

MAY 2024

# The Leisure Link



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**Annual General Meeting Info**

**& 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.**

### **Get in touch:**



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



**519-688-2520**



**nboutin@tillsonburgseniorcentre.com**



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Billiards Tables are available:</b>  <b>Monday - All Day</b>  <b>Tuesday - 10:30am to 1pm</b>  <b>Wed - 10:45am to 4pm</b>  <b>Thursday - 8:30am to 1pm</b>  <b>Friday - 12:00 to 4pm</b></p>	<p><b>Darts and Cornhole</b>  <b>Monday and Friday</b>  <b>12:30 to 4pm</b></p> <p><b>FREE Blood Pressure Clinic</b>  <b>Thursday, May 16th</b>  <b>10am to 12pm</b></p>	<p><b>1 Art Club</b>  <b>FUNCTIONAL Fitness - NEW</b>            Rise &amp; Shine Yoga            Zumba  <b>NO QIGONG CLUB</b>            Bridge            Euchre and Carpet Bowling            Drum Fit</p>	<p><b>2 Lap Walking</b>            Farkle            Beginner Line Dance            Line Dancing            Cribbage and Shuffleboard            Ukulele - Level 1            Chair Yoga            Ukulele - Level 2            Restorative Yoga</p>	<p><b>3</b>            Yogalates            Chair Fitness            Free Throw Fridays            Bingo  <b>TRIVIA</b></p>
<p><b>6</b> Quilting and Crafts            Carpet Bowling            Chair Fitness            Spanish - Level 1            Spanish - Level 2            Hand &amp; Foot            Shuffleboard            Time Travel Adventures</p>	<p><b>7</b> Lap Walking            Quilting and Crafts            Plates  <b>BOOTCAMP FITNESS TRIAL</b>            Bid Euchre            Whomp'em            Adaptive Chair Yoga            Restorative Yoga</p>	<p><b>8</b> Art Club  <b>FUNCTIONAL Fitness - NEW</b>            Rise &amp; Shine Yoga            Zumba            Qigong Club            Bridge            Euchre and Carpet Bowling            Drum Fit  <b>Beginner Square Dancing-NEW</b></p>	<p><b>9</b> Lap Walking  <b>Scrapbooking</b>            Farkle and Beginner Line Dance            Line Dancing            Cribbage and Shuffleboard            Ukulele - Level 1            Chair Yoga            Ukulele - Level 2            Restorative Yoga</p>	<p><b>10</b>            Yogalates            Chair Fitness            Free Throw Fridays            Bingo</p>
<p><b>13</b> Quilting and Crafts            Carpet Bowling            Chair Fitness            Genealogy Club            Spanish - Level 1            Spanish - Level 2            Hand &amp; Foot            Shuffleboard            Time Travel Adventures</p>	<p><b>14</b> Lap Walking            Quilting and Crafts            Plates  <b>Bootcamp Fitness - NEW</b>  <b>Men's Shed</b> HTM            Bid Euchre <b>Tasting Event</b>            Whomp'em <b>1:30pm</b>            Adaptive Chair Yoga            Restorative Yoga</p>	<p><b>15</b> Art Club  <b>FUNCTIONAL Fitness - NEW</b>            Rise &amp; Shine Yoga            Zumba            Qigong Club            Bridge            Euchre and Carpet Bowling            Drum Fit  <b>Beginner Square Dancing-NEW</b></p>	<p><b>16</b> Lap Walking            Farkle            Beginner Line Dance            Line Dance            Cribbage <b>Blood Pressure Clinic</b>            Shuffleboard <b>10am-12pm</b>            Chair Yoga            Restorative Yoga</p>	<p><b>17</b>            Yogalates            Chair Fitness            Free Throw Fridays            Bingo  <b>KARAOKE</b></p>
<p><b>20</b>  <b>CLOSED</b>  <b>VICTORIA DAY</b>  <b>519-688-2520</b></p>	<p><b>21</b> Lap Walking            Quilting and Crafts            Plates  <b>Bootcamp Fitness - NEW</b>            Bid Euchre            Whomp'em            Adaptive Chair Yoga            Restorative Yoga</p>	<p><b>22</b> Art Club  <b>FUNCTIONAL Fitness - NEW</b>            Rise &amp; Shine Yoga            Zumba            Qigong Club            Bridge            Euchre and Carpet Bowling            Drum Fit  <b>Beginner Square Dancing-NEW</b></p>	<p><b>23</b> Lap Walking  <b>Scrapbooking</b>            Farkle and Beginner Line Dance            Line Dancing  <b>Annual General Meeting</b>  <b>at 1:30pm</b>  <b>NO CRIBBAGE/SHUFFLEBOARD</b>            Chair Yoga            Restorative Yoga</p>	<p><b>24</b>            Yogalates            Chair Fitness            Free Throw Fridays            Bingo</p>
<p><b>27</b>            Quilting and Crafts            Carpet Bowling            Chair Fitness            Genealogy Club            Hand &amp; Foot            Shuffleboard</p>	<p><b>28</b> Lap Walking            Quilting and Crafts            Plates  <b>Bootcamp Fitness - NEW</b>  <b>Men's Shed</b>            Bid Euchre            Whomp'em            Adaptive Chair Yoga            Restorative Yoga</p>	<p><b>29</b> Art Club  <b>FUNCTIONAL Fitness - NEW</b>            Rise &amp; Shine Yoga            Zumba            Qigong Club            Bridge            Euchre and Carpet Bowling            Drum Fit  <b>Beginner Square Dancing-NEW</b></p>	<p><b>30</b> Lap Walking            Farkle            Beginner Line Dance            Line Dancing            Cribbage            Shuffleboard            Chair Yoga            Restorative Yoga</p>	<p><b>31</b>            Yogalates            Chair Fitness            Free Throw Fridays  <b>ARMCHAIR TRAVEL</b></p>

# FROM THE BOARD

Greetings and a heartfelt welcome to the Tillsonburg Senior Centre. This month is one of the busiest months of the year not only with our many programs, but the Board of Directors has been quite busy getting our "I's dotted and our T's crossed", in preparation for the Annual General Meeting (AGM) coming up on Thursday, May 23rd at 1:30pm in the Auditorium. Office Administrator Nancy is especially busy this month working closely with our Parent Organization, the Older Adult Centres Association of Ontario (OACAO) with updating our Bylaws; looking after setup and teardown of the different programs, interviewing hopefuls for the position of Program Director. Please be patient with her as she wades through her extra duties. Also, be patient with Gayle. She does her very best to keep up with the refreshments and snacks for the individual programs throughout the day. Both of these girls need extra smiles and thank yous for all they do to keep the Centre running.

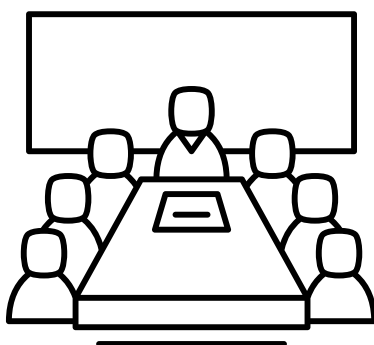
On the lighter side, I try to get some fun and interesting facts about each month of the year and I did find a few for May.

1. The month of may was named for MAIA the Greek Goddess of fertility
2. In any given year, no month ever begins or ends on the same day of the week as May.
3. May was once considered a bad luck month to get married. There is a poem that says "MARRY IN MAY AND YOU'LL RUE THE DAY".
4. May has been referred to as the month of 3 MILKINGS. It meant that during this month you could milk your cows up to 3 times a day!
5. There's the Cornish superstition that buying a new broom in May is unlucky. Oh, and apparently, you shouldn't wash any blankets either!
6. Every year there is a particular meteor shower in May called the ETA AQUARIIDS meteor shower. Discovered in 1870, the meteor shower passes by earth between April 19 and May 28.
7. The Empire State Building opened its doors on May 1st 1931. At the time it held the record for being the tallest building in the world.
8. Famous people born in May were: Queen Victoria and Catherine the Great.

DON'T FORGET TO MARK THURSDAY, MAY 23rd ON YOUR CALENDARS AND COME OUT TO THE AGM.

Until then. Happy reading  
Terry Fleming - Board Chairman

## ***YOUR BOARD OF DIRECTORS***



**Terry Fleming - President**  
**Carlton Ross - Treasurer**  
**Susan Charby - Secretary**  
**Karen Smith - Director**  
**Helen Thompson - Director**  
**Karen Reid - Director**  
**Joanna LeBlanc - Director**  
**Linda McGaughey - Director**  
**Dorothy Hrischenko - Director**

## A Note From Nancy

May begins on a bittersweet note here as we bid farewell to our intrepid Program Coordinator, Victoria Rode. To say Victoria will be missed around here is an understatement; Truly, in her short tenure here she's started so many inventive and well-attended programs it boggles the mind! That said, we wish her well in her future endeavors and we look forward to meeting the new face who will (hopefully soon) call her office chair home. I know all of you will extend whomever we hire the same warm welcome that you did for Victoria, and we will certainly have lots more creative ideas to look forward to!

This month we host our Annual General Meeting, and invite all members to attend if they wish to hear year-end reports and to vote on the adoption of our new ONCA-compliant bylaws. The meeting is scheduled for May 23 at 1:30 pm and materials are available at the Centre, on our website, by email or print-on-demand. We look forward to seeing you there!

At our Annual Meeting we will welcome two new faces to our Board of Directors. Joan Skelton brings a wealth of board and non-profit experience to the table, and Crystal Getty is a very enthusiastic and positive member who enjoys a number of our various programs and activities. We look forward to the creative ideas these ladies will bring to the Board of Directors.

April marked our last cooking class until September, and our last luncheon as well. On a personal note, I'd like to thank all those who have helped make our luncheons happen since we started the idea in February. It takes many, many hours of preparations to make these luncheons possible, and without the group of folks who routinely help me in the kitchen, they simply wouldn't happen. These folks spend HOURS on their feet in the kitchen cleaning, prepping and making sure everyone gets plenty to eat.

A hearty and sincere thank you to Christianne Jones, Jack Peddle, Cheryl McLean, Marilyn Avent, Sharyl Cohen, Barb Glass and to Louise Ross. Whether it's setting tables, doing dishes or chopping and cooking, I am sincerely grateful for your help, and I thank you from the bottom of my heart. Moreover Be sure to stay tuned when our lunches return in the fall, as our tickets always sell out and for good reason. We have some of the best cooks and kitchen helpers around!

**- Nancy Puhr, Administrator**



# ***RZONE POLICY IN EFFECT***

**Please be advised that the RZone Policy is in effect at all Town indoor and outdoor facilities**

**including:**

- Corporate Office**
- Council Chambers**
- Customer Service Centre**
- Airport**
- Annandale National Historic Site**
- Community Centre (including arenas, outdoor pad, Senior Centre and pool)**
- Sports fields**
- Parks (including Skate Park and Pump Track)**
- Trails**
- Parking Lots**

**The RZone Policy applies to activities that are being conducted on the properties—both structured and unstructured, and to all patrons and guests.**

**What is RZone? Individuals using Town facilities have a right to expect that others will behave in a manner consistent with a safe and positive environment in public spaces. With this right comes the responsibility to be accountable for actions/behaviours that put the safety of others at risk.**

**The RZone Policy requires persons using a Town facility, park, program or service to respect others, and take responsibility in helping the Town maintain a safe and comfortable environment for all participants, spectators, patrons, volunteers and staff.**

**The aim of the RZone Policy is to ensure that measures are in place so that incidents of inappropriate behaviour, violence, indecency, or vandalism do not occur on Town properties. When incidents do occur, the RZone Policy helps to ensure that inappropriate behaviours are dealt with in an equitable and consistent manner.**

**What behaviour does the RZone Policy address? The RZone Policy covers a variety of inappropriate behaviours, including vandalism, harassment, disparaging or derogatory statements, violence and inappropriate use of technology. The Town of Tillsonburg takes a zero tolerance approach to inappropriate behavior as outlined above, and will take appropriate action where necessary to deal with these incidents.**

**How is the RZone Policy enforced?**

**In accordance with the Occupiers' Liability Act, the Occupational Health and Safety Act, the Trespass to Property Act, the Criminal Code, municipal by-laws and policies and other provincial legislation, contract holders and community volunteers are authorized to initiate enforcement options at Town of Tillsonburg programs and properties.**

**In the event that the contract holder or community volunteer cannot control the situation: When possible, Town of Tillsonburg facility staff will be asked for assistance; or In the event that Town of Tillsonburg facility staff are not available, the contract holder and/or community volunteer will contact the Ontario Provincial Police (OPP) for assistance. Anyone found to be violating the RZone Policy may be suspended from all Town facilities, not just the facility where the incident took place.**

# ***BAYCREST@HOME***

## ***ONLINE PROGRAMMING***

We have partnered with Baycrest@HOME to provide online programming December through to the end of June. We hope that this doesn't replace the programs that you normally attend here, but enhances your participation with additional programs we may not offer or it provides an option when you are at home due to illness or poor weather conditions. There is also a Caregiver Program available (see reverse) for those interested.

### **HOW TO ACCESS:**

#### **On Your Own:**

You can email [info@baycrestathome.ca](mailto:info@baycrestathome.ca) and provide your name, email, telephone number and let them know you are with the Tillsonburg Senior Centre. If you prefer to call, the phone is 647-567-4663. You can also provide optional additional information including caregiver name, relationship to client and contact info, client functional needs, technical proficiency, and which device you'll be using. They will respond back to you with your login credentials.

#### **With Assistance:**

Alternatively, we can help you receive your login credentials. We have a referral form here at the office. Stop in and see us to receive one. Once the form is completed, we will send it to Baycrest and together decide the best way for you to receive the information to be able to login.

### **PROGRAM OPTIONS**

At the centre, you will find a few copies of the programs offered posted. To save a few trees, we did not include it in this newsletter. The list has been attached in an email as well.

**IF YOU HAVE ANY QUESTIONS, PLEASE  
GET IN TOUCH WITH VICTORIA!**

**519-688-2520 Ext 4241 ~ [victoriaprogramcoordinator@gmail.com](mailto:victoriaprogramcoordinator@gmail.com)**

# 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 pm) and our staff will be happy to help!



# Easy is always on hand.

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



CALL US TODAY!

Get your **FREE** Menu  
1-877-545-5577

[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

\*Some conditions may apply.



We accept Veteran Affairs Allowances  
and offer Special Diet Options



# Tasting Event with

# HEART TO HOME MEALS



DELICIOUS MEALS MADE FOR SENIORS™

**ADMISSION:  
DONATION TO THE  
TILLSONBURG SENIOR CENTRE**

**Tuesday, May 14th  
at 1:30pm**

## On the Menu:

*Register by May 7th*

### Soups:

- Cream of Leek and Potato
- Chicken and Rice

### Desserts:

- Chocolate Mousse Cake
- Carrot Cake
- Butter Tart

### Meals:

- Country Chicken
- Meatballs in Mushroom sauce
- Chicken Teriyaki





# VICTORIA'S LEISURE LOWDOWN



Thank you to everyone who has made my time here so much fun! I have enjoyed getting to know everyone and I hope I was able to keep everyone engaged with some new and different programs and classes.

I hope that the Links2Wellbeing program and Men's Shed can continue with enthusiasm. It has been great to see new people trying and joining different activities through some of these initiatives.

Thank you to Nancy for welcoming me into the centre and providing me with knowledge and guidance to serve the membership here at the Tillsonburg Senior Centre.

While I am excited for this new adventure, I will miss this centre and I am grateful for the time I was able to spend here and the experience I gained with all of you.

There are some new classes and programs set to begin this month including Beginner Square Dancing and Scrapbooking. I hope many are able to attend the Heart to Home Meals Tasting Event as well!

## PROGRAM HIGHLIGHTS

**Heart to Home Meals Tasting Event** - Tuesday, May 14th at 1:30pm. Our generous sponsor of both the Auditorium and Men's Shed Program will be coming to present a tasting event. You'll get to sample a few soups, mains, and desserts. Admission is a donation to the centre. Please register by May 7th.

**Genealogy** - On May 13th and 27th, we'll be having drop-in Genealogy sessions. Open to both members and non-members, we hope everyone can learn from one another, share discoveries, and build their history.

**Qigong** - For May and June, Qigong will be a drop-in program from 11:15 to 12:15 on Wednesdays. We hope everyone can continue building their skills and knowledge.

**Armchair Travel** - We have Armchair Travel scheduled for Friday, May 31st. Bill Collins will share about his visit to both Florida and Georgia. Join us at 1pm. Members - \$2.50 and Non-Members - \$4.50

**Men's Shed** - May 14th - Meeting at 12:30 followed by Heart to Home Meals Tasting Event  
May 28th - 10:30am - Meeting and Presentation

## NEW CLASSES

**FUNctional Fitness** - We had a great turnout for our trial class and have scheduled our first session for May 1st to 29th from 9:00 to 10:00am. For the month, Members - \$15 and Non-Members - \$25. Cardio, strength, and, stretching are including in this class.

**50+ Bootcamp** - We have our Free Trial class scheduled for Tuesday, May 7th from 9:30 to 10:30am. If interest allows, our first session will start May 14th to 28th. Members - \$9 and Non-Members - \$15.

**Beginner Square Dancing** - Join us May 8th to June 26th from 2:30 to 4:00pm for our new Beginner Square Dancing classes! We're excited to get back to square dancing and hope to continue expanding the options! Members - \$60 and Non-Members - \$75

**Scrapbooking** - Come and work on your scrapbooking project, learn from others, and just be creative! Alternating Thursdays starting May 9th from 9:00 to 11:30am. Bring your own materials. Members - \$2.50 and Non-Members - \$4.50.

## BUS TRIPS

**Niagara on the Lake - Friday, June 14th**  
Join us for a day of shopping in Niarara and an optional theatre ticket to *My Fair Lady* at the Shaw Theatre. Lunch will be on your own. Dinner will be included at the Lake House Restaurant in Vineland Station.

**You can also opt to spend the afternoon at the Niagara Casino!**

Members - \$150

Non-Members - \$165

**Please pay by May 31st.**

**Winery and Brewery Tours in Norfolk County**

Includes:

12-16 samples (4 stops), lunch, light afternoon snacks, pick up and drop off at the Tillsonburg Senior Centre

**Brewery Tour - Wed. June 19th**

Register by May 1st

Members - \$240 Non-Members - \$255

**Winery Tour - Tuesday, July 16th**

Register by May 31st

Members - \$235 Non-Members - \$250

**Theatre in Stratford and the Farmer's Market and Heritage Hopper Train Ride in St. Jacob's are the two trips scheduled for the fall!**

## ONLINE PROGRAMMING - BAYCREST@HOME

A combination of live and on-demand programming is available to us until approximately June. All of the classes are completely free. You do need to register for an account ahead of time to participate. Now that we have a more reliable internet connection, we can also offer to have programs facilitated here if there is interest.

If you'd like to create an account, please get in touch and we will help you get set up. If there is any program that you'd like to see us host here, we can arrange to do that on the 2nd and 4th Friday of each month!

**Contact Information:** P: 519-688-2520 Ext 4241 E: victoriaprogramcoordinator@gmail.com



# Caregiving 101

## Dementia Skills Training for Family Caregivers

An interactive, virtual education series for family caregivers of persons living with dementia. This course equips you with tools, knowledge and skills to care with confidence.

### Series Includes:

- ✓ 8 Free lessons covering the fundamentals
- ✓ Led by Social Workers specializing in dementia care
- ✓ Caregiver supports and resources
- ✓ Connect with caregivers in similar situations

### Curriculum:

- ✓ What is Dementia?
- ✓ Home Safety
- ✓ Activities of Daily Living
- ✓ Caregiver Stress & Self-Care
- ✓ Challenging Behaviours
- ✓ Navigating the Healthcare System
- ✓ Coping with Grief & Loss

Register here: [info@baycrestathome.ca](mailto:info@baycrestathome.ca)  
or (647)-476-5663

**Community Services  
Recovery Fund**



Canadian  
Red Cross



COMMUNITY  
FOUNDATIONS  
OF CANADA



United Way  
Centraide  
Canada

Funded by the  
Government of Canada's  
Community Services Recovery Fund

**Canada**

## 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**

## 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!**

# Join us for a Tour through Norfolk County!

## Brewery Tour

**Wed, June 19th**

**Includes:**

**12 to 16 samples**

**Lunch**

**Light afternoon snacks**

**4 Breweries**

**\$240/members**

**\$255/non-members**

**Register by: May 15th**

## Winery Tour

**Tuesday, July 16th**

**Includes:**

**12 to 16 samples**

**Lunch**

**Light afternoon snacks**

**4 Wineries**

**\$235/members**

**\$250/non-members**

**Register by: May 31st**

# YOGA AND PILATES CLASSES

The following fitness classes are registered for in monthly session lengths. Members can reserve their spaces in classes ahead of time. Non-members need to pay for their space at the time of registration for their space to be reserved. You must pay for all classes in the session unless you register for the class after the start date. Credits are only given for missed classes due to medical reasons or class cancellations due to weather or instructor illness.

## HYBRID CHAIR YOGA

Join Kelly Spencer for a hybrid class - stay in the chair or move to the floor when you can. This class focuses on balance and postures that ultimately improve confidence and build on your muscle strength, flexibility, and balance capabilities.

Thursday at 1:15pm

Members - \$6.50/class

Non-Members - \$8.00/class



## ADAPTIVE

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 may have mobility issues yet want to reduce stiffness by activating the muscles and maintain range of motion in their joints. All levels and abilities are welcome to join this class!

Tuesday at 1:30pm

Members - \$6.50/class

Non-Members - \$8.00/class



## RESTORATIVE YOGA

Restorative Yoga is a gentle and slow-paced type of yoga that focuses on relaxation and restoration of your mind, body, and spirit. In this class you will find yourself holding poses for longer periods of time with the help of props to support you.

Tuesday and Thursday at 3:00pm

Members - \$6.50/class

Non-Members - \$8.00/class

## RISE AND SHINE YOGA

Join Dawn and start your day with a gentle, thorough yoga flow that awakens your senses and gets the juices flowing! You will encourage circulation in the muscles and train the breath for the day ahead. Expect guided visualizations that will bring you to full equilibrium and a meditation to finish the session.

Wednesday at 9:15am

Members - \$6.50/class

Non-Members - \$8.00/class

## PILATES CLASSES

This comprehensive class offers a range of core strengthening sequences with lots of variations and props to make it accessible for every body. Improve your strength and balance and leave feeling energized!

Tuesday at 9:15am

Members - \$6.50/class Non-Members - \$8/class



## YOGALATES

Yogalates is a unique fusion of Yoga and Pilates creating a workout that increases core strength and improves posture. Increase your flexibility and reduce stiffness while learning breathing techniques and meditation practices to create ease in your everyday life.

Friday at 9:15am

Members - \$6.50/class

Non-Members - \$8.00/class



## BASEBALL LEAGUE

Our teams representing the Tillsonburg Senior Centre will play games in Ingersoll, Stratford, and Woodstock. The recreational league is convened by Southgate Centre. Games and practices are Tuesday mornings. Specific rules in place for safety including type of ball, sliding, runners, and home plate. Teams are co-ed. Participants must have a membership. New players always welcome!

Tuesday Mornings - Mid May to September

Members - \$45

Non-Members - \$45 plus membership

# FITNESS CLASSES

The following fitness classes are registered for in monthly or pre-determined session lengths. Members can reserve their spaces in classes ahead of time. Non-members need to pay for their space at the time of registration for their space to be reserved. You must pay for all classes in the session unless you register for the class after the start date. Credits are only given for missed classes due to medical reasons or class cancellations due to weather or instructor illness.

## CHAIR FITNESS



This low intensity workout combines cardio, strength and flexibility, all modified to a seated position. Perfect for those just starting an exercise routine, those with balance issues, recovering from an injury, or surgery or anyone who needs a lower intensity workout. Participants use a resistance band in this class. Some participants may also exercise standing up using the chair as a balance aid.

Monday at 10:00am and Friday at 9:45am

Members - \$3.00/class Non-Members - \$5.00/class

## ZUMBA GOLD®

Zumba Gold is a low impact dance and fitness focused class that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, and Rock n' Roll with easy-to-follow moves. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave feeling strong and empowered.

Wednesday at 10:00am

Members - \$3.00/class

Non-Members - \$5.00/class



## DRUM FIT

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

Wednesday at 1:30pm

Members - \$3.00/class

Non-Members - \$5.00/class

## LINE DANCING

Line dancing is a popular means of socializing, sharpening one's memory and keeping fit. Join the beginners class to learn the basic fundamentals of line dancing at a pace suited for the first-time dancer. Or join the Advanced class for a faster paced class. Great friends and good music make the upbeat hour go by fast!

Thursday at 9:30am

Members - \$3.00/class

Non-Members - \$5.00/class

**NEW**

## FUNCTIONAL FITNESS

Once you've got the basics, join us for this faster-paced Line Dancing class. You get to exercise without even realizing your exercising! Great friends and good music make the upbeat hour go by fast!

Wednesday at 9:00am

Members - \$3.00/class

Non-Members - \$5.00/class

**NEW**

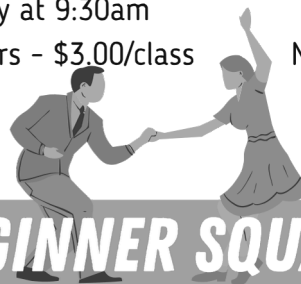
## 50+ BOOTCAMP FITNESS

Once you've got the basics, join us for this faster-paced Line Dancing class. You get to exercise without even realizing your exercising! Great friends and good music make the upbeat hour go by fast!

Tuesday at 9:30am

Members - \$3.00/class

Non-Members - \$5.00/class



## BEGINNER SQUARE DANCING

Engaging in a fun square dance routine can improve your memory and concentration. Square dancing can be performed to a variety of music depending on your comfort level. This type of dance can also boost cardiovascular health. Practicing repetitive movements increases the heart rate and supports healthy blood flow to the body. Perfect for beginners!

Wednesday, May 8th to June 26th from 2:30 to 4pm

Members - \$60/8 weeks

Non-Members - \$75/8 weeks

# FITNESS AND WELLNESS CLASSES

The following fitness classes are registered for in a pre-determined set of weeks. Members can reserve their spaces in classes ahead of time. Non-members need to pay for their space at the time of registration for their space to be reserved. You must pay for all classes in the session unless you register for the class after the start date. Credits are only given for missed classes due to medical reasons or class cancellations due to weather or instructor illness.

## TAI CHI



Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm, refreshed and energized with this exercise 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 in this 8-week session.

Tuesday at 10:00am - Next Session: September 2024  
Members - \$40.00      Non-Members - \$56.00

## QIGONG CLASSES

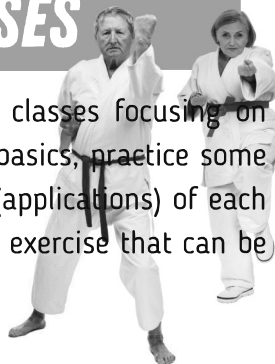
Qigong is an ancient Chinese energy art using movement, breath, self-massage, and meditation to get the healing juices flowing. This holistic energy practice benefits flexibility, mobility, balance, sleep, arthritis, blood pressure, lungs, posture, stamina, strength, and much more when done as recommended. We'll be pausing formal classes for the summer, but instead doing drop-in sessions. Classes will resume in the fall.

Wednesday - Level 1 and 2 Drop-In Practice - 11:15am  
Next Instructional Session - September 2024  
Members - \$2.50      Non-Members - \$4.50

## KARATE CLASSES

Hi-Yah! That's right, we have karate classes focusing on the basics of self-defense. Learn the basics, practice some kata (forms), and explore the bunkai (applications) of each movement. Karate is a very adaptable exercise that can be modified for everyone to participate.

Returning in September 2024  
Members - \$40.00      Non-Members - \$56.00



## BAYCREST@HOME

If you are not able to make it to the Tillsonburg Senior Centre due to illness or transportation or you want to supplement your current participation at the centre, we have a solution! We are working with Baycrest@Home to provide online programming for both participants and caregivers. Each morning you will receive an email with the live programming you can join in on plus you have access to all recorded content as well! Dance and music classes, fitness sessions, trivia and bingo, support groups, and many educational resources for caregivers. For access, please get in touch with Victoria.

**Let us know if you'd like to join in for any of the sessions as a group from the senior centre.**

Online until June 2024

Participation is FREE for everyone.

## NEW MEN'S SHED TILLSONBURG

We have started a Men's Shed here at the Tillsonburg Senior Centre. Let us know if you're interested in participating or even leading the group! We have two meetings scheduled for May. On May 14th, we will meet for about 30 minutes prior to our Heart to Home Meals Tasting Event. Then everyone can join in for the tasting. There is no set fee to attend, donations are welcome. Heart to Home Meals is our sponsor for this program! On May 28th, we will have a presentation and discussion with Ted Sanders on what to expect when you call for a Paramedic or the Fire Department. We'll meet at 10:30am. We do not want to see any financial or transportation barriers prevent someone from participating and gaining all the benefits of social inclusion.

If you know someone that could benefit from participation, please let us know and we will do our best to get them involved. They can also be prescribed through our social prescribing program to access additional funding assistance.

May Meeting Dates - May 14th and 28th

May 14th - Heart to Home Meals Tasting Event



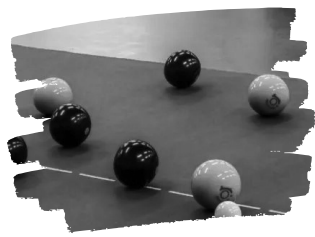
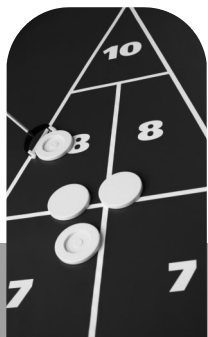
# DROP-IN FITNESS PROGRAMS

The following programs do not need to be pre-registered for. You can attend when you can. Each time you come, members pay \$2.50 and non-members \$4.50. You can add money to your digital wallet ahead of time and not worry about having cash on hand each time. These user fees include coffee, tea, and cookies.

## CARPET BOWLING

This is an enjoyable and safe game, suitable for all. This game provides a nice alternative to sports that rely on strength, agility and speed. New players are always welcome. Carpet Bowling is a team game with two or three persons on each team. The object of the game is for each team member to gently roll special biased bowling balls down a 30 ft. long carpet so that they stop as close as possible to the small white ball called the jack. The team that gets the closest to the jack scores points.

Monday at 9:00am and Wednesday at 1:00pm  
Members - \$2.50      Non-Members - \$4.50



## SHUFFLEBOARD

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

Monday and Thursday at 1:00pm  
Members - \$2.50      Non-Members - \$4.50

## BILLIARDS



Bring your friends out for a fun game. We have two tables that can be used throughout the week. Bring your own cue or use ours! Available anytime except during yoga classes.  
Members - \$2.50      Non-Members - \$4.50

## FLOOR CURL

Hurry! Hurry, head on out Monday afternoons for some Floor Curling! This game is played with four stones for each team and sticks to throw the rocks. The scoring is the same as traditional curling played on ice. No need to worry about slipping on ice or dressing warm.

Monday at 1:00pm - Returning in October 2024  
Members - \$2.50      Non-Members - \$4.50



## LAP WALKING

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

Tuesday at 8:30am  
Thursday at 8:30am  
Members - \$2.50  
Non-Members - \$4.50



## DARTS AND CORNHOLE

You're welcome to bring your own darts and bean bags or use what we have available here!

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

### Billiards Times

Monday - 8:30am to 4pm  
Tuesday - 10:30am to 1pm  
Wednesday - 10:45am to 4pm  
Thursday - 8:30am to 1pm  
Friday - 12 to 4pm

### Darts and Cornhole Times

Monday and Friday  
12:30 to 4:00pm



# CARD AND TABLE GAMES

The following programs do not need to be pre-registered for. You can attend when you can. Each time you come, members pay \$2.50 and non-members \$4.50. Beginners are always welcome. We will teach you how to play.

## HAND AND FOOT

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

Monday at 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 at 1:00pm

## WHOMP'EM

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

Tuesday at 1:00pm

## SOCIAL PRESCRIBING

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

## EUCHRE

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

Wednesday at 1:00pm



## BRIDGE

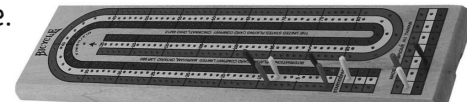
Bridge is a team trick-taking game played with a standard 52 card deck. The objective is to win as many games to 100 as possible. It is known to be the greatest source of enjoyment that four people can have with a pack of cards

Wednesday at 12:45pm

## 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 at 1:00pm



## FARKLE

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

Thursday at 9:30am



## BINGO

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

Friday at 1:00pm

# CREATIVE PROGRAMS

The following programs are a mix of drop-in sessions and activities that require pre-registration. For drop-in programs, members pay \$2.50 and non-members \$4.50 each time they attend. For programs requiring pre-registration, members can reserve their spaces in classes ahead of time. Non-members need to pay for their space at the time of registration for their space to be reserved. Credits are only given for missed classes due to medical reasons or class cancellations.

## ART CLUB

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

Wednesday at 9:00am

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



## QUILTING AND CRAFTING

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

Monday and Tuesday at 9:00am  
FREE Program



## SCRAPBOOKING

Bring in your materials and work on your own photo pages or cards while visiting and learning from others. As a new program, we will work toward providing some materials in the future. All levels are welcome.

Alternating Thursdays at 9:00am (May 9th and 23rd)  
Members - \$2.50 Non-Members - \$4.50

## KARAOKE

On the third 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!

3rd Friday of Each Month at 1:30pm

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



## UKULELE CLASSES

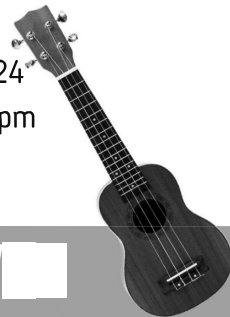
This class is for the absolute beginner who has never played an instrument before - no musical theory required! You will learn all the basics: the most commonly used chords, standard tuning, and simple strumming techniques. You need to have your own ukulele to participate in this 6-week course.

Next Session: Returning in September 2024

Level 1: 1:00-2:00pm Level 2: 2:15-3:15pm

Members - \$100.00

Non-Members - \$115.00



## CHOIR PRACTICE

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

Tuesday at 9:30am - Next Session: Sept 10 to Nov 26  
Please call us for more information on pricing as it does change each session according to the number of weeks included.



## BEGINNER GUITAR CIRCLE

Bring a guitar and learn how to play! John will teach you the basics and you'll be learning some songs in no time! No previous experience is needed! A manual is available to purchase for an additional fee.

Friday at 9:30am

September 13th to December 20th

Members - \$50 Non-Members - \$65



# EDUCATIONAL PROGRAMS

The following programs are a mix of drop-in sessions and activities that require pre-registration. For drop-in programs, members pay \$2.50 and non-members \$4.50 each time they attend. For programs requiring pre-registration, members can reserve their spaces in classes ahead of time. Non-members need to pay for their space at the time of registration for their space to be reserved.

## ARMCHAIR TRAVEL

Have you caught the travel bug? Join us each month to learn about a new destination and picture yourself enjoying the landscape, culture, and cuisine! If you've travelled recently and want to share your experience, we'd love to have you share with the group!

Last Friday of Each Month at 1pm

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



## TRIVIA CONTESTS

Come and put all that random knowledge to use with an afternoon of Trivia! We'll split in to pairs or teams depending on numbers and a few rounds of themed Trivia!

1st Friday of Each Month at 1:30pm

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

## TIME TRAVEL ADVENTURES

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

Monday at 1:00pm - Next Session: Sept. 9 to Dec. 9

Please call us for more information on pricing as it changes each session according to the number of weeks included.

## COOKING CLASSES

Check in each month to see what's on the menu! You'll start by watching and learning as Nancy prepares the featured menu item. We try to keep menu items nutritious and themed to the season. After you'll get to savour all the flavours as you enjoy the meal with friends!

Last Wednesday of Each Month at 11:00am

Members - \$14.00/class Non-Members - \$18.00/class

## SPANISH

This 6-week course (90min classes) taught by Ruth Blass will have you feeling more confident with basic conversational skills. The course is perfect for those travelling to a sunny destination this winter or perhaps volunteering with Spanish speaking individuals. This course includes a one-material fee for both Level 1 and 2. An additional material fee would need to be paid for Level 3 and 4.

Level 1: Returning in September 2024

Level 2: Returning in September 2024

Members - \$110.00/session

Non-Members - \$125.00/session

Material Fee - \$25.00



## TECHNOLOGY WORKSHOPS

We hope to be able to restart our Technology Workshops as soon as possible. Stay tuned for more information.

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



## GENEALOGY

Our formal session has concluded and we will transition to drop-in sessions. All are welcome to attend and work on their projects, share ideas, and learn more about Genealogy and local history.

If interest allows, we can look into another formal session in the fall months.

10am to 12pm

Monday, May 13th and 27th

Monday, June 10th and 24th

Monday, July 8th and 22nd

Members - \$2.50

Non-Members - \$4.50



# BUS TRIP OPPORTUNITIES

We have a few trips planned throughout the year. If you have an idea, let us know and we will see what we can do based on interest and timing.

All transportation is on a coach bus except the winery and brewery tours which a mini bus will be used (still more comfortable than a school bus!)

## NIAGARA-ON-THE-LAKE WITH OPTIONAL THEATRE TICKET TO MY FAIR LADY

Enjoy shopping in the heart of Niagara on the Lake on Queen Street or spend the afternoon at the Casino!. Choose your favourite lunch spot and maybe take an afternoon ice cream break! For those that would like to take in a show, tickets to *My Fair Lady* are available. The cost includes transportation and dinner at the Lake House Restaurant in Vineland Station.

**Friday, June 14th**

Leaving at 9:30am and returning around 9pm  
Members - \$150      Non-Members - \$160

**Payment due by May 31st**



## NORFOLK COUNTY BREWERY TOUR

This tour includes 4 stops at breweries throughout Norfolk County and 12-16 samples throughout the afternoon. Lunch and light afternoon snacks are provided. Spots are limited so please reserve your space as soon as possible.

**Wednesday, June 19th**

Departure and Arrival Times - ■■■■

Members - \$240      Non-Members - ■■■■

**Deposit due by May 1st - \$75**

**Final Payment due by June 1st**



## NORFOLK COUNTY WINERY TOUR

This tour includes 4 stops at wineries throughout Norfolk County and 12-16 samples throughout the afternoon. Lunch and light afternoon snacks are provided. Spots are limited so please reserve your space as soon as possible.

**Tuesday, July 16th**

Departure and Arrival Times - TBD

Members - \$235      Non-Members - \$250

**Deposit due by June 1st - \$75**

**Final Payment due by July 1st**



## ST. JACOB'S

Join us for a day at the St. Jacob's market. You'll get to enjoy lunch and some shopping on your own. Dinner at Anna Mae's is included. You can opt in to take a ride on the Waterloo Historical Rail Heritage Hopper train ride to travel through Woolwich Township and Waterloo Regions' famous Mennonite farm country on our historic rail line that has been in service since the 1880s. Sit back and relax as you travel through the picturesque countryside and beautiful farming landscape, we are so proud of.

**Thursday, September 26th**

Leaving at 10am and returning by 8pm

Members - \$115      Non-Members - \$135

Optional Train Ticket - \$25

**Deposit due by August 1st - \$50**

**Final Payment due by September 1st**



## STRATFORD THEATRE

This trip includes a bit of free time in Stratford, lunch at the Revival House restaurant, a ticket to see *London Assurance*, and a take-out dinner prepared by the theatre to enjoy on the bus ride back.

**Tuesday, October 22nd**

Leaving at 9am and returning by 6:30pm

Members - \$215      Non-Members - \$235

**Deposit due by September 1st - \$100**

**Final Payment due by October 1st**



## **Our top bowlers for APRIL**

**were:**

**WEDNESDAYS:** Hank Couwenberg (22), Ruby Withington & Brenda Darmon (10 each), and Graham Darmon & Diana May (8 each)

**MONDAYS:** Brenda Darmon (14), Hank Couwenberg (13) and Graham Darmon (12)

**Our top shufflers for April were (Thursday):**

**Bill Appleton (14), Dianne Low and Bill Dunsmore (12 each), and Tom Tracey, Helena Green & Melanie Gualtieri (11 each) and (Monday): Lyn Appleton (17), Tom Tracey (14), Dave M (13) and Dwayne D (10)**



## **FARKLE FUN**

**If you are looking for the most fun that you can have in two hours for a toonie, then Farkle is the game for you. Don't be shy, drop by and check us out on Thursday mornings from 9:30am – 11:30.**

**April's top accumulated attendance points leader was Louise Ross with a total of 101 points since September.**

**Edward Eley is leading with 80150 accumulated high score points.**

**Jan Siemans has accumulated 260 Farkles.**

**The total number of Farkles for our 14 players since September is 2111. That is an average of 62 Farkles per game.**

**The total number of Skunks (less than 5000 points in a single game) is 11.**



**HomeCare Haven**  
*Lauren Slingerland*  
 CALL OR EMAIL FOR A FREE CONSULTATION  
 AT 226-228-2926 OR  
 HOMECAREHAVEN2023@GMAIL.COM

**Available services:**

- Housekeeping services
- Palliative care
- Respite care
- Shopping/transportation
- Food preparation
- Assistance with medications
- Companionship
- Personal care



## PSW/Nurse Support Available

We offer assistance with:

- personal care
- light meal prep
- light housekeeping
- respite or companionship
- 24h care
- palliative care
- monthly vitals
- general wellness checks

If you are looking for assistance, please contact us by phone or email at:

Phone: 519-717-6579

Email: [nbender@circleofcaretillsonburg.com](mailto:nbender@circleofcaretillsonburg.com)

## Home Assistance for Seniors

I'm Tracey, a qualified PSW/RPN offering assistance with:  
 bathing and dressing,  
 light house work,  
 overnight stays  
 light meal prep  
 errands and more



For information call me at  
 519.842.0926

## GriefShare Recovery & Support Group

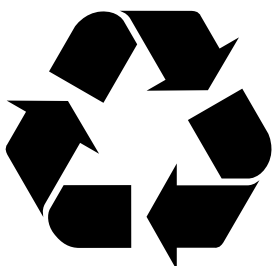
Have you lost a loved one or do you know someone who has? There's no need to feel alone in the journey of grief. There is help through GriefShare.

GriefShare offers support, insight and advice for healing.  
 Meet with caring facilitators and others who understand your grief journey, and make new friends.

Next group starts March 21 at 7pm, Bethel Church, 269 Quarter Town Line, Tillsonburg. Register at [www.bethelpc.ca/griefshare](http://www.bethelpc.ca/griefshare) or call Terry Williams at 519-842-9401



**Mask wearing is now voluntary here, but we are in cold and flu season. Please respect others' choices, and please refrain from visiting if you are unwell or if you test positive for Covid-19**



**Please recycle this  
 newsletter**

# THANK-YOU, SILENT AUCTION DONORS <sup>16</sup>

Thanks to everyone who donated toward our silent auction this month:  
Thanks to Gary & Joan Johnson, Donna Lonsway, Dianne Low, Marcia Toth and to those who also donated but wish to remain anonymous.

## Community Corner

**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. Learn more at [cssontario.ca](http://cssontario.ca) #SupportedAtHome.**

**ACCESS YOUR HEALTH RECORDS!**



ConnectMyHealth is a secure patient portal that allows you to view your health information from many healthcare facilities in **southwestern Ontario** in one, consolidated view, and there is no cost to use it.



To learn more and register today, visit [info.ConnectMyHealth.ca](http://info.ConnectMyHealth.ca) or scan:



ConnectMyHealth is made possible through a collaboration between Hamilton Health Sciences, Ontario Health, and your local Ontario Health Team.



Coming to a community near you!

**MOBILE DENTAL CLINIC**

Our wheelchair accessible mobile dental clinic serves seniors who qualify for the Ontario Seniors Dental Care Program.  
[www.swpublichealth.ca/mobileclinic](http://www.swpublichealth.ca/mobileclinic)  
or call 1-800-922-0096.

# SOCIAL PRESCRIBING



Links2Wellbeing  
social prescribing for older adults



Alliance for Healthier Communities  
Advancing Health Equity in Ontario

**OACAO**  
The Voice of Older Adult Centres  
La voix des centres pour aînés

We have teamed up with the OACAO and the Alliance for Healthier Communities on a social prescribing project – Links2Wellbeing! We have delivered packages to close to 45 healthcare providers to allow them to prescribe older adults to activities and programs here at the senior centre. Financial assistance is available to help with registration and transportation costs. If you know any healthcare providers that would like to take part, please let us know so we can bring them on board. And if you know any older adults that would benefit from participation, please encourage them to ask their healthcare team for a referral! We have already started receiving referrals and look forward to welcoming new members to the centre and in our programs!

## What is Social Prescribing?

Social prescribing uses the familiar, trusted process of writing a prescription to refer patients to local, non-clinical services that empower them to improve their health and build invaluable connections within their community.

In doing so, social prescribing:



Gives a structured pathway for healthcare providers to address the **social determinants of health**.



Bridges the gap between **clinical** and **social care**



Empowers people to be **co-creators** in improving their own health and wellbeing

## How does social prescribing work?

A healthcare worker sees a need and refers the patient to a link worker



The link worker connects with the individual to understand their needs and interests



The link worker connects the patient to a wide range of community supports and follows up

## Why is Social Prescribing Needed?

The effect of social isolation on mortality is comparable to that of other risk factors such as smoking, obesity, and physical inactivity, according to research from the WHO.

Addressing the social determinants of health (political, socioeconomic, cultural factors) is crucial to an individual's well-being.

**80%** of an individual's health are related to the social determinants of health

**47%** of socially disconnected older adults rate themselves as being less healthy overall

The echo pandemic of COVID-19 restrictions means that experiences of social isolation are common. Throughout the pandemic, in Canada:

 **43%** showed symptoms of moderate to high depression

 **54%** say their mental health has worsened



# MOVING TO DROP-IN SESSIONS...

## LOOKING FOR YOUR ANCESTORS GENEALOGY GROUP

Get together with others gathering information on their family history! Connect, ask questions, and work together to collect the information you're curious about!

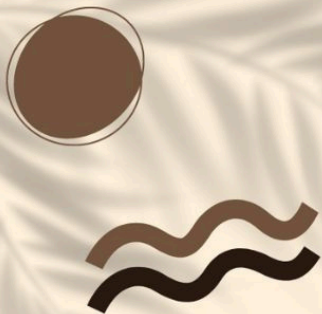
### When:

Monday, May 13th and 27th

Monday, June 10th and 24th

Monday, July 8th and 22nd

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



## QIGONG CLUB

STARTING WEDNESDAY, MAY 8TH

11:15AM TO 12:15PM

**COME OUT AND PRACTICE WHAT YOU'VE LEARNED SO FAR!  
OPEN TO BOTH LEVEL 1 AND 2 PARTICIPANTS!**

**MEMBERS - \$2.50**

**NON-MEMBERS - \$4.50**



# WELCOME

## A HEARTY WELCOME TO OUR NEW MEMBERS:

Gerry Hogeveen, Gerge Desplenter, Shirley McDermot, Sue Turner, Evelyn Ambo, Dawn MacKenzie, Jim Abbey, Shannon Nikin, Murray Cornwall, Loree Martyn, John Brian Massecar, Joan Smith, Stephanie Lounsbury, Alfred Guidolin and Melanie Cornwell



### REMINDER

*You might be due for routine cancer screening.*

#### When to get screened:

**Breast Cancer**  
Every 2 years between ages 50-74.

**Cervical Cancer**  
Every 3 years between ages 25-70 if you have a cervix and you are or have ever been sexually active.

**Colorectal Cancer**  
Every 2 years between ages 50-74.

#### How to get screened:

To learn how to book each type of screening appointment or for more information, visit [www.oxfordoht.ca/cancer-screening](http://www.oxfordoht.ca/cancer-screening) or scan the QR code.



Thank you!

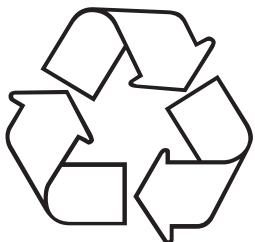
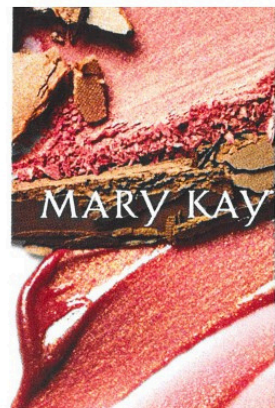
Thanks to Dana Nesplic for sponsoring the goodie bags for our Mother's Day card-making workshop!

Dana Nesplic  
Independent Beauty Consultant

61 Dereham Drive  
Tillsonburg, Ontario Canada  
519-983-6946

[dananesplic@yahoo.ca](mailto:dananesplic@yahoo.ca)  
[www.marykay.ca/dnesplic](http://www.marykay.ca/dnesplic)

Enriching Women's Lives™



**Please recycle this newsletter after reading!**

# *In Memoriam*

**No longer by our side, but forever in our hearts:  
Gerry Wilhelm, Liz Lessif, Toni Keuls**

**If you know of a member who has passed away and you'd like us to include them in our In Memoriam section, please supply the member's name to us no later than the second-last day of the month for inclusion in the next newsletter**

## *Mother's Day Card Making Event*

**Join us Friday, May 10 at 1 pm for an afternoon of card-making, refreshments and fun! Cost is \$30/members, \$40 non-members and includes a card-making kit (15 cards), all supplies, refreshments and a goodie bag with \$10 Mary Kay gift certificate and sample size hand cream.**

**Register by Friday, May 3**



*happy*  
**Mother's  
Day**

We're in the beginning stages of getting started!

Tillsonburg Senior Centre  
45 Hardy Avenue  
Tillsonburg N4G 3W9



# JOIN OUR MEN'S SHED



As the group forms,  
activities and plans will be decided by  
the interests of the participants.

AGES 50+

## Why Participate?

- Enjoy activities you love and discover new hobbies and interests
- Make new friends
- Be involved in your community
- Opportunity to share your knowledge and skills and learn from others
- Be in a place you can be comfortable being yourself
- Experience support to enhance your mental health
- Reduce isolation with new relationships and activities

## Upcoming Dates

May 14th at 12:30pm

Meeting followed by

*Heart to Home Meals Tasting Event*

Please register by Tuesday, May 7th

May 28th at 10:30am

Meeting and Presentation

Please register by Thursday, May 23rd



Call or Email to let us know you're interested!



519-688-2520

[links2wellbeingtillsonburg@gmail.com](mailto:links2wellbeingtillsonburg@gmail.com)

# COME AND TRY 2 NEW FITNESS CLASSES

## FUNctional Fitness

Group exercise classes specifically designed for individuals who are 50+. Classes include low impact, moderate-intense aerobics, as well as strength, balance, and flexibility exercises that promote functional skills and assist in activities of daily living.

**FREE Try It Class -  
Wednesday, April 24th at 9am**

**Classes will run in monthly  
sessions starting May 1st**



**REGISTER AT  
THE OFFICE!**

## 50+ Bootcamp

Group exercise classes specifically designed for individual who are 50+ and wish to increase their muscular strength and endurance. Classes are taught in a friendly boot camp style format.

**FREE Try It Class -  
Tuesday, May 7th at 9:30am**

**Classes will run in monthly  
sessions starting May 14th**



## TIME TRAVEL ADVENTURES

**2024 HISTORY TOPICS**

**May 7**

**Globalization: The New Silk Roads**

**Join Deward Yates on May 7 to explore the implication of Chinese policies, the impact of Covid-19 on World Trade, the impact of the Russia/Ukraine conflict, and global trade/world shipping.**



# Annual General Meeting

Thursday, May 23

1:30 pm

Sr. Centre Auditorium

**All members are invited to our AGM for fiscal year 2023.**

**Join us as we vote on changes to our bylaws and articles of incorporation designed to bring us into compliance with ONCA, receive annual reports, elect Board members and discuss the audited financials for 2023.**

**Pick up agendas and materials in hard copy at the Centre, or download and print at home from our website: [www.tillsonburgseniorcentre.com](http://www.tillsonburgseniorcentre.com)**

**Have questions for the Board? Please submit questions to Nancy at the office by end of day on Friday, May 17.**

**This June, show  
us your**

**PRIDE**

**JOIN US ALL MONTH LONG AS WE  
CELEBRATE AND EDUCATE!**

**ALL MONTH LONG:**

**Wear your pride on your  
sleeve by dressing in the  
rainbow to show your  
solidarity, and don't forget to  
pick up your free Pride swag  
at the office!**

**Pronouns 101:**

**Do you find pronouns confusing? Not  
sure what they mean, how to use them  
properly or why it's even a concern?  
Join Tami Murray, President of Oxford  
Pride who will explain why pronouns  
matter! June 14, 1:30 pm**



## ***DROP-IN PROGRAMS:***

### ***BILLIARDS***



Monday - 8:30am to 4:00pm  
Tuesday - 10:30am to 1:00pm  
Wed - 10:45am to 4:00pm  
Thursday - 8:30am to 1:00pm  
Friday - 12:00 to 4:00pm

### ***DARTS AND CORNHOLE***

Monday and Friday  
12:30 to 4:00pm



***PLEASE DO NOT  
ENTER THE  
BASEMENT WHEN  
YOGA CLASSES  
ARE IN PROGRESS***

# ***ARMCHAIR TRAVEL***

**Friday, May 31st at 1:00pm**

**Join a *peachy* Bill Collins for a  
*sunny* visit to the states of  
Florida and Georgia!**

**Members - \$2.50**

**Non-Members - \$4.50**





# SCRAP BOOK CLUB

**BRING YOUR OWN MATERIALS**  
**DROP-IN MEMBERS - \$2.50**  
**NON-MEMBERS - \$4.50**



**ALTERNATING THURSDAY MORNINGS 9 TO 11:30AM STARTING MAY 9TH**



# BEGINNER SQUARE DANCING



**WEDNESDAYS 2:30-4PM**

**MAY 8TH TO JUNE 26TH**

**MEMBERS - \$60**  
**NON-MEMBERS - \$75**