

# January Wednesday Lunch Menus

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

## January 2

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

Cabbage Rolls  
Butternut Squash  
Caesar Salad  
Tea Biscuit or Garlic Breadsticks  
Hot Apple Brown Betty

## January 9 – Homemade Turkey Soup

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

Homemade Turkey Soup  
Salad  
Dessert

## January 16

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

Roast Beef with Gravy  
O'Brien Potatoes  
Garden Peas  
Mixed Green Salad  
Home Baked Bread  
Deep Dish Brownie

## January 23 – Robbie Burns Lunch

**Note Cost: \$12 members or \$14 non-members**

Homemade Scottish Meat Pies and Gravy  
Mushy Peas  
Neeps and Tatties  
Haggis  
Raisin Pudding with Carmel Sauce and Ice Cream

## January 30

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

Baked Chicken Pieces & BBQ Sauce  
Oven Roasted Potatoes  
Mixed Vegetables  
Creamy Coleslaw  
Crusty Rolls  
Strawberry Shortcake

# January 2019

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 Winter 2019 Centre Wellington Community Guide was delivered to Centre Wellington mid-December. Register at the Centre or online. To view our section refer to the Website ([www.centrewellington.ca](http://www.centrewellington.ca) or request a copy be emailed to you)**

Register online: fast, easy and no fees: <https://ca.apm.activecommunities.com/centrewellington/>

Please review the Administrative Policies listed in the Community Guide.

Have you thought about trying **Karaoke**??? Let us know if you'd be interested!

We have started a second group of **Carpet Bowling** on Fridays at 1:00 pm – all welcome!

The Tuesday night **Contract Bridge** group is looking for a convener or a pair of individuals to convene together. The group meets Tuesdays at 7:00 pm here at the Centre. Let us know if you are interested or if you have any questions about this.

**Note to VPSC Volunteers:** If you were unable to attend either volunteer meeting held in October, please stop by Kelly's Office for a quick chat regarding the new Volunteer Management Program. There are forms to be completed. Thank you.

**For Bus Trips:** Due to limited parking at the Centre, if you are able, please park away from the building while on a VPSC day trip. This allows for other seniors to have a place to park when they come to the Centre throughout the day. Of course, if you have mobility issues please park where needed. Thank you for your cooperation.

Volunteers needed! See Kelly for more information on any of these positions: **Reception Desk, Tuesday Lunch Preparation for Homemade Meals, Dishwashers, Kitchen Cleaners, Lunch Servers, Special Events and Program Committee.**

## **ACTIVE LIVING and RETIREMENT SHOW**

**Friday, March 22 from 10:00 am to 2:00 pm**

**Centre Wellington Sportsplex (550 Belsyde Ave, Fergus)**

**Free admission**

Visit VPSC's 12<sup>th</sup> annual one-day event and see the 50+ exhibitor booths on services available to older adults from a variety of organizations: health, financial, travel, recreation, support services, volunteering and more. Learn about opportunities for older adults in our community. Grab bags to the first 150 people. FREE: chair massages, chair mass stretching, light refreshments, fitness classes, seminars and more. Schedule below:

**10:15 am Tap Dancing & Belly Dancing**

**10:30 am Seminar: Wills, Powers of Attorneys and Living Wills**

**11:00 am Zumba Gold**

**11:45 am Move with Ease**

**11:45 am Seminar: Overview of Ontario's Estate Administration Tax by the Ministry of Finance**

**12:30 pm Fitness Kickboxing**

**1:00 pm Seminar: Age has its Benefits**

**1:15 pm Zumba Gold-Toning**

**All day: Chair Massages & Fascial Stretching**

**Did you know that the Centre's Quilting Group does custom quilting?** If you have an unfinished quilt project that needs to be finished or would like one made, please ask at VPSC.

**Interested in receiving VPSC's Monthly Email Update?** Email [khall@centrewellington.ca](mailto:khall@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 Members Talk &amp; Tour 1:00 Quilting, 1:00 Shuffleboard 1:30 Walking 1:30 Adult Colouring Circle (resumes Jan 7) 2:00 Choir &amp; Ukulele Band (resumes Jan 7) 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 Song Circle for String Players 3:00 French Conversation 7:00 Contract Bridge, 7:00 Poker</p>	<p><b>WEDNESDAY Drop-in Activities</b></p> <p>9:30 Weight Management Support Group 9:30 Winter Walking the Trails 10:00 Crokinole, 10:30 Creative Writing 2:00 Tap Dancing, 1:00 Wood Carving 1:00 Duplicate Bridge, 1:00 Craft Group 1:00 Art Group, 1:00 Euchre 3:00 Line Dancing (resumes Jan. 9)</p>	<p><b>THURSDAY Drop-in Activities</b></p> <p>9:00 Tap Dancing (resumes Jan. 10) 9:30 Darts, 1:00 Bingo 1:00 Social Bridge 1:00 Table Tennis 1:00 Guitar Group: The Country Classics 1:30 Scrabble, 4:00 Drama Practice 7:30 Euchre</p>	<p><b>FRIDAY Daily Drop-in Activities</b></p> <p>9:30 Cribbage, 9:30 Mah Jong 9:30 Monthly Stroke Recovery (last Friday) 11:00 Monthly Book Club (1<sup>st</sup> Friday) 1:00 Carpet Bowling 1:00 Movie Afternoon &amp; Ice Cream Sundae 1:00 Ukulele Band 3:00 Circle Dance – 1<sup>st</sup> &amp; 3<sup>rd</sup> Friday</p>	<p>Centre Closed: <u>Saturday, Sunday and Statutory Holidays</u> (unless special events, registered courses or drop-in activities are scheduled).</p>
<p><b>LEGEND</b></p> <p>GREEN= Health Clinics, Garden Fresh Box BLUE=Computer Class RED=Seminar, Special Event, Wed Lunch BROWN=Board and Committee Meetings BOLD BLACK=Start of Course, Bus Trip, 1<sup>st</sup> Day of Registration</p>	<p><b>1</b></p> <p>New Year's Day – Happy 2019! Centre Closed</p>	<p><b>2</b> (Daily Drop-In Activities listed above)</p> <p><b>9:00 Men's Fitness – Core Basics</b> <b>9:50 All Around Fitness</b> <b>10:30 Games for the Brain (presented by Shannon, Heritage River Retirement Residence)</b> <b>12:00 Wednesday Lunch (menu on back)</b></p>	<p><b>3</b>(Daily Drop-In Activities listed above)</p> <p><b>8:40 Power &amp; Strength</b> <b>9:30 Strength Training</b></p>	<p><b>4</b> (Daily Drop-in Activities listed above)</p> <p><b>9:00 Low Impact Cardio &amp; Muscle</b> <b>11:00 Strength Training</b> <b>11:00 Monthly Book Club (1<sup>st</sup>Friday)</b> 1:00 Movie &amp; Sundaes: The Leisure Seeker <b>*Garden Fresh Box orders/payment due*</b></p>	<p><b>5</b></p> <p><b>12:30 FREE Trial Class: Osteo Fit</b> <b>1:30 FREE Trial: Strength and Balance</b></p>
<p><b>7</b> (Daily Drop-In Activities listed above)</p> <p><b>9:00 Advisory Board Mtg, 10:15 Program Com Mtg</b> 9:00 Belly Dancing <b>11:30 Seminar: Managing Your Finances In Retirement (by Chartered Professional Accountants of Canada)</b> 10:35 Intermediate Slow Style Yoga 12:10 Chair Yoga, 1:05 Strength Training 4:40 Dump Your Rump 5:00 Yoga for Relaxation <b>7:00 Computer Class: Photos &amp; Your Computer: Part 1 (1 class)</b></p>	<p><b>8</b> (Daily Drop-In Activities listed above)</p> <p><b>8:40 Low Impact Intervals</b> <b>8:40 Zumba Gold/Zumba Gold Toning</b> <b>9:00-3:00 Foot Care Clinic (by appointment)</b> 9:30 Tai Chi Level 2, 9:30 Strength Training 9:30 FUNDamentals Watercolour - Beginner 10:30 Tai Chi Level 1, 10:30 Ball Fit 10:30 Daily Yoga Health Habits 11:20 Post Rehab – Mobility &amp; Stability 11:45 Beginner Fitness Class 12:10 Gentle Yoga – Focus On The Spine</p>	<p><b>9</b> (Daily Drop-In Activities listed above)</p> <p><b>8:40 Zumba Gold</b>, 9:00 Men's Fitness <b>9:00-11:30 Chair Massage Clinic (by appoint)</b> 9:30 FUNDamentals of Drawing – Intermediate &amp; Advanced, 9:30 Deepening Dharma 9:35 Intermediate Slow Style Yoga 9:50 All Around Fitness <b>11:00-1:00 Oscope Clinic (Hear Well Be Well)</b> 11:00 Yoga For Healthy Joints <b>11:00-12:00 Blood Pressure Clinic (Elora Apothecary)</b> <b>12:00 Wednesday Lunch (menu on back)</b> <b>12:45-2:15 Reflexology Clinic (by appointment)</b> 1:00 FUNDamentals of Drawing - Beginner <b>6:00 FREE Trial Class: Pilates</b></p>	<p><b>10</b> (Daily Drop-In Activities listed above)</p> <p><b>8:40 Zumba Gold</b>, 8:40 Power &amp; Strength <b>9:00 &amp; 10:00 Tech help (1 Hour appt)</b> 9:30 Strength Training, <b>9:35 Chair Yoga</b> <b>10:30 Strength Training</b> <b>10:40 FREE Trial: Fitness Kickboxing</b> <b>11:00 Mindful Intermediate Yoga</b> <b>11:20 Move With Ease</b> <b>12:00 Yoga Healthy Joints</b> <b>1:00 Minds in Motion NEW: Register with the Alzheimer Society 519.836.7672</b></p>	<p><b>11</b>(Daily Drop-In Activities listed above)</p> <p><b>9:00-3:00 Foot Care Clinic (by appointment)</b> 9:00 Low Impact Cardio &amp; Muscle 9:30 FUNDamentals of Watercolour – Inter &amp; Adv <b>10:00 Seminar: Designing A Garden (by Canopy Farms Landscaping)</b> <b>10:00 Seminar: Senior Rightsizing (by New Leaf Organizers)</b> <b>10:00 Seminar: Eating for Immunity: Food and the Flu Nutrition (at Zehrs in Fergus)</b> <b>10:00 Zumba Gold/Toning</b> 11:00 Strength Training, <b>11:50 Zumba Gold/Toning</b> 1:00 Movie &amp; Sundaes: Café Society</p>	<p><b>12</b></p> <p><b>12:30 Osteo Fit</b> <b>1:30 Strength and Balance</b></p>
<p><b>14</b> (Daily Drop-In Activities listed above)</p> <p>9:00 Belly Dancing <b>9:30 Writing Your Family Stories</b> <b>10:00 New Members' Talk &amp; Tour</b> 10:35 Intermediate Slow Style Yoga 12:10 Chair Yoga, 1:05 Strength Training <b>2:00 Move With Ease, 3:00 Bone Fit</b> <b>3:30 Bone Fit, 4:00 Bone Fit</b> 4:40 Dump Your Rump, 5:00 Yoga for Relaxation <b>5:30 Pilates Mixed Level</b> <b>7:00 Computer Class: Photos &amp; Your Computer: Part 2 (1 class)</b></p>	<p><b>15</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Intervals <del>8:40 Zumba Gold/Zumba Gold Toning</del> <b>9:00-3:00 Foot Care Clinic (by appointment)</b> 9:30 Tai Chi Level 2, 9:30 Strength Training 9:30 FUNDamentals Watercolour - Beginner 10:30 Tai Chi Level 1, 10:30 Ball Fit 10:30 Daily Yoga Health Habits 11:20 Post Rehab – Mobility &amp; Stability 11:45 Beginner Fitness Class 12:10 Gentle Yoga – Focus On The Spine</p>	<p><b>16</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Zumba Gold, 9:00 Men's Fitness <b>9:00-11:30 Chair Massage Clinic (by appoint)</b> 9:30 FUNDamentals of Drawing – Inter &amp; Adv 9:30 Deepening Dharma, 9:35 Intermediate Slow Style Yoga 9:50 All Around Fitness 11:00 Yoga For Healthy Joints <b>12:00 Wednesday Lunch (menu on back)</b> <b>12:45-2:15 Reflexology Clinic (by appointment)</b> <b>1:00-4:00 Pickup Garden Fresh Box (3<sup>rd</sup> Wed)</b> 1:00 FUNDamentals of Drawing - Beginner <b>5:00 Pilates Fundamentals</b> <b>6:00 Pilates Performance</b></p>	<p><b>17</b>(Daily Drop-In Activities listed above)</p> <p><del>8:40 Zumba Gold</del>, 8:40 Power &amp; Strength 9:30 Strength Training, <del>9:35 Chair Yoga</del> 10:30 Strength Training <b>10:40 Fitness Kickboxing</b> <del>11:00 Mindful Intermediate Yoga</del> 11:20 Move With Ease 12:00 Yoga Healthy Joints 1:00 Minds in Motion NEW: Register with the Alzheimer Society 519.836.7672 <del>7:00 Computer Class: iPad</del> Rescheduled to Jan.24</p>	<p><b>18</b>(Daily Drop-in Activities listed above)</p> <p><b>9:00-3:00 Foot Care Clinic (by appointment)</b> 9:00 Low Impact Cardio &amp; Muscle 9:30 FUNDamentals of Watercolour–Inter &amp; Adv <del>10:00 Zumba Gold/Toning</del> 11:00 Strength Training <del>11:50 Zumba Gold/Toning</del> 1:00 Movie &amp; Sundaes: What We Did On Our Holiday</p>	<p><b>19</b></p> <p>12:30 Osteo Fit 1:30 Strength and Balance</p>
<p><b>21</b> (Daily Drop-In Activities listed above)</p> <p>9:00 Belly Dancing 9:30 Writing Your Family Stories <b>9:30 Seminar: Aging-In-Place and Home Safety &amp; Adaptive Clothing (Right At Home Canada)</b> 10:35 Intermediate Slow Style Yoga <b>11:30 Seminar: Wills, Powers of Attorney and Living Wills (Nathan Martin of SV Law)</b> 12:10 Chair Yoga, 1:05 Strength Training 2:00 Move With Ease, 3:00 Bone Fit 3:30 Bone Fit, 4:00 Bone Fit, 4:40 Dump Rump 5:00 Yoga for Relaxation, 5:30 Pilates Mixed Level <b>7:00 Computer Class: Windows 10 (1 class)</b></p>	<p><b>22</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Intervals 8:40 Zumba Gold/Zumba Gold Toning <b>9:00-3:00 Foot Care Clinic (by appointment)</b> 9:30 Tai Chi Level 2, 9:30 Strength Training 9:30 FUNDamentals Watercolour - Beginner 10:30 Tai Chi Level 1, 10:30 Ball Fit 10:30 Daily Yoga Health Habits 11:20 Post Rehab – Mobility &amp; Stability 11:45 Beginner Fitness Class 12:10 Gentle Yoga – Focus On The Spine</p>	<p><b>23</b> (Daily Drop-In Activities listed above)</p> <p><b>9:00-11:30 Chair Massage Clinic (by appoint)</b> 8:40 Zumba Gold, 9:00 Men's Fitness 9:30 FUNDamentals of Drawing – Inter &amp; Adv 9:30 Deepening Dharma, 9:35 Inter Slow Style Yoga 9:50 All Around Fitness 11:00 Yoga For Healthy Joints <b>12:00 Wednesday Lunch (menu on back)</b> <b>12:45-2:15 Reflexology Clinic (by appointment)</b> <b>1:00-4:00 Pickup Garden Fresh Box (3<sup>rd</sup> Wed)</b> 1:00 FUNDamentals of Drawing - Beginner 5:00 Pilates Fundamentals 6:00 Pilates Performance</p>	<p><b>24</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Zumba Gold, 8:40 Power &amp; Strength 9:30 Strength Training, 9:35 Chair Yoga <b>10:00 Seminar: Navigating the 4 D's: Death, Divorce, Decision and Disability (by Confident Care planners)</b>, 10:30 Strength Training 10:40 Kickboxing, 11:00 Mindful Inter Yoga 11:20 Move With Ease, 12:00 Yoga Healthy Joints <b>1:00 Bridge Workshop: Stayman+, Jacoby and Texas Transfers</b> 1:00 Minds in Motion NEW: Register with the Alzheimer Society 519.836.7672 <b>7:00 Computer Class: iPad</b></p>	<p><b>25</b>(Daily Drop-In Activities listed above)</p> <p><b>9:00-3:00 Foot Care Clinic (by appointment)</b> 9:00 Low Impact Cardio &amp; Muscle 9:30 FUNDamentals of Watercolour–Inter &amp; Adv <b>9:30 Seminar: Living With Stroke Series: Focus on Depression (by CW Stroke Recovery Community Program)</b> 10:00 Zumba Gold/Toning 11:00 Strength Training 11:50 Zumba Gold/Toning <b>12:30 Computer Class: Internet Basics</b> 1:00 Movie &amp; Sundaes: The Journey</p>	<p><b>26</b></p> <p>12:30 Osteo Fit 1:30 Strength and Balance</p>
<p><b>28</b> (Daily Drop-In Activities listed above)</p> <p>9:00 Belly Dancing, 9:30 Writing Family Stories <b>10:00 Seminar: VPSC Travel Show: 2019 Bus Trips (presented by Great Canadian Holidays &amp; Chris Ledger, Bus Trip Coordinator)</b> 10:35 Intermediate Slow Style Yoga 12:10 Chair Yoga, 1:05 Strength Training 2:00 Move With Ease, 3:00 Bone Fit 3:30 Bone Fit, 4:00 Bone Fit 4:40 Dump Your Rump, 5:00 Yoga for Relaxation 5:30 Pilates Mixed Level</p>	<p><b>29</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Intervals 8:40 Zumba Gold/Zumba Gold Toning <b>9:00-3:00 Foot Care Clinic (by appointment)</b> 9:30 Tai Chi Level 2, 9:30 Strength Training 9:30 FUNDamentals Watercolour - Beginner 10:30 Tai Chi Level 1, 10:30 Ball Fit 10:30 Daily Yoga Health Habits 11:20 Post Rehab – Mobility &amp; Stability 11:45 Beginner Fitness Class 12:10 Gentle Yoga – Focus On The Spine</p>	<p><b>30</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Zumba Gold, 9:00 Men's Fitness 9:30 FUNDamentals of Drawing – Inter &amp; Adv 9:30 Deepening Dharma, 9:35 Inter Slow Style Yoga 9:50 All Around Fitness 11:00 Yoga For Healthy Joints <b>12:00 Wednesday Lunch (menu on back)</b> <b>12:45-2:15 Reflexology Clinic (by appointment)</b> 1:00 FUNDamentals of Drawing - Beginner 5:00 Pilates Fundamentals 6:00 Pilates Performance</p>	<p><b>31</b>(Daily Drop-In Activities listed above)</p> <p>8:40 Zumba Gold, 8:40 Power &amp; Strength 9:30 Strength Training, 9:35 Chair Yoga <b>10:00 Seminar: Funeral Alternatives (End of Life Educator)</b> 10:30 Strength Training, 10:40 Kickboxing 11:00 Mindful Intermediate Yoga 11:20 Move With Ease, 12:00 Yoga Healthy Joints <b>1:00 Bridge Workshop: Gerber and 1430 Blackwood</b> 1:00 Minds in Motion NEW: Register with the Alzheimer Society 519.836.7672 <b>7:00 &amp; 8:00 Tech help (1 Hour appt)</b></p>	<p><b>January 2019</b> DAILY ALL DAY DROP-IN ACTIVITIES: Billiards, Coffee, Puzzle, Library, Facility Tours Pre-register for all courses, seminars, bus trips, clinics, special events <b>519.846.9691 x204</b></p>	