

October 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.**

Protecting Your Estate (In-Person) – Presented by Wilmot Financial. Wednesday, October 2 at 10:00 am

Home Financing Solutions for Seniors (In-Person) – Presented by Jenn Locke, local Mortgage Broker. Thurs, October 3 at 10 am.

Senior Rightsizing: Downsizing (In-Person) – Presented by Cathy Mendler, A New Leaf Organizers. Monday, October 7 at 1:00 pm.

Pharmacies - Expanded Health Services (In-Person) - Join us for a presentation from Pharmasave. Join us for the free drop-in Blood Pressure Clinic immediately following this presentation (available 11:00 am to 12:00 pm). Wednesday, October 9 at 10:00 am.

Having the Conversation (In-Person) - Presented by Hospice Wellington. Thursday, October 10 at 10:00 am.

10 Tips on Being an Executor (In-Person) – Presented by Debbie Stanley, Certified Executor Advisor, ETP Canada. Wednesday, October 16 at 10:30 am.

Hearing Screening Clinic (In-Person) - Canadian Hearing Services - Meet one-on one with a Hearing Care Counsellor and receive your results immediately. Book your 30-minute appointment by calling the Seniors Centre. No charge. Thursday, October 17.

NEW Debunking the Myths of Growing Older & 2025 Age-Well Calendar Release – Presented by Waterloo Wellington Older Adult Strategy. Friday, October 18 at 1:00 pm.

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, October 24 from 10:00 am to 12:00 pm.

Virtual: Most Asked Questions About Memory - Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, October 24 at 10:30 am.

Wicked Wellington (In-Person) - Presented by The Wellington County Museum & Archives. Thursday, October 31 at 10:00 am.

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

Thanksgiving Wednesday Lunch – October 9 at 12:00 pm – menu on the front of calendar.

Monthly Musical Afternoon Program – October 9 at 1:30 pm. By donation at the door. All welcome!

New Member Talk and Tours – No charge. October 21 at 10:00 am. Pre-register.

Homemade Wednesday Lunch – October 25 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.

Fall Colour Cruise - Thursday, October 10. Depart 8:00 am, return 8:15 pm. Cost: \$187 member, \$201 non-member. **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.

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.**

October 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

The Centre is Closed Monday, October 14, 2024 for Thanksgiving.

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

The **Fall 2024 Centre Wellington Community Guide** is active and registration is OPEN for classes/programs in-person & virtual. View the guide online or pickup a copy at the Centre.

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 (unless otherwise stated). Non-refundable. Take outs available.

Register and pay by the Friday prior in person, by phone or online.

Wednesday, October 9th at 12:00 pm – Wednesday Lunch (pay by Oct. 4 at 4:00 pm)

Menu: Turkey, Stuffing, Cranberries, Mashed Potatoes, Gravy, Turnip, Carrots, Pumpkin Pie & Whipped Cream. ****Join us after lunch for our Monthly Musical Afternoon Program at 1:30 pm. By donation at the door. All welcome!**

Wednesday, October 23rd at 12:00 pm – Homemade Wednesday Lunch (pay by Oct.18 at 4:00 pm)

Menu: Sausages, Sauerkraut, Green & Yellow Beans, Roasted Potatoes, Apple Crisp & Ice Cream.

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.

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>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 (October 4) 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>1 (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 10:30 Tai Chi Level 2 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 1:30 Interactive & Fun Beginner Spanish: Level 1 3:15 Strength & Stretch</p>	<p>2 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Writing Course: Self Publishing 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 10:00 Protecting Your Estate 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>3 (Daily Drop-In Activities listed above) 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, 9:55 Hatha Flow Yoga 10:00 Home Financing Solutions For Seniors 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>4 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Chinese Painting (end) 9:30 Yoga with Jane, 9:35 Strength Circuit 10:00 Yoga & Movement Healthy Joints & Muscles 10:00 Learn To Knit/Crochet 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: Level 1</p>
<p>7 (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 Senior Rightsizing: Downsizing 1:00 Fun Fitness, 2:15 Osteo Fit NEW 3:15 Osteo Fit NEW, 6:00 Pilates: Gentle</p>	<p>8 (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 10:30 Tai Chi Level 2 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 1:30 Interactive & Fun Beginner Spanish: Level 1 3:15 Strength & Stretch</p>	<p>9 (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 Pharmacies – Expanded Health Services 10:00-2:00 Chair Massage Clinic (by appt) 10:00 Living Fully Meditation 11:00-12:00 Blood Pressure Clinic (drop-in) 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>10 (Daily Drop-In Activities listed above) 8:00 BUS TRIP: Fall Colour Cruise 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 NEW 10:00 Having The Conversation 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>11 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga, 9:30 Yoga with Jane 9:30 Flowers In A Pumpkin Centerpiece 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 12:30 French Course 3 1:00 Drawing: Level 1</p>
<p>14 Thanksgiving Centre Closed.</p>	<p>15 (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 NEW 10:30 Tai Chi Level 2, 11:30 Movement Healthy Joints 1:00 Moderate Slow Yoga 1:30 Interactive Fun Beginner Spanish: Level 1 (end) 3:15 Strength & Stretch</p>	<p>16 (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 10 Tips On Being An Executor 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>17 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:30-3:30 Hearing Screening Clinic (by appt) 9:35 Strength Training Beginners 9:50 Building Strength: Upper Body 9:55 Hatha Flow Yoga 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion, 6:30 Pilates: Mixed Level</p>	<p>18 (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 12:30 French Course 3, 1:00 Drawing: Level 1 NEW 1:00 Debunking Myths of Growing Older</p>
<p>21 (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance, 9:00 Zumba Gold-Toning 9:30 Urban Pole Walking Workshop 10:00 New Members Talk & Tour 10:00 Brain Health Essentials: Enhancing Cognitive Function Naturally 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, 1:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit, 6:00 Pilates: Gentle</p>	<p>22 (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 on the Basics 9:50 Building Strength: Lower Body 10:00 Fully Accessible Stretch & Restore NEW 10:30 Tai Chi Level 2 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 1:30 Interactive Fun Beginner Spanish: Level 2 3:15 Strength & Stretch</p>	<p>23 (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 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>24 (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 10:00 My Hearing Is Not As Good As It Used To Be 10:30 Meditation (end), 10:30 Restore the Pelvic Floor 10:30 Most Asked Questions About Memory 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Card Making Workshop 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level</p>	<p>25 (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 (end) 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 1 (end)</p>
<p>28 (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance Fusion (end) 9:00 Zumba Gold-Toning (end) 9:30 Urban Pole Walking Refresher 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) 11:45 Dance Choreography for Fun Seniors (end) 1:00 Fun Fitness (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end) 6:00 Pilates: Gentle (end)</p>	<p>29 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday (end) 9:00 Zumba Gold, 9:15 Fit Bones Plus (end) 9:30 Tai Chi Level 1 (end), 9:35 Building Basics (end) 9:50 Building Strength: Lower Body (end) 10:00 Fully Accessible Stretch & Restore NEW 10:00 & 11:00 Tech Help (Book 1 hr appt.) 10:30 Tai Chi Level 2 (end) 11:30 Movement for Healthy Joints & Muscles (end) 1:00 Moderate Slow Yoga (end) 1:30 Interactive Fun Beginner Spanish: Level 2 3:15 Strength & Stretch (end)</p>	<p>30 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:00 Playwriting 101 9:00 Zumba Gold-Toning (end) 9:15 Fit Bones (end) 9:30 Gentle Stretch Yoga (end) 9:35 Core Circuit (end) 9:50 Building Strength: Core (end) 10:00 Living Fully Meditation 11:30 Standing & Seated Hatha Yoga (end) 1:00 Fun Fitness (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)</p>	<p>31 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday (end) 9:00 Zumba Gold-Toning (end) 9:15 Fit Bones Plus (end) 9:35 Strength Training Beginners (end) 9:50 Building Strength: Upper Body (end) 9:55 Hatha Flow Yoga (end), 10:00 Wicked Wellington 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga (end) 11:45 Essentrics (end) 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level (end)</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 1:00 Drama Performance “Dress Rehearsal” Cost: By donation at the door. All welcome!</p>