

# May **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).

## May 3: Homemade Shepherd's Pie

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

Homemade Shepherd's Pie  
Green Salad  
Crusty Rolls  
Homemade Ice Cream Sandwiches

## May 10

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

Roast Pork with Gravy  
Savory Potato Wedges  
Broccoli & Cauliflower  
Tossed Salad  
Crusty Dinner Rolls  
Mixed Fruit Pie

## May 17: Victoria Day BBQ

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

Juicy Jumbos on A Bun  
Baked Beans  
Coleslaw Salad  
Fruit Cocktail Cake with Caramel Sauce

## May 24

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

Grilled Chicken Breasts in Orange Sauce  
Rice Pilaf  
Green Beans  
Caesar Salad  
Home Baked Bread  
Apple Crisp

## May 31: BBQ Lunch

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

Hamburgers  
Potato Salad  
Creamy Coleslaw  
Gingerbread with Lemon Sauce

# May 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 now out. Pick up a copy 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 Monday, May 22 for Victoria Day – Enjoy the long weekend!**

**New Members' Talk and Tour:** Get a taste of the life of a senior! Tour Centre, meet volunteers, other new members, learn about Centre programs and services. **Monday, May 8 at 10:00 am.** Or contact us to schedule a tour anytime.

We are almost there!! Can we make it to 1000 members for our 25<sup>th</sup> Anniversary year??

New members can join for the month of May (May 1-31, 2017) for \$2.75!!

Then be ready to renew for the 2017/2018 membership year for \$25.

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

Made in Canada: The Musical Famous People Players – Thursday, June 15. \$105 mem/\$115 non.

Depart 10am, return 4:30pm.

Grand River Luncheon Cruise – Thursday, July 6. \$87 mem/\$97 non. Depart 9:30 am, return 5:30 pm.

Baseball Game: Toronto Blue Jays VS. Tampa Bay Rays – Thursday, August 17. \$98 mem/\$108 non. Depart 1pm.

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

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

Dundurn Castle, RBG & Festival of Lights – Tuesday December 5. \$95 mem/\$105non. Depart 9:30am, return 6:45pm

NEW - **Song Circle for String Players** will begin on Tuesday, May 16 at 2:00pm here at the Senior Centre. Come bring a few of your favourite songs along with your accompanying guitar, ukulele, banjo and autoharp. If you are interested in joining this group please phone Stan at 519-843-5915.

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

**Dishwashers, Special Events, Cooking for a Crowd, Program Committee**

Are you a **SCRABBLE** player? Join us Thursday afternoons at 1:30pm for a fun, friendly game! If you prefer another day please just ask as the group is willing to change when they meet. Contact convenor Pamela at 519.846.0930

Interested in ordering a monthly **Garden Fresh Box**? Order in person at the Seniors Centre OR NEW: online with a PayPal account. Order by the 1<sup>st</sup> Friday of the month and pick up on the 3<sup>rd</sup> Wednesday. Fresh box of produce delivered to the Centre! A fee applies for online purchases. [www.gardenfreshbox.ca/store](http://www.gardenfreshbox.ca/store)

**Fascial Stretch Therapy (Private Stretch Therapy)** - A system of table based stretching that focuses on the fascia (connective tissue surrounding muscles and organs) and joint capsule. Benefits of stretching can include: improved posture, anti-aging, reduced risk of injuries, reduced pain, improved strength and decreased stress. Book your one-on-one session and feel the difference. Service provided by Fascial Stretch Therapist, Kelly Offer. Half Hour \$35 member, \$40 non-member. Full Hour \$60 member, \$75 non-member. Call the Centre to book your appointment or email [koffer@trainingbodies.com](mailto:koffer@trainingbodies.com). Cash or cheque.

**Fitness Assessments** - Every body is unique. Working one-on-one we will discover what exercises work best with your body.

Whether you are trying to lose weight, suffer from chronic pain, have less than ideal posture or just want to find out what exercises you should and should not do. Will also help guide you in choosing fitness programs offered at the Centre. Service provided by Certified Personal Trainer, Kelly Offer. Half Hour \$35 member, \$40 non-member. Full Hour \$60 member, \$75 non-member. Call the Centre to book your appointment or email [koffer@trainingbodies.com](mailto:koffer@trainingbodies.com). Cash or cheque.

**VPSC has a Suggestion Box:** Located by the coffee cart. Have an idea? Suggestion? 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. 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 [khal@centrewellington.ca](mailto:khal@centrewellington.ca) for news on upcoming events, trips, programs and the monthly calendar.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>MONDAY – Drop-in Activities</b></p> <p>9:30 Canasta  10:00 Monthly New Member Talk &amp; Tour (held the 2<sup>nd</sup> Monday of the month)  1:00 Quilting, 1:00 Shuffleboard  1:00 Rug-Hooking , 1:30 Walking Group  2:00 Choir &amp; Ukulele Band: Melody Makers  7:00 Duplicate Bridge</p>	<p><b>TUESDAY – Drop-in Activities</b></p> <p>9:30 Bunka Artistry  12:30 Genealogy  1:00 Ladies Billiards, 1:00 Shuffleboard  1:00 Bid Euchre, 1:00 Hand &amp; Foot Card Game  1:30 Wii Bowling, 2:00 Chess  NEW 2:00 String Circle  3:00 French Conversation, 4:00 Drama Practice  7:00 Contract Bridge, 7:00 Poker</p>	<p><b>WEDNESDAY – Drop-in Activities</b></p> <p>9:15 Weight Management Support, 9:30 Cycling  10:00 Crokinole  1:00 Wood Carving, 1:00 Duplicate Bridge  1:00 Euchre, 1:00 Craft Group  1:00 Art Group,  1:50 Tap Dancing  3:00 Line Dancing</p>	<p><b>THURSDAY – Drop-in Activities</b></p> <p>9:00 Tap Dancing, 10:00 Darts  1:00 Bingo  1:00 Social Bridge, 1:00 Table Tennis  1:30 Guitar Group: The Country Classics  1:30 Scrabble  <del>7:00 Chess</del> (cancelled-see 2:00 Tues. Chess)  7:30 Euchre</p>	<p><b>FRIDAY – Daily Drop-in Activities</b></p> <p>9:30 Cribbage, 9:30 Mah Jong  11:00 Monthly Book Club (1<sup>st</sup> Friday)  1:00 Carpet Bowling  1:00 Movie Afternoon &amp; Ice Cream Sundae (Spinning/Weaving group would like to start up again, call if interested. All welcome!)  1:00 Ukulele Band: Melody Makers</p>	<p>Centre Closed:  Saturday, Sunday &amp; Statutory Holidays (unless a registered course or special event is scheduled).</p>
<p><b>1</b> (Daily Drop-In Activities listed above)</p> <p><u>9:00 Advisory Board Meeting</u>  <u>10:15 Program Committee Meeting</u>  9:00 Belly Dancing, 9:15 Chair Yoga  <b>9:30 Seminar: Myths of Alzheimer's (by Alzheimer Society Guelph/Wellington- Robin Smart)</b>  <b>10:35 Intermediate Slow Style Yoga</b>  <b>10:00-3:00 Reflexology Clinic (by appt)</b>  <b>11:30 Seminar: Canada's War Horses and the Canadian Army Vet Corp</b>  1:00 Strength Training, 3:00 Bone Fit, 3:30 Bone Fit  5:00 Yoga for Relaxation  5:30 Pilates: Beginner/Intermediate  <b>7:00 Photos &amp; Your Computer: Part 2</b></p>	<p><b>2</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Zumba Gold/Gold-Toning, 9:30 Tai Chi  8:40 Low Impact Intervals,  9:30 Strength Train  9:30 Writing Your Family Stories  <b>10:00-3:00 Foot Care Clinic (by appt.)</b>  10:30 Pilates for Osteoarthritis &amp; Osteoporosis  11:20 Post Rehab: Mobility &amp; Stability  11:45 Beginner Fitness Class  <b>1:00 How To Play Chess (3-weeks)</b></p>	<p><b>3</b> (Daily Drop-In Activities listed above)</p> <p><b>9:00 Bus Trip: Wild Magic Lunch &amp; Show</b>  9:00 Men's Fitness, 9:30 Deepening Dharma  <b>9:35 Intermediate Slow Style Yoga</b>  9:30 Conversational Italian for Beginners  <del>9:30 FUNDamentals of Drawing-Intermediate &amp; Adv-Cancelled today instructor away.</del>  9:50 All Around Fitness  <b>11:00 Yoga for Healthy Joints</b>, 11:10 Meditation  <b>12:00 Homemade Shepherd's Pie (menu on back)</b>  5:00 Pilates Fundamentals  6:00 Pilates for Performance</p>	<p><b>4</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Power &amp; Strength  <b>9:30 Seminar: Cook Once, Eat Twice: With a Spring Flair</b>  9:30 Strength Training, 9:30 Chair Yoga  10:30 Strength Training  11:00 Yoga Fundamentals  11:20 Move With Ease  1:00 Acrylic Painting  <b>6:30 Who Will Speak For You, If You Cannot Speak for Yourself</b></p>	<p><b>5</b> (Daily Drop-In Activities listed above)</p> <p>9:00 Low Impact Cardio &amp; Muscle  9:30 Watercolour-Intermediate &amp; Advanced  <b>10:00-3:00 Foot Care Clinic (by appoint.)</b>  10:00 Zumba Toning  11:00 Monthly Book Club (1<sup>st</sup> Friday)  11:00 Strength Training  1:00 Movie &amp; Sundaes: Letters To Juliet  *Garden Fresh Box order/payment due  <b>12:30 Computer Course: Facebook</b></p>	<p><b>6</b></p>
<p><b>8</b> (Daily Drop-In Activities listed above)</p> <p>9:00 Belly Dancing  9:15 Chair Yoga  <b>10:00 New Members' Talk and Tour</b>  10:35 Intermediate Slow Style Yoga  <b>10:00-3:00 Reflexology Clinic (by appt)</b>  1:00 Strength Training  3:00 Bone Fit 3:30 Bone Fit  5:00 Yoga for Relaxation  <b>6:00 Using Social media to Promote Your Book</b>  <b>7:00 &amp; 8:00 Technology Help (1hr appt)</b></p>	<p><b>9</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Zumba Gold/Gold-Toning, 9:30 Tai Chi  8:40 Low Impact Intervals,  9:30 Strength Training  9:30 Writing Your Family Stories  <b>10:00-3:00 Foot Care Clinic (by appt.)</b>  10:30 Pilates for Osteoarthritis &amp; Osteoporosis  11:20 Post Rehab: Mobility &amp; Stability  11:45 Beginner Fitness Class  4:00 How To Play Chess</p>	<p><b>10</b> (Daily Drop-In Activities listed above)</p> <p><u>9:00-11:30 Chair Massage Clinic (by appoint.)</u>  9:00 Men's Fitness, 9:30 Deepening Dharma  9:35 Inter Slow Style Yoga, 9:30 Italian for Beg  9:30 Drawing-Inter &amp; Adv, 9:50 All Around Fitness  <b>10:30-12:00 Blood Pressure Clinic: FREE Drop-in (sponsor: Heritage River)</b>  11:00 Yoga for Healthy Joints, 11:10 Meditation  <b>NEW: 12:30-2:30 Foot Massage by Karen (by appoint) (20 min for \$20: 2<sup>nd</sup> Wed of the month)</b>  <b>12:00 Wednesday Lunch (menu on back)</b>  5:00 Pilates Fundamental,6:00 Pilates Performance</p>	<p><b>11</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Power &amp; Strength  9:30 Strength Training  9:30 Chair Yoga  10:30 Strength Training  11:00 Yoga Fundamentals  11:20 Move With Ease  1:00 Acrylic Painting  <b>7:00 &amp; 8:00 Technology Help (1hr appt)</b></p>	<p><b>12</b> (Daily Drop-In Activities listed above)</p> <p>9:00 Low Impact Cardio &amp; Muscle  9:30 Watercolour-Intermediate &amp; Advanced  <b>10:00-3:00 Foot Care Clinic (by appoint.)</b>  <b>10:00 Navigating The Yogurt Isle with Dietitian Kelly Longworth: meet at Zehrs Customer Service</b>  10:00 Zumba Toning, 11:00 Strength Training  <del>1:00 Movie (Cancelled due to Drama Performance)</del>  <b>2:00 Drama Performance: "We Have Our Eyes on You"</b> (by donation at door)  (early bird ticket deadline for Fashion Show \$7 mem/\$8 non)</p>	<p><b>13</b></p> <p><b>9:00am-4:00pm One To One Computer Assistance (1 hour appt.)</b></p>
<p><b>15</b> (Daily Drop-In Activities listed above)</p> <p>9:00 Belly Dancing, 9:15 Chair Yoga  <b>9:30 Food Handling Safety Seminar (all VPSC kitchen volunteers are encouraged to attend)</b>  10:35 Intermediate Slow Style Yoga  <b>10:00-3:00 Reflexology Clinic (by appt)</b>  1:00 Strength Training  3:00 Bone Fit, 3:30 Bone Fit  5:00 Yoga for Relaxation  6:00 Using Social media to Promote Your Book</p>	<p><b>16</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Zumba Gold/Gold-Toning, 9:30 Tai Chi  8:40 Low Impact Intervals, 9:30 Strength Training  9:30 Writing Your Family Stories  <b>10:00-3:00 Foot Care Clinic (by appt.)</b>  10:30 Pilates for Osteoarthritis &amp; Osteoporosis  11:20 Post Rehab: Mobility &amp; Stability  11:45 Beginner Fitness Class  4:00 How To Play Chess (end)</p>	<p><b>17</b> (Daily Drop-In Activities listed above)</p> <p><u>9:00-11:30 Chair Massage Clinic (by appoint.)</u>  9:00 Men's Fitness, 9:30 Deepening Dharma  9:35 Intermediate Slow Style Yoga,  9:30 FUNDamentals of Drawing-Intermediate &amp; Advanced  9:50 All Around Fitness  9:30 Conversational Italian for Beginners  11:00 Yoga for Healthy Joints, 11:10 Meditation  <b>12:00 Victoria Day BBQ Lunch (menu on back)</b>  <b>5:00 Pilates Fundamental,6:00 Pilates Performance</b> (Hort Society Mtg)</p>	<p><b>18</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Power &amp; Strength  <b>9:00 Affirmation Workshop</b>  9:30 Strength Training  9:30 Chair Yoga  10:30 Strength Training  11:00 Yoga Fundamentals  11:20 Move With Ease  1:00 Acrylic Painting</p>	<p><b>19</b> (Daily Drop-In Activities listed above)</p> <p>9:00 Low Impact Cardio &amp; Muscle  9:30 Watercolour-Intermediate &amp; Advanced  <b>9:30 Sudoku Fun Workshop</b>  10:00 Zumba Toning  11:00 Strength Training  <b>12:30 Computer Course: Internet Basics</b>  <del>1:00 Movie (Cancelled due to Fashion Show)</del>  <b>1:30 Spring Tan Jay Fashion Show</b></p>	<p><b>20</b></p>
<p><b>22</b></p> <p><b>Centre Closed–Victoria Day</b>  (Except for the following drop-in activities):</p> <p>9:30 Canasta  1:30 Walking Group  7:00 Duplicate Bridge</p>	<p><b>23</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Zumba Gold/Gold-Toning, 9:30 Tai Chi  8:40 Low Impact Intervals  9:30 Strength Training  9:30 Writing Your Family Stories  <b>10:00-3:00 Foot Care Clinic (by appt.)</b>  10:30 Pilates for Osteoarthritis &amp; Osteoporosis  11:20 Post Rehab: Mobility &amp; Stability  11:45 Beginner Fitness Class</p>	<p><b>24</b> (Daily Drop-In Activities listed above)</p> <p><u>9:00-11:30 Chair Massage Clinic (by appoint.)</u>  9:00 Men's Fitness, 9:30 Deepening Dharma  9:35 Intermediate Slow Style Yoga  9:30 FUNDamentals of Drawing-Intermediate &amp; Adv  9:30 Conversational Italian, 9:50 All Around Fitness,  11:00 Yoga for Healthy Joints, 11:10 Meditation  <b>12:00 Wednesday Lunch (menu on back)</b>  <b>1:00-4 Pickup Garden Fresh Box</b>  5:00 Pilates Fundamentals, 6:00 Pilates Performance</p>	<p><b>25</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Power &amp; Strength  9:30 Strength Training 9:30 Chair Yoga  <b>10:30 Seminar: Basic Bicycle Maintenance</b>  10:30 Strength Training  11:00 Yoga Fundamentals  11:20 Move With Ease  1:00 Acrylic Painting</p>	<p><b>26</b> (Daily Drop-In Activities listed above)</p> <p>9:00 Low Impact Cardio &amp; Muscle  9:30 Watercolour-Intermediate &amp; Advanced  <b>9:30 Seminar: Caregiver's Support (by March of Dimes Canada)</b>  10:00 Zumba Toning  11:00 Strength Training  <b>10:30 Homeopathic Workshop: Arsenic: The Remedy of Kings</b>  1:00 Movie &amp; Sundaes: Clouds of Sils Maria</p>	<p><b>27</b></p> <p><b>9:00am-12:00pm Computer Course: Social Networking</b></p> <p><b>1:00pm-4:00pm Computer Course: Save My Files</b></p>
<p><b>29</b> (Daily Drop-In Activities listed above)</p> <p>9:00 Belly Dancing, 9:15 Chair Yoga  <b>9:30 Seminar: Guaranteed Income for Your Retirement (by Financial Advisor, Edward Jones)</b>  10:35 Intermediate Slow Style Yoga  <b>10:00-3:00 Reflexology Clinic (by appt)</b>  <b>11:30 Seminar: How The Scots Became British – and Scottish Again (by Professor Kevin James, U of G)</b>  1:00 Strength Training  3:00 Bone Fit, 3:30 Bone Fit  5:00 Yoga for Relaxation  <b>7:00 &amp; 8:00 Technology Help (1hr appt)</b></p>	<p><b>30</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Zumba Gold/Gold-Toning, 9:30 Tai Chi  8:40 Low Impact Intervals  9:30 Strength Training  <b>9:30 Learn To Play Bid Euchre</b>  9:30 Writing Your Family Stories (end)  <b>10:00-3:00 Foot Care Clinic (by appt.)</b>  10:30 Pilates for Osteoarthritis &amp; Osteoporosis  11:20 Post Rehab: Mobility &amp; Stability  11:45 Beginner Fitness Class</p>	<p><b>31</b> (Daily Drop-In Activities listed above)</p> <p><u>9:00-11:30 Chair Massage Clinic (by appoint.)</u>  9:00 Men's Fitness, 9:30 Deepening Dharma  9:35 Intermediate Slow Style Yoga  9:30 Conversational Italian for Beginners  9:30 FUNDamentals of Drawing-Intermediate &amp; Adv  9:50 All Around Fitness  11:00 Yoga for Healthy Joints, 11:10 Meditation  (Lunch/Tour: Heritage River Retirement Residence)  <b>12:00 BBQ Lunch (menu on back)</b>  5:00 Pilates Fundamentals,6:00 Pilates Performance</p>	<h1>May 2017</h1> <p><b>DAILY DROP-IN ACTIVITIES:</b>  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, special events  Call VPSC Reception at 519.846.9691 x204</p>		
					<p><b>LEGEND</b></p> <p>BLUE=Computer Class  GREEN=Garden Fresh Box, Health Clinics  RED=Seminar, Special Event, Wed Lunch, Lunch/Tour HRRR  BROWN=Committee Meetings (Advisory Board &amp; Program)  BOLD BLACK=Course begins, Bus Trip, 1<sup>st</sup> Day of Registration</p>