

VICTORIA PARK SENIORS CENTRE

Winter 2025

Not a member? Not yet 55?

You are still welcome to register for any program. A non-member fee will apply.

Registration begins Tuesday, December 10, 2024 at 8:30 am

ABOUT VICTORIA PARK SENIORS CENTRE (VPSC)

Victoria Park Seniors Centre is a municipal recreation facility operated by the Community Services Department of the Township of Centre Wellington. Our goal is to enhance the well-being of older adults through a lifestyle that embraces daily physical activity and social interaction. Victoria Park Seniors Centre provides a wide range of social, recreational, educational, wellness and volunteer opportunities for older adults in a safe and enjoyable environment. Programs offered (in-person and virtual) are tailored to those 55+, however, all registered programs are open to all adults looking to stay active, develop new skills and friendships. There are two pricing levels in this Guide: a member price and a non-member price. We invite you to drop by and experience the benefits of participating.

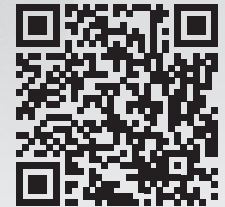
HOW TO REGISTER

In Person:

150 Albert Street West, Fergus, ON N1M 1X2

Telephone:

519.846.9691 x204
1.800.750.5023 x204



Online:

www.centrewellington.ca/seniorscentre

See "How to Register Online" in this guide on page 7, for the step by step registration process.

Payment must be received upon registration. Cash, cheque, debit, credit, over the phone by credit card or online.

Pre-registration is required for most programs. Fees include HST. Cheques payable to: Township of Centre Wellington. See refund policy on page 6.

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. Not a member? Not yet 55? You are still welcome to register for any program. A non-member fee will apply.

Closure Dates

January 1 - New year's | February 17 - Family Day

Welcome Tours and Information

New Members' Talk and Tours are held regularly at VPSC to provide you with information on programs and services offered. Upcoming sessions: January 13, February 10 or March 10 at 10:00 am. Meet other new members, staff and volunteers. Please pre-register. If you can't attend one of the sessions, please call VPSC to schedule a tour at your convenience or drop in anytime.

VPSC Advisory Board

Victoria Park Seniors Centre is run by a volunteer Advisory Board comprised of seven elected VPSC members and one appointed TCW Council Representative. The Advisory Board acts as a liaison between seniors and the Township of Centre Wellington and works with the Community Services Department to provide quality recreational opportunities for older adults. Meetings are held on the first Monday of the month at 9:15 am. All members are welcome to attend. Interested in joining the Board? Positions available beginning January 2026 for three-year terms by election or acclamation at the November Annual General Meeting. Contact VPSC for more information.

VPSC Program Committee

This volunteer committee organizes special events, lunches and fundraisers for VPSC. Meetings are held the first Monday of the month at 10:15 am. Interested in providing input into programs and special events for older adults? This committee is always looking for new ideas and volunteers to help.

Active Living and Retirement Show

Friday, February 28

10:00 am to 2:00 pm

**Centre Wellington Sportsplex
550 Belsyde Ave, Fergus
FREE ADMISSION**

Visit VPSC's annual one-day in-person event and see the many exhibitor booths providing information on a range of services available to older adults from a variety of organizations: health, financial, travel, recreation, support services, volunteering and more. Learn about opportunities for older adults in our community. FREE: grab bags, refreshments, fitness classes, health clinics, seminars and more. This event is brought to you in partnership with the Older Adults Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.

10:00 am - 2:00 pm Exhibitor Information Booths (all day)

10:00 am Seminar: Ride Well Transportation Service presented by the County of Wellington

10:15 am Fitness Class: Tap Dancing & Belly Dancing

10:30 am Seminar: Wills, Powers of Attorneys and Living Wills

11:00 am Fitness Class: Tai Chi

11:45 am Fitness Class: Strength Training

11:45 am Seminar: Frauds and Scams presented by Crime Stoppers

12:30 pm Hatha Flow Yoga

1:00 pm Seminar: Ontario's Estate Administration Tax presented by Ministry of Finance

All Day Health Clinics: Chair Massage, Reflexology, Blood Pressure Testing

Drop-In Activity Groups



New participants are welcome to join these groups. Drop-in fee: \$1 member or \$2 non-member unless otherwise stated. Have an idea for a new activity? Contact VPSC.

- **Art Drop-in**

Wednesdays at 1:00 pm.

- **Bid Euchre**

Tuesdays at 1:00 pm.

- **Billiards, Snooker & Pool**

Daily. Ladies Only Tuesday afternoons. Annual billiards membership \$50 for VPSC members or pay the drop-in fee. Inquire about a Learn to Play Session with our volunteer instructor.

- **Billiards: Ladies Afternoon**

Tuesdays at 1:00 pm.

- **Bingo**

Thursdays at 1:00 pm.

- **Book Club (Monthly)**

First Friday of the month at 11:00 am.

- **Bridge (Social)**

Thursdays at 1:00 pm.

- **Bunka Artistry**

Tuesdays at 9:30 am.

- **Canasta**

Mondays at 9:30 am.

- **Carpet Bowling**

Fridays at 1:00 pm.

- **Choir, Ukulele: The Melody Makers**

Mondays at 1:00 pm. A smaller group of the choir & ukulele band, The Autumn Tones & Red Suspenders, meets Fridays at 1:00 pm.

SENIORS

- **Colouring Circle**

Mondays at 1:00 pm.

- **Conversation en français**

Tuesdays at 3:00 pm. Peer led conversational group. (For French language classes, see the Special Interest section).

- **Conversación en Español**

Fridays at 11:15 am. Peer led conversational group. (For Spanish language classes, see the Special Interest section).

- **Creative Writing**

Wednesdays at 10:30 am.

- **Cribbage**

Fridays at 9:30 am.

- **Crokinole**

Wednesdays at 10:00 am. Crokinole cues available.

- **Darts**

Thursdays at 9:30 am.

- **Drama**

Thursdays at 4:00 pm (when preparing for performances).

- **Euchre**

Wednesdays at 1:00 pm.
Thursdays at 7:30 pm.

- **Genealogy**

Tuesdays at 10:30 am. Bring your laptop or tablet.

- **Guitar: The Country Classics**

Thursdays at 1:00 pm. Bring an acoustic six-string guitar.

- **Hand and Foot Card Game**

Tuesdays at 1:00 pm. A fun card game, related to canasta.

- **Line Dancing**

Wednesdays at 3:00 pm. Beginner and intermediate levels welcome. Space is limited.

- **Mah Jong**

Fridays at 9:30 am. American and Chinese versions played.

- **Recreational Belly Dance NEW**

Mondays at 8:50 am. Begins: February 3. Please pre-register if interested

- **Scrabble**

Thursdays at 9:30 am.

- **Shuffleboard**

Tuesdays at 1:00 pm.

- **Sudoku Puzzles & Games**

We are hoping to get this group going. Let us know if you are interested.

- **Tap Dancing**

Tuesdays at 11:35 am.

- **Table Tennis**

Thursdays at 1:00 pm.

- **Texas Hold'em Poker**

Fridays at 1:00 pm.

- **Wii Bowling**

Tuesdays at 1:00 pm. Can be played seated in a chair.

- **Woodcarving**

Wednesdays at 1:00 pm. Bring your own carving tools.

\$5 (\$3 Members)

Centre Services

Crafts for Sale

Visit our Craft Shop of beautiful handmade items, including sweaters, hats, mitts, scarves, baby items, knitted sets, dishcloths, quilts, blankets, and more. All proceeds support VPSC.

Wednesday Lunches

Join us for lunch twice a month on Wednesdays at 12:00 pm. On some

Wednesdays, stay and enjoy the afternoon musical program. Refer to the monthly calendar for full menus. \$14 members or \$15 non-members. Take-out option is available. [Pre-registration and payment required by the Friday prior.](#) No refunds on lunches. Refer to the Special Events section for dates. Thanks to the VPSC Program Committee for organizing these lunches.

Monthly Email Update with Monthly Calendar

We send monthly emails to keep you up to date on what is happening at VPSC, including the monthly calendar. To receive this, please email khall@centrewellington.ca or pick up a copy of the calendar at VPSC. Daily programs, events, clinics, and lunch menus are listed. The monthly calendar is also available at www.centrewellington.ca/seniorscentre

VPSC Facility Tours

Are you thinking of participating in a program or joining the Centre? Our reception volunteers or staff would be happy to take you on a tour of the Centre and answer any questions. Drop-in anytime.

Library, Newspapers, Puzzles

Check out our collection of lending library books stocked by your generous donations. Come for coffee and read the Toronto Star newspaper, delivered daily. We also accept donations of current magazines. Jigsaw puzzles are available to borrow (donations accepted) or try your hand at the on-going jigsaw puzzle in the library.

Volunteer Opportunities

Want to help? VPSC depends heavily on the generosity of volunteers. Help make a difference in the lives of seniors in Centre Wellington. Various volunteer positions are available.

For more volunteering information contact the Seniors Volunteer and Membership Coordinator: khall@centrewellington.ca or 519.846.9691 x278.

Wellness Clinics

Foot Care Clinic

Have your feet assessed by a Registered Practical Nurse, certified in Advanced and Diabetic Foot Care. Includes cutting and filing toenails, reduction of corns and calluses, moisturizing skin. \$35 cash only. Call VPSC to book appointment. Veterans, bring your Veterans Affairs card. Allow 24 hours if cancelling an appointment to give time to consult the waiting list.

Appointments: Tuesdays

Reflexology Clinic

Deeply relaxing, reflexology works the reflex points in the feet that relate to different organs and areas of your body. Circulation is improved to facilitate balance within the body. Leave feeling relaxed with renewed energy. Service provided by Registered Reflexologist: Colleen Trudeau. \$35 for 30 minutes, \$50 for 45 minutes. Cash only. Call VPSC to book an appointment. NOTE: Free Reflexology clinic available Friday, February 28, 10:00 am to 2:00 pm at the Active Living and Retirement Show at CW Sportsplex.

Appointments: Mondays

Blood Pressure Clinic

FREE. Held monthly on a Wednesday from 11:00 am to 12:00 pm. See dates below. A Pharmacist or Pharmacy student will be at VPSC to check your blood pressure and provide information. No appointment needed. Simply drop in. Thanks to Pharmasave Elora Apothecary and

Trailside Pharmacy for sponsoring this program.

January 15, February 12, March 12

Chair Massage Clinic

Join certified chair massage provider, Colleen Trudeau, for a relaxing 15-minute chair massage. Reduce tension, stress, headaches, stiff necks, backaches and increase circulation. No removal of clothes. Call VPSC to book your appointment between 10:00 am and 2:00 pm. See dates below. Held monthly on the second Wednesday. \$22 cash only. NOTE: Free chair massages available Friday, February 28, 10:00 am to 2:00 pm at the Active Living and Retirement Show at CW Sportsplex.
January 8, February 12, March 12

Hearing Services:

Hearing Screening Clinic – March 6
Has your hearing changed? Meet one-on-one with a Canadian Hearing Services Hearing Care Counsellor. Receive your results immediately. Or, if you wear hearing aids, discuss questions about your aids. Book your free of charge 30-minute appointment at the Seniors Centre by contacting VPSC.

Hearing Seminar – March 13
My Hearing is Not as Good as it Used to Be. 10:00 am to 12:00 pm. This in-person seminar is presented by the Canadian Hearing Services. Join us. Please pre-register.

Bus Trips

We are always in the process of organizing more bus trips, usually offering one a month. For updates, join our monthly email blast. Register early to avoid the disappointment of a sold-out or cancelled trip. All trips depart from and return to VPSC. Return times are approximate, depending on weather and traffic. Those who require special assistance are

responsible for arranging an escort to assist them. Our Travel Escort Volunteer cannot provide special care or one-on-one assistance. No refunds on trips and non-transferable. 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.

The Piano Men

Enjoy a stop at the Dutch Mill on the way to the show to shop for some delicious treats and gifts. Enjoy a hot lunch buffet and a matinee show, "The Piano Men" at the Gathering Place by the Grand in Ohsweken. Experience this musical tribute show to Billy Joel and Elton John. Enjoy a stop at Cox Creek Cellars before heading home for included samplings. Departs: 8:30 am, return: 5:45 pm.

Friday, February 14

\$184 (\$170 Member)

Come From Away

Enjoy an included lunch at Hot House Restaurant in Toronto. Visit the Royal Alexandra Theatre for a matinee performance of Come From Away. Departs: 8:45 am, return: 6:00 pm. Note: This trip is full but contact VPSC to go on the waiting list.

Wednesday, March 19

\$240 (\$225 Member)

Toronto Blue Jays Baseball

Spend a day at the Rogers Centre and enjoy a matinee baseball game between the Toronto Blue Jays and the Atlanta Braves from field level seats. We will stop at Picard's Peanuts on the way. Depart 9:00 am, return 6:30 pm (approximate, depending how long the game goes). Lunch not included.

Wednesday, April 16

\$166 (\$152 Member)

SENIORS

Evolution of Magic

Enjoy a stop at Maple Leaf Place to shop for some sweet treats. Then enjoy lunch at Table Rock Restaurant with your choice of herb crusted chicken supreme, baked Atlantic cod or wild mushroom ravioli. See the matinee show at the Greg Frewin Theatre, "Evolution of Magic". This Vegas-style illusion show is packed with thrilling and sophisticated magic of unprecedented proportions. Enjoy a viewing of the Falls after the show, then we will head to Walkers Country Market in Niagara-on-the-Lake. A final stop at at Konzelmann Estates winery,

which includes three premium VQA wines, paired with chocolate. Departs: 8:00 am, return: 8:00 pm.

Friday, May 23

\$194 (\$180 Member)

Muskoka Steamships

Enjoy a cruise on Lake Muskoka and a delicious lunch on board. Then tour the Muskoka Discovery Centre to see the new exhibits. Enjoy a stop at the Mariposa Market on the way home to shop for some delicious treats and gifts. Departs: 8:30 am, return: 7:00 pm.

Monday, June 9

\$194 (\$180 Member)

The Lion King

Winner of six Tony Awards, including Best Musical, and the highest grossing stage musical in history, The Lion King brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals features some of Broadway's most recognizable music. Includes the matinee performance at the Princess of Wales Theatre in Toronto and lunch at Hot House Restaurant. Departs: 8:45 am, return: 6:00 pm.

Wednesday, July 16

\$257 (\$243 Member)

WINTER SCHEDULE

Virtual Fitness & Yoga (Zoom) (See descriptions further in guide)



- A Zoom link to participate in your class will be emailed **12 to 24 hours prior to the first class and will be valid for the duration of the class.** Do not share this link.
- Please ensure your screen name on Zoom matches the name on your registration.
- The moderator or instructor will mute all participants when the class begins. Equipment not supplied.
- See course descriptions for cancellation dates, instructors and other information. It is recommended that you consult your health care professional prior to start of any activity.
- Please see Township of Centre Wellington Refund Policy on page 6

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	Jan. 7-Feb. 18	9:15-9:45 AM	7	\$35	\$28
Fit Bones Plus	Tues	Feb. 25-April 1	9:15-9:45 AM	6	\$30	\$24
Building Strength Lower Body	Tues	Jan. 7-Feb. 18	9:50-10:20 AM	7	\$35	\$28
Building Strength Lower Body	Tues	Feb. 25-April 1	9:50-10:20 AM	6	\$30	\$24
Fit Bones	Wed	Jan. 8-Feb. 19	9:15-9:45 AM	7	\$35	\$28
Fit Bones	Wed	Feb. 26-April 2	9:15-9:45 AM	6	\$30	\$24
Building Strength Core	Wed	Jan. 8-Feb. 19	9:50-10:20 AM	7	\$35	\$28
Building Strength Core	Wed	Feb. 26-April 2	9:50-10:20 AM	6	\$30	\$24
Fit Bones Plus	Thurs	Jan. 9-Feb. 20	9:15-9:45 AM	7	\$35	\$28
Fit Bones Plus	Thurs	Feb. 27-April 3	9:15-9:45 AM	6	\$30	\$24
Building Strength Upper Body	Thurs	Jan. 9-Feb. 20	9:50-10:20 AM	7	\$35	\$28
Building Strength Upper Body	Thurs	Feb. 27-April 3	9:50-10:20 AM	6	\$30	\$24

Fitness & Yoga (Zoom)

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Moderate Hatha Yoga	Fri	Jan. 10-Feb. 14	9:00-9:45 AM	6	\$48	\$36
Moderate Hatha Yoga	Fri	Feb. 28-April 4	9:00-9:45 am	6	\$48	\$36
Yoga and Movement for Healthy Joints & Muscles	Fri	Jan. 10-Feb. 21	10:00-10:30 AM	7	\$35	\$28
Yoga and Movement for Healthy Joints & Muscles	Fri	Feb. 28-April 4	10:00 -10:30 AM	5	\$25	\$20

WINTER SCHEDULE

Fitness & Dance (In-Person) (See descriptions further in guide)

	Day	Start/End Date	Time	Weeks	Cost	Members
Recreation Belly Dance NEW	Mon	Begins: Feb. 3	8:50-10:20 AM	Ongoing	\$2	\$1
Zumba Gold-Toning	Mon	Jan. 13-Feb. 10	9:00-9:45 AM	5	\$45	\$40
Zumba Gold-Toning	Mon	Feb. 24-Mar. 31	9:00-9:45 AM	6	\$54	\$48
What to do with Urban Poles in Winter NEW	Mon	Jan. 13 OR Feb. 10	9:30-11:00 AM	1	FREE	FREE
Essentrics	Mon	Jan. 6-Feb. 10	10:00-11:00 AM	6	\$60	\$54
Essentrics	Mon	Feb. 24-Mar. 31	10:00-11:00 AM	6	\$60	\$54
Dance Choreography for Fun for Seniors	Mon	Jan. 6-Feb. 10	11:45 AM -12:45 PM	6	\$54	\$48
Dance Choreography for Fun for Seniors	Mon	Feb. 24-Mar. 31	11:45 AM -12:45 PM	6	\$54	\$48
Dance + for Fun for Seniors NEW	Mon	Jan. 6-Feb. 10	1:00-2:00 PM	6	\$54	\$48
Dance + for Fun for Seniors NEW	Mon	Feb. 24-Mar. 31	1:00-2:00 PM	6	\$54	\$48
Fun Fitness: Move Strong	Mon	Jan. 6-Feb. 10	1:00-1:45 PM	6	\$48	\$42
Fun Fitness: Move Strong	Mon	Feb. 24-Mar. 31	1:00-1:45 PM	6	\$48	\$42
Osteo Fit	Mon	Jan. 6-Feb. 10	2:15-3:00 PM	6	\$48	\$42
Osteo Fit	Mon	Feb. 24-Mar. 24	2:15-3:00 PM	5	\$40	\$35
Osteo Fit	Mon	Jan. 6-Feb. 10	3:15-4:00 PM	6	\$48	\$42
Osteo Fit	Mon	Feb. 24-Mar. 24	3:15-4:00 PM	5	\$40	\$35
Pilates:Gentle NEW TIME	Mon	Jan. 6-Feb. 10	5:00-6:00 PM	6	\$126	\$114
Pilates: Gentle NEW TIME	Mon	Feb. 24-Mar. 31	5:00-6:00 PM	6	\$126	\$114
Strength Training	Tues	Jan. 7-Feb. 18	8:40-9:25 AM	7	\$56	\$49
Strength Training	Tues	Feb. 25-April 1	8:40-9:25 AM	6	\$48	\$42
Zumba Gold	Tues	Jan. 14-Feb. 18	9:00-9:45 AM	6	\$54	\$48
Zumba Gold	Tues	Feb. 25-April 1	9:00-9:45 AM	6	\$54	\$48
Building on the Basics	Tues	Jan. 7-Feb. 18	9:35-10:20 AM	7	\$56	\$49
Building on the Basics	Tues	Feb. 25-April 1	9:35-10:20 AM	6	\$48	\$42

Fitness & Dance (In-Person)

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Movement for Healthy Joints & Muscles	Tues	Jan. 7-Feb. 11	11:30 AM-12:30 PM	6	\$60	\$54
Movement for Healthy Joints & Muscles	Tues	Feb. 25-April 1	11:30 AM-12:30 PM	6	\$60	\$54
Strength and Stretch	Tues	Jan. 7-Feb. 18	3:15-4:00 PM	7	\$56	\$49
Strength and Stretch	Tues	Feb. 25-April 1	3:15-4:00 PM	6	\$48	\$42
Low Impact Cardio & Muscle	Wed	Jan. 8-Feb. 19	8:40-9:25 AM	7	\$56	\$49
Low Impact Cardio & Muscle	Wed	Feb. 26-April 2	8:40-9:25 AM	6	\$48	\$42
Zumba Gold-Toning	Wed	Jan. 15-Feb. 19	9:00-9:45 AM	6	\$54	\$48
Zumba Gold-Toning	Wed	Feb. 26-April 2	9:00-9:45 AM	6	\$54	\$48
Core Circuit	Wed	Jan. 8-Feb. 19	9:35-10:20 AM	7	\$56	\$49
Core Circuit	Wed	Feb. 26-April 2	9:35-10:20 AM	6	\$48	\$42
Fun Fitness: Move Strong	Wed	Jan. 8-Feb. 19	1:00-1:45 PM	7	\$56	\$49
Fun Fitness: Move Strong	Wed	Feb. 26-April 2	1:00-1:45 PM	6	\$48	\$42
Osteo Fit	Wed	Jan. 8-Feb. 19	2:15-3:00 PM	7	\$56	\$49
Osteo Fit	Wed	Feb. 26-Mar. 26	2:15-3:00 PM	5	\$40	\$35
Osteo Fit	Wed	Jan. 8-Feb. 19	3:15-4:00 PM	7	\$56	\$49
Osteo Fit	Wed	Feb. 26-Mar. 26	3:15-4:00 PM	5	\$40	\$35
Strength Training	Thurs	Jan. 9-Feb. 20	8:40-9:25 AM	7	\$56	\$49
Strength Training	Thurs	Feb. 27-April 3	8:40-9:25 AM	6	\$48	\$42
Zumba Gold-Toning	Thurs	Jan. 16-Feb. 20	9:00-9:45 AM	6	\$54	\$48
Zumba Gold-Toning	Thurs	Feb. 27-April 3	9:00-9:45 AM	6	\$54	\$48
Strength Training: Beginner	Thurs	Jan. 9-Feb. 20	9:35-10:20 AM	7	\$56	\$49
Strength Training: Beginner	Thurs	Feb. 27-April 3	9:35-10:20 AM	6	\$48	\$42
Essentrics	Thurs	Jan. 9-Feb. 13	11:45 AM-12:30 PM	6	\$48	\$42
Essentrics	Thurs	Feb. 27-April 3	11:45 AM-12:30 PM	6	\$48	\$42
Pilates: Mixed Level NEW TIME	Thurs	Jan. 9-Feb. 20	5:30-6:30 PM	6	\$126	\$114
Pilates: Mixed Level NEW TIME	Thurs	Feb. 27-April 3	5:30-6:30 PM	6	\$126	\$114
Low Impact Cardio & Muscle	Fri	Jan. 10-Feb. 21	8:40-9:25 AM	7	\$56	\$49
Low Impact Cardio & Muscle	Fri	Feb. 28-April 4	8:40-9:25 AM	6	\$48	\$42
Barre Strong NEW	Fri	Jan. 10-Feb. 21	9:35-10:20 AM	7	\$56	\$49
Barre Strong NEW	Fri	Feb. 28-April 4	9:35-10:20 AM	6	\$48	\$42
Total Body Fitness: Feel Safe, Get Stronger	Fri	Jan. 10-Feb. 21	10:30-11:15 AM	7	\$56	\$49
Total Body Fitness: Feel Safe, Get Stronger	Fri	Feb. 28-April 4	10:30-11:15 AM	6	\$48	\$42

WINTER SCHEDULE

Yoga, Tai Chi & Meditation (In-Person)

(See descriptions further in guide)

	Day	Start/End Date	Time	Weeks	Cost	Members
Yoga with Jane	Mon	Jan. 6-Feb. 10	10:30-11:30 AM	6	\$60	\$54
Yoga with Jane	Mon	Feb. 24-Mar. 31	10:30-11:30 AM	6	\$60	\$54
Standing & Seated Hatha Yoga	Mon	Jan. 6-Feb. 10	11:30 AM-12:30 PM	6	\$60	\$54
Standing & Seated Hatha Yoga	Mon	Feb. 24-Mar. 31	11:30 AM-12:30 PM	6	\$60	\$54
Tai Chi Level 1	Tues	Jan. 7-Feb. 18	9:30-10:30 AM	7	\$70	\$63
Tai Chi Level 1	Tues	Feb. 25-April 1	9:30-10:30 AM	5	\$50	\$45
Tai Chi Level 2	Tues	Jan. 7-Feb. 18	10:30-11:30 AM	7	\$70	\$63
Tai Chi Level 2	Tues	Feb. 25-April 1	10:30-11:30 AM	5	\$50	\$45
Inside Flow Yoga NEW	Tues	Jan. 7-Feb. 18	10:30-11:15 AM	7	\$63	\$56
Inside Flow Yoga NEW	Tues	Feb. 25-April 1	10:30-11:15 AM	6	\$54	\$48
Moderate Slow Yoga	Tues	Jan. 7-Feb. 18	1:00-2:00 PM	6	\$60	\$54
Moderate Slow Yoga	Tues	Feb. 25-April 1	1:00-2:00 PM	6	\$60	\$54
Deepening Meditation	Wed	Jan. 15-Mar. 19	10:00-11:30 AM	10	\$120	\$110
Moderate Slow Yoga NEW	Wed	Jan. 8-Feb. 19	9:30-10:30 AM	7	\$70	\$63
Moderate Slow Yoga NEW	Wed	Feb. 26-April 2	9:30-10:30 AM	6	\$60	\$54
Yoga and Movement for Healthy Joints NEW	Wed	Jan. 8-Feb. 19	10:45-11:45 AM	7	\$70	\$63
Yoga and Movement for Healthy Joints NEW	Wed	Feb 26.-April 2	10:45-11:45 AM	6	\$60	\$54
Standing & Seated Hatha Yoga	Wed	Jan. 8-Feb. 12	11:30 AM-12:30 PM	6	\$60	\$54
Standing & Seated Hatha Yoga	Wed	Feb. 26-April 2	11:30 AM-12:30 PM	6	\$60	\$54
Hatha Flow Yoga	Thurs	Jan. 16-Feb. 20	9:55-10:40 AM	6	\$54	\$48
Hatha Flow Yoga	Thurs	Feb. 27-April 3	9:55-10:40 AM	6	\$54	\$48
Chair & Standing Yoga	Thurs	Jan. 9-Feb. 20	10:50-11:35 AM	7	\$63	\$56
Chair & Standing Yoga	Thurs	Feb. 27-April 3	10:50-11:35 AM	5	\$45	\$40
Mindfulness Meditation Basics	Thurs	Jan. 9-Feb. 13	10:30-11:30 AM	6	\$63	\$57
Mindfulness Meditation Basics	Thurs	Feb. 20-Mar. 27	10:30-11:30 AM	6	\$63	\$57
Yoga with Jane	Fri	Jan. 10-Feb. 21	9:30-10:30 AM	7	\$70	\$63
Yoga with Jane	Fri	Feb. 28-April 4	9:30-10:30 AM	6	\$60	\$54
Standing & Seated Hatha Yoga	Fri	Jan. 10-Feb. 21	10:35-11:35 AM	7	\$70	\$63
Standing & Seated Hatha Yoga	Fri	Feb. 28-April 4	10:35-11:35 AM	6	\$60	\$54

Virtual (Zoom) Fitness Descriptions

Virtual: Fit Bones Plus

Exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus on standing balance and building strength. Instructor Kelly Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss. You will need an exercise band for this class.

Virtual: Fit Bones

Gentle chair exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus will be on increasing range of motion and maintaining strength. Instructor Kelly Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss. You will need an exercise band for this class.

Virtual: Building Strength Lower Body

Exercises to help strengthen the leg muscles, as well as the gluteals and lower back muscles. A mat is needed as some exercises will be done on the floor. Hand weights may occasionally be used. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Kelly Offer.

Virtual: Building Strength Core

The target zone for this class is the core, working on the abdominal and back muscles. A mat is required for this class as most exercises are done on the floor. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Kelly Offer.

Virtual: Building Strength Upper Body

Arms, chest and shoulder muscles are put to work in this class. Hand weights are used. If you don't have weights, water

bottles or soup cans work. Each class includes a warm-up and cool-down/stretch period. Intermediate level class, however, options for different fitness levels demonstrated. Instructor: Kelly Offer.

Virtual: Moderate Hatha Yoga

Hatha Yoga done with a varied combination of standing, hands and knees, seated on floor and lying on front and back, ending with a short relaxation practice. Yoga mat or running shoes for stability. Instructor: Michelle Vandenburg. No class March 14.

Virtual: Yoga and Movement for Healthy Joints & Muscles

This class combines yoga and other movements for the focus and benefit of keeping mobility and strength. We will sit on the chair to begin followed by some standing movements. Instructor: Michelle Vandenburg. No class March 14.

Fitness Class General Information

- It is recommended that you consult your health care professionals prior to the start of any activity.
- Avoid wearing scents to class.
- Bring indoor running shoes & water.
- All equipment supplied, except yoga equipment.
- If you miss a scheduled class, we are unable to allow make ups.
- Please see the Township of Centre Wellington refund policy on page 6.
- See course descriptions for instructors, cancellation dates and other information regarding whether a class is appropriate for you.
- Our fitness instructors make every effort to modify exercises to suit individual needs. However, please find a class suitable for your physical ability rather than simply a convenient time.

Fitness and Dance Descriptions (In-Person)

Barre Strong NEW

This is a low-impact, strength, flexibility, balance and core conditioning work out that combines elements of pilates, yoga and small isolated strength movements to build total body muscle definition, increase flexibility, and improve posture and core strength. Barre Strong has an upbeat flow providing cardiovascular benefits as well. Moderate to advanced level and includes floor work. Instructor: Angie Reid.

Building on the Basics

This class will use a variety of exercises and equipment to help build overall strength, and stability with a focus on core centered exercise zeroing in on the back and abdomen. Moderate level class designed to bridge the transition from beginner to intermediate levels. Each class includes a warm-up and a cool-down/stretch period. There will be floor work with modifications available. Instructor: Angie Reid.

Core Circuit

Participants will rotate through a combination of stations, alternating core focused low impact cardio movements, weight training exercises and rest periods designed to increase full body muscular strength and stability. A mix of equipment will be used. Moderate to advanced levels. Modifications available. Must be able to get down on floor. Instructor: Angie Reid.

Dance Choreography for Fun for Seniors

Have a great time learning gentle and enjoyable dance sequences tailored for seniors. Each class we will warm up, explore a new music genre, and keep moving with an array of dance styles. Meet like-minded individuals in a welcoming environment. No dance experience needed. Instructor: Norah Wardell. Wear indoor running shoes or dance shoes. No class February 17.

Dance + for Fun for Seniors NEW

Challenge yourself in this routine choreography class! Each week we will warm up, strengthen technique, breakdown dance moves with detail, and learn a fun dance routine. Instructor: Norah Wardell. Wear indoor running shoes or dance shoes. No class February 17.

Essentrics

Essentrics is a dynamic, gentle, full-body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. Perfect for all ages, this program will increase your mobility, flexibility and overall strength while relieving aches and pains. With a diverse music playlist accompanying each routine, this low-impact workout leaves you feeling energized. For the Monday one hour class, there is some floor work with a seated stretch to finish. No floor work in the Thursday 45-minute class (with the option to sit for upper body exercises). Bring a thin yoga mat to both classes and a resistance band to Monday class. Instructor: Karen Murtagh. No class February 17 or February 20.

Fun Fitness: Move Strong

This moderate, low-impact cardio and weights class is designed to keep you strong, mobile, and energized, while making movement fun! Each session focuses on connecting with your body through enjoyable exercises that build balance, strength, and flexibility -without any floor work. By bringing awareness to how your body moves, you'll leave class feeling confident and ready to live fully and independently. Every workout supports not just fitness but finding joy in moving to enhance your everyday life. Instructor: Aimee Young. No class February 17.

Low Impact Cardio and Muscle

An intermediate to advanced level, moderate to high intensity class for those with good mobility. Approximately 20 minutes cardio, 15 minutes of muscle and a stretch at the end. Instructor: Angie Reid.

Movement for Healthy Joints & Muscles

Enjoy gentle warm-ups to lubricate your joints and maintain range of motion as well

as some stretching to improve circulation and reduce stiffness. We will add movement to build strength in the muscles using light weights (optional). Full body benefits every week including balance practice and brain teasers. Exercises are drawn from yoga and other movement systems. All are done seated on a chair or standing (no floor work). Bring a thin yoga mat. Optional: yoga block and strap (or a scarf or tie) if you have them or borrow from the Centre. Instructor: Karen Murtagh. No class February 18.

Osteo Fit

Physical activity plays an essential role in the treatment of Osteoporosis by stimulating our bones to maintain structure and strength. When treating Osteoarthritis, it is important to ensure proper alignment of joints. Four types of exercise are necessary in the management of osteoporosis and osteoarthritis: strength, posture and core stability, balance and weight bearing. Improving strength, balance and posture reduces the risk of falling. Instructor: Jane Gage, Reg. Kinesiologist. No class February 17, March 31 or April 2.

Pilates: Gentle NEW TIME

This class is designed for those looking to keep mobile and work at a slower pace to improve everyday function. Whether you are post surgery, recovering from an injury or wanting a gentler movement experience, by the end of this class, you should be able to use your core muscles more effectively, improve balance, muscle tone and strength and improve posture. Each class has gentle standing exercises, floor or chair-based Pilates exercises and relaxation. Class suitable for all ages and levels. Mats and props supplied. No previous experience needed. Instructor Kelly Offer is a Registered Massage Therapist and certified Pilates Instructor who specializes in pain relief and injury recovery through movement. No class February 17.

Pilates: Mixed Level NEW TIME

Progressing some of the beginner exercises and reinforcing the fundamental moves for a full body conditioning class. See improvements in core strength, mobility, and flexibility. No previous experience required. Equipment supplied. Instructor:

Kelly Offer. No class February 13.

Recreational Belly Dance NEW

This is now a weekly drop-in activity group. Learn basic moves and easy choreography. Great for strengthening your core. Wear something comfortable to dance in (leggings, yoga pants) and ballet type shoes. Beginners welcome. Please pre-register if interested.

Strength and Stretch

A slower movement class focusing on strengthening muscles and stretching. A dynamic 10 minute warm up to get your whole body moving and working on range of motion. 20 minutes of strength using body weight and dumbbells. Ending with a full body stretch. Some movements could be on the mat, but seated options available. Instructor: Jennifer Wilson.

Strength Training

An intermediate level class for those wishing to increase strength, balance and flexibility. All equipment supplied. Participants should be able to get up and down from the floor. Instructor: Angie Reid.

Strength Training: Beginner

A beginner strength training workout with a focus on total body strength and an emphasis on improving balance, stability and flexibility. No floor work and a chair may be used for added support. Instructor: Angie Reid. Note: Free demo class Friday, February 28 at 11:45 am at the Active Living and Retirement Show held at CW Sportsplex.

Total Body Fitness: Feel Safe, Get Stronger

Looking for a workout that helps you build strength and endurance while feeling safe and supported? This class is designed to meet you where you are, working with your body and nervous system to help you move confidently. Through mindful, full-body exercises and breath tools, you'll improve your core stability, balance, and resilience, all without pushing beyond your limits. Discover how to find strength from within, reduce stress, and leave each session feeling empowered and ready to take on whatever comes next. Instructor: Aimee Young.

What to do with Urban Poles in Winter NEW

Join in a workshop on using urban poles for exercise and a great workout - in a chair or standing - you decide! Find out why using urban poles is proven to improve confidence in walking and activities of daily living. Learn about evidence-based research that shows improvement in gait, balance, posture and core strength while inspiring active living. We will exercise to the beat with our poles. Be instructed, motivated and encouraged by Certified Urban Pole Walking Instructor, Nancy Revie. Bring poles (or borrow from VPSC); comfortable clothes; indoor walking shoes and a water bottle. Workshop offered free of charge with a grant but please pre-register as space is limited.

Zumba Gold

Join us for a dance party with great music and friends while focusing on balance, cardiovascular endurance, range of motion and coordination with moderate to high intensity. No dance experience required. Wear running shoes. Instructor: Sarah Gray.

Zumba Gold-Toning

A combination of strength training and dance that improves your mobility, balance, and strength all while have a blast using lightweight toning sticks (provided). Enhance your rhythm while toning arms, abs, glutes, and thighs. Wear running shoes. Instructor: Sarah Gray. No class February 17.

Yoga, Tai Chi, Meditation Descriptions (In-Person)

Chair & Standing Yoga

Chair yoga is a functional yet gentle movement with flow and grace that will take us from sitting and standing. For strength and balance, the chair is there to support us. This is an experience of movement used in our everyday lives that is fun and forgotten as exercise. This is a

beautiful way to start your morning and all you need is comfortable attire, supportive footwear. Instructor: Michelle Vandenburg. No class March 13.

Hatha Flow Yoga

A gentle practice that focuses on postures and breath work which is great for beginners. We will start and end on the mat, move through some postures gently strengthening and stretching our bodies, followed by a guided meditation. A combination of standing, hands and knees, seated and lying on the floor. Bring a yoga mat, 2 blocks and a blanket or sweater. Mats and blocks can be provided if needed. Instructor: Sarah Gray. Note: Free demo class Friday, February 28 at 12:30 pm at the Active Living and Retirement Show held at CW Sportsplex.

Inside Flow Yoga NEW

In this style of vinyasa yoga, you will move through a series of postures that come together in a perfectly choreographed sequence to a song. Inside Flow incorporates yoga postures in creative and exciting ways to build strength, balance and mobility while linking graceful movement with uplifting music. Bring a yoga mat. Instructor: Charlene Sedgewick.

Deepening Meditation

This 10-week series will use the book *Unhindered: A Mindful Path Through the Five Hindrances* by Gil Fronsdal. In order to develop mindfulness, we need to understand what hinders mindfulness and how to be skillful with those hindrances. The book study and meditation class will give you access to important tools to either begin or deepen your practice. Each class will include teaching, guided meditation, and group sharing. You do not have to purchase the book to participate, and no meditation experience needed. Chairs available for sitting. Instructor: Jill Davey. NOTE: If you have questions, you are welcome to contact the instructor prior to registration at: ijilldavey@gmail.com.

Mindfulness Meditation Basics

Six weeks to start or strengthen your

meditation practice. Using the book "Mindfulness Meditation for Beginners" by Dawn Mauricio as our reference, this series will offer practice time, guidance and tips to assist you in creating or staying with a home meditation practice. Purchase of the book is not required. All levels of experience welcome, no prior experience required. Instructors: Blakie Sahay & Cathy Rose.

Moderate Slow Yoga

Moving with intention to stretch, build strength and self-awareness through Hatha Yoga. Moderate means you have yoga experience and slow means our movements are not rushed. We incorporate standing, hands and knees and floor postures. Bring a yoga mat, blocks if you have them and a light blanket. Tuesday Instructor: Grace Rosewarne. No class February 11. Wednesday Instructor: Tania Seagrove. Note: new Wednesday class.

Standing & Seated Hatha Yoga

Hatha Yoga is a purifying and grounding practice that nourishes us on all levels that can be enjoyed without getting on the floor. Develop your strength and flexibility while doing warm-ups and postures standing with the use of your chair for support and then while sitting on the chair. Bring a thin yoga mat and one yoga block if you have one. Monday and Wednesday Instructor: Karen Murtagh. No class February 17 or February 19. Friday instructor: Jane Finoro.

Tai Chi Level 1

This slow-moving, meditative and gentle exercise helps restore and maintain fitness and flexibility. This non-strenuous introductory class is suitable for all ages and fitness levels. Instructor: Christina Graf. No class March 11. Note: Free demo class Friday, February 28 at 11:00 am at the Active Living and Retirement Show held at CW Sportsplex.

Tai Chi Level 2

Continue to expand upon your Tai Chi knowledge. This level is suitable for those

who have taken Level 1 or previously studied Tai Chi. Instructor: Christina Graf. No class March 11.

Yoga & Movement for Healthy Joints NEW

Using a chair for standing and sitting (no floor) this class combines all that yoga has to offer along with movements from other programs that will benefit our joints and our muscles. Some of our movements will slightly increase our heart rate but with only low or no impact on the joints. Bring a thin yoga mat, yoga block and strap (or a scarf or tie). Instructor: Tania Seagrove.

Yoga with Jane

Practice a variety of basic postures and breathing techniques to improve awareness, flexibility, strength, and balance. Students are encouraged to respect their level of ability and explore and modify postures with care. Each class ends with a guided meditation to promote deep relaxation. Bring a yoga mat and something to keep cozy during relaxation. Instructor Jane Finoro is a certified yoga instructor, trained in traditional practice. No class February 17.

Computers & Technology

Technology Help

Having problems with a piece of electronics such as iPad, Tablet, Windows laptop, Smartphone or iPhone, another device or computer program? Questions about Windows 11? Bring it to the Seniors Centre to get answers to your questions or help setting up an item. Classes are one-on-one with the instructor allowing you to focus on your specific needs. Instructor: Frank Irvine, will contact you prior to your appointment. Book your one-hour appointment time.

\$29 (\$25 Members)

10:00 am or 11:00 am

Tuesday, January 28, Tuesday, February 25 and Tuesday, March 25

Special Interest (In Person)



Refer to the Drop-in Activity section for a list of activity groups offered in addition to the following courses:

Minds in Motion

Minds in Motion® is a unique opportunity for persons living with dementia and their care partner to attend a weekly program together, with benefits for all. Each class held at Victoria Park Seniors Centre begins with some gentle group exercise followed by an engaging and stimulating social recreation program. Laughter and new friendships are often a result as participants exercise both their bodies and mind. Start anytime. To register, contact the Alzheimer Society 519.742.1422.

Thursdays, 1:30 pm to 3:30 pm

Begins: January 2

New Year Nutrition Reset

Join in this morning workshop to explore macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamin and minerals). We will also discuss portion sizes, healthier options and why your body needs them. Get the tools to reset for the New Year. Instructor: Jennifer Wilson.

\$29 (\$23 Members)

9:30 am to 11:30 am

Friday, January 3

Interactive & Fun Beginner Spanish: Level 1

Do you enjoy travelling to Spanish speaking countries but wish you could communicate beyond 'hola' and 'gracias'? Learn common words and phrases for travel, basic grammar, and conversational skills from parts of Latin America and Spain. Instructor Joanna Walker has been teaching Spanish for over 18 years and has supported many new language learners. She has a teaching degree, a degree in International Development and Hispanic Studies, advanced Spanish Diploma from the DELE Cervantes Institute of Spain

and interpreter training courses. No prior Spanish knowledge is required.

\$136 (\$126 Members)

Tuesdays, 1:30 pm to 2:30 pm

January 7 to February 11, 6 classes

Interactive & Fun Beginner Spanish: Level 2

Build on your Spanish language skills. Instructor: Joanna Walker. See instructor's bio in the Spanish Level 1 description. No class March 11.

\$136 (\$126 Members)

Tuesdays, 1:30 pm to 2:30 pm

February 18 to April 1, 6 classes

French Course II

French Course II is a ten-week follow-up from the beginner course. We will be using the same textbook and continuing our exploration of the French language. More verb groups, vocabulary and phrases. I look forward to seeing you there. Instructor: Elisabeth Bzikot.

\$89 (\$79 Members)

Fridays, 12:30 pm to 1:30 pm

January 17 to March 21, 10 classes

French Course IV

French Course IV is a continuation of French III. We will be using the same textbook and will enable us to improve our vocabulary and improve our speech, adding nuances to our expressions such as: "I want to come but I cannot stay long". We will also be able to address the near future and the near past, which will give us much more flexibility in our speech. Instructor: Elisabeth Bzikot.

\$89 (\$79 Members)

Fridays, 10:00 am to 11:00 am

January 17 to March 21, 10 classes

Watercolour: Level 1

This introduction to watercolours will explore the nature of the medium along with various materials and techniques. Colour theory and colour mixing will be an important beginning to working in paint. A supply list will be available upon registration. Instructor: Jane Finoro.

\$112 (\$98 Members)

Fridays, 1:00 pm to 3:00 pm

January 10 to February 21, 7 classes

SENIORS

Watercolour: Level 2

This more advanced class will move beyond the basics and offer the opportunity to develop skills through practice. A supply list will be available upon registration. Instructor: Jane Finoro.

\$96 (\$84 Members)

Fridays, 1:00 pm to 3:00 pm

February 28 to April 4, 6 classes

Say Sayonara to Sugar

In today's diet, sugar is hiding everywhere from tomato sauce to salad dressings to crackers. It makes up a whopping 21% of our calories consumed daily. Learn to recognize the many places sugar is hiding, impact on overall health and how to gently kick that sweet sugar bug. Includes a booklet containing all the facts behind what sugar does to our bodies and what to do to shake the sugar. Learn the simple Complete in 3 Rule and how to use it to design tasty, blood sugar balancing meals, an easy grocery list reference guide and sample recipes to help get you inspired. Instructor: Angie Reid.

\$29 (\$23 Members)

9:00 am to 11:00 am

Monday, January 20

Foam Art Workshop NEW

This workshop is for anyone looking to have some fun while creating beautiful artwork. It is a creative adventure into the world of abstract art using paint, foam and your imagination. This workshop is for everyone – even those who believe they “do not have a creative bone in their body”. It is also for those who are creative and want to explore something new. See sample photos at VPSC. Instructor: Jenny Kuspira. Two workshop dates to choose from.

\$45 (\$36 Members)

10:00 am to 12:00 pm

Thursday, January 23 or Thursday, February 6

Card Making Workshop

Enjoy a fun, hands-on card-making workshop. Create 4 personalized greeting cards and learn other crafty ideas. Bring scissors, glue stick and a \$10 supply fee to

class. Instructor: Carole Jansen.

\$5 (\$3 Members)

1:30 pm to 3:30 pm

Thursday, January 23

Chinese Painting Info Session

Interested in the Chinese Painting class?

Come out to this free session to see what this art class is all about. Presented by: Olena Michalchenkova. No charge but please preregister.

Friday, January 24 at 9:30 am

Restore the Pelvic Floor

If you are looking to heal, feel stronger, restore your pelvic floor, learn how it relates to your core and gait, and return to exercises you love, this is the program for you. Restore the Pelvic Floor has been designed to give you the tools to overcome incontinence, prolapse and pelvic pain. Learn how to correctly activate, repair and strengthen your floor. With these exercises and lifestyle tips, you can return to exercise and healthy living with confidence. Participants will need to get up and down from floor. Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm

Thursday, January 30

Chinese Painting

Explore the basic techniques of Chinese painting. Traditional painting involves essentially the same techniques as calligraphy and is done with a brush. Chinese painting is symbolic art, and each element makes sense. However, the main idea of all art is harmony of mind and feeling, human and nature. No previous experience required. Supplies purchased from instructor at first class \$15.

\$145 (\$137 Members)

Fridays, 9:30 am to 11:30 am

February 7 to February 28, 4 classes

Spring Flower Arrangement

Has it been too long since you've seen flowers? Winter is hard when it's all white outside. Join Emily from Mapleton Acres as she brings the flowers to you (yup, even in the middle of winter!). In this workshop

you'll design a flower arrangement filled with Ontario grown flowers to help invite Spring into your home. All materials provided. (Don't miss the next workshop: Spring Planter March 27).

\$69 (\$59 Members)

1:00 pm to 2:30 pm

Monday, February 10

Introduction to Acting

Have you ever wanted to audition for a play but weren't sure where to start? Getting involved in community theatre is on many people's retirement-to-do list, and this course will give you the tools to make the most of this fun and exciting pastime. We'll begin with a quick overview of the parts of a theatre, directions on stage, and how shows get from initial concept to opening night. Then we'll focus on the role of the actor and how they fit into the overall production. We'll cover physical and vocal warm-ups, what actors do to be safely and effectively seen and heard onstage, then move into script analysis, looking at short scenes to find playable actions. We'll go over the stylistic considerations of genres like comedy and tragedy, as well as the approaches of major schools of acting (Stanislavsky, Brecht, etc) Finally, we'll get up on our feet and bring some scenes to life. The course may conclude with a short presentation of scenes for family and friends. Instructor: Eric Goudie

\$130 (\$120 Members)

Thursdays, 10:00 am to 12:00 pm

February 20 to March 27, 6 classes

Love Your Liver

Our liver is our body's master detoxifier. Knowing how to support your liver in its vital job can have a huge impact on overall health. Discuss how our bodies detoxify, liver's main function in detoxing the body, how it works with the gallbladder, signs and symptoms of poor liver function, toxins and types of detox. Learn the top five ways to support your body in a natural detox with five easy to implement daily habits. Learn the role healthy digestion plays, plus liver loving recipes and herbs, and lifestyle strategies. Instructor: Angie Reid.

\$29 (\$23 Members)

9:00 am to 11:00 am

Monday, February 24

Introduction to Shakespeare

Boggled by the Bard? We'll explore Shakespeare's life and world, and the stage he wrote most of his plays for, The Globe Theatre, as well as sources he consulted for his plays. Then we'll look at one scene to illustrate the 5-act structure of Shakespeare's plays, and the inner workings of iambic pentameter, the verse form in which Shakespeare wrote. Once the structure of Shakespeare's play is clear, along with a knowledge of the time in which he lived, understanding the action of any given Elizabethan play (even those written by other playwrights) becomes much easier to do. Presented by Eric Goudie, Theatre Coordinator.

\$29 (\$23 Members)

Wednesday, February 26

1:00 pm to 3:00 pm

Happy Healthy Hormones

Maintaining a healthy hormone balance begins with two things: stress management and blood sugar regulation. Once stress and blood sugar are in check, focusing in on gut health and supporting your bodies digestive and detoxification systems become critical. Some signs of hormone imbalance include, depression, anxiety, mood swings, migraines, fainting or dizziness, acne, hives, sinusitis, sore throat, low libido, difficulty sleeping and more. Understand how hormones impact health, recognize the signs when out of balance and how to support your body through hormonal shifts with food choices and simple lifestyle changes. Includes a workbook with tips, tricks, nutritional guidelines and recipes. Instructor: Angie Reid.

\$29 (\$23 Members)

Monday, March 17

9:00 am to 11:00 am

The Benefits of the Performing Arts

Going to live events is good for you! In this workshop we'll dive into the latest research on why going to plays, concerts, and other live events (and not just those starring your grandkids) is good for your

physical and mental health, in addition to being a lot of fun. We'll go beyond just what it does for you and explore how the tickets you buy create a cascade of positive effects (and not just economic ones) in your community, country, and beyond. Instructor: Eric Goudie

\$29 (\$23 Members)

Wednesday, March 26

1:00 pm to 3:00 pm

Spring Planter Workshop

Come design a spring planter with Emily from Mapleton Acres. Featuring spring bulbs, pussy willows & more, you'll design a table-top planter that will help those winter blues fade away. All materials provided.

\$69 (\$59 Members)

10:00 am to 11:30 am

Thursday, March 27

Seminars



Please pre-register for all seminars listed below, both virtual and in-person seminars. Most seminars are in-person, unless specifically listed as virtual. (Registration not required for seminars held at the Retirement Show). By donation at the door for inperson seminars. If attending a virtual seminar, the Zoom link will be provided.

How to Register Online for VPSC's Programs (In-Person)

Avoid line-ups on registration day and learn how to sign up for programs, special events and bus trips online without leaving the comfort of your own home. Bring your own personal device (laptop, tablet, iPad, smartphone) and ensure you have your email account that you can access on the Internet. No charge.

Monday, December 9 at 3:00 pm

-or- Monday, March 10 at 3:00 pm

Senior Rightsizing: Downsizing (In-Person)

Are you contemplating the big move? Are you thinking of downsizing and/or moving to a smaller residence? There are so many things to consider when dealing with a

lifetime of possessions and memories. Planning ahead is of utmost importance. Learn how to make your transition go smoothly and be less stressful. Presented by Cathy Mandler, A New Leaf Organizers.
Wednesday, January 15 at 10:00 am

TixHub 101 (In-Person)

Have you tried to purchase tickets online for a show at the Fergus Grand Theatre but got frustrated along the way? Let us show you how to do it! Buy tickets to any show at the theatre on a computer, tablet, or phone, quickly and safely. Bring a device, or use one of ours, and we'll walk you through the process: choosing a show, selecting seats and payment. Find out how to show your tickets on your phone, even if you don't have a data plan, so you don't have to print tickets, or pick them up at the box office. Discover the best way to view upcoming shows, where you can park and how to purchase tickets for groups, young children, or accessibility needs. Presented by Eric Goudie, Theatre Coordinator.

Wednesday, January 15

1:00 pm to 3:00 pm

Advance Care Planning (In-Person)

Who will speak for you when you can no longer speak for yourself? This workshop will help you to identify your Substitute Decision Maker and how to appoint a Power of Attorney for your Health Care Decisions. We will also discuss how to start this difficult conversation with family and friends so that you can be sure your wishes will be carried out. Presented by Hospice Wellington.

Thursday, January 16 at 10:00 am

Virtual: Aging and the Senses

This talk describes sensory changes that occur with aging, reflects on what a person may experience physically as they age and identifies issues related to activities in daily life for aging people. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, January 23 at 10:30 am

Coffee with a Firefighter (In-Person)

Questions about fire safety? Concerns about staying safe in your home? Come have coffee with a firefighter and have your questions answered and meet some of your hometown team of Centre Wellington firefighters. Presented by Christopher Paluch, Fire Prevention Officer with the Centre Wellington Fire Department.

Monday, January 27 at 1:00 pm

If These Walls Could Speak (In-Person)

Explore the social history of the Poor House and the stories of the men and women that worked and lived here. Presented by The Wellington County Museum & Archives.

Wednesday, January 29 at 10:00 am

Art Therapy (In-Person)

This workshop will be hosted by Hospice Wellington's art therapist, Erica Palmer, to share information about art therapy and current supports available through hospice. In our 1.5 hours together, we will discuss what Art Therapy is (and isn't!) and explore art therapy as a group. Through learning and participating, you will come to know that there are no art skills required to engage with this supportive outlet of expression. Art therapy is for everyone, and offers both time for deep processing and introspection, as well as time to play and bring joy into our lives.

Wednesday, February 5 at 10:00 am

Navigating Life as a Senior (In-Person)

Life has its ups and downs and often doesn't go as planned. Have you retired? Do you plan to age in place or contemplate a big move? Are you a caregiver for an aging parent and/or grandchildren? Join us at this interactive workshop for some stress-reducing tips. Explore mindfulness and other actions you can take to achieve a good life balance. Presented by Cathy Mendler, A New Leaf Organizers.

Wednesday, February 12 at 10:00 am

Call the Doctor (In-Person)

The Poor House housed some interesting people and Dr. Abraham Groves is one of them. Take a walk-through medical history both in the Poor House and County wide. Presented by The Wellington County Museum & Archives.

Wednesday, February 19 at 10:00 am

Navigating Your Supports (In-Person)

This workshop will help you understand who does what when it comes to offering care in the community. It will help you identify who your supports are, how to advocate for yourself or the person you are caring for, and give you tools to map out these support systems in a clear way. Presented by Hospice Wellington.

Thursday, February 20 at 10:00 am

Virtual: Mild Cognitive Impairment

In this session, learn about signs and symptoms of Mild Cognitive Impairment as well as tips and strategies for living well. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, February 20 at 10:30 am

Ride Well Service (In-Person)

Hear all about Ride Well, Wellington County's rural public transit pilot service. Ride Well is a demand-based, ridesharing service operating Monday to Friday, 6:00am to 7:00pm. Rides can be booked to and from any address in Wellington County and Guelph. Join us for a presentation about the service and visit www.ridewell.ca. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave., Fergus.

Friday, February 28 at 10:00 am

Wills, Powers of Attorneys and Living Wills (In-Person)

Excellent opportunity to have your questions answered by a lawyer who drafts testamentary documents and administers estates. This participation-oriented seminar will focus on Wills, Powers of Attorney and Living Wills. Discuss strategies to minimize Estate

Administration Tax (more commonly referred to as Probate Fees) and basic components of sound Estate Planning. Your questions are encouraged throughout. Presented by Nate Martin, a partner with SV Law in Elora. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave., Fergus.

Friday, February 28 at 10:30 am

Frauds & Scams (In-Person)

Crime Stoppers Guelph Wellington (CSGW) have partnered with Victim Services Wellington and Wellington County OPP for this presentation, designed to help victims of this crime, reduce the chance of being targeted and increase awareness of fraud in the County of Wellington. Find out what scams are happening, how talking about fraud stops the crime, how reporting fraud protects us all and supports available to victims. Presented by Sarah Bowers-Peter, CSGW and Elizabeth Kent, Victim Services Wellington. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave., Fergus.

Friday, February 28 at 11:45 am

Overview of Ontario's Estate Administration Tax (In-Person)

Are you estate planning? Or has someone asked you to be their estate representative? Would you like to better understand how Ontario's Estate Administration Tax (EAT) works? The Ontario Ministry of Finance can help. During this seminar, learn about EAT, clarify when EAT is appropriate and view a demonstration on how to calculate EAT. Presented by the Ministry of Finance. Held at the Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave, Fergus.

Friday, February 28 at 1:00 pm

Organizing 101 (In-Person)

Getting organized is less about getting rid of things and more about knowing which belongings really serve a purpose in your life. Have you tried to declutter and get organized and ended up with a

worse mess? Don't know where to start? Are you overwhelmed? Learn some practical tips and tricks. Don't wait until you're about to move to get organized. Presented by Cathy Mendler, A New Leaf Organizers.

Monday, March 3 at 1:00 pm

Protecting Your Estate (In-person)

Keeping it Safe from Creditors, Taxation & Your Family. Del Wilmot, a Registered Financial & Retirement Advisor at Wilmot Financial in Fergus, will provide tips and strategies for organizing, simplifying, and optimizing your financial situation. He'll discuss lesser-known ways to leave more of your wealth to the people and causes you care about, and less to government.

Wednesday, March 5 at 10:30 am

Hearing Screening Clinic (In-Person)

Canadian Hearing Services (formerly Canadian Hearing Society) presents a free hearing screening clinic for older adults. Meet one-on-one with a Hearing Care Counsellor and receive your results immediately. If you wear hearing aids, discuss questions about your current aids. Book your 30-minute appointment by calling the Seniors Centre. No charge.

Thursday, March 6

Women in Wellington County (In-Person)

Women have contributed to in a variety of ways, whether it's the arts, business, social justice, or athletics. The County of Wellington would not be the same without them. In celebration on National Women's Day (a little bit early), join us for an interesting talk where we explore their stories and impact on our communities. Presented by The Wellington County Museum & Archives.

Friday, March 7 at 10:00 am

My Hearing is Not as Good as it Used to Be (In-Person)

Join in a morning workshop to deal positively with changes in your hearing. Topics: dealing with hearing changes, hearing assessment, hearing aids, communication strategies, assistive living

devices, community supports. Presented by Hearing Care Counsellor, Allan Quinton, with Canadian Hearing Services.

10:00 am to 12:00 pm

Thursday, March 13

10 Tips on Being an Executor (In-Person)

Debbie Stanley, Certified Executor Advisor, ETP Canada, will be sharing ten tips and strategies to help manage the realities of being an estate executor. In her years of experience in helping families, being more prepared can help make a challenging project easier. Debbie's ten tips for being an executor teaches how to reduce stress and save money in making your time with your lawyer, financial advisor, and accountant more efficient when dealing with the estate's administration.

Wednesday, March 19 at 10:30 am

Being Prepared: Guide for End-of-Life Planning and Support (In-Person)

This workshop will help guide you and your family as you prepare for those "Just in case" moments. From having conversations with your family and friends to getting your documents together. This is an opportunity to ask questions that you may have thought of but didn't know who to ask. Presented by Hospice Wellington.

Thursday, March 20 at 10:00 am

Virtual: Vascular Dementia

Vascular dementia (VaD) is considered the second most common type of dementia. Learn about the different types, and how you can reduce your risk. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, March 27 at 10:30 am

Special Events

Active Living and Retirement Show

Visit VPSC's annual one-day in-person event held at the CW Sportsplex, 550 Belsyde Ave, Fergus, and see the many exhibitor booths providing information on a range of services available to older

adults from a variety of organizations: health, financial, travel, recreation, support services, volunteering and more. Learn about opportunities for older adults in our community. Participate in the many informative seminars and active living demonstrations scheduled. FREE: grab bags, fitness classes, seminars and more. See schedule on the front page of the Seniors Section. Free admission. Event hosted by Victoria Park Seniors Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.

Friday, February 28

10:00 am to 2:00 pm

New Member Talk and Tours

Discover new activities and opportunities at Victoria Park Seniors Centre to make the most of your retirement years. Meet other new members, volunteers, and staff. Take a tour and learn about programs and services available to you. Sessions held monthly at 10:00 am. See dates below or contact VPSC to schedule a one-on-one tour anytime. No charge. Pre-register. January 13, February 10 or March 10.

Wednesday Lunches

Join us for lunch at VPSC. Wednesdays at 12:00 pm. Stay and enjoy the monthly afternoon musical program (on some dates) beginning at 1:30pm. Refer to the monthly calendar for menus. \$14 members or \$15 non-members (nonrefundable). Take-out option is available. Pre-registration required by the Friday prior. Thanks to the VPSC Program Committee for organizing these lunches. (Lunches are subject to change). See dates below.

January 22 Robbie Burns Lunch and Scottish Musical Program

February 12 Valentine Lunch and Musical Program

February 26 Lunch

March 12 St. Patrick's Lunch and Irish Musical Program

March 26 Lunch

Monthly Musical Afternoon Programs

Join us for special monthly musical afternoons with VPSC's Music Groups. These talented groups include a choir, ukuleles, guitars, drums and many other instruments. Join us for lunch and stay for the musical entertainment afterwards. By donation at the door for VPSC. Musical programs begin at 1:30 pm.

Wednesday, January 22 – Scottish Songs

Wednesday, February 12 – Love Songs

Wednesday, March 12 – Irish Music

Spring Swing

Dance to great music! Held at the Elora Legion, (110 Metcalfe St.). All welcome. Dance the night away to the music of 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 also available at the door.

Friday, April 4

7:00 pm to 11:00 pm

Tickets: \$15 cash

Other Information

WANTED: Your Ideas

- Do you have an idea for a new drop-in activity?
- Are you interested in taking a course, seminar, or workshop you don't see offered?
- Do you have a skill you would like to teach others? Contact VPSC.

New Programs

From time to time, we add new programs or bus trips that are not included in this Guide. Refer to the monthly calendar for new programs offered or the monthly email blast.

Errors

While precautions are taken to ensure correct information, sometimes mistakes are made. If an error occurs in this publication, the computer registration system will be taken as the correct information.

Cancellations

All classes are subject to cancellation with insufficient registration. If cancelled due to low enrolment, you will receive a full refund, or you can transfer to another class. Early registration is recommended to avoid cancellations. If a class is cancelled for any reason, we will contact all participants by phone or email to notify of the cancellation.

Refund Policies

Please see page 6 in this Guide for the refund policies or online: centrewellington.ca/seniorscentre.

Online Registration Reminder

If you are registering online, remember to renew or purchase your VPSC membership (if required) prior to registering for any courses to obtain the member discount.

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