

**We offer a large selection of
programs to meet the needs of
our membership!**

**Yoga and
stretching**

Chair Yoga
Adaptive Chair Yoga
Essentrics
Aging Backwards

**Instructor-
Led
Fitness**

Chair Fitness Drum Fit
Zoomalicious
Line Dancing
FUNctional Fitness

**Drop-In
Fitness**

Carpet Bowling
Billiards
Darts
Cornhole
Shuffleboard
Floor Kurling
Lap Walking

Wellness

Men's Shed Tai Chi
Themed Workshops Luncheons

**Card
and
Table**

Hand and Foot Cribbage
Whomp'em Bridge
Euchre Farkle
Bid Euchre Bingo

**Creative
Programs**

Quilting and Crafts Art Classes
Karaoke Choir Practice
Guitar Cooking Classes

**Educational
Programs**

Time Travel Adventures
Armchair Travel
Trivia Trivial Pursuit

**Bus Trips
and
Special
Events
planned
throughout
the year!**

Get in touch!

519-688-2520

npuhr@tillsonburgseniorcentre.com

Program Inquires:

programs@tillsonburgseniorcentre.com

www.tillsonburgseniorcentre.com

45 Hardy Avenue

Tillsonburg, ON

N4G 3W9

Visit us on Facebook @TillsonburgSeniorCentre



**We are open
Monday to Friday
8:30am to 4:00pm**

***Please contact us for more
information on Facility Rentals and
Advertising Opportunities***



**Welcome
to the
Tillsonburg Senior Centre**



About Us

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

Whether you want to meet new people, learn a new skill, or just get out and enjoy time with your peers, the Senior Centre is the place to be. We offer reasonable annual membership rates, a nicely-equipped two-storey facility, highly-trained instructors who are knowledgeable about senior health and fitness, and friendly staff who understand the importance of maintaining a healthy, active lifestyle in the senior years.



Memberships

The cost for a membership is \$55.00 per person. Memberships cover a calendar year and expire on December 31st of the year of purchase.

Memberships renewed prior to the start of the new year, receive a \$10 discount, making the membership renewal cost \$45.00.

On July 1st, the fee for a new membership drops to \$35 per person. On October 1st, the fee for a new membership drops to \$15.00.

Accepted Payment Methods: Cash and Cheque
Ask about our Links2Wellbeing Social Prescribing Program

Why Choose Us?

Affordable
and
Accessible

Safe
Environment

Supportive
Peers

Experienced
Teachers



Membership Benefits

You do not have to purchase a membership to participate in programs. However, a membership does:

- Give you access to discounted program registration and user fees.
- Allow you to reserve your space in class prior to payment.
- Provide you with eligibility to vote
- Allow you to borrow books, puzzles, and DVD's from our library
- Provide opportunity to participate in free wellness and information sessions, luncheons, and holiday events

