

## Fall 2022 Seminars (in-person and virtual)

Note: Please pre-register for all seminars listed below (both virtual and in-person).

By donation at the door for in-person seminars.

If attending a virtual seminar, the Zoom link will be provided 12-24 hours before seminar.

**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, 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 (offered both In-Person & 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.**

## Fall 2022 Special Events (in-person)

Note: Please pre-register for all events listed below.

For some special events the cost is by donation at the door.

**Craft Sale** – Stop in to see one-of-a-kind handmade craft items for sale! Knitted baby items (blankets, sleep sacks), quilts, kitchen dishcloths, pot scrubbers, tea/hand towels, toques, hats, scarves and many more items!!! All proceeds support the Centre. Thank you to the Craft Group for the many hours spent making the items. Are you crafty? Looking to get involved? If so, speak to any of the Craft Group volunteers or see Kelly. Cash only. **Wednesday, October 5 from 10:00 am to 3:00 pm.**

**Musical Afternoon Program** - Join us for a special musical afternoon with the Centre's "Autumn Tones & Red Suspenders". Why not join us for lunch and stay for entertainment afterwards? **Wednesday, October 5 at 1:00 pm. By donation at door.**

**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 afterwards? **Wednesday, November 9 at 1:00 pm. By donation at the door.**

**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.**

**Drama Performance "Double or Nothing"** - Please join the Victoria Park Drama Club on December 9 at 2:00 p.m. for their presentation of "Double or Nothing" as they romp through the British Secret Service with James Bond and assorted Soviet spies. Free will donations at the door. **Friday, December 9 at 2:00 pm.**

**Christmas Carol Sing-a-Long** - 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. Why not join us for lunch and stay for entertainment afterwards? All welcome. **Wednesday, December 21 at 1:00 pm. By donation at the door.**

## October 2022

Victoria Park Seniors Centre

150 Albert Street West, Fergus, ON N1M 1X2

Monday to Friday 9:00 am to 4:00 pm 519.846.9691 x204 OR 1.800.750.5023 x204

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

Registration and refund policies: [www.centrewellington.ca](http://www.centrewellington.ca)

To view programs offered visit: [www.centrewellington.ca/seniorscentre](http://www.centrewellington.ca/seniorscentre) or view the outdoor display case.

**The Centre will be closed Monday, October 10 for Thanksgiving.**

**Fall 2022 Registration is still OPEN – Register Now!**

### Wednesday Lunch

Cost: \$14 members of the Centre or \$15 non-members.

**New!** You must register and **pay** by the Friday prior. Pay in person/by credit card online/over the phone.

Lunches are **non-refundable** but take out options are available!

Safety measures: Everyone will be asked to sanitize upon entering the dining room and sanitizer will be located on each table. Kitchen volunteers will be masked.

### Thanksgiving Lunch – Wednesday, October 5<sup>th</sup> at 12pm (pay by Sept. 30 at 4pm)

Roast Turkey with Gravy, Stuffing, Cranberry Sauce

Mashed Potatoes

Turnip & Carrots

Pumpkin Pie

**Visit the Craft Room Sale from 10am-3pm on October 5<sup>th</sup> - knitted items, quilts, toques, scarves and more!**

### Bus Trips.....Are Back! Register now!

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-members.

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.**

Rockway Vineyards: Enjoy a fantastic wine tasting and included lunch. Menu: mixed green salad to begin, with rolls and butter, chicken supreme with mushroom sauce, mashed potato, vegetables, cheesecake for dessert, coffee and tea.

Niagara Falls: Soak up the classic sights of Niagara Falls before experiencing "Journey Behind the Falls". Discover some of the most unique views of this natural wonder.

Maple Leaf Place: Take in the world's first indoor sugar bush experience! Taste iconic maple delicacies and learn how these sweet treats are made.

**To reduce the risk of illness at the Centre we will do the following:**

Ask that you sanitize your hands upon entering, disinfect area/equipment you use (supplies in each room) and wear a mask, if you wish. Please do not visit the Centre if you are feeling unwell. We ask that you read the Township's Assumption of Risk before entering (main entrance). If you have been exposed to someone who tested positive for Covid-19 or are feeling unwell please remain at home.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MONDAY Drop-in Activities</b></p> <p>9:00 – 4:00 Billiards &amp; Snooker            9:30 Canasta            1:00 Colour Circle            1:00 Choir, Ukulele &amp; Bell Ringers: Melody Makers            4:00 Table Tennis (Looking for Convener)</p>	<p><b>TUESDAY Drop-in Activities</b></p> <p>9:00 – 4:00 Billiards &amp; Snooker (1:00 Ladies Billiards)            9:30 Bunka Artistry, 10:45 Genealogy            1:00 Bid Euchre, 1:00 Shuffleboard            1:00 Hand &amp; Foot Card Game, 1:00 Wii Bowling            4:00 Song Circle String Players (Need participants)            3:00 French Conversation, 3:00 Tap Dancing</p>	<p><b>WEDNESDAY Drop-in Activities</b></p> <p>9:00 – 4:00 Billiards &amp; Snooker            10:00 Crokinole, 10:30 Creative Writing            1:00 Craft &amp; Quilting Group            1:00 Art Group, 1:00 Euchre            4:00 Wood Carving (Need participants)            3:00 Line Dancing</p>	<p><b>THURSDAY Drop-in Activities</b></p> <p>9:00 – 4:00 Billiards &amp; Snooker            9:30 Darts, 9:30 Scrabble            1:00 Bingo, 1:00 Social Bridge            1:00 Guitar Band: The Country Classics            4:00 Drama Practice            7:30 Euchre</p>	<p><b>FRIDAY Drop-in Activities</b></p> <p>9:00 – 4:00 Billiards &amp; Snooker            9:30 Cribbage, 9:30 Mah Jong            11:00 Monthly Book Club (1<sup>st</sup> Friday - October 7)            11:15 Spanish Conversation            1:00 Ukulele Band            1:00 Carpet Bowling</p>
<p><b>3</b> (Daily Drop-In Activities listed above)</p> <p>8:50 Belly Dance, 9:00 Zumba Gold-Toning            9:00 Advisory Board Mtg, 10:15 Program Committee Mtg            9:30 Writing Your Family Stories            10:00 Zumba Gold            10:30 Ayurveda Course            10:30 Moderate Slow Yoga            10:35 Mobility and Bands            11:30 Standing &amp; Seated Yoga            11:40 Low Impact Strength            1:00 Fun Fitness            6:00 Pilates: Gentle</p>	<p><b>4</b> (Daily Drop-In Activities listed above)</p> <p><del>8:40 Low Impact Intervals</del>  <b>9:00-4:00 Foot Care Clinic (by appt)</b>            9:00 Zumba Gold            9:15 Fit Bones Plus            9:30 Tai Chi Level 1            9:35 Strength Training            9:50 Building Strength – Lower Body            10:30 Strength Training Beginner            10:30 Tai Chi Level 2            10:30 Yoga &amp; Movement for Healthy Joints</p>	<p><b>5</b> (Daily Drop-In Activities listed above)</p> <p><del>8:40 Move with Ease, 8:40 Strength Training</del>            9:00 Zumba Gold-Toning            9:30 Deepening Meditation  <del>9:30 Happiness Wellness Workshop</del>            9:35 All Around Fitness, 9:55 Sweat Circuit            9:50 Building Strength – Core  <b>10:00-3:00 Craft Room Sale - drop-in!</b>            10:30 Fit Bones            10:30 Standing &amp; Seated Yoga, 11:40 Essentrics  <b>12:00 Thanksgiving Turkey Lunch</b>            *See menu on front for more details*  <b>1:00 Musical Afternoon with The Autumn Tones &amp; The Red Suspenders (by donation)</b>            3:15 Osteo Fit</p>	<p><b>6</b> (Daily Drop-In Activities listed above)</p> <p><del>8:40 Fitness Foundations Beginner</del>            9:00 Zumba Gold-Toning  <b>9:15 Fit Bones Plus</b>            9:35 Strength Training  <b>9:50 Building Strength – Upper Body</b>            10:30 Strength Training Beginner            1:00 Minds in Motion (register with the Alzheimer Society by calling 519.742.1422)            6:30 Pilates: Mixed Level</p>	<p><b>7</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio &amp; Muscle  <del>9:00 Zumba Gold-Toning</del>  <b>9:00 Moderate Hatha Yoga</b>            9:30 Yoga with Jane            9:35 Strength Training  <del>10:00 Mindfulness for Kindfulness</del>  <b>10:30 Yoga &amp; Movement for Healthy Joints</b>  <del>10:30 Total Body Fitness</del>            11:00 Monthly Book Club (1<sup>st</sup> Friday)            1:00 Drawing Fundamentals: Level 1</p>
<p><b>10</b></p> <p><b>Thanksgiving Centre Closed</b></p>	<p><b>11</b> (Daily Drop-In Activities listed above)</p> <p><del>8:40 Low Impact Intervals</del>  <b>9:00-4:00 Foot Care Clinic (by appt)</b>            9:00 Zumba Gold  <b>9:15 Fit Bones Plus</b>            9:30 Tai Chi Level 1            9:35 Strength Training  <b>9:50 Building Strength - Lower Body</b>            10:30 Tai Chi Level 2  <del>10:30 Strength Training Beginner</del>  <b>10:30 Yoga &amp; Movement for Healthy Joints</b></p>	<p><b>12</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Move with Ease, 8:40 Strength Training            9:00 Zumba Gold-Toning            9:30 Deepening Meditation  <del>9:30 Happiness Wellness Workshop</del>            9:35 All Around Fitness  <b>9:50 Building Strength – Core</b>  <del>9:55 Sweat Circuit, 10:30 Fit Bones</del>            10:30 Standing &amp; Seated Yoga            11:40 Essentrics, 3:15 Osteo Fit  <b>Register and pay in full by 4pm today for the Oct24 Bus Trip to Niagara</b></p>	<p><b>13</b> (Daily Drop-In Activities listed above)</p> <p><del>8:40 Fitness Foundations Beginner</del>            9:00 Zumba Gold-Toning  <b>9:15 Fit Bones Plus</b>            9:35 Strength Training  <b>9:50 Building Strength - Upper Body</b>            10:30 Strength Training - Beginner            1:00 Minds in Motion (register with the Alzheimer Society by calling 519.742.1422)            6:30 Pilates: Mixed Level</p>	<p><b>14</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio &amp; Muscle  <del>9:00 Zumba Gold-Toning</del>  <b>9:00 Moderate Hatha Yoga</b>            9:30 Yoga with Jane            9:35 Strength Training  <del>10:00 Mindfulness for Kindfulness</del>  <b>10:30 Yoga &amp; Movement for Healthy Joints</b>  <del>10:30 Total Body Fitness</del>            1:00 Drawing Fundamentals: Level 1</p>
<p><b>17</b> (Daily Drop-In Activities listed above)</p> <p>8:50 Belly Dance, 9:00 Zumba Gold-Toning            9:30 Writing Your Family Stories  <b>10:00-2:00 Reflexology Clinic (by appt)</b>            10:00 Zumba Gold  <b>10:00 New Member Talk &amp; Tour (pre-register)</b>            10:30 Ayurveda Course, 10:35 Mobility and Bands            10:30 Moderate Slow Yoga            11:30 Standing &amp; Seated Yoga            11:40 Low Impact Strength            1:00 Fun Fitness, 6:00 Pilates: Gentle</p>	<p><b>18</b> (Daily Drop-In Activities listed above)</p> <p><del>8:40 Low Impact Intervals</del>  <b>9:00-4:00 Foot Care Clinic (by appt)</b>            9:00 Zumba Gold  <b>9:15 Fit Bones Plus</b>            9:30 Tai Chi Level 1            9:35 Strength Training  <b>9:50 Building Strength - Lower Body</b>  <b>10:00 to 12:00 Voter Help Centre at VPSC</b>  <del>10:30 Strength Training Beginner</del>            10:30 Tai Chi Level 2  <b>10:30 Yoga &amp; Movement for Healthy Joints</b></p>	<p><b>19</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Move with Ease, 8:40 Strength Training            9:00 Zumba Gold-Toning            9:30 Deepening Meditation  <del>9:30 Happiness Wellness Workshop</del>            9:35 All Around Fitness  <b>9:50 Building Strength – Core</b>  <del>9:55 Sweat Circuit</del>  <b>10:30 Fit Bones</b>            10:30 Standing &amp; Seated Yoga            11:40 Essentrics            3:15 Osteo Fit</p>	<p><b>20</b> (Daily Drop-In Activities listed above)</p> <p><del>8:40 Fitness Foundations Beginner</del>            9:00 Zumba Gold-Toning  <b>9:15 Fit Bones Plus</b>            9:35 Strength Training  <b>9:50 Building Strength - Upper Body</b>            10:30 Strength Training Beginner            1:00 Minds in Motion (register with the Alzheimer Society by calling 519.742.1422)            6:30 Pilates: Mixed Level</p>	<p><b>21</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio &amp; Muscle  <del>9:00 Zumba Gold-Toning</del>  <b>9:00 Moderate Hatha Yoga</b>            9:30 Yoga with Jane            9:35 Strength Training  <del>10:00 Mindfulness for Kindfulness (end)</del>  <b>10:30 Yoga &amp; Movement for Healthy Joints</b>  <del>10:30 Total Body Fitness</del>            1:00 Drawing Fundamentals: Level 1</p>
<p><b>24</b> (Daily Drop-In Activities listed above)</p> <p>8:50 Belly Dance (end), 9:00 Zumba Gold-Toning (end)            9:30 Writing Your Family Stories  <b>9:30 Urban Pole Walking Workshop</b>  <b>9:30 BUS TRIP: Niagara – spots available.</b>  <b>10:00-2:00 Reflexology Clinic (by appt)</b>            10:00 Zumba Gold (end)  <del>10:35 Mobility and Bands (end)</del>            10:30 Moderate Slow Yoga (end)            11:30 Standing &amp; Seated Yoga  <del>11:40 Low Impact Strength (end)</del>            1:00 Fun Fitness (end), 6:00 Pilates: Gentle (end)</p>	<p><b>25</b> (Daily Drop-In Activities listed above)</p> <p><del>8:40 Low Impact Intervals (end)</del>  <b>9:00-4:00 Foot Care Clinic (by appt)</b>            9:00 Zumba Gold (end)  <b>9:15 Fit Bones Plus (end)</b>            9:30 Tai Chi Level 1 (end)            9:35 Strength Training (end)  <b>9:50 Building Strength – Lower Body (end)</b>  <del>10:30 Strength Training Beginner (end)</del>            10:30 Tai Chi Level 2 (end)  <b>10:30 Yoga &amp; Movement for Healthy Joints (end)</b></p>	<p><b>26</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Move with Ease, 8:40 Strength Training (end)            9:00 Zumba Gold-Toning (end)  <del>9:30 Deepening Meditation *class cancelled today*</del>  <del>9:30 Happiness Wellness Workshop</del>            9:35 All Around Fitness (end)  <b>9:50 Building Strength – Core (end)</b>  <del>9:55 Sweat Circuit (end)</del>  <b>10:30 Fit Bones (end)</b>            10:30 Standing &amp; Seated Yoga (end)            11:40 Essentrics (end), 3:15 Osteo Fit (end)</p>	<p><b>27</b> (Daily Drop-In Activities listed above)</p> <p><del>8:40 Fitness Foundations Beginner (end)</del>            9:00 Zumba Gold-Toning (end)  <b>9:15 Fit Bones Plus (end)</b>            9:35 Strength Training (end)  <b>9:50 Building Strength – Upper Body (end)</b>            10:30 Strength Training Beginner (end)            1:00 Minds in Motion (register with the Alzheimer Society by calling 519.742.1422)            6:30 Pilates: Mixed Level (end)</p>	<p><b>28</b> (Daily Drop-In Activities listed above)</p> <p>8:40 Low Impact Cardio &amp; Muscle  <del>9:00 Zumba Gold-Toning (end)</del>  <b>9:00 Moderate Hatha Yoga (end)</b>            9:30 Yoga with Jane (end)            9:35 Strength Training (end)  <b>10:30 Yoga &amp; Movement Healthy Joints (end)</b>  <del>10:30 Total Body Fitness (end)</del>            1:00 Drawing Fundamentals: Level 1 (end)</p>
<p><b>31</b> (Daily Drop-In Activities listed above)</p> <p>8:50 Belly Dance, 9:00 Zumba Gold-Toning            9:30 Writing Your Family Stories  <b>9:30 Urban Pole Walking: Practice &amp; Pointers Workshop</b>            10:00 Zumba Gold 10:30 Ayurveda Course (end)            10:30 Moderate Slow Yoga            10:35 Mobility and Bands            11:30 Standing &amp; Seated Yoga (end)            11:40 Low Impact Strength            1:00 Fun Fitness, 6:00 Pilates: Gentle</p>	<p><b>Note: Registration is open for the second Fall Session of registered programs (virtual &amp; in-person). Many classes begin the week of October 31.</b></p>			<p><b>LEGEND</b></p> <p><b>GREEN</b> - Health and Wellness Clinics  <b>BOLD BLACK</b> - Start of Course, Bus Trip, First Day of Registration  <b>RED</b> - In Person Seminar, Events  <b>BLUE</b> - Virtual (Zoom) Program</p>