

• Wood Carving

Wednesdays at 1:00 pm to learn and share knowledge. Bring your own carving tools. \$3 drop-in fee and includes wood. For Centre members only. Instructor: Paul Spedaliere 519.787.2593.

CENTRE SERVICES

Weekly Wednesday Lunch

Wednesdays at 12:00 noon. Includes: main course, vegetable, roll, salad or juice, dessert, tea and coffee. Meet old friends or make new ones while enjoying a delicious lunch. Stay for a social afternoon of euchre, bridge or crafts (no charge for these activities if you come for lunch). Also woodcarving or billiards (small drop-in fee applies). Full menus listed in monthly calendar. Reservations recommended as space is limited. We also host homemade fund-raising lunches and BBQ's organized by the Centre's Program Committee. Refer to the Special Events section for dates.

Garden Fresh Box

A non-profit, affordable fresh produce buying service supporting local farmers. Box content changes monthly depending on seasonal produce. This program is operated by the Guelph Community Health Centre and VPSC is a payment and pickup location for the program. To order, contact VPSC. Pay by the first Friday of the month. Pick up your order on the third Wednesday at VPSC between 12:00 pm and 4:00 pm. Bring your own grocery bags. Program runs year round. \$15 small box or \$20 large box. Cash only. New online ordering option: www.gardenfreshbox.ca.

Monthly Order Deadlines:

January 4, February 8, March 8

Crafts for Sale

Visit our lovely Craft Shop full of beautiful handmade items, made by our talented Craft and Quilting Group

volunteers. Wonderful homemade crafts and collectibles, including baby clothing, knitted sets, quilts, blankets, sweaters, hats, mitts, scarves, and more. All proceeds support VPSC. Available for sale year round. Gift certificates available.

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, email khall@centrewellington.ca or pick up a copy at the Centre. Day-to-day programs, bus trips, special events, clinics and lunch menus are listed. Also available on the website www.centrewellington.ca.

Facility Tours

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

Library, Newspapers, Puzzles, Coffee and Information

Check out our collection of lending library books stocked by your generous donations. Come for coffee and browse through newspapers including the Toronto Star. We accept donations of current magazines for our coffee table. We have a variety of magazine subscriptions generously donated by Ward Hearing. Jigsaw puzzles are available to borrow or buy or try your hand at the on-going jigsaw puzzle. Help yourself to any of the information pamphlets and government publications on a range of topics of interest for older adults.

Volunteer Opportunities

There are a number of volunteer positions available: kitchen, cooking for groups, foot clinics, special events, food preparation, activity leaders, convenors, course instructors, committee volunteers,

bingo caller. Share your expertise. We are always looking for innovative programming ideas and instructors to lead them. Volunteers who enjoy cooking are needed to help with our fundraising homemade lunches and special events. For more volunteering information contact Kelly at khall@centrewellington.ca or 519.846.9691 x278.

WELLNESS CLINICS

Blood Pressure Clinic

FREE. Held monthly on Wednesday morning from 11:00 am to 12:00 pm at the Centre. See dates below. A Pharmacist or pharmacy student will be on site to check your blood pressure and provide information. No appointment needed. Simply drop in. Thanks to Elora Apothecary Pharmasave for sponsoring this program.

Clinic Dates:

January 9, February 6, March 6

Chair Massage Clinic

Join specialized certified practitioner, Christine Brown, for a relaxing 10-minute chair massage. Reduce tension, stress, headaches, stiff necks, backaches and increase circulation. No removal of clothes and no lotions used. Call the Centre to book your appointment available on some Wednesday mornings 9:00 am to 11:30 am. See dates below. Cost: \$10 cash only. NOTE: Free chair massages available Friday, March 22, 10:00 am to 2:00 pm at the Active Living and Retirement Show at the CW Sportsplex.

Clinic Dates:

January 23

February 13, February 27

March 22 (drop-in at Sportsplex)

March 27

Foot Care Clinics

Have your feet assessed by a Registered Practical Nurse, certified in Advanced and Diabetic Foot Care. Includes cutting and filing toenails,

www.centrewellington.ca

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.