

VICTORIA PARK SENIORS CENTRE

Fall 2024

Not a member? Not yet 55?

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

Registration begins Tuesday, August 20, 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.

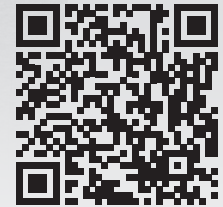
HOW TO REGISTER

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.

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.

Closure Dates

September 2 - Labour Day | October 14 - Thanksgiving
November 11 - Remembrance Day | December 25 to January 1

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: September 16, October 21 or November 18 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 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.

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? Contact VPSC for more information. The Annual General Meeting is held November 21, 2024 at 2:00 pm.

Drop-In Activity Groups



New participants are welcome to join these groups. Drop-in fee: \$1 member or \$2 nonmember 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 on 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 and Ukulele: The Melody Makers**

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

- **Conversation en Español**

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

- **Crafters Group NEW**

Wednesdays at 1:00 pm. Bring your own project to work on and enjoy a social time.

- **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.

SENIORS

- **Genealogy**

Tuesdays at 10:30 am.

- **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.

- **Scrabble**

Thursdays at 9:30 am.

- **Shuffleboard**

Tuesdays at 1:00 pm.

- **Sudoku Puzzles**

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 full of beautiful handmade items, including baby clothing, knitted sets, quilts, blankets, sweaters, hats, mitts, scarves, and more. All proceeds support VPSC.
Open Wednesdays 1:00 to 4:00 pm

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.
Appointments: Mondays

Chair Massage Clinic NEW

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 on Wednesdays between 10:00 am and 2:00 pm. See dates below. Held Monthly, on the second Wednesday of the month. \$22 cash only.

**September 11, October 9,
November 13, December 11**

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. Also, join us on October 9 at 10:00 am for an informational seminar on available expanded pharmacy health services as well as seasonal and COVID vaccines for the fall with the blood pressure clinic after the talk.

**September 11, October 9,
November 20, December 18**

Hearing Services:Hearing Screening Clinic – October 17

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 – October 24

My Hearing is Not as Good as it Used to Be. October 24, 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.

Fall Colour Cruise

Enjoy an included lunch at Square Plates Family Restaurant. 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.

Thursday, October 10

\$187 member, \$201 non-member

Famous People Players Christmas Show

Get into the holiday spirit with a fabulous Christmas show, "Deck the Halls" with lunch included. A wonderful enchanting musical that will excite everyone, no matter what the age! Also includes a shopping stop at Farm Boy, a unique fresh market shopping experience. Depart 8:30 am, return 5:30 pm.

Thursday, November 14

\$143 member, \$157 non-member

Shawfest & Skylon Tower

We begin the day with a visit to the Niagara Gateway and enjoy lunch on your own prior to the show. Visit the Shaw Festival Theatre for a matinee performance of My Fair Lady. Enjoy an included dinner at the incredible Skylon Tower Revolving Dining Room. After dinner, enjoy the views from the observation deck. Enjoy a festive drive through Niagara's Festival of Lights. This enchanting display is one of the region's most popular attractions and is sure to get you into the holiday spirit. Departs: 9:30 am, return: 9:30 pm. Note: This trip is full but contact VPSC to go on waiting list.

Thursday, December 12

\$187 member, \$201 non-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. This global sensation takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Departs: 8:45 am, return: 6:00 p.m.

Wednesday, March 19, 2025

**\$225 members,
\$240 non-members**

FALL 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 you consult your health care professional prior to start of any activity.
- Please see the Township of Centre Wellington refund policy on page 6.

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	Sept. 3-Oct. 29	9:15-9:45 AM	9	\$45	\$36
Fit Bones Plus	Tues	Nov. 5-Dec. 17	9:15-9:45 AM	7	\$35	\$28
Building Strength Lower Body	Tues	Sept. 3-Oct. 29	9:50-10:20 AM	9	\$45	\$36
Building Strength Lower Body	Tues	Nov. 5-Dec. 17	9:50-10:20 AM	7	\$35	\$28
Fit Bones	Wed	Sept. 4-Oct. 30	9:15-9:45 AM	9	\$45	\$36
Fit Bones	Wed	Nov. 6-Dec. 18	9:15-9:45 AM	7	\$35	\$28
Building Strength Core	Wed	Sept. 4-Oct. 30	9:50-10:20 AM	9	\$45	\$36
Building Strength Core	Wed	Nov. 6-Dec. 18	9:50-10:20 AM	7	\$35	\$28
Fit Bones Plus	Thurs	Sept. 5-Oct. 31	9:15-9:45 AM	9	\$45	\$36
Fit Bones Plus	Thurs	Nov. 7-Dec. 19	9:15-9:45 AM	7	\$35	\$28
Building Strength Upper Body	Thurs	Sept. 5-Oct. 31	9:50-10:20 AM	9	\$45	\$36
Building Strength Upper Body	Thurs	Nov. 7-Dec. 19	9:50-10:20 AM	7	\$35	\$28
Moderate Hatha Yoga	Fri	Sept. 6-Nov. 1	9:00-9:45 AM	8	\$64	\$48
Moderate Hatha Yoga	Fri	Nov. 8-Dec. 20	9:00-9:45 AM	7	\$56	\$42
Yoga & Movement for Healthy Joints & Muscles NEW TIME	Fri	Sept. 6-Nov. 1	10:00-10:30 AM	8	\$40	\$32
Yoga & Movement for Healthy Joints & Muscles NEW TIME	Fri	Nov. 8-Dec.20	10:00-10:30 AM	7	\$35	\$28

FALL SCHEDULE

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

- 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 and 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.

FALL

	Day	Start/End Date	Time	Weeks	Cost	Members
Gypsy Belly Dance Fusion	Mon	Sept. 16-Oct. 28	8:50-10:20 AM	6	\$54	\$48
Gypsy Belly Dance Fusion	Mon	Nov. 4-Dec. 23	8:50-10:20 AM	7	\$63	\$56
Zumba Gold-Toning	Mon	Sept. 9-Oct. 28	9:00-9:45 AM	7	\$63	\$56
Zumba Gold-Toning	Mon	Nov. 4-Dec. 16	9:00-9:45 AM	6	\$54	\$48
Essentrics	Mon	Sept. 9-Oct. 28	10:00-11:00 AM	7	\$70	\$63
Essentrics	Mon	Nov. 4-Dec. 16	10:00-11:00 AM	6	\$60	\$54
Dance Choreography for Fun for Seniors NEW	Mon	Sept. 9-Oct. 28	11:45 AM -12:45 PM	6	\$54	\$48
Dance Choreography for Fun for Seniors NEW	Mon	Nov. 4-Dec. 16	11:45 AM -12:45 PM	6	\$54	\$48
Fun Fitness	Mon	Sept. 9-Oct. 28	1:00-1:45 PM	7	\$56	\$49
Fun Fitness	Mon	Nov. 4-Dec. 23	1:00-1:45 PM	7	\$56	\$49
Osteo Fit NEW	Mon	Sept. 9-Oct. 28	2:15-3:00 PM	6	\$48	\$42
Osteo Fit NEW	Mon	Nov. 4-Dec. 16	2:15-3:00 PM	6	\$48	\$42
Osteo Fit NEW	Mon	Sept. 9-Oct. 28	3:15-4:00 PM	6	\$48	\$42
Osteo Fit NEW	Mon	Nov. 4-Dec. 16	3:15-4:00 PM	6	\$48	\$42
Urban Pole Walking Workshop	Mon	Sept. 16 OR Oct. 21	9:30-11:30 AM	1	FREE	FREE
Urban Pole Walking Refresher	Mon	Sept. 23 OR Oct. 28	9:30-10:30 AM	1	FREE	FREE
Pilates: Gentle	Mon	Sept. 9-Oct. 28	6:00-7:00 PM	7	\$147	\$133
Pilates: Gentle	Mon	Nov. 4-Dec. 16	6:00-7:00 PM	6	\$126	\$114
Strength Training	Tues	Sept. 3-Oct. 29	8:40-9:25 AM	9	\$72	\$63
Strength Training	Tues	Nov. 5-Dec. 24	8:40-9:25 AM	8	\$64	\$56
Zumba Gold	Tues	Sept. 3-Oct. 29	9:00-9:45 AM	9	\$81	\$72
Zumba Gold	Tues	Nov. 5-Dec. 17	9:00-9:45 AM	7	\$63	\$56
Building on the Basics	Tues	Sept. 3-Oct. 29	9:35-10:20 AM	9	\$72	\$63
Building on the Basics	Tues	Nov. 5-Dec. 24	9:35-10:20 AM	8	\$64	\$56
Movement for Healthy Joints & Muscles NEW	Tues	Sept. 3-Oct. 29	11:30 AM-12:30 PM	8	\$80	\$72
Movement for Healthy Joints & Muscles NEW	Tues	Nov. 5-Dec. 17	11:30 AM-12:30 PM	7	\$70	\$63
Strength and Stretch	Tues	Sept. 3-Oct. 29	3:15-4:00 PM	9	\$72	\$63
Strength and Stretch	Tues	Nov. 5-Dec. 17	3:15-4:00 PM	7	\$56	\$49
Low Impact Cardio & Muscle	Wed	Sept. 4-Oct. 30	8:40-9:25 AM	9	\$72	\$63
Low Impact Cardio & Muscle	Wed	Nov. 6-Dec. 18	8:40-9:25 AM	7	\$56	\$49
Zumba Gold-Toning	Wed	Sept. 4-Oct. 30	9:00-9:45 AM	9	\$81	\$72
Zumba Gold-Toning	Wed	Nov. 6-Dec. 18	9:00-9:45 AM	7	\$63	\$56

SENIORS

FALL

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Core Circuit	Wed	Sept. 4-Oct. 30	9:35-10:20 AM	9	\$72	\$63
Core Circuit	Wed	Nov. 6-Dec. 18	9:35-10:20 AM	7	\$56	\$49
Fun Fitness NEW	Wed	Sept. 4-Oct. 30	1:00-1:45 PM	9	\$72	\$63
Fun Fitness NEW	Wed	Nov. 6-Dec. 18	1:00-1:45 PM	7	\$56	\$49
Osteo Fit	Wed	Sept. 4-Oct. 30	2:15-3:00 PM	9	\$72	\$63
Osteo Fit	Wed	Nov. 6-Dec. 18	2:15-3:00 PM	7	\$56	\$49
Osteo Fit	Wed	Sept. 4-Oct. 30	3:15-4:00 PM	9	\$72	\$63
Osteo Fit	Wed	Nov. 6-Dec. 18	3:15-4:00 PM	7	\$56	\$49
Strength Training	Thurs	Sept. 5-Oct. 31	8:40-9:25 AM	9	\$72	\$63
Strength Training	Thurs	Nov. 7- Dec. 19	8:40-9:25 AM	7	\$56	\$49
Zumba Gold-Toning	Thurs	Sept. 5-Oct. 31	9:00-9:45 AM	9	\$81	\$72
Zumba Gold-Toning	Thurs	Nov. 7- Dec. 19	9:00-9:45 AM	7	\$63	\$56
Strength Training: Beginner	Thurs	Sept. 5-Oct. 31	9:35-10:20 AM	9	\$72	\$63
Strength Training: Beginner	Thurs	Nov. 7- Dec. 19	9:35-10:20 AM	7	\$56	\$49
Essentrics	Thurs	Sept. 5-Oct. 31	11:45 AM-12:30 PM	8	\$64	\$56
Essentrics	Thurs	Nov. 7- Dec. 19	11:45 AM-12:30 PM	7	\$56	\$49
Pilates: Mixed Level	Thurs	Sept. 5-Oct. 31	6:30-7:30 PM	8	\$168	\$152
Pilates: Mixed Level	Thurs	Nov. 7- Dec. 19	6:30-7:30 PM	7	\$147	\$133
Low Impact Cardio & Muscle	Fri	Sept. 6-Nov. 1	8:40-9:25 AM	9	\$72	\$63
Low Impact Cardio & Muscle	Fri	Nov. 8-Dec. 20	8:40-9:25 AM	7	\$56	\$49
Strength Circuit	Fri	Sept. 6-Nov. 1	9:35-10:20 AM	9	\$72	\$63
Strength Circuit	Fri	Nov. 8-Dec. 20	9:35-10:20 AM	7	\$56	\$49
Total Body Fitness	Fri	Sept. 6-Nov. 1	10:30-11:15 AM	9	\$72	\$63
Total Body Fitness	Fri	Nov. 8-Dec. 20	10:30-11:15 AM	7	\$56	\$49

FALL SCHEDULE

Yoga, Tai Chi, Meditation (In-Person)

(See descriptions further in guide)

	Day	Start/End Date	Time	Weeks	Cost	Members
Yoga with Jane NEW	Mon	Sept. 9-Oct. 28	10:30-11:30 AM	7	\$70	\$63
Yoga with Jane NEW	Mon	Nov. 4-Dec. 23	10:30-11:30 AM	7	\$70	\$63
Standing & Seated Hatha Yoga	Mon	Sept. 9-Oct. 28	11:30 AM -12:30 PM	7	\$70	\$63
Standing & Seated Hatha Yoga	Mon	Nov. 4-Dec. 16	11:30 AM -12:30 PM	6	\$60	\$54
Tai Chi Level 1	Tues	Sept. 10-Oct. 29	9:30-10:30 AM	8	\$80	\$72
Tai Chi Level 1	Tues	Nov. 5-Dec. 17	9:30-10:30 AM	7	\$70	\$63
Fully Accessible Stretch & Restore NEW	Tues	Oct. 15 - Nov. 19	10:00-11:00 AM	6	\$60	\$54
Fully Accessible Stretch & Restore NEW	Tues	Nov. 26-Dec. 24	10:00-11:00 AM	5	\$50	\$45

FALL

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Tai Chi Level 2	Tues	Sept. 10-Oct. 29	10:30-11:30 AM	8	\$80	\$72
Tai Chi Level 2	Tues	Nov. 5- Dec. 17	10:30-11:30 AM	7	\$70	\$63
Moderate Slow Yoga	Tues	Sept. 3-Oct. 29	1:00-2:00 PM	9	\$90	\$81
Moderate Slow Yoga	Tues	Nov. 5-Dec. 24	1:00-2:00 PM	8	\$80	\$72
Living Fully Meditation	Wed	Sept. 11-Dec. 11	10:00-11:30 AM	14	\$168	\$154
Gentle Stretch Yoga	Wed	Sept. 11-Oct. 30	9:30-10:30 AM	8	\$80	\$72
Gentle Stretch Yoga	Wed	Nov. 6- Dec. 18	9:30-10:30 AM	7	\$70	\$63
Standing & Seated Hatha Yoga	Wed	Sept. 4-Oct. 30	11:30 AM -12:30 PM	8	\$80	\$72
Standing & Seated Hatha Yoga	Wed	Nov. 6- Dec. 18	11:30 AM -12:30 PM	7	\$70	\$63
Hatha Flow Yoga NEW	Thurs	Sept. 5-Oct. 31	9:55-10:40 AM	9	\$81	\$72
Hatha Flow Yoga NEW	Thurs	Nov. 7-Dec. 19	9:55-10:40 AM	7	\$63	\$56
Chair & Standing Yoga NEW	Thurs	Sept. 5-Oct. 31	10:50-11:35 AM	9	\$81	\$72
Chair & Standing Yoga NEW	Thurs	Nov. 7- Dec. 19	10:50-11:35 AM	7	\$63	\$56
Mindfulness Meditation Basics	Thurs	Sept. 19-Oct. 24	10:30-11:30 AM	6	\$63	\$57
Mindfulness Meditation Basics	Thurs	Oct. 31- Dec. 5	10:30-11:30 AM	6	\$63	\$57
Yoga with Jane	Fri	Sept. 6- Nov. 1	9:30-10:30 AM	9	\$90	\$81
Yoga with Jane	Fri	Nov. 8-Dec. 20	9:30-10:30 AM	7	\$70	\$63
Standing & Seated Hatha Yoga	Fri	Sept. 6-Nov. 1	10:35-11:35 AM	9	\$90	\$81
Standing & Seated Hatha Yoga	Fri	Nov. 8-Dec. 20	10:35-11:35 AM	7	\$70	\$63

Virtual (Zoom) Fitness & Yoga 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: Karen Murtagh. No class October 18.

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: Karen Murtagh. Note the new time. No class October 18.

Fitness and Dance Descriptions (In-Person)

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 level. Modifications available. Must be able to get down on floor. Instructor: Angie Reid.

Dance Choreography for Fun for Seniors NEW

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 September 30, October 14, November 11.

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 October 14, October 17, November 11.

Fun Fitness

A moderate low-impact cardio and weights class with a bit of balance and stretching. All of this is set to fun music to inspire you to move and feel good. A great way to enjoy exercise. No floor work. Instructor: Aimee Young. Note new added timeslot on Wednesdays. No class October 14, November 11.

Gypsy Belly Dance Fusion

Gypsy belly dance is energetic, joyous, assertive, passionate and spontaneous. Learn an array of exciting movements such as Spanish, Moorish and Turkish styles sure to ignite a fiery declaration in dance. Wear a peasant skirt (optional) or something comfortable to dance in and comfortable shoes. Beginners welcome. The course allows multiple levels. Instructor: Lise Stewart. No class October 14 or November 11.

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 NEW

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 October 15.

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 September 16, October 14 or November 11. Note: new added classes on Mondays

Pilates: Gentle

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 October 14, November 11.

Pilates: Mixed Level

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 October 10.

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 Circuit

Strength Circuit class is designed to keep your heart rate up while allowing you to move through different stations designed to boost your muscular endurance and enhance your overall muscular strength and stability. This dynamic circuit class integrates a variety of strength-training exercises targeting all major muscle groups and will use many forms of equipment. Moderate to advanced. Modifications available. Participants should be able to get up and down from the floor. Instructor: Angie Reid.

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 work out 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.

Total Body Fitness

A complete whole body workout to music incorporating low impact fitness. Components of fitness include warm-up, cardiorespiratory endurance, cardiorespiratory cool-down, muscle strength and endurance, stability/balance, and flexibility/stretching. All equipment is provided. Here is a chance to do something good for yourself! Instructor: Aimee Young.

Urban Pole Walking Workshop

Join in this two hour workshop to help you build a regular walking routine into your life. Learn proper techniques for breathing, posture and balance and properly adjusting your poles to get the most benefit. Join certified Urban Poling/Nordic Walking instructor Nancy Revie for this session which is a combination of classroom and hands on field instruction using the poles. Handouts included. Come dressed for the weather. Workshop offered free of charge with grant funding but please pre-register as space is limited. Let us know when you register if you need to borrow poles. Have your own? Bring them along.

Urban Pole Walking Refresher

This one-hour workshop is for those who have taken an Urban Pole Walking workshop. Join certified Urban Poling/Nordic Walking instructor Nancy Revie as she reminds us of all the benefits of Urban Pole Walking and how to get the most benefit from using your poles to continue to enjoy active living. There is a brief classroom instruction review before we head outside. Come dressed for the weather. Workshop offered free with grant funding but 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 October 14, November 11.

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

Chair & Standing Yoga NEW

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.

Fully Accessible Stretch & Restore NEW

This hour class will bring a sense of relaxation and rejuvenation. Perfect for

those who may be new to yoga or are looking for a gentle practice to accompany other forms of exercise. Deep breathing and slightly longer holds of poses will allow you to connect with your body in a new and joyful way. Modifications for all mobility needs. Bring a yoga mat. No experience necessary. Instructor: Adrienne Sultana.

Gentle Stretch Yoga

Gentle stretch yoga is perfect for those who want to try yoga for the first time or those who are looking for a slower paced yoga practice. In this class we will combine gentle yoga poses with breathing exercises, postures to stretch and strengthen the body, reduce stress and calm the mind. Everybody is welcome to practice yoga in this supportive environment. No yoga experience is required. Bring a yoga mat and blanket and if you have them - blocks and a strap. Instructor: Tania Seagrove.

Hatha Yoga Flow NEW

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.

Living Fully Meditation

This 14-week series will use the book *The Five Invitations: Discovering What Death Can Teach Us About Living Fully* by Frank Ostaseski. They are: don't wait, welcome everything - push away nothing, bring your whole self to the experience, find a place of rest in the middle of things and cultivate don't know mind. Each class will include teaching, guided meditation, and group sharing. You do not have to purchase the book to participate, and no meditation experience required. Chairs available for sitting. Instructor Jill Davey is a Meditation Teacher and End-of-Life Doula. NOTE: If you have questions, you are welcome to contact the instructor prior to registration at: jillldavey@gmail.com.

SENIORS

Mindfulness Meditation Basics

During this series we will have an opportunity to investigate the basics of starting a mindfulness meditation practice. We will explore mindfulness meditation through teachings, partially guided meditations, discussions and an exploration of daily life practice. No prior experience necessary. Chairs available for sitting. Instructor: Blakie Sahay.

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. Instructor: Grace Rosewarne.

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 October 14, October 16, November 11. 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.

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.

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. Note new added class on Mondays. No class October 14, November 11.

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, September 24

Tuesday, October 29

Tuesday, November 26

Tuesday, December 17

Special Interest (In Person)



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

Drawing Fundamentals: Level 1

Explore the basic techniques of drawing and develop your artistic eye in this introductory class. No previous experience is required; however, this would be a great opportunity to renew an interest from earlier days. Bring your sketchbook, pencils, an eraser, and a desire to learn. Instructor: Jane Finoro.

\$128 (\$112 Members)

Fridays, 1:00 pm to 3:00 pm

September 6 to October 25 (8 classes)

Drawing Fundamentals: Level 2

With previous drawing experience or as a follow up to Level 1, this course will provide inspiration and the opportunity for continued development through practice. A variety of subjects and exploration of media beyond the pencil will be explored. Bring your sketchbook, eraser and pencils to the first class. Instructor: Jane Finoro.

\$112 (\$98 Members)

Fridays, 1:00 pm to 3:00 pm

November 8 to December 20 (7 classes)

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.

September 10 to October 15 (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.

\$136 (\$126 Members)

Tuesdays, 1:30 pm to 2:30 pm.

October 22 to November 26 (6 classes)

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.

Begins: September 12
Thursdays, 1:30 pm to 3:30 pm

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 can be purchased from instructor at first class. Cost of supplies available at registration. Instructor: Olena Michalchenkova.

\$145 (\$137 Members)
Fridays, 9:30 am to 11:30 am
September 13 to October 4
(4 classes)

Learn to Knit or Crochet

This course is for those who want to find out which craft they will enjoy most. Learn about tension, yarn labels, yarns and textures. Bring paper, pencil, 5mm knitting needles, 5mm crochet hook and a 100 g ball of worsted yarn. Projects will be discussed in first class. Instructor: Lise Stewart.

\$54 (\$48 Members)
Fridays, 10:00 am to 11:30 am
September 20 to October 25 (6 classes)
 - OR -
Fridays, 10:00 am to 11:30 am
November 8 to December 13 (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)
Monday, September 23
9:00 am to 11:00 am

Theatre History 101

Take a journey through 3000 years of live performance, from Thespis, the first actor, up to the present day. This presentation will look at the roots of evolution of theatre design and architecture, the roles that playwrights, performers and other people have played in the development of live performance, and the changing purposes of drama, from religious ceremony to commercial endeavour, or was it really always both? The focus will be on the development of Western theatrical tradition, but there will also be a few "side trips" into the dramatic traditions of other cultures. Presented by Eric Gouldie, Theatre Coordinator.

\$29 (\$23 Members)
1:00 pm to 3:00 pm
Wednesday, September 25

Writing Course: Self Publishing

This course covers the options a new author has for self publishing: total self publishing or self publishing with help, what programs to use, formatting, cover options, where to find outside help, making your books available on Amazon, tax help and what you need to know, print or digital? Knowing the options will help a new author take the appropriate steps to getting that book finally published. Instructor: Marilyn Kleiber.

\$105 (\$95 Members)
9:00 am to 12:00 pm
Wednesdays, September 25 to October 2
(2 weeks)

French for Beginners for those Wishing to Travel

This course is for those who wish you were able to converse in a French speaking environment. This will enable you to use everyday phrases we automatically say, but in French (such as: how are you, goodbye, I'm sorry). It will also help with short conversations such as ordering food in restaurants, shopping or asking for directions. Join us if you are

interested in broadening your knowledge of this language. Workbook purchased from instructor at first class for approx. \$22. Instructor: Elisabeth Bzikot. No class October 4 or October 11.

\$89 (\$79 Members)
Fridays, 10:00 am to 11:00 am
September 27 to December 13
(10 classes)

French Course III

French Course III is a continuation of French II. We will be using the same textbook, Basic French. In particular, we will learn more verbs and everyday expressions with them. This will enable you to speak more fluently in an everyday setting. e.g. 'My grandson is ten years old,' or 'It is very cold today.' Emphasis in class will be on speaking, answering and asking questions, using the newly acquired information. Instructor: Elisabeth Bzikot. No class October 4 or October 11.

\$89 (\$79 Members)
Fridays, 12:30 pm to 1:30 pm
September 27 to December 13
(10 classes)

Flowers in a Pumpkin Centrepiece

In this workshop, you'll create your own centerpiece with a real pumpkin and real Ontario-grown flowers! Using sustainable design mechanics, learn how to arrange the flowers and how to take care of your flowers to extend their vase life. Emily, from Mapleton Acres, will walk you through each step. All materials provided.

\$69 (\$59 Members)
9:30 am to 11:00 am
Friday, October 11

Brain Health Essentials: Enhancing Cognitive Function Naturally

This workshop focuses on holistic approaches to maintaining and enhancing brain health in seniors. Participants will learn about the importance of nutrition, physical activity, mental exercises, and lifestyle choices in promoting cognitive function and preventing cognitive decline. Presented by: Nutritionist Rachel Murray.

\$29 (\$23 Members)
10:00 am to 11:00 am
Monday, October 21

SENIORS

Card Making Workshop

Enjoy this 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, October 24

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, October 24

Playwriting 101

If you're a person who loves creative writing but have never tried your hand at writing drama, or if you have tried but weren't happy with the results, this course is for you. We'll take the mystery out of writing for the stage, look at what makes a play compelling, and how to structure your work so that it can flourish as a collaboration with actors, directors, and audiences (since, after all, plays are meant to be performed). We'll also demystify that pesky "Standard Play Format" everyone seems to want and explain how to submit your work to playwriting contests and producing theatres. Presented by Eric Gouldie, Theatre Coordinator.

\$29 (\$23 Members)

9:00 am to 11:00 am

Wednesday, October 30

Fall/Winter Wreath Workshop

Join Emily from Mapleton Acres Flower Farm as she leads you through designing your own dried floral wreath on a grapevine base. Utilizing a mix of dried flowers (including strawflowers, lavender, seed pods and more), you'll design your own wreath perfect

for your front door, to hang on the wall or to add to your home decorations. We'll add a ribbon to finish it off! All materials provided.

\$69 (\$59 Members)

10:00 am to 11:30 am

Thursday, November 7

Writing Course: Learning to Self Edit

Editing fees can be expensive, unless the writer has certain skills that can reduce the amount of time an editor has to spend with their manuscript. This course is intended to give a new writer sufficient skills to do a reasonable pre-edit on any manuscript. Learn: when to self edit, examining your writing for content and continuity, grammar, punctuation, watching your tenses, judicious use of adverbs and adjectives, should your dialogue be written in an accent? Instructor: Marilyn Kleiber.

\$125 (\$115 Members)

12:00 pm to 4:00 pm

*Fridays, November 8 to November 15
(2 weeks)*

Gut Check: Understanding and Enhancing Digestive Health

Discover the profound impact of gut health on both memory and cognitive function, and overall physical well-being. We'll cover the obvious and not-so-obvious signs and symptoms that indicate your gut might be in distress. From dietary choices to lifestyle habits, learn how they impact your digestive system. Uncover the dietary and lifestyle changes that you can start today to positively influence your gut microbiota and promote overall wellness. Presented by: Nutritionist Rachel Murray.

\$29 (\$23 Members)

10:00 am to 11:00 am

Monday, November 18

Live Sound 101

Love to play music, but not sure how to go from setting up a single instrument to doing sound for an entire band in a live concert setting? In this introductory course we'll go over the basic components of a live sound system, what all those different cables are (and what they do), and show you how to mic up various musicians and vocalists, set up mains and monitors, run a sound check, and go over some tips and tricks for using

EQ, effects, and the other elements of a mixing board to help make a show sound its best. This presentation will only cover the basics – more in-depth opportunities for learning the art of live mixing are available at the Fergus Grand Theatre. Presented by Eric Gouldie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, November 27

Diabetes Made Simple: Nutrition and Lifestyle for Seniors

This workshop, led by Nutritionist Rachel Murray, provides a comprehensive overview of diabetes management for seniors. Participants will learn about the role of nutrition, physical activity, and lifestyle modifications in managing diabetes effectively, preventing complications, and improving overall well-being.

\$29 (\$23 Members)

10:00 am to 11:00 am

Monday, December 9

Winter Greens Centrepiece

Bring the outdoor beauty of the season inside by creating a fragrant, winter greens centrepiece for your table. Using your favourite holiday greenery (cedar, pine, fir and more!), you'll create a centrepiece in a wooden planter box along with real berries, eucalyptus and other seasonal favourites. Emily, from Mapleton Acres, will walk you through each step in creating your arrangement and share tips and tricks on how to make your arrangement last well beyond the holiday season. All materials provided.

\$69 (\$59 Members)

10:00 am to 11:30 am

Thursday, December 19

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. By donation at the door for in-person 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, August 19 at 3:00 pm

-OR-

Monday, December 9 at 3:00 pm

Nutrition and Aging (In-person)

Interested in learning how to improve your nutrition and overall well-being as you age? Join this presentation by the Nutrition and Aging Lab University of Waterloo as they share tips on maintaining a healthy diet for both body and brain health. Topics covered: essential components of a healthy diet, the Brain Health Food Guide, understanding nutrition risk and its impact on health. They will share information on an older adult nutrition study they are currently recruiting for and will discuss options to join at the start of the talk.

Thursday, September 12 at 10:30 am

AED Information Session (In-Person)

AEDs (automated external defibrillator) can now found in many public buildings and accessible to all in an emergency. With simple audio and visual commands, AEDs are designed to be simple to use for the layperson. However, many are not familiar with the device and may be hesitant to use. This hands-on information session is your chance to become familiar with this life-saving device. Presented by Christopher Paluch, Fire Prevention Officer with the Centre Wellington Fire Department. Note: This is an information session, not a certification.

Monday, September 16 at 1:00 pm

Heart to Home Meals: Taste Testing (In-Person)

Join Heart to Home Meals in their presentation: Why cook when you can simply enjoy? With lots of choice of prepared frozen meals, why not start a new tradition? Come to this presentation to learn more and sample the meals. Presented by John Sherwood, Heart To Home Meals.

Wednesday, September 18 at 11:00 am

Organizing Your "When I'm Gone" Files (In-Person)

Getting your Documents Together: Planning and preparing for the day you need to "Just in case", is not something that most people think about. Planning and preparing in advance is a gift to your loved ones. Getting your documents together and having them in one place makes it easier on you and your family. Presented by Hospice Wellington.

Thursday, September 19 at 10:00 am

Brain Health: Risk Reduction for Dementia (In-Person)

Learn the 12 key suggestions for maintaining a healthy brain. Research from the recent Landmark study may surprise you. We can all take action to improve our brain health at any age, so please join us to hear the latest information. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, September 26 at 10:30 am

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, October 2 at 10:00 am

Home Financing Solutions for Seniors (In-Person)

Jenn Locke, local Mortgage Broker will be discussing financing strategies for seniors who own homes or who are looking to purchase. Come learn about accessing tax-free monthly income or a lump sum of funds, as well as bridge financing and down payment solutions that you might not be aware of.

Thursday, October 3 at 10:00 am

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 Mendler, A New Leaf Organizers.
Monday, October 7 at 1:00 pm

Pharmacies - Expanded Health Services (In-Person)

Connect to care closer to home by authorizing pharmacists to treat and prescribe medications for common medical ailments, including rashes, pink eye, and urinary tract infections. Join us for a presentation from Pharmasave Elora Apothecary/Trailside Pharmacy to learn more about this new service, accessible to all Ontario residents at no extra cost. They will also provide information on annual flu shots, COVID vaccines, and answer questions about seasonal vaccination programs. Join us for the free drop-in Blood Pressure Clinic immediately following this presentation (available 11:00 am to 12:00 pm).

Wednesday, October 9 at 10:00 am

Having the Conversation (In-Person)

One conversation can make all the difference. Taking the time to talk about your wishes, your values and beliefs will empower you, your family members, and friends. There are many ways to "break the ice" when having these conversations and this workshop will identify several ways to start the conversation. Presented by Hospice Wellington.

Thursday, October 10 at 10:00 am

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, October 16 at 10:30 am

SENIORS

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, October 17

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.

Thursday, October 24

10:00 am to 12:00 pm

Virtual: Most Asked Questions About Memory

Using a series of short films, we will consider common questions about memory, and how to be proactive about brain health. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, October 24 at 10:30 am

Wicked Wellington (In-Person)

The spooky season is upon us! Discover the more macabre history of Wellington County through both the Poor House and resident stories. Presented by The Wellington County Museum & Archives.

Thursday, October 31 at 10:00 am

Canada, Fall In! (In-person)

Like many Canadians, Wellington County residents would accept the call to war multiple times. From the American Civil War to Peace Keeping in Afghanistan, hear the personal stories of our veterans both on the home front and on the front lines. Presented by The Wellington County Museum & Archives.

Wednesday, November 6 at 10:00 am

5 Levels of Retirement Living (In-person)

Do you know there are 5 levels of retirement living? Which is best for you and your loved

ones? We will discuss these 5 levels so that when it is time in your retirement journey you know what is best for you. Presented by Marjorie Wood, Retirement Living Consultant, AgeCare Elmira Estate.

Wednesday, November 13 at 10:00 am

Bone Health 101 (in-Person)

Did you know at least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their life? Learn how to reduce your risk of fracture. This presentation will include what osteoporosis is, the risk of fracturing a bone, maintaining healthy bones, impact of nutrition and physical activity and falls prevention. Presented by Osteoporosis Canada.

Monday, November 18 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, November 25 at 1:00 pm

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.

Wednesday, November 27 at 10:30 am

Gratitude (In-Person)

There are many ways to show gratitude to others and to ourselves. This workshop will help guide you with some exercises to practice gratitude. Practicing gratitude can not only increase your well-being but the well-being of others around you. Presented

by Hospice Wellington.

Thursday, November 28 at 10:00 am

Virtual: M.I.N.D. Eating Plan

(Mediterranean-DASH Intervention for Neurodegenerative Delay). The MIND diet aims to reduce dementia and the decline in brain health that often occurs as people get older. It combines aspects of two very popular diets, the Mediterranean diet, and the Dietary Approaches to Stop Hypertension (DASH) diet. Sample menu included. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, November 28 at 10:30 am

Grief & Bereavement: Journeying Through Grief (In-Person)

This one-hour presentation is open to everyone. This workshop will focus on how grief can impact our lives and the supports available at Hospice Wellington. Presented by Hospice Wellington.

Thursday, December 12 at 10:00 am

Christmas in Wellington County (In-Person)

Everyone likes to celebrate at different times of the year, but why do we have some of the traditions that we do? Discuss with museum staff the history of Christmas in the County and all its decorating, gift-giving, and food traditions. Presented by The Wellington County Museum & Archives.

Monday, December 16 at 10:00 am

Virtual: Red Flags of Dementia

This talk looks at 10 Warning Signs and possible red flags for dementia. What to look for in daily life, if you are concerned about someone's function or memory, and what the next steps might be. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, December 19 at 10:30 am

Special Events (In Person)

Wednesday Lunches

Join us twice a month this for lunch at

VPSC. Wednesdays at 12:00 pm. Stay and enjoy the afternoon musical program (on some dates) beginning at 1:30 pm. Refer to the monthly calendar for full menus. \$14 members or \$15 non-members (non-refundable). 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.

September 11 \$5 BBQ Lunch (Sponsored by Heritage River Retirement Residence)

September 25 Lunch

October 9 Thanksgiving Lunch & Musical Program

October 23 Lunch

November 6 Lunch & Remembrance

Day Musical Program

November 20 Lunch

December 4 Lunch

December 18 Christmas Lunch &

Christmas Carol Sing-a-Long

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.

September 16, October 21 or November 18

Mystery Card Walk: National Seniors Day Event

Did you know October 1 is National Seniors Day in Canada? It also coincides with the United Nations International Day of Older Persons. To get a jumpstart on celebrating, join us for an enjoyable morning to promote fun, physical activity. Everyone wins a prize! Walking 2 kms on a pre-determined route. Walking poles are available to use. Everyone can participate, even if you cannot go on the walk. No charge but please pre register so we can make sure everyone receives a prize.

Monday, September 30 at 9:30 am

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.

Wednesday, October 9 at 1:30 pm

Wednesday, November 6 at 1:30 pm

Wednesday, December 18 at 1:30 pm

Drama Performance: "Dress Rehearsal"

It's the day of the dress rehearsal, one day away from opening night for a local seniors' drama group and quite apart from the usual mayhem, things are not going as expected. (Only the names have been changed to protect the innocent). Join the Victoria Park Seniors Drama Club for their comic performance. Admission by donation at the door with refreshments to follow.

Friday, November 1 at 2:00 pm

Musical Remembrance Day Program

Join us for a special musical Remembrance Day Program with the Centre's Melody Makers. This talented group includes the choir, ukulele, guitar, drums and many other instruments. Join us for lunch and stay for entertainment afterwards.

Wednesday, November 6 at 1:30 pm

By donation at the door

Annual General Meeting

Find out what is happening at your Centre. All members are encouraged to attend. Includes: committee, financial and drop-in activity reports. Note: During this meeting, all activities are cancelled at VPSC. Interested in joining the Advisory Board? Contact VPSC for more information.

Thursday, November 21 at 2:00 pm

Christmas Carol Sing-a-Long

Get into the holiday spirit! Join us for an afternoon of festive Christmas carols, led by the Centre's Melody Makers Choir. Request your favourite Christmas carols. Join us for lunch and stay for entertainment afterwards. All welcome.

Wednesday, December 18 at 1:30 pm

By donation at the door

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.