

## December 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.**

Grief & Bereavement: Journeying Through Grief (In-Person) – Presented by Hospice Wellington. Thursday, December 12 at 10:00 am.

Christmas in Wellington County (In-Person) – Presented by The Wellington County Museum & Archives. Monday, December 16 at 10:00 am.

Virtual: Red Flags of Dementia - Presented by: Alzheimer Society Waterloo Wellington. Thursday, December 19 at 10:30 am.

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

Wednesday Lunch – December 4 at 12:00 pm – menu on the front of calendar.

Christmas Lunch – December 18 at 12:00 pm – menu on the front of calendar.

Christmas Carol Sing-a-Long - Get into the holiday spirit! Join us for an afternoon of festive Christmas carols, led by the Centre's Melody Makers Choir. Request your favourite Christmas carols. Join us for lunch and stay for entertainment afterwards. All welcome. Wednesday, December 18 at 1:30 pm. By donation at the door.

## 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.**

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.**

Stay tuned for more bus trips being released in the Winter Guide!

Look for the **Winter 2025 Centre Wellington Community Guide** inserted in the Wellington Advertiser the week of December 5<sup>th</sup>.

Program Registration begins Tuesday, December 10<sup>th</sup> at 8:30 am for the Winter 2025 Session (Jan, Feb, Mar).

# December 2024

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2

Monday to Friday 9:00 am to 4:00 pm Phone: 519.846.9691 x204

Email: [seniorscentre@centrewellington.ca](mailto:seniorscentre@centrewellington.ca)

View Programs, information, refund policies: [www.centrewellington.ca/seniorscentre](http://www.centrewellington.ca/seniorscentre)

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

The Centre will be closed for Christmas holidays beginning Tuesday, December 24<sup>th</sup> at 4:00 pm and will re-open on Thursday, January 2<sup>nd</sup>, 2025 at 8:30am.

Wishing you all a very Merry Christmas and a safe and healthy 2025! Sincerely,  
Kathy, Kelly, Nancy, Trudy & Janelle.

During our Christmas closure you may register for all Senior Centre programs Online OR at Sportsplex (550 Belsyde Ave, Fergus) Or call 519-846-9691 x903.

Please Note: Some people are sensitive or have allergies to certain scents including aftershave/cologne, perfume, body lotion, fabric softener, hair products, etc. We kindly ask that you limit or avoid wearing these on the days you are participating in activities here at the Seniors Centre. We want to the Centre to be a place everyone can enjoy!

Thank you!

The **Fall 2024 Centre Wellington Community Guide** is active until the end of December.

**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, December 4<sup>th</sup> at 12:00 pm – Beef Stroganoff Lunch** (pay by Nov. 29 at 4:00 pm)  
Menu: Beef Stroganoff (with mushrooms and peppers), Egg Noodles, Green Beans, Rice Pudding.

**Wednesday, December 18<sup>th</sup> at 12:00 pm – Christmas Lunch** (pay by Dec. 13 at 4:00 pm)  
Menu: Roast Turkey, Stuffing, Cranberry Sauce, Mashed Potatoes, Gravy, Turnip & Carrots and Pumpkin Pie.

**\*\*Join us after lunch for our Christmas Carol Sing-A-Long at 1:30 pm.  
By donation at the door. All welcome!\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MONDAY Drop-in Activities</b> 9:00 – 4:00 Billiards & Snooker 9:30 Canasta 1:00 Colour Circle 1:00 Choir & Ukulele Band: The Melody Makers	<b>TUESDAY Drop-in Activities</b> 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	<b>WEDNESDAY Drop-in Activities</b> 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole 10:30 Creative Writing 1:00 Art Group, 1:00 Euchre 1:00 Wood Carving 3:00 Line Dancing	<b>THURSDAY Drop-in Activities</b> 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 <del>4:00 Drama Group Practice</del> 7:30 Euchre	<b>FRIDAY Drop-in Activities</b> 9:00 – 4:00 Billiards & Snooker 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (December 6) 11:15 Spanish Conversation 1:00 Ukulele Band, 1:00 Carpet Bowling 1:00 Texas Hold'em Poker
<b>2</b> (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance, 9:00 Zumba Gold-Toning 9:15 Advisory Board Meeting 10:15 Program Committee Meeting <b>10:00-2:00 Reflexology Clinic (by appt.)</b> 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, <del>2:15 Osteo Fit, 3:15 Osteo Fit</del> 6:00 Pilates: Gentle	<b>3</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday <b>9:00-4:00 Foot Care Clinic (by appt)</b> 9:00 Zumba Gold, <b>9:15 Fit Bones Plus</b> 9:30 Tai Chi Level 1, 9:35 Building On Basics <b>9:50 Building Strength: Lower Body</b> <del>10:00 Fully Accessible Stretch &amp; Restore</del> 10:30 Tai Chi Level 2 11:30 Movement for Healthy Joints & Muscle 1:00 Moderate Slow Yoga 3:15 Strength & Stretch	<b>4</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, <b>9:15 Fit Bones</b> 9:30 Gentle Stretch Yoga, 9:35 Core Circuit <b>9:50 Building Strength: Core</b> 10:00 Living Fully Meditation 11:30 Standing & Seated Hatha Yoga <b>12:00 Wednesday Lunch *menu on front</b> 1:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit	<b>5</b> (Daily Drop-In Activities listed above) 8:40 Strength Train-Thursday, 9:00 Zumba Gold-Toning <b>9:15 Fit Bones Plus</b> , 9:35 Strength Training Beginners <b>9:50 Building Strength: Upper</b> , 9:55 Hatha Flow Yoga 10:30 Mindfulness Meditation Basics (end) 10:50 Chair & Standing Yoga 11:45 Essentrics, 1:30 Minds in Motion 6:30 Pilates: Mixed Level <b>The Winter 2025 Centre Wellington Community Guide will be inserted in the Wellington Advertiser today!</b>	<b>6</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle <b>9:00 Moderate Hatha Yoga</b> 9:30 Yoga with Jane, <del>9:35 Strength Circuit</del> <b>10:00 Yoga &amp; Movement Healthy Joints &amp; Mus</b> 10:00 French Beg For Those Wishing Travel <del>10:00 Learn To Knit or Crochet</del> 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3 <del>1:00 Drawing Fundamentals: Level 2</del>
<b>9</b> (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning, 10:00 Essentrics <b>10:00 Diabetes Made Simple: Nutrition And Lifestyle For Seniors</b> 10:30 Yoga with Jane 11:30 Standing & Seated Hatha Yoga 11:45 Dance Choreography for Fun Seniors 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit <b>3:00 How To Register Online For VPSC's Programs</b> , 6:00 Pilates: Gentle	<b>10</b> (Daily Drop-In Activities listed above) <b>8:30 Registration opens today for all Winter 2025 Programs (Virtual &amp; In-Person)</b> 8:40 Strength Training – Tuesday <b>9:00-4:00 Foot Care Clinic (by appt)</b> 9:00 Zumba Gold, <b>9:15 Fit Bones Plus</b> 9:30 Tai Chi Level 1, 9:35 Building on Basics 10:30 Tai Chi Level 2, <del>10:00 Fully Accessible</del> 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga, 1:30 Spanish (end) 3:15 Strength & Stretch	<b>11</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, <b>9:15 Fit Bones</b> 9:30 Gentle Stretch Yoga, 9:35 Core Circuit <b>9:50 Building Strength: Core</b> <b>10:00-2:00 Chair Massage Clinic (by appt)</b> 10:00 Living Fully Meditation (end) 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit	<b>12</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning <b>9:30 BUS TRIP: Shawfest &amp; Skylon Tower</b> <b>9:15 Fit Bones Plus</b> , 9:35 Strength Training Beg <b>9:50 Building Strength Upper</b> , 9:55 Hatha Flow Yoga <b>10:00 Grief &amp; Bereavement: Journeying Through Grief</b> 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alz Society) 6:30 Pilates: Mixed Level	<b>13</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle <b>9:00 Moderate Hatha Yoga</b> 9:30 Yoga with Jane, <del>9:35 Strength Circuit</del> <b>10:00 Yoga &amp; Movement Healthy Joints &amp; Mus</b> 10:00 French Beg For Those Wishing Travel <del>10:00 Learn To Knit or Crochet (end)</del> 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3 <del>1:00 Drawing Fundamentals: Level 2</del>
<b>16</b> (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning (end) <b>10:00 Christmas In Wellington County</b> 10:00 Essentrics (end), 10:30 Yoga with Jane <b>10:00-2:00 Reflexology Clinic (by appt.)</b> 11:30 Standing & Seated Hatha Yoga (end) 11:45 Dance Choreography Fun (end) 1:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit 6:00 Pilates: Gentle (end)	<b>17</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday <b>9:00-4:00 Foot Care Clinic (by appt)</b> 9:00 Zumba Gold(end), <b>9:15 Fit Bones Plus (end)</b> 9:30 Tai Chi Level 1 (end), 9:35 Building Basics <b>9:50 Building Strength: Lower Body (end)</b> <del>10:00 Fully Accessible Stretch &amp; Restore</del> <b>9:00, 10:00 &amp; 11:00 Tech Help (1 hr appt.)</b> 10:30 Tai Chi Level 2 (end) 11:30 Movement Healthy Joints & Muscle (end) 1:00 Moderate Slow Yoga 3:15 Strength & Stretch (end)	<b>18</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:00 Zumba Gold-Toning (end) <b>9:15 Fit Bones (end)</b> 9:30 Gentle Stretch Yoga (end) 9:35 Core Circuit (end) <b>9:50 Building Strength: Core (end)</b> <b>11:00-12:00 Blood Pressure Clinic (drop-in)</b> 11:30 Standing & Seated Hatha Yoga (end) <b>12:00 Christmas Lunch *menu on front</b> <b>1:30 Christmas Carol Sing-a-Long</b> 1:00 Fun Fitness (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	<b>19</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday (end) 9:00 Zumba Gold-Toning (end) <b>9:15 Fit Bones Plus (end)</b> 9:35 Strength Training Beginners (end) <b>9:50 Building Strength: Upper Body (end)</b> 9:55 Hatha Flow Yoga (end) <b>10:00 Winter Greens Centrepiece Workshop</b> <b>10:30 Virtual Seminar: Red Flags Of Dementia</b> 10:50 Chair & Standing Yoga (end) 11:45 Essentrics (end) 1:30 Minds in Motion (register with Alz Society) 6:30 Pilates: Mixed Level (end)	<b>20</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) <b>9:00 Moderate Hatha Yoga (end)</b> 9:30 Yoga with Jane (end) <del>9:35 Strength Circuit (end)</del> <b>10:00 Yoga &amp; Movement Healthy Joints &amp; Muscle (end)</b> 10:00 French Beg Those Wishing Travel (end) 10:30 Total Body Fitness (end) 10:35 Standing & Seated Hatha Yoga (end) 12:30 French Course 3 (end) <del>1:00 Drawing Fundamentals: Level 2 (end)</del>
<b>23</b> (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance Fusion (end) 10:30 Yoga with Jane (end) <b>10:00-2:00 Reflexology Clinic (by appt.)</b> 1:00 Fun Fitness (end) 2:15 Osteo Fit (end) 3:15 Osteo Fit (end)	<b>24</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday (end) 9:35 Building on the Basics (end) <del>10:00 Fully Accessible Stretch/Res (end)</del> 1:00 Moderate Slow Yoga (end)	<b>25</b>  <b>Merry Christmas!</b> <b>Centre Closed.</b>	<b>26</b>  <b>Centre Closed.</b>	<b>27</b>  <b>Centre Closed.</b>
<b>30</b>  <b>Centre Closed.</b>	<b>31</b>  <b>Centre Closed.</b>	Jan.1, 2025  <b>Happy New Year!</b> <b>Centre Closed.</b>	<b>LEGEND</b> 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	