

# JULY/AUGUST 2026 TILLSONBURG SENIOR CENTRE

## The Leisure Link

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



### FOLLOW US:

on Facebook or find us on  
the web:  
[www.tillsonburgseniorcentre.com](http://www.tillsonburgseniorcentre.com)

### Get in Touch:

519-688-2520

### Program inquiries:

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

### Admin/rental inquiries:

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

45 Hardy Avenue,  
Tillsonburg, N4G 3W9

## SUMMER HOURS

Please note that we have many classes that are not scheduled during the summer for 1-9 sessions. Please check the calendar carefully to ensure your class is running!

**JULY 25**  
**11AM-2PM**

We will be at Crompton Home Hardware at 101 Tillson Ave selling hamburgers and hotdogs for their charity BBQ series this summer. Many thanks to the staff at Home Hardware for choosing us as one of their charities this year!

**AUG 21**  
**11:30AM**

### Luncheon:

Sausage in a bun on the barbeque. \$8 per person and includes a pop/water and bag of chips. Registration required by August 14

**AUG 25**  
**12PM**

### Bid Euchre Dessert Tournament:

\$10 entry. Registration is required. Please call 519-688-2520 to register  
Cash Prizes under social gaming license. Dessert: Pie and ice cream  
Games start at 12:30pm promptly

**FRI**  
**1PM**

### Highlighted Program: Bingo

Every Friday, join us for Bingo! We have cards with Bingo chips or cards with sliding tabs available for use. We play 10 games with a small break around 2pm.  
**NOW RUNNING ON THE LAST FRIDAY!**

Mon	Tue	Wed	Thu	
<b>July 25 - Fundraiser BBQ</b> We will be at Crompton Home Hardware at 101 Tillson Ave selling hamburgers and hotdogs for their charity BBQ series this summer. Many thanks to the staff at Home Hardware for choosing us as one of their charities this year! Please send people our way as every dollar goes to the Centre!		<b>CANADA DAY CLOSED</b>	8:30am - Lap Walking 9:30am - Farkle 12:45pm - Cribbage 1pm - Advanced Pickleball	10am - Chair Fitness 1pm - Bingo 1:30pm - Trivial Pursuit
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts 1pm - Aggravation (whomp'em) 1pm - Bid Euchre 1pm - Scrabble 2pm - Adaptive Chair Yoga	9:30am - Art Club 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre <b>NO ESSENTRICS TODAY</b> <b>NO ZUMBA TODAY</b>	8:30am - Lap Walking 9:30am - Farkle <b>11am - Memories From the Vault Seminar</b> 12:45pm - Cribbage 1pm - Advanced Pickleball	10am - Chair Fitness 1pm - Bingo 1:30pm - Trivia
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts 1pm - Aggravation (whomp'em) 1pm - Bid Euchre 1pm - Scrabble 2pm - Adaptive Chair Yoga	9:30am - Art Club 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre <b>NO ZUMBA TODAY</b>	8:30am - Lap Walking 9:30am - Farkle 12:45pm - Cribbage 1pm - Advanced Pickleball <b>10am - 12pm Blood Pressure Clinic</b>	10am - Chair Fitness 1pm - Bingo 1:30pm - Trivia
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts 1pm - Aggravation (whomp'em) 1pm - Bid Euchre <b>1pm - Medical Minute</b> 1pm - Scrabble 2pm - Adaptive Chair Yoga	9:30am - Art Club 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre <b>NO ZUMBA TODAY</b>	8:30am - Lap Walking 9:30am - Farkle 12:45pm - Cribbage 1pm - Advanced Pickleball	10am - Chair Fitness 1pm - Bingo 1:30pm - Trivia <b>Saturday July 25</b> <b>11am - 2pm</b> <b>Charity BBQ at Home Hardware - Proceeds to support the Tillsonburg Senior Centre</b>
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness <b>11am - Diet and Aging Seminar</b> 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts 1pm - Aggravation (whomp'em) 1pm - Bid Euchre 1pm - Scrabble 2pm - Adaptive Chair Yoga	9:30am - Art Club 10:15am - Zumba Gold 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone <b>11:15am - Cooking Class</b> 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre <b>NO BRIDGE</b>	8:30am - Lap Walking 9:30am - Farkle <b>11am - Book Club Ch 2</b> 12:45pm - Cribbage 1pm - Advanced Pickleball	10am - Chair Fitness <b>1pm - Bingo</b> 1:30pm - Trivia

Mon	Tue	Wed	Thu	
3	4	5	6	7
<p><b>CLOSED CIVIC HOLIDAY</b></p>	8:30am - Lap Walking 9am - Quilting and Crafts 1pm - Aggravation 1pm - Bid Euchre 1pm - Scrabble  <b>NO ADAPTIVE CHAIR YOGA FOR THE MONTH OF AUGUST</b>	9:30am - Art Club 10:15am - Zumba Gold 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre  <b>NO ESSENTRICS TODAY</b>	8:30am - Lap Walking 9:30am - Farkle 12:45pm - Cribbage 1pm - Advanced Pickleball	10am - Chair Fitness 1pm - Bingo 1:30pm - Trivial Pursuit
	10	11	12	13
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts 1pm - Aggravation 1pm - Bid Euchre 1pm - Scrabble	9:30am - Art Club 10:15am - Zumba Gold 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre	8:30am - Lap Walking 9:30am - Farkle <b>11am - Diet and Aging Seminar</b> 12:45pm - Cribbage 1pm - Advanced Pickleball	10am - Chair Fitness 1pm - Bingo 1:30pm - Trivia <b>LAST CALL FOR LUNCHEON ORDERS</b> <b>Jewelry Sale - members only TODAY 9am-1pm</b> <b>Saturday August 15 Jewelry Sale - open to public 1pm-4pm</b>
17	18	19	20	21
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts 1pm - Aggravation 1pm - Bid Euchre <b>1pm - Medical Minute</b> 1pm - Scrabble	9:30am - Art Club 10:15am - Zumba Gold 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre	8:30am - Lap Walking 9:30am - Farkle 12:45pm - Cribbage 1pm - Advanced Pickleball  <b>10am - 12pm FREE blood pressure clinic</b>	10am - Chair Fitness <b>11:30am - Luncheon</b> 1pm - Bingo 1:30pm - Trivia
24	25	26	27	28
9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness <b>11am - Concussion Seminar</b> 1pm - Beginner Indoor Pickleball 1pm - Hand and Foot	8:30am - Lap Walking 9am - Quilting and Crafts <b>12pm - Bid Euchre Dessert Tournament</b> 1pm - Aggravation 1pm - Bid Euchre 1pm - Scrabble	9:30am - Art Club 10:15am - Zumba Gold 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Chair Fitness 1pm - Euchre	8:30am - Lap Walking 9:30am - Farkle <b>11am - Book Club Ch 2</b> 12:45pm - Cribbage 1pm - Advanced Pickleball	10am - Chair Fitness <b>1pm - Bingo</b> 1:30pm - Trivia
31	Returning in September: History Mondays at 1pm - Begins September 21 Choir Tuesdays at 9:30am - Extended to 12 sessions! Begins September 8 Shuffleboard Tuesdays at 1pm Tai Chi - Wednesdays at 10am - Begins September 9			



# THE LEISURE LOWDOWN

## MONTHLY HIGHLIGHTS

**Aggravation**  
 Previously known as Whomp'em, the name has been changed for clarity. Get your marbles to home first and bounce others back to start.  
 Tuesday 1pm  
 Drop-in  
 \$2.50/member  
 \$4.50/non-member

**Luncheon**  
 No Luncheon in July  
 August 21 - 11:30am  
**This month, join us for a barbecued sausage in a bun. Grab a pop or water, and a bag of chips to finish off your meal.**  
 \$8 per person  
 Last day to order is Aug 14

**Bingo**  
 Bingo is scheduled for July and August on the last Friday in addition to the other Fridays that it is normally scheduled.  
 Friday 1pm

**Bid Euchre Dessert Tournament**  
 HALF day tournament  
 August 25  
 Sign in at 12pm  
 Games start at 12:30pm  
 Dessert: slice of pie with a scoop of vanilla ice cream  
 \$10  
 Cash Prizes

**Line Dance**  
 Ellen is off for the summer, but line dance classes will return in September after Labour Day.  
**Zumba**  
 Zumba is on for the last week of July and the month of August

**Casual Sing-Along**  
 Are you musically inclined? We are looking to start up a sing-along group in September. Please let the office know if you are interested and we will send you details when they are available!  
 519-688-2520

**DID YOU KNOW?**  
 By attending 28 programs (that's once a week for 6 months!) you will have saved \$56 by being a member. Having a membership is beneficial even if you are away from the Centre half the year.  
 Bring a Friend: New members can join for \$35 starting July 1

**CLOSED CANADA DAY JULY 1**  
**CIVIC HOLIDAY AUG 3**

### FREE SEMINARS

**Memories from the Past: Growing up in Tillsonburg**  
 Oxford County Archives are coming in to talk about growing up in Tillsonburg and many of the local landmarks and changes over the years. They will be bringing artifacts with them for viewing. Please plan to attend this exciting look through the past in our wonderful town.  
 If there is enough interest, we will be scheduling more of these seminars  
 Thursday July 9 11am

**Medical Minute**  
 Join David Lopes, from Roulston's Pharmacy for our monthly medical minute.  
 Tuesday July 21 Aug 18 1pm

**Diet and Aging**  
 Danielle is a registered dietician and will be joining us to talk about how diet can affect us as we age. The focus will be on healthy eating and the impact of food on chronic illnesses. Each seminar will cover different information.  
 Monday July 27 Thursday Aug 13 11am

**Concussion Seminar**  
 Brendan from the Canadian Concussion Centre at Toronto Western Hospital is presenting on concussion prevention and management strategies, as well as receive a take-home booklet summarizing the material from the presentation  
 Monday August 24 11am

### MEMBERSHIPS

Memberships are \$55 for the calendar year  
**NEW MEMBER WELCOME**  
 Memberships are \$35 July 1 for new members only

### 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 9:30 am. Work on your art projects and get inspired.

# Fitness CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM- CHAIR FITNESS	8:30AM -LAP WALKING MAY UNTIL SEPTEMBER  2:00PM- ADAPTIVE CHAIR YOGA NO CLASS IN AUGUST	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	BILLIARDS/SNOOKER 12:15-4  12:45PM- 3:45PM CARPET BOWLING	BILLIARDS/SNOOKER 8:30-12:30  1PM-3:30PM INDOOR INTERMEDIATE PICKLEBALL	BILLIARDS/SNOOKER 12-4PM

## Assaulted Women's Helpline-Seniors' Safety Line

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

Crisis Line: 416-863-0511

Seniors Safety Line Toll Free (Ontario)

1-866-299-1011

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

Mobile: #SAFE (#7233)

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



# 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.



Thank you to our friends at WOW (Women on Wilson) for volunteering at our Seniors Month BBQ, and for hosting a fundraiser for our Centre and the Upper Deck. You are so appreciated!

RZone Policy in Effect  
Be nice to each other out there

A line-art illustration of two hands shaking, enclosed within a heart shape. The entire graphic is contained within a rectangular border.

COFFEE SERVICE FOR THE MONTH OF JULY GENEROUSLY PROVIDED BY TOM MCLARTY



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

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



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

COFFEE SERVICE FOR THE MONTH OF AUGUST GENEROUSLY PROVIDED BY SUSAN CHARBY



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

COOKIE SERVICE FOR THE MONTH OF AUGUST GENEROUSLY PROVIDED BY DAYLE SMITH AND NANCY PUHR SR



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

# **MESSAGE FROM THE BOARD**

A couple of activities I've attended recently have reminded me what a great choice I made in moving to Tillsonburg. Still relatively new to the community (moved here in October 2023) my husband Len and I enjoy exploring and getting out and about.

One of the events we took part in was Turtlefest (June 19<sup>th</sup> and 20<sup>th</sup>). Now I can be forgiven for wondering about the link between Tillsonburg and turtles, but being on hand to witness this wonderful community festival quickly puts to bed any speculation about that link. If you're curious though, check out the Turtlefest website. One of our neighbours is a key organizer of Turtlefest so we've volunteered for the past three years. This time, however, I also got to help out with the Senior Centre booth. And I had a great time promoting the Centre and the vast array of activities we offer. To entice people to the booth we had a draw for a six-month membership in the centre. This gave us a chance to talk up the centre and hand out calendars and brochures. It was the Centre's first Turtlefest so we'll be debriefing to discuss possible continued participation.

Another event we enjoyed as spectators was the National Indigenous Peoples Day show at Memorial Park. It was a great way to learn a little more about traditional dances, culture and music. Before retiring I had a chance to enroll in the Indigenous Canada 12-session course offered online by the University of Alberta's Faculty of Native Studies. At first I balked at the time commitment but have never regretted taking advantage of the opportunity to learn more about First Nations, Inuit and Métis peoples. There's no cost for the course and more info is available through the university's website.

Throughout the summer months, I plan to be a regular visitor to the Saturday farmers market in downtown Tillsonburg; mostly for the fresh lettuce, spinach and other vegetables and the best apple loaf on the planet. On July 25, Len and I will be volunteering at a barbecue at Home Hardware from 11am to 2 pm to help raise money for our centre. Stop by for a hot dog or hamburger. Don't worry, I won't be cooking so there should be no burnt offerings. Special thanks to Home Hardware for hosting us and other groups.

Also on my summertime itinerary is checking out the local dairies and museums, stopping at a yard sale or two along the way. And of course I'll be coming to the Centre to enjoy bid euchre, bridge and cribbage plus my new favourite pastime trivia. I may even be adventurous and try some exercises (I know I should). All the while, I'll be keeping an eye out for more community activities.

I wish you all a wonderful summer full of friends, food and sunshine (but not too hot!).

**Joan Skelton, Chairperson**

## **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

## **DID YOU KNOW?**

Our budget discussions get underway in the fall, so if your program requires new supplies or you have suggestions for items you'd like to see added to the budget, now is the time to bring them to the office. Please direct these to Nancy at : 519-688-2520, or by email:

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

## A NOTE FROM NANCY

Hi Folks, and Happy Canada Day to one and all!

July may be synonymous with summer vacation, but here at the Centre, we're busy planning lots of great activities for you, our members.

This month we're pleased to be the beneficiary of Home Hardware's July 25 charity barbecue from 11 am - 2 pm. Stop by Home Hardware during this time to get a hot, fast lunch, with all proceeds to support ongoing programs and activities at your senior centre!

On July 1, we will also start selling tickets for our fall fundraiser, Caftans & Cocktails. This fun evening is being held at the Carriage Hall on Brock Street on Saturday, Sept. 12. It's open to all adults (so you don't have to be a Senior Centre member) and the \$45 ticket price includes a complimentary cocktail on arrival, an assortment of hot and cold finger foods throughout the evening, cash bar, great tunes and dancing courtesy of Black Creek Music, a silent auction, door prizes and more. The best part? Caftans or mumus encouraged – no waistbands allowed! We invite you to channel your inner Mrs. Roper for this fun event (prizes for the best theme outfit or most outlandish caftan), and to get your ticket soon to avoid disappointment!

July 1 is not only Canada Day - it's when we prorate the price of membership for brand new members. As a result, we generally see an influx of brand new people joining us for the first time. If you see someone new at your program, I encourage you to be the first person to welcome and encourage them; Remember - walking through the door of a new place to join an activity where participants may have known each other for months or even longer can be intimidating. But a kind word, a welcoming smile and help 'learning the ropes' is not only the right thing to do it's, well, Canadian.

However you're celebrating on July 1, I hope it's happy, safe and full of Canadian pride!

Nancy Puhr-Slingerland, Administrator

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### THANK-YOU, DONORS:

*Karin Frohmann, Mel & Crystal Getty, Melanie Cornwell, Barb Glass,  
Cheryl McLean, Pat Matisz, Bob Ridler, Ruby Withington, Dianne  
Parnell, Diana May, all our jewelry sale donors,  
and to those that wish to remain anonymous!*

*in  
loving  
memory*

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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 Memoriam.

**TILLSONBURG SENIOR CENTRE**  
PRESENTS

# Pasta Del Forno

*An Italian Classic for Cheese Lovers!*

**ONLY 17 SPOTS AVAILABLE!**

**HOSTED BY:**  
*Spencer Tropea*  
COMMUNITY RELATIONS MANAGER

**FEATURING:**  
*Sasha Bes*  
CULINARY MANAGER,  
TILLSONBURG RETIREMENT RESIDENCE

**WEDNESDAY, JULY 31**  
11:15 AM - 1:15 PM  
TILLSONBURG SENIOR CENTRE

**\$14 PER PERSON**

Food generously donated by  
**TILLSONBURG RETIREMENT**

**PLEASE NOTE: THIS DISH CONTAINS MEAT, DAIRY AND GLUTEN**

**Reserve your seat early - THIS SPECIAL CULINARY EVENT IS EXPECTED TO FILL QUICKLY!**

Come enjoy a delicious homemade Italian meal, meet members of the Tillsonburg Retirement team, and share an afternoon of good food.

**TILLSONBURG SENIOR CENTRE**  
**CHARITY BBQ**

As a registered non-profit, we will be at Crompton Home Hardware at 101 Tillson Ave selling hamburgers and hotdogs for their charity BBQ series this summer. Many thanks to the staff at Home Hardware for choosing us as one of their charities this year!

**25 JULY 2026 | AT 11AM - 2PM**  
101 Tillson Ave, Tillsonburg

## August Luncheon:

Join us for a barbequed sausage in a bun. Grab a pop or water, and a bag of chips to finish off your meal.

**Friday, Aug 21, 11:30am - 1pm**  
\$8 per meal. Call 688-2520 to register by Aug 14

Please bring a reusable container if you would like to take your meal to go. Lunch is served on a paper plate

# BID EUCHRE DESSERT TOURNAMENT

**AUG 25, 2026 HALF DAY! \$10 PER PERSON**

**12:00PM SIGN IN**  
**12:30PM PROMPT START**  
**GAMES END 3:00PM**

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

**TILLSONBURG SENIORS CENTRE**  
45 HARDY AVE, TILLSONBURG  
REGISTER BY CALLING OR STOPPING BY THE OFFICE AS **SPACE IS LIMITED!**  
**NO WALK-INS**  
519-688-2520

**CASH PRIZES** LOTTERY LICENSE: SC1532000

# TILLSONBURG SENIOR CENTRE TIME TRAVEL ADVENTURES FALL 2026

**Monday, September 21**  
**@ 1:00PM**  
**David Hay**

The Story of Iran

**Monday September 28**  
**@ 1:00PM**  
**Brian Cox**

ARRG! The World of Pirates - How real was  
Treasure Island? Part 1

**Monday October 5**  
**@ 1:00PM**  
**Deward Yates**

Atlantis: Mythology, Reality, or Greek Hubris

**Monday October 12**

THANKSGIVING  
NO CLASS

**Monday, October 19**  
**@ 1:00PM**  
**Brian Cox**

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

**Monday October 26**  
**@ 1:00PM**  
**Deward Yates**

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

**Monday, November 2**  
**@ 1:00PM**  
**David Hay**

The Story of Turkey

**Monday November 9**

REMEMBRANCE WEEK  
NO CLASS

**Monday November 16**  
**@ 1:00PM**  
**Deward Yates**

Stone circles, stone monuments of the  
Ancient World. Locations, dating, theories  
and mythology

**Monday November 23**  
**@ 1:00PM**  
**Deward Yates**

Step pyramids across the world. Locations,  
dating, theories, mythology, and possible  
linkage

**Monday, November 30**  
**@ 1:00PM**  
**Brian Cox**

ARRG! The World of Pirates - How real was  
Treasure Island? Part 3

**Monday December 7**  
**@ 1:00PM**  
**David Hay**

The Story of Christmas

**10 Week Session Members- \$35 Non-Members- \$45**  
**PAY AS YOU GO - \$5 each class**

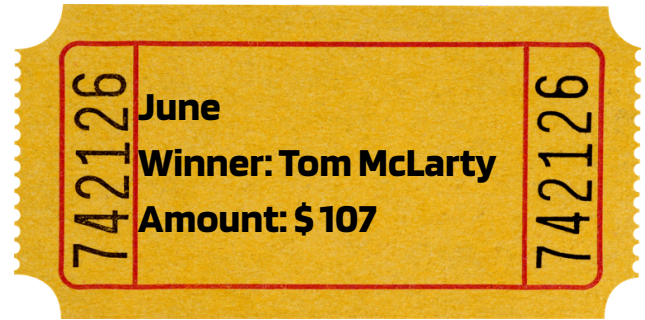
# Tilsonburg Senior Centre Monthly 50-50 draw

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!*



## 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**



## Now taking nametag orders

HELLO, I'M

We're taking names - for nametags, that is! If you'd like a pin-back or magnet-back nametag with your name on it to wear during programs and activities, please order and pay at the office, \$18.10 each. You can also see a sample at the office! All orders and payments due by August 24 for arrival in early September.

Open call for jewelry donations for the sale.  
Please drop off your new, used, old or  
unwanted jewelry to the Tillsonburg Senior  
Centre Office until August 10  
Mon - Fri 8:30am-4pm



Members ONLY  
Shop early Friday  
August 14  
9am-1pm

**\$2**

Per Item \*unless  
otherwise noted

**SATURDAY AUGUST 15 1-4**  
**SENIOR CENTRE ENTRANCE**  
**OF COMMUNITY CENTRE**

**Senior Centre**

*Jewelry*  
**Sale**

# 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

## ADVERTISE WITH US!

See Nancy about our  
advertising rates and  
cost effective  
packages

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Fax: 519-805-3284  
appointments@barkspedorthics.ca

AD



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

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

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

519-842-0953

### PARALEGAL SERVICES AVAILABLE

Commissioner & Notary services  
Available by appointment

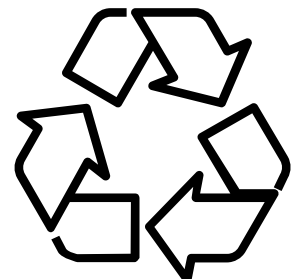
[JMY.LEGAL.HELP@GMAIL.COM](mailto:JMY.LEGAL.HELP@GMAIL.COM)

**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



AD



wine + beer studio '93

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### Make Your Own Wine or Beer

Visit the welcoming studio to craft your own wine or beer under the guidance of the friendly experts on site.

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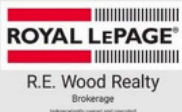


SELLING  
DOWNSIZING  
MOVING CLOSER  
TO FAMILY



# 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.



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SALES REPRESENTATIVE



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



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

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APARTMENTS IN TILLSONBURG

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- Pet Wash
- Firepit
- Bike Storage
- Social Events

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harvestview@onyxcm.ca  
www.harvestview.ca



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TO LEARN MORE

# MY OFFICE CAN HELP YOU WITH:



- Birth and Marriage Certificates
- Commissioner of Oaths
- Congratulatory Certificates for Milestone Anniversaries and Birthdays
- Family Responsibility Office
- MTO
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## Tillsonburg's Classic Pinball Arcade

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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

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## 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](mailto:stephen.owen@pssso.ca)

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info@pssso.ca

1.888.851.7376



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[www.stonebridgecs.com](http://www.stonebridgecs.com)

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

**Links2Wellbeing**  
social prescribing for older adults

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

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

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

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

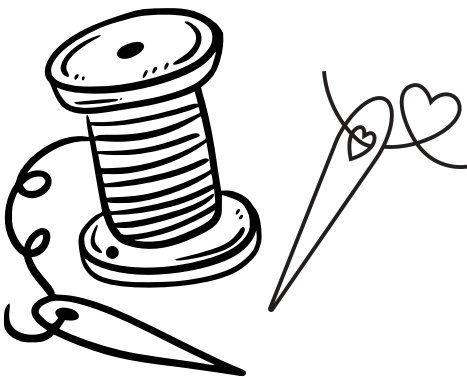
In the meantime, if you know of a senior who may benefit from a 'prescription' for social interaction and activity, please direct them to us so we can tell them about Social Prescribing and connect them with the resources they need to sign up. It's simple to get involved, and all participants' information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

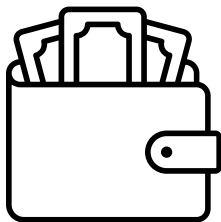
Thank-you for supporting seniors to live their best lives!

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

## ***CUSTOM QUILTING AVAILABLE***

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





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

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

## **1. How does it work?**

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

## **2. Why would I use my digital wallet?**

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

## **3. Do wallet deposits expire?**

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

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

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

## **5. What can I pay for using my wallet?**

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

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

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

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

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

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

# Free Seminars

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

## Memories from the Vault: Growing up in Tillsonburg

**Thursday July 9  
11am**

Oxford County Archives are coming in to talk about growing up in Tillsonburg and many of the local landmarks and changes over the years. They will be bringing artifacts with them for viewing. Please plan to attend this exciting look through the past in our wonderful town.

If there is enough interest, we will be scheduling more of these seminars



**Tuesday July 21, Aug 18  
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.

July 21-Medications Unsafe in Seniors - Emma Kitchen, in her final year of her Doctor of Pharmacy degree will give a presentation

Aug 18-Aches and Pains with Arthritis

## Diet and Aging

**Monday July 27 Aug 13  
11am**

Danielle is a registered dietician and will be joining us to talk about how diet can affect us as we age. The focus will be on healthy eating and the impact of food on chronic illnesses. Each seminar will cover different information.

## Concussions and You

**Monday August 24  
11am**

Brendan from the Canadian Concussion Centre at Toronto Western Hospital is presenting on concussion prevention and management strategies, as well as receive a take-home booklet summarizing the material from the presentation



## 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.

**Members \$6.50**

**Non-Members \$8.00**

**Aging Backwards**

**Members \$3**

**Non-Members \$5**

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

## 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

### 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

Tuesday 2pm-3pm

**NO CLASSES AUG 4 - SEPT 1. Class returns Sept 8**

## ESSETRICS: AGING BACKWARDS

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

Wednesday 10:15am-10:45am

## STRETCH AND TONE

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

Wednesday 11:15am-12:15pm

Founded by former professional ballerina, Miranda Esmond-White, and based on fundamental Pilates principles, ESSETRICS® builds on the benefits of Pilates by combining it with ancient the practices Tai Chi and Yoga, and incorporating modern kinesiological insights, such as proprioceptive neuromuscular facilitation (PNF) technique, and a focus on fascial health.

The resulting workout is a fluid, dynamic flow sequence of body-intuitive movements that utilize natural muscle systems that dramatically improve body awareness and teach us to use our bodies optimally, whether for the physical demands of daily life, or as the foundation of any athletic pursuit.

# 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.

You may try any class the first time for free\*

\*Pelvic floor is exempt from the free class trial

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

## CHAIR FITNESS

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

Monday 10:00am and Friday 10:00am

NEW Wednesday 1:00pm

*new!*

## 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 **Join us back in September**  
10:00am- 11:30am

Class is now 1.5 hours and is a combination class  
\$6/member **new price**  
\$8/non-member **longer time**

## 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

## 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

8 week course

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

Returning in the fall - Stay tuned!

## 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 Claudine and have a blast!

Wednesday 10:15 am

Summer Sessions- July 29-August 26

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



## 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

## 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



## 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

## 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:

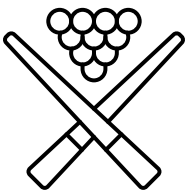
Monday- 8:30am-12pm and 12pm-4pm

Tuesday- 8:30am-1:00pm

Wednesday- 12:15pm-4:00pm

Thursday- 8:30am-12:00pm

Friday- 12:00pm-4:00pm



## INDOOR PICKLEBALL: 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

**ON HOLD UNTIL SEPTEMBER**

# CARD & TABLE GAMES

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

**Drop In Price**

**Members- \$2.50**

**Non-Members- \$4.50**

## **HAND & FOOT**

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

Monday 1:00 pm

## **AGGRAVATION**

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

Tuesday 1:00pm

## **BID EUCHRE**

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

Tuesday 1:00pm

## **SCRABBLE**

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

Tuesday 1:00pm

## **EUCHRE**

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

Wednesday 1:00pm

## **BRIDGE**

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

Wednesday 12:45pm

## **FARKLE**

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

Thursday 9:30am

## **CRIBBAGE**

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

Thursday 12:45pm

## **BINGO**

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

Friday 1:00pm

BINGO IS NOW INCLUDED ON  
LAST FRIDAY OF THE MONTH

# CREATIVE PROGRAMS

Drop In Price

Members- \$2.50

Non-Members- \$4.50

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.

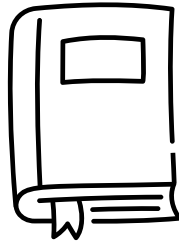


Wednesday 9:30am - 11:30am

Drop-in

## BOOK CLUB

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



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

Chapter 2: last Thursday of the month  
11am

Drop-in

## TRIVIA

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

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

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



Friday 1:30pm

Drop-in

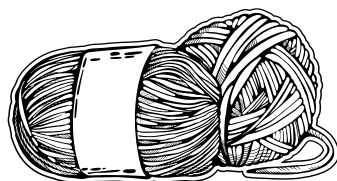
## QUILTING AND CRAFTING

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  
Must have a current membership  
to join this program

Monday and Tuesday at 9:00am

Drop-in



## CHOIR

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

The Tillsonburg Senior Centre Singers meet in September for a 12-week session leading up to their Winter Concert.

This four-part choir welcomes new members each season.

Call the office for pricing details: 688-2520

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

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

Tuesday 9:30am

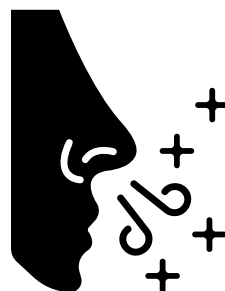
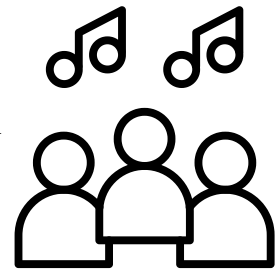
September 8 - Nov 23\*

Last practice is Monday night 4pm-6pm

November 23

Winter Concert Nov 24, 2026 1:30pm

Tickets are \$12



**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!

# 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.

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

## 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.

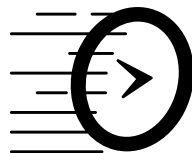
Jan - May - 15 week session

\$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!



# Time Travel Adventures

\$5 per class

Mondays Sept 21 Until Dec 7

September 21 - David Hay  
The Story of Iran

September 28 - Brian Cox  
ARRG! The World of Pirates: How real was  
Treasure Island? Part 1

October 5 - Deward Yates  
Atlantis: Mythology, reality or Greek hubris

## COOKING CLASSES

Chef Nancy is away this month, so we're welcoming Spencer Tropea, Community Relations Manager for Tillsonburg Retirement residence for a cooking class with an Italian flair. Join us to make Pasta Forno, a classic Italian casserole! Perfect for cheese lovers!!

Wednesday, July 29, 11:15am

Members- \$14.00

Non-Members- \$18.00

Register and pay by July 22 to secure your spot

Must cancel by Monday July 27 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: Jam Style advanced lessons -

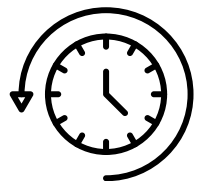
Friday 10:30am-11:30am

10 Weeks September and January start

Level 2 requires previous experience. Guitars are not provided

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

This fall we will begin October 16 until December 18



October 12 - Thanksgiving

October 19 - Brian Cox  
ARRG! The World of Pirates: How real was  
Treasure Island? Part 2

October 26 - Deward Yates  
Seven Wonders of the Ancient World - Ever  
wonder how they were designated and by whom?

# 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

21 Graham Darmon  
17 Hank Couwenburg  
15 Brenda Darmon

### Wednesday

16 Graham Darmon  
12 Brenda Darmon  
10 Hank Couwenburg  
10 Jake Klassen  
10 Ruby Withington  
10 Diana May

## Bridge

4690 Al Hartley  
4290 Christa Timmons  
4260 Marianne Cameron  
4220 Mae Moffat

## Farkle

High Score:  
48,950 Louise Ross  
46,350 Helena Green  
43,950 Johanna Coffin  
Most Farkles:  
45 Johanna Coffin  
Most Skunks:  
3 Lois Howe

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

June	Mens High Hand	Mens Win	Ladies High Hand	Ladies Win	Skunk Guardian
Week 1	24 Russell	6 Gunther	24 Cindy	5 Cindy, Joanna, Joan, Anne	Pepé: David
Week 2	22 Mike	5 Mike, Frank S, Gunther	24 Cindy, Shirley	5 Joanna, Jane	Flower: Cheri
Week 3	24 Jane	6 Frank S	20, Joan, Yvonne	6 Wendy, Shirley	
Week 4	16 Bryan	6 Bryan	20 Jane	6 Jane, Cindy, Wendy	