December 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.

Senior Rightsizing: Downsizing - Presented by Cathy Mendler, A New Leaf Organizers. Wednesday, December 2 at 10:00 am.

~~**Grief and the Holidays** - Presented by Hospice Wellington. Thursday, December 10 at 10:30 am.~~

Virtual: Repetitious Questions – Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar. Thursday, December 17 at 10:30 am.

December 2026 Special Events (In-person) Pre-register!

Wednesday Lunch – Wednesday, December 2 at 12:00 pm – menu on the front of calendar. Register and pay by Friday, November 27.

Christmas Lunch – Wednesday, December 16 at 12:00 pm – menu on the front of calendar. Register and pay by Friday, December 11.

Christmas Carol Sign-A-Long – Wednesday, December 16 at 1:30 pm – Join us for lunch and stay for the musical entertainment afterwards. By donation at the door for VPSC.

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.**

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. **Trip is full.**

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.

Look for the **Winter 2027 VPSC Program Guide** online beginning November 27th
www.centrewellington.ca/vpsc

Program Registration begins Tuesday, December 8th at 8:30 am for the Winter 2027 Session (January, February, March).

December 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/vpsc
Register online: https://ca.apm.activecommunities.com/centrewellington/

The Centre will be closed for Christmas beginning Thursday, December 24 at 4:00 pm and will reopen on Monday, January 4, 2027 at 8:30 am.

Wishing you all a very Merry Christmas and a safe and healthy 2027!
Sincerely, Kathy, Kelly, Nancy, Marg, Karen, Sarah & Ashley.

During our Christmas closure you may register for all Senior Centre programs Online **OR** at the Sportsplex (550 Belsyde Ave, Fergus) Or call 519-846-9691 x903.

The Winter 2027 Community Guide will be available online (PDF format) beginning November 27. **Registration begins Tuesday, December 8 at 8:30 am.**

The Winter 2027 Centre Wellington Community Guide will **no longer** be delivered through the Wellington Advertiser. The Victoria Park Seniors Centre program guide will be available at: www.centrewellington.ca/vpsc

Prefer a printed copy? A limited number will be available by request, on November 30.

How to Register Online for VPSC's Programs - Avoid line-ups on registration day by learning how to sign up for programs, special events, bus trips and more online without leaving the comfort of your own home. Discover how to find, navigate and view the Guide online. Bring your own personal device (laptop, tablet, iPad, smartphone) and ensure you have an email account that you can access on the Internet. No charge. Thursday, December 3 at 9:30 am **or** Monday, December 7 at 2:30 pm.

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, December 2 at 12:00 pm – Wednesday Lunch (pay by November 27 at 4pm).
Menu: Beef stroganoff with mushrooms & peppers, egg noodles, green beans, black forest cake.

Wednesday, December 16 at 12:00 pm – Christmas Lunch (pay by December 11 at 4pm).
Menu: Roast turkey, stuffing, cranberry sauce, mashed potatoes, gravy, turnip & carrot, trifle.

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.

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 8:40 Recreational Belly Dance 9:30 Canasta 1:00 Choir & Ukulele Band: Melody Makers	9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka, 10:30 Genealogy, 11:35 Tap Dancing 1:00 Bid Euchre, 1:00 Shuffleboard 1:00 Hand & Foot, 1:00 Wii Bowling, 3:00 French	9:00 – 4:00 Billiards & Snooker ~~10:00 Crokinole~~ (resume in the spring) 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 9:30 Scrabble, 1:00 Bingo, 1:00 Social Bridge ~~1:00 Table Tennis~~ (resume in the spring) 1:00 Guitar Band: Country Classics ~~4:00 Pastime Entertainment~~, 7:30 Euchre	9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (December 4) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold'em Poker **3:00 NEW Just Move It To The Music (free expression dancing – no partner needed) Starts Jan. 8.**
LEGEND **GREEN – Health & Wellness Clinics** **BLACK–Course Start, Bus Trip** **RED – In Person Seminar, Events** **BLUE – Virtual (Zoom) Program**	1 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold **9:00-4:00 Foot Care Clinic (by appt)** 9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning 9:30 Tai Chi Level 1, 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2, 10:30 Yoga With Sarah NEW 11:00 Moderate Slow Yoga 11:30 Movement for Healthy Joints & Muscles 12:15 Tai Chi Level 1 NEW, 1:15 Tai Chi Level 2 ~~1:30 Interactive & Fun Beginner Spanish Level 2~~ 3:15 All Around Fitness	2 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones **9:00-2:00 Reflexology Clinic (by appt.)** 9:35 Yoga w Sarah, 9:35 Core & Control Circuit 9:50 Building Strength Core **10:00 Senior Rightsizing: Downsizing** 10:00 Urban Pole Walking Exercise With Nancy 10:00 Meditation Series, 10:30 Essentrics 11:30 Standing & Seated Yoga With Karen **12:00 Wednesday Lunch (Pay by Nov. 27)** 1:00 Move Strong, 2:15 Osteo Fit, 3:15 Osteo Fit	3 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah **2:30 How To Register Online for VPSC Programs** 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Chair & Standing Yoga With Michelle 10:30 Qigong for Energy, Balance & Wellness NEW 11:30 Movement For Healthy Joints & Muscles 11:40 Chair Yoga With Nelda **12:00-3:00 Osteopath Clinic (by appt.)** **1:00 Navigating Peri & Post Menopause With Confidence** 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	4 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW 8:40 Low Impact Cardio & Muscle **8:45 BUS TRIP: Christmas In Niagara** ~~9:30 Yoga With Jane~~, 9:35 Barre Strong ~~10:00 French Course 3~~, 10:30 Move Strong 10:30 Yoga & Movement Healthy Joints & Muscles ~~10:35 Standing & Seated Hatha Yoga~~ 11:30 Dance Choreography for Fun for Seniors **12:00-3:00 Osteopath Clinic (by appt.)** 12:30 French Course 5 ~~1:00 Drawing Level 2, 1:30 French Course 6~~
7 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning **9:00 Advisory Board Meeting** 9:35 Pilates Strong, 9:35 Zumba Gold **10:15 Program Committee Meeting** 10:30 Essentrics, ~~10:30 Standing & Seated Yoga~~ **11:00-3 Fitness, Nutrition & Wellness Clinic** (by appt) 11:30 Standing & Seated Yoga With Karen 11:45 Strength Training & Core, 1:00 Move Strong 1:00 All About Osteoporosis & Rheumatoid Arthritis 1:00 Osteo Fit NEW, 2:15 Osteo Fit, 3:15 Osteo Fit **2:30 How To Register Online for VPSC Programs** 5:00 Pilates: Gentle	8 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold **9:00-4:00 Foot Care Clinic (by appt)** 9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning 9:30 Tai Chi Level 1, 9:35 Building On The Basics 9:50 Building Strength: Lower Body **10:00 Blood Pressure, Cholesterol & Heart Health** 10:30 Tai Chi Level 2, 10:30 Yoga With Sarah NEW 11:00 Moderate Slow Yoga 11:30 Movement for Healthy Joints & Muscles 12:15 Tai Chi Level 1 NEW, 1:15 Tai Chi Level 2 NEW ~~1:30 Spanish Level 2,~~ 3:15 All Around Fitness **8:30 Registration opens today for all Winter 2027 Programs (Virtual & In-Person)**	9 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Yoga w Sarah 9:35 Core & Control Circuit 9:50 Building Strength Core **10:00-2:15 Chair Massage Clinic (by appt.)** 10:00 Urban Pole Walking Exercise w Nancy(end) 10:00 Meditation Series (end) 10:30 Essentrics 11:30 Standing & Seated Yoga With Karen 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	10 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body **~~10:30 Grief And The Holidays~~** 10:30 Chair & Standing Yoga With Michelle 10:30 Qigong for Energy, Balance & WellnessNEW 11:30 Movement For Healthy Joints & Muscles 11:40 Chair Yoga With Nelda **12:00-3:00 Osteopath Clinic (by appt.)** 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	11 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW 8:40 Low Impact Cardio & Muscle ~~9:30 Yoga With Jane~~, 9:35 Barre Strong ~~10:00 French Course 3~~, 10:30 Move Strong 10:30 Yoga & Movement Healthy Joints & Muscles (end) ~~10:35 Standing & Seated Hatha Yoga~~ 11:30 Dance Choreography for Fun for Seniors **12:00-3:00 Osteopath Clinic (by appt.)** 12:30 French Course 5, ~~1:00 Drawing Level 2~~ ~~1:30 French Course 6~~
14 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning **9:00-2:00 Reflexology Clinic (by appt.)** 9:35 Pilates Strong, 9:35 Zumba Gold **10:30 Inflammation: The Silent Saboteur** 10:30 Essentrics (end), ~~10:30 Stand & Seated Yoga~~ 11:30 Standing & Seated Yoga with Karen (end) 11:45 Strength Training & Core, 1:00 Move Strong 1:00 All About Osteoporosis & Rheumatoid Arthritis (end) 1:00 Osteo Fit NEW, 2:15 Osteo Fit 3:15 Osteo Fit, 5:00 Pilates: Gentle (end)	15 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold **9:00-4:00 Foot Care Clinic (by appt)** 9:15 Fit Bones Plus (end), 9:35 Zumba Gold-Toning 9:30 Tai Chi Level 1, 9:35 Building On The Basics 9:50 Building Strength: Lower Body (end) 10:30 Tai Chi 2, 10:30 Yoga w Sarah 11:00 Moderate Slow Yoga 11:30 Movement for Healthy Joints & Muscles (end) 12:15 Tai Chi Level 1 NEW, 1:15 Tai Chi Level 2 3:15 All Around Fitness	16 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones (end) **9:00-2:00 Reflexology Clinic (by appt.)** 9:35 Yoga w Sarah, 9:35 Core & Control Circuit 9:50 Building Strength Core (end) 10:30 Essentrics 11:30 Standing & Seated Yoga With Karen (end) **12:00 Christmas Lunch (Pay by Dec. 11)** **1:30 Christmas Carol Sing-A-Long** (by donation) 1:00 Move Strong, 2:15 Osteo Fit, 3:15 Osteo Fit	17 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning **9:00-4:00 Foot Care Clinic (by appt)** 9:15 Fit Bones Plus (end), 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body (end) **10:30 Virtual Seminar: Repetitious Questions** 10:30 Chair & Standing Yoga With Michelle (end) 10:30 Qigong for Energy, Balance & Wellness (end) 11:30 Movement For Healthy Joints & Muscles (end) 11:40 Chair Yoga With Nelda (end) 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level (end)	18 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW (end) 8:40 Low Impact Cardio & Muscle (end) ~~9:30 Yoga With Jane (end)~~ 9:35 Barre Strong (end) ~~10:00 French 3 (end)~~, 10:30 Move Strong (end) ~~10:35 Standing & Seated Hatha Yoga (end)~~ 11:30 Dance Choreography for Fun (end) 12:30 French 5 (end), ~~1:00 Drawing 2 (end)~~ ~~1:30 French Course 6 (end)~~
21 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning (end) **9:00-2:00 Reflexology Clinic (by appt.)** 9:35 Pilates Strong (end) 9:35 Zumba Gold (end) **10:00 Winter Greens Centrepiece** ~~10:30 Standing & Seated Yoga (end)~~ 11:45 Strength Training & Core (end) 1:00 Move Strong (end) 1:00 Osteo Fit NEW (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	22 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 8:40 Zumba Gold (end) 9:35 Zumba Gold-Toning (end) 9:30 Tai Chi Level 1 (end) 9:35 Building On The Basics (end) 10:30 Tai Chi Level 2 (end) 10:30 Yoga With Sarah NEW (end) 11:00 Moderate Slow Yoga (end) 12:15 Tai Chi Level 1 NEW (end) 1:15 Tai Chi Level 2 NEW (end) 3:15 All Around Fitness (end)	23 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 8:40 Zumba Gold-Toning (end) **9:00-2:00 Reflexology Clinic (by appt.)** 9:35 Yoga w Sarah (end) 9:35 Core & Control Circuit (end) 1:00 Move Strong (end) 2:15 Osteo Fit (end) 3:15 Osteo Fit (end)	24 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 8:40 Zumba Gold-Toning (end) 9:35 Yoga w Sarah (end) 9:35 Strength Training Beginners (end) **12:00-3:00 Osteopath Clinic (by appt.)**	25 **Centre Closed.** **Merry Christmas!**
28 **Centre Closed.**	29 **Centre Closed.**	30 **Centre Closed.**	31 **Centre Closed.**	January 1, 2027 **Centre Closed.** **Happy New Year!**