

July 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

The Centre is Closed Monday, July 1, 2024. Happy Canada Day!

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

The **Spring & Summer 2024 Centre Wellington Community Guide** is active.
Program Registration for classes/programs in-person & virtual is **OPEN!**

Please note: 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. Non-refundable. Take outs available.
Register and pay by the Friday prior in person, by phone or online.

Wednesday, July 10th at 12:00 pm – Wednesday Lunch (pay by July 5 at 4:00 pm)
Menu: Sweet & Sour Chicken, Rice Pilaf, Zucchini & Pepper Sauté, Black Forest Cake.

Wednesday, July 24th at 12:00 pm – Wednesday Lunch (pay by July 19 at 4:00 pm)
Lunch Special: \$10 members or \$11 non-members.
Menu: BBQ Boneless Pork Rib On A Bun, Coleslaw, Potato Salad, Angel Dessert.

July 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 Spring & Summer Community Guide for descriptions.

Downsizing in the Current Market (In-Person) - Is now a good time to downsize into a smaller home or condo? Discover the reasons why 2024 may or may not be the best time to make this move. Learn about all the costs associated with buying and selling that you may not have considered. Presented by Claire Knight, Realtor. Thursday, July 11 at 10:00 am.

Teepa Snow Tips (In-Person) - This session looks at the top tips shared by Teepa Snow (dementia-care specialist) using a person-centered care approach. The talk will cover understanding, language, communication, and includes a short film. Handouts will be provided and there will be time for questions. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, July 25 at 10:30 am.

July 2024 Special Events (in-person). Pre-register!

Wednesday Lunch – July 10 at 12:00 pm – menu on the front of calendar.

Wednesday Lunch – July 24 at 12:00 pm – menu on the front of calendar.

Bus Trips 2024 - 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 Spring & Summer 2024 Guide or posters at the Reception Desk at VPSC.

Toronto Harbour Cruise & CN Tower - Wednesday, July 24. **This trip is FULL.**

African Lion Safari and Donkey Sanctuary - Wednesday, August 21. Depart 8:45 am, return (approx.) 6:00 pm. Cost: \$158 member, \$172 non-member.

Toronto Blue Jays Baseball vs. Philadelphia Phillies - Wednesday, September 4. **This trip is FULL.**

NEW! Fall Colour Cruise - Thursday, October 10.

Enjoy an included lunch at Square Plates Family Restaurant. The menu features a delightful soup and sandwich combo, with non-alcoholic beverages and dessert also included. Take a fascinating cruise through Peterborough's famous 115-year old lift lock. This time of year is especially beautiful, with fall foliage at its peak. The captain will provide an informative commentary on the history of the waterway and how the locks operate. The day concludes with a visit to the new Canadian Canoe Museum, located on First Nations territory. Explore the world's largest and most significant collection of canoes, kayaks and paddled watercraft and learn more about their pivotal roles in history. Depart 8:00 am, return 8:15 pm. Cost: \$187 member, \$201 non-member.

Famous People Players Christmas Show - Thursday, November 14. Depart 8:30 am, return 6:00 pm. Cost: \$143 member, \$157 non-member.

NEW! Shawfest & Skylon Tower - Thursday, December 12. Depart 9:30 am, return 9:30 pm. Cost: \$187 member, \$201 non-member. **This trip is FULL.**

NEW! Come From Away – Wednesday, March 19, 2025. Depart 8:45 am, return 6:00 pm. Cost: \$225 member, \$240 non-member.

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 Musical Afternoon Drop-in (July & Aug) 4:00 Washer Toss Game (outside)</p>	<p>TUESDAY Drop-in Activities 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka, 10:30 Genealogy 11:15 Tap Dancing (new time for summer) 1:00 Bid Euchre, 4:00 Shuffleboard (resume Sept.10) 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 4:00 Craft & Quilting Group (resume Sept.4) 1:00 Art Group, 1:00 Euchre 4:00 Wood Carving (resume Sept.4) 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 4:00 Guitar Band: Country Classics (resume Sept. 5) 4:00 Drama Group Practice (resume Sept. 5) 7:30 Euchre (resumes in Sept)</p>	<p>FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (July 5) 11:15 Spanish Conversation 4:00 Ukulele Band (resumes Sept. 6) 4:00 Carpet Bowling (resumes Sept. 13)</p>
<p>1</p> <p>Canada Day Centre Closed</p>	<p>2 (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 9:35 Building on the Basics 9:50 Building Strength – Lower Body 10:00 Summer Moderate Hatha Yoga NEW 10:00 Horseshoes (outdoors) Pre-register. 11:30 Yoga & Movement Healthy Joints & Muscles 1:00 Moderate Slow Yoga, 3:15 Strength & Stretch</p>	<p>3 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Outdoor Fitness Class 9:50 Building Strength: Core 10:00 Bocce (outdoors) Pre-register. 10:30 Create Your Own Succulent Garden 11:30 Standing & Seated Hatha Yoga</p>	<p>4 (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 Beginner 9:50 Building Strength – Upper Body 10:00 Summer Moderate Hatha Yoga NEW 11:30 Essentrics 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level</p>	<p>5 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:35 Strength Circuit NEW 10:00 French Beginners for Those Wishing to Travel 10:30 Total Body Fitness 11:25 Functional Fitness Ageless Strength 12:30 French Course 2</p>
<p>8 (Daily Drop-In Activities listed above) 9:15 Advisory Board Meeting 10:15 Program Committee Meeting 10:00 Essentrics 10:30 Moderate Slow Yoga 11:30 Standing & Seated Hatha Yoga 6:00 Pilates: Gentle</p>	<p>9 (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 9:35 Building on the Basics 9:50 Building Strength – Lower Body 10:00 Summer Moderate Hatha Yoga NEW 10:00 Horseshoes (outdoors) 11:30 Yoga & Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 3:15 Strength & Stretch</p>	<p>10 (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 Outdoor Fitness Class 9:50 Building Strength: Core, 10:00 Bocce 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 2:15 Osteo Fit 3:15 Osteo Fit</p>	<p>11 (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 Beginner 9:50 Building Strength – Upper Body 10:00 Summer Moderate Hatha Yoga NEW 10:00 Downsizing in the Current Market 11:30 Essentrics 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level</p>	<p>12 (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 French Beg for Those Wishing to Travel (end) 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 11:25 Functional Fitness for Ageless Strength 12:30 French Course 2 (end)</p>
<p>15 (Daily Drop-In Activities listed above) 9:00 Writing Workshop: Creating Your World 10:00-2:00 Reflexology Clinic (by appt.) 10:00 Essentrics 10:30 Moderate Slow Yoga 11:30 Standing & Seated Hatha Yoga 6:00 Pilates: Gentle</p>	<p>16 (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 9:35 Building on the Basics 9:50 Building Strength – Lower Body 10:00 Summer Moderate Hatha Yoga NEW 10:00 Horseshoes (outdoors) 11:30 Yoga & Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga, 3:15 Strength & Stretch</p>	<p>17 (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 Outdoor Fitness Class 9:50 Building Strength: Core, 10:00 Bocce 11:00-12:00 Blood Pressure Clinic (drop-in) 11:30 Standing & Seated Hatha Yoga 2:15 Osteo Fit 3:15 Osteo Fit</p>	<p>18 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:30 Slow In Motion, 9:35 Strength Training Beg 9:50 Building Strength – Upper Body 10:00 Summer Moderate Hatha Yoga NEW 1:00 Protect Yourself from Scams & Viruses 11:30 Essentrics 1:30 Minds in Motion (register with Alz Society) 6:30 Pilates: Mixed Level</p>	<p>19 (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 French Beginners for Those Wishing to Travel 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 11:25 Functional Fitness for Ageless Strength 12:30 French Course 2</p>
<p>22 (Daily Drop-In Activities listed above) 9:00 Writing: Creating Memorable and Believable Characters 10:00-2:00 Reflexology Clinic (by appt.) 10:00 Essentrics 10:30 Moderate Slow Yoga 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness 4:55 Mindful Movement Synergy NEW 6:00 Pilates: Gentle</p>	<p>23 (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 9:35 Building on the Basics 9:50 Building Strength – Lower Body 10:00 Summer Moderate Hatha Yoga NEW 10:00 Horseshoes (outdoors) 11:30 Yoga & Movement for Healthy Joints & Mus 1:00 Moderate Slow Yoga 3:15 Strength & Stretch</p>	<p>24 (Daily Drop-In Activities listed above) 8:30 BUS TRIP: Toronto Harbour Cruise & CN Tower 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Gentle Stretch Yoga, 9:35 Outdoor Fitness 9:50 Building Strength: Core, 10:00 Bocce 10:00-2:00 Chair Massage Clinic (by appt) 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday BBQ Lunch *menu on front 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>25 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 9:00 Zumba Gold-Toning 9:15 Fit Bones Plus 9:30 Slow In Motion, 9:35 Strength Training Beg 9:50 Building Strength – Upper Body 10:00 Summer Moderate Hatha Yoga NEW 10:30 Teepa Snow Tips 11:30 Essentrics 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level</p>	<p>26 (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 NEW 10:00 French Beg Those Wishing to Travel 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 11:25 Functional Fitness for Ageless Strength 12:30 French Course 2</p>
<p>29 (Daily Drop-In Activities listed above) 9:00 Writing: Creating Memorable and Believable Characters (end) 10:00-2:00 Reflexology Clinic (by appt.) 10:00 Essentrics 10:30 Moderate Slow Yoga 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness 4:55 Mindful Movement Synergy NEW 6:00 Pilates: Gentle</p>	<p>30 (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 9:35 Building on the Basics 9:50 Building Strength – Lower Body 10:00 Summer Moderate Hatha Yoga NEW 10:00 Horseshoes (outdoors) 10:00 & 11:00 Tech Help (Book 1 hour appt.) 11:30 Yoga & Movement for Healthy Joints & Mus 1:00 Moderate Slow Yoga 3:15 Strength & Stretch</p>	<p>31 (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 Outdoor Fitness Class 9:50 Building Strength: Core 10:00 Bocce 11:30 Standing & Seated Hatha Yoga 2:15 Osteo Fit 3:15 Osteo Fit</p>	<p>Take a look at our Drop-In Activities and get involved today!</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>	