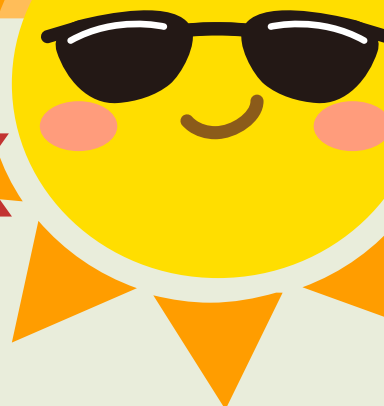


JULY & AUGUST 2024

Tillsonburg Senior Centre

The Leisure Link

www.tillsonburgseniorcentre.com



In This Issue...

Top Scores

New & Returning Fall Programs

Special Events

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





npuhr@tillsonburgseniorcentre.com



www.facebook.com/tillsonburgseniorcentre



JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  CLOSED CANADA DAY 519-688-2520	2 Lap Walking 8:30 Quilting and Crafts 9:00 Pilates 9:15 Bid Euchre 1:00 Whomp'em 1:00	3 Art Club 9:00 FUNctional Fitness 9:00 Rise & Shine Yoga 9:15 No Chair Qigong Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:30	4 Lap Walking 8:30 Farkle 9:30 Cribbage 1:00 Shuffleboard 1:00 Restorative Yoga 3:00	5 Pilates Plus 9:15 Chair Fitness 9:45 Free Throw Fridays 1:00 Bingo 1:00 TRIVIA 1:30
8 Quilting and Crafts 9:00 Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00	9 Lap Walking 8:30 Quilting and Crafts 9:00 Pilates 9:30 Men's Shed 11:00 Bid Euchre 1:00 Whomp'em 1:00 Chess 1:30	10 Art Club 9:00 FUNctional Fitness 9:00 Rise & Shine Yoga 9:15 Chair Qigong 11:15 Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:30	11 Lap Walking 8:30 Farkle 9:30 Cribbage 1:00 Shuffleboard 1:00 Restorative Yoga 3:00	12 Pilates Plus 9:15 Chair Fitness 9:45 Free Throw Fridays 1:00 Bingo 1:00
15 Local Author Visit 11am-1pm  Quilting and Crafts 9:00 Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00	16 Lap Walking 8:30 Quilting and Crafts 9:00 Pilates 9:15 Bid Euchre 1:00 Whomp'em 1:00 Chess 1:30	17 Art Club 9:00 FUNctional Fitness 9:00 Rise & Shine Yoga 9:15 Chair Qigong 11:15 Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:30	18 Blood Pressure Clinic 10am-12pm Lap Walking 8:30 Farkle 9:30 Cribbage 1:00 Shuffleboard 1:00 Restorative Yoga 3:00	19 NO PILATES PLUS Chair Fitness 9:45 Free Throw Fridays 1:00 Bingo 1:00 KARAOKE 1:30
22 Quilting and Crafts 9:00 Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00	23 Lap Walking 8:30 Quilting and Crafts 9:00 Pilates 9:30 Men's Shed 11:00 Bid Euchre 1:00 Whomp'em 1:00 Chess 1:30	24 Art Club 9:00 FUNctional Fitness 9:00 Rise & Shine Yoga 9:15 Chair Qigong 11:15 Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:30	25 Lap Walking 8:30 Farkle 9:30 Cribbage 1:00 Shuffleboard 1:00 Restorative Yoga 3:00	26 Pilates Plus 9:15 Chair Fitness 9:45 Free Throw Fridays 1:00 Bingo 1:00
29 Quilting and Crafts 9:00 Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00	30 Lap Walking 8:30 Quilting and Crafts 9:00 Pilates 9:15 Bid Euchre 1:00 Whomp'em 1:00 Chess 1:30	31 Art Club 9:00 FUNctional Fitness 9:00 Rise & Shine Yoga 9:15 Chair Qigong 11:15 Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:30	Billiards Tables are available: Monday - All Day Tuesday - 10:30am to 4pm Wednesday - 12:00 to 4pm Thursday - 8:30am to 3pm Friday - 10:30am to 3:30pm FREE Blood Pressure Clinic Thursday, July 18th 10am to 12pm	



2024

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Tables are available: Monday - All Day Tuesday - 10:30am to 4pm Wednesday - 12 to 4pm Thursday - 8:30am to 4pm Friday - 10:30am to 4pm	FREE Blood Pressure Clinic Thursday, August 15th 10am to 12pm		1 Lap Walking 8:30 Farkle 9:30 Cribbage 1:00 Shuffleboard 1:00	2 Pilates Plus 9:15 Chair Fitness 9:45 Free Throw Fridays 1:00 Bingo 1:00 TRIVIA 1:30
5 CLOSED CIVIC HOLIDAY 519-688-2520	6 Lap Walking 8:30 Quitting and Crafts 9:00 Pilates 9:15 Men's' Shed 11:00 Bid Euchre 1:00 Whomp'em 1:00	7 Art Club 9:00 FUNCTIONal Fitness 9:00 Rise & Shine Yoga 9:15 Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:30	8 Lap Walking 8:30 Farkle 9:30 Cribbage 1:00 Shuffleboard 1:00	9 Pilates Plus 9:15 Chair Fitness 9:45 Free Throw Fridays 1:00 Bingo 1:00
12 Quitting and Crafts 9:00 Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00	13 Lap Walking 8:30 Quitting and Crafts 9:00 Pilates 9:15 Bid Euchre 1:00 Whomp'em 1:00	14 Art Club 9:00 FUNCTIONal Fitness 9:00 Rise & Shine Yoga 9:15 Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:30	15 Lap Walking 8:30 Farkle 9:30 Cribbage 1:00 Shuffleboard 1:00 Blood Pressure Clinic 10am-12pm	16 Pilates Plus 9:15 Chair Fitness 9:45 Free Throw Fridays 1:00 Bingo 1:00 KARAOKE 1:30
19 Quitting and Crafts 9:00 Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00	20 Lap Walking 8:30 Quitting and Crafts 9:00 Pilates 9:15 Men's shed 11:00 Bid Euchre 1:00 Whomp'em 1:00	21 Art Club 9:00 FUNCTIONal Fitness 9:00 Rise & Shine Yoga 9:15 Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:30	22 Lap Walking 8:30 Farkle 9:30 Cribbage 1:00 Shuffleboard 1:00	23 Pilates Plus 9:15 Chair Fitness 9:45 Free Throw Fridays 1:00 Bingo 1:00
26 Quitting and Crafts 9:00 Carpet Bowling 9:00 Chair Fitness 10:00 Hand & Foot 1:00 Shuffleboard 1:00	27 Lap Walking 8:30 Quitting and Crafts 9:00 NO Pilates 9:15 Bid Euchre 1:00 Whomp'em 1:00	28 Art Club 9:00 FUNCTIONal Fitness 9:00 NO Rise & Shine Yoga 9:15 Bridge 12:45 Euchre 1:00 Carpet Bowling 1:00 Drum Fit 1:30	29 Lap Walking 8:30 Farkle 9:30 Cribbage 1:00 Shuffleboard 1:00	30 NO Pilates Plus 9:45 Chair Fitness 1:00 Free Throw Fridays 1:00 Bingo



Robin-Leigh's Summer Leisure Lowdown

Chair Fitness Classes

"Age is just a number, it's how you feel,"

Alan Wilson -Peterborough

The Chair Fitness classes offer an option to those with some mobility issues. These classes offer a fun way to strengthen your muscles and work on your flexibility!

Chair Fitness

Monday 10:00 am

Friday 1:00 pm



Strategy Games

Being social is an important part of our human nature. Billiards, and Shuffle Board offer socialization, physical activity, and mental stimulation. These games also work on hand / eye coordination and decision making skills.

Shuffleboard

Monday & Thursday 1:00 pm

Billiards

Monday all day

Tuesday 10:30am - 1:00p pm

Wednesday 12:00 - 4:00 pm

Thursday 8:30 am - 1:00 pm

Friday 10:30 am - 4:00 pm



About three-quarters of men and women aged 65 and over engaged in active pursuits such as exercising, socializing and using technology

Are your friends and neighbours socially active?

In 2022, 39% of the Canadian population was aged 50 and over

Quilting and Crafts

Crafts and quilting offer a chance to work on fine motor skills, socialization, and assist with mental focus. Being creative also assists with stress relief and calms the mind.

Quilting and Crafts

Monday and Tuesday -9:00 am

Craft Club

Wednesday - 9:00 am

The best way to reduce isolation is to help seniors get out of their homes and into the community.



Hello, and welcome regular and new members to the Centre. For all new members, it is hoped that your time spent with us will reward you, meet all the new friends, and enjoy all the programs that you participate in. Our friendly office staff - Program Coordinator Robin Leigh, and Administrator Nancy, along with Natalie (who has rejoined us for the summer) are always happy to show you our facility and introduce you to programs that take place. With the weather as unbearable as it has been this past week, please remember to stay hydrated and keep cool.

Robin Leigh has made plans for a bus trip to the Stratford Festival Theatre to see the play "Something Rotten." The day includes a boat tour and lunch. Bus pickup is 10:30am at the Senior Centre. For more info on the bus trip, contact either Robin Leigh or Nancy at the office. If you haven't heard already, we have a new bride in our midst. Admin. Nancy was married on June 1st. Congrats to Nancy and Walter.

Let us look at some facts about the month of July. July was named after the famous Roman general Julius Caesar by the Roman Senate. The month of July was previously called QUINTILIS (Latin for fifth). The ancient Roman calendar only had 10 months. As the 2nd month of Summer, July on average is the warmest month of the year in the northern hemisphere. They sure missed the mark on this year! We'll say that the latter part of June has been sweltering. Early July has the moniker of being called the "dog days of summer." Historically, they were observed within Ancient Roman & Greek astrology and were connected with bad luck, mad dog attacks, unexpected thunderstorms, heat and drought. "dog days" is connected to the star SIRIUS which is part of the Canis Major (Greater Dog) star system.

July 6, 1885 was when the French microbiologist Louis Pasteur administered the 1st successful rabies vaccine to a 9yr old boy who had been bitten by a rabid dog.

July 5th, 1946 - the world's first bikini was unveiled in the famous Piscine Molitor swimming pool in Paris, France just in time for the summer.

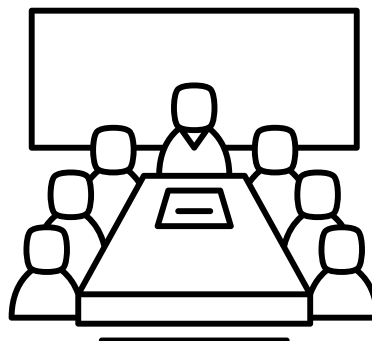
July 25th 1909 - Louis Bleriot became the 1st man to fly an aircraft from one country to another successfully, taking off from the coast of France and landing across the channel near Dover, England.

July was an important time for the space race of the 60's. July 16, 1969 - Apollo 11 had the 1st crewed mission to the moon. July 20, 1969 - Neil Armstrong made history by taking the 1st step on the Moon while declaring, "That's one small step for man, one great leap for mankind!" July 16, 1945 - It was on this day in Alamogordo, New Mexico, that the 1st Atomic Bomb was detonated. The bomb was called "FAT BOY"- the mushroom cloud was 41,000 feet (12.5kilometers) high! Now you know the reason for not liking the month of July. It's hot, and it's uncomfortable, but that's just how summer is! Look at it this way - the year is halfway over already!

Enjoy your summer and remember to stay cool and above all stay hydrated. Until next we meet. HAPPY CANADA JULY 1ST!

Terry Fleming - Board Chair

YOUR BOARD OF DIRECTORS



Terry Fleming - President
Carlton Ross - Treasurer
Susan Charby - Secretary
Karen Smith - Director
Helen Thompson - Director
Joan Skelton - Director
Crystal Getty - Director
Joanna LeBlanc - Director
Linda McGaughey - Director
Dorothy Hrischenko - Director

A note from Nancy ...

As we start another month here at the Centre, we do so with a holiday - Canada Day - on July 1! The Centre will be closed that day to allow us to celebrate what being Canadian means to us. I hope all of you have an opportunity to do something fun that day, and to reflect on the many blessings that we, as Canadians, have to count.

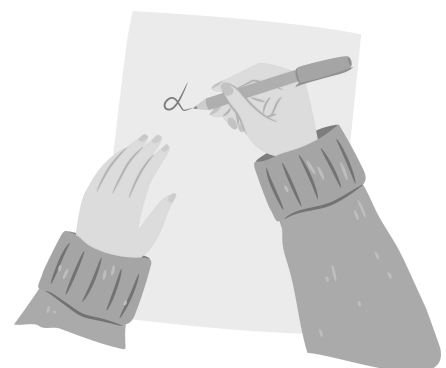
This month will be an unusual one for me as when I depart July 5 for some holidays, I won't be back until the fall, and when I do come back, I will officially be old enough to be a member here! Yep, folks, as of this September, yours truly will have joined the ranks of those in their fabulous 50s. While some people might find that number jarring, I'm choosing to celebrate it. As the saying goes, age is just a number, and youthfulness a state of mind. And these days, I'm feeling pretty youthful, so I'm sticking with that mindset for as long as I can!!

As for my prolonged absence from the place that's been my home away from home for the last 13 years, I'd like to say that I'm flying the coop to an exotic locale, but alas -- I'll be spending the balance of the summer resting up after some surgery. Interestingly, of all the things that could be making my brain work overtime in this situation, it's not the surgery that's stressing me out....It's the recovery! As someone who is not genetically wired to sit still for very long, I can honestly say that I'm looking at the events of this summer with some trepidation.

Even in my 'down time' I've always been a person who likes to be busy, and I never have difficulty finding household or backyard projects to occupy my time, or friends and family members to spend time with. To suddenly be facing a chunk of time where not only will I be unable to do all the things I normally like to, but where I'll be incapable of driving to boot, is more than a bit intimidating. That said, I've got my son and my newly-minted hubby at home to help me over the worst days, I've lined up some good summer reading and some TV series I hope to catch up on, and I hope to supplement my time at home with visits from friends and neighbours.

Until we meet again in the fall, I wish you all a safe, happy and HEALTHY summer, and I ask for your continued support of our Centre, and its staff. In addition to being a relatively new hire, Robin is picking up a number of additional duties so that I can take the time I need after surgery, so her plate is very full. Please be patient as she steers our very busy centre toward the fall!

Nancy Puhr-Slingerland, 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.

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

*Some conditions may apply.



We accept Veteran Affairs Allowances
and offer Special Diet Options



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

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.

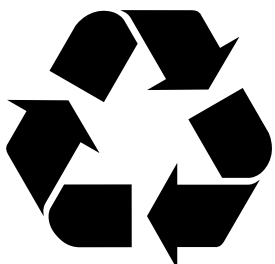
Meet with caring facilitators and others who understand your grief journey, and make new friends.

Next group starts March 21 at 7pm, Bethel Church, 269 Quarter Town Line, Tillsonburg. Register at www.bethelpc.ca/griefshare 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

Thank-you to everyone who donated toward the auction this month: Judy Reddon, Julie Anne Snell, Barb Glass, Pierette Jolin and to those who also donated but wish to remain anonymous.

Welcome New Members

Clare Manary, Debra Spencer, Keith Spencer, Ken Pittock, Helen Schaly, Veselinca Radosavlevici, and Linda Elku

Please note: **Brand new** members can NOW join the Centre for just \$35! This fee entitles you to all the benefits of membership until December 31, 2024 such as discounted program fees, simplified registration and more! Call the office for details: 519-688-2520!!

**We're in the
beginning
stages of
getting
started!**

**Tillsonburg Senior Centre
45 Hardy Avenue
Tillsonburg N4G 3W9**



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

JOIN OUR MEN'S SHED



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

AGES 50+

Upcoming Dates

July 9th & 23rd

August 6th & 20th



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

519-688-2520

**links2wellbeingtillsonburg@gmail.com OR
programs@tillsonburgseniorcentre.com**

M.A.i.D. info session

(Medical Assistance in Dying)

End-of-life planning is never easy, and the conversations aren't always easy to have with the ones you love; But if you have questions about MAiD in terms of eligibility, application, and support for family members through the grieving process, you won't want to miss our free info session.

**Featuring Faye Brekelmens of
Compassionate Grief Support**

**and Julie Campbell, Patient
Management for MAiD, Home
and Community Care
Services.**



**TUESDAY,
SEPT. 10,
2 PM - 3 PM
PLEASE PRE-
REGISTER**

July is Disability Pride Month

Disability is a spectrum encompassing a vast uniqueness of illnesses. However, it is important to recognize that, contrary to the societal norm, disability should not be seen as existing “without.” - Daphne Frias

Follow these suggestions to improve communications with persons with disabilities

- use a normal tone of voice—do not raise your voice unless asked to
- be polite and patient—do not rush the conversation
- speak directly to the person rather than the person with them
- ask the person what will help with communication—there are different ways to communicate
- don't pretend to understand—let the person know you are having difficulty; try asking yes or no questions
- be flexible—reword rather than repeat anything that is not understood
- only refer to the person's disability if necessary or relevant
- offer assistance if it appears necessary, but respect the person's wishes if they don't accept your offer
- avoid saying anything that implies the person with disability is superhuman, courageous or special
- relax—everyone makes mistakes; apologise if you believe you have embarrassed someone.



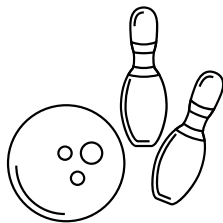
BOOK SIGNING BY LOCAL AUTHOR
NICOLA ZACHER

MONDAY, JULY 15TH 11:00 AM - 1:00 PM

BOWLERS

Top Scores For May

Wednesday



Graham Darmon- 20

Hank Cowenburg- 16

Brenda Darmon- 15

Top Scores For June

Monday **Wednesday**

Hank Cowenburg- 12 Ruby Withington- 16

John Hall-10 Graham Darmon- 14

Graham Darmon- 8 Brenda Darmon- 11

SHUFFLERS

Top Scores For May

Thursday



Bill Dunsmore -17

Bill Appleton and Dianne Low- 12

Tom Tracey, Diane VanRyswyck and Lyn Appleton- 9

Top Scores For June

Monday

Lyn Appleton and Bill Dunsmore- 11

Bill Appleton- 9

Tom Tracey, Dave Michener and John Massecar- 6

Thursday

Bill Dunsmore- 16

Bill Appleton- 15

John Massecar- 12

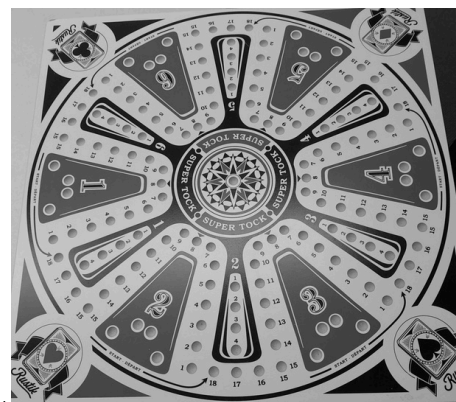
**HEAR YE, HEAR
YE..
TOP SCORES!**

!! Highlight !!

WHOMP'EM

A board game in which players race four tokens around the board to the finish. Be the first to take all tokens "home".

Cards are dealt for movement. Players take turns playing cards, with the value of the card determining how far they may move. Certain cards have special possibilities (a King or an Ace may be played to get a new pawn into play, while a four moves you back instead of forward).



Square Dancing

Wednesday 2:30-4:00pm

Returning in September ?

16 participants required

Please let the desk know
if you are interested



Returning in September! Creative Writing

This is a guided, weekly workshop where participants will be taken through the steps of how to create timelines, arrange your your thoughts, create a character arc, think outside the box. Limited enrollment, watch for details in the September Leisure Link



Qigong in a Chair

**** Only for July ****

Register with the front desk



Wednesdays 11:15 am - 12:15pm, July

July 3rd to July 24th (4 weeks)

Members - \$20.00 Non-Members - \$28.00 (5.00 material fee to instructor)

Qigong is an ancient Chinese energy art using movement, breath, self-massage and meditation to get the healing juices flowing.

Anyone at a any fitness or wellness level can participate in this gentle but powerfully effective program.

Benefits: flexibility, balance, sleep, arthritis, blood pressure, stamina, strength, and much more when done as recommended

****NO Qigong for August****



July Chess Series

Tuesdays, July 9, 16, 23 and 30

--

Rotary Room

1:30 pm - 2:30 pm

--

**Cost \$72.50/non-members,
\$60/members**

--

**Call the office to register:
519-688-2520**



CARD & TABLE GAMES

These programs are drop in programs that anyone can attend.

Drop In Price

Members- \$2.50

Non-Members- \$4.50

HAND & FOOT

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

Monday 10:00 am



BID EUCHRE

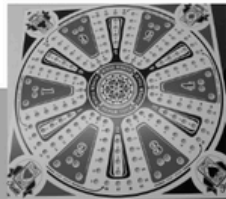
Bid Euchre is similar to Euchre, but it introduces an element of bidding in which the trump suit is decided by which player bids to take the most tricks. The primary differences are the number of cards dealt, absence of any undealt cards, the bidding and scoring process, and the addition of a no-trump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

Tuesday 10:00 am

WHOMP'EM

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

Tuesday 1:00 pm



FARKLE

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

Thursday 9:30



EUCHRE

If you're looking for a classic card game to play with your friends, it's time to give Euchre a try.

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

Wednesday 1:00 pm

BRIDGE

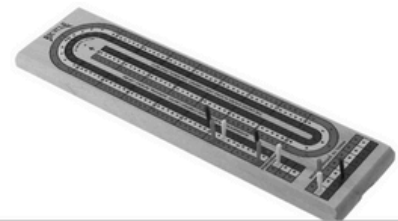
Bridge is a team trick-taking game played with a standard 52 card deck. The objective is to win as many games to 100 as possible. It is known to be the greatest source of enjoyment that four people can have with a pack of cards.

Wednesday 12:45

CRIBBAGE

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

Thursday 1:00 pm



BINGO

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

Friday 1:00



YOGA AND PILATES CLASSES



The yoga classes are available for registration on a monthly basis. Members have the option to reserve their spots in advance, while Non-Members are required to make payment at the time of registration to secure their places.

Credits are exclusively issued for missed classes attributed to medical grounds or in cases of class cancellations due to inclement weather or instructor unavailability.

HYBRID CHAIR YOGA

Join Kelly Spencer for a hybrid-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

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 brain 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 everybody. Improve your strength and balance and leave feeling energized!

Tuesday at 9:15am
Members-\$6.50/class
Non-Members-\$8.00/class

PILATES+

New name, same great workout! Join Dawn Fridays for this class that fuses yoga and Pilates, creating a workout that increases core strength, improves posture, increases flexibility and reduces stiffness! Plus, you learn breathing and meditation techniques to create peace in your everyday life!
Friday at 9:15am Members-\$6.50/class
Non-Members-\$8.00/class



FITNESS CLASSES

CHAIR FITNESS

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

Monday 10:00 am and Friday 9:45 am



Members \$3.00

Non-Members \$5.00

'FUN'CTIONAL FITNESS

IA fun and challenging workout for strength and cardio. This class is a high intensity workout with a creative and challenging format.

Tuesday 9:30 am

QIGONG

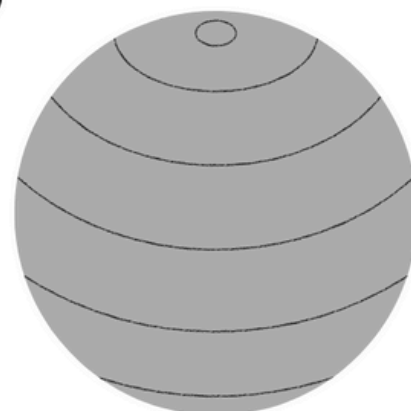
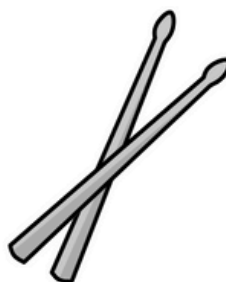
Qigong is an ancient Chinese energy art using movement, breath, self-massage, and medication to get the healing juices flowing. Anyone at any fitness or wellness level can participate either sitting or standing. This holistic energy practice benefits flexibility, mobility, balance, and sleep. (Please note there is a \$5.00 materials fee to the instructor at first session.)

July - Qigong in a Chair - Wednesday 11:15 am
August - no classes - returning in September!

DRUM FIT

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

Wednesday at 1:00 pm



DROP-IN PROGRAMS

Members

\$2.50

Non-Members

\$4.50

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

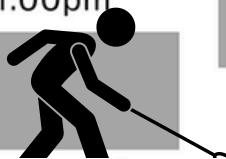
CARPET BOWLING



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

Monday at 9:00am and Wednesday at 1:00pm

SHUFFLEBOARD



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

Monday and Thursday at 1:00pm

LAP WALKING

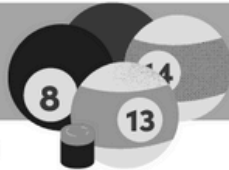


Come out for an hour of walking in the auditorium with some catchy tunes. No need to worry about rain, snow, or ice! Put a pep in your step for an extra fun time!

Tuesday 8:30 - 9:30

Thursday 8:30 - 9:30

BILLIARDS



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

Billiards Times

Monday- 8:30am to 4pm

Tuesday- 10:30am to 1pm

Wednesday- 10:45am to 4pm

Thursday- 8:30am to 1pm

Friday- 12pm to 4pm



FLOOR CURL

Hurry! Hurry, hard 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 October 2024

DARTS AND CORNHOLE



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

Monday and Friday 12:30pm to 4:00pm

CREATIVE PROGRAMS

***PLEASE SEE FRONT DESK
FOR MORE INFORMATION***



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 every month at 1:30pm



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

TRIVIA

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

July 5th
August 2nd



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

***TIME TRAVEL ADVENTURES, ARMCHAIR TRAVEL, TAI CHI, AND COOKING
RETURNING IN SEPTEMBER***

! COMING BACK IN SEPTEMBER !

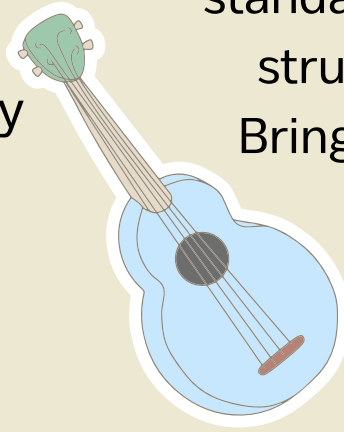
Are you a music lover?

Guitar & Ukulele

Bring a guitar and learn how to play the basics and some songs in no time!

No previous experience is needed!

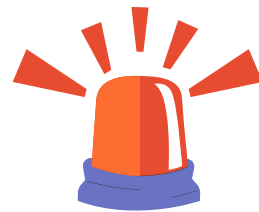
An additional Supply Fee may be required for manuals



Watch for beginner and intermediate classes
You will learn the most commonly used chords, standard tuning, and simple strumming techniques.
Bring your own ukulele to participate .



!! FRAUD ALERT !!



At Enbridge Gas, we are committed to protecting your personal information with the utmost care. We take phishing and spoofing attempts on our customers very seriously. [Enbridge Gas has discovered a suspected scam where fraudsters have created fake Enbridge Gas websites with false contact numbers.](#) The scammers impersonate Enbridge Gas call centre agents and trick customers into providing them with personal information like their credit card number and other payment information over the phone.

Protect yourself

Customers are encouraged to only interact with Enbridge Gas directly through our website enbridgegas.com and telephone number 1-877-362-7434.

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!

TILLSONBURG SR. CENTRE

Jewelry & Accessories Sale

EVERYTHING

\$2

Coming Sept. 27/28



Please bring donations of gently-used purses, jewelry, hats, scarves, hair accessories and belts (no shoes this year, please) to the office and we'll store them until the sale! Thanks for your support! All donations support programs and activities here at YOUR senior centre

Changes for dogs entering the USA

NEW ADMISSION REQUIREMENTS

If you don't follow CDC's rules, your dog won't be allowed to enter the United States and will be sent back to the country it was last in, which may not be the country you live in.

All dogs must:

- Have an up to date rabies shot
- Have an ISO microchip*
- Be healthy on arrival
- Have A CDC Dog Import Form Receipt **
- Be over 6 months of age

** This form should be filled out online ideally 2-10 days before arrival; however, it can also be completed right before travel (even in line at the border crossing) if you have internet access.

*Have an implanted International Organization for Standardization (ISO)-compatible microchip
This must have been implanted prior to any required rabies vaccination
The microchip number must be documented on all required forms and in all accompanying veterinary records



AUGUST

01

FOR MORE INFORMATION

1-800-232-4636

[www.https://www.cdc.gov/](https://www.cdc.gov/)

FALL HISTORY TOPICS BY DATE

September 30, Monday @ 1:PM, Deward Yates

Margaret Atwood - A Canadian author and poet of multiple books, novels and children's books. A Favourite " The Blind Assassin "

September 23, Monday @ 1:PM, Deward Yates

Pierre Berton - Canadian author of 50 best selling books with a focus on Canadian History and Culture. A favourite " The Promised Land - Settling the West "

October 7, Monday @ 1:PM, Deward Yates

Farley Mowat - Canadian author and environmentalist - a lifelong outspoken free spirited storyteller. A favourite " And No Bird's Sang "

Thanksgiving Oct. 14 - no class

October 21, Monday @ 1:PM, Dave Hay

NATO: the purpose, the value and the future

October 28, Monday @ 1:PM, Dave Hay

Canadian Women Trailblazers in science. Their accomplishments and struggles

November 4, Monday @ 1:PM, Dave Hay

How Canada caused the American War of Independence and the Creation of the United States

Remembrance Day November 11 - no class

November 18 , Nov. 25 & Dec. 2, Monday @ 1:PM, Brian Cox

Historical bad guys/gals. History has no shortage of truly despicable individuals without any moral grey area to debate. But history is written by the winners and they have not always conveyed the truth. Come with us as we glide through history and try to determine if some of these individuals were really bad or just misunderstood. Or do we think they are good and perhaps we should re-evaluate our thinking: Mary Magdalene, Napoleon, Machiavelli, Marie Antoinette, Benedict Arnold, Billy the Kid, Prince John, Robin Hood, Richard the Lionheart, P.T. Barnum, Sappho

December 9, Monday @ 1:PM, Deward Yates

Jane Uguhart - Canadian author, a novelist and poet who blends history into contemporary stories. A Favourite "The Stone Cravers "

JUST IN TIME FOR SUMMER



Body

NEW KARAOKE SOFTWARE!



Have you ever wanted to unleash your inner Frank Sinatra, or Donna Summers? Croon your way through a Friday afternoon with other would be singing sensations!

Friday, July 19 - 1:30 pm
Friday, August 16 - 1:30 pm

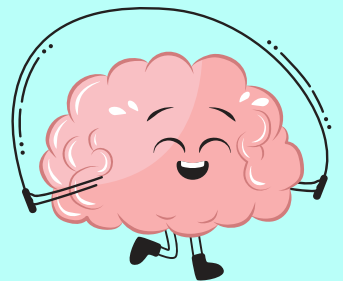


Trivia Fridays!

Join us the first Friday at 1:30pm each month for Trivia and put your knowledge to the test!



Friday, July 5th - 1:30
Friday, August 2nd - 1:30



Pride Talk – Pronouns

Oxford County Pride graciously came out to talk about Pronouns for June Pride Month. The response from the event was very positive with participants enjoying the discussion and learning about updated terms, references, and identities.

We received a new pride flag and some Pride swag! There was an informative discussion around what all the colours and patterns mean, how they were chosen, and why they are important..

We would like to thank the President of Oxford County Pride, Tami Murray, for being our guest speaker at this wonderful event.



COMING SOON: 2025 MEMBERSHIPS

Starting Sept. 1, you can purchase your 2025 membership at a discounted price of just **\$45 (that's a savings of \$10)!**

Those who purchase between September and the end of business in December will be entered into a monthly draw for gift cards for local eateries. So the sooner you renew, the more chances you have to win!!

Lock in 2025 membership benefits and save time when returning to programs in the New Year. Renew or purchase starting Sept. 1!



ADULT PROGRAMS

Adults

Sip n' Stitch

Thursdays at 12:30pm-2:30pm DROP IN

Drop-in with your current fibre arts project (knitting, crochet, embroidery, felting, sewing, etc.). In this program we will work individually on our own projects while enjoying conversation with others. Some fibre arts materials will be available. Refreshments provided.

Make and Mingle

REGISTRATION REQUIRED. \$5.00 program fee due on program date.

Decorative Clay Pots: Wednesday, July 3 at 6:00pm

Decorate three pots and receive a plant to put in one of your creations!

Summer Beach Tote: Wednesday, August 7 at 1:00pm

Make your own custom-designed beach tote!

Monthly Films for Adults

Every month, the Tillsonburg Branch shows a recent popular film for free and serves complimentary refreshments. No registration is required but space is limited. Films may change without notice.

Tuesday, July 30th, starts 1pm – *One Life* (2023, 110 mins)

Tuesday, Aug 27th, starts 1pm – *Somewhere in Queens* (2023, 106 mins)

Tech Discovery Workshops

Delivered in simple, easy to understand language, our monthly, one-hour Tech Discovery Workshops are designed to help community members increase their skills and knowledge in information technology.

Multi-Factor Authentication: Easier Than You Think - Tuesday, July 16 at 1:30pm

Take Free Online Courses with Universal Class - Tuesday, Aug 13 at 1:30pm

Tech Support

Is there a tech or computer-related skill you would like to learn? Interested in booking a one-on-one help session on how to use your new tablet, phone, or laptop? Want to learn how to borrow eBooks? Call the library at 519-842-5571 and we can setup an appointment for you with one of our digital literacy specialists.

Adults

Ontario Provincial Park Day Passes Available Here!

Day-use permits for Ontario Provincial Parks are available on a first-come, first-serve basis from all 14 branches. These day-use permits are available for two-week loans and are not holdable in advance.



Library Hours

Monday	9:30 am - 7:30 pm
Tuesday	9:30 am - 7:30 pm
Wednesday	9:30 am - 7:30 pm
Thursday	9:30 am - 7:30 pm
Friday	9:30 am - 5:00 pm
Saturday	9:30 am - 4:00 pm