chairperson
Melanie Cornwell - Vice-Chairperson
Lisa Belliveau – Treasurer
Crystal Getty - Secretary
Dorothy Hrischenko - Director
Linda McGaughey – Director
Marion McLean - Director

OUR MISSION

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

OUR VISION

Fostering a vibrant, engaged community

A NOTE FROM NANCY

You may have noticed our new mission and vision statements on Page 5, and if you haven't, you should take a look! Revisiting these statements was the first step in our Strategic Planning discussions which started earlier this spring, and will continue as we identify long-term tasks and goals for our organization.

Discussions like these are important for organizations, not just in terms of helping them chart a course for the future, and establishing governing values by which to operate, but also in terms of establishing how an organization is perceived in the community.

Here at the Senior Centre, we see ourselves as leaders in providing seniors with a wide variety of quality of recreation and leisure opportunities, but we know that what we do here is about far more than that; The activities we offer here are tools, and those tools build a framework for social interaction, the formation of friendships, and interaction with peers. This in turn helps reduce feelings of social isolation, loneliness and even the instances of certain health conditions.

June is Seniors' Month, and this year the theme is 'Let's Get Moving.' Physical activity is a great way to help keep yourself healthy and happy for the long-term, but it's just one piece of the puzzle. Don't forget the importance of a strong social network, and of feeling a sense of belonging. Those are all things you can find right here at our Centre. So this year, get out, get moving, and move on down to see us!

Nancy Puhr-Slingerland, Administrator

THANK-YOU, DONORS:

*Crystal Getty, Lynn Towers, Andrea Harley, Tom McLarty, Bob Ridler,
Barb Glass, Yvonne Ralf, Susan Calcutt,
and to those that wish to remain anonymous!*

No longer by our side, forever in our hearts.

Jim Donaldson

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

*in
loving
memory*



June Luncheon:

This month, join us for Seniors Month with a tasty barbequed cheeseburger. Grab a pop or water, and a bag of chips to finish off your meal.

Topping choices: cheese, lettuce, tomato, onion, pickles, ketchup, relish, mustard

\$5 per meal
Call 688-2520 to
register by June 25

Friday, June 26, 11:30am - 1pm
Please bring a reusable container if you would like to take your meal to go. Lunch is served on a paper plate

COOKING CLASS

MILD CAJUN JAMBALAYA

Join us this month for cajun jambalaya filled with chicken, sausage and veggies. Jambalaya is a savory stew served over rice that developed in the U.S. state of Louisiana fusing together African, Spanish, and French influences

Sign up by calling the office: 688-2520

WEDNESDAY, JUNE 24
11:15 AM

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

Register and pay by June 17
Last day to cancel is Monday June 22 by 11am



Tillsonburg Senior Centre Spirit Wear

Stand Out in Style!

Colours Available:

Gold

Red

Tennessee Orange

\$25 per shirt

+\$3 for 2XL

+\$6 for 3XL-5XL

Sizes range from

S-5XL

50/50

cotton/polyester



Order Now

Stop by the office with payment, size, and colour choice to order

Payments accepted: cash, cheque, debit



CLOTHING ORDER FORM

Adult Gildan Dry Blend Tee
50/50 cotton/polyester



Tennessee Orange



Red



Gold

Name: _____

Paid by: Cash Cheque Debit

Colour	Qty	Size

Tees are available S-5XL

\$25 per shirt

2xl : add \$3

3xl-5xl: add \$6

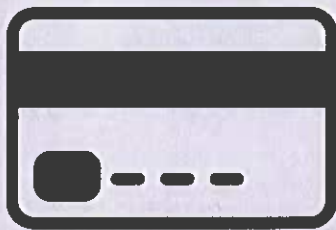
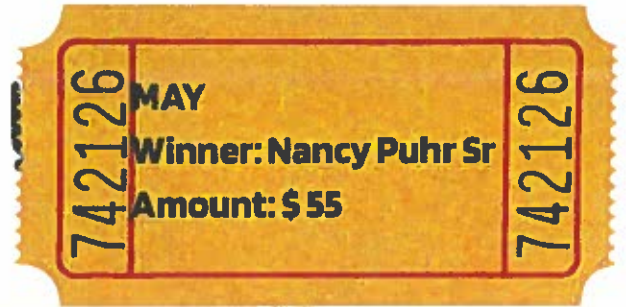
Tillsonburg Senior Centre Monthly 50-50 draw

Please pay and PRINT your name and phone number on the applicable squares. All proceeds support programs and activities for seniors. Available at the desk in the reception area. Tickets are \$2 each

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

Lottery # M601364

Congrats



NEW: PAY BY DEBIT!

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

Seniors' Month BBQ

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

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

All proceeds support ongoing programs & activities for seniors.

Sign up at the office by June 25



CAFTANS & COCKTAILS



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

September 12

Doors open at 7pm

Tickets: \$45

Carriage Hall, 25 Brock St W



Jillsenburg
Senior Centre
BOOK CLUB



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

PRIDE Cards for LGBT Youth

June 5 11:30am

Drop in and write a card to a youth in our
community
Big Brothers Big Sisters will distribute cards to
2SLGBTQIA+ youths in their PRISM program

*I am writing this because I want to
make sure you know that I am in your
corner, 100%. I value you for exactly
who you are, and I am so proud of
you for living authentically.*

Many LGBTQ+ individuals, particularly youth,
face high rates of family rejection or
bullying. Having an ally can be a critical
source of support, reducing feelings of
isolation and improving mental health
outcomes.

Chair Fitness Monday
10am-11am

NEW

Chair Fitness Wednesday
1pm-2pm

Chair Fitness Friday
10am-11am

**TILLSONBURG SENIOR CENTRE
45 HARDY AVE NORTH ENTRANCE**

Senior Centre
Jewelry
Sale

**Open call for jewelry donations.
Please drop off your new, used, old or
unwanted jewelry to the Tillsonburg
Senior Centre Office Mon - Fri 8:30am-
4pm**

SATURDAY AUGUST 15

1-4

**SENIOR CENTRE ENTRANCE
OF COMMUNITY CENTRE**



New here? Welcome!



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

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

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

Membership not only lowers the user fee for all programs and activities, whether 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!



AD

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

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HeartToHomeMeals.ca

*Some conditions may apply.



We accept Veteran Affairs Allowances
and offer Special Diet Options



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



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



Handyman services

Friendly • Affordable • Reliable

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

- ✓ Plumbing & electrical
- ✓ Grab bars & safety items
- ✓ Furniture assembly
- ✓ Yard work & more!

- ✓ Computer and Electronics Troubleshooting
- ✓ Seniors' Discount

Call Victor Goñi at 519-830-5466

MAKE IT
MAKE SENSE

519-842-0953

PARALEGAL SERVICES AVAILABLE

Commissioner & Notary services
Available by appointment

JMY.LEGAL.HELP@GMAIL.COM

SIMPLE.SUBMIT1@GMAIL.COM

Do you need HELP ...

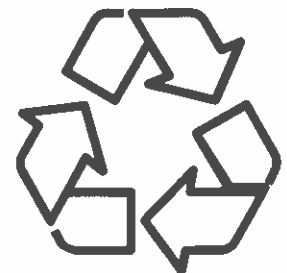
- Process Serving (Serving documents)
- Going online
- Typing documents
- Uploading documents
- Resumes and/or cover letters
- Finding resources
- Uploading documents online

AVAILABLE:
DAYS
EVENINGS
WEEKENDS

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

Jennifer M. Young

PLEASE
RECYCLE
THIS
NEWSLETTER



HARVEST VIEW

APARTMENTS IN TILLSONBURG

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

Enjoy An Active Community

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

And More!

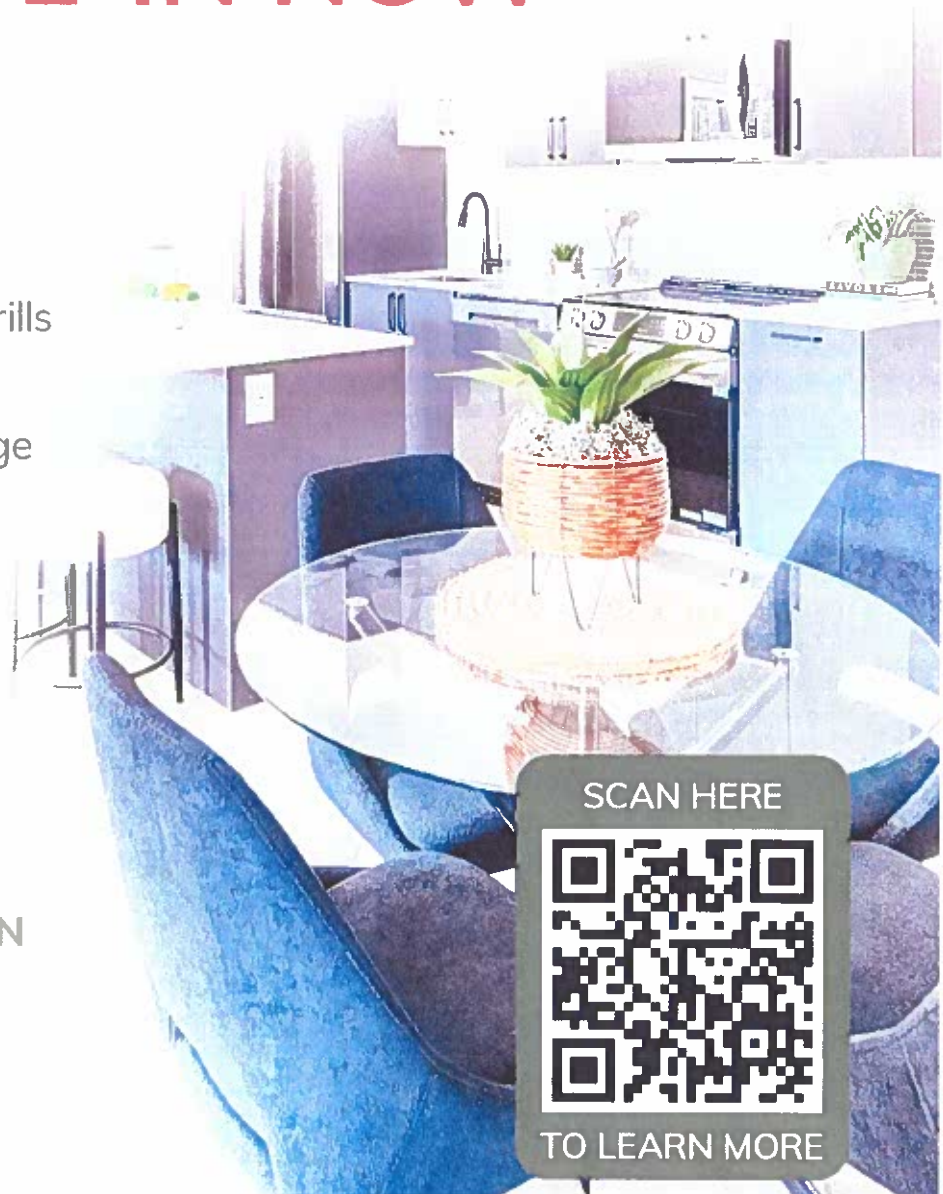
**MODEL SUITES
NOW OPEN**

14 Harvest Ave, Tillsonburg ON

519-688-5081

harvestview@onyxcm.ca

www.harvestview.ca



SCAN HERE

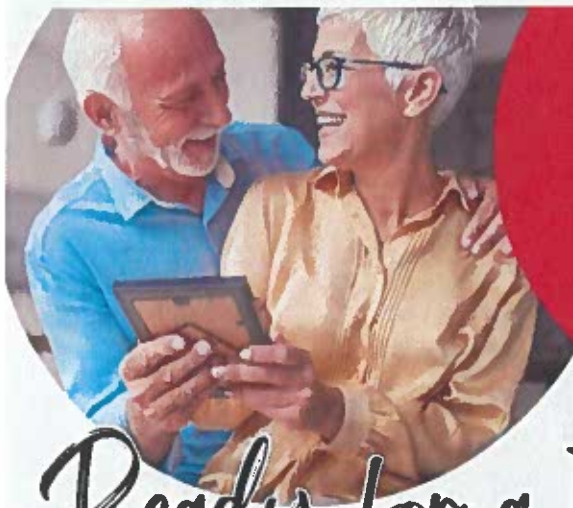
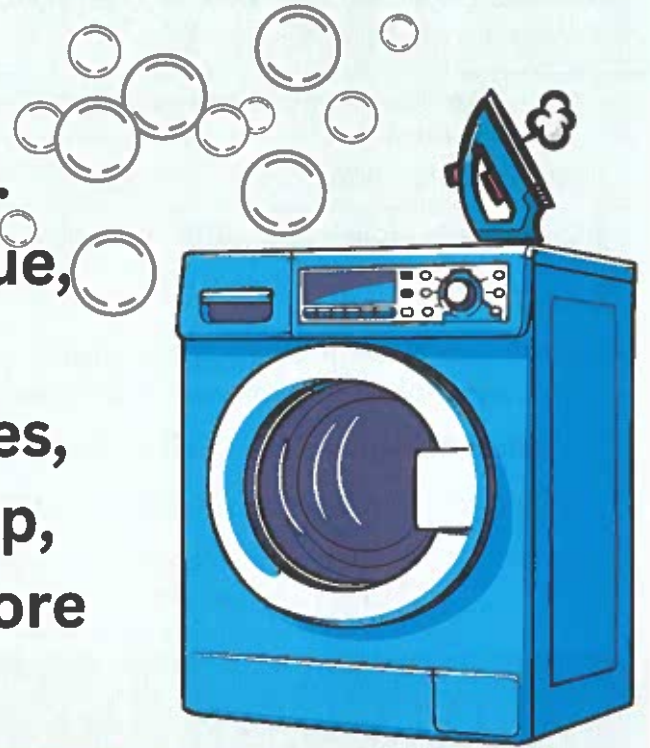


TO LEARN MORE

AD

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**



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



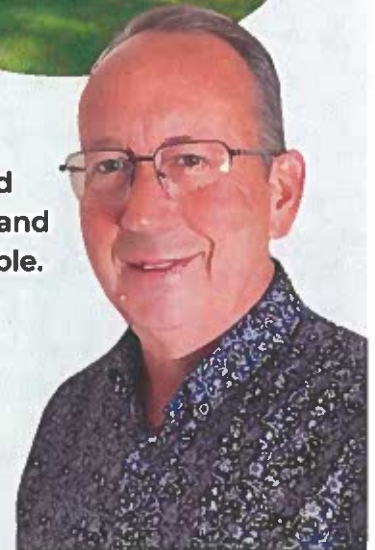
55 Brock St., E
Tillsonburg ON N4G 4H5
Office: 519-842-8418



519-550-5352 (Direct)



grantsumler@royallepage.ca





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

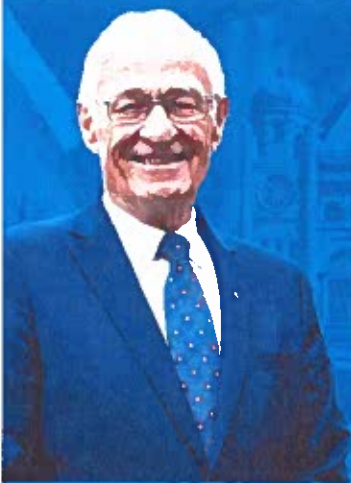
Great for family visits & group outings

Private Party Rate \$60 per hour
No coins required

Sunday discount: \$10 off total parlour rental charge

FULLY ACCESSIBLE, PERCHING STOOL AVAILABLE

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

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AD

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info@fexhealthcare.ca

www.fexhealthcare.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

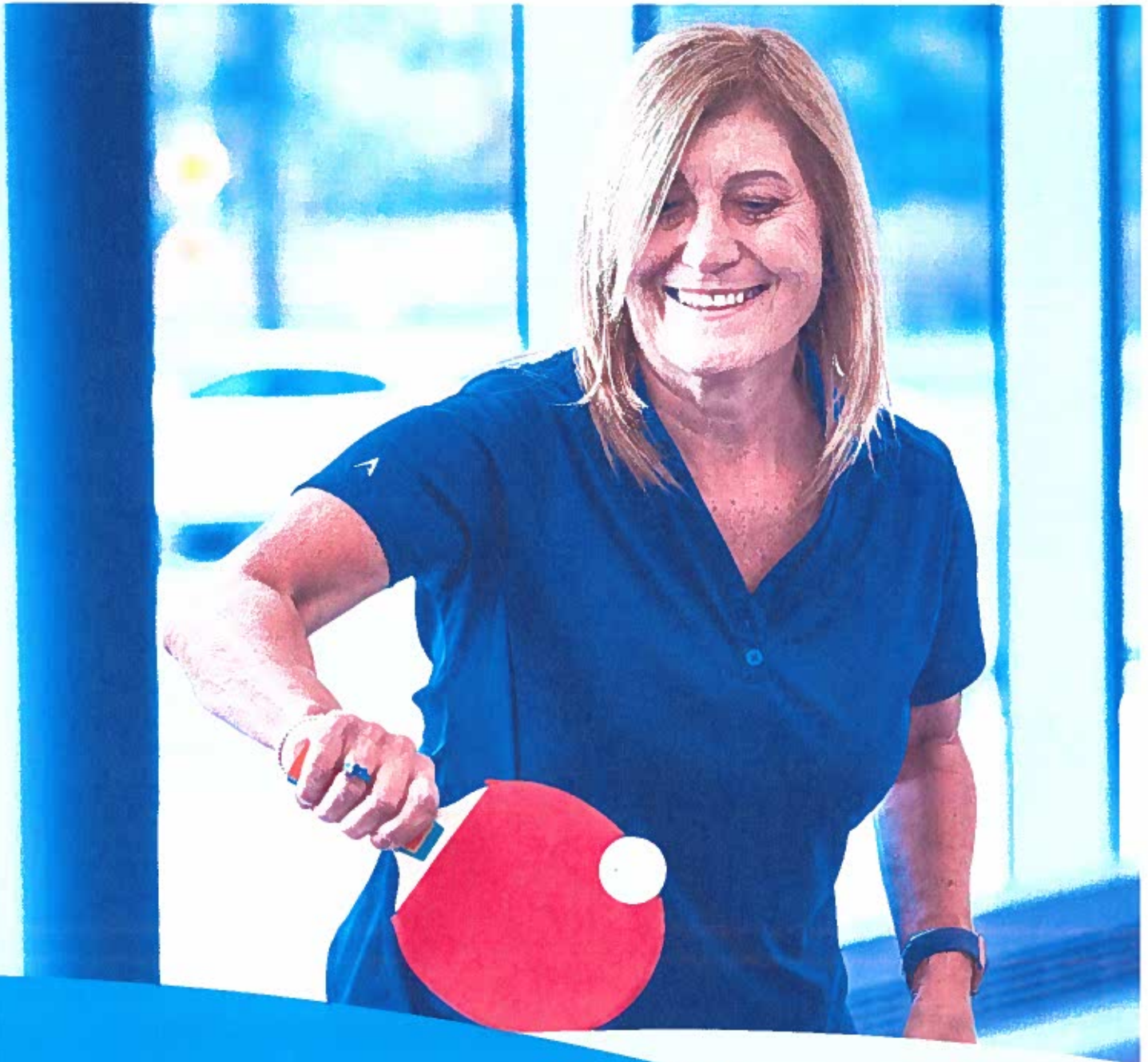


Compassionate Care

Right at Home

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

519-842-3200
www.stonebridgecs.com




June is

Seniors Month

Ontario Seniors — Let's Get Moving

ontario.ca/SeniorsMonth

Ontario 

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

Links2Wellbeing
social prescribing for older adults

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

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

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

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

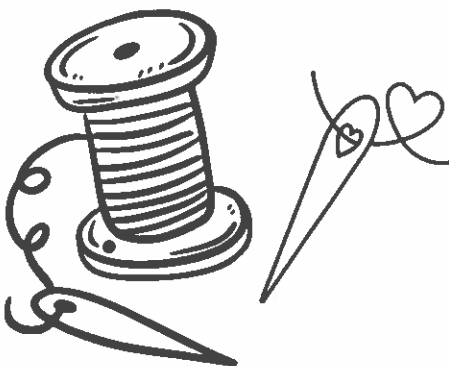
In the meantime, if you know of a senior who may benefit from a 'prescription' for social interaction and activity, please direct them to us so we can tell them about Social Prescribing and connect them with the resources they need to sign up. It's simple to get involved, and all participants' information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

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

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

CUSTOM QUILTING AVAILABLE

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





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

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

1. How does it work?

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

2. Why would I use my digital wallet?

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

3. Do wallet deposits expire?

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

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

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

5. What can I pay for using my wallet?

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

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

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

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

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

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

Free Seminars

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

Service Canada Clinic

Friday June 5

11am-3pm

15 minute appointments

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



Tuesday June 16

1pm

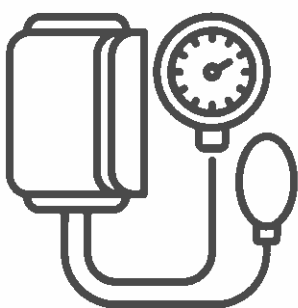
David Lopes is the owner and pharmacist from Roulston's Pharmacy in Tillsonburg. He leads seminars each month on a different medical topic. Each talk includes a handout on the topic and a question period. Join David Lopes as he talks about diabetes management and medication

Communication for Care Partners

Thursday June 25

11am

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.



BLOOD PRESSURE CLINIC

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

WELLNESS CLASSES

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

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

Members \$6.50

Non-Members \$8.00

Aging Backwards

Members \$3

Non-Members \$5

ADAPTIVE CHAIR YOGA

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

Tuesday 2pm-3pm

Benefits of Yoga

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

ESSENTRICS: AGING BACKWARDS

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

Wednesday 10:15am-10:45am

STRETCH AND TONE

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

Wednesday 11:15am-12:15pm

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

FITNESS CLASSES

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

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

You may try any class the first time for free

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

CHAIR FITNESS

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

Monday 10:00am and Friday 10:00am

new!

NEW Wednesday 1:00pm!

Effective June 1 - Price Change
members \$4, non-members \$6

PELVIC FLOOR AND CORE

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

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

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

LINE DANCING

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

Thursday
10:00am- 11:30am

new!

Class is now 1.5 hours and is a combination class
\$6/member
\$8/non-member

new price
longer time

ZUMBA GOLD

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

Wednesday 10:15 am

TAI CHI

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

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

Ask in office for details

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

Wednesday
10am-11am
September 9-October 28

SPORTS

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

Drop-in Price
Members \$2.50

Non-Members \$4.50

CARPET BOWLING

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

Monday 9:00am
Wednesday 12:45pm



LAP WALKING

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

Put pep in your step for an extra fun time!

Thursday 8:30am



POOL TABLES

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

Billiards Times:

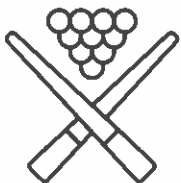
Monday- 8:30am-12pm and 12pm-4pm

Tuesday- 8:30am-1:00pm

Wednesday- 12:15pm-4:00pm

Thursday- 8:30am-12:00pm

Friday- 12:00pm-4:00pm



INDOOR PICKLEBALL: BEGINNERS

Indoor pickleball is a fun, social, and accessible sport that offers significant health benefits with low impact on the body. It's easy to learn the basic rules, the equipment is affordable, and the smaller court size makes it less strenuous than other sports like tennis. This program is suitable for beginners and those new to pickleball. If you're a more experienced player, please check out Indoor Pickleball: Intermediate.

Monday 1pm

PICKLEBALL BEGINNER LESSONS

Never played before and not sure where to start? Join us on Monday to learn how to play the fun game of pickleball. Continue playing on Mondays to build on your skills and become comfortable playing

Monday 1pm

INDOOR PICKLEBALL: INTERMEDIATE

This time slot is set for players that are experienced at the game and not quite at an advanced level yet. Games can be expected to be quick-paced.

Thursday 1pm



SHUFFLEBOARD

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

Tuesday 1pm

CARD & TABLE GAMES

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

Drop In Price
Members- \$2.50
Non-Members- \$4.50

HAND & FOOT

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

Monday 1:00 pm

AGGRAVATION

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

Tuesday 1:00pm

BID EUCHRE

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

Tuesday 1:00pm

SCRABBLE

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

Tuesday 2:00pm

EUCHRE

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

Wednesday 1:00pm

BRIDGE

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

Wednesday 12:45pm

FARKLE

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

Thursday 9:30am

CRIBBAGE

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

Thursday 12:45pm

BINGO

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

Friday 1:00pm

*No bingo on last Friday of the month!

CREATIVE PROGRAMS

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

Drop In Price
Members- \$2.50

Non-Members- \$4.50

ART CLUB

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

Wednesday 9:30am - 11:30am

Drop-in



KARAOKE

On the last Friday of each month, bring your friends out for an afternoon of Karaoke. With a large catalogue of songs, there is something for everyone to have a good time and maybe even get some dancing in!

Last Friday of every month at 1:30pm

Drop-in



BOOK CLUB

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

Chapter 1: last Wednesday of the month

Ham on hold until Fall

Chapter 2: last Thursday of the month

Ham

Drop-in



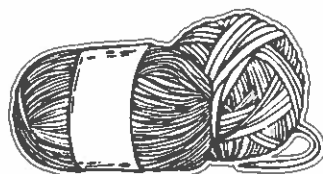
QUILTING AND CRAFTING

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

Quilters do not pay a drop-in fee

Monday and Tuesday at 9:00am

Drop-in



CHOIR

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

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

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

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

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

Tuesday 9:30am

September 22 - Nov 24

Winter Concert Nov 24, 2026 1:30pm

Tickets are \$12



TRIVIA

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

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

Every other Friday is trivia questions with a caller.

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

Friday 1:30pm

Drop-in



EDUCATIONAL PROGRAMS

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

ARMCHAIR TRAVEL

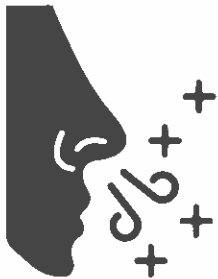
Join us at 1pm the last Friday of each month to hear from one of our great presenters!

Last Friday of the month
1:00pm

We will return in September!

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

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



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

COOKING CLASSES

Join us this month for cajun jambalaya filled with chicken, sausage and veggies. Jambalaya is a savory stew served over rice that developed in the U.S. state of Louisiana fusing together African, Spanish, and French influences

Wednesday, June 24, 11:15am

Members- \$14.00

Non-Members- \$18.00



Register and pay by June 17 to secure your spot
Must cancel by Monday June 22 before 11am to receive a credit for this class

GUITAR CLASSES

Level 1: Beginners - Friday 9am-10am

10 Weeks Setpember and January start

Level 2: Advanced - Friday 10:30am-11:30am

10 Weeks September and January start

Level 2 requires previous experience. Guitars are not provided

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

Setpember start date announced in late August

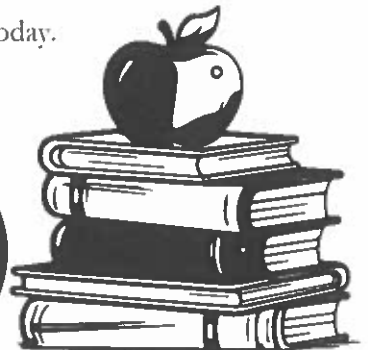
TIME TRAVEL ADVENTURES

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

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

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

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



High Scores

Carpet Bowling

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

Monday

16 Graham Darmon
10 Brenda Darmon
10 Hank Couwenberg
7 Tom Tracey

Wednesday

15 Diana May
15 Morris Bramley
13 Ruby Withington
12 Hank Couwenburg

Bridge

4400 Peggy Thompson
3830 Teresa Puklicz
3710 Marty Timmons
3650 Barb Aubrey

Farkle

High Score:
55,050 Louise
48,250 Lois & Johanna
45,850 Helena
Most Farkles:
55 Johanna
Most Skunks:
5 Johanna

Bid Euchre Tournament May 5

Top 3 Men

244 Dave Locker
210 Murray Cornwell
205 Colin Williamson

Top 3 Women

233 Diana McCurdy
229 Cindy Elliott
200 Pat Hoorelbeke

The card club tradition is not just about playing cards; it's about building and strengthening community ties. In an age where digital interactions often overshadow face-to-face connections, card clubs offer a refreshing way to enjoy real human interaction. So, call up your friends and neighbors and start creating new memories with one of our card clubs!

Cribbage

March	Mens High Hand	Mens Win	Ladies High Hand	Ladies Win	Skunk Guardian
Week 1	24 Bryan	6 Frank S	17 Joyce	7 Joyce	Mens: Bryan
Week 2	24 Frank S, Russell	6 Russell	18 Cindy	7 Joan, Cindy	Ladies: Wendy
Week 3	20 Frank S	5 Frank S, Russell	24 Wendy	6 Cindy, Yvonne	
Week 4	16 Frank	5 Bryan	16 Cindy, Jane, Shirley	8 Cindy	