

VICTORIA PARK SENIORS CENTRE

FALL 2022

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 23,
2022
@ 8:30 am

ABOUT VICTORIA PARK SENIORS CENTRE (VPSC)

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 individuals 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. 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. We invite you to drop by and experience the benefits of participating.

Closure Dates

September 5 Labour Day

November 11 Remembrance Day

October 10 Thanksgiving

December 26 to January 2

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, seminars and workshops
- Access to 70+ 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. Non-members and those under 55 years of age are welcome to participate at the non-member rate.

HOW TO REGISTER

In Person or Mail:

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 for the step by step registration process.

Complete 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.

SENIORS

Welcome Tours And Information

New Members' Talk and Tours are held monthly at 10:00 am at the Centre (except December) to provide you with information on programs and services offered.

Upcoming sessions: September 19, October 17 or November 14.

Meet other new members, staff and volunteers. If you can't attend one of the sessions, please call the Centre to schedule a tour at your convenience or drop-in anytime.

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 9:00 am. All members are welcome to attend. Interested in joining the Board? Positions available beginning January 2023 for a three-year term by election or acclamation at the November Annual General Meeting. Contact VPSC for more information.

VPSC Program Committee

This volunteer committee organizes special events and fundraisers for the Centre. 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.

Drop-In Activity Groups



New participants welcome to join these groups. Drop-in fee: \$1 member or \$2 non-member. Have an idea for an activity? Contact VPSC. Participants or convenors are needed for the following activities: Book Club, Song Circle for String Players, Wood Carving, Duplicate Bridge, Scrabble.

- **Art Drop-in**

Wednesdays at 1:00 pm.

- **Bid Euchre**

Tuesdays at 1:00 pm.

- **Billiards, Snooker & Pool**

Daily. Ladies Only Tuesday afternoons. Annual billiards membership \$50 for VPSC members or pay the drop-in fee.

- **Billiards: Ladies Afternoon**

Tuesdays at 1:00 pm.

- **Bingo**

Thursdays at 1:00 pm.

- **Book Club**

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, Ukulele, Bell Ringers: The Melody Makers**

Mondays at 1:00 pm.

- **Colouring Circle**

Mondays at 1:00 pm.

- **Conversation en français**

Tuesdays at 3:00 pm.

- **Conversación en Español**

Fridays at 11:15 am.

- **Crafts & Quilting**

Wednesdays at 1:00 pm. Items made are sold in VPSC's Craft Shop. No drop-in fee. All proceeds support VPSC.

- **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.
Contact VPSC.

- **Euchre**

Wednesday at 1:00 pm.
Thursday at 7:30 pm.

- **Genealogy**

Tuesdays at 10:45 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.
Contact VPSC.

- **Mah Jong**

Fridays at 9:30 am. American & Chinese versions played.

- **Scrabble**

Thursdays at 9:30 am.

- **Shuffleboard**

Tuesdays at 1:00 pm.

- **Table Tennis**

Mondays.
Contact VPSC.

- **Tap Dancing**

Tuesdays at 3:00 pm.

- **Ukulele Band: The Melody Makers**

Mondays at 1:00 pm (with Choir) & Fridays at 1:00 pm.

- **Wii Bowling**

Tuesdays at 1:00 pm. Can be played seated in a chair.

Centre Services

Wednesday Lunches

We are in the process of resuming lunches this fall on Wednesdays at 12:00 noon. Refer to the monthly calendar for full menus, dates of the lunches and cost. Meal includes main course, vegetable, roll, salad or juice, dessert, tea and coffee. Take-outs available. Meet old friends or make new ones while enjoying a delicious lunch. [NEW: Pre-registration and payment required by the Friday prior.](#) We also host homemade fund-raising lunches and BBQ's from time to time, organized by the Centre's Program Committee.

Begins: Wednesday, September 14

Crafts for Sale

Visit our lovely Craft Shop full of beautiful handmade items, made by our talented Craft and Quilting Group volunteers. Homemade crafts and collectibles, including baby clothing, knitted sets, quilts, blankets, sweaters, hats, mitts, scarves, and more. All proceeds support VPSC. Cash only.

Open Wednesdays 1:00 to 4:00 pm Or by appointment

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 at the Centre. Day-to-day programs, events, clinics, and lunch menus are listed. Calendar also available at www.centrewellington.ca/seniorscentre.

Coffee Cart

Our coffee cart is back this fall! Coffee (regular or decaf) available for \$1.00 per cup. Cookies or granola bars also available for \$1.00. Stay for coffee and chat with new friends.

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. We have a variety of magazine subscriptions generously donated by Ward Hearing. Jigsaw puzzles are available to borrow (donations accepted) or try your hand at the on-going jigsaw puzzle in the library.

Senior Centre Tours

Are you thinking of participating in a program or joining the Centre? Our reception volunteers or Centre staff would be happy to take you for a tour of the Centre and answer any questions.

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 Kelly, Seniors Volunteer & Membership Coordinator at 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. \$30 cash only. Call VPSC to book appointment. Veterans welcome, 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 and \$65 for 1 hour. Cash Only. Call VPSC to book your appointment.

Appointments: Mondays

Bus Trips

We are hoping to get back to some bus trips eventually and are currently in the process of organizing a fall trip but we are still waiting for confirmation and further details. Contact VPSC for updates. 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.

Niagara Tour & Tasting

Monday, October 24, 2022

Depart: 9:30 am, Return approx. 7:00 pm.

Cost: \$145 members of the Centre or \$158 non.

Includes: lunch & tasting at Rockway Vineyards, Journey Behind the Falls, tour & tasting at Maple Leaf Place, luxury motor coach transportation, driver gratuity, HST. Register and pay no later than Wednesday, October 12.

For more details contact the Centre.

Virtual (Zoom) Fitness Class General Information



- Once registered, a Zoom link to participate in your class will be emailed **12-24 hours before 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/instructor will mute all participants when the class begins.

Fall Virtual (Zoom) Fitness, Yoga, Zumba (See descriptions further in guide)

	Day	Start/End Date	Time	Weeks	Member	Non
Zumba Gold	Mon	Sept 12-Oct 24	10:00-10:30 AM	6	\$24	\$30
Zumba Gold	Mon	Oct 31-Dec 19	10:00-10:30 AM	7	\$28	\$35
Fit Bones Plus	Tues	Sept 6-Oct 25	9:15-9:45 AM	8	\$32	\$40
Fit Bones Plus	Tues	Nov 1-Dec 20	9:15-9:45 AM	7	\$28	\$35
Building Strength - Lower Body	Tues	Sept 6-Oct 25	9:50-10:20 AM	8	\$32	\$40
Building Strength - Lower Body	Tues	Nov 1-Dec 20	9:50-10:20 AM	7	\$28	\$35
Yoga & Movement for Healthy Joints	Tues	Sept 13-Oct 25	10:30-11:00 AM	7	\$28	\$35
Yoga & Movement for Healthy Joints	Tues	Nov 1-Dec 13	10:30-11:00 AM	7	\$28	\$35
Building Strength - Core	Wed	Sept 7-Oct 26	9:50-10:20 AM	8	\$32	\$40
Building Strength - Core	Wed	Nov 2-Dec 21	9:50-10:20 AM	8	\$32	\$40
Fit Bones	Wed	Sept 7-Oct 26	10:30-11:00 AM	8	\$32	\$40
Fit Bones	Wed	Nov 2-Dec 21	10:30-11:00 AM	8	\$32	\$40
Fit Bones Plus	Thurs	Sept 8-Oct 27	9:15-9:45 AM	7	\$28	\$35
Fit Bones Plus	Thurs	Nov 3-Dec 22	9:15-9:45 AM	8	\$32	\$40
Building Strength – Upper Body	Thurs	Sept 8-Oct 27	9:50-10:20 AM	7	\$28	\$35
Building Strength – Upper Body	Thurs	Nov 3-Dec 22	9:50-10:20 AM	8	\$32	\$40
Moderate Hatha Yoga	Fri	Sept 16-Oct 28	9:00-9:45 AM	7	\$42	\$56
Moderate Hatha Yoga	Fri	Nov 4-Dec 16	9:00-9:45 AM	6	\$36	\$48
Yoga & Movement for Healthy Joints	Fri	Sept 16-Oct 28	10:30-11:00 AM	7	\$28	\$35
Yoga & Movement for Healthy Joints	Fri	Nov 4-Dec 16	10:30-11:00 AM	6	\$24	\$30

Fitness Class General Information



- It is recommended that your physician be consulted prior to the start of any activity.
- Avoid wearing scents to class.
- Bring indoor running shoes and water.
- All equipment supplied except yoga equipment.
- See course descriptions for instructors, cancellation dates and other information.
- 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. If unsure, consult with instructors / staff.
- If you miss a scheduled class, we are unable to allow make ups.

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

	Day	Start/End Date	Time	Weeks	Member	Non
Belly Dance	Mon	Sept 12-Oct 24	8:50-10:20 AM	6	\$48	\$54
Belly Dance	Mon	Oct 31-Dec 19	8:50-10:20 AM	8	\$64	\$72
Zumba Gold-Toning	Mon	Sept 12-Oct 24	9:00-9:45 AM	6	\$48	\$54
Zumba Gold-Toning	Mon	Oct 31-Dec 19	9:00-9:45 AM	7	\$56	\$63
Mobility and Bands	Mon	Sept 12-Oct 24	10:35-11:20 AM	6	\$42	\$48
Mobility and Bands	Mon	Oct 31-Dec 19	10:35-11:20 AM	8	\$56	\$64
Low Impact Strength	Mon	Sept 12-Oct 24	11:40 AM-12:25 PM	6	\$42	\$48
Low Impact Strength	Mon	Oct 31-Dec 19	11:40 AM-12:25 PM	8	\$56	\$64
Fun Fitness	Mon	Sept 12-Oct 24	1:00-2:00 PM	6	\$54	\$60
Fun Fitness	Mon	Oct 31-Dec 12	1:00-2:00 PM	7	\$63	\$70
Pilates: Gentle	Mon	Sept 12-Oct 24	6:00-7:00 PM	6	\$114	\$126
Pilates: Gentle	Mon	Oct 31-Dec 19	6:00-7:00 PM	7	\$133	\$147
Urban Pole Walking Workshop	Mon	October 24	9:30 AM-12:00 PM	1	FREE	FREE
Urban Pole Walking: Practice & Pointers Workshop	Mon	October 31	9:30-10:30 AM	1	FREE	FREE
Low Impact Intervals	Tues	Sept 6-Oct 25	8:40-9:25 AM	8	\$56	\$64
Low Impact Intervals	Tues	Nov 1-Dec 20	8:40-9:25 AM	8	\$56	\$64
Zumba Gold	Tues	Sept 6-Oct 25	9:00-9:45 AM	8	\$64	\$72
Zumba Gold	Tues	Nov 1-Dec 20	9:00-9:45 AM	7	\$56	\$63
Strength Training	Tues	Sept 6-Oct 25	9:35-10:20 AM	8	\$56	\$64
Strength Training	Tues	Nov 1-Dec 20	9:35-10:20 AM	8	\$56	\$64
Strength Training - Beginner	Tues	Sept 6-Oct 25	10:30-11:15 AM	8	\$56	\$64
Strength Training - Beginner	Tues	Nov 1-Dec 20	10:30-11:15 AM	8	\$56	\$64
Strength Training	Wed	Sept 7-Oct 26	8:40-9:25 AM	8	\$56	\$64
Strength Training	Wed	Nov 2-Dec 21	8:40-9:25 AM	8	\$56	\$64
Move with Ease	Wed	Oct 5-Dec 7	8:40-9:25 AM	10	\$70	\$80
Zumba Gold-Toning	Wed	Sept 7-Oct 26	9:00-9:45 AM	8	\$64	\$72
Zumba Gold-Toning	Wed	Nov 2-Dec 21	9:00-9:45 AM	7	\$56	\$63
All Around Fitness	Wed	Sept 7-Oct 26	9:35-10:20 AM	8	\$56	\$64
All Around Fitness	Wed	Nov 2-Dec 21	9:35-10:20 AM	8	\$56	\$64
Sweat Circuit	Wed	Sept 7-Oct 26	9:55-10:40 AM	8	\$56	\$64
Sweat Circuit	Wed	Nov 2-Dec 21	9:55-10:40 AM	8	\$56	\$64
Essentrics	Wed	Sept 14-Oct 26	11:40 AM-12:40 PM	7	\$63	\$70

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	Day	Start/End Date	Time	Weeks	Member	Non
Essentrics	Wed	Nov 2-Dec 14	11:40 AM-12:40 PM	7	\$63	\$70
Osteo Fit	Wed	Sept 7-Oct 26	3:15-4:00 PM	8	\$56	\$63
Osteo Fit	Wed	Nov 2-Dec 21	3:15-4:00 PM	7	\$49	\$56
Fitness Foundations - Beginner	Thurs	Sept 8-Oct 27	8:40-9:25 AM	8	\$56	\$64
Fitness Foundations - Beginner	Thurs	Nov 3-Dec 22	8:40-9:25 AM	8	\$56	\$64
Zumba Gold-Toning	Thurs	Sept 8-Oct 27	9:00-9:45 AM	8	\$64	\$72
Zumba Gold-Toning	Thurs	Nov 3-Dec 22	9:00-9:45 AM	7	\$56	\$63
Strength Training	Thurs	Sept 8-Oct 27	9:35-10:20 AM	8	\$56	\$64
Strength Training	Thurs	Nov 3-Dec 22	9:35-10:20 AM	8	\$56	\$64
Strength Training - Beginner	Thurs	Sept 8-Oct 27	10:30-11:15 AM	8	\$56	\$64
Strength Training - Beginner	Thurs	Nov 3-Dec 22	10:30-11:15 AM	8	\$56	\$64
Pilates: Mixed Level	Thurs	Sept 8-Oct 27	6:30-7:30 PM	7	\$133	\$147
Pilates: Mixed Level	Thurs	Nov 3-Dec 22	6:30-7:30 PM	8	\$152	\$168
Low Impact Cardio and Muscle	Fri	Sept 9-Oct 28	8:40-9:25 AM	8	\$56	\$64
Low Impact Cardio and Muscle	Fri	Nov 4-Dec 23	8:40-9:25 AM	7	\$49	\$56
Zumba Gold-Toning	Fri	Sept 9-Oct 28	9:00-9:45 AM	8	\$64	\$72
Zumba Gold-Toning	Fri	Nov 4-Dec 23	9:00-9:45 AM	6	\$48	\$54
Strength Training	Fri	Sept 9-Oct 28	9:35-10:20 AM	8	\$56	\$64
Strength Training	Fri	Nov 4-Dec 23	9:35-10:20 AM	7	\$49	\$56
Total Body Fitness	Fri	Sept 9-Oct 28	10:30-11:15 AM	8	\$56	\$64
Total Body Fitness	Fri	Nov 4-Dec 23	10:30-11:15 AM	7	\$49	\$56

Fall In-Person Yoga, Tai Chi, Meditation (See descriptions further in guide)

	Day	Start/End Date	Time	Weeks	Member	Non
Moderate Slow Yoga	Mon	Sept 12-Oct 24	10:30 AM-11:30AM	6	\$54	\$60
Moderate Slow Yoga	Mon	Oct 31-Dec 19	10:30 AM-11:30 PM	8	\$72	\$80
Ayurveda Course	Mon	Sept 12-Oct 31	10:30-11:15 AM	7	\$49	\$56
Ayurveda Course	Mon	Nov 7-Dec 12	10:30-11:15 AM	6	\$42	\$48
Standing & Seated Yoga	Mon	Sept 12-Oct 31	11:30 AM-12:30 PM	7	\$63	\$70
Standing & Seated Yoga	Mon	Nov 7-Dec 12	11:30 AM-12:30 PM	6	\$54	\$60
Tai Chi Level 1	Tues	Sept 13-Oct 25	9:30-10:30 AM	7	\$63	\$70
Tai Chi Level 1	Tues	Nov 1-Dec 20	9:30-10:30 AM	8	\$72	\$80
Tai Chi Level 2	Tues	Sept 13-Oct 25	10:30-11:30 AM	7	\$63	\$70
Tai Chi Level 2	Tues	Nov 1-Dec 20	10:30-11:30 AM	8	\$72	\$80
Deepening Meditation	Wed	Sept 14-Dec 7	9:30-11:00 AM	12	\$132	\$144
Standing & Seated Yoga	Wed	Sept 14-Oct 26	10:30-11:30 AM	7	\$63	\$70
Standing & Seated Yoga	Wed	Nov 2-Dec 14	10:30-11:30 AM	7	\$63	\$70
Yoga with Jane	Fri	Sept 16-Oct 28	9:30-10:30 AM	7	\$63	\$70
Yoga with Jane	Fri	Nov 4-Dec 23	9:30-10:30 AM	7	\$63	\$70
Mindfulness for Kindfulness	Fri	Sept 23-Oct 21	10:00-11:00 AM	5	\$45	\$50

Virtual (Zoom) Fitness Class 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. No class Oct. 6, Nov. 29.

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.

Virtual: Yoga and Movement for Healthy Joints

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.

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. No class Oct. 6.

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, too. 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. No class Nov. 29.

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: 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 Nov. 11.

Virtual: Zumba Gold

Join us for great music while focusing on balance, range of motion, coordination with moderate intensity. Wear running shoes. Instructor: Sarah Gray. No class Oct. 10, Dec. 5.

Fitness and Dance Descriptions (In Person)

All Around Fitness

This beginner to intermediate level class includes cardiovascular fitness, strength and endurance, balance

and flexibility. A variety of equipment will be used including stability balls. Participants should be able to get up and down from the floor. Instructor: Glenda Rose.

Belly Dance

Join us for a fun body and mind awakening class. Come and exercise without too much strain or shortness of breath. The only prerequisite required is that you can bend your knees and lift your arms over your head. The class has been designed to suit beginner and intermediate levels. We will exercise using veils, fan veils and canes. Dress comfortably in either a peasant skirt or yoga pants. You may dance barefooted, with socks or with ballet-type slippers. Props will be lent out to new students during class time. Those who wish to acquire their own props can either buy them from the teacher or online. Instructor: Lise Stewart. No class Oct. 10.

Essentrics

Essentrics is a fitness program that lengthens (eccentric movement) and strengthens the body without the use of weights. With 40 minutes of standing exercises and 20 minutes of floor work, the class consists of continuous, but very slow, movement. Each week you will notice improvement as you continue this full body program. Please bring a thin yoga mat, a strap, water and a towel. Instructor: Karen Murtagh.

Fitness Foundations - Beginner

A beginner cardio strength class using intervals of gentle cardio exercises. Class designed to get your heart rate up and your joints moving with gentle strength exercises and rotations to aid mobility and muscle tone. No floor work and chairs may be used for added support when needed. Instructor: Angie Reid.

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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! The Canadian Centre for Activity and Ageing recommends 150 minutes of moderate cardio per week. What a great way to start the week off! No floor work. Please bring water. Instructor: Karen Murtagh. No class Oct. 10.

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: Glenda Rose. No class Nov. 11.

Low Impact Intervals

An advanced level, moderate to high intensity class for those with good mobility. We will alternate intervals of low impact cardio with strength training. Participants should be able to get up and down from the floor. Instructor: Glenda Rose.

Low Impact Strength

A low impact class that focuses on full body strength and cardiovascular training. A beginner to intermediate class with a variety of options. A variety of equipment will be used. Some movement will be on the floor but options for seated and standing will be given. Instructor: Jennifer Wilson. No class Oct. 10

Mobility and Bands

A low impact class for all levels, focusing on range of motion for ease of everyday movements, balance, and some strength training with bands. Some movement may be on the floor but seated or standing options will be given. Instructor: Jennifer Wilson. No class Oct. 10.

Move with Ease

Do you notice that your body is stiffer and less flexible? This class is designed for those who want to increase flexibility and move with more ease during daily activities. We will use chairs, mats and various other tools to assist with stretching and will venture down to the floor for some mat work. No pain, all gain. Instructor: Wendy Armstrong.

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 Nov. 23.

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, just bring water and a sense of humour. No previous Pilates experience necessary. Instructor Kelly Offer is a Registered Massage Therapist and certified Pilates Instructor who specializes in pain relief and injury recovery through movement. No class Oct. 10, Nov. 28.

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 Oct. 6.

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. Instructors: Glenda Rose (Wednesday), Angie Reid (Tuesday, Thursday), Glen Froom (Friday). No class Nov. 11.

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 chair may be used for added support when needed. Instructor: Angie Reid.

Sweat Circuit

Circuit training is a combination of stations where participants will do a mix of body weight, strength, and low impact cardio exercises with rest periods in between. Mix of equipment will be used. Moderate to advanced. Must be able to get down on the ground. 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: Glen Froom. No class Nov.11.

Urban Pole Walking Workshop

Join in this pole walking workshop to help you build a regular walking routine into your life. Learn proper techniques, for breathing, posture and balance as well as properly adjusting your poles to get the most benefit from urban pole walking. Join certified Urban Pole Walking instructor Nancy Revie for this morning session which is a combination of classroom and field instruction. Handouts included. Come dressed for the weather and bring a water bottle. This workshop is offered free of charge due to grant funding but please [pre-register as space is limited](#). Let us know if you are bringing your own walking poles or if you need to borrow.

Urban Pole Walking Practice and Pointers Workshop

We will review some tips and tricks using walking poles to warm up, review and increase our capacity to get the most benefit from pole walking. Join certified Urban Pole Walking instructor Nancy Revie for this morning session. Come dressed for the weather and bring a water bottle. Handouts included. This workshop is offered free of charge due to grant funding but please [pre-register as space is limited](#). Let us know if you are bringing your own walking poles or if you need to borrow.

Zumba Gold

Join us for great music while focusing on balance, range of motion, coordination with moderate intensity. Wear running shoes. Instructor: Sarah Gray. No class Dec. 6.

Zumba Gold-Toning

Join us for cardio with a focus on muscle conditioning using maraca-like toning sticks (provided). Wear running shoes. Instructor: Sarah Gray. No class Oct. 10, Dec. 5, 7,8,9.

Yoga, Tai Chi, Mediation Descriptions (In Person)

Ayurveda Course

Ayurveda is the ancient system for health arising in India but continues to be practical for all at any age. It is a natural approach to self-care that is not in opposition to other health practices but works alongside them. As we age, we need to more intentionally focus our efforts for not just longevity but for a sense of ease in our bodies. To understand why we need to change our routines to achieve that please join us for both sessions. No class Oct. 10. Instructor: Karen Murtagh

Deepening Meditation

This series is for students that have completed an introduction to meditation series with Jill or have previous meditation experience and practice. The classes will include teachings, partially guided meditations, and community sharing about the practices. Chairs available for sitting. Instructor: Jill Davey. NOTE: If you are new to this class, contact instructor prior to registration jill@riversoundretreat.com. No class Oct. 26.

Mindfulness for Kindfulness

We offer these meditation practices to cultivate peace within ourselves and our world. Metta, often translated as lovingkindness, is a meditation practice for developing goodwill towards all, ourselves included, to enhance our capacity to respond to life's inevitable difficulties with a sense of connection and care. Suitable for both new and experienced meditators. Explore a variety of approaches to this heart-opening practice including commonly experienced obstacles and practical

ways to bring kindness into daily life. Facilitators: Jill Davey, Cathy Rose.

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: Michelle Vandenburg. No class Oct. 10.

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. Instructor: Karen Murtagh. No class Oct. 10.

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

SENIORS

yoga mat and something to keep cozy during relaxation. Instructor Jane Finoro is a certified yoga instructor, trained in traditional practice. She has taught yoga for many years with the Upper Grand Board of Education. No class Nov. 11.

Special Interest (In Person)



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

Writing Your Family Stories

Do you have a legacy or story to share with the next generation? Perhaps there is a season of your life that you would like to explore around a favourite ancestor. Maybe this is the time to give voice to those stories. Donna Mann is an award-winning author of historical and biographical fiction and non-fiction. No class Oct. 10.

\$45 (\$36 Members)

*Mondays, 9:30 am to 11:30 am
September 12 to November 7
(8 classes)*

Drawing Fundamentals: Level 1

Explore the basic techniques of drawing and develop your artistic eye in this intro 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 16 to November 4
(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.

\$96 (\$84 Members)

*Fridays, 1:00 pm to 3:00 pm
November 18 to December 23
(6 classes)*

Beginner Rug Hooking

If you are looking for a relaxing hobby, try rug hooking - a traditional craft that has gained popularity in Canada. Learn how to pull loops to hook the design and how to finish your piece. No skill or experience required. Bring a pair of small scissors. Kit available from instructor at first class for approx. \$90. See photo of project at VPSC. Instructor: Pat Rivett is an experienced Rug Hooker and a member of the Ontario Hooking Craft Guild.

\$85 (\$75 Members)

*Wednesdays, 9:30 am to 11:30 am
September 14 to September 28
(3 classes)*

Rubber Stamping and Card Making Workshop

Beginner to advanced stampers will enjoy this fun, hands-on card-making workshop. Create your own personalized greeting cards and learn other crafty ideas. Bring scissors, glue stick and a \$8 supply fee to class. Instructor: Joanne McTavish.

\$5 (\$3 member)

*Wednesday, 9:00 am to 11:00 am
September 21 OR November 23*

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.

Thursdays, 1:00 pm to 3:00 pm

Happiness Wellness

Workshop: Cultivating Happiness in Difficult Times

Are you feeling stuck in life? Coping with a life change or transition? Needing to find joy again after lockdown? Just plain unhappy? In this course you will gain the insights and take the steps to improve your happiness and life satisfaction. With support of a Positive Psychology Coach, you will develop new skills, restore yourself and reconnect with the joys of experiencing your life. Each week builds upon itself. Tap into your strengths, skills, knowledge, resources, and values, to create positive experience and emotion. Gain the skills and develop a tool kit to cultivate resilience to create a positive change. Each week will include group exercises, discussions, and practical tools. Instructor: Pat Rivett.

\$134 (\$124 Members)

*Wednesdays, 9:30 am to 11:00 am
October 5 to November 9
(6 classes)*

Nutrition Workshop: 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. This session will teach you to recognize the many places sugar is hiding in your daily routine, impact on overall health and how to gently kick that sweet sugar bug and say Sayonara to Sugar. Includes a booklet containing all the sweet scientific facts behind what sugar does to our bodies, step by step breakdown on what to do to shake the sugar, 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, November 28

9:00 am to 11:00 am

Seminars



Please pre-register for all seminars listed below (for both the virtual and the in-person seminars). If attending a virtual seminar, the Zoom link will be provided upon registration. By donation at the door for in-person seminars.

Virtual Seminar: Mediterranean Diet

Explore this way of eating based on the traditional cuisine of the Mediterranean. This diet is high in vegetables, fruits, whole grains, nuts, seeds and olive oil. This discussion will focus on the relationship between brain health and nutrition. (Bonus recipes provided.) Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. *Friday, September 9 at 10:00 am*

Expected Loss – Coping with Anticipatory Grief (In-Person)

Anticipatory grief gives us a chance to understand and accept that the person is going to die. By processing feelings of grief in a healthy way, you gain opportunities to heal relationships or say things you've always meant to say. This session will help you understand that grief does not wait for death to happen - grief can begin well before a loved one dies. Presented by Julie Martin-Jansen, Advocate Resource Counsellor with Hospice Wellington. *Thursday, September 15 at 10:00 am*

Nutrition for a Healthy Heart (In-Person)

Join Registered Dietitian, Leanne Richardson from the Upper Grand Family Health Team for a presentation on nutrition for heart health. We will review multiple dietary patterns that improve heart health, and talk about practical ways to introduce heart healthy foods into your meals and snacks. There might even be a few new recipes to add to your books! *Thursday, September 29 at 9:30 am*

Virtual Seminar: Care in the Later Stages

An examination of the late stages of dementia. We explore the best interaction, activity and approach techniques. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. *Friday, October 7 at 10:00 am*

Virtual Seminar: Why Do People with Dementia Wander?

What causes 6 out of 10 people living with dementia to wander? How can we help people with dementia stay safe? This session will look at what the Finding Your Way® program is and give tips and strategies to help keep the person living with dementia safe in the community, along with information and resources to help you be prepared for incidents of someone going missing. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. *Friday, November 18 at 10:00 am*

10 Tips on Being an Executor (In-Person)

Debbie Stanley, Certified Executor Advisor, and owner of 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.

Monday, November 21 at 10:00 am

Grief & Holidays - Survival Skills Workshop (In-Person) and Virtual

This seminar is for anyone who has experienced the loss of a loved one and is hoping to find ways to prepare for the upcoming season of holidays. In this workshop we will share ideas about how to honour the memory of your loved one, creative ways to establish new traditions and incorporate the memory of your loved one in existing rituals. Presented by Julie Martin-Jansen, Advocate Resource Counsellor with Hospice Wellington. *Thursday, December 8 at 10:00 am*

Virtual Seminar: Cheat Sheet for Communication

This talk will provide you with suggestions on how to support conversation for people living with dementia. It includes suggestions for conversation starters and an opportunity for questions and discussion. The session is designed for care partners of people living with dementia who are in the early and mid stages of their journey. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. *Friday, December 9 at 10:00 am*

Special Events (In Person)

Wednesday Lunches

We are in the process of resuming lunches this fall on Wednesdays at 12:00 noon. Refer to the monthly calendar for full menus, dates of the lunches and cost. Take-outs available. NEW: Pre-registration and payment required by the Friday prior. We also host homemade fund-raising lunches and BBQ's from time to time, prepared by the Centre's Program Committee. Refer to monthly calendar for more information.
Begins: Wednesday, September 14

Musical Afternoon Program

Join us for a special musical afternoon with the Centre's Melody Makers. This talented group includes the choir, ukulele, bell ringers, guitar, drums and many other instruments. Why not join us for lunch and stay for entertainment afterwards?
Wednesday, September 14 at 1:00 pm
By donation at the door.

New Members' 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 the Centre to schedule a tour anytime. No charge.
September 19, October 17
or November 14

Mystery Card Walk: National Seniors Day Event

Did you know October 1 is National Seniors Day in Canada? To get a jumpstart on celebrating, join us for an enjoyable morning to promote fun, physical activity. Everyone wins a prize! We will be walking two kilometers 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. And don't miss the upcoming pole walking workshops held in October (see the fitness section for more details).

Monday, September 26 at 9:30 am

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, bell ringers, guitar, drums and many other instruments. Why not join us for lunch and stay for entertainment?
Wednesday, November 9 at 1:00 pm
By donation at the door

Deck the Halls!

Help us decorate the Centre for Christmas – a perfect way to get into the holiday spirit. We are looking for volunteers so let us know if you can help out.
Friday, November 18 at 9:00 am

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 and the election of the Advisory Board. Note: All activities are cancelled at the Centre during this meeting.
Thursday, November 24 at 2:00 pm

Christmas Carol Sing-along

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. All welcome. Why not join us for lunch and stay for entertainment?
Wednesday, December 21 at 1:00 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 see 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 due to weather, we will contact all participants by phone or email to notify of the cancellation.

REFUNDS

Did you know that if you pay by credit or debit we can refund directly to the card should the course be cancelled? Consider using a credit or debit card when registering. Allow up to 4 weeks to process cheque refunds. For refund policies: centrewellington.ca/seniorscentre