

VICTORIA PARK SENIORS CENTRE

Spring & Summer 2024

Not a member? Not yet 55?

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

Registration begins
Tuesday,
March 12, 2024
at 8:30 am

ABOUT VICTORIA PARK SENIORS CENTRE (VPSC)

Victoria Park Seniors Centre provides a wide range of social, recreational, educational, wellness and volunteer opportunities for older adults in a safe and enjoyable environment. 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. 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 daily physical activity and social interaction. We invite you to drop by and experience the benefits of participating.

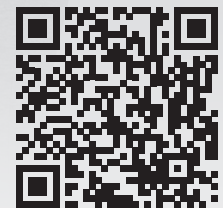
HOW TO REGISTER

In Person:

150 Albert Street West,
Fergus, ON N1M 1X2

Telephone:

519.846.9691 x204
1.800.750.5023 x204



Online:

www.centrewellington.ca/seniorscentre

See "How to Register Online" in this guide on page 7, for the step by step registration process.

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.

BECOME A VPSC MEMBER

- 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 activities, bus trips, lunches and seminars.
- Access to 80+ 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.

\$27
/person
incl. HST

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

Closure Dates

April 1 - Easter Monday | May 20 - Victoria Day | July 1 - Canada Day | August 5 - Civic Holiday | September 2 - Labour Day

Volunteer Week

April 14 to 20

Volunteers are an integral part of the success and vibrancy of Victoria Park Seniors Centre. We sincerely thank our 170+ volunteers who contribute to our programs and services. If you are interested in volunteering, contact khall@centrewellington.ca 519.846.9691 x278.

June is Seniors' Month

Seniors' Month takes place every year in June across Ontario, a time to celebrate and honour seniors and the contributions they make every day in communities across the province. Take part in the celebration events held in June. For more information on these events, refer to the Special Events and Fitness Sections in this Guide.

June 3 Urban Pole Walking Workshop

June 3 Seniors' Month Celebration

June 10 Mystery Card Walk

June 17 New Members' Talk & Tour

June 20 Strawberry Social

June 26 Seniors' Month BBQ Lunch

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 of Centre Wellington and works with the Community Services Department to provide quality recreational opportunities for older adults. Meetings are held on the first Monday of the month at 9:15 am. All members are welcome to attend. Interested in joining the Board? Positions available beginning January 2025 for three-year terms by election or acclamation at the November Annual General Meeting. Contact VPSC for more information.

VPSC Program Committee

This volunteer committee organizes special events, lunches and fundraisers for VPSC. Meetings are held 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.

Drop-In Activity Groups



New participants are welcome to join these groups. Drop-in fee: \$1 member or \$2 non-member unless otherwise stated (please pre-register for bocce and horseshoes). Have an idea for a new activity? Contact VPSC.

- **Art Drop-in**
Wednesdays at 1:00 pm.
- **Bid Euchre**
Tuesdays at 1:00 pm.

- **Billiards, Snooker & Pool**

Daily. 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 our volunteer instructor.

- **Billiards: Ladies Afternoon**
Tuesdays at 1:00 pm.

- **Bingo**
Thursdays at 1:00 pm.

- **Bocce**

Wednesdays at 10:00 am beginning July 3 for the summer. See "Special Interest" section for more details and to pre-register.

- **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 the choir and ukulele band, The Autumn Tones & Red Suspenders, meets Fridays at 1:00 pm.

- **Colouring Circle**
Mondays at 1:00 pm.

- **Conversation en français**
Tuesdays at 3:00 pm.

Welcome Tours and Information

New Members' Talk and Tours are held regularly at VPSC (except July & August) to provide you with information on programs and services offered. Upcoming sessions: April 15, May 13 or June 17 at 10:00 am. Meet other new members, staff and volunteers. Please pre-register. If you can't attend one of the sessions, please call VPSC to schedule a tour at your convenience or drop in anytime.

SENIORS

- **Conversación en Español**

Fridays at 11:15 am.

- **Crafters Group NEW**

Wednesdays at 1:00 pm. Bring your own project to work on and enjoy a social time.

- **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.

- **Drama**

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.

- **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.

- **Horseshoes**

Tuesdays at 10:00 am beginning July 2 for the summer. See "Special Interest" section for more details and to pre-register.

- **Line Dancing**

Wednesdays at 3:00 pm. New participants need to contact VPSC prior to attending. Space is limited.

- **Mah Jong**

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

- **Scrabble**

Thursdays at 9:30 am.

- **Shuffleboard**

Tuesdays at 1:00 pm.

- **Summer Weekly Musical Afternoon**

Mondays at 1:00 pm beginning July 8 for the summer.

- **Song Circle for String Players**

Tuesdays at 1:00 pm.

- **Sudoku Puzzles**

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

- **Tap Dancing**

Tuesdays at 11:35 am.

- **Table Tennis**

Thursdays at 1:00 pm.

- **Washer Toss Game**

Mondays at 1:00 pm, beginning in June until September.

- **Wii Bowling**

Tuesdays at 1:00 pm. Can be played seated in a chair.

- **Woodcarving**

Wednesdays at 1:00 pm. Bring your own carving tools.
\$5 (\$3 Members)

Centre Services

Crafts for Sale

Visit our Craft Shop full of beautiful handmade items. Homemade crafts including baby clothing, knitted sets, quilts, blankets, sweaters, hats, mitts, scarves, and more. All proceeds support VPSC.

*Open Wednesdays 1:00 to 4:00 pm
Or by appointment*

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 full menus. \$14 members or \$15 non-members. Take-out option 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 VPSC Program Committee for organizing these lunches.

Monthly Email Update 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, please email khall@centrewellington.ca or pick up a copy of the calendar at VPSC. Daily programs, events, clinics, and lunch menus are listed. The monthly calendar is also available at www.centrewellington.ca/seniorscentre

VPSC Facility Tours

Are you thinking of participating in a program or joining the Centre? Our reception volunteers or staff would be happy to take you on a tour of the Centre and answer any questions. Drop-in anytime.

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 in the library.

Volunteer Opportunities

Want to help? VPSC depends heavily on the generosity of volunteers. Help make a difference in the lives of seniors in Centre Wellington. Various volunteer positions are available. For more volunteering information contact the Seniors Volunteer and Membership Coordinator: khal@centrewellington.ca or 519.846.9691 x278.

Wellness Clinics

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. \$35 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.
Appointments: Tuesdays

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. \$35 for 30 minutes, \$50 for 45 minutes. Cash only. Call VPSC to book an appointment.
Appointments: Mondays

Chair Massage Clinic NEW

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 on Wednesdays between 10:00 am and 2:00 pm. See dates below. \$22 cash only.

April 10, May 8, June 12, July 10, August 14

Blood Pressure Clinic

FREE. Held monthly, Wednesday from 11:00 am to 12:00 pm. See dates below. A Pharmacist or Pharmacy student will be at VPSC to check your blood pressure and provide information. No appointment needed. Simply drop in. Thanks to Pharmasave Elora Apothecary and Trailside Pharmacy for sponsoring this program.

April 10, May 8, June 12, July 10, August 14

Hearing Services:Hearing Screening Clinic – May 30:

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 at the Seniors Centre on May 30 by contacting VPSC.

Hearing Seminar – June 6

My Hearing is Not as Good as it Used to Be. June 6, 10:00 am to 12:00 pm. Presented by the Canadian Hearing Services. Join us.

Bus Trips

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. No refunds on trips. All bus trip participants sign a waiver. 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.

Peking Acrobats

Catch a thrilling matinee production by the Peking Acrobats at the Sanderson Centre. These astounding performers push the limits of human ability by defying gravity with amazing displays of contortion, flexibility, and control to create exuberant entertainment with the festive pageantry of a Chinese carnival. Enjoy a buffet lunch at the Best Western and a stop at Dutch Mill Country Market for a unique shopping experience. Depart 9:00 am, return approx. 5:45 pm.

\$171 (\$157 member)
Wednesday, March 27

Toyota Plant, Wine & Butterflies

Enjoy a guided tour of Cambridge Toyota on a motorized tram. Then enjoy a delicious lunch at Cambridge Hotel and Conference Centre. Visit the Cambridge Butterfly Conservatory to discover over 1,000 butterflies in a tropical paradise with waterfalls, tropical finches and turtles. Then enjoy a wine tasting of grape and fruit wines at Cox Creek Winery. Depart 8:45 am, return approx. 5:15 pm.

\$162 (\$148 member)
Tuesday, April 23

SENIORS

A Day in Port Dover

Enjoy a relaxing day in Port Dover with some free time to explore. Enjoy lunch at Erie Beach Hotel featuring Erie pickerel. Take in a matinee performance of Norm Foster's "Doris & Ivy in the Home" at the Lighthouse Theatre, a comedy about love and friendship among those in their twilight years. Also includes a shopping stop at Sam's Place Farm Market before heading home. Depart 8:30 am, return approx. 7:00 pm.

\$162 (\$148 member)

Tuesday, May 28

Toronto Harbour Cruise & CN Tower

Includes spectacular sightseeing cruise of Toronto Harbour, lunch at The Old Spaghetti Factory and experience the CN Tower where you will enjoy breathtaking views. Depart 8:30 am, return approx. 5:30 pm.

\$176 (\$162 member)

Wednesday, July 24

African Lion Safari and Donkey Sanctuary

Enjoy a tour and "Donkey Talk" at the Donkey Sanctuary in Puslinch. Enjoy lunch at The Piper Arms in Kitchener. Then off to the African Lion Safari to board an air-conditioned Safari bus tour to visit this large drive-through wildlife park with an informative tour guide. View over 1000 unique and rare mammals and birds that are roaming freely. Depart 8:45 am, return (approx.) 6:00 pm.

\$172 (\$158 member)

Wednesday, August 21

Virtual Fitness and Yoga (Zoom) (See descriptions further in guide)



- A Zoom link to participate in your class will be emailed **12 to 24 hours prior to the 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 you consult your health care professional prior to start of any activity.
- Please see the Township of Centre Wellington refund policy on page 6.

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	Apr. 2-May 7	9:15-9:45 AM	6	\$30	\$24
Fit Bones Plus	Tues	May 21-Jun. 25	9:15-9:45 AM	6	\$30	\$24
Building Strength Lower Body	Tues	Apr. 2-May 7	9:50-10:20 AM	6	\$30	\$24
Building Strength Lower Body	Tues	May 21-Jun. 25	9:50-10:20 AM	6	\$30	\$24
Fit Bones	Wed	Apr. 3-May 8	9:15-9:45 AM	6	\$30	\$24
Fit Bones	Wed	May 22-Jun. 26	9:15-9:45 AM	6	\$30	\$24
Building Strength Core	Wed	Apr. 3-May 8	9:50-10:20 AM	6	\$30	\$24
Building Strength Core	Wed	May 22-Jun. 26	9:50-10:20 AM	6	\$30	\$24
Fit Bones Plus	Thurs	April 4-May 2	9:15-9:45 AM	5	\$25	\$20
Fit Bones Plus	Thurs	May 23-Jun. 27	9:15-9:45 AM	6	\$30	\$24
Building Strength Upper Body	Thurs	Apr. 4-May 2	9:50-10:20 AM	5	\$25	\$20
Building Strength Upper Body	Thurs	May 23-Jun. 27	9:50-10:20 AM	6	\$30	\$24
Moderate Hatha Yoga	Fri	Apr. 5-May 17	9:00-9:45 AM	7	\$56	\$42
Moderate Hatha Yoga	Fri	May 24-Jun. 21	9:00-9:45 AM	5	\$40	\$30
Yoga and Movement for Healthy Joints & Muscles	Fri	Apr. 5-May 17	10:30-11:00 am	7	\$35	\$28
Yoga and Movement for Healthy Joints & Muscles	Fri	May 24-Jun. 21	10:30-11:00 am	5	\$25	\$20

Toronto Blue Jays Baseball

Spend a day at the Rogers Centre and enjoy a matinee baseball game between the Toronto Blue Jays and the Philadelphia Phillies from field level seats (3rd base side). We will stop at Picard's Peanuts on the way. Depart 10:30 am, return 8:00 pm (approximate, depending how long the game goes). Lunch not included.

\$161 (\$147 member)

Wednesday, September 4

Famous People Players Christmas Show

Get into the holiday spirit with a fabulous Christmas show, "Deck the Halls" with lunch included. A wondrous enchanting musical that will excite everyone, no matter what the age! Also includes a shopping stop at Farm Boy, a unique fresh market shopping experience.

Depart 8:30 am, return 6:00 pm.

\$157 (\$143 member)

Thursday, November 14

Virtual Fitness and Yoga (Zoom) *Continued*

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	July 2-Aug 27	9:15-9:45 AM	8	\$40	\$32
Building Strength Lower Body	Tues	July 2-Aug 27	9:50-10:20 AM	8	\$40	\$32
Fit Bones	Wed	July 3-Aug 28	9:15-9:45 AM	8	\$40	\$32
Building Strength Core	Wed	July 3-Aug 28	9:50-10:20 AM	8	\$40	\$32
Fit Bones Plus	Thurs	July 4-Aug 29	9:15-9:45 AM	7	\$35	\$28
Building Strength Upper Body	Thurs	July 4-Aug 29	9:50-10:20 AM	7	\$35	\$28
Moderate Hatha Yoga	Fri	July 5-Aug 16	9:00-9:45 AM	7	\$56	\$42

Fitness & Dance (In-Person)

(See descriptions further in guide)



- It is recommended that your health care professionals be consulted prior to the start of any activity.
- Avoid wearing scents to class.
- Bring indoor running shoes and water.
- All equipment supplied except yoga equipment.
- See course descriptions for instructors, cancellation dates and other information regarding whether a class is appropriate for you.
- If you miss a scheduled class, we are unable to allow make ups.
- Please see the Township of Centre Wellington refund policy on page 6.
- 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 simply a convenient time.

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Gypsy Belly Dance Fusion	Mon	Apr. 8-May 13	8:50-10:20 AM	6	\$54	\$48
Gypsy Belly Dance Fusion	Mon	May 27-Jun. 24	8:50-10:20 AM	5	\$45	\$40
Zumba Gold-Toning	Mon	Apr. 8-May 13	9:00-9:45 AM	6	\$54	\$48
Zumba Gold-Toning	Mon	May 27-Jun. 24	9:00-9:45 AM	5	\$45	\$40
Essentrics	Mon	Apr. 8-May 13	10:00-11:00 AM	6	\$60	\$54
Essentrics	Mon	May 27-Jun. 17	10:00-11:00 AM	4	\$40	\$36

Fitness & Dance (In-Person)*Continued***SPRING***Continued*

	Day	Start/End Date	Time	Weeks	Cost	Members
Fun Fitness	Mon	Apr. 8-May 13	1:00-1:45 PM	5	\$40	\$35
Fun Fitness	Mon	May 27-Jun. 24	1:00-1:45 PM	4	\$32	\$28
Mindful Movement Synergy, NEW	Mon	Apr. 8-May 13	1:55-2:40 PM	5	\$40	\$35
Mindful Movement Synergy, NEW	Mon	May 27-Jun. 24	1:55-2:40 PM	4	\$32	\$28
Pilates: Gentle	Mon	Apr. 8-May 6	6:00-7:00 PM	5	\$105	\$95
Pilates: Gentle	Mon	May 27-Jun. 24	6:00-7:00 PM	5	\$105	\$95
Urban Pole Walking Workshop	Mon	Apr. 15 or May 6 or Jun. 3	9:30-11:30 AM	1	FREE	FREE
Urban Pole Walking Refresher	Mon	Apr. 29 or May 27 or Jun. 17	9:30-10:30 AM	1	FREE	FREE
Strength Training	Tues	Apr. 2-May 14	8:40-9:25 am	7	\$56	\$49
Strength Training	Tues	May 21-Jun. 25	8:40-9:25 AM	6	\$48	\$42
Zumba Gold	Tues	Apr. 2-May 14	9:00-9:45 AM	7	\$63	\$56
Zumba Gold	Tues	May 21-Jun. 25	9:00-9:45 AM	6	\$54	\$48
Building on the Basics	Tues	Apr. 2-May 14	9:35-10:20 AM	7	\$56	\$49
Building on the Basics	Tues	May 21-Jun. 25	9:35-10:20 AM	6	\$48	\$42
Strength and Stretch NEW	Tues	Apr. 2-May 14	3:15-4:00 PM	7	\$56	\$49
Strength and Stretch NEW	Tues	May 21-Jun. 25	3:15-4:00 PM	6	\$48	\$42
Low Impact Cardio and Muscle	Wed	Apr. 3-May 15	8:40-9:25 AM	7	\$56	\$49
Low Impact Cardio and Muscle	Wed	May 22-Jun. 26	8:40-9:25 AM	6	\$48	\$42
Zumba Gold-Toning	Wed	Apr. 3-May 15	9:00-9:45 AM	7	\$63	\$56
Zumba Gold-Toning	Wed	May 22-Jun. 26	9:00-9:45 AM	6	\$54	\$48
Core Circuit	Wed	Apr. 3-May 15	9:35-10:20 AM	7	\$56	\$49
Core Circuit	Wed	May 22-Jun. 26	9:35-10:20 AM	6	\$48	\$42
Osteo Fit	Wed	Apr. 3-May 15	2:15-3:00 PM	7	\$56	\$49
Osteo Fit	Wed	May 22-Jun. 26	2:15-3:00 PM	6	\$48	\$42
Osteo Fit	Wed	Apr. 3-May 15	3:15-4:00 PM	7	\$56	\$49
Osteo Fit	Wed	May 22-Jun. 26	3:15-4:00 PM	6	\$48	\$42
Strength Training	Thurs	Apr. 4-May 16	8:40-9:25 AM	7	\$56	\$49
Strength Training	Thurs	May 23-Jun. 27	8:40-9:25 AM	6	\$48	\$42
Zumba Gold-Toning	Thurs	Apr. 4-May 16	9:00-9:45 AM	7	\$63	\$56
Zumba Gold-Toning	Thurs	May 23-Jun. 27	9:00-9:45 AM	6	\$54	\$48
Strength Training: Beginner	Thurs	Apr. 4-May 16	9:35-10:20 AM	7	\$56	\$49
Strength Training: Beginner	Thurs	May 23-Jun. 27	9:35-10:20 AM	6	\$48	\$42
Essentrics	Thurs	Apr. 4-May 16	11:45 AM-12:30 PM	7	\$56	\$49
Essentrics	Thurs	May 23-Jun. 20	11:45 AM-12:30 PM	5	\$40	\$35
Pilates: Mixed Level	Thurs	Apr. 4-May 2	6:30-7:30 PM	5	\$105	\$95

SPRING

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Pilates: Mixed Level	Thurs	May 23-Jun. 20	6:30-7:30 PM	5	\$105	\$95
Low Impact Cardio and Muscle	Fri	Apr. 5-May 17	8:40-9:25 AM	7	\$56	\$49
Low Impact Cardio and Muscle	Fri	May 24-Jun. 28	8:40-9:25 AM	6	\$48	\$42
Strength Circuit NEW	Fri	Apr. 5-May 17	9:35-10:20 AM	7	\$56	\$49
Strength Circuit NEW	Fri	May 24-Jun. 28	9:35-10:20 AM	6	\$48	\$42
Total Body Fitness	Fri	Apr. 5-May 17	10:30-11:15 AM	6	\$48	\$42
Total Body Fitness	Fri	May 24-Jun. 28	10:30-11:15 AM	5	\$40	\$35
Functional Fitness for Ageless Strength NEW	Fri	Apr. 5-May 17	11:25 AM-12:10 PM	6	\$48	\$42
Functional Fitness for Ageless Strength NEW	Fri	May 24-Jun. 28	11:25 AM-12:10 PM	5	\$40	\$35

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Essentrics	Mon	Jul. 8-Aug. 12	10:00-11:00 AM	5	\$50	\$45
Fun Fitness	Mon	Jul. 22-Aug. 26	1:00-1:45 PM	4	\$32	\$28
Mindful Movement Synergy, NEW	Mon	Jul. 22-Aug. 26	1:55-2:40 PM	4	\$32	\$28
Pilates: Gentle	Mon	Jul. 8-Aug. 26	6:00-7:00 PM	7	\$147	\$133
Strength Training	Tues	Jul. 2-Aug. 27	8:40-9:25 AM	8	\$64	\$56
Zumba Gold	Tues	Jul. 2-Aug. 27	9:00-9:45 AM	9	\$81	\$72
Building on the Basics	Tues	Jul. 2-Aug. 27	9:35-10:20 AM	8	\$64	\$56
Strength and Stretch NEW	Tues	Jul. 2-Aug. 27	3:15-4:00 PM	9	\$72	\$63
Low Impact Cardio and Muscle	Wed	Jul. 3-Aug. 28	8:40-9:25 AM	8	\$64	\$56
Zumba Gold-Toning	Wed	Jul. 3-Aug. 28	9:00-9:45 AM	9	\$81	\$72
Outdoor Fitness Class	Wed	Jul. 3-Aug. 28	9:35-10:20 AM	8	\$64	\$56
Osteo Fit	Wed	Jul. 10-Aug. 28	2:15-3:00 PM	8	\$64	\$56
Osteo Fit	Wed	Jul. 10-Aug. 28	3:15-4:00 PM	8	\$64	\$56
Strength Training	Thurs	Jul. 4-Aug. 29	8:40-9:25 AM	8	\$64	\$56
Zumba Gold-Toning	Thurs	Jul. 4-Aug. 29	9:00-9:45 AM	9	\$81	\$72
Strength Training: Beginner	Thurs	Jul. 4-Aug. 29	9:35-10:20 AM	8	\$64	\$56
Essentrics	Thurs	Jul. 4-Aug. 15	11:30 AM-12:15 PM	7	\$56	\$49
Pilates: Mixed Level	Thurs	Jul. 4-Aug. 22	6:30-7:30 PM	6	\$126	\$114
Low Impact Cardio and Muscle	Fri	Jul. 5-Aug. 30	8:40-9:25 AM	8	\$64	\$56
Strength Circuit NEW	Fri	Jul. 5-Aug. 30	9:35-10:20 AM	8	\$64	\$56
Total Body Fitness	Fri	Jul. 5-Aug. 30	10:30-11:15 AM	6	\$48	\$42
Functional Fitness for Ageless Strength NEW	Fri	Jul. 5-Aug. 30	11:25 AM-12:10 PM	6	\$48	\$42

Yoga, Tai Chi, Meditation (*In-Person*)

(See descriptions further in guide)

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Moderate Slow Yoga	Mon	Apr. 8-May 13	10:30-11:30 AM	6	\$60	\$54
Moderate Slow Yoga	Mon	May 27-Jun. 24	10:30-11:30 AM	5	\$50	\$45
Standing & Seated Hatha Yoga	Mon	Apr. 8-May 13	11:30 AM-12:30 PM	6	\$60	\$54
Standing & Seated Hatha Yoga	Mon	May 27-Jun. 17	11:30 AM-12:30 PM	4	\$40	\$36
Tai Chi Level 1	Tues	Apr. 2-May 14	9:30-10:30 AM	7	\$70	\$63
Tai Chi Level 1	Tues	May 21-Jun. 25	9:30-10:30 AM	6	\$60	\$54
Tai Chi Level 2	Tues	Apr. 2-May 14	10:30-11:30 AM	7	\$70	\$63
Tai Chi Level 2	Tues	May 21-Jun. 25	10:30-11:30 AM	6	\$60	\$54
Yoga & Movement for Healthy Joints & Muscles	Tues	Apr. 2-May 14	11:30 AM-12:30 PM	7	\$70	\$63
Yoga & Movement for Healthy Joints & Muscles	Tues	May 21-Jun. 18	11:30 AM-12:30 PM	5	\$50	\$45
Moderate Slow Yoga	Tues	Apr. 2-May 14	1:00-2:00 PM	7	\$70	\$63
Moderate Slow Yoga	Tues	May 21-Jun. 25	1:00-2:00 PM	6	\$60	\$54
Deepening Meditation	Wed	Apr. 10-Jun. 26	10:00-11:30 AM	12	\$144	\$132
Gentle Stretch Yoga NEW TIME	Wed	Apr. 3-May 15	9:30-10:30 AM	7	\$70	\$63
Gentle Stretch Yoga NEW TIME	Wed	May 22-Jun. 26	9:30-10:30 AM	6	\$60	\$54
Standing & Seated Hatha Yoga	Wed	Apr. 3-May 15	11:30 AM-12:30 PM	7	\$70	\$63
Standing & Seated Hatha Yoga	Wed	May 22-Jun. 19	11:30 AM-12:30 PM	5	\$50	\$45
Slow-in-Motion NEW	Thurs	Apr. 4-May 16	9:30-10:15 AM	7	\$63	\$56
Slow-in-Motion NEW	Thurs	May 23-Jun. 27	9:30-10:15 AM	6	\$54	\$48
Mindfulness Meditation Basics NEW	Thurs	May 2-Jun. 6	10:00-11:00 AM	6	\$63	\$57
Yoga with Jane	Fri	Apr. 5-May 17	9:30-10:30 AM	7	\$70	\$63
Yoga with Jane	Fri	May 24-Jun. 28	9:30-10:30 AM	6	\$60	\$54
Standing & Seated Hatha Yoga	Fri	Apr. 5-May 17	10:35-11:35 AM	7	\$70	\$63
Standing & Seated Hatha Yoga	Fri	May 24-Jun. 28	10:35-11:35 AM	6	\$60	\$54

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Moderate Slow Yoga	Mon	Jul. 8-Aug. 19	10:30-11:30 AM	6	\$60	\$54
Standing and Seated Yoga	Mon	Jul. 8-Aug. 12	11:30 AM-12:30 PM	5	\$50	\$45
Summer Moderate Hatha Yoga NEW	Tues	Jul. 2-Aug. 13	10:00-11:00 AM	7	\$70	\$63
Yoga & Movement for Healthy Joints & Muscles	Tues	Jul. 2-Aug. 13	11:30 AM-12:30 PM	7	\$70	\$63

SUMMER

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Moderate Slow Yoga	Tues	Jul. 2-Aug. 27	1:00-2:00 PM	7	\$70	\$63
Gentle Stretch Yoga	Wed	Jul. 10-Aug. 28	9:30-10:30 AM	7	\$70	\$63
Standing & Seated Hatha Yoga	Wed	Jul. 3-Aug. 14	11:30 AM-12:30 PM	7	\$70	\$63
Slow-in-Motion NEW	Thurs	Jul. 18-Aug. 29	9:30-10:15 AM	6	\$54	\$48
Summer Moderate Hatha Yoga NEW	Thurs	Jul. 4-Aug. 15	10:00-11:00 AM	7	\$70	\$63
Yoga with Jane	Fri	Jul. 5-Aug. 23	9:30-10:30 AM	8	\$80	\$72
Standing & Seated Hatha Yoga	Fri	Jul. 5-Aug. 23	10:35-11:35 AM	8	\$80	\$72

Virtual (Zoom) Fitness and Yoga 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 May 9, May 14, May 16, August 1, August 6, August 8.

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 exercises and provide information to help maintain bone strength and prevent bone loss. You will need an exercise band for this class. No class May 15, August 7.

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 May 14, August 6

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. No class May 15, August 7.

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. No class May 9, May 16, August 1, August 8.

Virtual: Moderate Hatha Yoga

Hatha Yoga done with a varied combination of standing, hands and knees, seated on floor and lying on front and back, ending with a short relaxation practice. Yoga mat or running shoes for stability. Instructor: Karen Murtagh. No class June 28, August 23, August 30.

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: Karen Murtagh. No class June 28.

Fitness and Dance Descriptions (In-Person)

Building on the Basics

This class will use 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 abdomen. 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. No class August 6.

Core Circuit

Participants will rotate through a combination of stations, alternating core focused low impact cardio movements, weight training exercises and rest periods designed to increase full body muscular strength and stability. A mix of equipment will be used. Moderate to advanced. Modifications available. Must be able to get down on floor. Instructor: Angie Reid.

SENIORS

Essentrics

Essentrics is 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. For the Monday one hour class, there is some floor work with a seated stretch to finish. For the Thursday 45-minute class, there is no floor work (with the option to sit for upper body exercises). Bring a thin yoga mat to both classes and a resistance band to Monday class. Instructor: Karen Murtagh. No class May 20, June 24, June 27, August 5.

Functional Fitness for Ageless Strength NEW

A dynamic class designed to enhance core strength, mobility, and overall functional fitness to support you in everyday activities. Through a series of targeted exercises and movements, you'll improve balance, flexibility, and muscular endurance, ensuring you feel strong, capable, and confident in navigating daily tasks with ease. Whether you're a beginner or simply looking to maintain an active lifestyle, this class is tailored to help you age well and thrive in all aspects of life. Instructor: Aimee Young. Modifications available. No class April 26, June 14, July 12, July 19, August 16.

Fun Fitness

A moderate low-impact cardio and weights class with a bit of balance and stretching. All of this is set to fun music to inspire you to move and feel good. What a great way to start the week. No floor work. Instructor: Aimee Young. No class April 22, May 20, June 10, July 1, July 8, July 15, August 5, August 12

Gypsy Belly Dance Fusion

Gypsy belly dance is energetic, joyous, assertive, passionate and spontaneous. Learn an array of exciting movements such as Spanish, Moorish and Turkish

styles sure to ignite a fiery declaration in dance. Wear a peasant skirt (optional) and comfortable shoes to dance in. Beginners welcome. The course allows multiple levels. Instructor: Lise Stewart. No class May 20.

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 August 7 and August 9.

Mindful Movement Synergy NEW

A class where we seamlessly blend mindfulness, mobility, and strength exercises to nurture both body and mind. Experience a holistic approach to fitness as you enhance strength, flexibility, and mental clarity through mindful movement. This class offers a dynamic yet serene environment to strengthen your body and cultivate inner balance. Whether you're aiming to improve physical fitness or reduce stress. Join us in synergizing body and mind for a balanced, fulfilling lifestyle. Instructor: Aimee Young. Modifications available. No class April 22, May 20, June 10, July 1, July 8, July 15, August 5, August 12.

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 July 3.

Outdoor Fitness Class

An intermediate level class that requires no equipment. Simply using the power and strength of your own body, the class

will include cardio and strength training. Classes will be held outdoors, weather permitting. Will be held indoors at VPSC if inclement weather. Bring a hat, water, yoga mat and a small towel. Instructor: Angie Reid. No class August 7.

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 May 13, May 20, July 1, August 5.

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. No class May 9, May 16, June 27, August 1, August 8, August 29.

Strength and Stretch NEW

A slower movement class focusing on strengthening muscles and stretching. A dynamic 10 min warm up to get your whole body moving and working on range of motion. 20 minutes of strength using body weight and dumbbells. Ending with a full body stretch. Some movements could be on the mat, but seated options available. Instructor: Jennifer Wilson.

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. No class August 6, August 8.

Strength Circuit NEW

Strength Circuit class is designed to keep your heart rate up while allowing you to move through different stations designed to boost your muscular endurance and enhance your overall muscular strength and stability. This dynamic circuit class integrates a variety of strength-training exercises targeting all major muscle groups and will use many forms of equipment. Moderate to advanced. Modifications available. Participants should be able to get up and down from the floor. Instructor: Angie Reid. No class August 9.

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. Instructor: Angie Reid. No class August 8.

Total Body Fitness

A complete whole body workout to music incorporating low impact fitness. Components of fitness include warm-up, cardiorespiratory endurance, cardiorespiratory cool-down, muscle strength and endurance, stability/balance, and flexibility/stretching. All equipment is provided. Here is a chance to do something good for yourself! Instructor: Aimee Young. No class April 26, June 14, July 12, July 19, August 16

Urban Pole Walking Workshop

Join in this two hour workshop to help you build a regular walking routine into your life. Learn proper techniques for breathing, posture and balance and properly adjusting your poles to get the most benefit. Join certified Urban Poling/ Nordic Walking instructor Nancy Revie for this session which is a combination of classroom and hands on field instruction using the poles. Handouts included. Come dressed for the weather. Workshop offered

free of charge with grant funding but please pre-register as space is limited. Let us know when you register if you need to borrow poles. Have your own? Bring them along.

Urban Pole Walking Refresher

This one-hour workshop is for those who have taken an Urban Pole Walking workshop. Join certified Urban Poling/ Nordic Walking instructor Nancy Revie as she reminds us of all the benefits of Urban Pole Walking and how to get the most benefit from using your poles to continue to enjoy active living. There is a brief classroom instruction review before we head outside. Come dressed for the weather. Workshop offered free with grant funding but pre-register as space is limited. Let us know if you need to borrow poles.

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.

Zumba Gold-Toning

A combination of strength training and dance that improves your mobility, balance, and strength all while have a blast using lightweight toning sticks (provided). Enhance your rhythm while toning arms, abs, glutes, and thighs. Wear running shoes. Instructor: Sarah Gray.

Yoga, Tai Chi, Meditation Descriptions (In-Person)

Deepening Meditation

This 12-week series will use the book *Eight Mindful Steps to Happiness* by Bhante Henepola Gunaratana as our study guide. You do not have to purchase the book to participate in this series, it is optional.

Suitable for those interested in beginning a meditation practice and those that wish to deepen their practice. The classes will include teachings, partially guided meditations, and community sharing about the practices. Chairs available for sitting. Instructors: Jill Davey. NOTE: If you have questions about this class, you are welcome to contact the instructor prior to registration jilldavey@gmail.com.

Gentle Stretch Yoga NEW TIME

Gentle stretch yoga is perfect for those who want to try yoga for the first time or those who are looking for a slower paced yoga practice. In this class we will combine gentle yoga poses with breathing exercises, postures to stretch and strengthen the body, reduce stress and calm the mind. Everybody is welcome to practice yoga in this supportive environment. No yoga experience is required. Bring a yoga mat and blanket and if you have them - blocks and a strap. Instructor: Tania Seagrove. No class July 3 or August 7

Mindfulness Meditation Basics NEW

During this series we will have an opportunity to investigate the basics of starting a mindfulness meditation practice. We will explore mindfulness meditation through teachings, partially guided meditations, discussions and an exploration of daily life practice. No prior experience necessary. Chairs available for sitting. Instructors: Blakie Sahay and Cathy Rose.

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. Monday instructor: Jane Finoro. No class August 5, August 26. Tuesday instructor: Grace Rosewarne. No class July 9, August 6.

SENIORS

Slow-in-Motion NEW

This class is done in an upright position into a slow-flow dance. In collaboration with movement from Tai Chi, yoga, and mobility stretching, this is a very slow gentle movement to gently awaken the joints, muscles, and fascia. It is a great way to move the body forward for the day and into the week. We welcome chairs for any balance and recommend comfortable moving attire. Wear shoes or non-slip socks. Instructor: Michelle Vandenburg. No class August 8.

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. Monday & Wednesday Instructor: Karen Murtagh. No class June 24, June 26, August 5, August 19, August 21, August 26, August 28. Friday instructor: Jane Finoro. No class August 30.

Summer Moderate Hatha Yoga NEW

Hatha yoga is done with a varied combination of standing, hands and knees, seated on the floor and lying on the front and back body. We always begin warming up our joints and end with a short relaxation. Bring a yoga mat and two yoga blocks. Instructor: Karen Murtagh. No class August 20, August 22, August 27, August 29.

Tai Chi Level 1

This slow-moving, meditative and gentle exercise helps restore and maintain fitness and flexibility. This non-strenuous introductory class is suitable for all ages and fitness levels. Instructor: Christina Graf.

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.

Yoga & Movement for Healthy Joints & Muscles

Using a chair for standing and sitting (no floor) this class combines all that yoga has to offer along with movements from other programs that will benefit our joints and our muscles. Muscle strength, as we know, helps improve bone density and since all movement comes ultimately from the joints, this is a winning combination! Some of our movements will slightly increase our heart rate but with only low or no impact on the joints. Bring a thin yoga mat, yoga block and strap (or a scarf or tie). Instructor: Karen Murtagh. No class June 25, August 20, August 27.

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 August 30.

Computers & Technology

Technology Help

Having problems with a piece of electronics such as iPad, Tablet, Windows laptop, Smartphone or iPhone, another device or computer program? Questions about Windows 11? Bring it to the Seniors Centre to get answers to your questions or help setting an item up. Classes are one-on-one with the instructor allowing you to focus on your specific needs. Instructor: Frank Irvine, will contact you prior to your appointment. Book your one-hour appointment time:

\$29 (\$25 Members)

Tuesday, April 30

Tuesday, May 28

Tuesday, June 25

Tuesday, July 30

Tuesday, August 27

10:00 am or 11:00 am

Sending and Receiving Emails

Learn how to open an email, send a reply, how to attach documents, how to print an email or a reply, and how to delete old emails. Bring your own device and ensure you have an email account that you can access on the Internet. Instructor: Sandra Roach.

\$29 (\$25 Members)

Thursday, April 18

1:00 pm to 3:00 pm

Accessing and Navigating the Internet

Learn how to access the internet, how to copy and send a link, how to access government websites, how to do online banking, and how to print information from websites. Bring your own device and ensure you have an email account that you can access on the Internet. Instructor: Sandra Roach.

\$29 (\$25 Members)

Thursday, May 16

1:00 pm to 3:00 pm

Accessing Social Media

Learn how to access Facebook and Instagram, how to accept or decline a friend request, how to create a post, how to print information from Facebook or Instagram and how to reply to a post. Bring your own device and ensure you have an email account that you can access on the Internet. Instructor: Sandra Roach.

\$29 (\$25 Members)

Thursday, June 13

1:00 pm to 3:00 pm

Protect Yourself from Scams and Viruses

Students will learn how to scan their device for viruses, and how to recognize a scam. Bring your own device and ensure you have an email account that you can access on the Internet. Instructor: Sandra Roach.

\$29 (\$25 Members)

Thursday, July 18

1:00 pm to 3:00 pm

Working with Files

Learn how to save files on your device, how to find files, delete files, and how to open and print files. Bring your own device and ensure you have an email account that you can access on the Internet. Instructor: Sandra Roach.

\$29 (\$25 Members)

Thursday, August 8

1:00 pm to 3:00 pm

Special Interest (In Person)



Refer to the Drop-in Activity section for a list of activity groups offered in addition to the following courses:

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 some 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. Start anytime. To register, contact the Alzheimer Society 519.742.1422.

Thursdays, 1:30 pm to 3:30 pm

Spring Planter Workshop

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. See photo at VPSC.

\$69 (\$59 Members)

Thursday, March 28

10:45 am to 12:15 pm

Design Your Own Bud Vases

In this workshop, design 3 dried flower bud vases to decorate your home and fill your

rooms with the beautiful scent of flowers with a mix of aromatic flowers (lavender, eucalyptus, strawflowers) and farm-grown favourites. Led by Emily from Mapleton Acres Flower Farm and Stephanie from Tullamore Lavender Co. All materials provided.

\$69 (\$59 Members)

Wednesday, April 17

10:30 am to 12:00 pm

Learn to Knit or Crochet

This course is for those who want to find out which craft they will enjoy most. Learn about tension, yarn labels, yarns and textures. Bring paper, pencil, 5mm knitting needles, 5mm crochet hook and a 100 g ball of worsted yarn. Projects will be discussed in first class. Instructor: Lise Stewart.

\$54 (\$48 member)

Fridays, 10:00 am to 11:30 am

April 12 to May 17

(6 classes)

-OR-

Fridays, 10:00 am to 11:30 am

May 24 to June 28

(6 classes)

Mixed Media Art

Unleash your creativity using a variety of materials including found and repurposed items. You will be encouraged to freely explore combining materials in new and creative ways to create images based on reality or expressing your emotions and imagination. Come and play with art! A supply list will be available upon registration. Instructor: Jane Finoro.

\$96 (\$84 member)

Fridays, 1:00 pm to 3:00 pm

April 12 to May 17

(6 classes)

**Nourishing Your Body for Longevity:
Healthy Meals & Snacks**

Embark on a wholesome journey into healthy meals and snacks. Nutritionist Rachel Murray delves into the essential components of a balanced diet, focusing on the roles of protein, carbohydrates/

sugar, fats, and hydration. Discover the secrets to crafting simple, delicious and nutritious meals. Learn how the right combination of proteins, carbohydrates and fats can boost energy levels, support cognitive function, and promote longevity. You will have the opportunity to make a nutritious snack or two.

\$29 (\$23 Members)

Monday, April 22

10:00 am to 11:00 am

**Gut Check: Understanding and
Enhancing Digestive Health**

Discover the profound impact of gut health on both memory and cognitive function, and overall physical well-being. We'll cover the obvious and not-so-obvious signs and symptoms that indicate your gut might be in distress. From dietary choices to lifestyle habits, learn how they impact your digestive system. Uncover the dietary and lifestyle changes that you can start today to positively influence your gut microbiota and promote overall wellness. Presented by: Nutritionist Rachel Murray.

\$29 (\$23 member)

Monday, April 29

10:00 am to 11:00 am

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. Restore the Pelvic Floor 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.

\$29 (\$23 Members)

Thursday, May 2

10:30 am to 12:30 pm

SENIORS

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. Workbook purchased from instructor at first class for approx. \$22.

Instructor: Elisabeth Bzikot.

\$89 (\$79 member)

Fridays, 10:00 am to 11:00 am

May 3 to July 5

(10 classes)

-OR-

Fridays, 10:00 am to 11:00 am

July 12 to September 13

(10 classes)

French Course II

French Course II is a ten-week 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. I look forward to seeing you there. Instructor:

Elisabeth Bzikot.

\$89 (\$79 member)

Fridays, 12:30 pm to 1:30 pm

May 3 to July 5

(10 classes)

-OR-

Fridays, 12:30 pm to 1:30 pm

July 12 to September 13

(10 classes)

Mother's Day Centrepiece

Spring has the best flowers: tulips, peonies, ranunculus and anemones! Join this workshop where you'll design a colourful spring arrangement in a glass vase featuring the best Ontario-grown spring flowers. Emily from Mapleton Acres will guide you through designing your arrangement and will share her best flower tricks to make sure your arrangement lasts as long as possible.

\$69 (\$59 Members)

Thursday, May 9

10:00 am to 11:00 am

Self-Hand and Foot Reflexology

Did you know our hands and feet mirror our bodies? Come join us to learn about what it is and different techniques to use while our feet soak in a warm foot bath. We'll also make some scented bath salts for you to take home. Instructor: Colleen Trudeau, Certified Aromatherapist and Registered Reflexologist. Bring a \$5 supply fee, towel and basin for your feet.

\$22 (\$18 member)

Monday, May 13

2:30 pm to 3:30 pm

Windowsill Herb Garden

Did you know herbs love to grow in your kitchen window? No need to have them outside in the garden or on the patio. Plus, you can cook with them all summer long. Join Emily from Mapleton Acres Flower Farm as we create your very own windowsill herb garden. Select from the mix of standard herbs (picking the ones you'll use the most) and pot them up into the perfect herb garden for your kitchen.

\$69 (\$59 Members)

Wednesday, June 5

10:30 am to 12:00 pm

From Ache to Ease: Alleviating Joint Pain & Inflammation

This session led by Nutritionist Rachel Murray delves into the world of joint pain and inflammation, addressing symptoms, root causes, and empowering strategies for relief. Discover the role of diet, supplementation, and lifestyle in supporting and nurturing joint health.

Discuss practical and accessible ways to incorporate joint-friendly choices into your daily routine, empowering you to take control of your well-being and enjoy overall vitality.

\$29 (\$23 member)

Monday, June 24

10:00 am to 11:00 am

Create Your Own Succulent Garden

Join Emily from Mapleton Acres as you design your own succulent garden arrangement for your home. Selecting from a variety of planters, you'll pick from a mix of locally grown succulents (both in size and colour) to create your unique arrangement filled in with specialty soil and other design elements.

\$69 (\$59 Members)

Wednesday, July 3

10:30 am to 12:00 pm

Summer Weekly Musical Afternoon

Join us if you love to sing or play an instrument. Looking for guitar players, ukulele, banjo, etc. and singers. Includes classic country music songs. Drop-in.

Mondays at 1:00 pm

Begins: Monday, July 8

Horseshoes

All equipment supplied. Played outside in Victoria Park. A great form of gentle exercise and fun for all. Led by volunteer instructor: Al Soligo.

\$18 (\$9 member)

Tuesdays, 10:00 am to 11:30 am

July 2 to August 27

(9 weeks)

Bocce

Join in this classic Italian game, which is another form of lawn bowling. All equipment supplied. Played outside in Victoria Park. A great form of gentle exercise and fun for all. Led by volunteer instructor: Al Soligo.

\$18 (\$9 member)

Wednesdays, 10:00 am to 11:30 am

July 3 to August 28

(9 weeks)

Writing Workshop: Creating Your World

Topics covered: Why is it important to know about the world in which your novel takes place? Is your world a fantasy or is it science fiction? Is your world one with which you are familiar? If it is this world that you live in, what is the time period? What do you need to know about the

world of your novel? Doing your research.

Instructor: Marilyn Kleiber.

\$109 (\$99 member)

Monday, July 15

9:00 am to 1:00 pm

Writing: Creating Memorable and Believable Characters

Topics covered: how to research for characters, how to use dialogue to make them come alive, how to use showing and not telling, how to use these items to create protagonists, antagonists, and all the supporting characters, does your character deserve first person or third person presentation, where and when not to use dialogue tags, adverbs in your dialogue.

Instructor: Marilyn Kleiber.

\$105 (\$95 member)

Mondays, July 22 to July 29

9:00 am to 12:00 pm

(2 weeks)

Introduction to Aromatherapy

Join us for a fun, hands-on workshop.

We will talk about what aromatherapy is, how to safely use essential oils in your daily life and we'll make some scented bath salts and a 10ml scented rollerball for you to take home. Bring a \$10 supply fee to class. Instructor: Colleen Trudeau, Certified Aromatherapist and Registered Reflexologist.

\$29 (\$25 member)

Monday, August 12

2:30 pm to 4:00 pm

Seminars



Please pre-register for all seminars listed below, both virtual and in-person seminars. 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's Programs (In-Person)

Avoid line-ups on registration day and learn how to sign up for programs, special events and bus trips online without leaving

the comfort of your own home. Bring your own personal device (laptop, tablet, iPad, smartphone) and ensure you have your email account that you can access on the Internet. No charge. *Monday, March 11 at 3:00 pm*

-OR-

Monday, August 19 at 3:00 pm

The Windsors: A History of the Royal Family (In-person)

From the inspiration on everyday fashions in the Victorian age to leading a country through war times, the Windsors have sat on the seat of influence for generations. Explore their impact on the United Kingdom, the Commonwealth, and the International stage. Presented by The Wellington County Museum & Archives.

Wednesday, March 20 at 10:30 am

Caregiver Anticipatory Grief Workshop (In-person)

Join us for a session presented by Hospice Wellington on the grief before the loss.

Thursday, March 21 at 10:45 am

Virtual: Top 3 Questions and Top 3 Tips About Dementia

This session will look at the most common questions about dementia, and the best Pro Tips for supporting someone living with dementia. You are asked to bring your questions, and there will be time to answer any questions you have. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, March 28 at 10:30 am

All You Need to Know About Hospice Wellington (In-Person)

Community Information Session: This one-hour presentation is open to anyone in the community that wants to learn about what supports and services are available at Hospice Wellington and in Wellington County (Rural).

Thursday, April 11 at 10:00 am

Home Financing Solutions for Seniors (In-Person)

Jenn Locke, local Mortgage Broker will be discussing financing strategies for seniors who own homes or who are looking to purchase. Come learn about accessing tax-free monthly income or a lump sum of funds, as well as bridge financing and down payment solutions that you might not be aware of.

Thursday, April 25 at 10:00 am

Virtual: Travelling When Someone Has Dementia

Travelling short or long distances may need some extra thought and planning when someone on the trip has dementia. This talk looks at some ways to make travel easier and examines some ideas you might want to consider before you leave. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, April 25 at 10:30 am

Nutrition for Seniors and Older Active Adults (In-Person)

Join us for an informative talk on nutrition and seniors presented by Heart To Home Meals. There will be taste testing and many samples to try. Presented by John Sherwood, Heart To Home Meals.

Wednesday, May 1 at 10:30 am

Therapeutic Touch Information Session (In-person)

Have you ever wondered if there is more to our universe than what we can see? Like anything else in nature, we all have an energy field that is very real and palpable. As one of the most researched healing modalities over the last 50 years, Therapeutic Touch validates a profound relaxation response that is simple and easy to achieve. Join us to learn more about how you can help yourself by creating balance and calm in your field. Presented by: Deborah Gould, RN, Recognized Therapeutic Touch Teacher, Fergus Magnolia Branch.

Monday, May 6 at 10:00 am

SENIORS

Cards, Coffee and Conversation (In-Person)

How do we bring death into our everyday conversations? This workshop will explore how to start conversations with the use of cards. Each card has different questions that help you think of what your wishes would be and how to share that with your family. Presented by Hospice Wellington.

Thursday, May 9 at 10:00 am

Bone Health 101 (In-Person)

Did you know at least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their life? Learn how to reduce your risk of fracture. This virtual presentation will include: what osteoporosis is, the risk of fracturing a bone, maintaining healthy bones, impact of nutrition and physical activity and falls prevention. Presented by Osteoporosis Canada.

Thursday, May 16 at 10:00 am

10 Tips on Being an Executor (In-Person)

Debbie Stanley, Certified Executor Advisor, ETP Canada, 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 a challenging project easier. Debbie's ten tips for being an executor teaches how to reduce stress and save money in making your time with your lawyer, financial advisor, and accountant more efficient when dealing with the estate's administration.

Thursday, May 16 at 10:00 am

The A's of Dementia (In-Person)

The A's of dementia describe the symptoms of dementia that will affect how a person will think and act. In this session, we will explain the A's, known as anosognosia, amnesia, agnosia, aphasia, apraxia, apathy, altered perception, and attentional deficits in more simple terms and explore how they affect a person's day to day behaviour. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, May 23 at 10:30 am

Hearing Screening Clinic (In-Person)

Canadian Hearing Services (formerly Canadian Hearing Society) 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, May 30

My Hearing is Not as Good as it Used to Be (In-Person)

Join in a morning workshop to deal positively with changes in your hearing. Topics: dealing with hearing changes, hearing assessment, hearing aids, communication strategies, assistive living devices, community supports. Presented by Hearing Care Counsellor, Allan Quinton, with Canadian Hearing Services.

Thursday, June 6

10:00 am to 12:00 pm

Estate Planning and Your Home (In-Person)

Find out why strategy and timing are important when planning your estate when it comes to your home. There are many things to consider including whether or not you add a family member to title, and if you want to stay living in your home or use the equity to help fund your retirement by either selling or using it as an investment property. Let us help by giving you the information and tools to make the right decision for your estate and family. Presented by Claire Knight, Realtor.

Thursday, June 6 at 10:00 am

Senior Rightsizing: Downsizing (In-Person)

Are you contemplating the big move? Are you thinking of downsizing and/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.

Monday, June 10 at 1:00 pm

Preventing Caregiver Burnout (In-Person)

This workshop will help caregivers identify signs and symptoms of burnout and what the warning signs are. What to do to prevent burnout and some self-care strategies. Presented by Hospice Wellington

Thursday, June 13 at 10:00 am

Sundowning (In-Person)

An increase in the late afternoon or early evening of agitated or upset behaviour in a person living with dementia may relate to Sundowning. Learn what this term means and how to address changes related to it. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, June 27 at 10:30 am

Downsizing in the Current Market (In-Person)

Is now a good time to downsize into a smaller home or condo? Discover the reasons why 2024 may or may not be the best time to make this move. Learn about all the costs associated with buying and selling that you may not have considered. Presented by Claire Knight, Realtor.

Thursdays, July 11 at 10:00 am

Teepa Snow Tips (In-Person)

This session looks at the top tips shared by Teepa Snow (dementia-care specialist) using a person-centered care approach. The talk will cover understanding, language, communication, and includes a short film. Handouts will be provided and there will be time for questions. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, July 25 at 10:30 am

Special Events (In Person)

Wednesday Lunches

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

April 10 Lunch and Musical Program

April 24 Lunch

May 8 BBQ Lunch and Musical Program

May 22 BBQ

June 12 Lunch

June 26 BBQ Lunch

July 10 Lunch

July 24 BBQ Lunch

August 7 Lunch

August 28 BBQ Lunch

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 monthly at 10:00 am (excluding July and August). See dates below or contact VPSC to schedule a one-on-one tour anytime. No charge. Pre-register.

April 15, May 13 or June 17

Monthly Musical Afternoon Programs

Join us for special monthly musical afternoons with VPSC's Music Groups. 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, April 10 at 1:30 pm

Wednesday, May 8 at 1:30 pm

Spring Swing

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. Cash only. Tickets also available at the door.

Tickets: \$15 cash

Friday, April 26

7:00 pm to 11:00 pm

Seniors' Month Celebration

Join us in the celebration of June is Seniors' Month with a memorable afternoon of entertainment by the Centre's talented choir and ukulele band: The Melody Makers. Enjoy refreshments. All welcome. By donation at the door for VPSC.

Monday, June 3 at 1:30 pm

Mystery Card Walk

Celebrate Seniors' Month with 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 borrow and use on the walk. 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, June 10 at 9:30 am

Strawberry Social

Celebrate June is Seniors' Month. Join in a fun afternoon of toe-tapping music with the Centre's talented guitar band: The Country Classics. Enjoy fresh Ontario strawberries with shortcake and ice cream after the show.

\$8 for everyone

Thursday, June 20 at 1:30 pm

Peach Social

Celebrate peach season with us! Join in a fun afternoon of toe-tapping music. Enjoy a homemade peach dessert after the entertainment.

\$8 for everyone

Thursday, August 15 at 1:30 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.

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.

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.

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. Early registration is recommended to avoid cancellations. If a class is cancelled for any reason, we will contact all participants by phone or email to notify of the cancellation.

Refund Policies

Please see page 6 in this Guide for the refund policies or online: centrewellington.ca/seniorscentre.

Online Registration Reminder

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