

September 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.**

Being Prepared: Getting Your Documents Together – Presented by Hospice Wellington. Thur., Sept 10 at 10:30 am.

Wills, Powers of Attorneys and Living Wills - Presented by Nate Martin, partner with SV Law. Wed., Sept. 16 at 11am.

Staying Healthy While Traveling-Presented by Heidi May, Pharmacist, Arthur Travel Health. Thurs, Sept.17 at 10:30 am

Paper, Paper and More Paper - Presented by Cathy Mendler, A New Leaf Organizers. Wed., Sept. 23 at 10am.

Should We Attend? - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thurs., Sept. 24 at 10:30 am.

10 Tips on Being an Executor – Presented by Stephanie Dean, Certified Executor Advisor, ETP Canada. Wed., Sept. 30 at 11am.

September 2026 Special Events (In-person). Pre-register!

Wednesday Lunch – Wednesday, September 9 at 12:00 pm – menu on the front of calendar. Register and pay by Friday, September 4.

Fall Fling Dance - Friday, September 18 from 7:00 pm to 11:00 pm. Tickets: \$15 cash. Held at the Elora Legion, (110 Metcalfe St.).

New Member Talk and Tour - Discover new activities and opportunities at Victoria Park Seniors Centre to make the most of your retirement years. Meet other new members, volunteers, and staff. Take a tour and learn about programs and services available to you. September 21 at 10:00 am. No charge. Pre-register.

Wednesday Lunch – Wednesday, September 23 at 12:00 pm – menu on the front of calendar. Register and pay by Friday, September 18.

Mystery Card Walk: National Seniors Day Event – Join us for an enjoyable morning to promote fun, physical activity. Everyone wins a prize! Walking 2 kms on a pre-determined route. Walking poles are available to use. Everyone can participate, even if you cannot go on the walk. No charge but please pre-register so we can make sure everyone receives a prize. Monday, September 28 at 10:30 am.

Bus Trips 2026

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.

A Day In Niagara – Wed., Sept. 2. Depart 7:00 am, return 7:00 pm. \$240 mem & \$254 non. **FULL**

Toyota & African Lion Safari – Wed., October 7. Depart 8:15 am, return 6:45 pm. \$185 mem, \$199 non.

The Christmas Truce & St. Jacobs Tour–Fri., Nov 27. Depart 8am, return 7:15pm. \$205 mem, \$219 non.

Christmas In Niagara – Fri. Dec. 4. Depart 8:45 am, return 9:15pm. \$185 mem & \$199 non. **FULL**

September 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 Monday, September 7th for the Labour Day holiday.

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, September 9 at 12:00 pm – Sponsored BBQ Lunch (pay by Sept. 4 at 4pm).

Menu: BBQ hamburgers & sausages, salads, strawberry shortcake.

Wednesday, September 23 at 12:00 pm – BBQ Lunch (pay by September 18 at 4pm).

Menu: Chicken Grills on a bun, potato salad, peach crisp with ice cream.

Are you new to the Centre? Looking to meet new people? Do you want to attend a Wednesday lunch (or another program) but would like to have someone to sit with? Reach out to Kelly to connect with a “**Community Connector**” today.

Fall Fling Dance

Dance to great live music performed by Graham & Bowie held at the Elora Legion, (110 Metcalfe St.). Dance the night away to the music from the 50's and 60's. Cash bar. All proceeds go to Victoria Park Seniors Centre. Tickets available at Victoria Park Seniors Centre. **\$15 Cash only.** Tickets also available at the door at the event. All are welcome!

Friday, September 18 from 7:00 pm to 11:00 pm.

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 (resume Sept 14) 9:30 Canasta 1:00 Choir & Ukulele Band: Melody Makers (res Sept 14)	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 (resume Sept 15) 1:00 Hand & Foot, 1:00 Wii Bowling, 3:00 French	9:00 – 4:00 Billiards & Snooker 10:00 Crokinole (resume Oct 7) 10:00 Bocce (ends Sept. 2) 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 4:00 Table Tennis (resumes Oct 1) 1:00 Guitar Band: Country Classics 4:00 Pastime Entertainment , 7:30 Euchre (start Sept 10)	9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (September 4) 11:15 Spanish, 1:00 Ukulele Band (resume Sept 11) 1:00 Carpet Bowling (resume Sept 11) 1:00 Texas Hold'em Poker
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 (end) 8:40 Zumba Gold (end) 9:15 Fit Bones Plus (end) 9:35 Zumba Gold-Toning (end) 9:50 Building Strength: Lower Body (end) 11:00 Moderate Slow Yoga NEW TIME (end) 3:15 All Around Fitness (end)	2 (Daily Drop-In Activities listed above) 7:00 BUS TRIP: A Day In Niagara 8:40 Low Impact Cardio & Muscle (end) 8:40 Zumba Gold-Toning (end) 9:15 Fit Bones (end), 9:35 Yoga with Sarah (end) 9:35 Core & Control Circuit (end) 9:50 Build Strength Core (end) 10:00 Bocce (end),1:00 Move Strong (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	3 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 8:40 Zumba Gold-Toning (end) 9:15 Fit Bones Plus (end), 9:35 Yoga with Sarah (end) 9:35 Strength Training Beginner (end) 9:50 Building Strength: Upper Body (end) 10:30 Gentle Yoga for Stiff Bodies NEW 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed (end)	4 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:00-2:00 Reflexology Clinic (by appt.) 9:35 Barre Strong (end) 10:30 Move Strong (end) 11:30 Dance Choreography for Fun for Seniors (end)
7 Labour Day Centre Closed.	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 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:30 Yoga With Sarah NEW 11:00 Moderate Slow Yoga 11:30 Movement for Healthy Joints & Muscles 1:30 Interactive & Fun Beginner Spanish Level 1 3:15 All Around Fitness	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 with Sarah 9:35 Core & Control Circuit 9:50 Building Strength Core 10:30 Essentrics NEW 11:30 Standing & Seated Yoga With Karen 11:00-12:00 Blood Pressure Clinic (drop-in) 12:00 BBQ Lunch \$5.00 (Pay by Sept.4) 1:00 Music Appreciation, 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 Chair & Standing Yoga With Michelle 10:30 Being Prepared: Getting Your Documents Together 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.) 1:30 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 For Beginners For Those Wishing To Travel 10:30 Yoga & Movement Healthy Joints & Muscles, 10:30 Move Strong 10:35 Standing & Seated Hatha Yoga 11:30 Dance Choreography for Fun for Seniors 12:30 French Course 4 1:00 Drawing Fundamentals Level 1 1:30 French Course 2
14 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:00 Advisory Board Meeting 9:35 Pilates Strong NEW, 9:35 Zumba Gold 10:15 Program Committee Meeting 10:30 Essentrics 10:30 Standing & Seated Hatha Yoga 11:30 Standing & Seated Yoga With Karen 11:45 Strength Training & Core 1:00 Move Strong, 1:00 All About Osteoarthritis 1:00 Osteo Fit NEW, 5:00 Pilates: Gentle	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, 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 NEW 1:30 Interactive & Fun Beginner Spanish Level 1 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 9:35 Yoga with Sarah, 9:35 Core & Control Circuit 9:50 Building Strength Core 10:00-2:15 Chair Massage Clinic (by appt.) 10:00 Meditation Series, 10:30 Essentrics NEW 11:00 Wills, Powers of Attorneys And Living Wills 11:30 Standing & Seated Yoga With Karen 1:00 Music Appreciation, 1:00 Move Strong 1:00 Theatre History 101 2:15 Osteo Fit, 3:15 Osteo Fit	17 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Chair & Standing Yoga With Michelle 10:30 Staying Healthy While Travelling 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.) 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	18 (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 Beginners For Those Wishing To Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Move Strong 10:35 Standing & Seated Hatha Yoga 11:30 Dance Choreography for Fun for Seniors 12:30 French Course 4 1:00 Drawing Fundamentals Level 1 1:30 French Course 2
21 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:00-2:00 Reflexology Clinic (by appt.) 9:35 Pilates Strong NEW, 9:35 Zumba Gold 10:00 New Members Talk & Tour 10:30 Essentrics, 10:30 Say Sayonara To Sugar 10:30 Standing & Seated Hatha Yoga 11:30 Standing & Seated Yoga With Karen 11:45 Strength Training & Core, 1:00 Move Strong 1:00 All About Osteoarthritis, 1:00 Osteo Fit NEW 2:15 Osteo Fit, 2:30 Yoga For Beginners Workshop 3:15 Osteo Fit, 5:00 Pilates: Gentle	22 (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 NEW 1:30 Interactive & Fun Beginner Spanish Level 1 3:15 All Around Fitness	23 (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 Paper, Paper And More Paper 10:00 Meditation Series, 10:30 Essentrics NEW 11:30 Standing & Seated Yoga With Karen 1:00 Music Appreciation, 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	24 (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 Chair & Standing Yoga With Michelle 10:30 Should We Attend? 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 Inflammation Insights: Understanding The Body's Fire 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	25 (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 Beginners For Those Wishing To Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Move Strong 10:35 Standing & Seated Hatha Yoga 11:30 Dance Choreography for Fun for Seniors 12:30 French Course 4 1:00 Drawing Fundamentals Level 1 1:30 French Course 2
28 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:00-2:00 Reflexology Clinic (by appt.) 9:35 Pilates Strong NEW, 9:35 Zumba Gold 10:30 Mystery Card Walk 10:30 Essentrics 10:30 Standing & Seated Hatha Yoga 11:30 Standing & Seated Yoga With Karen 11:45 Strength Training & Core, 1:00 Move Strong 1:00 All About Osteoarthritis, 1:00 Osteo Fit NEW 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	29 (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 Food, Mood And Brain 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 Interactive & Fun Beginner Spanish Level 1 3:15 All Around Fitness	30 (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 with Sarah, 9:35 Core & Control Circuit 9:50 Building Strength Core 10:00 Meditation Series, 10:30 Essentrics NEW 11:00 10 Tips On Being An Executor 11:30 Standing & Seated Yoga With Karen 1:00 Music Appreciation 1:00 Move Strong 1:30 Working With Women In Midlife 2:15 Osteo Fit, 3:15 Osteo Fit	Fall Fling Dance Dance to great live music performed by Graham & Bowie held at the Elora Legion, (110 Metcalfe St.). Dance the night away to the music from the 50's and 60's. Cash bar. All proceeds go to Victoria Park Seniors Centre. Tickets available at Victoria Park Seniors Centre. \$15 Cash only. Tickets also available at the door at the event. All are welcome! Friday, September 18 from 7:00 pm to 11:00 pm.	