

September 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 Fall 2024 Community Guide for descriptions.**

Nutrition and Aging (In-person) - Presented by the Nutrition and Aging Lab University of Waterloo. Thursday, September 12 at 10:30 am.

AED Information Session (automated external defibrillator) (In-Person) - 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) - Presented by John Sherwood, Heart To Home Meals. Wednesday, September 18 at 11:00 am.

Organizing Your "When I'm Gone" Files (In-Person) - Presented by Hospice Wellington. Thursday, September 19 at 10:00 am.

Brain Health: Risk Reduction for Dementia (In-Person) - Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, September 26 at 10:30 am.

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

Wednesday Lunch – September 11 at 12:00 pm – menu on the front of calendar.

New Member Talk and Tours – No charge. September 16 at 10:00 am. Pre-register.

Wednesday Lunch – September 25 at 12:00 pm – menu on the front of calendar.

Mystery Card Walk: National Seniors Day Event - Everyone wins a prize! Walking 2 kms on a pre-determined route. Walking poles are available to use. No charge but please pre-register so we can make sure everyone receives a prize. Monday, September 30 at 9:30 am.

Bus Trips 2024 & 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 Fall 2024 Guide or posters at the Reception Desk at VPSC.

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

Fall Colour Cruise - Thursday, October 10. Depart 8:00 am, return 8:15 pm. Cost: \$187 member, \$201 non-member. **This trip is FULL.**

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

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

Come From Away – Wednesday, March 19, 2025. Depart 8:45 am, return 6:00 pm. Cost: \$225 member, \$240 non-member. **This trip is FULL.**

September 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
Email: seniorscentre@centrewellington.ca

The Centre is Closed Monday, September 2, 2024 for Labour Day.

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

The **Fall 2024 Centre Wellington Community Guide** is active and registration is OPEN for classes/programs in-person & virtual. View the guide online or pickup a copy at the Centre.

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 (unless otherwise stated). Non-refundable. Take outs available.
Register and pay by the Friday prior in person, by phone or online.

Wednesday, September 11th at 12:00 pm – Wednesday Lunch (pay by Sept. 6 at 4:00 pm)

Cost: \$5 per person. Generously sponsored by Heritage River Retirement Residence.

Menu: BBQ Burgers & Sausages, Salads, Dessert.

Wednesday, September 25th at 12:00 pm – Homemade Wednesday Lunch (pay by Sept. 20 at 4pm)

Menu: BBQ Chicken Grills On A Bun, Creamy Coleslaw, Bean Salad, Peach Crisp & Ice Cream.

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
MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 9:30 Canasta 1:00 Colour Circle 1:00 Choir & Ukulele Band: The Melody Makers	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 (resume Sept.10) 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation	WEDNESDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole, 10:30 Creative Writing 1:00 Craft & Quilting Group 1:00 Art Group, 1:00 Euchre 1:00 Wood Carving, 3:00 Line Dancing	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 (resumes Sept. 19)	FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (September 6) 11:15 Spanish Conversation, 1:00 Ukulele Band 1:00 Carpet Bowling (resume Sept 13) 1:00 Texas Hold'em Poker (begins Sept. 20)
2 <h1 style="text-align: center;">Centre Closed Labour Day</h1>	3 (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 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 3:15 Strength & Stretch	4 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Core Circuit 9:50 Building Strength: Core 10:30 BUS TRIP: Toronto Blue Jays Game 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit	5 (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 Beginners 9:50 Building Strength: Upper Body 9:55 Hatha Flow Yoga NEW 10:50 Chair & Standing Yoga, 11:45 Essentrics 4:30 Minds in Motion (begins Sept. 12) 6:30 Pilates: Mixed Level	6 (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 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:30 French Course 2 1:00 Drawing Fundamentals: Level 1
9 (Daily Drop-In Activities listed above) 9:00 Zumba Gold-Toning 9:15 Advisory Board Meeting 10:15 Program Committee Meeting 10:00 Essentrics, 10:30 Yoga with Jane 11:30 Standing & Seated Hatha Yoga 11:45 Dance Choreography for Fun for Seniors 1:00 Fun Fitness, 2:15 Osteo Fit NEW 3:15 Osteo Fit NEW, 6:00 Pilates: Gentle	10 (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 on the Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 1:30 Interactive & Fun Beginner Spanish: Level 1 3:15 Strength & Stretch	11 (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 Core Circuit 9:50 Building Strength: Core 10:00-2:00 Chair Massage Clinic (by appt) 10:00 Living Fully Meditation 11:00-12:00 Blood Pressure Clinic (drop-in) 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit	12 (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 Beginners 9:50 Building Strength: Upper Body 9:55 Hatha Flow Yoga NEW 10:30 Nutrition and Aging 10:50 Chair & Standing Yoga 11:45 Essentrics 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level	13 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Chinese Painting (see sample at VPSC) 9:30 Yoga with Jane, 9:35 Strength Circuit 10:00 Yoga & Movement Healthy Joints & Mus 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:30 French Course 2 1:00 Drawing Fundamentals: Level 1
16 (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning 9:30 Urban Pole Walking Workshop 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 1:00 AED Information Session 11:45 Dance Choreography for Fun for Seniors 1:00 Fun Fitness, 2:15 Osteo Fit NEW 3:15 Osteo Fit NEW , 6:00 Pilates: Gentle	17 (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 on the Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 1:30 Interactive Fun Beginner Spanish: Level 1 3:15 Strength & Stretch	18 (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 Core Circuit 9:50 Building Strength: Core 10:00 Living Fully Meditation 11:00 Heart to Home Meals: Taste Testing 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit	19 (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 Beginners 9:50 Building Strength: Upper Body 9:55 Hatha Flow Yoga NEW 10:00 Organizing Your “When I Am Gone” Files 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level	20 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Chinese Painting 9:30 Yoga with Jane, 9:35 Strength Circuit 10:00 Learn To Knit or Crochet 10:00 Yoga & Movement Healthy Joints & Mus 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:30 French Course 2 (end) 1:00 Drawing Fundamentals: Level 1
23 (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning 9:00 Say Sayonara To Sugar 9:30 Urban Pole Walking Refresher 10:00 Essentrics, 10:30 Yoga with Jane 10:00-2:00 Reflexology Clinic (by appt.) 11:30 Standing & Seated Hatha Yoga 11:45 Dance Choreography for Fun for Seniors 1:00 Fun Fitness, 2:15 Osteo Fit NEW 3:15 Osteo Fit NEW, 6:00 Pilates: Gentle	24 (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 on the Basics 9:50 Building Strength: Lower Body 10:00 & 11:00 Tech Help (Book 1 hr appt.) 10:30 Tai Chi Level 2 11:30 Movement for Healthy Joints & Muscles 1:00 Moderate Slow Yoga 1:30 Interactive Fun Beginner Spanish: Level 1 3:15 Strength & Stretch	25 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Zumba Gold-Toning, 9:15 Fit Bones 9:00 Writing Course: Self Publishing 9:30 Gentle Stretch Yoga, 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Living Fully Meditation 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 1:00 Theatre History 101 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit	26 (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 Beginners 9:50 Building Strength: Upper Body 9:55 Hatha Flow Yoga NEW 10:30 Brain Health: Risk Reduction For Dementia 10:30 Mindfulness Meditation Basics 10:50 Chair & Standing Yoga, 11:45 Essentrics 1:30 Minds in Motion (register with Alzheimer Society) 6:30 Pilates: Mixed Level	27 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:00 Moderate Hatha Yoga 9:30 Chinese Painting 9:30 Yoga with Jane, 9:35 Strength Circuit 10:00 Learn To Knit or Crochet 10:00 Yoga & Movement Healthy Joints & Mus 10:00 French Beginners For Those Wishing To Travel , 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3 1:00 Drawing Fundamentals: Level 1
30 (Daily Drop-In Activities listed above) 8:50 Gypsy Belly Dance Fusion 9:00 Zumba Gold-Toning 9:30 Mystery Card Walk – Pre-register! 10:00 Essentrics, 10:30 Yoga with Jane 10:00-2:00 Reflexology Clinic (by appt.) 11:30 Standing & Seated Hatha Yoga 11:45 Dance Choreography for Fun for Seniors 1:00 Fun Fitness, 2:15 Osteo Fit NEW 3:15 Osteo Fit (NEW), 6:00 Pilates: Gentle	<p style="text-align: center;">The Centre will be closed Monday, September 2, 2024 for Labour Day.</p> <p style="text-align: center;">Get registered for Fall classes now! (September to December)</p>	<p style="text-align: center;">New Drop-in Activity</p> <p style="text-align: center;">Texas Hold'em Poker - begins Friday, September 20 at 1:00 pm. All welcome!</p>	<p style="text-align: center;">Be sure to register for our September 11th & 25th lunches! (Menu on front of calendar)</p>	<h1 style="text-align: center;">LEGEND</h1> <p style="text-align: center;">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>