

reduction of corns and calluses, moisturizing skin. \$30 cash only. Call VPSC to book appointment. Bring a small towel. Veterans welcome, bring your Veterans Affairs card. Allow 24 hours if cancelling an appointment to give time to consult the waiting list.

Tuesdays and some Fridays

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: 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 GST. Book your appointment koffer@trainingbodies.com. Cash only.

NOTE: Free fascial stretch therapy available Friday, March 22, 10:00 am to 2:00 pm at the Active Living and Retirement Show held at the 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 and 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 GST. Book your appointment koffer@trainingbodies.com. Cash only.

Hearing Services

Hearing Screening Clinic:

Has your hearing changed? Meet one-on-one with a Canadian Hearing Society Hearing Care Counsellor. Or if you wear hearing aids, discuss questions about your aids. Book your

no charge 30 minute appointment at the Seniors Centre on February 1.

Hearing Seminar:

My Hearing is Not as Good as it Used to Be, Now What Do I Do? February 8, 9:00 am to 12:30 pm. Presented by the Canadian Hearing Society.

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 Certified Reflexologist: Karen Murtagh. \$30 for 30 minutes. 50 minute appointments also available. Call VPSC to book your appointment time.

Wednesday afternoons

Stroke Recovery

Are you a stroke survivor or caregiver? Join the Centre Wellington Stroke Recovery Community Program monthly to learn new community resources, join our walking group and learn how to maximize your recovery in the comfort of your own home community. Held the last Friday of the month at 9:30 am to 10:30 am at the Seniors Centre. No charge. All welcome. See the Seminars and Workshops section for topics and speakers scheduled each month.

Video Oscope Clinic

FREE. Held the second Wednesday of the month from 11:00 am to 1:00 pm. Come see Nancy 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, Nancy can also professionally clean them for you, for free!

January 9, February 13, March 13

BUS TRIPS

We are always in the process of organizing new bus trips. Contact VPSC for updates. Register early to avoid 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.

All trips include luxury coach transportation equipped with a washroom, bus driver gratuity and HST.

VPSC Travel Show:

2019 Bus Trips

Don't miss this presentation about our upcoming bus trips at Victoria Park Seniors Centre. Join Chris Ledger, the Centre's volunteer bus trip coordinator and Teresa Lirette, Great Canadian Travel Representative for a fun morning. Hear information about our 2019 day trips that we have planned for you. Door prizes!

Monday, January 28 at 10:00 am

Ripley's Aquarium

Due to overwhelming response, we have booked another trip to see Ripley's Aquarium in downtown Toronto, depicting marine and freshwater habitats from around the world. View over 16,000 animals, including sharks, jellies, rays, and green sea turtles. Shopping stop at Farm Boy Fresh Market Store in Toronto. Lunch at Quinn's Steakhouse. Depart 8:00 am, return 6:30 pm.

Tuesday, February 5
\$102 member, \$112 non-member

Irish Kitchen Party

Enjoy a day of Irish shenanigans in Niagara Falls at the Greg Frewin Theatre. Enjoy a delicious Irish themed buffet lunch followed by a rollicking performance by The American Rogues. This band will have you toe tapping, singing along and dancing in the aisles. Don't forget...green beer! We will stop at the Dutch Mill Country Market on the way home (includes a tea room, produce, bakery, deli, crafts, flowers, unique gifts, ladies fashions, home decor, and more). Depart 9:15 am, return 6:30 pm.

Wednesday, March 20
\$106 member, \$116 non-member

Toronto Blue Jays Baseball

Spend a day at the Rogers Centre and enjoy a matinee baseball game between the Toronto Blue Jays and the Baltimore Orioles. We will stop at Picard's Peanuts on the way. Please contact VPSC for more information if interested.

Wednesday, April 3

Spring Repositioning Cruise on the Chi-Cheemaun

Enjoy the annual spring Chi-Cheemaun repositioning cruise, lunch included. We will leave Owen Sound for a 4 hour cruise taking in the sights along the Shoreline of the Bruce Peninsula ending up in Tobermory. Please contact the Centre for more information if interested.

Thursday, May 2

The Walters Family

Dancing, fiddling and non-stop entertainment! The Step Crew is an unbelievable new show which brings together three styles of exhilarating dance forms: Ottawa Valley stepdance, Irish stepdance, and tap.

As if dancing weren't enough, The Step Crew boasts three world-class fiddlers backed by an amazing five-piece band. You will dine buffet-style with two hot meats including our local specialty, rolled ribs, mashed potatoes, vegetables, salads, bread, homemade apple pie or apple crisp, coffee, tea. Depart 10:30 am, return 4:45 pm.

Tuesday, September 10
\$126 member, \$136 non-member

FITNESS CLASSES

Fitness Class Information

- 1) All participants must complete a Physical Activity Readiness Questionnaire (Par-Q) to guide your participation and assist instructors in monitoring your progress. Those with certain medical conditions need to fill out a PARmed-X form in consultation with their doctor. Forms available at registration. Valid for one year.
- 2) It is recommended that your physician be consulted prior to the start of any activity.
- 3) Attend another fitness class within the same session to make up a missed class, space permitting, excluding evening Pilates.
- 4) Due to allergies, avoid wearing scents to class.
- 5) Bring indoor running shoes.
- 6) 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 our fitness instructors.
- 7) All equipment supplied except yoga mats.

FITNESS SERVICES:

Refer to Wellness Clinics section

- **Full Body Assessment**
- **Fascial Stretch Therapy**

FITNESS DEMO DAY: FREE

Friday, March 22

Held at CW Sportsplex

550 Belsyde Ave, Fergus

Visit VPSC's Active Living and Retirement Show at the Sportsplex to sample a variety of fitness programs. Participate in fitness classes, meet instructors and learn about the many fitness opportunities available to older adults. Bring indoor shoes (we will provide tap shoes).

10:15 am Tap Dancing & Belly Dancing

11:00 am Zumba Gold

11:45 am Move with Ease

12:30 pm Fitness Kickboxing

1:15 pm Zumba Gold-Toning

12:30 pm Fitness Kickboxing

1:15 pm Zumba Gold-Toning

Strength Training

An intermediate level class for those wishing to increase strength, balance and flexibility. All equipment supplied. Instructor: Lianne Kaminski (Mon), Glenda Rose (Tues, Thurs, Fri), Wendy Armstrong (Thurs 10:30 am). No class February 18.

Mondays, 1:05 pm to 1:50 pm

January 7 to March 18,

10 classes

\$55 member, \$65 non-member

Tuesdays, 9:30 am to 10:15 am

January 8 to March 26,

12 classes

\$66 member, \$78 non-member

Thursdays, 9:30 am to 10:15 am

January 3 to March 28,

13 classes

\$71.50 member,

\$84.50 non-member

Thursdays, 10:30 am to 11:15 am

January 10 to March 21,

11 classes

\$60.50 member,

\$71.50 non-member