

November 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 Fall 2024 Community Guide for descriptions.**

Canada, Fall In! (In-person) - Presented by The Wellington County Museum & Archives. Wed., Nov. 6 at 10 am.

5 Levels of Retirement Living (In-person) - Presented by Marjorie Wood, Retirement Living Consultant, AgeCare Elmira Estate. Wednesday, November 13 at 10:00 am.

Protecting Your Estate (In-Person) – Presented by Wilmot Financial. Wednesday, November 13 at 10:00 am.

Bone Health 101 (in-Person) - Presented by Osteoporosis Canada. Monday, November 18 at 1:00 pm.

Organizing 101 (In-Person) - Presented by Cathy Mendler, A New Leaf Organizers. Monday, Nov. 25 at 1:00 pm.

Wills, Powers of Attorneys and Living Wills (In-Person) - Presented by Nate Martin, a partner with SV Law in Elora. Wednesday, November 27 at 10:30 am.

Gratitude (In-Person) - Presented by Hospice Wellington. Thursday, November 28 at 10:00 am.

Virtual: M.I.N.D. Eating Plan (Mediterranean-DASH Intervention for Neurodegenerative Delay). Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, November 28 at 10:30 am.

November 2024 Special Events (In-person). Pre-register!

Drama Performance: “Dress Rehearsal” - It’s the day of the dress rehearsal, one day away from opening night for a local seniors’ drama group and quite apart from the usual mayhem, things are not going as expected. (Only the names have been changed to protect the innocent). Join the Victoria Park Seniors Drama Club for their comic performance. Admission by donation at the door with refreshments to follow. **Friday, November 1 at 2:00 pm. All welcome! Drop-in!**

Remembrance Day Lunch – November 6 at 12:00 pm – menu on the front of calendar.

Monthly Musical Afternoon Program – November 6 at 1:30 pm. By donation at the door. All welcome!

New Member Talk and Tour – No charge. November 18 at 10:00 am. Pre-register.

Homemade Wednesday Lunch – November 20 at 12:00 pm – menu on the front of calendar.

Bus Trips 2024 & 2025 - 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 details in the Fall 2024 Guide or posters at the Reception Desk at VPSC.

Famous People Players Christmas Show - Thursday, November 14. Depart 8:30 am, return 5:30 pm. Cost: \$143 member, \$157 non-member.

Shawfest & Skylon Tower - Thursday, December 12. Depart 9:30 am, return 9:30 pm. Cost: \$187 member, \$201 non-member. **This trip is FULL.**

Come From Away – Wednesday, March 19, 2025. Depart 8:45 am, return 6:00 pm. Cost: \$225 member, \$240 non-member. **This trip is FULL.**

November 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

Email: seniorscentre@centrewellington.ca

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

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

The Centre is Closed Monday, November 11, 2024 for Remembrance Day.

The **Fall 2024 Centre Wellington Community Guide** is active and registration OPEN.

The Winter 2025 Community Guide will be inserted in the Wellington Advertiser the week of December 5. Registration begins Tuesday, December 10 at 8:30am.

Township of Centre Wellington Refund Policy in effect:

1. A full refund will be issued for all courses cancelled by the Township.
2. Request for refunds must be received 1 week prior to program start date.
3. No refunds will be issued within 1 week of the program start date.
4. No refunds will be issued for bus trips or lunches.
5. Transfers will be accepted prior to 3rd class. No transfers beyond the 3rd class.
6. A **\$20 administration fee** will be applied to refunds requested.

Wednesday Lunches

Cost: \$14 members or \$15 non-mem (unless otherwise stated). Non-refundable. Take outs available.
Register and pay by the Friday prior in person, by phone or online.

Wednesday, November 6th at 12:00 pm – Remembrance Day Lunch (pay by Nov. 1 at 4:00 pm)
Menu: Cranberry Chicken, Roasted Potatoes, Glazed Carrots, Rolls, Lemon Cake with Lemon Sauce.
****Join us after lunch for our Monthly Musical Afternoon Program at 1:30 pm.
By donation at the door. All welcome!****

Wednesday, November 20th at 12:00 pm – Wednesday Lunch (pay by Nov.15 at 4:00 pm)
Menu: Turkey Tetrazzini, Tea Biscuit, Baby Spinach & Orange Salad, Butter Tart Square.

We are need of **small plastic containers with lids** (yogurt, margarine, cottage cheese, etc). If you have some please drop them off at the Centre. We do NOT want plastic restaurant take out containers.

**The Annual General Meeting (AGM) is on
Thursday, November 21, 2024 at 2:00 pm.**

Members of VPSC are encouraged to attend.

**Note: All activities are cancelled at VPSC
during this meeting.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 9:30 Canasta 1:00 Colour Circle 1:00 Choir & Ukulele Band: The Melody Makers</p>	<p>TUESDAY Drop-in Activities 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka, 10:30 Genealogy 11:35 Tap Dancing, 1:00 Bid Euchre 1:00 Shuffleboard, 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation</p>	<p>WEDNESDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole, 10:30 Creative Writing 1:00 Craft & Quilting Group 1:00 Art Group, 1:00 Euchre 1:00 Wood Carving, 3:00 Line Dancing</p>	<p>THURSDAY Drop-in Activities 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>	<p>FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (November 1) 11:15 Spanish Conversation, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold'em Poker</p>
<p>LEGEND 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>	<p>Friday, November 1 at 2:00pm. Drama Performance “Dress Rehearsal” Cost: By donation at door. All welcome!</p>	<p>Craft Supplies Sale! November 13 & 20 in the Craft Shoppe at the Centre. 11:00 am to 4:00 pm. Cost of items: By Donation.</p>	<p>The Winter 2025 Community Guide will be inserted in the Wellington Advertiser the week of December 5.</p> <p>Registration begins Tuesday, December 10 at 8:30am.</p>	<p>Nov. 1 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:00 Moderate Hatha Yoga (end) 9:30 Yoga with Jane (end), 9:35 Strength Circuit(end) 10:00 Yoga & Movement Healthy Joints & Mus (end) 10:00 French Beginners For Those Wishing To Travel 10:30 Total Body Fitness (end) 10:35 Standing & Seated Hatha Yoga (end) 12:30 French Course 3 2:00 Drama Performance “Dress Rehearsal” Cost: By donation at the door. All welcome!</p>
<p>4 (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning 9:15 Advisory Board Meeting 10:15 Program Committee Meeting 10:00 Essentrics, 10:30 Yoga with Jane 11:30 Standing & Seated Hatha Yoga 11:45 Dance Choreography for Fun for Seniors 1:00 Fun Fitness 2:15 Osteo Fit NEW, 3:15 Osteo Fit NEW</p>	<p>5 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold 9:30 Tai Chi Level 1, 9:35 Building on Basics 10:30 Tai Chi Level 2 10:00 Fully Accessible Stretch & Restore NEW 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 1:30 Interactive Beginner Spanish: Level 2 3:15 Strength & Stretch</p>	<p>6 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning 9:30 Gentle Stretch Yoga, 9:35 Core Circuit 10:00 Canada, Fall In 10:00 Living Fully Meditation 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 1:30 Monthly Musical Afternoon Program 1:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>7 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning 9:35 Strength Training Beginners 9:55 Hatha Flow Yoga NEW 10:00 Fall/Winter Wreath Workshop 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga 11:45 Essentrics 1:30 Minds in Motion (register with Alzheimer Society)</p>	<p>8 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga, 9:30 Yoga with Jane 9:35 Strength Circuit 10:00 Yoga & Movement Healthy Joints & Mus 10:00 Learn To Knit or Crochet 10:00 French Beginners For Those Wishing To Travel 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:00 Writing Course: Learning To Self Edit 12:30 French Course 3 1:00 Drawing Fundamentals: Level 2</p>
<p>11 Remembrance Day. Centre Closed.</p>	<p>12 (Daily Drop-In Activities listed above) 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 the Basics 9:50 Building Strength: Lower Body 10:00 Fully Accessible Stretch & Restore 10:30 Tai Chi Level 2, 11:30 Movement Healthy Joints 1:00 Moderate Slow Yoga 1:30 Interactive Fun Beginner Spanish: Level 2 3:15 Strength & Stretch</p>	<p>13 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Gentle Stretch Yoga, 9:35 Core Circuit 9:50 Building Strength: Core 10:00-2:00 Chair Massage Clinic (by appt) 10:00 Living Fully Meditation 10:00 Levels of Retirement Living 10:00 Protecting Your Estate 11:00-4:00 Craft Supplies Sale (all by donation) 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>14 (Daily Drop-In Activities listed above) 8:30 BUS TRIP: Famous People Players Christmas Show 8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:35 Strength Training Beginners 9:50 Building Strength: Upper Body 9:55 Hatha Flow Yoga, 10:30 Mindfulness Meditation 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alz Society) 6:30 Pilates: Mixed Level</p>	<p>15 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane, 9:35 Strength Circuit 10:00 Learn To Knit or Crochet 10:00 Yoga & Movement Healthy Joints & Mus 10:00 French Beginners For Those Wishing Travel 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:00 Writing Course: Learning To Self Edit (end) 12:30 French Course 3, 1:00 Drawing: Level 2</p>
<p>18 (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance, 9:00 Zumba Gold-Toning 10:00 New Members Talk & Tour 10:00 Essentrics, 10:30 Yoga with Jane 10:00-2:00 Reflexology Clinic (by appt.) 10:00 Gut Check: Understanding & Enhancing Digestive Health 11:30 Standing & Seated Hatha Yoga 11:45 Dance Choreography, 1:00 Fun Fitness 1:00 Bone Health 101 2:15 Osteo Fit, 3:15 Osteo Fit, 6:00 Pilates: Gentle</p>	<p>19 (Daily Drop-In Activities listed above) 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 the Basics 9:50 Building Strength: Lower Body 10:00 Fully Accessible Stretch & Restore (end) 10:30 Tai Chi 2, 11:30 Movement Healthy Joint & M 1:00 Moderate Slow Yoga 1:30 Interactive Fun Beginner Spanish: Level 2 3:15 Strength & Stretch</p>	<p>20 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Gentle Stretch Yoga, 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Living Fully Meditation 11:00-4:00 Craft Supplies Sale (all by donation) 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 1:00-2:00 Blood Pressure Clinic (drop-in) 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>21 (Daily Drop-In Activities listed above) 8:40 Strength Train-Thursday, 9:00 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Strength Training Beginners 9:50 Building Strength: Upper, 9:55 Hatha Flow Yoga 10:30 Meditation, 10:50 Chair & Standing Yoga 11:45 Essentrics, 1:30 Minds in Motion 2:00 ANNUAL GENERAL MEETING All members of VPSC are encouraged to attend. (Please note that all regularly scheduled activities are cancelled during this meeting) 6:30 Pilates: Mixed Level</p>	<p>22 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane, 9:35 Strength Circuit 10:00 Learn To Knit or Crochet 10:00 Yoga & Movement Healthy Joints & Muscles 10:00 French Beginners For Those Wishing To Travel 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3 1:00 Drawing Fundamentals: Level 2</p>
<p>25 (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning 10:00 Essentrics 10:30 Yoga with Jane 10:00-2:00 Reflexology Clinic (by appt.) 11:30 Standing & Seated Hatha Yoga 11:45 Dance Choreography for Fun Seniors 1:00 Organizing 101 1:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit, 6:00 Pilates: Gentle</p>	<p>26 (Daily Drop-In Activities listed above) 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 10:00 Fully Accessible Stretch & Restore NEW 10:00 & 11:00 Tech Help (Book 1 hr appt.) 10:30 Tai Chi Level 2 11:30 Movement for Healthy Joints & Muscle 1:00 Moderate Slow Yoga 1:30 Spanish: Level 2 (end), 3:15 Strength & Stretch</p>	<p>27 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Gentle Stretch Yoga, 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Living Fully Meditation 10:30 Wills, Powers of Attorneys & Living Wills 11:30 Standing & Seated Hatha Yoga 9:00 Live Sound 101, 1:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>28 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:35 Strength Training Beginners 9:50 Building Strength: Upper Body 9:55 Hatha Flow Yoga 10:00 Gratitude, 10:30 M.I.N.D. Eating Plan 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level</p>	<p>29 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane, 9:35 Strength Circuit 10:00 Learn To Knit or Crochet 10:00 Yoga & Movement Healthy Joints & Muscles 10:00 French Beginners For Those Wishing To Travel 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3 1:00 Drawing Fundamentals: Level 2</p>