

June 2024 Seminars (in-person and virtual)

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

My Hearing is Not as Good as it Used to Be (In-Person) – Presented by Hearing Care Counsellor, Allan Quinton, with Canadian Hearing Services. Thursday, June 6 from 10:00 am to 12:00 pm.

Estate Planning and Your Home (In-Person) - Presented by Claire Knight, Realtor. Thursday, June 6 at 10:00 am.

Senior Rightsizing: Downsizing (In-Person) – Presented by Cathy Mendler, A New Leaf Organizers. Monday, June 10 at 1:00 pm.

Preventing Caregiver Burnout (In-Person) - Presented by Hospice Wellington. Thursday, June 13 at 10:00 am.

Sundowning (In-Person) - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, June 27 at 10:30 am.

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

Seniors' Month Celebration – Monday, June 3 at 1:30 pm. By donation at the door.

Mystery Card Walk – Monday, June 10 at 9:30 am. Prizes! No charge.

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

New Member Talk and Tour – Monday, June 17 at 10:00 am. No charge.

Strawberry Social – Thursday, June 20 at 1:30 pm. \$8 for everyone.

Bus Trips 2024 - Non-refundable & Non-transferable

All trips depart from and return to VPSC. Return times approximate, depending on weather/traffic. Those who require special assistance are responsible for arranging an escort to assist them. Our Travel Escort Volunteer cannot provide special care or assistance. Travel arrangements are made in collaboration with Great Canadian Travel TICO# 2280154. Bus trips are subject to change. All trips include luxury coach transportation equipped with a washroom, bus driver gratuity and HST. **Full details in Spring & Summer 2024 Community Guide.**

Toronto Tall Ships Cruise – Monday, June 10. **This trip is FULL.**

Toronto Harbour Cruise & CN Tower - Wednesday, July 24. **This trip is FULL.**

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

Toronto Blue Jays Baseball vs. Philadelphia Phillies - Wednesday, September 4. **This trip is FULL.**

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

NEW! Shawfest & Skylon Tower - Thursday, December 12. Depart 9:30 am, return 9:30 pm. Cost: \$187 member, \$201 non-member.

NEW! Come From Away – Wednesday, March 19, 2025. Depart 8:45 am, return 6:00 pm. Cost: \$225 member, \$240 non-member.

June 2024

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

View Programs, information, refund policies: www.centrewellington.ca/seniorscentre
Register online: <https://ca.apm.activecommunities.com/centrewellington/>

The **Spring & Summer 2024 Centre Wellington Community Guide** is active.
Program Registration for classes/programs in-person & virtual is **OPEN!**

Please note: Township of Centre Wellington Refund Policy in effect:

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

Wednesday Lunches

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

Wednesday, June 12th at 12:00 pm – Wednesday Lunch (pay by June 7 at 4:00 pm)
Menu: Beef, Tomato & Cheese Casserole, Coleslaw, Country Fresh Baked Bread and Fresh Fruit Salad with Cookies.

June Is Seniors' Month! Please Pre-register!

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 at VPSC.

June 3 Seniors' Month Celebration at 1:30 pm

June 10 & 17 Urban Pole Walking Workshops: 10:30 am (Jun 10) & 9:30 am (Jun 17)

June 10 Mystery Card Walk at 9:30 am

June 12 Wednesday Lunch at 12:00 pm (menu above)

June 17 New Members' Talk & Tour at 10:00 am

June 20 Strawberry Social at 1:30 pm

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">MONDAY Drop-in Activities</p> 9:00 – 4:00 Billiards & Snooker 9:30 Canasta, 1:00 Colour Circle 1:00 Choir & Ukulele Band: The Melody Makers (ends June 10 & Musical Afternoon Drop-in begins July 8 at 1:00 pm for summer) 1:00 Washer Toss Game (outside) (begins June 17)	<p align="center">TUESDAY Drop-in Activities</p> 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka,10:30 Genealogy 11:35 Tap Dancing, 1:00 Bid Euchre 4:00 Shuffleboard (resumes Sept. 10) 4:00 Song Circle String Players ,1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation	<p align="center">WEDNESDAY Drop-in Activities</p> 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole 10:30 Creative Writing 1:00 Craft & Quilting Group Drop-in 1:00 Art Group, 1:00 Euchre 1:00 Wood Carving, 3:00 Line Dancing	<p align="center">THURSDAY Drop-in Activities</p> 9:00 – 4:00 Billiards & Snooker 9:30 Darts, 9:30 Scrabble, 1:00 Bingo 1:00 Social Bridge, 1:00 Table Tennis 1:00 Guitar Band: Country Classics 4:00 Drama Group Practice 7:30 Euchre (resumes in Sept)	<p align="center">FRIDAY Drop-in Activities</p> 9:00 – 4:00 Billiards & Snooker 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (June 7) 11:15 Spanish Conversation 1:00 Ukulele Band (ends the end of June) 4:00 Carpet Bowling (resumes Sept. 13)
<p>3 (Daily Drop-In Activities listed above)</p> 8:50 Gypsy Belly Dance Fusion, 9:00 Zumba Gold-Toning 9:15 Advisory Board Mtg,10:15 Program CommitteeMtg 10:00-2:00 Reflexology Clinic (by appt.) 10:00 Essentrics, 40:30 Moderate Slow Yoga 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness, 4:55 Mindful Move Synergy 1:30 Seniors Month Celebration: Register! 6:00 Pilates: Gentle	<p>4 (Daily Drop-In Activities listed above)</p> 8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1 9:35 Building on the Basics 9:50 Building Strength – Lower Body 10:30 Tai Chi Level 2 11:30 Yoga & Movement for Healthy Joints & Musc 1:00 Moderate Slow Yoga, 3:15 Strength & Stretch	<p>5 (Daily Drop-In Activities listed above)</p> 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Gentle Stretch Yoga - New Time 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 10:30 Windowsill Herb Garden 11:30 Standing & Seated Hatha Yoga 2:15 Osteo Fit, 3:15 Osteo Fit	<p>6 (Daily Drop-In Activities listed above)</p> 8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:30 Slow in Motion , 9:35 Strength Training Beginner 9:50 Building Strength - Upper Body 10:00 Estate Planning And Your Home 10:00 My Hearing Isn't As Good As It Used To Be 10:00 Mindfulness Meditation (end), 11:30 Essentrics 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level	<p>7 (Daily Drop-In Activities listed above)</p> 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga , 9:30 Yoga with Jane 9:35 Strength Circuit NEW, 40:00 Learn Knit/Crochet 10:00 French Beginners For Those Wishing To Travel 10:30 Yoga & Movement Healthy Joints & Mus 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 11:25 Functional Fitness For Ageless Strength 12:30 French Course 2
<p>10 (Daily Drop-In Activities listed above)</p> 8:00 Bus Trip: Toronto Tall Ships Cruise 8:50 Gypsy Belly Dance Fusion, 9:00 Zumba Gold-Toning 9:30 Mystery Card Walk – Pre-register! 10:00-2:00 Reflexology Clinic (by appt.) 10:00 Essentrics, 40:30 Moderate Slow Yoga 10:30 Urban Pole Walking Workshop 11:30 Standing & Seated Hatha Yoga 4:00 Fun Fitness, 4:55 Mindful Move Synergy 1:00 Senior Rightsizing: Downsizing 6:00 Pilates: Gentle	<p>11 (Daily Drop-In Activities listed above)</p> 8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1 9:35 Building on the Basics 9:50 Building Strength – Lower Body 10:30 Tai Chi Level 2 11:30 Yoga & Movement for Healthy Joints & Musc 1:00 Moderate Slow Yoga 3:15 Strength & Stretch	<p>12 (Daily Drop-In Activities listed above)</p> 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Gentle Stretch Yoga - New Time 9:35 Core Circuit, 9:50 Building Strength Core 10:00 Deepening Meditation 10:00-2:00 Chair Massage Clinic NEW (by appt) 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 2:15 Osteo Fit 3:15 Osteo Fit	<p>13 (Daily Drop-In Activities listed above)</p> 8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning 9:15 Fit Bones Plus 9:30 Slow in Motion , 9:35 Strength Training Beg 9:50 Building Strength - Upper Body 10:00 Preventing Caregiver Burnout 11:30 Essentrics 1:00 Accessing Social Media 1:30 Minds in Motion (register with Alz Society) 6:30 Pilates: Mixed Level	<p>14 (Daily Drop-In Activities listed above)</p> 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane, 9:35 Strength Circuit NEW 40:00 Learn to Knit or Crochet 10:00 French Beginners For Those Wishing To Travel 10:30 Yoga & Movement Healthy Joints & Muscles 40:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 11:25 Functional Fitness for Ageless Strength NEW 12:30 French Course 2
<p>17 (Daily Drop-In Activities listed above)</p> 8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning 9:30 Urban Pole Walking Refresher 10:00 New Members Talk & Tour – Pre-register! 10:00 Essentrics (end), 40:30 Mod Slow Yoga 11:30 Standing & Seated Hatha Yoga (end) 1:00 Fun Fitness, 4:55 Mindful Move Syn 6:00 Pilates: Gentle	<p>18 (Daily Drop-In Activities listed above)</p> 8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1 9:35 Building on the Basics 9:50 Building Strength – Lower Body 10:30 Tai Chi Level 2 11:30 Yoga & Movement Healthy Joints & M (end) 1:00 Moderate Slow Yoga, 3:15 Strength & Stretch	<p>19 (Daily Drop-In Activities listed above)</p> 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Gentle Stretch Yoga - New Time 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 11:00-12:00 Blood Pressure Clinic (drop-in) 11:30 Standing & Seated Hatha Yoga (end) 2:15 Osteo Fit 3:15 Osteo Fit	<p>20 (Daily Drop-In Activities listed above)</p> 8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning 9:15 Fit Bones Plus 9:50 Building Strength - Upper Body 9:30 Slow in Motion 9:35 Strength Training Beginner 11:30 Essentrics (end) 1:30 Strawberry Social – Pre-register! 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level (end)	<p>21 (Daily Drop-In Activities listed above)</p> 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga (end) 9:30 Yoga with Jane, 9:35 Strength Circuit NEW 10:00 French Beginners For Those Wishing To Travel 40:00 Learn to Knit or Crochet 10:30 Yoga & Movement Healthy Joints & Mus (end) 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 11:25 Functional Fitness for Ageless Strength 12:30 French Course 2
<p>24 (Daily Drop-In Activities listed above)</p> 8:50 Gypsy Belly Dance Fusion (end) 9:00 Zumba Gold-Toning (end) 10:00 From Ache To Ease: Alleviating Joint Paint & Inflammation 40:30 Moderate Slow Yoga (end) 1:00 Fun Fitness (end) 4:55 Mindful Movement Synergy (end) 6:00 Pilates: Gentle (end)	<p>25 (Daily Drop-In Activities listed above)</p> 8:40 Strength Training – Tuesday (end) 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold (end), 9:15 Fit Bones Plus (end) 9:30 Tai Chi Level 1 (end) 9:35 Building on the Basics (end) 9:50 Building Strength – Lower Body (end) 10:00 & 11:00 Tech Help (Book 1 hr appt.) 10:30 Tai Chi Level 2 (end) 1:00 Moderate Slow Yoga (end), 3:15 Strength (end)	<p>26 (Daily Drop-In Activities listed above)</p> 8:40 Low Impact Cardio & Muscle (end) 9:00 Zumba Gold-Toning (end) 9:15 Fit Bones (end) 9:30 Gentle Stretch Yoga - New Time (end) 9:35 Core Circuit (end) 9:50 Building Strength: Core (end) 10:00 Deepening Meditation (end) 12:00 Wednesday Lunch 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	<p>27 (Daily Drop-In Activities listed above)</p> 8:40 Strength Training – Thursday (end) 9:00 Zumba Gold-Toning (end) 9:15 Fit Bones Plus (end) 9:30 Slow in Motion (end) 9:35 Strength Training Beginner (end) 9:50 Building Strength - Upper Body (end) 10:30 Sundowning 1:30 Minds in Motion (register with Alzheimer Society)	<p>28 (Daily Drop-In Activities listed above)</p> 8:40 Low Impact Cardio & Muscle (end) 9:30 Yoga with Jane (end) 9:35 Strength Circuit NEW (end) 40:00 Learn to Knit/Crochet (end) 10:00 French Beg For Those Wishing To Travel 10:30 Total Body Fitness (end) 10:35 Standing & Seated Hatha Yoga (end) 11:25 Functional Fitness for Ageless Strength (end) 12:30 French Course 2
<p>July 1</p> <p align="center">Centre Closed Canada Day</p>	<p>Interested in playing Poker? We hope to get a group going – let us know!</p> <p>Drop-in groups looking for more participants: Crafts, Sudoku, Board Games, Crokinole, Colour Circle, Art, Poker, Darts, Scrabble, Shuffleboard....and more!</p>	<p align="center">June is Seniors Month! Register for an event today and celebrate with us!</p>	<p align="center">Get registered for July & August classes!</p>	<p align="center">LEGEND</p> <p>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>