

January 2025 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 Winter 2025 Community Guide for descriptions.

Senior Rightsizing: Downsizing (In-Person) – Presented by Cathy Mendler, A New Leaf Organizers. Wed., January 15 at 10:00 am.

TixHub 101 (In-Person) - Presented by Eric Goudie, Theatre Coordinator. Wednesday, January 15 from 1:00-3:00 pm.

Advance Care Planning (In-Person) - Presented by Hospice Wellington. Thursday, January 16 at 10:00 am.

Virtual: Aging and the Senses - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, January 23 at 10:30 am.

Coffee with a Firefighter (In-Person) - 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) - Presented by The Wellington County Museum & Archives. Wed., January 29 at 10:00 am.

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

New Year Nutrition Reset - Explore macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamin and minerals). Discuss portion sizes, healthier options and why your body needs them. Get the tools to reset for the New Year. Presented by Jennifer Wilson. Cost: \$23 Members, \$29 non-members. Friday, January 3 from 9:30-11:30 am.

New Member Talk and Tour – Monday, January 13 at 10:00 am. No charge. Pre-register.

Robbie Burns Luncheon – January 22 at 12:00 pm – menu on the front of calendar.

Monthly Musical Afternoon “Scottish Songs” - January 22 at 1:30 pm. Join us for lunch and stay for entertainment afterwards. All welcome. By donation at the door.

Say Sayonara to Sugar - 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. Presented by Angie Reid. Cost: \$23 mem, \$29 non-mem. Mon., Jan. 20 from 9-11 am.

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 them. Our Travel Escort Volunteer cannot provide special care or assistance. Travel arrangements are made in collaboration with Great Canadian Travel TICO# 2280154.

Bus trips are subject to change. All trips include luxury coach transportation equipped with a washroom, bus driver gratuity and HST. **Full details in the Winter 2025 Guide or posters at the Reception Desk at VPSC.**

The Piano Men - Friday, February 14. Departs: 8:30 am, return: 5:45 pm. Cost: \$170 member, \$184 non-member.

Come From Away –March 19. Depart 8:45 am, return 6:00 pm. Cost: \$225 mem, \$240 non. **This trip is FULL.**

Toronto Blue Jays Baseball - Wednesday, April 16. Depart 9:00 am, return 6:30 pm (approximate, depending how long the game goes). Cost: \$152 member, \$166 non-member.

Evolution of Magic - Friday, May 23. Departs: 8:00 am, return: 8:00 pm. Cost: \$180 mem and \$194 non-mem.

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

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

January 2025

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2
Monday to Friday 9:00 am to 4:00 pm Phone: 519.846.9691 x204
Email: seniorscentre@centrewellington.ca

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

Some people are sensitive or have allergies to certain scents including aftershave, cologne, perfume, body lotion, fabric softener, hair products, etc. We kindly ask that you limit/avoid wearing these on the days you are participating in activities here at the Seniors Centre. We want the Centre to be a place everyone can enjoy! Thank you!

The **Winter 2025 Centre Wellington Community Guide** is active and registration is OPEN! Get registered for programs in January, February & March!

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, January 22nd at 12:00 pm – Robbie Burns Luncheon (pay by Jan. 17 at 4pm). Menu: Scottish Meat Pies, Mushy Peas, Haggis, Gravy, Turnip, Mashed Potatoes, Raisin Pudding with Carmel Sauce & Ice Cream.

****Join us after lunch for our Monthly musical Program at 1:30 pm.
By donation at the door. All welcome!****

Did you know we offer Health Clinics at VPSC by appointment?

Call today and get booked in!

Foot Care Clinic – Tuesdays with a Registered Practical Nurse. \$35 cash.

Chair Massage – Wednesday (monthly) with a Reg. Massage Therapist. \$22 cash for 15 min.

Reflexology – Mondays with Reg. Massage Therapist. \$35 for 30 minutes OR \$50 for 45 min.

NEW! Manual Osteopath Clinic – Monthly with an Osteopath. \$45 for 30 minutes. January 30.

Blood Pressure Clinic – Monthly. January 15 from 11am - 12pm. No charge. Just drop-in.

Hearing Screening Clinic – Thursday, March 6. Book a 30 minute appt. No charge.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 8:50 Recreational Belly Dance NEW (start Feb 3) 9:30 Canasta 1:00 Colour Circle 1:00 Choir & Ukulele Band: The Melody Makers</p>	<p>TUESDAY Drop-in Activities 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka, 10:30 Genealogy 11:35 Tap Dancing, 1:00 Bid Euchre 1:00 Shuffleboard, 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation</p>	<p>WEDNESDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole 10:30 Creative Writing 1:00 Art Group, 1:00 Euchre 1:00 Wood Carving, 3:00 Line Dancing</p>	<p>THURSDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 9:30 Darts, 9:30 Scrabble, 1:00 Bingo 1:00 Social Bridge, 1:00 Table Tennis 1:00 Guitar Band: Country Classics 4:00 Drama Group Practice, 7:30 Euchre</p>	<p>FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (January 3) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold'em Poker</p>
<p>LEGEND GREEN – Health and Wellness Clinics BOLD BLACK – Start of Course, Bus Trip, First Day of Registration RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program</p>	<p>Get registered for the Winter session! Classes start the week of January 6th.</p>	<p>Mark Your Calendars... Friday, February 28, 2025 Active Living & Retirement Show held at the CW Sportsplex (550 Belsyde Ave.) 10:00 am to 2:00 pm. All are welcome!</p>	<p>2 (Daily Drop-In Activities listed above) 1:30 Minds in Motion (register with Alz Society)</p> <p>The Centre is open today 8:30am-4:30pm.</p>	<p>3 (Daily Drop-In Activities listed above)</p> <p>The Centre is open today 8:30am-4:30pm.</p>
<p>6 (Daily Drop-In Activities listed above) 9:15 Advisory Board Meeting 10:15 Program Committee Meeting 10:00-2:00 Reflexology Clinic (by appt.) 10:00 Essentrics 10:30 Yoga with Jane 11:30 Standing & Seated Hatha Yoga 4:00 Dance + For Fun For Seniors 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle</p>	<p>7 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:30 Tai Chi Level 1 9:35 Building on Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2 10:30 Inside Flow Yoga NEW 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 1:30 Interactive Fun Beginner Spanish: Level 1 3:15 Strength & Stretch</p>	<p>8 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:15 Fit Bones 9:30 Moderate Slow Yoga 9:35 Core Circuit 9:50 Building Strength: Core 10:00-2:00 Chair Massage Clinic (by appt) 10:45 Yoga And Movement For Healthy Joints 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>9 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Dance Choreography For Fun For Seniors 9:15 Fit Bones Plus 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga 11:45 Essentrics 1:30 Minds in Motion (register with Alz Society) 5:30 Pilates: Mixed Level NEW TIME</p>	<p>10 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane 9:35 Barre Strong NEW 10:00 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 1:00 Watercolour: Level 1</p>
<p>13 (Daily Drop-In Activities listed above) 9:00 Zumba Gold-Toning 9:30 What To Do With Urban Poles In The Winter 10:00 New Members Talk & Tour 10:00 Essentrics, 10:30 Yoga with Jane 10:00-2:00 Reflexology Clinic (by appt.) 11:30 Standing & Seated Hatha Yoga 4:00 Dance + For Fun For Seniors 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle</p>	<p>14 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1, 9:35 Building Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2 10:30 Inside Flow Yoga NEW 11:30 Movement Healthy Joints & Muscle 1:00 Moderate Slow Yoga 1:30 Interactive Fun Beginner Spanish: Level 1 3:15 Strength & Stretch</p>	<p>15 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Moderate Slow Yoga 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 11:00-12:00 Blood Pressure Clinic (drop-in) 10:45 Yoga And Movement For Healthy Joints 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness, 1:00 TixHub 101 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>16 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Dance Choreography For Fun For Seniors 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:35 Strength Training Beginners 9:50 Building Strength: Upper Body 9:55 Hatha Flow Yoga 10:00 Advanced Care Planning 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alz Society) 5:30 Pilates: Mixed Level NEW TIME</p>	<p>17 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane, 9:35 Barre Strong NEW 10:00 Yoga & Movement Healthy Joints & Muscles 10:00 French Course 4 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 2 1:00 Watercolour: Level 1</p>
<p>20 (Daily Drop-In Activities listed above) 9:00 Zumba Gold-Toning 9:00 Say Sayonara To Sugar 10:00 Essentrics, 10:30 Yoga with Jane 10:00-2:00 Reflexology Clinic (by appt.) 11:30 Standing & Seated Hatha Yoga 4:00 Dance + For Fun For Seniors 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle</p>	<p>21 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1, 9:35 Building Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2, 10:30 Inside Flow Yoga 11:30 Movement Healthy Joints & Muscle 1:00 Moderate Slow Yoga 1:30 Interactive Beg Spanish 1 3:15 Strength & Stretch</p>	<p>22 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Moderate Slow Yoga 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 10:45 Yoga And Movement For Healthy Joints 11:30 Standing & Seated Hatha Yoga 12:00 Robbie Burns Lunch *menu on front 1:30 Musical Afternoon Program "Scottish" 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>23 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Dance Choreography For Fun For Seniors 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:35 Strength Training Beginners 9:50 Building Strength: Upper, 9:55 Hatha Flow Yoga 10:00 Foam Art Workshop NEW 10:30 Aging And The Senses 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alz Society) 1:30 Card Making Workshop 5:30 Pilates: Mixed Level NEW TIME</p>	<p>24 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane, 9:35 Barre Strong NEW 9:30 Chinese Painting Info Session 10:00 Yoga & Movement Healthy Joints & Muscles 10:00 French Course 4 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 2 1:00 Watercolour: Level 1</p>
<p>27 (Daily Drop-In Activities listed above) 9:00 Zumba Gold-Toning 10:00 Essentrics, 10:30 Yoga with Jane 10:00-2:00 Reflexology Clinic (by appt.) 11:30 Standing & Seated Hatha Yoga 4:00 Dance + For Fun For Seniors 1:00 Coffee With A Firefighter 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle</p>	<p>28 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1, 9:35 Building Basics 9:50 Building Strength: Lower Body 10:00 & 11:00 Tech Help (1 hr appt.) 10:30 Tai Chi Level 2, 10:30 Inside Flow Yoga 11:30 Movement Healthy Joints & Muscle 1:00 Moderate Slow Yoga, 1:30 Beg Spanish: 1 3:15 Strength & Stretch</p>	<p>29 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:30 Moderate Slow Yoga 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 10:00 If These Walls Could Speak 10:45 Yoga And Movement For Healthy Joints 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>30 (Daily Drop-In Activities listed above) 8:40 Strength Thursday, 8:40 Dance Choreography 9:00-4:00 Foot Care Clinic (by appt) 9:00 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:35 Strength Training Beginners 9:50 Building Strength: Upper, 9:55 Hatha Flow Yoga 10:30 Mindfulness Meditation Basics 10:30 Restore The Pelvic Floor 10:50 Chair & Standing Yoga, 11:45 Essentrics 12:00-2:45 NEW Manual Osteopathic Clinic (by appt) 1:30 Minds in Motion (register with Alz Society) 1:30 Card Making Workshop, 5:30 Pilates: Mixed Level</p>	<p>31 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Yoga with Jane 9:35 Barre Strong NEW 10:00 Yoga & Movement Healthy Joints & Muscles 10:00 French Course 4 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 2 1:00 Watercolour: Level 1</p>