

April 2024 Seminars (in-person and virtual)

Pre-register for all seminars listed below (virtual and in-person). By donation at door for in-person seminars. If attending a virtual seminar, the Zoom link will be provided 12-24 hours before seminar. **Refer to the Spring & Summer Community Guide for descriptions.**

All You Need to Know About Hospice Wellington (In-Person) – Presented by Hospice Wellington. Thursday, April 11 at 10:00 am.

Home Financing Solutions for Seniors (In-Person) – Presented by Jenn Locke, local Mortgage Broker. Thursday, April 25 at 10:00 am.

Virtual: Travelling When Someone Has Dementia – Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, April 25 at 10:30 am.

April 2024 Special Events (in-person). Pre-register!

New Member Talk and Tour – Monday, April 15 at 10:00 am. No charge.

Wednesday Lunch – April 10 at 12:00 pm – menu on the front of calendar.

Monthly Musical Afternoon Program - Join us for special monthly musical afternoons with VPSC's Music Groups. These talented groups include a choir, ukuleles, guitars, drums and any other instruments. Join us for lunch and stay for the musical entertainment afterwards. By donation at door. **Wed., April 10 at 1:30 pm.**

Wednesday Homemade Lunch – April 24 at 12:00 pm – menu on the front of calendar.

Spring Swing Fundraising Dance - Dance to great live music performed by The Greytones held at the Elora Legion, (110 Metcalfe St.). All welcome. Dance the night away to the music of Elvis, Roy Orbison, Ricky Nelson, Garth Brooks, Patsy Cline and other country and pop artists from the 50's, 60's, 70's. Cash bar. All proceeds go to Victoria Park Seniors Centre. Tickets available at Victoria Park Seniors Centre or at the door. Cash only. Tickets: \$15 cash. Fri., April 26 from 7:00 pm to 11:00 pm.

Bus Trips 2024 - 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 them. Our Travel Escort Volunteer cannot provide special care or 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.

Full trip details in the Winter/Spring & Summer 2024 Guides.

Toyota Plant, Wine & Butterflies - Tuesday, April 23. Depart 8:45 am, return approx. 5:15 pm. Cost: \$148 member, \$162 non-member.

A Day in Port Dover - Tuesday, May 28. Depart: 8:30 am, return approx. 7:00 pm. Cost: \$148 member, \$162 non-member.

Toronto Tall Ships Cruise – Monday, June 10. Depart: 8:00 am, return approx. 7:00 pm. Cost: \$157 member, \$171 non.

Toronto Harbour Cruise & CN Tower - Wednesday, July 24. Depart: 8:30 am, return approx. 5:30 pm. Cost: \$162 member, \$176 non-member. **This trip is FULL.**

African Lion Safari and Donkey Sanctuary - Wednesday, August 21. Depart 8:45 am, return (approx.) 6:00 pm. Cost: \$158 member, \$172 non-member.

Toronto Blue Jays Baseball vs. Philadelphia Phillies - Wednesday, September 4. Depart 10:30 am, return 8:00 pm (approximate, depending how long the game goes). Lunch not included. Cost: \$147 member, \$161 non-member. **Only a few spots left!**

Famous People Players Christmas Show - Thursday, November 14. Depart 8:30 am, return 6:00 pm. Cost: \$143 member, \$157 non-member.

April 2024

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2
Monday to Friday 9:00 am to 4:00 pm - 519.846.9691 x204

View Programs, information, refund policies: www.centrewellington.ca/seniorscentre

Register online: <https://ca.apm.activecommunities.com/centrewellington/>

The Centre will be closed: Fri., March 29 (Good Friday) & Mon., April 1 (Easter).

The **Spring & Summer 2024 Centre Wellington Community Guide** was inserted in the Wellington Advertiser mid-March. Program Registration for classes/programs in-person & virtual is **OPEN!**

Please note: 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 senior's 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 Lunches

Cost: \$14 members or \$15 non-members. Non-refundable. Take outs available.

Register and pay by the Friday prior in person, by phone or online.

Wednesday, April 10th at 12:00 pm – Lasagna Lunch (pay by April 5 at 4:00 pm)

Menu: Meat Lasagna, Salad, Garlic Bread, Strawberry Chiffon Dessert.

Wednesday, April 24th at 12:00 pm – Homemade Shepherd's Pie Lunch (pay by Apr. 19 at 4pm)

Menu: Shepherd's Pie, Cabbage Salad, Rolls, Frosted Carrot Cake.

Spring Swing Dance

Dance the night away to the music of the 50's, 60's and 70's...Elvis, Roy Orbison, Patsy Cline, Creedence Clearwater Revival and more...
By The Greytones



Friday, April 26, 2024

7:00 pm – 11:00 pm

Elora Legion – 110 Metcalfe Street
Singles & Couples welcome! Cash Bar.

Tickets \$15.00 cash

Available at VPSC (150 Albert St. W., Fergus) or at the door on April 26 - CASH ONLY.

Proceeds to Victoria Park Seniors Centre.

For information call 519.846.9691 x204

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">MONDAY Drop-in Activities</p> 9:00 – 4:00 Billiards & Snooker 9:30 Canasta 1:00 Colour Circle 1:00 Choir & Ukulele Band: The Melody Makers 4:00 Washer Toss Game (resumes in June)	<p align="center">TUESDAY Drop-in Activities</p> 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 4:00 Song Circle String Players, 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation	<p align="center">WEDNESDAY Drop-in Activities</p> 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole, 10:30 Creative Writing 1:00 Craft & Quilting Group Drop-in 1:00 Art Group, 1:00 Euchre 1:00 Wood Carving, 3:00 Line Dancing	<p align="center">THURSDAY Drop-in Activities</p> 9:00 – 4:00 Billiards & Snooker 9:30 Darts, 9:30 Scrabble, 1:00 Bingo 1:00 Social Bridge, 1:00 Table Tennis 1:00 Guitar Band: Country Classics 4:00 Drama Group Practice, 7:30 Euchre	<p align="center">FRIDAY Drop-in Activities</p> 9:00 – 4:00 Billiards & Snooker 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (April 5) 11:15 Spanish Conversation 1:00 Ukulele Band, 1:00 Carpet Bowling
<p align="center">1</p> <p align="center">Centre Closed Easter Monday</p>	<p>2 (Daily Drop-In Activities listed above)</p> <p>8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1, 9:35 Building on Basics 9:50 Building Strength - Lower Body 10:30 Tai Chi Level 2 11:30 Yoga & Movement for Healthy Joints & Muscles, 1:00 Moderate Slow Yoga 3:15 Strength & Stretch NEW</p>	<p>3 (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning 9:15 Fit Bones 9:30 Gentle Stretch Yoga - New Time 9:35 Core Circuit 9:50 Building Strength: Core 11:30 Standing & Seated Hatha Yoga 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>4 (Daily Drop-In Activities listed above)</p> <p>8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning 9:15 Fit Bones Plus 9:30 Slow in Motion NEW 9:35 Strength Training Beginner 9:50 Building Strength - Upper Body 11:45 Essentrics 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level</p>	<p>5 (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane 9:35 Strength Circuit NEW 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 11:25 Functional Fitness for Ageless Strength NEW</p>
<p>8 (Daily Drop-In Activities listed above)</p> <p>8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning 9:15 Advisory Board Mtg, 10:15 Program Committee Mtg 10:00-2:00 Reflexology Clinic (by appt.) 10:00 Essentrics 10:30 Moderate Slow Yoga 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness 1:55 Mindful Movement Synergy NEW 6:00 Pilates: Gentle</p>	<p>9 (Daily Drop-In Activities listed above)</p> <p>8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1 9:35 Building on Basics 9:50 Building Strength - Lower Body 10:30 Tai Chi Level 2 11:30 Yoga & Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 3:15 Strength & Stretch NEW</p>	<p>10 (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Gentle Stretch Yoga - New Time 9:35 Core Circuit, 9:50 Building Strength Core 10:00 Deepening Meditation 10:00-2:00 Chair Massage Clinic NEW (by appointment) 11:00-12:00 Blood Pressure Clinic (drop-in) 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 1:30 Monthly Musical Afternoon Program 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>11 (Daily Drop-In Activities listed above)</p> <p>8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning 9:15 Fit Bones Plus 9:30 Slow in Motion NEW 9:35 Strength Training Beginner 9:50 Building Strength - Upper Body 10:00 All You Need to Know About Hospice Wellington 11:45 Essentrics, 1:30 Minds in Motion 6:30 Pilates: Mixed Level</p>	<p>12 (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane 9:35 Strength Circuit NEW 10:00 Learn to Knit or Crochet 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 11:25 Functional Fitness for Ageless Strength NEW 1:00 Mixed Media Art</p>
<p>15 (Daily Drop-In Activities listed above)</p> <p>8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning 9:30 Urban Pole Walking Workshop 10:00-2:00 Reflexology Clinic (by appt.) 10:00 New Members Talk & Tour – pre-register! 10:00 Essentrics, 10:30 Moderate Slow Yoga 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness, 1:55 Mindful Movement Synergy 6:00 Pilates: Gentle</p>	<p>16 (Daily Drop-In Activities listed above)</p> <p>8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1, 9:35 Building on Basics 9:50 Building Strength - Lower Body 10:30 Tai Chi Level 2 11:30 Yoga & Movement Healthy Joints/Muscles 1:00 Moderate Slow Yoga 3:15 Strength & Stretch NEW</p>	<p>17 (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Gentle Stretch Yoga - New Time 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Deepening Meditation 10:30 Design Your Own Bud Vases 11:30 Standing & Seated Hatha Yoga 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>18 (Daily Drop-In Activities listed above)</p> <p>8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:30 Slow in Motion NEW 9:35 Strength Training Beginner 9:50 Building Strength - Upper Body 11:45 Essentrics, 1:00 Sending and Receiving Emails (1 class) 1:30 Minds in Motion 6:30 Pilates: Mixed Level</p>	<p>19 (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane 9:35 Strength Circuit NEW 10:00 Learn to Knit or Crochet 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 11:25 Functional Fitness for Ageless Strength NEW 1:00 Mixed Media Art</p>
<p>22 (Daily Drop-In Activities listed above)</p> <p>8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning 10:00-2:00 Reflexology Clinic (by appt.) 10:00 Essentrics, 10:30 Moderate Slow Yoga 10:00 Nourishing Your Body for Longevity: Healthy Meals & Snacks 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness, 1:55 Mindful Movement Synergy 6:00 Pilates: Gentle</p>	<p>23 (Daily Drop-In Activities listed above)</p> <p>8:40 Strength Training – Tuesday 8:45 BUS TRIP: Toyota Plant, Wine & Butterflies 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1, 9:35 Building on Basics 9:50 Building Strength - Lower Body 10:30 Tai Chi Level 2 11:30 Yoga & Movement for Healthy Joints Muscles 1:00 Moderate Slow Yoga, 3:15 Strength & Stretch</p>	<p>24 (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Gentle Stretch Yoga - New Time 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Deepening Meditation 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>25 (Daily Drop-In Activities listed above)</p> <p>8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:30 Slow in Motion NEW 9:35 Strength Training Beginner 9:50 Building Strength - Upper Body 10:00 Home Financing Solutions for Seniors 10:30 Virtual Seminar: Travelling When Someone Has Dementia, 11:45 Essentrics 1:30 Minds in Motion, 6:30 Pilates: Mixed Level</p>	<p>26 (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane, 9:35 Strength Circuit NEW 10:00 Learn to Knit or Crochet 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 11:25 Functional Fitness for Ageless Strength NEW 1:00 Mixed Media Art 7:00 Spring Swing Dance (Elora Legion)</p>
<p>29 (Daily Drop-In Activities listed above)</p> <p>8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning 9:30 Urban Pole Walking Refresher Workshop 10:00 Essentrics, 10:30 Moderate Slow Yoga 10:00 Gut Check: Understanding and Enhancing Digestive Health 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness, 1:55 Mindful Movement Synergy 6:00 Pilates: Gentle</p>	<p>30 (Daily Drop-In Activities listed above)</p> <p>8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1, 9:35 Building Basics 9:50 Building Strength - Lower Body 10:00 & 11:00 Tech Help (Book 1hr appt.) 10:30 Tai Chi Level 2 11:30 Yoga & Movement for Healthy Joints Muscles 1:00 Moderate Slow Yoga, 3:15 Strength & Stretch</p>	<p align="center">Drop-in groups looking for more participants: Craft & Quilting, Sudoku, Board Games, Crokinole, Colour Circle, Art, Poker, Darts, Scrabble....and more! Get involved today!</p>	<p align="center">Interested in playing Poker one afternoon a week? We hope to get a group going – let us know if you are interested.</p>	<p align="center">LEGEND</p> <p align="center">GREEN - Health and Wellness Clinics BOLD BLACK - Start of Course, Bus Trip, First Day of Registration RED - In Person Seminar, Events BLUE - Virtual (Zoom) Program</p>