

February 2025 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 prior. **Refer to the Winter 2025 Community Guide for descriptions.**

- Art Therapy (In-Person) – Presented by Hospice Wellington’s art therapist, Erica Palmer. Wed., Feb. 5 at 10:00 am.
- Navigating Life as a Senior (In-Person) - Presented by Cathy Mendler, A New Leaf Organizers. Wed., Feb. 12 at 10 am.
- Call the Doctor (In-Person) - Presented by The Wellington County Museum & Archives. Wed., February 19 at 10:00 am.
- Navigating Your Supports (In-Person) - Presented by Hospice Wellington. Thursday, February 20 at 10:00 am.
- Virtual: Mild Cognitive Impairment - Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, February 20 at 10:30 am.

The following seminars will be held in-person at VPSC’s Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave., Fergus. Friday, February 28. All are welcome! Drop-in, no registration required:

- **Ride Well Service** - Hear all about Ride Well, Wellington County’s rural public transit pilot service at 10:00 am.
- **Wills, Powers of Attorneys and Living Wills** - Presented by Nate Martin, a partner with SV Law in Elora at 10:30 am.
- **Frauds & Scams** - Presented by Sarah Bowers-Peter, CSGW and Elizabeth Kent, Victim Services Wellington at 11:45 am.
- **Overview of Ontario’s Estate Administration Tax** - Presented by the Ministry of Finance at 1:00 pm.

February 2025 Special Events (In-person). Pre-register!

- New Member Talk and Tour – Monday, February 10 at 10:00 am. No charge. Pre-register.
- Valentine Homemade Lunch – February 12 at 12:00 pm – menu on the front of calendar.
- Monthly Musical Afternoon “Love” – February 12 at 1:30 pm. Join us for lunch and stay for entertainment afterwards. All welcome. By donation at the door.
- Wednesday Lunch – February 26 at 12:00 pm – menu on the front of calendar.
- Active Living and Retirement Show – Friday, February 28 from 10am to 2:00 pm. CW Sportsplex, 550 Belsyde Ave, Fergus. Full details on front of calendar. Posters are available at the Reception Desk.

Bus Trips 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 Winter 2025 Guide or posters at the Reception Desk at VPSC.

- The Piano Men - Friday, February 14. Departs: 8:30 am, return: 5:45 pm. Cost: \$170 member, \$184 non-member.
- Come From Away –March 19. Depart 8:45 am, return 6:00 pm. Cost: \$225 mem, \$240 non. **This trip is FULL.**
- Toronto Blue Jays Baseball - Wednesday, April 16. Depart 9:00 am, return 6:30 pm (approximate, depending how long the game goes). Cost: \$152 member, \$166 non-member.
- Evolution of Magic - Friday, May 23. Departs: 8:00 am, return: 8:00 pm. Cost: \$180 mem and \$194 non-mem.
- Muskoka Steamships - Monday, June 9. Departs: 8:30 am, return: 7:00 pm. Cost: \$180 mem, \$194 non-mem.
- The Lion King - Wednesday, July 16. Departs: 8:45 am, return: 6:00 pm. Cost: \$243 mem, \$257 non-mem.

February 2025

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

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

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

The **Winter 2025 Centre Wellington Community Guide** is active and registration is OPEN!

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 Lunch

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, February 12 at 12:00 pm – Valentine’s Homemade Lunch (pay by Feb. 7 at 4pm). Menu: Cranberry Chicken, Roasted Potatoes, Carrots, Lemon Cake & Lemon Sauce. ****Join us after lunch for our Monthly musical Program at 1:30 pm. By donation at the door. All welcome!*****

Wednesday, February 26 at 12:00 pm – Wednesday Lunch (pay by Feb. 21 at 4pm). Menu: Sweet & Sour Pork, Sautéed Zucchini & Peppers, Apple Blossom with Carmel Sauce.

VICTORIA PARK SENIOR CENTRE PRESENTS

ACTIVE LIVING & RETIREMENT SHOW

FOR MORE INFORMATION: 519.846.9691 x278

FRIDAY, FEBRUARY 28, 2025

10:00am - 2:00pm • Free Admission • All Ages Welcome
CW Sportsplex ~ 550 Belsyde Ave. Fergus

DOOR PRIZES • GRAB BAGS • FREE REFRESHMENTS

Health & Wellness ~ Fitness ~ Recreation ~ Travel ~ Support Services
Financial ~ Volunteering ~ Fitness Classes ~ Seminars

10:00AM - 2:00PM	Exhibitor Information Booths, Health Clinics
10:00AM	Seminar: Ride Well Transportation Service
10:15AM	Fitness Class: Tap Dancing & Belly Dancing
10:30AM	Seminar: Wills, Powers of Attorneys and Living Wills
11:00AM	Fitness Class: Tai Chi
11:45AM	Fitness Class: Strength Training
11:45AM	Seminar: Frauds & Scams
12:30PM	Hatha Flow Yoga
1:00PM	Seminar: Ontario’s Estate Administration Tax

This event is hosted by the Victoria Park Seniors Centre in Partnership with Older Adult Centres’ Association of Ontario (OACAO) with funding provided by the Government of Ontario

Centre Wellington OACAO Ontario

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 8:50 Recreational Belly Dance NEW 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 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 (February7) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold'em Poker</p>
<p>3 (Daily Drop-In Activities listed above) 8:50 Recreational Belly Dance – weekly! 9:00 Zumba Gold-Toning 9:15 Advisory Board Meeting 10:15 Program Committee Meeting 10:00-2:00 Reflexology Clinic (by appt) 10:00 Essentrics, 10:30 Yoga with Jane 11:30 Standing & Seated Hatha Yoga 4:00 Dance + For Fun For Seniors 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle</p>	<p>4 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 9:00 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:30 Tai Chi Level 1 9:35 Building on Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2, 4:30 Inside Flow NEW 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 4:30 Beg Spanish, 3:15 Strength & Stretch</p>	<p>5 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Moderate Slow Yoga, 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Art Therapy 10:00 Deepening Meditation 10:45 Yoga Movement For Healthy Joints 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>6 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Dance Choreography For Fun For Seniors 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 9:55 Hatha Flow Yoga, 10:30 Mindfulness Med 10:00 Foam Art Workshop 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alz Society) 5:30 Pilates: Mixed Level NEW TIME</p>	<p>7 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Chinese Painting 9:30 Yoga with Jane, 9:35 Barre Strong NEW 10:00 French Course 4 10:00 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 2 1:00 Watercolour: Level 1</p>
<p>10 (Daily Drop-In Activities listed above) 8:50 Recreational Belly Dance – weekly! 9:00 Zumba Gold-Toning (end) 9:30 What To Do With Urban Poles In The Winter 10:00 New Members Talk & Tour 10:00 Essentrics (end), 10:30 Yoga w Jane (end) 10:00-2:00 Reflexology Clinic (by appt.) 11:30 Standing & Seated Hatha Yoga (end) 1:00 Spring Flower Arrangement 4:00 Dance + For Fun For Seniors (end) 1:00 Fun Fitness (end), 2:15 Osteo Fit (end) 3:15 Osteo Fit (end), 5:00 Pilates: Gentle (end)</p>	<p>11 (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 Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2 10:30 Inside Flow Yoga NEW 11:30 Movement Healthy Joints & Muscle (end) 1:00 Moderate Slow Yoga 4:30 Beg Spanish (end) 3:15 Strength & Stretch</p>	<p>12 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Moderate Slow Yoga, 9:35 Core Circuit 9:50 Building Strength: Core, 10:00 Meditation 10:00 Navigating Life As A Senior 10:00-2:00 Chair Massage Clinic (by appt) 11:00-12:00 Blood Pressure Clinic (drop-in) 10:45 Yoga And Movement For Healthy Joints 11:30 Standing & Seated Hatha Yoga (end) 12:00 Homemade Valentine Lunch *menu on front 1:30 Musical Afternoon Program “Love” 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>13 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Dance Choreography For Fun For Seniors 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 Basics (end) 10:50 Chair Stand Yoga, 11:45 Essentrics (end) 1:30 Minds in Motion (register with Alz Society) 5:30 Pilates: Mixed Level NEW TIME</p>	<p>14 (Daily Drop-In Activities listed above) 8:30 Bus Trip: The Piano Men 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Chinese Painting, 9:30 Yoga with Jane 9:35 Barre Strong NEW 10:00 Yoga & Movement Healthy Joints & Muscles 10:00 French Course 4 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 2 1:00 Watercolour: Level 1</p>
<p>17 Family Day. Centre Closed.</p>	<p>18 (Daily Drop-In Activities listed above) 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 Basic(end) 9:50 Building Strength: Lower Body (end) 10:30 Tai Chi Level 2 (end) 10:30 Inside Flow Yoga NEW (end) 1:00 Moderate Slow Yoga (end) 1:30 Interactive Fun Beginner Spanish: Level 2 3:15 Strength & Stretch (end)</p>	<p>19 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:00 Zumba Gold-Toning (end) 9:15 Fit Bones (end), 9:30 Mod. Slow Yoga (end) 9:35 Core Circuit (end) 9:50 Building Strength: Core (end) 10:00 Deepening Meditation 10:00 Call The Doctor 10:45 Yoga Movement Healthy Joints (end) 1:00 Fun Fitness (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)</p>	<p>20 (Daily Drop-In Activities listed above) 8:40 Strength Train (end), 8:40 Dance Choreo (end) 9:00 Zumba Gold-Toning (end) 9:15 Fit Bones Plus (end), 9:35 Strength Train Beg (end) 9:50 Build Strength Upper (end), 9:55 Hatha Flow (end) 10:00 Navigating Your Supports 10:00 Introduction To Acting 10:30 Mild Cognitive Impairment 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga 12:00-2:45 NEW Manual Osteopathic Clinic (appt) 1:30 Minds in Motion (register with Alz Society) 5:30 Pilates: Mixed Level NEW TIME</p>	<p>21 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:00 Moderate Hatha Yoga (end) 9:30 Chinese Painting 9:30 Yoga with Jane (end) 9:35 Barre Strong NEW (end) 10:00 Yoga & Movement Healthy Joints & Mus (end) 10:00 French Course 4 10:30 Total Body Fitness (end) 10:35 Standing & Seated Hatha Yoga (end) 12:30 French Course 2 1:00 Watercolour: Level 1 (end)</p>
<p>24 (Daily Drop-In Activities listed above) 8:50 Recreational Belly Dance – weekly! 9:00 Love Your Liver 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 4:00 Dance + For Fun For Seniors 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle</p>	<p>25 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1, 9:35 Building Basics 9:50 Building Strength: Lower Body 10:00 & 11:00 Tech Help (1 hr appt.) 10:30 Tai Chi Level 2, 10:30 Inside Flow Yoga 11:30 Movement Healthy Joints & Muscles 1:00 Moderate Slow Yoga 1:30 Interactive Fun Beginner Spanish: Level 2 3:15 Strength & Stretch</p>	<p>26 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Moderate Slow Yoga, 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Deepening Meditation 10:45 Yoga And Movement For Healthy Joints 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 1:00 Introduction To Shakespeare 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>27 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Dance Choreography For Fun For Seniors 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 10:00 Introduction To Acting 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alz Society) 5:30 Pilates: Mixed Level NEW TIME</p>	<p>28 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane, 9:35 Barre Strong NEW 9:30 Chinese Painting (end), 10:00 French Course 4 10:00 Yoga & Movement Healthy Joints & Muscles 10:00-2:00 Active Living & Retirement Show Held at: CW Sportsplex. See front of calendar for listing of free seminars & fitness classes at the Show! 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 2 1:00 Watercolour: Level 2</p>
	<p>Active Living & Retirement Show Friday, February 28, 2025 10:00 am – 2:00 pm CW Sportsplex (550 Belsyde Ave., Fergus) See details on front of calendar.</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>	