

Calendar for 2019/2020

All activities subject to change

Feb. 14: Valentine's Day Bingo

Bingo starts at 12:45 pm. Wear red or pink and get a free white card.

Feb. 17: Closed for Family Day

Feb. 19: Cooking Class

OPA! Join us for a taste of Greece. On the menu: Greek chicken salad and oven roasted Greek potatoes.
\$10/members, \$14/non-members

Feb. 24 – Health Fair, NO PROGRAMS TODAY

The Senior Centre, in partnership with the Older Adult Centres Association of Ontario and sponsored by the Ontario Ministry for Seniors & Accessibility presents: Health Fair 2020. This is a free-admission fair open to all seniors and their family members, who want to learn about healthy, active living. We will feature unique interactive opportunities, educational seminars, a trade show and healthy snacks courtesy of the Tillsonburg Retirement Residence. There will also be door prizes, give-aways and more. All welcome!

Feb. 28 – Armchair Travel: India

Join Colleen Molnar as we step into the colourful culture and food of India. Trip 'departs' at 1 p.m.
\$2/members, \$4/non-members.

March 3: Meet-and-Greet Openhouse

Drop by our lounge between 11:30 am and 1:30 pm for a meet-and-greet where you can talk to staff, fellow members and members of the Board, all while enjoying some delicious light refreshments. This is an ideal time to find out who we are and what we do, ask any questions you may have, or to scope us out if you're considering becoming a member! FREE. All welcome.

March 13: St. Patrick's Dance

Join us in our Auditorium for a dance celebrating the luck-o-the-Irish! Doors open 6:30 pm, and this event features music and prizes by Klassy FM DJ Randy Halmo, a cash bar, and light refreshments at 10 pm. Tickets \$15 each, available in advance from the main office.

March 20: Armchair Travel

Topic to be confirmed. Stay tuned.

March 25: Cooking Class

Today we pep up our pizza and make a light and healthy BBQ chicken flat-crust pizza, and a not-so-light but unbelievably delicious steak and pickle pizza (yep – you heard me right!). Cost \$10/members, \$14/non-members.

April 8: Volunteer Appreciation

Volunteers who helped us out in 2019 will be given invitations to join us for a free spaghetti luncheon at 12:30 pm in our auditorium, and must confirm their participation with the office in advance.

April 17: Medical Cannabis Info Session

Spectrum Therapeutics, the medical division of Canopy Growth, will be joining us to provide a presentation on Medical Cannabis at 1 pm in our Rotary Room. Canopy Growth is Canada's largest licensed producer of cannabis. In addition, Spectrum Therapeutics is leading groundbreaking research and advocacy to legalize medical cannabis around the world. This 1-hour presentation is free and open to all seniors age 50-plus.

April 22: Cooking Class

You guys have asked for it, so I'm delivering! This month we're making Vietnamese Pho Ga (chicken noodle soup), but with a twist! Instead of simmering our stock for hours on the stove, we're going to make it in the Instant Pot in a fraction of the time. Sign up soon as this class is likely to sell out fast! Please note, because of the

large list of specialty ingredients in this month's recipe, cooking class fee will be \$12/members and \$16/non-members.

April 28: Choir Concert

The Senior Centre Singers present their spring concert at 7:30 pm in our auditorium. Tickets on sale March 1 at a cost of \$12 each, including refreshments after the show. Get your ticket early as they sell out fast!

Thursday, April 30: AGM

The Annual General Meeting will be held in our auditorium starting at 1 pm. All members in good standing of the Senior Centre have voting rights at the meeting. Join us for annual reports, election of board members and review of the 2019 audit.

May 8: Manicures for Moms

Join us for this first-come, first-served event in our Rotary Room and get your fingers prettied up just in time for Mother's Day. \$10 each, includes refreshments and basic paint and polish treatment. Cost \$10/members, \$15/non-members.

May 18: Closed for Victoria Day

May 19-June 1: Silent Auction

Our Silent Auction will be held in our main reception area. Stop by and bid on our great selection of items for your home and vehicle. Please read bidding rules carefully and follow bid increments.

May 21: Birthday Bash

Tillsonburg Retirement Residence presents our April-June birthday bash. Join us for free cake, ice cream and fellowship. All members with a birthday in April, May or June are welcome and may bring a guest!

June 10: Sign & Wine

Join us for this lovely evening sign-making workshop, led by Jess from Urban Wheel. For \$35/members and \$50/non-members you'll make a 12 by 12 rustic sign. Choose one of three stain options and one of six stencils. Afterwards, enjoy a glass of wine (included) and cheese. Starts at 6 pm. Sign up at the office.

June 23: Bid Euchre Tournament

Join us for a Bid Euchre Tournament. Starts 10 am and cost is \$10 which includes a light lunch and a chance at prizes.

Wednesday, July 1: Closed for Canada Day

Wednesday, July 8, 2020

Join us for our food and wine lovers' bus trip! Price is just \$127 per person and includes: tours and tastings at two wineries and one winery/lavender farm, lunch and gratuity, transportation, shopping time at the Second Mouse Cheesetique, and pastries and coffee before departure. Sign up now at the Senior Centre office, or see ad at the back of the Leisure Link.

July 15: Essential Oil workshop

Back by popular demand: Join us at 1 pm in the Rotary Room on July 15 for this basic introduction to essential oils and how to use them in your home. Learn which oils you can clean with, and which can help to ease anxiety. We'll talk about blends and where you can source oils to suit your needs. NOTE: this seminar will take place in an enclosed room and there may be some associated fragrance with it. Individuals who are sensitive to fragrance should not attend. \$2/members, \$4/non-members.

Wednesday, July 16

Tillsonburg Retirement Residence presents our summer birthday bash. Join us for free cake, ice cream and fellowship. All members with a birthday in July, August or September are welcome and may bring a guest!

July 22: Seashell Wreath and Beach Tea

Register in advance for this workshop where we'll make a beautiful beach-inspired wreath out of seashells and beach glass, and we'll follow up with some lovely goodies and refreshments, inspired by a day at the beach. All supplies included. \$25/members, \$35/non-members. Please sign up no later than July 8 as space is limited.

August 1- 16: Shut Down

The Town will be performing extensive maintenance and repairs on the water system affecting the Senior Centre side of the Tillsonburg Community Centre. As a result there will be no programs or rentals of any sort happening here during the first two weeks of August, and the Centre will be shut down. We will reopen as usual on Monday, August 17.

August 17- Sept. 17

We are accepting donations of gently-used women's shoes, scarves, jewelry, accessories, purses and hats for our August accessories sale. Please leave your donations with staff at the main office so they may be sorted and organized.

September 7: Closed for Labour Day

Sept. 18-19: Accessories sale

Join us downstairs in our bowling area for our second annual accessories sale. Shop a great selection of gently-used shoes, scarves, jewelry, purses and hats, all for just \$2 each. All proceeds to ongoing programs here at the Centre. Sale runs 9 am – 2 pm both days and all shoppers, regardless of age or senior centre membership, are welcome.

October 12: Closed for Thanksgiving

October 15: Birthday Bash

Tillsonburg Retirement Residence presents our fall birthday bash. Join us for free cake, ice cream and fellowship. All members with a birthday in October, November or December are welcome and may bring a guest!

October 17: Kylie Joe Masson in Concert

The Senior Centre presents Kylie Joe Masson in concert 2 pm – 5 pm in the Lions Auditorium, Tillsonburg Senior Centre. Tickets are \$15 each, advance at the Senior Centre office. Join us for this fantastic event featuring a mix of blues, country and rock music. Light refreshments available (cash only).

October 28: Cooking Class

Get ready for the upcoming holiday season when we make and sample an array of savoury party appetizers. Register at the main office as space is limited: \$10/members, \$14/non-members.

October 29: Halloween Event

Details forthcoming.

November 7: Holiday Craft Sale

Get a jump on your holiday shopping at our craft sale. Free admission. Baked goods, handicraft items for yourself and your home and much more. 9 am – 1 pm. All welcome.

November 11: No Programs today

There are no programs today, but our staff will be busy representing the Senior Centre at the annual Cenotaph services downtown, and decorating for the Christmas season immediately afterwards. Please join them at the cenotaph at 10:45 am to honour those who served, and at 1 pm, join us to help deck the halls. If you're able to come help decorate, please let Niki know.

November 18: Gingerbread snowflakes workshop

This month, instead of a traditional cooking class, Nancy will share her tips and tricks for making and decorating gorgeous gingerbread cookies. Please note this workshop will start at 1 pm and run until 3:30 pm. We'll show you how to make a delicious, no-fail gingerbread dough, then walk you through the basics of using royal icing of varying consistencies to decorate your cookies beautifully. Each person will leave with a few cookies of their own creation.

Cost will be \$10/members and \$14/non-members PLUS participants will be responsible for sourcing additional supplies they will require from the Bulk Barn in advance (a list, with costs, will be made available to you at the time of sign-up).

November 24: Choir Concert

The Senior Centre Singers present their Christmas concert at 7:30 pm in our auditorium. Tickets on sale Oct. 1 at a cost of \$12 each, including refreshments after the show. Get your ticket early as they sell out fast!

November: Christmas Florals with XQZT

Join Mandy from XQZT Florals and make a lovely holiday floral creation. Price, date and details to be determined.

December 16: Turkey Luncheon

Join us for our favourite day of the year: Turkey Luncheon day! Linda Belore will present a full turkey lunch with all the trimmings followed by entertainment. Advance tickets required, see the office for pricing.

Medical Cannabis Info Session

You asked, we've delivered! Spectrum Therapeutics, the medical division of Canopy Growth, will be joining us to provide a FREE presentation on Medical Cannabis at 1 pm in our Rotary Room. Canopy Growth is Canada's largest licensed producer of cannabis. In addition, Spectrum Therapeutics is leading groundbreaking research and advocacy to legalize medical cannabis around the world. This 1-hour presentation is free and open to all seniors age 50-plus. Presentation will cover topics like:

- *The History of Medical Cannabis (International & Canada)*
- *Fundamentals of Medical Cannabis*
- *Medical vs. Recreational Cannabis*
- *How to Access Medical Cannabis*
- *The presentation concludes with plenty of time for your questions to be answered by our speaker.*



Guest Speaker will be Elisa Trafficante. Elisa has worked in the field of education and advocacy for 10 years. Originally trained as a classroom teacher, Elisa most recently worked as the Director of Community Initiatives for Raising the Roof, a charity focused on homelessness, where she educated Canadians on strategies to end homelessness. Elisa recently joined Spectrum Therapeutics to lead the medical community engagement strategy, where she educates patients on medical cannabis and coordinates partnerships with patient advocacy groups across Canada.

PLEASE NOTE: If we are overwhelmed with participants for this info session we will relocate to our Downstairs bowling area.



Canada Volunteer Income Tax Program Clinic

Free Income Tax clinic

March 4—April 30 2020

Tillsonburg Public Library, 2 Library Lane

Wednesday and Thursday from 9:30 Am to 3:00 Pm

We prepare current and previous years income tax returns for lower income clients.



Walk in only
We do not make
appointments

