

Victoria Park Seniors Centre

Winter 2027

Registration begins Tuesday, December 8, 2026 at 8:30 am

ABOUT VICTORIA PARK SENIORS CENTRE (VPSC)

Victoria Park Seniors Centre is a municipal recreation facility operated by the Community Services Department of the Township of Centre Wellington. Our goal is to enhance the well-being of older adults through a lifestyle that embraces physical activity and social interaction. Victoria Park Seniors Centre provides a wide range of social, recreational, educational, wellness, and volunteer opportunities for older adults. Programs offered (in-person and virtual) are tailored to those 55+, however, all registered programs are open to all adults looking to stay active, develop new skills and friendships. There are two pricing levels in this Guide: a member price and a non-member price. We invite you to drop by and experience the benefits of participating.

HOW TO REGISTER

In Person:
150 Albert Street West
Fergus, ON | N1M 1X2

Telephone:
519.846.9691 x204
1.800.750.5023 x204

Online:
www.centrewellington.ca/VPSC

Payment:
Payment must be received upon registration. Cash, cheque, debit, credit, over the phone by credit card or online. Pre- registration is required for most programs. Fees include HST. Cheques payable to: Township of Centre Wellington.

Information like how to register online and our refund policy is available on our website www.centrewellington.ca/VPSC

BECOME A VPSC MEMBER

- ✓ $27 per person, includes HST
- ✓ Membership fees are valid for one year from time of purchase or renewal.
- ✓ Memberships may be purchased at any point in the year.
- ✓ Available to anyone 55+ and a younger spouse/partner may join.

Membership has its benefits:

- ✓ Reduced fees on all virtual and in-person programs, special events, drop-in activties, bus trips, lunches and seminars.
- ✓ Access to 90+ weekly programs (in-person and virtual) and services for seniors (drop-in fees apply).
- ✓ Vote at the Annual General Meeting held in November.
- ✓ Be eligible to hold office on the VPSC Advisory Board.
- ✓ Opportunities to volunteer, stay active, and involved.

NOTE: Membership fees are non-refundable. Once you have a valid membership, additional fees are required to participate in programs.

Not a member? Not yet 55?

You are still welcome to register for any program. A non-member fee will apply.

Closure Dates

January 1 (New Year's Day) | February 15 (Family Day) | March 26 (Good Friday) | March 29 (Easter Monday)

Welcome Tours and Information

New Members' Talk and Tours are held monthly at VPSC to provide you with information on programs and services offered. Are you a new member? Or haven't visited us in a while? Join us to chat about programs, ask questions and meet other new members.

Upcoming Sessions:

- Monday, January 11, at 10:00 am
- Monday, February 8, at 10:00 am
- Monday, March 8, at 10:00 am

Please pre-register. If you can't attend one of these sessions, please call to schedule a tour or drop in anytime.

VPSC Advisory Board

Victoria Park Seniors Centre is run by a Volunteer Advisory Board comprised of seven elected VPSC members and one appointed TCW Council Representative. The Advisory Board acts as a liaison between seniors and the Township and works with the Community Services Department to provide recreational opportunities for older adults. Meetings are held on the first Monday of the month at 9:00 am. All members are welcome to attend. Interested in joining the Board? Positions are available beginning January 2028 for three-year terms by election or acclimation at the November Annual General Meeting. Contact VPSC for more information.

VPSC Program Committee

This volunteer committee organizes special events, lunches and fundraisers. Meetings are held on the first Monday of the month at 10:15 am. Interested in providing input into programs and special events for older adults? This committee is always looking for new ideas and volunteers to help.

ACTIVE LIVING AND RETIREMENT SHOW

Friday, February 26, 2027 | 10:00 am to 2:00 pm
Centre Wellington Sportsplex | 550 Belsyde Ave, E
FREE ADMISSION

Visit this annual one-day in-person event and see the many exhibitor booths providing information on a range of services available to older adults from a variety of organizations such as health, financial, recreation, support services, volunteering and more. Learn about opportunities for older adults in the community. Participate in informative seminars and active living demonstrations at the event. No registration required. FREE: grab bags, refreshments, fitness classes, health clinics, seminars and more. This event is brought to you in partnership with the Older Adults Centres' Association of Ontario (OACAO), with funding provided by the Government of Ontario.

10:00 am to 2:00 pm - Exhibitor Information Booths (all day)

10:10 am - Seminar: Ride Well Transportation Service presented by The County of Wellington

10:15 am - Fitness Class: Belly Dancing & Tap Dancing

10:50 am - Seminar: Wills, Powers of Attorneys and Living Wills presented by SV Law

11:00 am - Fitness Class: Tai Chi

11:45 am - Yoga with Sarah

12:00 pm - Seminar: Frauds & Scams presented by Crime Stoppers

12:30 pm - Fitness Class: Strength Training

1:10 pm - Seminar: Ontario's Estate Administration Tax presented by The Ministry of Finance

All Day Health Clinics - Chair Massage & Reflexology, Blood Pressure Testing

DROP-IN ACTIVITY GROUPS

New participants are welcome to join these groups. Drop-in fees:

$1 member or $2 non-member unless otherwise stated. Have an idea for a new activity? Let us know!

Arts & Crafts Group
Wednesdays at 1:00 pm. Bring any type of art, craft or hobby.

Bid Euchre
Tuesdays at 1:00 pm.

Billiards, Snooker & Pool
Daily from 8:30 am to 4:00 pm. Ladies Only on Tuesday afternoons. Annual billiards membership $50 for VPSC members or pay the drop-in fee. Inquire about a Learn To Play Session with a volunteer instructor.

Billiards: Ladies Afternoon
Tuesdays at 1:00 pm.

Bingo
Thursdays at 1:00 pm.

Book Club (Monthly)
First Friday of the month at 11:00 am.

Bridge (Social)
Thursdays at 1:00 pm.

Bunka Artistry
Tuesdays at 9:30 am.

Canasta
Mondays at 9:30 am.

Carpet Bowling
Fridays at 1:00 pm.

Choir and Ukulele: The Melody Makers
Mondays at 1:00 pm. A smaller group of this choir and ukulele band, The Autumn Tones & Red Suspenders, meets Fridays at 1:00 pm.

Conversation en Français
Tuesdays at 3:00 pm. Peer-led conversational group. (For French language classes, see Special Interest section).

Conversation en Español
Fridays at 11:15 am. Peer-led conversational group.

Creative Writing
Wednesdays at 10:30 am.

Cribbage
Fridays at 9:30 am.

Crokinole
Wednesdays at 10:00 am. Crokinole cues available.

Darts
Thursdays at 9:30 am.

Pastime Productions Theatre Group
Thursdays at 4:00 pm (when preparing for performances).

Euchre
Wednesdays at 1:00 pm.
Thursdays at 7:30 pm.

Genealogy
Tuesdays at 10:30 am. Bring your laptop or tablet.

Guitar: The Country Classics
Thursdays at 1:00 pm. Bring an acoustic six-string guitar.

Hand and Foot Card Game
Tuesdays at 1:00 pm. A fun card game, related to Canasta.

Just Move it to the Music NEW
Fridays from 3:00 pm to 4:00 pm. Free expression dance. Indoor shoes required. No partner needed.

Line Dancing
Wednesdays at 3:00 pm. Beginner and intermediate levels welcome.

Mah Jong
Fridays at 9:30 am. American and Chinese versions played.

Recreational Belly Dance
Mondays at 8:40 am.

Shuffleboard
Tuesdays at 1:00 pm.

Table Tennis
We are hoping to get this group going. Let us know if you are interested.

Wii Bowling
Tuesdays at 1:00 pm.

Scrabble
Thursdays at 9:30 am.

Tap Dancing
Tuesdays at 11:35 am.

Texas Hold'em Poker
Fridays at 1:00 pm.

Woodcarving
We are hoping to get this group going. Let us know if you are interested.

CENTRE SERVICES

Library, Newspapers, Puzzles
Check out our collection of lending library books stocked by your generous donations. Come for coffee and read the Toronto Star newspaper (delivered daily). We also accept donations of current magazines. Jigsaw puzzles are available to borrow (donations accepted) or try your hand at the on-going jigsaw puzzle located in the library.

Monthly Email with Monthly Calendar
We send monthly emails to keep you up to date on what is happening at VPSC, including the monthly calendar. To receive this, email khall@centrewellington.ca or pick up a copy of the calendar at the Centre. The monthly calendar is also available at:
www.centrewellington.ca/VPSC

Volunteer Opportunities
Want to help? Our Centre depends on the generosity of volunteers. For more volunteering information, contact the Seniors Volunteer and Membership Coordinator:
khall@centrewellington.ca or 519.846.9691 x278

Wednesday Lunches
Join us for lunch twice a month on Wednesdays at 12:00 pm. On some Wednesdays, stay and enjoy the afternoon musical program. Refer to the monthly calendar for menus. $14 members or $15 non-members. Take-out option is available. Pre-registration and payment required by the Friday prior. No refunds on lunches. Refer to the Special Events section for dates. Thanks to the Program Committee for organizing these lunches. Note: lunches are subject to change.

WELLNESS CLINICS

Call 519-846-9691 ext. 204 to book an appointment for any of the clinics listed below.

Foot Care Clinic
Have your feet assessed by a Registered Practical Nurse, certified in Advanced and Diabetic Foot Care. Includes cutting and filing toenails, reduction of corns and calluses, moisturizing skin. $40 cash only. Call VPSC to book appointment. Veterans, bring your Veterans Affairs card. Allow 24 hours if cancelling an appointment to give time to consult the waiting list and avoid the cancellation fee.

Reflexology Clinic
Deeply relaxing, reflexology works the reflex points in the feet that relate to different organs and areas of your body. Circulation is improved to facilitate balance within the body. Leave feeling relaxed with renewed energy. Service provided by Registered Reflexologist: Colleen Trudeau. $40 for 30 minutes or $55 for 45 minutes. Cash only.

Manual Osteopath Clinic
Welcome to the Manual Osteopathic Clinic, where specialized osteopathic treatment is individualized to improve your overall health and well-being. This clinic offers expert care in managing musculoskeletal pain, postural imbalances, and other physical conditions through hands-on techniques to restore balance and function. Service provided by a Registered Manual Osteopath Practitioner: Michelle Vandenburg. $55 for 45 minutes. Cash only.

Fitness, Nutrition & Wellness Clinic
Take a proactive approach to your health and well-being through personalized one-on-one coaching. Whether you want to lose weight, improve strength and mobility, increase energy, support healthy aging, enhance overall wellness, or create sustainable nutrition and fitness habits, expert guidance is available every step of the way. This clinic offers individualized coaching to build practical strategies and deliver lasting results. Receive personalized recommendations, education, accountability, and support. Service provided by Angie Reid, CanFitPro Certified Fitness Professional and Holistic Fitness, Nutrition and Wellness Expert. $45 for 30 minutes. Cash only.

Hearing Screening Clinic
Has your hearing changed? Meet one-on-one with a Canadian Hearing Services Hearing Care Counsellor. Receive your results immediately. Or, if you wear hearing aids, discuss questions about your aids. Book your free of charge 30-minute appointment.

Thursday, March 4

Chair Massage Clinic
Join certified chair massage provider, Colleen Trudeau, for a relaxing 15-minute chair massage. Reduce tension, stress, headaches, stiff necks, backaches and increase circulation. No removal of clothes. Call VPSC to book your appointment between 10:00 am and 2:00 pm. Held on the second Wednesday of the month. $25 cash only.

January 13, February 10, March 10

Blood Pressure Clinic
FREE. Held monthly on a Wednesday from 11:00 am to 12:00 pm. No appointment needed. Simply drop in. Thanks to Nurse Next Door for sponsoring this program.

January 20, February 24, March 24

BUS TRIPS

NOTE: No refunds on trips and non-transferable.

We are always in the process of organizing more bus trips, usually offering one a month. For updates, join our monthly email blast. Register early to avoid the disappointment of a sold-out or cancelled trip. All trips depart from and return to VPSC. Return times are approximate, depending on weather and traffic. Those who require special assistance are responsible for arranging an escort to assist them. Our Travel Escort Volunteer cannot provide special care or one-on-one assistance. Travel arrangements are made in collaboration with Great Canadian Travel TICO# 2280154. Bus trips are subject to change. All trips include luxury coach transportation equipped with a washroom, bus driver gratuity and HST.

Travel Show: 2027 Bus Trips

Don't miss this presentation about upcoming bus trips. Join Chris Ledger, Volunteer bus trip coordinator, to hear information about 2027 day trips that we have planned for you.

Wednesday, January 6 at 11:00 am

Cirque: Alice in Wonderland
Join us for a fantastical extravaganza! Travel to Toronto to see the wonderous Cirque Alice at the CAA Ed Mirvish Theatre. Enjoy lunch at the Hot House restaurant prior to the performance. Step into magical Wonderland as Cirque Alice reimagines Lewis Carroll's classic adventures with breathtaking twists and astonishing, gravity-defying feats. Starring the greatest acrobatic performers from around the globe, this magnificent spectacle features stunning performances by mesmerizing aerialists, mind-bending contortionists, exquisite puppetry, dancers and special guest musical and comedic artists, set to contemporary renditions of classical hits. Also enjoy a shopping stop on the way at the Cheese Boutique. Depart 8:45 am, return 7:00 pm.
Wednesday, January 13
$240 member, $254 non-member

Famous People Players & Pocket Planet
Start the exciting day away with a tasty visit to the Sanremo Bakery, a family-owned Italian gem that serves a variety of cakes, pastries, bread, coffee, and more. Then we head to the Famous People Players for the show: "Under Our Big Top", for a unique black light theatre experience. Indulge in an included lunch prior to the show featuring chicken supreme, chef's salad, potatoes, and seasonal vegetables, followed by dessert, coffee, and tea. We will also visit Pocket Planet Canada on the way home. Discover the sights and sounds of our great country on a miniature scale at Pocket Planet (formerly known as Little Canada). This 45,000-square-foot attraction features miniature replicas of Canada's landscapes and landmarks. Depart 9:00 am, return 7:00 pm.
Thursday, February 11
$175 member, $189 non-member

Celtic Kitchen Party
We begin our day with a stop at Esta Chocolates to shop for gifts and sweet treats. Then we head to Bingemans for a riveting performance by the Celtic Kitchen Party. From the storytelling of the Irish Rovers to the fire of The Pogues, one thing is certain: you're in for a St. Patrick's Day celebration to remember. Enjoy an included lunch buffet prior to the show. The impressive spread features: breads, a salad bar, two hot entrees, potatoes, vegetables, tea, coffee, and dessert. Our day concludes with a tasty visit to Murphy's Law Distillery, home to the region's traditional moonshine. Enjoy a sample flight and learn more about the making of this fascinating spirit. Depart 10:45 am, return 6:00 pm.
Wednesday, March 17
$175 member, $189 non-member

Toronto Blue Jays Baseball
Spend a day at the Rogers Centre and enjoy a matinee baseball game between the Toronto Blue Jays and the Milwaukee Brewers from field-level seats. We will stop at Picard's Peanuts on the way. Depart 10:45 am, return 8:00 pm (approximate, depending how long the game goes). Lunch not included. (Note: cashless payment only at Rogers Centre).
Wednesday, April 7
$160 member, $174 non-member

Elvis Festival Niagara
Begin the day with a visit to the Niagara Butterfly Conservatory. See over 2,000 butterflies with a wide variety of species in a tropical paradise of lush vegetation, waterfalls, tropical finches, red-eared slider turtles, and more. Enjoy an included lunch at Betty's Restaurant, featuring your choice of entree (fish & chips, roast beef with mashed potatoes & veggies, or chicken parmigiana) along with fresh baked pies, coffee, and tea. Then we are off to the Greg Frewin Theatre for the first round of the Ultimate Elvis Tribute Artist Contest during the annual Elvis Festival. We end the day with a stop at West Avenue Cider House for a tour and tasting. Sip a flight of ciders and learn more about Ontario's deliciously crafted heritage. Depart 7:00 am, return: 6:30 pm.
Thursday, April 22
$240 member, $254 non-member

VIRTUAL FITNESS & YOGA (ZOOM)

See program descriptions further in guide

- A zoom link to participate in your class will be emailed **12 to 24 hours prior to first class and will be valid for the duration of the class.** Do not share this link.
- Please ensure your screen name on Zoom matches the name on your registration.
- The moderator or instructor will mute all participants when the class begins. Equipment not supplied.
- See course descriptions for cancellation dates, instructors and other information. It is recommended that you consult your health care professional prior to the start of any activity.
- Please see the Township of Centre Wellington Refund Policy on our website: www.centrewellington.ca/VPSC

Program	Day	Start/End Date	Time	Weeks	Member	Non
Fit Bones Plus	Tues	Jan 5 - Feb 9	9:15 - 9:45 am	6	$24	$36
Fit Bones Plus	Tues	Feb 23 - Mar 23	9:15 - 9:45 am	5	$20	$30
Building Strength Lower Body	Tues	Jan 5 - Feb 9	9:50 - 10:20 am	6	$24	$36
Building Strength Lower Body	Tues	Feb 23 - Mar 23	9:50 - 10:20 am	5	$20	$30
Fit Bones	Wed	Jan 6 - Feb 17	9:15 - 9:45 am	7	$28	$42
Fit Bones	Wed	Feb 24 - Mar 31	9:15 - 9:45 am	6	$24	$36
Building Strength Core	Wed	Jan 6 - Feb 17	9:50 - 10:20 am	7	$28	$42
Building Strength Core	Wed	Feb 24 - Mar 31	9:50 - 10:20 am	6	$24	$36
Fit Bones Plus	Thurs	Jan 7 - Feb 18	9:15 - 9:45 am	7	$28	$42
Fit Bones Plus	Thurs	Feb 25 - Apr 1	9:15 - 9:45 am	6	$24	$36
Building Strength Upper Body	Thurs	Jan 7 - Feb 18	9:50 - 10:20 am	7	$28	$42
Building Strength Upper Body	Thurs	Feb 25 - Apr 1	9:50 - 10:20 am	6	$24	$36
Yoga and Movement for Healthy Joints & Muscles	Fri	Jan 8 - Feb 19	10:30 - 11:00 am	5	$20	$30
Yoga and Movement for Healthy Joints & Muscles	Fri	Feb 26 - Apr 2	10:30 - 11:00 am	4	$16	$24

FITNESS & DANCE (IN-PERSON)

See program descriptions further in guide

Program	Day	Start/End Date	Time	Weeks	Member	Non
Zumba Gold-Toning	Mon	Jan 11 - Feb 1	8:40 - 9:25 am	4	$32	$40
Zumba Gold-Toning	Mon	Feb 22 - Mar 22	8:40 - 9:25 am	5	$40	$50
Zumba Gold	Mon	Jan 11 - Feb 1	9:35 - 10:20 am	4	$32	$40
Zumba Gold	Mon	Feb 22 - Mar 22	9:35 - 10:20 am	5	$40	$50
Pilates Strong	Mon	Jan 4 - Feb 8	9:35 - 10:20 am	6	$42	$54
Pilates Strong	Mon	Feb 22 - Mar 22	9:35 - 10:20 am	5	$35	$45
Strength Training: Beginner NEW	Mon	Jan 4 - Feb 8	10:30 - 11:15 am	6	$42	$54
Strength Training: Beginner NEW	Mon	Feb 22 - Mar 22	10:30 - 11:15 am	5	$35	$45
Essentrics	Mon	Jan 4 - Feb 8	10:30 - 11:15 am	6	$42	$54
Essentrics	Mon	Feb 22 - Mar 22	10:30 - 11:15 am	5	$35	$45
Move Strong	Mon	Jan 4 - Feb 8	1:00 - 1:45 pm	5	$35	$45
Move Strong	Mon	Feb 22 - Mar 22	1:00 - 1:45 pm	5	$35	$45
Osteo Fit	Mon	Jan 4 - Feb 8	2:15 - 3:00 pm	6	$42	$54
Osteo Fit	Mon	Feb 22 - Mar 22	2:15 - 3:00 pm	5	$35	$45
Osteo Fit	Mon	Jan 4 - Feb 8	3:15 - 4:00 pm	6	$42	$54
Osteo Fit	Mon	Feb 22 - Mar 22	3:15 - 4:00 pm	5	$35	$45
Pilates: Gentle	Mon	Jan 11 - Feb 8	5:00 - 5:50 pm	5	$105	$115
Pilates: Gentle	Mon	Feb 22 - Mar 22	5:00 - 5:50 pm	5	$105	$115
Strength Training	Tues	Jan 5 - Feb 16	8:40 - 9:25 am	7	$49	$63
Strength Training	Tues	Feb 23 - Mar 30	8:40 - 9:25 am	6	$42	$54
Zumba Gold	Tues	Jan 12 - Feb 16	8:40 - 9:25 am	6	$48	$60
Zumba Gold	Tues	Feb 23 - Mar 30	8:40 - 9:25 am	6	$48	$60
Zumba Gold-Toning	Tues	Jan 12 - Feb 16	9:35 - 10:20 am	6	$48	$60
Zumba Gold-Toning	Tues	Feb 23 - Mar 30	9:35 - 10:20 am	6	$48	$60

Fitness & Dance (In-Person) Continued

Program	Day	Start/End Date	Time	Weeks	Member	Non
Building on the Basics	Tues	Jan 5 - Feb 16	9:35 - 10:20 am	7	$49	$63
Building on the Basics	Tues	Feb 23 - Mar 30	9:35 - 10:20 am	6	$42	$54
Movement for Healthy Joints & Muscles	Tues	Jan 5 - Feb 16	11:30 am - 12:30 pm	7	$63	$77
Movement for Healthy Joints & Muscles	Tues	Feb 23 - Mar 30	11:30 am - 12:30 pm	6	$54	$66
All Around Fitness	Tues	Jan 5 - Feb 16	3:15 - 4:00 pm	7	$49	$63
All Around Fitness	Tues	Feb 23 - Mar 30	3:15 - 4:00 pm	6	$42	$54
Low Impact Cardio and Muscle	Wed	Jan 6 - Feb 17	8:40 - 9:25 am	7	$49	$63
Low Impact Cardio and Muscle	Wed	Feb 24 - Mar 31	8:40 - 9:25 am	6	$42	$54
Zumba Gold-Toning	Wed	Jan 6 - Feb 17	8:40 - 9:25 am	7	$56	$70
Zumba Gold-Toning	Wed	Feb 24 - Mar 31	8:40 - 9:25 am	6	$48	$60
Core & Control Circuit	Wed	Jan 6 - Feb 17	9:35 - 10:20 am	7	$49	$63
Core & Control Circuit	Wed	Feb 24 - Mar 31	9:35 - 10:20 am	6	$42	$54
Essentrics	Wed	Jan 6 - Feb 17	10:30 - 11:15 am	7	$49	$63
Essentrics	Wed	Feb 24 - Mar 31	10:30 - 11:15 am	6	$42	$54
Seated Balls, Bands & Blocks NEW	Wed	Jan 6 - Feb 17	12:20 - 12:50 pm	7	$35	$49
Seated Balls, Bands & Blocks NEW	Wed	Feb 24 - Mar 31	12:20 - 12:50 pm	6	$30	$42
Move Strong	Wed	Jan 6 - Feb 17	1:00 - 1:45 pm	6	$42	$54
Move Strong	Wed	Feb 24 - Mar 31	1:00 - 1:45pm	6	$42	$54
Osteo Fit	Wed	Jan 6 - Feb 17	2:15 - 3:00 pm	7	$49	$63
Osteo Fit	Wed	Feb 24 - Mar 31	2:15 - 3:00 pm	6	$42	$54
Osteo Fit	Wed	Jan 6 - Feb 17	3:15 - 4:00 pm	7	$49	$63
Osteo Fit	Wed	Feb 24 - Mar 31	3:15 - 4:00 pm	6	$42	$54
Strength Training	Thurs	Jan 7 - Feb 18	8:40 - 9:25 am	7	$49	$63
Strength Training	Thurs	Feb 25 - Apr 1	8:40 - 9:25 am	6	$42	$54

Program	Day	Start/End Date	Time	Weeks	Member	Non
Zumba Gold-Toning	Thurs	Jan 7 - Feb 18	8:40 - 9:25 am	7	$56	$70
Zumba Gold-Toning	Thurs	Feb 25 - Apr 1	8:40 - 9:25 am	6	$48	$60
Strength Training: Beginner	Thurs	Jan 7 - Feb 18	9:35 - 10:20 am	7	$49	$63
Strength Training: Beginner	Thurs	Feb 25 - Apr 1	9:35 - 10:20 am	6	$42	$54
Dance Choreography for Beginners NEW	Thurs	Jan 7 - Feb 18	10:30 - 11:15 am	7	$49	$63
Dance Choreography for Beginners NEW	Thurs	Feb 25 - Apr 1	10:30 - 11:15 am	6	$42	$54
Movement for Healthy Joints & Muscles	Thurs	Jan 7 - Feb 18	11:30 am - 12:15 pm	7	$49	$63
Movement for Healthy Joints & Muscles	Thurs	Feb 25 - Apr 1	11:30 am - 12:15 pm	6	$42	$54
Pilates: Mixed Level	Thurs	Jan 7 - Feb 18	5:00 - 5:50 pm	7	$147	$161
Pilates: Mixed Level	Thurs	Feb 25 - Apr 1	5:00 - 5:50 pm	6	$126	$138
Low Impact Cardio and Muscle	Fri	Jan 8 - Feb 19	8:40 - 9:25 am	7	$49	$63
Low Impact Cardio and Muscle	Fri	Feb 26 - Apr 2	8:40 - 9:25 am	5	$35	$45
Zumba Gold-Toning	Fri	Jan 8 - Feb 19	8:40 - 9:25 am	7	$56	$70
Zumba Gold-Toning	Fri	Feb 26 - Apr 2	8:40 - 9:25 am	5	$40	$50
Barre Strong	Fri	Jan 8 - Feb 19	8:40 - 9:25 am	7	$49	$63
Barre Strong	Fri	Feb 26 - Apr 2	9:35 - 10:20 am	5	$35	$45
Move Strong	Fri	Jan 22 - Feb 19	10:30 - 11:15 am	5	$35	$45
Move Strong	Fri	Feb 26 - Apr 2	10:30 - 11:15 am	5	$35	$45
Dance Choreography for Fun	Fri	Jan 8 - Feb 19	11:30 am - 12:30 pm	7	$56	$70
Dance Choreography for Fun	Fri	Feb 26 - Apr 2	11:30 am - 12:30 pm	5	$40	$50

YOGA, TAI CHI, QIGONG, MEDITATION (IN-PERSON)

See program descriptions further in guide

Program	Day	Start/End Date	Time	Weeks	Member	Non
Standing & Seated Yoga with Karen	Mon	Jan 4 - Feb 8	11:30 am - 12:15 pm	6	$48	$60
Standing & Seated Yoga with Karen	Mon	Feb 22 - Mar 22	11:30 am - 12:15 pm	5	$40	$50
Tai Chi Level 1	Tues	Jan 5 - Feb 16	9:30 - 10:30 am	7	$63	$77
Tai Chi Level 1	Tues	Feb 23 - Mar 30	9:30 - 10:30 am	5	$45	$55
Tai Chi Level 2	Tues	Jan 5 - Feb 16	10:30 - 11:30 am	7	$63	$77
Tai Chi Level 2	Tues	Feb 23 - Mar 30	10:30 - 11:30 am	5	$45	$55
Yoga with Sarah	Tues	Jan 12 - Feb 16	10:30 - 11:15 am	6	$48	$60
Yoga with Sarah	Tues	Feb 23 - Mar 30	10:30 - 11:15 am	6	$48	$60
Tai Chi Level 1	Tues	Jan 5 - Feb 16	12:15 - 1:15 pm	7	$63	$77
Tai Chi Level 1	Tues	Feb 23 - Mar 30	12:15 - 1:15 pm	5	$45	$55
Tai Chi Level 2	Tues	Jan 5 - Feb 16	1:15 - 2:15 pm	7	$63	$77
Tai Chi Level 2	Tues	Feb 23 - Mar 30	1:15 - 2:15 pm	5	$45	$55
Moderate Slow Yoga	Tues	Jan 5 - Feb 9	11:00 am - 12:00 pm	6	$54	$66
Moderate Slow Yoga	Tues	Feb 23 - Mar 30	11:00 am - 12:00 pm	6	$54	$66
Yoga with Sarah	Wed	Jan 6 - Feb 17	9:35 - 10:20 am	7	$56	$70
Yoga with Sarah	Wed	Feb 24 - Mar 31	9:35 - 10:20 am	6	$48	$60
Meditation Series	Wed	Jan 6 - Mar 31	10:00 - 11:30 am	12	$132	$156
Standing & Seated Yoga with Karen	Wed	Jan 6 - Feb 17	11:25 am - 12:10 pm	7	$56	$70
Standing & Seated Yoga with Karen	Wed	Feb 24 - Mar 31	11:25 am - 12:10 pm	6	$48	$60
Yoga with Sarah	Thurs	Jan 7 - Feb 18	9:35 - 10:20 am	7	$56	$70
Yoga with Sarah	Thurs	Feb 25 - Apr 1	9:35 - 10:20 am	6	$48	$60
Chair & Standing Yoga with Michelle	Thurs	Jan 7 - Feb 18	10:30 - 11:15 am	5	$40	$50
Chair & Standing Yoga with Michelle	Thurs	Feb 25 - Apr 1	10:30 - 11:15 am	4	$32	$40

Yoga, Tai Chi, Qigong, Meditation (In-Person) Continued

Program	Day	Start/End Date	Time	Weeks	Member	Non
Qigong for Energy, Balance & Wellness	Thurs	Jan 21 - Jan 28	10:30 - 11:30 am	2	$18	$22
Qigong for Energy, Balance & Wellness	Thurs	Mar 4 - Apr 1	10:30 - 11:30 am	5	$45	$55
Chair Yoga with Nelda	Thurs	Jan 21 - Jan 28	11:40 am - 12:40 pm	2	$18	$22
Chair Yoga with Nelda	Thurs	Mar 4 - Apr 1	11:40 am - 12:40 pm	5	$45	$55
Yoga with Jane	Fri	Jan 8 - Feb 19	9:30 - 10:30 am	7	$63	$77
Yoga with Jane	Fri	Feb 26 - Apr 2	9:30 - 10:30 am	5	$45	$55
Standing & Seated Hatha Yoga	Fri	Jan 8 - Feb 19	10:35 - 11:35 am	7	$63	$77
Standing & Seated Hatha Yoga	Fri	Feb 26 - Apr 2	10:35 - 11:35 am	5	$45	$55

VIRTUAL (ZOOM) PROGRAM DESCRIPTIONS

Virtual: Fit Bones Plus
Exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus on standing balance and building strength. Instructor Kelly Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss. You will need an exercise band for this class. No class: February 16 or March 30.

Virtual: Fit Bones
Gentle chair exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus will be on increasing range of motion and maintaining strength. Instructor Kelly Offer will guide you through seated exercises and provide information to help maintain bone strength and prevent bone loss. You will need an exercise band for this class.

Virtual: Building Strength Lower Body
Exercises to help strengthen the leg muscles, as well as the gluteals and lower back muscles. A mat is needed as some exercises will be done on the floor. Hand weights may occasionally be used. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Kelly Offer. No class February 16 or March 30.

Virtual: Building Strength Core
The target zone for this class is the core, working on the abdominal and back muscles. A mat is required for this class as most exercises are done on the floor. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Kelly Offer.

Virtual: Building Strength Upper Body
Arms, chest and shoulder muscles are put to work in this class. Hand weights are used. If you don't have weights, water bottles or soup cans work. Each class includes a warm-up and cool-down/stretch period. Intermediate level class, however, options for different fitness levels demonstrated. Instructor: Kelly Offer.

Virtual: Yoga and Movement for Healthy Joints & Muscles
This class combines yoga and other movements for the focus and benefit of keeping mobility and strength. We will sit on the chair to begin followed by some standing movements. Instructor: Michelle Vandenburg. No class February 5, February 12, March 19 and March 26.

FITNESS AND DANCE PROGRAM DESCRIPTIONS

FITNESS CLASS GENERAL INFORMATION

- It is recommended that you consult your health care professionals prior to the start of any activity.
- Avoid wearing scents to class.
- Bring indoor running shoes and water.
- Equipment supplied, except yoga mats.
- If you miss a scheduled class, we are unable to allow make-ups.
- Please see the Township of Centre Wellington's Refund Policy on our website: www.centrewellington.ca/VPSC
- See course descriptions for instructors, cancellation dates and information regarding whether a class is appropriate for you.
- Our fitness instructors make every effort to modify exercises to suit individual needs. However, please find a class suitable for your physical ability rather than a convenient time.

All Around Fitness
An invigorating full body fitness class that gets your heart rate up for 20 minutes and spends time strengthening all major muscle groups, uses a variety of equipment and no class is the same. We end the class with a full body stretch to feel rested and restored for the rest of the day. Good for both beginner and intermediate fitness levels, as you can scale everything to your own needs. All done standing or seated. No floor work. Instructor: Jennifer Wilson.

Barre Strong
This is a low-impact, strength, flexibility, balance and core conditioning work out. It combines elements of pilates, yoga and small isolated strength movements to build total body muscle definition, increase flexibility, improve posture and core strength. Barre Strong has an upbeat flow providing cardiovascular benefits as well. Moderate to advanced level and includes floor work. Instructor: Angie Reid. No class March 26.

Building on the Basics
This class uses a variety of exercises and equipment to help build overall strength, and stability with a focus on core centered exercise zeroing in on the back and abs. Moderate level class designed to bridge the transition from beginner to intermediate levels. Each class includes a warm-up and a cool-down/stretch period. There will be floor work with modifications available. Instructor: Angie Reid.

Core & Control Circuit
Core strength, stability, mobility and control is the focus. You will move through a structured combination of core conditioning, floor-based strength exercises, and low-impact functional movements designed to improve muscular strength, stability, balance, and control. Classes emphasize precise, form-focused bodyweight and resistance exercises, blending circuit-style training with slow, intentional sequencing to support joint health, posture, and overall movement quality. A mix of equipment will be used. Moderate to advanced levels. Modifications available. Must be able to get down on floor. Instructor: Angie Reid.

Dance Choreography for Beginners NEW
Learning the fundamentals of dance leads to stronger balance, body awareness, and an ear for rhythm. We listen to a variety of music styles and use repetition to build confidence and strength. This is a great way to introduce steps and grooves into your life and have fun. No dance experience needed. Wear indoor running shoes or dance shoes. Instructor: Norah Wardell.

Dance Choreography for Fun
Do you have rhythm and a love for music and movement? This class is full of funky grooves, sequencing movements together, and challenging the mind-body connection. With influences from Modern, Jazz, and Contemporary dance forms, this class explores music from around the world and allows you to continue your journey to strength, fluidity, and balance. Wear indoor running shoes or dance shoes. Beginner plus level. Instructor: Norah Wardell. No class March 26.

Essentrics
A dynamic, gentle, full-body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. Perfect for all ages, this program will increase your mobility, flexibility and overall strength while relieving aches and pains. With a diverse music playlist accompanying each routine, this low-impact workout leaves you feeling energized. No floor work. Bring a thin yoga mat to class. Instructor: Karen Murtagh. No class February 15 or March 29.

Low Impact Cardio and Muscle
An intermediate to advanced level, moderate to high intensity class for those with good mobility. Approximately 20 minutes cardio, 15 minutes of muscle and a stretch at the end. Instructor: Angie Reid. No class March 26.

Movement for Healthy Joints & Muscles
Enjoy gentle warm-ups to lubricate your joints and maintain range of motion as well as some stretching to improve circulation and reduce stiffness. We will add movement to build strength in the muscles using light weights (optional). Full body benefits every week including balance practice and brain teasers. Exercises are drawn from yoga and other movement systems. All are done seated on a chair or standing (no floor work). Bring a thin yoga mat. Optional: yoga block, small pilates ball and light weights or borrow from VPSC. Instructor: Karen Murtagh.

Move Strong
This moderate, low-impact strength training class is designed to keep you strong, mobile, and energized, while making movement feel good. Each session helps you feel your movement to build body awareness, move away from pain, and learn to work with your body rather than against it. Using natural movement patterns that improve range of motion and release tension, you'll perform mostly standing exercises (no floor work) while building balance, strength, and flexibility. Every class supports you in moving more confidently and with ease in daily life, leaving you feeling empowered, independent, and joyful about movement. Instructor: Aimee Young. No class January 11, January 13, March 26 or March 29.

Osteo Fit
Physical activity plays an essential role in the treatment of Osteoporosis by stimulating our bones to maintain structure and strength. When treating Osteoarthritis, it is important to ensure proper alignment of joints. Four types of exercise are necessary in the management of osteoporosis and osteoarthritis: strength, posture and core stability, balance and weight bearing. Improving strength, balance and posture reduces the risk of falling. Instructor: Jane Gage, Reg. Kinesiologist. No class February 15 or March 29.

Pilates: Gentle
This class is designed for those looking to keep mobile and work at a slower pace to improve everyday function. Whether you are post surgery, recovering from an injury or wanting a gentler movement experience, by the end of this class, you should be able to use your core muscles more effectively, improve balance, muscle tone and strength and improve posture. Each class has gentle standing exercises, floor or chair-based Pilates exercises and relaxation. Class suitable for all ages and levels. Mats and props supplied. No previous experience needed. Instructor Kelly Offer is a Registered Massage Therapist and certified Pilates Instructor who specializes in pain relief and injury recovery through movement. No class January 4, February 15 or March 29.

Pilates: Mixed Level
Progressing some of the beginner exercises and reinforcing the fundamental moves for a full body conditioning class. See improvements in core strength, mobility, and flexibility. No previous experience required. Equipment supplied. Instructor: Kelly Offer.

Pilates: Strong
A strength-focused fusion class offering a refined blend of traditional Pilates and strength-based movements. Using controlled, deliberate sequences, the class emphasizes core strength, muscular endurance, stability, and overall body control. Movements include a combination of isolated Pilates exercises and integrated strength work, primarily performed on the floor but will include standing stability flows as well. Designed to support functional strength and balanced movement in a low-impact format. Moderate to Intermediate levels. Instructor: Angie Reid. No class February 15 or March 29.

Seated Balls, Bands & Blocks NEW
This is a 30-minute seated only fitness class (no standing or floor work) with a focus on increasing range of motion in the joints and on both strengthening and stretching the whole body: legs, arms, core and back. All supplies are available for the class, but you are welcome to bring your own. Suitable for all levels. Instructor: Karen Murtagh.

Strength Training
An intermediate level class for those wishing to increase strength, balance and flexibility. All equipment supplied. Participants should be able to get up and down from the floor. Instructor: Angie Reid.

Strength Training: Beginner
A beginner strength training work out with a focus on total body strength and an emphasis on improving balance, stability and flexibility. No floor work and a chair may be used for added support. Note: NEW Monday at 10:30 am class. Instructor: Angie Reid. No class February 15 or March 29.

Zumba Gold
Join us for a dance party with great music and friends while focusing on balance, cardiovascular endurance, range of motion and coordination with moderate to high intensity. No dance experience required. Wear running shoes. Instructor: Sarah Gray. No class Mondays: January 4, February 8, February 15, March 29. Tuesday: January 5.

Zumba Gold-Toning
A combination of strength training and dance that improves your mobility, balance, and strength all while having a blast using lightweight toning sticks (provided). Enhance your rhythm while toning arms, abs, glutes, and thighs. Wear running shoes. Instructor: Sarah Gray. No class Mondays: January 4, February 8, February 15, March 29. Tuesday: January 5. Fridays: February 5, March 26.

YOGA, TAI CHI, QIGONG, MEDITATION PROGRAM DESCRIPTIONS

Chair & Standing Yoga with Michelle
Chair yoga is a functional yet gentle movement with flow and grace that will take us from sitting to standing. For strength and balance, the chair is there to support us. This is an experience of movement used in our everyday lives that is fun and forgotten as exercise. This is a beautiful way to start your morning. All you need is comfortable attire, supportive footwear and a yoga mat. Instructor: Michelle Vandenburg. No class February 4, February 11, March 18 and March 25.

Chair Yoga with Nelda
Discover the benefits of yoga in a safe, supportive, and accessible way. This gentle chair yoga class uses seated and standing movements to help improve flexibility, balance, posture, mobility, breathing, and relaxation, without needing to get down on the floor. Classes include gentle stretches, mindful movement, breathing techniques, and relaxation designed to help you feel stronger, calmer, and more energized. Instructor: Nelda Rodillo.

Meditation Series
This 12-week series is a meditation class. We will use parts 3 and 4 of the book "Down to Earth Dharma Insight Meditation to Awaken the Heart" by Rebecca Bradshaw, as our guide. Each class will include guided meditation, teaching, and discussion. All welcome. You do not have to purchase the book to participate, although it will be helpful. Instructor: Jill Davey. If you have questions, you are welcome to contact the instructor prior to registration: jjilldavey@gmail.com. No class February 3.

Moderate Slow Yoga
Moving with intention to stretch, build strength and self-awareness through Hatha Yoga. Moderate means you have yoga experience and slow means our movements are not rushed. We incorporate standing, hands and knees and floor postures. Bring a yoga mat, blocks if you have them and a light blanket. Instructor: Grace Rosewarne. No class February 16.

Qigong for Energy, Balance & Wellness
Experience the gentle healing art of Qigong. This calming practice combines slow flowing movements, breathing exercises, posture, and mindful awareness to help improve balance, flexibility, circulation, and well-being. This beginner-friendly class is for anyone seeking a gentle, relaxing approach to movement and healthy aging. Easy-to-follow exercises that may help reduce stress, ease stiffness, support mobility, improve posture, and restore energy. Movements may be done standing or modified as needed. Instructor: Nelda Rodillo.

Standing & Seated Hatha Yoga
Hatha Yoga is a purifying and grounding practice that nourishes us on all levels that can be enjoyed without getting on the floor. Develop your strength and flexibility while doing warm-ups and postures standing with the use of your chair for support and then while sitting on the chair. Bring a thin yoga mat and one yoga block if you have one or borrow from VPSC. Instructor: Jane Finoro is a certified yoga instructor trained in traditional practice. No class March 26.

Standing & Seated Yoga with Karen
Yoga can be nourishing on all levels without having to get to the floor. Seated warm-ups are followed by standing poses, using the chair for support. We always sit again for some lovely final stretches to complete our class. Bring a thin yoga mat and a yoga block if you have one or borrow from VPSC. Instructor: Karen Murtagh.

Tai Chi Level 1
This slow-moving, meditative martial art can help restore and maintain fitness and flexibility. This introductory class is suitable for all ages and fitness levels. Instructor: Christina Graf. No class March 16.

Tai Chi Level 2
Continue to expand upon your Tai Chi knowledge. This level is suitable for those who have taken Level 1 or previously studied Tai Chi. Instructor: Christina Graf. No class March 16.

Yoga with Jane
Practice a variety of basic postures and breathing techniques to improve awareness, flexibility, strength, and balance. Students are encouraged to respect their level of ability and explore and modify postures with care. Each class ends with a guided meditation to promote deep relaxation. Bring a yoga mat and something to keep cozy during relaxation. Instructor Jane Finoro is a certified yoga instructor, trained in traditional practice. No class March 26.

Yoga with Sarah
This nurturing practice combines mindful movement with breath awareness, making it ideal for those new to yoga or seeking a calming experience. We begin and conclude on the mat, gently guiding the body through a series of poses that promote strength and flexibility. Includes kneeling and seated positions, each designed to support your body's natural range of motion. Class concludes with a guided meditation to centre the mind and soothe the nervous system. Class is done all on the mat. Bring a yoga mat, 2 blocks and a blanket or sweater. Mats and blocks can be provided. Instructor: Sarah Gray. No class January 5.

SPECIAL INTEREST (In-Person)

Minds in Motion
Minds in Motion is a unique opportunity for persons living with dementia and their care partner to attend a weekly program together, with benefits for all. Each class held at Victoria Park Seniors Centre begins with gentle group exercise followed by an engaging and stimulating social recreation program. Laughter and new friendships are often a result as participants exercise both their bodies and mind. To register, contact the Alzheimer Society 519.742.1422 ext. 2090.
Thursdays, 1:30 pm to 3:30 pm

Watercolour: Level 1
This introduction to watercolours will explore the nature of the medium along with various materials and techniques. Colour theory and colour mixing will be an important beginning to working in paint. A supply list will be available upon registration. Instructor: Jane Finoro.
Fridays, 1:00 pm to 3:00 pm
January 8 to February 12, 6 classes
$84 member, $96 non-member

Watercolour: Level 2
This more advanced class will move beyond the basics and offer the opportunity to develop skills through practice. A supply list will be available upon registration. Instructor: Jane Finoro. No class March 26.
Fridays, 1:00 pm to 3:00 pm
February 19 to April 2, 6 classes
$84 member, $96 non-member

Building Healthy Habits
Begin the New Year building healthy habits, one step at a time. Each week we will explore a new habit and help you incorporate better health into your daily life. We will spend time exploring why each habit is important, ways to add them into your day and any barriers that may arise and ways to overcome them. This group is meant to be interactive and support each other to adopt healthier habits in a supportive non-judgemental space. Weekly topics: goal setting, increasing water intake, eating adequate protein, reducing sugar intake, adding physical activity, self-care, reducing stress and tips for continuing on your own. Instructor: Jennifer Wilson.
Thursdays, 3:15 pm to 4:00 pm
January 14 to March 4, 8 classes
$64 member, $76 non-members

French for Beginners for those Wishing to Travel
This course is for those who wish you were able to converse in a French speaking environment. This will enable you to use everyday phrases we automatically say, but in French (such as: how are you, goodbye, I'm sorry). It will also help with short conversations such as ordering food in restaurants, shopping or asking for directions. Join us if you are interested in broadening your knowledge of this language. “Basic French” workbook information for purchase available at registration. Instructor: Elisabeth Bzikot.
Fridays, 10:00 am to 11:00 am
January 15 to March 19, 10 classes
$140 member, $150 non-member

French Course 2
French Course 2 is a follow-up from the beginner course. We will be using the same textbook and continuing our exploration of the French language. More verb groups, vocabulary and phrases. Instructor: Elisabeth Bzikot.
Fridays, 12:30 pm to 1:30 pm
January 15 to March 19, 10 classes
$140 member, $150 non-member

French Course 6
This course will be a continuation of our previous courses and include the introduction of the imperfect and the future tenses as well as further practice of the passe compose. We will foster more demanding conversation topics and presentations. Instructor: Elisabeth Bzikot.
Fridays, 2:30 pm to 3:30 pm
January 15 to March 19, 10 classes
$140 member, $150 non-member

French Course 8
In course eight we will be continuing from course seven, using the 'Intermediate French Grammar' textbook. You will gain new grammar concepts. We will have expanded regular conversations using the newly acquired information. Instructor: Elisabeth Bzikot.
Fridays, 1:30 pm to 2:30 pm
January 15 to March 19, 10 classes
$140 member, $150 non-member

Finding the Joy in Food
How to foster enjoyable cooking habits. Enjoying nourishing, delicious foods is an important key to eating well. If we are cooking for one, our perception of taste has changed, or our energy levels leave us feeling uninspired to cook it can be hard to eat well. Join Lauren, a Registered Dietitian, as we explore: what can get in the way of eating well and how it might impact our health, the importance of finding joy in food, how to let go of limiting thoughts around food choices, and how to nourish yourself despite a lack of interest in food. Presentation materials, recipes and handouts will all be provided.
Tuesday, January 19
10:00 am to 11:00 am
$23 member, $29 non-member

Say Sayonara to Sugar
In today's diet, sugar is hiding everywhere from tomato sauce to salad dressings to crackers. It makes up a whopping 21% of our calories consumed daily. Learn to recognize the many places sugar is hiding, impact on overall health and how to gently kick that sweet sugar bug. Includes a booklet containing all the facts behind what sugar does to our bodies and what to do to shake the sugar. Learn the simple Complete in 3 Rule and how to use it to design tasty, blood sugar balancing meals, an easy grocery list reference guide and sample recipes to help get you inspired. Instructor: Angie Reid.
Wednesday, January 27
10:30 am to 12:30 pm
$23 member, $29 non-member

Bone Health and Nutrition
Our bone health is an important factor in our wellbeing that affects our ability to enjoy many daily activities. The good news is that certain delicious and easy to incorporate foods could help maintain strong bones and avoid further breakdown. Join Lauren, a Registered Dietitian, in exploring: what exactly is "bone health" and which nutrients are critical in maintaining strong bones, what foods can we add to our meals to support strong bones and some simple and delicious recipes to include in your meals. Presentation materials, recipes and handouts will all be provided.
Tuesday, February 16
10:00 am to 11:00 am
$23 member, $29 non-member

Spring Flower Arrangement
Has it been too long since you've seen flowers? Winter is hard when it's all white outside. Join Emily from Mapleton Acres as she brings the flowers to you (yup, even in the middle of winter!). In this workshop you'll design a flower arrangement filled with Ontario grown flowers to help invite spring into your home. All materials provided. (Don't miss the next workshop: Spring Planter held March 24).
Wednesday, February 17
10:00 am to 11:30 am
$59 member, $69 non-member

Cultivating Calm: Cortisol Reset
Feel like you are stuck in a cycle of feeling tired and stressed? Experiencing weight changes, sleep issues, low mood, chronic fatigue, low energy, or more emotional than usual? Cortisol, your stress hormone, could be out of balance. Reducing cortisol levels naturally and efficiently involves lifestyle adjustments and strategies that target stress, sleep, diet, and relaxation. Get ready to reset your body, lower stress levels, and boost energy naturally. Learn tips to naturally and gently detox your body in two days and easy to implement tips for prioritizing sleep. Learn how to eat to thrive, also movements and mindfulness steps to reduce stress and support your hormones. Instructor: Angie Reid.
Wednesday, February 24
10:30 am to 12:30 pm
$23 member, $29 non-member

Restore the Pelvic Floor
If you are looking to heal, feel stronger, restore your pelvic floor, learn how it relates to your core and gait, and return to exercises you love, this is the program for you. This workshop has been designed to give you the tools to overcome incontinence, prolapse and pelvic pain. Learn how to correctly activate, repair and strengthen your floor. With these exercises and lifestyle tips, you can return to exercise and healthy living with confidence. Participants will need to get up and down from floor. Instructor: Angie Reid.
Wednesday, March 10
10:30 am to 12:30 pm
$23 member, $29 non-member

Cooking on a Budget
Delicious, nutrient-dense meals that won't break the bank. Food prices continue to rise, making eating nutritiously trickier. Join us as we walk through healthy eating on a budget. Join Lauren, a Registered Dietitian, to explore: how to build a nutritious plate on a budget, incorporating low-cost and highly nutritious plate fillers, strategies for buying in bulk when you're cooking for 1 or 2, and of course delicious main-stay recipes to include in your weekly meal rotation. Presentation materials, recipes and handouts will all be provided.
Tuesday, March 23
10:00 am to 11:00 am
$23 member, $29 non-member

Spring Planter Workshop
Just in time for Easter, come design a spring planter with Emily from Mapleton Acres. Featuring spring bulbs, pussy willows and more. You'll design a table-top planter that will help those winter blues fade away. All materials provided.
Wednesday, March 24
10:00 am to 11:30 am
$59 member, $69 non-member

Holistic Hip Health: Restore Ease of Motion
Tight hips can lead to discomfort, limited mobility, and even chronic pain over time. It can also impact posture, lower back health, and overall movement patterns. This workshop is designed to help you release hip tension, improve flexibility, and restore balance to the body. Learn why hip mobility is crucial for overall health, from reducing pain and stiffness to enhancing circulation and posture. Workshop includes physio-inspired exercises and mindfulness practices you can incorporate into your daily routine. Strengthen and release key hip muscles while promoting long-term relief and a newfound sense of freedom and mobility. Will include floor work. Instructor: Angie Reid.
Wednesday, April 7
10:30 am to 12:30 pm
$23 member, $29 non-member

Hydration
Hydration is important for our overall health and wellbeing, and as we age our sensation of thirst may fade. Join Lauren, a Registered Dietitian, to explore: the importance of hydration in our health, how much we actually need, how to incorporate hydration in a variety of ways, buzz topics around hydration and electrolytes, and of course high hydration snacks, drinks and meals as we enter the warmer months. Presentation materials, recipes and handouts will all be provided.
Tuesday, April 20
10:00 am to 11:00 am
$23 member, $29 non-member

SEMINARS

NOTE: Please pre-register for all seminars listed below (both in-person and virtual seminars). Most seminars are in-person, unless specifically listed as virtual. (Registration not required for seminars held at the Retirement Show). By donation at the door for in-person seminars. If attending a virtual seminar, the Zoom link will be provided.

HOW TO REGISTER ONLINE FOR VPSC 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
- Monday, December 7 at 2:30 pm
- Monday, March 15 at 3:00 pm

Travel Show: 2027 Bus Trips

Don't miss this presentation about upcoming bus trips. Join Chris Ledger, Volunteer bus trip coordinator, to hear information about 2027 day trips that we have planned for you.
Wednesday, January 6 at 11:00 am

All Things Scottish

There is a rich history of Scottish settlement in Centre Wellington. Explore the Scottish traditions brought to Wellington County and how they have changed and evolved over the years. Presented by The Wellington County Museum & Archives.
Monday, January 25 at 11:00 am

Healthy Aging: Strategies to Maintain Independence Part 1

Join us for a free five-week education series highlighting a different topic each week. Strong muscles and strong bones: how to improve on muscle and bone strength. Blood pressure and keeping your heart healthy: What happens if I have high or low blood pressure? How do I know if my heart is healthy? Vision and Hearing: What is happening to my vision? Is there anything I can do to help? Hearing is important to stay healthy and what can we do to help. Diabetes and Peripheral neuropathy: What can be done to lower blood sugar, and reduce chances of peripheral neuropathy? Medication: What questions do I ask my doctor or pharmacist about medication? Why should I have a list of my medications? Presented by Alan Sze, Reg. Kinesiologist, VON. No charge but pre-register as space is limited.
Mondays, 1:00 pm to 2:00 pm
January 11 to February 8, 5 classes

Staying Healthy While Traveling

Travel can be exciting and beneficial for both our mental and physical health, but some trips can increase our risk of injury or illness, or we can bring illness home with us. Learn what to consider before leaving home to prepare you for healthy travel. Will you need vaccines? How will you manage illness while away? What personal health issues or activities may put you at higher risk of harm? Are there any over the counter or prescription medications you should take with you? Learn about resources for safe travel to your destination. Presented by Heidi May, Pharmacist, Arthur Travel Health.
Wednesday, January 13 at 11:00 am

Paper, Paper, and More Paper

Are you drowning in paper? Is it scattered all over your home or piled up in your office? Is your current method of handling paper working? Learn some practical tips and tricks to create and maintain a system to keep your paperwork organized and manageable. Presented by Cathy Mendler, A New Leaf Organizers.
Thursday, January 21 at 10:30 am

Virtual: Inside the Brain - An Interactive Tour
This session will cover what dementia is and how brain changes are affecting the person living with dementia by looking at each brain region individually. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar.
Thursday, January 28 at 10:30 am

10 Tips on Being an Executor
Join Stephanie Dean, Certified Executor Advisor, ETP Canada, who will be sharing ten tips and strategies to help manage the realities of being an estate executor. In her years of experience in helping families, being more prepared can help make this challenging time easier. This presentation teaches how to reduce stress and save money by making time with your lawyer, financial advisor, and accountant more efficient when dealing with the estate's administration.
Wednesday, February 17 at 11:00 am

Organizing 101
Getting organized is less about getting rid of things and more about knowing which belongings really serve a purpose in your life. Have you tried to declutter and get organized and ended up with a worse mess? Don't know where to start? Are you overwhelmed? Learn some practical tips and tricks. Don't wait until you're about to move to get organized. Presented by Cathy Mendler, A New Leaf Organizers.
Thursday, February 18 at 10:30 am

If These Walls Could Speak
Before we were the Wellington County Museum and Archives, we were the House of Industry and Refuge or the County Poor House. Explore the social history of how the Poor House was built and the stories of the men and women that worked and lived in these walls. Presented by The Wellington County Museum & Archives.
Monday, February 22 at 11:00 am

Virtual: Considering Long Term Care
If you have questions about transitioning to Long Term Care then join in this session where we explain the difference between Retirement and Long Term Care and discuss accessing different types of accommodation. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar.
Thursday, February 25 at 10:30 am

Ride Well Service
Hear all about Ride Well, Wellington County's rural public transit service. Ride Well is a demand-based, ridesharing service operating Monday to Friday, 6:00am to 7:00 pm. Rides can be booked to and from any address in Wellington County and Guelph. Join us for a presentation about the service and visit www.ridewell.ca. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave, E, Fergus.
Friday, February 26 at 10:10 am

Wills, Power of Attourneys and Living Wills
Excellent opportunity to have your questions answered by a lawyer who drafts testamentary documents and administers estates. This participation-oriented seminar will focus on Wills, Powers of Attorney and Living Wills. Discuss strategies to minimize Estate Administration Tax (more commonly referred to as Probate Fees) and basic components of sound Estate Planning. Your questions are encouraged throughout. Presented by Nate Martin, a partner with SV Law, Elora. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave, E, Fergus.
Friday, February 26 at 10:50 am

Frauds & Scams
Find out what scams are happening, how talking about fraud stops the crime and how reporting fraud protects us all. Join Crime Stoppers Guelph Wellington (CSGW) and Victim Services Wellington for this presentation, designed to help victims of this crime, reduce the chance of being targeted and increase awareness of fraud in Wellington County. Presented by Sarah Bowers-Peter, CSGW and Elizabeth Kent, Victim Services Wellington. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave, E, Fergus.
Friday, February 26 at 12:00 pm

Ontario's Estate Administration Tax
Are you estate planning? Or has someone asked you to be their estate representative? Would you like to better understand how Ontario's Estate Administration Tax (EAT) works? During this seminar, learn whether EAT could be payable on the value of your estate; what assets to include and exclude in the value of the estate; how to calculate and pay the tax owed and how to file an Estate Information Return. Presented by the Ministry of Finance. Held at the Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave., E, Fergus.
Friday, February 26 at 1:10 pm

Info for Seniors: Service Canada & Canada Revenue Agency
This presentation will provide information on benefits and services available for seniors. Learn about what is required to receive the Canadian Dental Care Plan, Canada Pension Plan, Old Age Security including the Guaranteed Income Supplement, Canada Disability Benefit, My Service Canada Account and more. Presented by the Canada Revenue Agency and Jenny Dang Tran, Citizen Services Specialist with Service Canada.
Wednesday, March 3 at 11:00 am

Hearing Screening
Canadian Hearing Services presents a free hearing screening clinic for older adults. Meet one-on-one with a Hearing Care Counsellor and receive your results immediately. If you wear hearing aids, discuss questions about your current aids. Book your 30-minute appointment by calling the Seniors Centre. No charge.
Thursday, March 4

Staying Safe in the Digital World: Scams, Cybersecurity, AI
Learn how to spot common online scams, suspicious links, and fake websites, and how to stay safe online. We'll also explore everyday AI tools, what they can do, and how AI is changing the way we work and communicate. Presented by the Township of Centre Wellington Information Technology Services Department.
Monday, March 8, 1:00 pm to 3:00 pm

Senior Rightsizing: Downsizing
Are you contemplating the big move? Are you thinking of downsizing or moving to a smaller residence? There are so many things to consider when dealing with a lifetime of possessions and memories. Planning ahead is of utmost importance. Learn how to make your transition go smoothly and be less stressful. Presented by Cathy Mendler, A New Leaf Organizers.
Thursday, March 11 at 10:30 am

Advance Care Planning
Person-centered end-of-life care can be enhanced when people have planned for their care and appointed a trusted person to speak on their behalf during life-limiting illness through to end-of-life experience. Do you know who will make healthcare decisions for you if you are too ill to speak for yourself? Explore the importance of identifying a Substitute Decision Maker to speak on your behalf, what their role is, and how to have conversations about values, wishes, and beliefs. Join us for a guided conversation about advance care planning, and bring your questions too, your story matters. We will follow our Advance Care Planning Guide, with each person receiving a copy to take home. Presented by Hospice Wellington.
Monday, March 22 at 11:00 am

Museums at Work
Explore how and why the Wellington County Museum and Archives finds and cares for the collections with our knowledgeable staff. See behind the scenes of how they care for and carefully store artefacts. They will bring a variety of artifacts from their main collection for everyone to explore. Presented by The Wellington County Museum & Archives.
Monday, March 22 at 1:00 pm

Virtual: Helping Children Understand Dementia
There are many ways children and young people can respond when they find out that a person has dementia. This talk looks at common reactions children have and ways to explain the changes in a family member or friend. The session includes links to various resources designed to help you in supporting young people when someone close to them has dementia. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar.
Thursday, March 25 at 10:30 am

3D's Dementia, Delirium and Depression
Dementia, delirium and depression are often called the Geriatric Giants. This talk will compare and contrast the three to help you differentiate between them and learn the best steps to take in each situation. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.
Thursday, April 22 at 10:30 am

SPECIAL EVENTS

New Member Talk and Tours
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. Sessions held the second Monday of the month at 10:00 am. See dates below or contact the Centre to schedule a one-on-one tour anytime. No charge. Pre-register.
January 11, February 8 or March 8

Wednesday Lunches
Join us for lunch! Held on Wednesdays at 12:00 pm (see dates below). Stay and enjoy the monthly afternoon musical program beginning at 1:30 pm. Refer to the monthly calendar for the menus. $14 members or $15 non-members (non-refundable). Take-out option is available. Pre-registration required by the Friday prior to the lunch date. Thanks to the Program Committee for organizing these lunches. Note: lunches are subject to change.

- January 20 Robbie Burns Lunch and Scottish Musical Program
- February 10 Valentine Lunch and Musical Program
- February 24 Lunch
- March 17 St. Patrick's Day Lunch and Irish Musical Program
- March 24 Easter Lunch

Monthly Musical Afternoon Programs
Join us for special monthly musical afternoons with the Centre's Music Groups. All welcome. These talented groups include a choir, ukuleles, guitars, drums and many other instruments. Join us for lunch and stay for the musical entertainment afterwards. By donation at the door for VPSC. Musical programs begin at 1:30 pm.

- **Wednesday, January 20 – Scottish Songs**
- **Wednesday, February 10 – Love Songs**
- **Wednesday, March 17 – Irish Music**

Active Living and Retirement Show
Visit our annual one-day in-person event held at the CW Sportsplex, 550 Belsyde Ave, E., Fergus and see the many exhibitor booths providing information on a range of services available to older adults from a variety of organizations, such as health, financial, recreation, support services, volunteering and more. Learn about opportunities for older adults in the community. Participate in informative seminars and active living demonstrations at the event. See the schedule on the front page in this Guide. No registration required. FREE: admission, grab bags, refreshments, fitness classes, health clinics, seminars and more. This event is hosted by Victoria Park Seniors Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.
Friday, February 26
10:00 am to 2:00 pm

OTHER INFORMATION

WANTED: Your Ideas

Do you have an idea for a new drop-in activity?
Are you interested in taking a course, seminar, or workshop you don't see offered?
Do you have a skill you would like to teach others?

CONTACT VPSC

519.846.9691 x204

seniorscentre@centrewellington.ca

New Programs
From time to time, we add new programs or bus trips that are not included in this Guide. Refer to the monthly calendar for new programs offered or the monthly email blast.

Cancellations
All classes are subject to cancellation with insufficient registration. If cancelled due to low enrolment, you will receive a full refund, or you can transfer to another class. If a class is cancelled for any reason, we will contact all participants by phone or email to notify of the cancellation.

Errors
While precautions are taken to ensure correct information, sometimes mistakes are made. If an error occurs in this publication, the computer registration system will be taken as the correct information.

Refund Policies
Please view the Township of Centre Wellington's full Refund Policy online at:
www.centrewellington.ca/VPSC

Online Registration Reminder
If you are registering online, remember to renew or purchase your membership (if required) prior to registering for any courses to obtain the member discount.

