## November 2026 Seminars (In-person and Virtual)

Pre-register for all seminars listed below (virtual/in-person). By donation at door for in-person. All seminars are in-person unless otherwise stated. If attending a virtual seminar, the Zoom link will be provided 12-24 hours prior.
**Refer to the Fall 2026 Community Guide for descriptions.**

**Storing and Caring for your Family Heirlooms** – Presented by Emily Benedict, Conservator at Wellington County Museum and Archives. Thursday, November 5 at 10:30 am.

**Canada, Fall In** - Presented by The Wellington County Museum & Archives. Tuesday, November 10 at 11:00 am.

**Wellness for Caregivers** – Presented by Hospice Wellington. Thursday, November 12 at 10:30 am.

**Navigating Life as a Senior** - Presented by Cathy Mendler, A New Leaf Organizers. Wednesday, November 18 at 10:00 am.

**Virtual: ER, Hospitalization and Crisis Tips** - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar. Thursday, November 26 at 10:30 am.

## November 2026 Special Events (In-person) Pre-register!

**Homemade Remembrance Day Lunch** – Wednesday, November 4 at 12:00 pm – menu on the front of calendar. Register and pay by Friday, October 30.

**Monthly Musical Afternoon** – Wednesday, November 4 at 1:30 pm – Join us for lunch and stay for the musical entertainment afterwards. By donation at the door for VPSC.

**New Member Talk and Tour** – November 16 at 10:00 am. No charge. Pre-register.

**Wednesday Lunch** – Wednesday, November 18 at 12:00 pm – menu on the front of calendar. Register and pay by Friday, November 13.

**Annual General Meeting** - Find out what is happening at your Centre. All members are encouraged to attend. Includes: committee, financial and activity reports as well as the election of the Advisory Board. Note: During this meeting, all activities are cancelled at VPSC. Interested in joining the Advisory Board? Positions are available beginning January 2027 for three-year terms. Thursday, November 26 at 2:00 pm.

## Bus Trips 2026 - 2027

## NON-REFUNDABLE. NON-TRANSFERABLE.

All trips depart from and return to VPSC. Return times approximate, depending on weather/traffic. Those who require special assistance are responsible for arranging an escort to assist. Our Travel Escort Volunteer cannot provide special care/assistance. Travel arrangements are made in collaboration with Great Canadian Travel TICO# 2280154. Bus trips subject to change. All trips include luxury coach transportation with washroom, bus driver gratuity, HST. **Refer to the Fall 2026 Guide for descriptions.**

**The Christmas Truce & St. Jacobs Tour**–Fri., Nov 27. Depart 8 am, return 7:15 pm. $205 mem, $219 non. **Trip is full.**
**Christmas In Niagara** – Fri. Dec. 4. Depart 8:45 am, return 9:15 pm. $185 mem & $199 non. **Trip is full.**

**2027**
**Cirque: Alice in Wonderland** – Wed. Jan. 13. Depart 8:45 am, return 7:00 pm. $240 mem & $254 non.
**NEW Famous People Players & Pocket Planet** – Thurs. Feb. 11. Depart: 9:00 am, return 7:00 pm. $175 mem & $189 non-mem.
**NEW Elvis Festival Niagara** – Thurs. Apr. 22. Depart: 7:00 am, return 6:30 pm. $240 mem & $254 non-mem.

# November 2026

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2
Monday to Friday 8:30 am to 4:00 pm Phone: 519.846.9691 x204
Email: seniorscentre@centrewellington.ca
View Programs, information: www.centrewellington.ca/seniorscentre
Register online: https://ca.apm.activecommunities.com/centrewellington/

**The Centre will be closed on Wednesday, November 11th for Remembrance Day.**

**The Fall 2026 Community Guide covers September, October, November, December. Register today!**

**Township of Centre Wellington Refund Policy in effect:**
1. A full refund will be issued for all courses cancelled by the Township.
2. Request for refunds must be received 1 week prior to program start date.
3. No refunds will be issued within 1 week of the program start date.
4. No refunds will be issued for bus trips or lunches.
5. Transfers will be accepted prior to 3rd class. No transfers beyond the 3rd class.
6. A **$20 administration fee** will be applied to refunds requested.

## Wednesday Lunch

Cost: $14 members or $15 non-mem (unless otherwise stated). Non-refundable. Take outs available.
Register and pay by the Friday prior in person, by phone or online.

**Wednesday, November 4 at 12:00 pm – Homemade Remembrance Day Lunch** (pay by October 30 at 4pm).
Menu: Cranberry Chicken, Roasted Potatoes, Glazed Carrots, Lemon & Pineapple Dessert.

**Wednesday, November 18 at 12:00 pm – Turkey Tetrazzini Lunch** (pay by November 13 at 4pm).
Menu: Turkey Tetrazzini, Tea Biscuit, Salad, Butter Tart Square.

New to the Centre? Looking to meet people? Want to attend a lunch (or another program) but would like to have someone to sit with? Reach out to Kelly to connect with a **"Community Connecter"** today.

## The VPSC is accepting applications for Positions on the Board Of Directors

The Nominating Committee is looking for members willing to stand for election to the Advisory Board for a term of THREE YEARS commencing JANUARY 1, 2027. There are three (3) Directorships to fill. The election will take place at the Centre's Annual General Meeting (AGM) held on Thursday, November 26, 2026 at 2:00 pm.

The VPSC Advisory Board is a committee of the Township of Centre Wellington and is a liaison between the Township and the VPSC Membership. Members are elected or appointed to the Advisory Board as per the VPSC Constitution. Board Members will work to meet the objectives of the VPSC as outlined in the VPSC Constitution. Advisory Board meetings are held the first Monday of each month and are approximately one hour. To view the Advisory Board position descriptions, VPSC Constitution or to submit an application form, please contact: Kelly Hall, Seniors Volunteer & Membership Coordinator.

**If you are interested in standing for election or would like to nominate a member for election, please advise one of the members of the Nominating Committee:**
**Joanne Whitney 519.831.1193 (Chair)**
**Emi Embrey 519.846.5217**
**Don Barfoot 226.668.0429**
**Shirley Moser 519.573.0698**

| Monday Drop-in Activities | Tuesday Drop-in Activities | Wednesday Drop-in Activities | Thursday Drop-in Activities | Friday Drop-in Activities |
|---|---|---|---|---|
| 9:00 – 4:00 Billiards & Snooker<br>8:40 Recreational Belly Dance<br>9:30 Canasta<br>1:00 Choir & Ukulele Band: Melody Makers | 9:00–4:00 Billiards & Snooker (1:00 Ladies Only)<br>9:30 Bunka, 10:30 Genealogy, 11:35 Tap Dancing<br>1:00 Bid Euchre, 1:00 Shuffleboard<br>1:00 Hand & Foot, 1:00 Wii Bowling, 3:00 French | 9:00 – 4:00 Billiards & Snooker<br>~~10:00 Crokinole~~ (resume in the spring)<br>10:30 Creative Writing, 1:00 Arts & Crafts Group 1:00 Euchre, 3:00 Line Dancing | 9:00 – 4:00 Billiards & Snooker, 9:30 Darts<br>9:30 Scrabble, 1:00 Bingo,1:00 Social Bridge<br>~~1:00 Table Tennis~~ (resumes December 3)<br>1:00 Guitar Band: Country Classics<br>~~4:00 Pastime Entertainment,~~ 7:30 Euchre | 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage<br>9:30 Mah Jong, 11:00 Book Club (November 6)<br>11:15 Spanish, 1:00 Ukulele Band<br>1:00 Carpet Bowling, 1:00 Texas Hold'em Poker |
| 2 (Daily Drop-In Activities listed above)<br>**8:40 Zumba Gold-Toning**<br>**9:00 Advisory Board Meeting**<br>**9:35 Pilates Strong, 9:35 Zumba Gold**<br>**10:15 Program Committee Meeting**<br>**10:30 Essentrics, ~~10:30 Standing & Seated Yoga~~**<br>**11:00-3:00 Fitness, Nutrition & Wellness Clinic** (by appt.)<br>**11:30 Standing & Seated Yoga With Karen**<br>**11:45 Strength Training & Core**<br>**1:00 Osteo Fit NEW, 2:15 Osteo Fit**<br>**3:15 Osteo Fit, 5:00 Pilates: Gentle** | 3 (Daily Drop-In Activities listed above)<br>**8:40 Strength Training, 8:40 Zumba Gold**<br>**9:00-4:00 Foot Care Clinic (by appt)**<br>**9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning**<br>**9:30 Tai Chi Level 1, 9:35 Building On The Basics**<br>**9:50 Building Strength: Lower Body**<br>**10:30 Tai Chi Level 2, 10:30 Yoga With Sarah NEW**<br>**11:00 Moderate Slow Yoga**<br>**11:30 Movement for Healthy Joints & Muscles**<br>**12:15 Tai Chi Level 1 NEW, 1:15 Tai Chi Level 2**<br>**~~1:30 Interactive & Fun Beginner Spanish Level 2~~**<br>**3:15 All Around Fitness** | 4 (Daily Drop-In Activities listed above)<br>**8:40 Low Impact Cardio & Muscle**<br>**8:40 Zumba Gold-Toning, 9:15 Fit Bones**<br>**9:00-2:00 Reflexology Clinic (by appt.)**<br>**9:35 Yoga w Sarah, 9:35 Core & Control Circuit**<br>**9:50 Building Strength Core**<br>10:00 Urban Pole Walking Exercise With Nancy<br>10:00 Meditation Series, **10:30 Essentrics**<br>**11:00-12:00 Blood Pressure Clinic (drop-in)**<br>**11:30 Standing & Seated Yoga With Karen**<br>**12:00 Remembrance Day Lunch (Pay by Oct.30)**<br>**1:30 Musical Afternoon Program (by donation)**<br>**2:15 Osteo Fit, 3:15 Osteo Fit** | 5 (Daily Drop-In Activities listed above)<br>**8:40 Strength Training, 8:40 Zumba Gold-Toning**<br>**9:15 Fit Bones Plus, 9:35 Yoga with Sarah**<br>**9:35 Strength Training Beginner**<br>**9:50 Building Strength: Upper Body**<br>**10:30 Chair & Standing Yoga With Michelle**<br>**10:30 Qigong for Energy, Balance & Wellness NEW**<br>**~~10:30 Storing And Caring For Your Family Heirlooms~~**<br>**11:30 Movement For Healthy Joints & Muscles**<br>**11:40 Chair Yoga With Nelda**<br>**12:00-3:00 Osteopath Clinic (by appt.)**<br>1:30 Minds in Motion (Register with Alz Society)<br>**5:00 Pilates: Mixed Level** | 6 (Daily Drop-In Activities listed above)<br>**8:40 Zumba Gold-Toning NEW**<br>**8:40 Low Impact Cardio & Muscle**<br>**~~9:30 Yoga With Jane~~, 9:35 Barre Strong**<br>**~~10:00 French Course 3~~**<br>**10:30 Yoga & Movement Healthy Joints & Muscles ~~10:35 Standing & Seated Hatha Yoga~~**<br>**11:30 Dance Choreography for Fun for Seniors**<br>**12:00-3:00 Osteopath Clinic (by appt.)**<br>**12:30 French Course 5**<br>**~~1:00 Drawing Fundamentals Level 2~~**<br>**~~1:30 French Course 6~~** |
| 9 (Daily Drop-In Activities listed above)<br>8:40 Zumba Gold-Toning<br>**9:00-2:00 Reflexology Clinic (by appt.)**<br>9:35 Pilates Strong, 9:35 Zumba Gold<br>10:30 Essentrics, ~~10:30 Standing & Seated Yoga~~<br>**10:30 Happy Healthy Hormones**<br>11:30 Standing & Seated Yoga With Karen<br>11:45 Strength Training & Core, **1:00 Move Strong**<br>**1:00 All About Osteoporosis & Rheumatoid Arthritis**<br>1:00 Osteo Fit NEW, 2:15 Osteo Fit<br>3:15 Osteo Fit, 5:00 Pilates: Gentle | 10 (Daily Drop-In Activities listed above)<br>8:40 Strength Training, 8:40 Zumba Gold<br>**9:00-4:00 Foot Care Clinic (by appt)**<br>9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning<br>9:30 Tai Chi Level 1, 9:35 Building On The Basics<br>9:50 Building Strength: Lower Body<br>10:30 Tai Chi Level 2, 10:30 Yoga With Sarah NEW<br>11:00 Moderate Slow Yoga<br>**11:00 Canada, Fall In**<br>11:30 Movement for Healthy Joints & Muscles<br>12:15 Tai Chi Level 1 NEW, 1:15 Tai Chi Level 2 NEW<br>~~1:30 Interactive & Fun Beginner Spanish Level 2~~<br>3:15 All Around Fitness | 11<br>**Remembrance Day. Centre Closed.** | 12 (Daily Drop-In Activities listed above)<br>8:40 Strength Training, 8:40 Zumba Gold-Toning<br>9:15 Fit Bones Plus, 9:35 Yoga with Sarah<br>9:35 Strength Training Beginner<br>9:50 Building Strength: Upper Body<br>10:30 Chair & Standing Yoga With Michelle<br>10:30 Qigong for Energy, Balance & Wellness NEW<br>**10:30 Wellness For Caregivers**<br>11:30 Movement For Healthy Joints & Muscles<br>11:40 Chair Yoga With Nelda<br>**12:00-3:00 Osteopath Clinic (by appt.)**<br>1:30 Minds in Motion (Register with Alz Society)<br>5:00 Pilates: Mixed Level | 13 (Daily Drop-In Activities listed above)<br>8:40 Zumba Gold-Toning NEW<br>8:40 Low Impact Cardio & Muscle<br>~~9:30 Yoga With Jane~~, 9:35 Barre Strong<br>~~10:00 French Course 3~~, **10:30 Move Strong**<br>10:30 Yoga & Movement Healthy Joints & Muscles<br>~~10:35 Standing & Seated Hatha Yoga~~<br>11:30 Dance Choreography for Fun for Seniors<br>**12:00-3:00 Osteopath Clinic (by appt.)**<br>12:30 French Course 5, ~~1:00 Drawing Level 2~~<br>~~1:30 French Course 6~~ |
| 16 (Daily Drop-In Activities listed above)<br>8:40 Zumba Gold-Toning<br>**9:00-2:00 Reflexology Clinic (by appt.)**<br>9:35 Pilates Strong, 9:35 Zumba Gold<br>**10:00 New Members Talk & Tour**<br>10:30 Essentrics, ~~10:30 Standing & Seated Yoga~~<br>11:30 Standing & Seated Yoga with Karen<br>11:45 Strength Training & Core<br>1:00 Move Strong<br>1:00 All About Osteoporosis & Rheumatoid Arthritis<br>1:00 Osteo Fit NEW, 2:15 Osteo Fit<br>3:15 Osteo Fit, 5:00 Pilates: Gentle | 17 (Daily Drop-In Activities listed above)<br>8:40 Strength Training, 8:40 Zumba Gold<br>**9:00-4:00 Foot Care Clinic (by appt)**<br>9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning<br>9:30 Tai Chi Level 1, 9:35 Building On The Basics<br>9:50 Building Strength: Lower Body<br>10:30 Tai Chi 2, 10:30 Yoga w Sarah, 11:00 Moderate Slow Yoga, **10:00 Bone Health & Nutrition**<br>11:30 Movement for Healthy Joints & Muscles<br>12:15 Tai Chi Level 1 NEW, 1:15 Tai Chi Level 2 NEW<br>~~1:30 Interactive & Fun Beginner Spanish Level 2~~<br>3:15 All Around Fitness | 18 (Daily Drop-In Activities listed above)<br>8:40 Low Impact Cardio & Muscle<br>8:40 Zumba Gold-Toning, 9:15 Fit Bones<br>9:35 Yoga w Sarah, 9:35 Core & Control Circuit<br>9:50 Building Strength Core<br>~~10:00 Urban Pole Walking Exercise With Nancy~~<br>**10:00-2:15 Chair Massage Clinic (by appt.)**<br>**10:00 Navigating Life As A Senior**<br>10:00 Meditation Series, 10:30 Essentrics<br>11:30 Standing & Seated Yoga With Karen<br>**12:00 Wednesday Lunch (Pay by Nov. 13)**<br>**1:00 Move Strong,** 2:15 Osteo Fit, 3:15 Osteo Fit | 19 (Daily Drop-In Activities listed above)<br>8:40 Strength Training, 8:40 Zumba Gold-Toning<br>9:15 Fit Bones Plus, 9:35 Yoga with Sarah<br>9:35 Strength Training Beginner<br>9:50 Building Strength: Upper Body<br>10:30 Chair & Standing Yoga With Michelle<br>10:30 Qigong for Energy, Balance & Wellness NEW<br>11:30 Movement For Healthy Joints & Muscles<br>11:40 Chair Yoga With Nelda<br>**1:00 Surviving The Holidays**<br>1:30 Minds in Motion (Register with Alz Society)<br>5:00 Pilates: Mixed Level | 20 (Daily Drop-In Activities listed above)<br>8:40 Zumba Gold-Toning NEW<br>8:40 Low Impact Cardio & Muscle<br>~~9:30 Yoga With Jane~~, 9:35 Barre Strong<br>~~10:00 French Course 3~~, 10:30 Move Strong<br>10:30 Yoga & Movement Healthy Joints & Muscles<br>~~10:35 Standing & Seated Hatha Yoga~~<br>11:30 Dance Choreography for Fun for Seniors<br>**12:00-3:00 Osteopath Clinic (by appt.)**<br>12:30 French Course 5, ~~1:00 Drawing Level 2~~<br>~~1:30 French Course 6~~ |
| 23 (Daily Drop-In Activities listed above)<br>8:40 Zumba Gold-Toning<br>**9:00-2:00 Reflexology Clinic (by appt.)**<br>9:35 Pilates Strong, 9:35 Zumba Gold<br>10:30 Essentrics, ~~10:30 Standing & Seated Yoga~~<br>11:30 Standing & Seated Yoga with Karen<br>11:45 Strength Training & Core, 1:00 Move Strong<br>1:00 All About Osteoporosis & Rheumatoid Arthritis<br>1:00 Osteo Fit NEW, 2:15 Osteo Fit<br>3:15 Osteo Fit, 5:00 Pilates: Gentle | 24 (Daily Drop-In Activities listed above)<br>8:40 Strength Training, 8:40 Zumba Gold<br>**9:00-4:00 Foot Care Clinic (by appt)**<br>9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning<br>9:30 Tai Chi Level 1, 9:35 Building On The Basics<br>9:50 Building Strength: Lower Body<br>10:30 Tai Chi Level 2, 10:30 Yoga With Sarah NEW<br>11:00 Moderate Slow Yoga<br>11:30 Movement for Healthy Joints & Muscles<br>12:15 Tai Chi Level 1 NEW, 1:15 Tai Chi Level 2 NEW<br>~~1:30 Interactive & Fun Beginner Spanish Level 2~~<br>3:15 All Around Fitness | 25 (Daily Drop-In Activities listed above)<br>8:40 Low Impact Cardio & Muscle<br>8:40 Zumba Gold-Toning, 9:15 Fit Bones<br>**9:00-2:00 Reflexology Clinic (by appt.)**<br>9:35 Yoga w Sarah, 9:35 Core & Control Circuit<br>9:50 Building Strength Core<br>10:00 Urban Pole Walking Exercise With Nancy<br>**10:00 Make Your Own Fresh Evergreen Wreath**<br>10:00 Meditation Series, 10:30 Essentrics<br>11:30 Standing & Seated Yoga With Karen<br>**1:00 Playwriting 10,** 1:00 Move Strong<br>2:15 Osteo Fit, 3:15 Osteo Fit | 26 (Daily Drop-In Activities listed above)<br>8:40 Strength Training, 8:40 Zumba Gold-Toning<br>9:15 Fit Bones Plus, 9:35 Yoga w Sarah, 9:35 Strength Beg<br>9:50 Building Strength: Upper Body, ~~10:30 Chair & Standing~~<br>**10:30 ER, Hospitalization And Crisis Tips**<br>10:30 Qigong for Energy, Balance & Wellness NEW<br>11:30 Movement For Healthy Joints & Muscles<br>11:40 Chair Yoga With Nelda<br>**12:00-3:00 Osteopath Clinic (by appt.),** ~~1:30 Minds in Motion~~<br>**2:00 ANNUAL GENERAL MEETING**<br>**All members of VPSC are encouraged to attend. (all scheduled activities are cancelled during this meeting)**<br>5:00 Pilates: Mixed Level | 27 (Daily Drop-In Activities listed above)<br>**8:00 Bus Trip: The Christmas Truce & St.Jacobs Tour**<br>8:40 Zumba Gold-Toning NEW<br>8:40 Low Impact Cardio & Muscle<br>~~9:30 Yoga With Jane~~, 9:35 Barre Strong<br>~~10:00 French Course 3,~~ 10:30 Move Strong<br>~~10:30 Yoga & Movement Healthy Joints & Muscles~~<br>~~10:35 Standing & Seated Hatha Yoga~~<br>~~11:30 Dance Choreography~~<br>12:30 French Course 5, ~~1:00 Drawing Level 2~~<br>~~1:30 French Course 6~~ |
| 30 (Daily Drop-In Activities listed above)<br>8:40 Zumba Gold-Toning<br>**9:00-2:00 Reflexology Clinic (by appt.)**<br>9:35 Pilates Strong, 9:35 Zumba Gold<br>10:30 Essentrics, ~~10:30 Standing & Seated Yoga~~<br>11:30 Standing & Seated Yoga with Karen<br>11:45 Strength Training & Core, 1:00 Move Strong<br>1:00 All About Osteoporosis & Rheumatoid Arthritis<br>1:00 Osteo Fit NEW, ~~2:15 Osteo Fit~~<br>~~3:15 Osteo Fit~~, 5:00 Pilates: Gentle | **VPSC's Annual General Meeting** will be held on Thursday, November 26 at 2:00 pm. Note: All afternoon activities at the Centre will be cancelled. Members are encouraged to attend. | **The Centre is closed on Wednesday, November 11th.** | **November Lunches!**<br>**Nov. 4** – Remembrance Day Cranberry Chicken (after lunch stay for our Musical Afternoon Program at 1:30 pm – Cost by donation at door)<br>**Nov. 18** – Turkey Tetrazzini | **LEGEND**<br>**GREEN – Health & Wellness Clinics**<br>**BLACK–Course Start, Bus Trip**<br>**RED – In Person Seminar, Events**<br>**BLUE – Virtual (Zoom) Program** |