

PROGRAM REGISTRATION

Some programs here are available for pre-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.

You can add money to your digital wallet ahead of time and not worry about having cash on hand each time. All user fees include coffee, tea, and cookies.

Please note: Credits are only given for missed classes due to medical reasons or class cancellations.

NO FEE DROP-IN PROGRAM

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



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 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!

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 72ft long carpet so that they stop as close as possible to the small white ball called the jack and receive the allotted points.

Monday 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!

Thursday 8:30

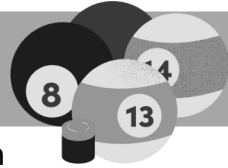
DARTS AND CORNHOLE

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

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.

Monday- All Day

Billiards

Tuesday- 11:00am to 1:00pm

Wednesday- 12:00pm to 4:00pm

Times

Thursday- 8:30am to 2:00pm

Friday- 12:00pm to 4:00pm



FLOOR KURL

Hurry! Hurry! Head on out Monday afternoons for some Floor Kurling! This game is played with four stones for each team and sticks to push 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 October 2024

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!

1:00pm

September 27, October 25 and November 29



YOGA AND PILATES CLASSES



These yoga classes are available for pre-registration on a monthly basis.

CHAIR YOGA



Join Kelly Spencer to focus on balance and postures that ultimately improve confidence and build on your muscle strength, flexibility, and balance capabilities. Chair yoga is a great form of exercise without putting pressure on joints.

Coming October 2024

Thursday at 1:15pm-2:15pm

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 or Thursday 3:00pm-4:00 pm



ADAPTIVE CHAIR YOGA

Join John Schieven for a mostly seated class that utilizes gentle yoga poses that stretch and strengthen the entire body. This class is suitable for those that 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!

Tuesdays 1:30PM-2:30PM

Benefits of Yoga and Pilates

- Improves strength, balance and flexibility
- Could help with back pain
- Could be able to ease arthritis symptoms
- Could benefit heart health
- Could help reduce stress, inflammation and anxiety
- Connects you with a supportive community
- Could help increase your blood flow which can help reduce your risk of heart attacks, strokes and blood clots

RISE AND SHINE YOGA

Learn the fundamentals of Yoga through this heart centered, alignment based practice. This comprehensive class offers a range of core strengthening sequences with lots of variations and props to make it accessible for every Body. Improve strength, posture & balance and leave feeling energized.

Wednesday at 9:15am-10:30am



PILATES

Experience a full-body workout with our All Levels Pilates class. This class offers a range of modifications to accommodate all skill levels. Strengthen and tone your muscles while improving your posture and flexibility. Join us for a rejuvenating and empowering workout session.

Tuesday at 9:15am-10:15am



PILATES+

In this class you will get a workout that increases core strength and improves posture, whilst increasing flexibility, balance and reducing stiffness. Learn breathing techniques and meditation practices to create ease in your everyday life.

Friday at 9:15am-10:30am

Members

\$6.50/class

Non-Members

\$8.00/class

FITNESS CLASSES

Members \$3.00
Non-Members \$5.00

**** See prices for Qigong**

These programs require pre-registration.

CHAIR FITNESS

This low intensity workout combines cardio, strength, and flexibility all modified from a seated position.

This class is perfect for those just starting an exercise routine, recovering from surgery/injury, or are looking for a lower intensity workout.

Participants use a resistance band in this class.

There is also the option to stand and use the chair as a balance aid.

Monday 10:00 am and Friday 10:00 am



ZUMBA

Zumba 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 Zumba choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave feeling strong and empowered.

Wednesday 10:15 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.)

Members \$5.00 Non-Members \$7.00

Wednesday 11:00 am

LINE DANCING

Line dancing is a great way to socialize, sharpen your memory and keep fit. Join our beginner class to learn the fundamentals and then try the advanced class to sharpen those skills.

Beginner

Thursday
9:45 am

Advanced

Thursday
11:00 am

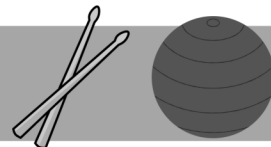


'FUN'CTIONAL FITNESS

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

Wednesday 9:00 am

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 uplifting music!

Wednesday at 1:30 pm

TAI CHI

Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm and refreshed!

Consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Join Dorothy to learn the how and why behind each movement.

Tuesday 9:30 am-Coming October 2024

CARD & TABLE GAMES

These drop-in programs are pay as you go and anyone can attend.

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 1:00 pm

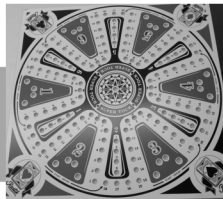


BID EUCHRE

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

Tuesday 1:00 pm

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 am

Drop In Price

Members- \$2.50

Non-Members- \$4.50

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

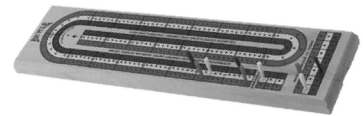
Bridge is a team trick-taking game played with a standard 52 card deck. The objective is to win as many games to 100 as possible. It is known to be the greatest source of enjoyment that four people can have with a pack of cards.

Wednesday 1:00 pm

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.

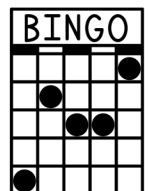
Thursday 1:00 pm



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 pm



CREATIVE PROGRAMS

The following programs are a mix of drop-in sessions and activities that require pre-registration. For programs requiring pre-registration, please call the office or pop in. Credits are only given for missed classes due to medical reasons or class cancellations.



ART CLUB



Explore your creative side during this self-led art group. Bring your supplies and spend the morning creating and enjoying some social time with friends.
Wednesday at 9:00am



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

TRIVIA

Come and put all that random knowledge to use with an afternoon of Trivia! We'll split into 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



Drop In Price

Members- \$2.50

Non-Members- \$4.50



CHOIR



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

Tuesday at 9:30am

September 24 to November 26.

Members- \$35

Non-Members- \$45

UKULELE CLASSES

Level 1 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 to get you ready for Level 2 and Level 3. You need to have your own ukulele to participate in this 8-week course. Coming October 2024-Get to learn Christmas songs for the upcoming season!

Level 1: 1:00-2:00pm

Level 2 & 3: 2:00-3:00pm

Members- \$100.00

Non-Members- \$115.00



ACOUSTIC GUITAR LESSONS

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. Coming October-

Friday at 9:30am Free Music Jam Session September 20 and 27!



EDUCATIONAL PROGRAMS

The following programs are a mix of drop-in sessions and activities that require pre-registration. For drop-in programs you pay each time you come. For programs requiring pre-registration, members can reserve their spaces for classes ahead of time. Non-Members need to pay for their space at the time of registration for their spot to be reserved.

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 get to savour all the flavours as you enjoy the meal with friends!

Tentatively scheduled for
September 25 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 Level 2. An additional material fee would need to be paid for level 3 and 4.

Level 1: Returning in November 2024

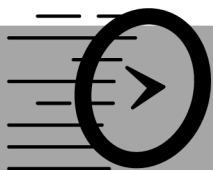
Level 2: Returning in November 2024

Level 3: Returning in November 2024

Members - \$110.00/session

Non-Members - \$125.00/session

Material Fee - \$25.00



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

September 23 to December 9

Members- \$35

Non-Members- \$45

