

## April 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 **Spring & Summer 2025 Community Guide** for descriptions.

Wills, Powers of Attorneys and Living Wills (In-Person) – Presented by Nate Martin, a partner with SV Law in Elora. Wednesday, April 23 at 11:00 am.

Being Prepared (In-Person) - Presented by Hospice Wellington. Thursday, April 24 at 10:00 am.

Virtual: Lewy Body Dementia Lewy Body Dementia (LBD) - Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, April 24 at 10:30 am.

Senior Rightsizing: Downsizing (In-Person) – Presented by Cathy Mendler, A New Leaf Organizers. Monday, April 28 at 1:00 pm.

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

**Spring Swing Fundraising Dance** - Dance to great live music performed by The Greytones held at the Elora Legion (110 Metcalfe St.). All are welcome. Dance the night away to the music of Elvis, Roy Orbison, Ricky Nelson, Garth Brooks, Patsy Cline and other country and pop artists from the 50's, 60's, 70's. Cash bar. All proceeds go to Victoria Park Seniors Centre. Tickets available at Victoria Park Seniors Centre. Cash only. Tickets are also available at the door. Friday, April 4 from 7:00 pm to 11:00 pm. Tickets: \$15 cash.

New Member Talk and Tour – Monday, April 14 at 10:00 am. No charge. Pre-register.

Easter Lunch – April 16 at 12:00 pm – menu on the front of calendar.

Monthly Musical Afternoon – April 16 at 1:30 pm. Join us for lunch and stay for entertainment afterwards. All welcome. By donation at the door.

Wednesday Lunch – April 30 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 **Spring & Summer 2025 Guide** for descriptions.

**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 member and \$194 non-member.

**Muskoka Steamships** - Monday, June 9. Departs: 8:30 am, return: 7:00 pm. Cost: \$180 member, \$194 non-member.

**The Lion King** - Wednesday, July 16. Departs: 8:45 am, return: 6:00 pm. Cost: \$243 member, \$257 non-member.

**Blyth Festival Theatre NEW** - Wednesday, August 13. Depart: 9:00 am, return 6:00 pm. Cost: \$180 member, \$194 non-member.

**Collingwood Cruise** - Thursday, September 18. Departs: 9:15 am, return: 6:30 pm. Cost: \$208 member, \$223 non-member.

**Stratford: Dirty Rotten Scoundrels** - Tuesday, October 7. Departs: 10:00 am, return: 7:00 pm. Cost: \$202 member, \$216 non-member.

**Shawfest "White Christmas" & Skylon** - Wednesday, December 3. Departs: 9:30 am, return: 9:00 pm. Cost: \$202 member, \$216 non-member.

# April 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](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 **Spring & Summer 2025 Centre Wellington Community Guide** is active. Get registered!

### 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, April 16 at 12:00 pm – Easter Lunch** (pay by April 11 at 4pm). Menu: Ham with Pineapple, Hashbrown Potato Casserole, Peas, Apple Crisp. **\*\*Join us after lunch for our Monthly Musical Program at 1:30 pm. By donation at the door. All welcome!\*\***

**Wednesday, April 30 at 12:00 pm – Wednesday Lunch** (pay by April 25 at 4pm).  
Menu: Meatballs with Mushroom Gravy, Rice, Zucchini & Pepper Sautee, Black Forest 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

<b>MONDAY Drop-in Activities</b> 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	<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 4:00 Drama Group Practice (resumes Aug), 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 (April 4) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00Texas Hold'em Poker
<h1 style="text-align: center;">LEGEND</h1> <p style="text-align: center;"> <b>GREEN – Health And Wellness Clinics</b>  <b>BLACK–Course Start, Bus Trip</b>  <b>RED – In Person Seminar, Events</b>  <b>BLUE – Virtual (Zoom) Program</b> </p>	<p><b>1</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Tuesday (end)  <b>9:00-4:00 Foot Care Clinic (by appt)</b>            9:00 Zumba Gold (end), <del>9:15 Fit Bones Plus (end)</del>            9:30 Tai Chi 1 (end), 9:35 Building Basics (end)  <del>9:50 Building Strength: Lower Body (end)</del>            10:30 Tai Chi 2 (end), <del>40:30 Inside Flow (end)</del>            11:30 Movement Healthy Joints &amp; Muscles (end)            1:00 Moderate Slow Yoga (end)  <del>4:30 Beg.Spanish(end), 3:15 Strength/Stretch (end)</del></p>	<p><b>2</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle (end)            9:00 Zumba Gold-Toning (end)  <del>9:15 Fit Bones (end)</del>            9:30 Moderate Slow Yoga (end)            9:35 Core Circuit (end)  <del>9:50 Building Strength: Core (end)</del>  <del>10:45 Yoga Movement Healthy Joints (end)</del>            11:30 Standing &amp; Seated Hatha Yoga (end)            1:00 Fun Fitness: Move Strong (end)</p>	<p><b>3</b> (Daily Drop-In Activities listed above)            8:40 Strength – Thurs (end), 8:40 Dance Choreo (end)            9:00 Zumba Gold-Toning (end), <del>9:15 Fit Bones Plus (end)</del>  <b>9:30-2:30 Reflexology Clinic (by appt.)</b>            9:35 Strength Training Beginner (end)  <del>9:50 Building Strength: Upper Body (end)</del>            9:55 Hatha Flow Yoga (end)            10:50 Chair &amp; Stand Yoga (end), 11:45 Essentrics (end)  <b>12:00-2:45 Manual Osteopathic Clinic (appt)</b>            1:30 Minds Motion (register with Alz Society)            5:30 Pilates: Mixed Level (end)</p>	<p><b>4</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle (end)  <del>9:00 Moderate Hatha Yoga (end)</del>            9:30 Yoga w Jane (end), 9:35 Barre Strong (end)  <del>10:00 Yoga &amp; Movement Healthy Joint (end)</del>            10:30 Total Body Fit (end), <del>10:35 Stand &amp; Seat (end)</del>            1:00 Watercolour: Level 2  <b>7:00 Spring Swing Dance (Elora Legion) Tickets at VPSC or door. \$15 cash. Singles &amp; Couples welcome!</b></p>
<p><b>7</b> (Daily Drop-In Activities listed above)  <b>8:40 Zumba Gold-Toning NEW TIME</b>            9:15 Advisory Board Meeting  <b>9:30-2:30 Reflexology Clinic (by appt.)</b>  <b>9:35 Zumba Gold NEW</b>            10:15 Program Committee Meeting  <b>10:30 Essentrics NEW TIME, 10:30 Yoga with Jane</b>  <b>11:30 Standing &amp; Seated Hatha Yoga</b>  <b>11:45 Strength Training &amp; Core NEW</b>  <b>1:00 Vinyasa Flow Yoga NEW</b>  <b>1:00 Fun Fitness: Move Strong, 2:15 Osteo Fit</b>  <b>3:15 Osteo Fit, 5:00 Pilates: Gentle</b></p>	<p><b>8</b> (Daily Drop-In Activities listed above)  <b>8:40 Strength Training – Tuesday</b>  <b>8:40 Zumba Gold NEW TIME</b>  <b>9:00-4:00 Foot Care Clinic (by appt)</b>  <b>9:15 Fit Bones Plus</b>  <b>9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning NEW</b>  <b>9:35 Building on the Basics</b>  <b>9:50 Building Strength: Lower Body</b>  <b>10:30 Tai Chi Level 2</b>  <b>10:30 Urban Poles Fun &amp; Fitness NEW</b>  <b>11:30 Movement Healthy Joints &amp; Muscles</b>  <b>1:00 Moderate Slow Yoga</b>  <b>3:15 All Around Fitness NEW</b></p>	<p><b>9</b> (Daily Drop-In Activities listed above)  <b>8:40 Low Impact Cardio &amp; Muscle</b>  <b>8:40 Zumba Gold-Toning NEW TIME</b>  <b>9:15 Fit Bones, 9:30 Moderate Slow Yoga</b>  <b>9:35 Hatha Flow Yoga NEW, 9:35 Core Circuit</b>  <b>9:50 Building Strength: Core</b>  <b>10:00 Deepening Meditation</b>  <b>10:00-2:00 Chair Massage Clinic (by appt)</b>  <b>11:00-12:00 Blood Pressure Clinic (drop-in)</b>  <b>11:30 Standing &amp; Seated Hatha Yoga</b>  <b>1:00 Fun Fitness: Move Strong</b>  <b>2:15 Osteo Fit, 3:15 Osteo Fit</b></p>	<p><b>10</b> (Daily Drop-In Activities listed above)  <b>8:40 Strength Training – Thursday</b>  <b>8:40 Zumba Gold-Toning NEW TIME</b>  <b>8:40 Dance Choreography For Fun For Seniors</b>  <b>9:00-12:00 Foot Care Clinic (by appt)</b>  <b>9:15 Fit Bones Plus, 9:35 Hatha Flow Yoga NEW TIME</b>  <b>9:35 Strength Training Beginner</b>  <b>9:45 Dance+ For Fun For Seniors</b>  <b>9:50 Building Strength: Upper Body</b>  <b>10:30 Chair &amp; Standing Yoga NEW TIME</b>  <b>11:45 Essentrics</b>            1:30 Minds in Motion (Register with Alzheimer Society)  <b>5:30 Pilates: Mixed Level</b></p>	<p><b>11</b> (Daily Drop-In Activities listed above)  <b>8:40 Low Impact Cardio &amp; Muscle</b>  <b>9:30 Moderate Hatha Yoga NEW TIME</b>  <b>9:30 Yoga with Jane, 9:35 Barre Strong</b>  <b>10:00 French Course 5</b>  <b>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscles NEW TIME</b>  <b>10:30 Total Body Fitness: Feel Safe, Get Stronger</b>  <b>10:35 Standing &amp; Seated Hatha Yoga</b>  <b>12:30 French Course 3</b>            1:00 Watercolour: Level 2 (end)</p>
<p><b>14</b> (Daily Drop-In Activities listed above)            8:40 Zumba Gold-Toning NEW TIME  <b>9:30-2:30 Reflexology Clinic (by appt.)</b>  <b>10:00 New Members Talk &amp; Tour</b>  <b>10:00 Design An Orchid Tropical Planter</b>            9:35 Zumba Gold NEW, 10:30 Essentrics NEW            TIME 10:30 Yoga with Jane            11:30 Standing &amp; Seated Hatha Yoga            11:45 Strength Training &amp; Core NEW            1:00 Vinyasa Flow Yoga NEW, 1:00 Fun Fitness            2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle</p>	<p><b>15</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Tuesday            8:40 Zumba Gold NEW TIME  <b>9:00-4:00 Foot Care Clinic (by appt)</b>  <b>9:15 Fit Bones Plus</b>            9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning NEW            9:35 Building Basics, <del>9:50 Building Strength: Lower Body</del>            10:30 Tai Chi Level 2            10:30 Urban Poles Fun &amp; Fitness NEW            11:30 Movement Healthy Joints &amp; Muscles            1:00 Moderate Slow Yoga            3:15 All Around Fitness NEW</p>	<p><b>16</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle            8:40 Zumba Gold-Toning NEW TIME  <b>9:00 BUS TRIP Toronto Blue Jays Baseball Game</b>  <del>9:15 Fit Bones, 9:30 Moderate Slow Yoga</del>            9:35 Hatha Flow Yoga NEW, 9:35 Core Circuit  <b>9:50 Building Strength: Core</b>            10:00 Deepening Meditation            11:30 Standing &amp; Seated Hatha Yoga  <b>12:00 Easter Lunch *menu on front</b>  <b>1:30 Musical Afternoon Program (by donation)</b>            1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p><b>17</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Thursday            8:40 Zumba Gold-Toning NEW TIME            8:40 Dance Choreography For Fun For Seniors  <b>9:15 Fit Bones Plus, 9:35 Hatha Flow Yoga NEW TIME</b>            9:35 Strength Training Beginner            9:45 Dance+ For Fun For Seniors  <b>9:50 Building Strength: Upper Body</b>            10:30 Chair &amp; Standing Yoga NEW TIME, 11:45 Essentrics  <b>12:00-2:45 Manual Osteopathic Clinic (appt)</b>            1:30 Minds in Motion (Register with Alzheimer Society)  <b>1:30 Card Making Workshop, 5:30 Pilates: Mixed Level</b></p>	<h1 style="font-size: 2em;">Good Friday. Centre Closed.</h1>
<p><b>21</b></p> <h1 style="text-align: center;">Easter Monday. Centre Closed.</h1>	<p><b>22</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Tuesday            8:40 Zumba Gold NEW TIME  <b>9:00-4:00 Foot Care Clinic (by appt)</b>  <del>9:15 Fit Bones Plus, 9:30 Tai Chi Level 1</del>            9:35 Zumba Gold-Toning NEW            9:35 Building Basics, <del>9:50 Building Strength: Lower Body</del>  <b>10:00 Plant Powered Nutrition Wksp,10:30 Tai Chi 2</b>            10:30 Urban Poles Fun &amp; Fitness NEW            11:30 Movement Healthy Joints &amp; Muscles            1:00 Moderate Slow Yoga, 3:15 All Around Fitness NEW</p>	<p><b>23</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle            8:40 Zumba Gold-Toning NEW TIME  <del>9:15 Fit Bones, 9:30 Moderate Slow Yoga</del>            9:35 Hatha Flow Yoga NEW, 9:35 Core Circuit  <b>9:50 Building Strength: Core, 10:00 Meditation</b>  <b>11:00 Wills, Powers of Attorney, Living Wills</b>            11:30 Standing &amp; Seated Hatha Yoga            1:00 Fun Fitness: Move Strong            2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p><b>24</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Thursday            8:40 Zumba Gold-Toning NEW TIME            8:40 Dance Choreography For Fun For Seniors  <del>9:15 Fit Bones Plus, 9:35 Hatha Flow Yoga NEW TIME</del>            9:35 Strength Train Beg, 9:45 Dance+ For Fun For Seniors  <del>9:50 Building Strength: Upper Body</del>  <b>10:00 Being Prepared, 10:30 Lewy Body Dementia</b>  <b>10:30 Yoga For Beginners Workshop NEW</b>  <del>10:30 Chair &amp; Standing Yoga NEW TIME, 11:45 Essentrics</del>            1:30 Minds in Motion (Alz Society), 5:30 Pilates: Mixed</p>	<p><b>25</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle  <del>9:30 Moderate Hatha Yoga NEW TIME</del>            9:30 Yoga with Jane, 9:35 Barre Strong            10:00 French Course 5  <del>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscles NEW TIME</del>            10:30 Total Body Fitness: Feel Safe, Get Stronger            10:35 Standing &amp; Seated Hatha Yoga            12:30 French Course 3, <b>1:00 Pastels Painting</b></p>
<p><b>28</b> (Daily Drop-In Activities listed above)            8:40 Zumba Gold-Toning NEW TIME  <b>9:00 Cultivating Calm: Cortisol Reset</b>            9:35 Zumba Gold NEW            10:30 Essentrics NEW TIME, 10:30 Yoga with Jane  <b>9:30-2:30 Reflexology Clinic (by appt.)</b>            11:30 Standing &amp; Seated Hatha Yoga            11:45 Strength Training &amp; Core NEW  <b>1:00 Senior Rightsizing: Downsizing</b>            1:00 Vinyasa Flow Yoga NEW, 1:00 Fun Fitness  <b>1:00 Mood Walk NEW</b>            2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle</p>	<p><b>29</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Tuesday            8:40 Zumba Gold NEW TIME  <del>9:15 Fit Bones Plus, 9:30 Tai Chi Level 1</del>            9:35 Zumba Gold-Toning NEW            9:35 Building Basics, <del>9:50 Building Strength: Lower Body</del>  <b>10:00 &amp; 11:00 Tech Help (1 hr appt.)</b>            10:30 Tai Chi Level 2            10:30 Urban Poles Fun &amp; Fitness NEW            11:30 Movement Healthy Joints &amp; Muscles            1:00 Moderate Slow Yoga            3:15 All Around Fitness NEW</p>	<p><b>30</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle            8:40 Zumba Gold-Toning NEW TIME  <del>9:15 Fit Bones, 9:30 Moderate Slow Yoga</del>            9:35 Hatha Flow Yoga NEW, 9:35 Core Circuit  <b>9:50 Building Strength: Core</b>            10:00 Deepening Meditation            11:30 Standing &amp; Seated Hatha Yoga  <b>12:00 Wednesday Lunch *menu on front</b>            1:00 Fun Fitness: Move Strong            2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p><b>May 1</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Thursday            8:40 Zumba Gold-Toning NEW TIME            8:40 Dance Choreography For Fun For Seniors  <del>9:15 Fit Bones Plus, 9:35 Hatha Flow Yoga NEW TIME</del>            9:35 Strength Training Beginner            9:45 Dance+ For Fun For Seniors  <b>9:50 Building Strength: Upper Body</b>            10:30 Yoga For Beginners Workshop NEW            10:30 Chair &amp; Standing Yoga NEW TIME, 11:45 Essentrics            1:30 Minds in Motion (Register with Alzheimer Society)            5:30 Pilates: Mixed Level</p>	<p><b>May 2</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle  <del>9:30 Moderate Hatha Yoga NEW TIME</del>            9:30 Yoga with Jane, 9:35 Barre Strong            10:00 French Course 5  <del>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscles NEW TIME</del>            10:30 Total Body Fitness: Feel Safe, Get Stronger            10:35 Standing &amp; Seated Hatha Yoga            12:30 French Course 3, 1:00 Pastels Painting</p>