

Fascial Stretch Therapy

A system of table based stretching that focuses on the fascia (connective tissue surrounding muscles and organs) and joint capsule. Benefits: 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, RMT. One hour \$75 member, \$85 non-member plus HST. Services covered under massage therapy benefits. Book your appointment koffer@trainingbodies.com. Cash only. NOTE: Free fascial stretch therapy available Friday, March 27, 10:00 am to 2:00 pm at the Active Living and Retirement Show at CW Sportsplex.

Full Body Assessment

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 or should not do. Will also help guide you in choosing fitness programs offered at the Centre. Service provided by Kelly Offer, RMT. One hour \$75 member, \$85 non-member plus HST. Services covered under massage therapy benefits. Book your appointment koffer@trainingbodies.com. Cash only.

Hearing Services

Hearing Screening Clinic:

Has your hearing changed? Meet one-on-one with Canadian Hearing Services Hearing Care Counsellor, Naomi Robson. Or if you wear hearing aids, discuss questions about your aids. Book your no charge 40 minute appointment at the Seniors Centre on June 5.

Hearing Seminar:

My Hearing is Not as Good as it Used to Be, Now What Do I Do? June 12, 9:00 am to 12:30 pm. Presented by the Canadian Hearing Services. Join us.

Reflexology

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 and yet with a renewed energy. Service provided by Registered Reflexologist: Colleen Trudeau. \$30 for 30 minutes. 60 minute appointments also available. Call VPSC to book your appointment. Morning and afternoon appointments available. NOTE: Try this service for free Friday, March 27, 10:00 am to 2:00 pm at the Active Living and Retirement Show at CW Sportsplex.

Appointments available:

Mondays & Tuesdays

After Stroke

After Stroke is a program of March of Dimes Canada offering support, education and community programs for stroke survivors, their caregivers, and families. Our goal is to connect you with a network of support that can help you reclaim your independence, your sense of community and your ability to thrive after a stroke. Join the Centre Wellington Stroke club to learn about community resources, how to maximize your recovery here in your community. Held the 4th Friday of the month 9:30 to 10:30 am at VPSC. No charge. All welcome. See the Seminars and Workshops section for topics and speakers scheduled each month.

April 24, May 22, June 26, July 24, August 28.

Video Otoscope Clinic

FREE. Held the second Wednesday of the month from 11:00 am to 1:00 pm. Come see Kristle from Hear Well Be Well, to look inside your ear with her video otoscope. A better understanding of your ear promotes awareness to ear health, wax occlusions, and how our hearing system works when properly maintained. If you have existing hearing aids, Kristle can also professionally clean them for you, no charge. NOTE: This service also available Friday, March 27, 10:00 am to 2:00 pm at the Active Living and Retirement Show at CW Sportsplex.

April 8, May 13, June 10, July 8, August 12

BUS TRIPS

We are always in the process of organizing new bus trips. Contact VPSC for updates. Register early to avoid the disappointment of a sold-out or cancelled trip. We need a minimum number registered, up to 4 weeks in advance, depending on venue. All trips depart from and return to VPSC. Return times are approximate, depending on weather and traffic. NOTE: 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. 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. Note: If you are interested in any of the trips that do not have a date or cost, please let us know at the Centre and we will call you when we have the information.

Toronto Blue Jays Baseball

Spend a day at the Rogers Centre and enjoy the season opening matinee baseball game between the Toronto Blue Jays and the Boston Red Sox. We will stop at Picard's Peanuts on the way (pick up peanuts for the game).

Depart 11:00 am, return 8:30 pm (approximate, depending how long the game goes). Lunch not included.

Thursday, March 26

\$116 member, \$126 non-member

Medieval Times

Come along for a day of medieval fun in Toronto.

Experience all the chivalry, rivalry and revelry of medieval times: knights, jousting, dramatic horsemanship, with all the color and action of medieval times including a medieval four-course feast served in a castle-like setting.

Also enjoy a shopping stop at Toronto's famous Cheese Boutique, 450 kinds of cheese, speciality meats, breads, vegetables. Fill your basket with high quality food items.

Depart 8:30 am, return 4:00 pm.

Thursday, April 16

\$99 members, \$109 non-members

The New Canadian Curling Club

Enjoy this hilarious and heart-warming story about a group of unlikely athletes who face off against local prejudice to become a true team. Includes lunch at Mrs. Mitchell's Schoolhouse Restaurant in Violet Hill and time to visit the unique gift shop next door, "Granny Taught Us How" and matinee show at the Orangeville Theatre. Depart 9:30 am, return 5:15 pm.

Wednesday, May 6

\$128 member, \$138 non-member

30,000 Island Cruise

Travel to Midland for a relaxing 30,000 Island boat tour on the Miss Midland with live commentary to admire the beauty of Georgian Bay with lunch included at the Boathouse Eatery. Enjoy a stop at Highway 9 Farmers Market for some of the Holland Marsh's famous produce. Depart 9:30 am, return 8:00 pm.

Note: This trip is now full, however please feel free to add your name to the waiting list.

Friday, June 26

\$113 member, \$123 non-member

Donkey Sanctuary and Halton Radial Railway Museum

Enjoy a tour and "Donkey Talk" at the Donkey Sanctuary in Puslinch. Enjoy lunch at the Puslinch Lake Marina Restaurant. Then a tour and train ride at the Halton County Radial Railway and Museum (with stops at their restored Ice Cream Shop and the historic Rockwood Station). Also includes a stop at Cox Creek Winery for a tour and tasting. If interested in this trip please contact the Centre.

July

The Walters Family: A Tribute to ABBA

At the Walter's Family Farm Theatre: "Thank You for the Music: A Tribute to ABBA". Experience the high energy dancing and powerful hits of this Swedish super group: Dancing Queen, Take a Chance on Me, Fernando, Mamma Mia and more. Dine buffet-style including their famous rolled ribs and roast beef. Also includes a stop at Farm Boy on the way home. If interested in this trip please contact the Centre.

August

Peterborough Lift Lock Cruise

Enjoy a fascinating sightseeing cruise through Peterborough's famous 115-year-old lift lock. Experience the world's highest hydraulic lift lock in action. Enjoy lunch at a local restaurant. Then enjoy a guided tour at the Canadian Canoe Museum. If interested in this trip please contact the Centre.

September

Fall Colour Tour

Enjoy the fall colours on a relaxing train ride with the York-Durham Heritage Railway. Enjoy lunch at the Tin Mill Restaurant, tour the Lucy Maude Montgomery Museum and stop at Chudleigh's Apple Farm on the way home. If interested in this trip please contact the Centre.

October

Christmas in Niagara-on-the-Lake

Enjoy the wonderful Shaw Festival Theatre production of "A Christmas Carol". Enjoy lunch in Niagara-on-the-Lake, wine tastings at Pillitteri Estates Winery with shopping time in historic Niagara-on-the-Lake. If interested in this trip please contact the Centre.

November

Christmas Show

Get into the Christmas spirit with a show at Kitchener's Circle in the Square Theatre with KW Pops Orchestra's heart-felt, nostalgic Celebration of Christmas. Also included is a stop at St. Jacob's Christmas Farmer's Market. We will enjoy dinner at Crossroads Restaurant for their famous "overwhelming" buffet. Finally, enjoy the "Gift of Lights" Christmas lights tour on the way home. If interested in this trip please contact the Centre.

December