

THE LEISURE LINK

MARCH '23

What's Inside:

**Program Info
Top scores
Blood pressure clinic
return
& more...**

OUR MISSION...

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



FROM THE BOARD

Greetings and a happy March to all!

Can you believe this crazy weather we're experiencing? Even the birds and animals don't know which way to go. One day you may see the squirrels foraging, the birds chasing one another from tree to tree as if they smell Spring in the air, and then Mother nature throws them a big ole curveball.

Our Senior Centre programs are doing very well with programs full to capacity. Nancy and Natalie are busy keeping our Seniors interested in the programs and happenings here at the Centre. If you are a new resident to our fair town or just want to be more active, come out and visit and possibly join in some of our programs. Natalie, our Program Director will be happy to show you around and answer any questions you may have about the various programs that we provide here at the Centre.

The month of March is full of surprises as well. This month has lots of marvelous facts beginning with:

- **SUNDAY, MARCH 12th.** Get ready to set your clocks and watches ahead one hour for the start of Daylight Saving Time which always happens on the 2nd Sunday of March. The Canadian Government introduced daylight saving time in 1918 as a measure of increasing production during the First World War. The idea was that during months when the sun stays visible for longer, a pre-breakfast hour of daylight could be saved for use after supper. Daylight saving time lapsed with the end of the First World War but resumed during the Second World War when Canada used Daylight saving time all year round.
- **MARCH 20th** is the beginning of **SPRING**. Here are some interesting ways to celebrate the **VERNAL EQUINOX**: many cultures celebrate with Spring festivals. Get outside and look around to see if the grubs and worms are reappearing (**THE MARCH FULL MOON IS CALLED THE WORM MOON FOR THIS VERY REASON**). Watch the arc of the sun across the sky as it shifts toward the north. Birds migrate north along the path of the sun; also, the increasing sunlight inspires the birds to sing. Spring flowers start poking their heads through the soil.
- **MARCH 15th:** Oh! **THE IDES OF MARCH**, but it actually has a non threatening history. Kalends, Nones and Ides were ancient markers used to reference dates in relation to lunar phases simply referred to the 1st **NEW MOON OF A GIVEN MONTH** usually falling between the 13th and the 15th. In fact, the **IDES OF MARCH** once signified the new year which meant celebrations and rejoining , but **WE WON'T TELL JULIUS CAESAR THAT** will we.
- **MARCH 17th ST. PATRICK'S DAY** is thought to be the day of the foremost patron saint of Ireland St. Patrick's death. The most famous legend of St. Patrick is that he drove the snakes of Ireland into the sea to their destruction; but probably the most popular is that of the shamrock which had him explain the concept of the **HOLY TRINITY, THREE PERSONS, ONE GOD**. The shamrock is the national flower of Ireland.

So I'm wishing all you Irish folk out there and those of us who are all Irish on St. Patrick's Day "La Fheile Padraig sona duit! pronounced "Law leh paw-drig suna ghit!" which means **HAPPY ST. PATRICK'S DAY TO YOU!**

Terry Fleming - Board President

A NOTE FROM NANCY

Hello and Happy March! This month is full of reasons to celebrate, not the least of which is the fact that spring is supposed to arrive March 21 – let's hope it's on time! In the interim, we also have International Women's Day on March 8, and to mark the occasion, this year we're presenting you with a GOLDEN opportunity. Join us March 8 at 1 pm for light refreshments including a slice of cheese cake, and a screening of four of The Golden Girls' most iconic and ground-breaking episodes.

In the 80s, the Golden Girls series truly shattered glass ceilings; Not only was the show unique because it featured an all-female cast, but it looked at life for women in the 50-plus bracket, AND tackled some topics which, for the time, were rather taboo. AIDS, race, sexual orientation and dying with dignity were all topics featured in this outstanding show.

Tickets for this event are available for \$12 each (advance only), so please book yours now, and plan to join us on March 8. As an added bit of fun, wear an outfit inspired by your favourite Golden Girl: best likeness will win a prize!

Looking ahead we have our spring choir showcase coming up in April, and tickets are on sale now. Get yours soon because at \$10 including light refreshments, they won't last long!

-Nancy Puhr, Administrator

NATALIE'S NEWS


Hello Hello! The Luck of the Irish is upon us this month! It's just about time to make sure you have signed up for any yoga/chair yoga classes as a new session starts this month! If you are interested in signing up early give us a call or pop into the office for the months ahead!

We will be celebrating International Women's Day on March 8th, so calling all the fabulous women of our senior centre come on down for a **GOLDEN OPPORTUNITY!** We will be watching some episodes of the one and only Golden Girls! Not only did the Golden Girls Series break new ground because it was an all female cast but they also tackled tough issues like homosexuality, aids and racism to name a few. Join us at 1pm for coffee, tea and, naturally, **CHEESECAKE!** Come dressed as you favourite Golden Girl and best dressed will win a **PRIZE!**

We have In-Home Care coming on March 22nd at 10:00-11:30am to present a seminar on how they help older adults stay safely in the place they enjoy most...their own home! Be sure to pop in and get some info maybe for yourself or a loved one!

****Just a friendly reminder that there will be no billiards the last week of March from March 27th to March 31st to facilitate billiard table repairs!****

Natalie, Program Coordinator

MON	TUE	WED	THU	FRI
Billiards Tables Accessible any day <u>EXCEPT</u> Tuesday Mornings 9-11am, Tuesday Afternoon 2:30-4pm & Thursday Afternoons 1-4pm and Wednesday & Friday mornings at 8:30am-11am *				
Table Tennis Available Mondays and Fridays at 1pm and Thursdays at 9am 519-688-2520				
6 Quilting/Crafts Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00 History 1:00	7 Quilting/Crafts Plates 9:00 Choir 9:15 Bid Euchre 9:30 Whomp'em 1:00 Restorative Yoga 1:00 3:00	8 Art Club 9:00 Lap Walking 9:00 Rise n Shine Yoga 9:15 Zumba 10:00 Bridge 12:45 GOLDEN OPPORTUNITY 1:00 Euchre 1:00 Carpet Bowling 1:00 Happy International Women's Day	9 Lap Walking 8:30 Beginner Line Dance 9:30 Farkle 9:30 Line Dancing 9:30 Cribbage 11:00 Shuffleboard 1:00 Chair Yoga 1:00 Restorative Yoga 1:15 3:00	10 Yogalates 9:15 Chair Fitness 10:00 Bingo 1:30
13 Quilting/Crafts 9:00 Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00 Make-up History 1:00	14 Quilting/Crafts 9:00 Plates 9:15 Choir 9:30 Bid Euchre 1:00 Whomp'em 1:00 Restorative Yoga 3:00	15 Art Club 9:00 Lap Walking 9:00 Rise n Shine Yoga 9:15 Zumba 10:00 Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:00	16 Lap Walking 8:30 Beginner Line Dance 9:30 Farkle 9:30 Last Day-Line Dancing 11:00 Cribbage 1:00 Shuffleboard 1:00 Chair Yoga 1:15 Restorative Yoga 3:00	17 Yogalates 9:15 Chair Fitness 10:00 Bingo 1:30 
20 Quilting/Crafts 9:00 Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00 History 1:00	21 Quilting/Crafts 9:00 Plates 9:15 Choir 9:30 Bid Euchre 1:00 Whomp'em 1:00 Restorative Yoga 3:00	22 Art Club 9:00 Lap Walking 9:00 Rise n Shine Yoga 9:15 Make-up Zumba 10:00 In Home Care Seminar 10-11:30am Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:00	23 Lap Walking 8:30 Beginner Line Dance 9:30 Farkle 9:30 No Line Dance 1:00 Cribbage 1:00 Shuffleboard 1:00 Chair Yoga 1:15 Restorative Yoga 3:00	24 Yogalates 9:15 Chair Fitness 10:00 Bingo 1:30
27 Quilting/Crafts 9:00 Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00 History 1:00 *No Billiards*	28 Quilting/Crafts 9:00 Plates 9:15 Choir 9:30 Bid Euchre 1:00 Whomp'em 1:00 Restorative Yoga 3:00 *No Billiards*	29 Art Club 9:00 Lap Walking 9:00 Rise n Shine Yoga 9:15 Cooking Class 11:00 Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:30 *No Billiards*	30 Lap Walking 8:30 Beginner Line Dance 9:30 Farkle 9:30 No Line Dance 1:00 Cribbage 1:00 Shuffleboard 1:00 Chair Yoga 1:15 Restorative Yoga 3:00 *No Billiards*	31 Yogalates 9:15 Chair Fitness 10:00 Armchair Travel 1:00 *No Billiards*

MARCH 2023



FREE 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 – 2 pm and let our friendly volunteers check your blood pressure!



Looking for a great house cleaner?

Call, text or email Diane today for a FREE consultation about your needs!



Diane is:

Fully vaccinated against Covid & influenza

Friendly, helpful & conscientious

Covid safety conscious

Accessible by phone, text or email

Detail-oriented and eager to focus on your high-traffic areas

Call or text 226-970-3535

or email dianedtrch8@gmail.com to arrange a free consultation



Assaulted Women's Helpline-Seniors Safety Line

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

Crisis Line: 416-863-0511

Mobile: #SAFE (#7233)

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

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

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

Check us out: www.tillsonburgseniorcentre.com



www.facebook.com/tillsonburgsenioren



BIRTHDAY BASH



Thanks to Tillsonburg Retirement Residence for sponsoring our Birthday Bash! Our next birthday bash will be for folks celebrating birthdays in April, May or June on Friday, May 19. Please contact the office to register for this event, then join us at 11 for cake and coffee to celebrate **YOUR** big day!



TILLSONBURG
RETIREMENT RESIDENCE

JOYFUL MOMENTS

PRIVATE RECREATION THERAPY

BRINGING JOY TO YOUR LIFE, ONE ACTIVITY AT A TIME.



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Joyful Moments will give the person joy, purpose, and meaning. We focus on the 5 domains of life: physical, social, cognitive, emotional, and spiritual. This allows time for the caregiver to take care of themselves, and have a break.



We come to you whether that be your home, hospital, retirement home, LTC home. We can go out into the community during our visits.

Visits typically happen every week for a minimum of 1 hour.



www.joyfulmoments.ca



joyfulmomentsrec@gmail.com



519-608-4407



Need some help learning to use your Apple or Android device? Then stop by the main office and borrow a copy of our tech teaching manual. Produced by the Wallaceburg Active Adult Centre with funding from the Province of Ontario, these step-by-step guides will help you get the most out of your device, while allowing you to learn at your own pace. Pictures accompany each learning process, so the books are extremely beginner-friendly. Borrow a copy today!



Thank
You!

Thank-you to these most recent donors for our silent auction:
Frank Jackson
Louise Harriman
Ruby Withington
Terry Fleming
Your generosity is appreciated!

Important Notice: Program Fees

Dear Members:

As you're all aware, the pandemic has been a very challenging time for us here at the Centre. Repeated interruptions to programs and activities, restrictions on class sizes and forced closures have made the last few years very difficult to navigate.

Budgeting has been a particularly difficult task as we reopened for business, and with the cost of everything from office supplies to cookies on the increase, it has forced us to look at all options for achieving a balanced budget.

To that end, when approving the 2023 operating budget, the Senior Centre Board approved small increases to the user fees charged for instructor-led programs, as well as rental fees charged for our after-hours program spaces.

Because some of our programs had already implemented price increases, the only programs affected at this time are chair fitness, yoga (all classes), pilates and yogalates. Our pay-as-you-go programs are not affected at this time. Price increases will take effect this spring for sessions commencing at the end of April/beginning of May.

We trust you will continue to see the value in our programs and activities, and thank you for your ongoing support.

GRIEFSHARE RECOVERY 7 SUPPORT GROUP

Have you lost a loved one or know someone who has?

You need not be alone in facing the emotional journey of grief. There is hope. GriefShare is a 13 week program which offers support, professional insights and advice for healing. Get the knowledge and information you need to walk through your pain. Meet with caring workers and individuals who understand and are on the same journey. Make new friends along the way.

The GriefShare Support Group starts on WEDNESDAY, MARCH 22nd at 7:00 pm at Bethel Church, 369 Quarter Town Line, Tillsonburg. You can register online at www.bethelpc.ca/Griefshare or call Susan Fraser at 519-842-6728.



Senior Centre Singers Spring Concert

*What better way to welcome the nice
weather than a spring choir concert!*

*Come and listen to the sounds of our
senior choir on April 25th*



*Matinee Performance 1:00-3:00pm
Advance Tickets Only: \$10.00
(Includes light refreshments)*

*Performance will take place at the
Tillsonburg Senior Centre*

*45 Hardy Ave, Tillsonburg Ontario
Centre*

519-688-2520

Program Info

PLEASE NOTE:

Mask wearing is now **VOLUNTARY** but strongly encouraged. Whether you choose to wear a mask or not, please be respectful of others' choices, and please continue to sanitize your hands before entering the building, and to wipe down hard surfaces with a disinfecting wipe after your activity. If you feel in **ANY** way unwell, please refrain from visiting us.

Armchair Travel:

Join us Friday, March 31 for a trip to picturesque New England with Bill Collins. We'll explore Vermont, Maine and New Hampshire. Trip departs at 1 pm for this drop-in program. Cost is \$4/non-members and \$2/members and we'll be serving a snack reminiscent of the region.

Art Group:

Bring your art supplies and join this creative group Wednesday mornings in our Rotary Room starting at 9 am. Cost is \$2/members, \$4/non-members. This is a great way to get out and share your love of art with others who are creatively-minded.



Billiards:

Our billiard tables are open anytime **EXCEPT** table is accessible anytime **EXCEPT** Tuesday mornings 9 am – 11 am, Tuesday afternoons 2:30 pm – 4 pm and Wednesday and Friday mornings 8:30 am – 11 am. Cost \$2/members, \$4/non-members. Please bring your own cue if you have it. If using one of ours, please use the sanitizing wipes provided to thoroughly clean the cue after use.

Bid Euchre:

Tuesday bid euchre is back at 1 pm. Please remember to sanitize your hands both before you play and before you switch tables. **NOTE:** If you are not comfortable switching tables, just let the convener know and we'll accommodate you!



CALL MARK:

1925 1st Concession STR RR#1 Delhi, ON, N4B 2W4
519-503-9485 / snelsreno@gmail.com

**No Plumbing or electrical work,
But I can refer you to someone who
can help!**

B I N G O

14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

BINGO:

We're pleased to welcome BINGO back on Fridays at 1:30 pm. BINGO will be priced at \$2/members and \$4/non-members **and due to the relaxing of Covid-19 protocols you may now choose your own cards – just sanitize your hands before doing so. NOTE: No bingo March 31.**

Bridge:

Bridge is back Wednesdays in our craft room starting at 12:45 pm. This is a drop-in program costing \$2/members, \$4 non-members.

Carpet Bowling:

Carpet bowling is offered at 1pm Wednesday afternoons, and on Monday mornings at 9 am. Please let the office know if you're interested in joining us! Never bowled? Let our players teach you how!

Top scoring bowlers for February were Wednesday: Diana May (14), Graham Darmon (12) and Brenda Darmon (8)

Top scores for Monday were: Graham Darmon (11), Bruce Donald and Hank Couwenberg (6 each) and Silver Papais and John Hall (5 each).

Choir:

Our choir is in full swing, preparing a selection of contemporary, inspirational and traditional pieces for our April music showcase which will take place at 1 pm on Friday, April 25. Seating for this performance is limited and tickets are now on sale for \$10 each. Please get yours right away to avoid disappointment.

**Crafting:**

Our craft room is open Mondays and Tuesdays, 9 am – 11:30 am. If you like to quilt, knit, crochet or do other types of handiwork, stop by and join our group of merry makers! If you're not 'crafty' feel free to browse our beautiful display cabinet instead!

Cooking Class:

Join us March 29 as we celebrate the luck o' the Irish two delicious Irish dishes. We'll make a savoury beef and onion pot flavoured with rich beef broth and Guinness stout, and serve it atop a helping of creamy Colocanon, featuring cabbage and creamy mashed potatoes. NOTE: Because of the high price of beef, fee for this class will be \$14/members and \$18/non-members.

Cribbage:

Join us in the Craft Room Thursdays starting at 1 pm for Cribbage. This is a drop-in program costing \$2/members and \$4/non-members. Never played? Let them show you how!

Drum Fit:

Drum fit is now in session and it's a blast! Call the office for availability and pricing, and get ready for another 10-week session starting March 29. All equipment is provided, space is limited. See Natalie to sign up! **NOTE: No drum fit March 1 or 8.**

Euchre:

Euchre runs Wednesdays at 1 pm. **PLEASE NOTE: Euchre has relocated to our Rotary Room.** Please join us for this drop-in program, but remember to sanitize your hands before play, and before changing tables. \$2/members, \$4/non-members.

Farkle:

We're pleased to offer Farkle in person at 9:30 am on Thursdays in our craft room. Cost \$2/members, \$4/non-members. Join us and see how much fun you can have with a set of dice! Farkle is a bit like Yahtzee. Never played? Let our friendly group show you how!

Fitness:

Join our instructor from Stonebridge, get fit and have fun! We offer chair fitness on Mondays and Fridays at 10 am. Call the office at 688-2520 to sign up. This year, we're offering chair fitness in monthly sessions rather than in 10-week blocks. Sign up for one or both classes now to avoid disappointment, and let the Stonebridge instructors show you that fitness and core strength is possible at any age. See Natalie to sign up or for pricing information! **NOTE:** Price increase of \$1/class will take effect for the next session in April.

Hand and Foot:

Join us Mondays at 1 in the Rotary Room for this fun card game! Don't know the rules? Let us teach you! Join us for \$2/members, \$4/non-members!

History:

History is back and covering some really interesting topics! (see list Page 15). Call the office for pricing info or, if you only want to attend a few classes, you can choose pay-as-you-go and pay \$5/class. If choosing this option, please stop by the office on your way into class and pay staff directly. **NOTE:** History make-up class on Monday, March 13.

Library:

Our library is open for drop-ins during business hours. Please stop by and choose as many books and puzzles as you like, but while visiting, please help us reduce the risk of illness by touching only those books you intend to take. Book returns can be placed in the blue bin by the front door.

Lap Walking:

Lap Walking starts at 9 am in our auditorium on Wednesdays and Thursdays at 8:30 am. Come walk for an hour to some great music, with no worry about rough terrain or the weather! \$2/members, \$4/non-members.

Line Dancing:

We're pleased to offer two class options: beginner with Carolyn on Thursday mornings at 9:30 am, or advanced with Ellen Thursdays at 11 am. Our next session of advanced line dance is full to capacity, but we still have space available in the beginner class for either the current session or the upcoming session starting March 23. See Natalie at the office for more information.

Pilates:

We're pleased to offer pilates Tuesdays in our lower bowling area starting at 9:15. Class runs in seven-week session starting March 7. Cost for class is \$49/non-members and \$38.50/members. NOTE: Price increase of \$1/class will take effect for the next session in April.

Table Tennis

Our table is accessible Monday afternoon, Thursday morning and Friday afternoon in our lower bowling area. Cost is \$2/members, \$4/non-members.

Shuffleboard:

Shuffle is offered Mondays and Thursdays 1 pm in our auditorium. We're fortunate to have enough shuffleboard equipment for everyone to have their own stick, so no one will have to share equipment. However all participants will be asked to wipe their sticks down with a disinfecting wipe before they put them away at the end of the day. Play will be \$2/members, \$4/non-members.

Top Shufflers for February:

Mondays: Linda Rodgers, Don Rodgers, Gayle Vermeersch and Carsten Schernekau (10 each), Miriam Schernekau (8) and Melainie Gualtieri (6)

Thursdays: Louise Ross (16), Gayle Vermeersch (13) and Don Rodgers (12)

Yoga:

Our yoga classes are in full swing and we have lots of class options to choose from:

Restorative Yoga with John – Join John for Restorative Yoga. Designed for those who want to take a gentle and more recuperative approach, this class will help clear the mind, strengthen the body. Starting in 2023, Restorative Yoga will be offered in monthly blocks on Tuesdays at 3 pm. And Thursdays at 3 pm. Cost for the Tuesday session (4 weeks) is \$28/non-members or \$22/members, cost for the Thursday class (5 weeks) is \$35/non-members or \$27.50/members. NOTE: Price increase of \$1/class will take effect for the session starting in April.

Rise & Shine yoga with Dawn – Wednesdays at 9:15 am. Start your day with a gentle, thorough yoga flow that will awaken your senses and get the juices flowing! This class returns in seven-week sessions with the next starting March 8 to April 19. Cost for this session is \$49/non-members and \$38.50/members. NOTE: Price increase of \$1/class will take effect for the next session starting April 26.

Chair/Floor Yoga with Kelly – Join Kelly Thursdays at 1:15 pm for chair yoga in our bowling area. This yoga class is perfect for everyone who wants all the wonderful health and wellness benefits of gentle stretching, but for whom getting up and down off the floor is a concern. **NEW: If you are able to work on a mat and would like to do so, this class is now being offered as a hybrid.** Next session starts March 2 – April 13 and costs \$49/non-members and \$38.50/members. Call the office to sign up. NOTE: Price increase of \$1/class will take effect for the next session starting April 20.

Yoga-lates:

This gentle but challenging workout will help you start the year on a healthy footing! Please call the office to register for *the next session starting April 28*. Cost for this seven week session will be \$56/non-members or \$45.50/members.

Zumba:

The next session of Zumba starts in April. Call the office to sign up as space is limited. A session of Zumba costs \$40.50/non-members and \$31.50/members. It's fast, it's fun it's ZUMBA!

Welcome New Members!

Welcome aboard to our newest members: Madeline C., Irene C., Dorothy H., Deb L., Julia C., Diane D., Mary Jane F., Penny E., Jenny G., Mike H., Candace H., Huibert H. Sonia H., Sandra H., Ruth H., Blanche K., Connie and Donald K., Christine N., Janice P., Dale R., Diane T., Diane T., Jeanette T., Chris V.

If you're brand new to the senior Centre this year and we've missed you, please leave your name with office staff so we can include you next month!



Community Corner

If you belong to a group that's hosting a program, event or activity that may be helpful to a senior in need, please let us know so it can be included in our monthly newsletter! Submissions should be received by 4 pm on the last Monday of the month for inclusion in the coming month's newsletter.

Looking for information on transportation? Meals and nutrition? Safety? Health and wellness? What about links to other community supports, education and support in the home? Instead of calling six different numbers, dial just once: 1-888-866-7518 will get you to Oxford Support Services, and a friendly voice will direct your call accordingly. This initiative is designed to promote independent living through prevention, early intervention, self-management and education. Open to older adults, persons with disabilities, brain injuries or dementia. One call, one go-to person, for all the services you need to stay at home. Learn more at cssontario.ca #SupportedAtHome.

We're collecting the following items to help folks in need both locally and around the world:

- Metal beverage can tabs (these buy wheelchairs for children in need)
- Plastic bread ties (these send children in need to summer camp)
- Clean, dry plastic milk bags to make sleeping mats for those in need
- Used postage stamps (these help the Leprosy Mission of Canada provide care, cures and more to those in countries afflicted by leprosy). Please cut the stamp off your letter, leaving a ½ to ¼ inch border around the stamp. Collect them in plastic baggies and bring them in when we reopen!

Mark your calendar!

**Our Annual General Meeting
for the fiscal year ended 2022
will be held April 27 at 1:30 pm
in our Auditorium. Join us for a
review of the audited financial
statements, program updates,
election of new board members
and more!**

TILLSONBURG SENIOR CENTRE 2020/21**BOARD of DIRECTORS****Terry Fleming – President****Diane Cote – Vice-President****Carlton Ross – Treasurer****John Haldane – Assistant Treasurer****Susan Charby – Secretary****Karen Smith – Director****Helen Thompson – Director****Karen Reid – Director****Joanna LeBlanc - Director**

Date and Time	Presenter	Topic
Monday March 6 @1PM	Dave Hay	Canadian Explorers How the West was won and lost
THIS WEEK: Make-up class for Feb. 13 with Deward		
Monday March 20 @1PM	Dave Hay	Kootney Brown Canada's Davy Crockett
Monday March 6 @1PM	Deward Yates	Nehru "Father of India"
Monday April 3 @1PM	Deward Yates	Mandela "Long Walk to Freedom"
April 10/11 Easter Week: NO CLASS		
Monday April 17 @1PM	Deward Yates	Churchill "The Last Lion"
Monday April 24 @1PM	Deward Yates	Lenin "The Bolshevik"
Monday May 1 @1PM	Brian Cox	The North American Genocide of Indigenous Peoples
Monday May 8 @1PM	Brian Cox	The North American Genocide of Indigenous Peoples
May 15/16 Reserved Day in case of cancellation		



Making Online Life Easy and Fun for Seniors

***GOLDENVOICES.COM PROVIDES
FREE RESOURCES TO HELP SENIORS***



- ✓ Easily make video calls (without downloading anything)
- ✓ Catch up with old friends and make new ones
- ✓ Save money
- ✓ Get seniors benefits
- ✓ Play online games
- ✓ Stay informed

There's a whole online world waiting for YOU to discover.

Visit **<https://GoldenVoices.com>** today!



Nail Art Workshop

Just in time for Mother's Day, join us Friday, May 5 at 1 pm for nail art workshop, and learn to use basic tools and techniques to produce elegant, eye-catching designs!

We'll master the dotting tool, create an ombre look, use a detail brush to create stripes, a French manicure and other designs, and talk about some tips for making your home manicure last longer.

Please bring: A selection of your favourite nail polish colours (minimum of 3 or four), a black or white polish (or both if you have them), clear top coat, and a lid from a plastic margarine or yogurt container (that you can dirty up with polish).
COST \$25/members, \$35/non-members and includes a tool kit for you to take home!



Call Natalie to register as space is limited:

519-688-2520

Please register by April 21



Cruise with Us!



Join us for

on

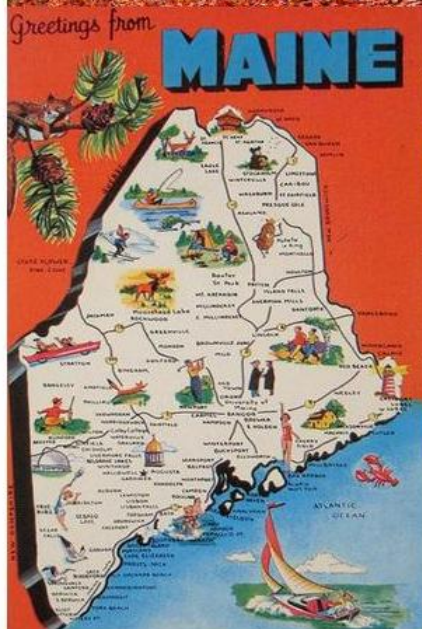
SOLD OUT

at Tillsonburg Senior
by The Blazing Fiddles,
beef entrée (gluten-free or
notice), salad, sides, dessert, coffee
lunch, enjoy a leisurely cruise on the
significance highlighted by our captain.

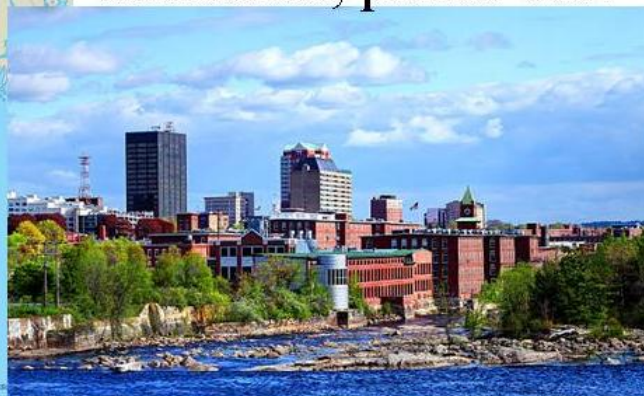
Starts Tillsonburg: 9:30 am

Returns: Approx. 5:30 pm

Cash available on board the boat; Bus Driver gratuity extra
Space is limited, book now to avoid disappointment; Cash or cheque accepted.



Join Bill Collins for a tour of Maine, New Hampshire & Vermont. Visit tourist hotspots, photogenic areas, cityscape rural and mountain scenery, churches, parks etc.

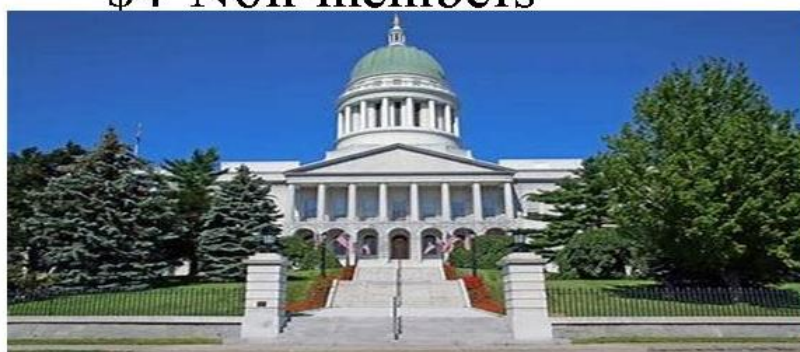


March 31 @1pm

New England highlights

\$2 Members

\$4 Non-members



Cookie Decorating Workshop



April 6, 1 pm

We'll show you basic piping techniques with flood and piping consistency Royal icings, brush stroke embroidery and how to produce a fun tie-dyed/marbleized look. Best of all, you'll leave with several large decorated sugar cookies, which make the perfect end to Easter dinner!

NOTE: This class will NOT cover baking cookies and making royal icing, however recipes will be provided

**Cost:
\$25/members, \$35/
non-members**

**CALL NATALIE TO
REGISTER:
519-688-2520**





**Are you a civic-minded individual who likes to work with others?
Do you care about your senior centre and the programs and activities we offer?**

**Do you have a creative, outside-the-box approach to finding solutions?
If so, we want YOU! Consider joining the senior center Board of Directors.
Our board meets monthly to discuss programs, financial and future planning matters related to the operation of the Senior Centre.**

**Experience on a board is not a requirement but is considered an asset.
To find out more or for a nomination form, please see Nancy in the main office.**

NOTE: New Board members are elected at our Annual Meeting scheduled for April 27, 1:30 pm.

Rent Space from Us

Do you have to host a birthday party, openhouse, family gathering or baby shower but don't have space in your home?

We have the perfect solution!

The Tillsonburg Senior Centre offers affordable rental rates and a variety of rooms, one perfectly sized for your event. Rent by the day or by the hour and access beautiful amenities including clean, bright program spaces and a nicely-equipped kitchen.

**Rentals available after 4 pm weekdays and on weekends as space permits.
For rental rates or a tour call 519-688-2520.**

FOR RENT

519-688-2520

Lost your key fob?

We know, it happens! If you lose your fob, you may purchase a replacement at a cost of \$5. See the office if you need to replace your fob.

Guest Key Fobs

Starting this month, we're pleased to offer guest key fobs for non-members who prefer the convenience of swiping in at our digital terminal rather than signing in with their first name and phone number. **These fobs are available at a cost of \$10 and will expire Dec. 31.** Please see the office if you wish to purchase a guest key fob.

This International Women's Day, join us for:

A Golden Opportunity



Join us on Women's Day, March 8, as we celebrate female empowerment with four ladies who helped write the book! Join us at 1 pm for light refreshments including coffee, tea, and (of course) cheesecake, followed by four of the Golden Girls' most iconic and ground-breaking episodes. Dress for the afternoon inspired by your favourite Golden Girl - best likeness wins a prize. Tickets \$12, available in advance only. Call the office for details!