

July **Wednesday Lunch Menus**

Wednesdays at 12:00 pm. Reserve your spot by the Friday before.

Give ample notice of cancellations as we often have a waiting list.

\$8 members or \$9 non-members (unless stated otherwise). Menu subject to change.

July 5

Cost: \$8 members or \$9 non-members

Salisbury Steak
Oven Roasted Potatoes
Mixed Vegetables
Creamy Coleslaw
Crusty Rolls
Strawberry Shortcake

July 12

Cost: \$8 members or \$9 non-members

Roast Beef with gravy
O'Brien Potatoes
Garden Peas
Caesar Salad
Home Baked Bread
Deep Dish Brownie

July 19 BBQ Lunch

Cost: \$8 members or \$9 non-members

Hamburgers
Homemade Salads
Homemade Dessert (donated by Heritage River)

July 26 Homemade Lunch

Cost: \$8 members or \$9 non-members

Sliced Ham and Salad Plate
Dinner Rolls
Homemade Dessert

July 2017

Victoria Park Seniors Centre

150 Albert Street, West Fergus, ON N1M 1X2

Monday to Friday 9:00 am to 4:00 pm (plus evening activities)

519.846.9691 x204 OR 1.800.750.5023 x204

The SPRING/SUMMER 2017 Community Guide is available to pick up at the Centre if you need one.

The Township's new registration system is ACTIVE Net. View our programs and register online. It's fast and easy with no fees: <https://ca.apm.activecommunities.com/centrewellington/>

The Centre will be CLOSED on Monday, July 3 for Canada Day!
Enjoy celebrating Canada's 150th Birthday throughout our community!
Check out www.centrewellington.ca for a listing of events.

Looking to stay fit this summer? Why not register for our many fitness classes starting up for July & August? We are offering Strength Training, Move with Ease, Post Rehab: Mobility & Stability, Men's Fitness, All Around Fitness, Pilates for Beginners/Intermediate, Pilates Fundamentals, Pilates for Performance, Power & Strength, Low Impact Cardio & Muscle, Belly Dance, Zumba Gold, Zumba Gold Toning. **Register now!!!**

Our **VPSC Memberships** for the 2017/2018 year are available for \$25 and Billiards memberships are \$50. Come by the Centre and get yours today!!

Don't miss out on BUS TRIPS we have planned!

Baseball Game: Toronto Blue Jays VS. Tampa Bay Rays: Thursday, August 17. \$98 members/\$108 non. Depart 1:00 pm. (Note: This trip is full and we are now accepting people for the waitlist)

Fall Cranberry Colour Cruise: Thursday, September 28. \$116 mem/\$126 non. Depart 7:15 am, return 7:30 pm

Medieval Times: Saturday, October 28. \$92 members, \$102 non-members. Depart 2:00 pm, return 8:15 pm

NEW: Johnny Cash & Queens of Country (Carmen's): Thursday, November 16. \$104 members/\$114 non-members. Depart 8:45 am, return 6:00 pm

NEW: Dundurn Castle, Royal Botanical Gardens & Festival of Lights: Tuesday, December 5. \$95 members or \$105 non-members. Depart 9:30 am, return 6:45 pm

Volunteers needed! See Kelly for more information on any of the below positions:

Dishwashers, Special Events, Cooking for a Crowd, Program Committee, Kitchen Cleaners

Interested in ordering a monthly **Garden Fresh Box**? Order in person at Victoria Park Seniors Centre OR NEW: online with a PayPal account. Order by the 1st Friday of the month and pick up on the 3rd Wednesday. Your fresh box of produce delivered to the Centre! A fee applies for online purchases.

www.gardenfreshbox.ca/store

Fascial Stretch Therapy (Private Stretch Therapy) and Fitness Assessments are available at VPSC. Service provided by Certified Personal Trainer, Kelly Offer. Call the Centre to book your appointment or email koffer@trainingbodies.com. Fees do apply. Cash or cheque.

VPSC Suggestion Box: Have an idea? Want to share your thoughts with us? You can do that by making a suggestion! Share your thoughts and feelings, so we can continue to make VPSC the place to be. Located by the coffee cart. Be sure to leave your name (if you wish!) so that we can let you know the resolution/answer.

Interested in receiving VPSC's Monthly Email Update? Email khall@centrewellington.ca for news on upcoming events, trips, programs and the monthly calendar.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONDAY – Drop-in Activities 9:30 Canasta 10:00 New Member Talk & Tour resumes Sept. 18 1:00 Quilting, 1:00 Shuffleboard 1:00 Rug-Hooking, 1:30 Walking Group NEW: 2:00 Musical Afternoon Summer Drop-in (Melody Makers Practice resumes in Sept.) 7:00 Duplicate Bridge	TUESDAY – Drop-in Activities 9:30 Bunka Artistry 12:30 Genealogy 1:00 Ladies Billiards, 1:00 Shuffleboard 1:00 Bid Euchre, 1:00 Hand & Foot Card Game 1:30 Wii Bowling NEW: 2:00 Song Circle for String Players 3:00 French Conversation, 4:00 Drama Practice 7:00 Contract Bridge, 7:00 Poker	WEDNESDAY – Drop-in Activities NEW TIME 9:30 Weight Management Support 9:30 Cycling Group, 10:00 Crokinole NEW: 10:00 Bocce (Begins: July 5 for 9 weeks) 1:00 Wood Carving, 1:00 Duplicate Bridge 1:00 Euchre, 1:00 Craft Group, 1:00 Art Group 1:00-2:30 Tap Dancing-Beginner & Intermediate 3:00 Line Dancing	THURSDAY – Drop-in Activities 9:00 Tap Dancing, 10:00 Darts 1:00 Bingo 1:00 Social Bridge 1:00 Table Tennis 1:00 Guitar Group: The Country Classics (ends July 20 and resumes Sept. 7) 1:30 Scrabble, 7:30 Euchre	FRIDAY – Daily Drop-in Activities 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (1 st Friday) 1:00 Carpet Bowling 1:00 Movie Afternoon & Ice Cream Sundae 1:00 Ukulele Band (resumes Sept) but join us Mondays 2:00 pm for Summer Music Drop-in. (Interested in Spinning/Weaving? Call VPSC)	Centre Closed: Saturday, Sunday & Statutory Holidays (unless a registered course, drop-in activity or special event is scheduled).
3 (Daily Drop-In Activities listed above) CENTRE CLOSED Happy 150th Birthday Canada!! 9:30 Canasta 1:30 Walking Group 7:00 Duplicate Bridge	4 (Daily Drop-In Activities listed above) 8:40 Zumba Gold/Gold-Toning (3 weeks) 8:40 Low Impact Intervals 9:30 Strength Training 10:00-3:00 Foot Care Clinic (by appt.) 10:30 Pilates Osteoarthritis & Osteoporosis 11:20 Post Rehab: Mobility & Stability 11:45 Beginner Fitness (end) NEW: 2:00 Song Circle for String Players	5 (Daily Drop-In Activities listed above) 9:00 Men's Fitness 9:35 Intermediate Slow Style Yoga 9:50 All Around Fitness 10:00 Bocce (begins for 9 weeks) 10:30-12:00 Drop-in Blood Pressure Clinic: FREE! (sponsor: Heritage River) 11:00 Yoga Healthy Joints 12:00 Wednesday Lunch (menu on back)	6 (Daily Drop-In Activities listed above) 8:40 Power & Strength 10:00 BUS TRIP: Grand River Luncheon Cruise 9:30 Strength Training 10:30 Strength Training 11:20 Move With Ease 1:00 Acrylic Painting 7:00 & 8:00 Technology Help	7 (Daily Drop-In Activities listed above) 9:00 Low Impact Cardio & Muscle 10:00 Zumba Toning 10:00-3:00 Foot Care Clinic (appoint) 11:00 Monthly Book Club (1 st Friday) 11:00 Strength Training 1:00 Movie & Sundaes: The BFG *Garden Fresh Box order/payment due 12:30 New Computer Know How: Software & Security	8 9:00am-4:00pm Constructing A Story From the Bones Up (4 weeks) 9:00-1:00pm Picture Perfect: Managing Your Digital Images 1:30-4:30 E-Readers & iPads
10 (Daily Drop-In Activities listed above) 9:00 Advisory Board Meeting 10:15 Program Committee Meeting 9:00 Belly Dancing, 9:15 Chair Yoga 10:35 Intermediate Slow Style Yoga 10:00-3:00 Reflexology Clinic (by appt) 1:00 Strength Training (begins) NEW: 2:00 Musical Afternoon Summer Drop-in 2:00 Move With Ease (begins) 3:00 Bone Fit, 3:30 Bone Fit (begins) 5:30 NEW Pilates Beginner & Interm (begin)	11 (Daily Drop-In Activities listed above) 8:40 Zumba Gold/Gold-Toning 8:40 Low Impact Intervals 9:30 Strength Training 10:00-3:00 Foot Care Clinic (by appt.) 10:30 Pilates Osteoarthritis & Osteoporosis 11:20 Post Rehab: Mobility & Stability NEW: 2:00 Song Circle for String Players (drop-in)	12 (Daily Drop-In Activities listed above) 9:00-11:30 Chair Massage Clinic (by appoint.) 9:00 Men's Fitness, 9:35 Inter Slow Style Yoga 9:50 All Around Fitness, 10:00 Bocce 11:00 Yoga Healthy Joints 12:00 Wednesday Lunch (menu on back) NEW: 12:30-2:30 Foot Massage by Karen (by appointment) 20 min for \$20: 2nd Wed of month 5:00 Pilates Fundamentals (begins) 6:00 Pilates for Performance (begins)	13 (Daily Drop-In Activities listed above) 8:40 Power & Strength 9:30 Strength Training 10:30 Strength Training 11:20 Move With Ease 1:00 Acrylic Painting	14 (Daily Drop-In Activities listed above) 9:00 Low Impact Cardio & Muscle 10:00 Zumba Toning 10:00-3:00 Foot Care Clinic (by appointment) 11:00 Strength Training 1:00 Movie & Sundaes: Flywheel	15 9:00am-4:00pm Constructing A Story From The Bones Up
17 (Daily Drop-In Activities listed above) 9:00 Belly Dancing, 9:15 Chair Yoga 10:35 Intermediate Slow Style Yoga 10:00-3:00 Reflexology Clinic (by appt) 1:00 Strength Training 2:00 Move With Ease NEW: 2:00 Musical Afternoon Summer Drop-in 3:00 Bone Fit, 3:30 Bone Fit 5:30 NEW Pilates Beginner & Intermediate	18 (Daily Drop-In Activities listed above) 8:40 Zumba Gold/Gold-Toning (end) 8:40 Low Impact Intervals 9:30 Strength Training 10:00-3:00 Foot Care Clinic (by appt.) 10:30 Pilates-Osteoarthritis & Osteoporosis 11:20 Post Rehab: Mobility & Stability NEW: 2:00 Song Circle for String Players (drop-in)	19 (Daily Drop-In Activities listed above) 9:00 Men's Fitness 9:35 Intermediate Slow Style Yoga 9:50 All Around Fitness, 10:00 Bocce 11:00 Yoga Healthy Joints 12:00 BBQ LUNCH (menu on back) 1:00-4 Pickup Garden Fresh Box 5:00 Pilates Fundamentals 6:00 Pilates Performance	20 (Daily Drop-In Activities listed above) 8:40 Power & Strength 9:30 Strength Training 10:30 Strength Training 11:20 Move with Ease 1:00 Acrylic Painting 1:00 Guitar Group (ends for summer and will resume Sept. 7)	21 (Daily Drop-in Activities listed above) 9:00 Low Impact Cardio & Muscle 9:30 Sudoku Fun Workshop 10:00-3:00 Foot Care Clinic (appoint) 10:00 Zumba Toning (end) 11:00 Strength Training 12:30 Computer Class: Facebook 1:00 Movie & Sundaes: Lion	22 9:00am-4:00pm Constructing A Story From The Bones Up
24 (Daily Drop-In Activities listed above) 9:00 Belly Dancing (end) 9:15 Chair Yoga 10:35 Intermediate Slow Style Yoga 10:00-3:00 Reflexology Clinic (by appt) 11:30 Seminar: Preparing Your Estate Plan (Presented by Lucian Vermeulen, Financial Advisor, Edward Jones) 1:00 Strength Training, 2:00 Move With Ease NEW: 2:00 Musical Afternoon Summer Drop-in 3:00 Bone Fit, 3:30 Bone Fit 5:30 NEW Pilates Beginner & Intermediate	25 (Daily Drop-In Activities listed above) 8:40 Low Impact Intervals 9:30 Strength Training 9:30 Learn to Play Bid Euchre 10:00-3:00 Foot Care Clinic (by appt.) 10:30 Pilates: Osteoarthritis & Osteoporosis 11:20 Post Rehab: Mobility & Stability NEW: 2:00 Song Circle for String Players (drop-in)	26 (Daily Drop-In Activities listed above) 9:00-11:30 Chair Massage Clinic (by appt) 9:00 Men's Fitness, 9:50 All Around Fitness 9:35 Intermediate Slow Style Yoga 10:00 Bocce 11:00 Yoga for Healthy Joints 12:00 Homemade Lunch (menu on back) (Lunch/Tour: Heritage River Retirement Res	27 (Daily Drop-In Activities listed above) 8:40 Power & Strength 9:30 Strength Training 9:30-2:30 – 55 Alive: Mature Driver Improvement Course (1 class) 10:30 Strength Training 11:20 Move With Ease 1:00 Acrylic Painting 7:00 & 8:00 Technology Help	28 (Daily Drop-In Activities listed above) 9:00 Low Impact Cardio & Muscle 9:30 Seminar: Meeting Your Recovery Goals & Beyond: Exercise & Mobility (presented by March of Dimes Canada) 10:00-3:00 Foot Care Clinic (by appt) 11:00 Strength Training 1:00 Movie & Sundaes: My Dog the Champion	29 9:00am-4:00pm Constructing A Story From The Bones Up (end) 9:00-12:00pm Social Networking 1:00-4:00 Save My Files
31 (Daily Drop-In Activities listed above) 9:00 Belly Dancing (4 weeks) 9:15 Chair Yoga (end) 9:30 Seminar: Life From the Inside Out – documentary film (Presented by Robin Smart, Alzheimer Society) 10:35 Intermediate Slow Style Yoga (end) 10:00-3:00 Reflexology Clinic (by appt) 1:00 Strength Training, 2:00 Move With Ease NEW: 2:00 Musical Afternoon Summer Drop-in 3:00 Bone Fit, 3:30 Bone Fit 5:30 NEW Pilates Beginner & Intermediate	August 1 (Daily Drop-In Activities listed above) 8:40 Low Impact Intervals 9:30 Strength Training 10:00-3:00 Foot Care Clinic (by appt.) 10:30 Pilates: Osteoarthritis & Osteoporosis 11:20 Post Rehab: Mobility & Stability NEW: 2:00 Song Circle for String Players (drop-in)	August 2 (Daily Drop-In Activities listed above) 9:00 Men's Fitness, 9:50 All Around Fitness 9:35 Intermediate Slow Style Yoga (end) 10:00 Bocce 10:30-12:00 Drop-in Blood Pressure Clinic: FREE! (sponsor: Heritage River) 11:00 Yoga for Healthy Joints (end) 12:00 Wednesday Lunch (menu on back) 5:00 Pilates Fundamentals 6:00 Pilates Performance	LEGEND BLUE=Computer Class GREEN=Garden Fresh Box, Health Clinics RED=Seminar, Special Event, Wed Lunch, Lunch/Tour HRRR BROWN=Committee Meetings (Advisory Board & Program) BOLD BLACK=Course begins, Bus Trip, 1 st Day of Registration		
<h1>July 2017</h1> <p>DAILY DROP-IN ACTIVITIES: 8:30/9:00 am Walking the Track (weather permitting) 9:00 am to 4:00 pm (all day) Billiards, Coffee, Puzzle, Library Pre-register for all courses, seminars, bus trips, clinics and special events at 519.846.9691 x204</p>					