

March 2025 Seminars (In-person and Virtual)

Pre-register for all seminars listed below (virtual and in-person). By donation at door for in-person. If attending a virtual seminar, the Zoom link will be provided 12-24 hours prior. **Refer to Winter 2025 Community Guide for descriptions.**

Organizing 101 (In-Person) - Presented by Cathy Mendler, A New Leaf Organizers. Monday, March 3 at 1pm.

Protecting Your Estate (In-person) – Presented by a Registered Financial & Retirement Advisor at Wilmot Financial in Fergus. Wednesday, March 5 at 10:30 am.

Hearing Screening Clinic (In-Person) – Presented by Canadian Hearing Services (formerly Canadian Hearing Society). Book your 30-minute appointment by calling the Seniors Centre. No charge. Thursday, March 6.

Women in Wellington County (In-Person) - Presented by Wellington County Museum & Archives. Fri., Mar. 7 at 10 am.

My Hearing is Not as Good as it Used to Be (In-Person) – Presented by Hearing Care Counsellor, Allan Quinton, with Canadian Hearing Services. 10:00 am to 12:00 pm. Thursday, March 13.

Being Prepared: Guide for End-of-Life Planning and Support (In-Person) - Presented by Hospice Wellington. Friday, March 17 at 10:00 am.

10 Tips on Being an Executor (In-Person) – Presented by Debbie Stanley, Certified Executor Advisor, ETP Canada. Wednesday, March 19 at 10:30 am.

Virtual: Vascular Dementia – Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, March 27 at 10:30 am.

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

New Member Talk and Tour – Monday, March 10 at 10:00 am. No charge. Pre-register.

St. Patrick's Lunch – March 12 at 12:00 pm – menu on the front of calendar.

Monthly Musical Afternoon "Irish" – March 12 at 1:30 pm. Join us for lunch and stay for entertainment afterwards. All welcome. By donation at the door.

Wednesday Lunch – March 26 at 12:00 pm – menu on the front of calendar.

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. Our Travel Escort Volunteer cannot provide special care/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, HST. **Refer to the Winter 2025 Guide for descriptions.**

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.

Watch for more bus trips being released in the Spring & Summer Guide!

Look for the **Spring & Summer 2025 Centre Wellington Community Guide** inserted in the Wellington Advertiser the week of March 13th.

Program Registration begins Tuesday, March 18th at 8:30 am for the Spring & Summer 2025 Session (April, May, June, July & August).

March 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.

The Spring & Summer 2025 Community Guide will be inserted in the Wellington Advertiser the week of March 13th. Registration begins Tuesday, March 18th 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 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, March 12 at 12:00 pm – St. Patrick's Day Lunch (pay by Mar. 7 at 4pm). Menu: Beef Stew, Tossed Salad, Irish Soda Bread, Shamrock Pie. ****Join us after lunch for our Monthly Musical Program at 1:30 pm. By donation at the door. All welcome!****

Wednesday, March 26 at 12:00 pm – Wednesday Lunch (pay by Mar. 21 at 4pm).

Menu: Chicken Parmesan, Buttered Noodles, Garden Salad, Cheese Cake.

Spring Swing Dance

Dance the night away to the music of the 50's, 60's and 70's.....Elvis, Roy Orbison, Patsy Cline, Creedence Clearwater Revival and more....
By The Greytones



Friday, April 4, 2025

7:00 pm – 11:00 pm

Elora Legion – 110 Metcalfe Street
Singles & Couples welcome! Cash Bar.

Tickets \$15.00 cash

Available at VPSC (150 Albert St. W., Fergus) or at the door on April 4 - CASH ONLY.
Proceeds to Victoria Park Seniors Centre.
For information call 519.846.9691 x204

MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 8:50 Recreational Belly Dance NEW – weekly! 9:30 Canasta 4:00 Colour Circle (resumes May 26) 1:00 Choir & Ukulele Band: The Melody Makers	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	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	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	FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (March 7, April 4) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00Texas Hold'em Poker
3 (Daily Drop-In Activities listed above) 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 4:00 Dance + For Fun For Seniors 1:00 Organizing 101 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle	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, 10:30 Inside Flow NEW 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga, 4:30 Beg Spanish 3:15 Strength & Stretch	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 Deepening Meditation 10:30 Protecting Your Estate 10:45 Yoga And Movement For Healthy Joints 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	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 9:30-3:30 Hearing Screening Clinic (by appt.) 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 9:55 Hatha Flow Yoga, 10:30 Mindfulness Meditation 10:00 Introduction To Acting 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alz Society) 5:30 Pilates: Mixed Level NEW TIME	7 (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 10:00 French Course 4 10:00 Yoga & Movement Healthy Joints & Muscles 10:00 Women In Wellington County 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
10 (Daily Drop-In Activities listed above) 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.) 11:30 Standing & Seated Hatha Yoga 4:00 Dance + For Fun For Seniors 1:00 Fun Fitness, 2:15 Osteo Fit 3:00 How To Register Online for VPSC's Programs 3:15 Osteo Fit, 5:00 Pilates: Gentle	11 (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 10:30 Tai Chi Level 2 10:30 Inside Flow Yoga NEW 11:30 Movement Healthy Joints & Muscle 1:00 Moderate Slow Yoga, 4:30 Beg Spanish 3:15 Strength & Stretch	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 10:00-2:00 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 12:00 St. Patrick's Day Lunch *menu on front 1:30 Musical Afternoon Program "Irish" 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit	13 (Daily Drop-In Activities listed above) 8:40 Strength Training , 8:40 Dance Choreography 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:35 Strength Training Beginner 9:50 Building Strength: Upper , 9:55 Hatha Flow Yoga 10:00 Introduction To Acting 10:00 My Hearing Is Not As Good As It Used To Be 10:30 Meditation, 10:50 Chair Stand Yoga 11:45 Essentrics, 1:30 Minds in Motion (with Alz Society) 5:30 Pilates: Mixed Level NEW TIME The Spring & Summer 2025 Centre Wellington Community Guide will be inserted in the Wellington Advertiser today!	14 (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 10:00 Being Prepared: Guide For End Of Life 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 2
17 (Daily Drop-In Activities listed above) 9:00 Zumba Gold-Toning 9:00 Happy Healthy Hormones 10:00 Essentrics, 10:30 Yoga with Jane 10:00-2:00 Reflexology Clinic (by appt.) 3:00 How To Register Online for VPSC's Programs 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	18 (Daily Drop-In Activities listed above) 8:30 Registration opens today for all Spring & Summer 2025 Programs (Virtual & In-Person) 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 1:00 Moderate Slow Yoga 4:30 Beginner Spanish, 3:15 Strength & Stretch	19 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:45 BUS TRIP: Come From Away 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 (end) 10:30 - 10 Tips On Being An Executor 10:45 Yoga And Movement For Healthy Joints 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit	20 (Daily Drop-In Activities listed above) 8:40 Strength Training-Thurs, 8:40 Dance Choreography 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:35 Strength Training Beg, 9:50 Build Strength Upper 9:55 Hatha Flow Yoga, 10:00 Introduction To Acting 10:30 Meditation , 10:50 Chair & Stand Yoga, 11:45 Essentrics 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	21 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga , 9:30 Yoga w Jane 9:35 Barre Strong NEW 10:00 Yoga & Movement Healthy Joints & Mus 10:00 French Course 4 (end) 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:30 French Course 2 (end) 1:00 Watercolour: Level 2
24 (Daily Drop-In Activities listed above) 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 (end), 3:15 Osteo Fit (end) 5:00 Pilates: Gentle	25 (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 10:00 & 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, 4:30 Beg Spanish 3:15 Strength & Stretch	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 10:45 Yoga And Movement For Healthy Joints 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 1:00 The Benefits of the Performing Arts 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	27 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Dance Choreography 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:35 Strength Training Beginner 9:50 Building Strength: Upper , 9:55 Hatha Flow Yoga 10:00 Introduction To Acting (end) 10:00 Spring Planter Workshop , 10:30 Meditation (end) 10:30 Vascular Dementia 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alz Society) 5:30 Pilates: Mixed Level NEW TIME	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 10:00 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 1:00 Watercolour: Level 2
31 (Daily Drop-In Activities listed above) 9:00 Zumba Gold-Toning (end), 10:00 Essentrics (end) 10:30 Yoga with Jane (end) 10:00-2:00 Reflexology Clinic (by appt.) 11:30 Standing & Seated Hatha Yoga (end) 4:00 Dance + For Fun For Seniors (end) 1:00 Fun Fitness (end), 5:00 Pilates: Gentle (end) LEGEND GREEN – Health and Wellness Clinics BLACK–Course Start, Bus Trip RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program	Apr.1 (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 1 (end), 9:35 Building Basics (end) 9:50 Building Strength: Lower Body (end) 10:30 Tai Chi 2 (end), 10:30 Inside Flow (end) 11:30 Movement Healthy Joints & Muscles (end) 1:00 Moderate Slow Yoga (end) 4:30 Beg Spanish (end), 3:15 Strength & Stretch (end)	Apr.2 (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 Moderate Slow Yoga (end) 9:35 Core Circuit (end) 9:50 Building Strength: Core (end) 10:45 Yoga Movement Healthy Joints (end) 11:30 Standing & Seated Hatha Yoga (end) 1:00 Fun Fitness: Move Strong (end)	Apr.3 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday (end) 8:40 Dance Choreography (end) 9:00 Zumba Gold-Toning (end) 9:15 Fit Bones Plus (end) 9:35 Strength Training Beginner (end) 9:50 Building Strength: Upper Body (end) 9:55 Hatha Flow Yoga (end) 10:50 Chair & Standing Yoga (end) 11:45 Essentrics (end) 1:30 Minds Motion (register with Alz Society) 5:30 Pilates: Mixed Level NEW TIME (end)	Apr.4 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:00 Moderate Hatha Yoga (end) 9:30 Yoga w Jane (end) 9:35 Barre Strong (end) 10:00 Yoga & Movement Healthy Joint (end) 10:30 Total Body Fit (end) 10:35 Standing & Seat (end) 1:00 Watercolour: Level 2 (end) 7:00 Spring Swing Dance (held at Elora Legion) Tickets at VPSC or the door. \$15 cash.