

monthly sessions, please call the Centre to schedule a tour at your convenience or drop-in anytime.

ACTIVE LIVING and RETIREMENT SHOW

Friday, March 22

10:00 am to 2:00 pm

**Centre Wellington Sportsplex
550 Belsyde Ave, Fergus
Free admission**

Visit VPSC's 12th 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 200 people. FREE: chair massages, fascial stretching, light refreshments, fitness classes, seminars and more. Schedule:

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

All day: Fascial Stretching

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.

VPSC PROGRAM COMMITTEE

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

REGISTRATION

- See pages 10 and 11 for registration policies, registration form and refund policies including a \$20 administration fee applied to refunds requested by the participant.
- No refunds on bus trips.
- Pre-registration is required for all programs unless specified as a drop-in activity group.
- Course fees include HST.
- Complete payment must be received upon registration. Cash, cheque, debit, credit, over the phone by credit card or online at: <http://ca.apm.activecommunities.com/centrewellington>
- Cheques payable to: Township of Centre Wellington.
- Not a member? Not yet 55? You are still welcome to register for any program. A non-member fee will apply.

DROP-IN ACTIVITY GROUPS

New participants are always welcome to take part in the following drop-in activities, usually offered on an ongoing basis. Pre-registration not necessary, except for all Bridge Groups, but you may want to contact convenors listed as some groups require prior organization of players. Drop-in fee: \$1 member or \$2 non-member unless otherwise stated. Attend any activity for free on your first visit. Have an idea for a new activity? Contact the Centre.

• Adult Colouring Circle

Mondays 1:30 pm to 3:00 pm. An informal and fun time to colour. You are welcome to bring your own supplies but we will also have some available. You don't have to arrive at 1:30 pm nor do you have to stay until 3:00 (but you are welcome to stay the whole time).

• Art Drop-in Group

Wednesdays at 1:00 pm. Bring any type of art or hobby you would like to work on. Note: This is not an instructional class. Contact the Centre for more information.

• Bid Euchre

Tuesdays at 1:00 pm. Convenor: Ken Munn 226.790.1778, Marie Foster 519.843.1396. If you would like to learn to play bid euchre (or euchre) please contact the Centre as we have volunteers who can teach you.

• Billiards, Snooker & Pool

Two billiards tables available Monday to Friday, 9:00 am to 4:00 pm. Ladies Only Tuesday afternoons. Centre also open Monday, Tuesday and Thursday evenings. Annual billiards membership from June 1 to May 31 is \$50. You must be a current member of the Centre to obtain a billiards

membership. Alternatively, members of the Centre can pay the drop-in fee of 25¢ per game or \$1.25 for non-members. Contact: Ted Haines 519.843.4408. [Inquire about a Learn to Play Session with our volunteer instructor.](#)

• **Billiards: Ladies Afternoon**

Tuesdays at 1:00 pm. Contact the Centre if you would like to join or want to learn how to play.

• **Bingo**

Thursdays at 1:00 pm. Join this fun and social group. Contact the Centre for more information.

• **Book Club: Books Anon**

First Friday of the month at 11:00 am to discuss the book of the month. Join interesting discussions. Reading list based on group input. Contact the Centre for book titles chosen. Convenor: Jennifer Cox 519.843.6898.

• **Bridge**

NOTE: For all new participants interested in joining the bridge groups, please contact the convenor listed below prior to your first visit as bridge groups require prior organization of players.

[Duplicate Bridge](#): Mondays at 7:00 pm including holiday Mondays. \$3 drop-in fee members or \$4 non-members. Convenor: Don McNiven 519.843.1361.

[Contract Bridge](#): Tuesdays at 7:00 pm. Convenor: Fiore Guido 519.780.5450. Group is looking for more players and also volunteer to convene the group.

[Duplicate Bridge](#): Wednesdays at 1:00 pm. No charge if you attend the Wednesday Lunch. Convenor: Linda Mahood 519.843.7044.

[Social Bridge](#): Thursdays at 1:00 pm. Convenor: Jean Holman 519.843.2004.

NOTE: We offer Bridge Lessons.

Contact the Centre for more information.

• **Bunka Artistry**

Tuesdays at 9:30 am. Drop-in for this weekly creative, social group. Work on your project at your own pace. Come out to see what this fun handicraft is all about.

• **Canasta**

Mondays at 9:30 am including holiday Mondays. Canasta is a matching card game to create melds of cards of the same rank, then go out by playing or discarding all the cards in your hand. We can teach you. Contact: Donna Wagenaar 519.843.4754 or Marg Hamilton 519.846.8799.

• **Carpet Bowling**

Fridays at 1:00 pm. Join us for gentle exercise and a lot of fun. We can teach you how to play the game. We have started a second group and looking for a few more players. Contact: Penny Kruk 519.787.8195.

• **Choir & Ukulele Band: The Melody Makers**

Mondays at 2:00 pm. Join us if you love to sing or play an instrument. The Ukulele Band also meets Fridays at 1:00 pm. See "Ukulele Band" for more information. The Bell Ringers meet Mondays at 1:15 pm to practice. Convenor: Morven McCorquodale 519.843.5066.

• **Circle Dancing NEW**

Held on the 1st and 3rd Friday of the month from 3:00 pm to 4:00 pm. No partner or experience needed. If you enjoy dancing, give it a try!

• **Conversation en français**

Tuesdays from 3:00 pm to 4:00 pm. Venez au centre pour parler en français pendant une heure. Rencontrez des autres qui aimeraient bavarder et discuter les sujets variés. Volunteer convenor: Michelle Roy mi_ch_roy@hotmail.com.

• **Craft Group**

Wednesdays at 1:00 pm. Crafts made by the group are sold in the Centre's Craft Shop year-round and at the Annual Fall Bazaar, held the first Saturday in November. All proceeds support the Centre. Newcomers welcome. No cost. Convenors: Diane Thompson 519.787.4179 and June Wallsten 519.787.0496.

• **Creative Writing Group**

Wednesdays at 10:30 am. Join us for fun, casual, creative writing. Start anytime. Contact convenor: Marilyn Helmer 226.486.1095.

• **Cribbage**

Fridays at 9:30 am. New players welcome and we can teach you how to play. Convenor: Marlene Dowdall 519.843.3907.

• **Crokinole**

Wednesdays at 10:00 am. We can teach you how to play. Crokinole cues available to use. Contact Donna Wagenaar 519.843.4754 or simply drop-in.

• **Darts**

Thursdays at 9:30 am. We can teach you how to play and darts are available for those who do not have their own. Convenor: John Parkinson 519.787.8038.

• **Drama Group**

This fun group meets weekly (usually Thursdays at 4:00 pm) when they are preparing for their spring and fall performances. Convenor: Wendy Barrett 519.323.6017.

• **Euchre**

[Wednesday Afternoons](#) at 1:00 pm. No charge if you attend the Wednesday Lunch. Contact Donna Wagenaar 519.843.4754. [Thursday Evenings](#) at 7:30 pm. Convenors: Marg Hamilton and Paul Nielsen 519.846.8799. Group is looking for more players.

• **Genealogy**

Tuesdays at 12:30 pm. Bring your family history project to work on. Convenor: Margaret McCarney 519.846.0770.

• **Guitar**

Join our guitar group "The Country Classics" on Thursday afternoons at 1:00 pm and bring an acoustic six-string guitar. Some basic guitar knowledge and chording is required. Volunteer instructor: Al Soligo 226.383.6216.

• **Hand and Foot Card Game**

Tuesdays at 1:00 pm. Join us for this fun card game. Contact: Lois Dobbie 519.843.2595 or Karen Lindsay 519.843.3267.

• **Karaoke *NEW***

We are hoping to start up this group. Let us know at the Centre if you are interested. No experience needed. If you enjoy singing, give it a try!

• **Line Dancing**

Wednesdays from 3:00 pm to 4:30 pm. Come out for fun and exercise. All welcome.

• **Mah Jong**

Fridays at 9:30 am. A game of Chinese origin, played with small, attractive tiles. Both American and Chinese versions played. Not a serious group (yet). Beginners welcome. Convenor: Lynn Anderson 519.846.9851.

• **Movie Afternoon**

Fridays at 1:00 pm. We show movies on a large screen. \$2 member or \$3 non-member to cover cost of refreshments (a build-your-own ice cream sundae after the show). Pick up the movie listings handout at the Centre. Movies subject to change based on availability.

• **Poker**

Tuesdays at 7:00 pm. We can teach you if you don't know how to play. Contact convenor: David Pero 519.993.0324.

• **Quilting Group**

Mondays at 1:00 pm. No cost. Quilts made by the group are sold in the Centre's Craft Shop year-round. All proceeds support the Centre. Group will do custom quilting. Contact Diane Thompson 519.787.4179 or June Wallsten 519.787.0496. All are welcome.

• **Scrabble**

Thursdays at 1:30 pm. Enjoy friendly competition and fun. Group welcomes new players. Convenor: Pamela 519.846.0930.

• **Shuffleboard**

Mondays and Tuesdays at 1:00 pm. Join us for fun, friendship and gentle exercise. Beginners welcome. We will teach you the game. Monday Convenor: Blanche Todd 519.846.2294. Tuesday Convenor: Mary Barber 519.787.0232.

• **Snowshoeing *NEW***

Weather permitting, we are hoping to do some snowshoeing this winter in Victoria Park. If interested, please let us know at the Centre. Note: We are looking for snowshoes. If you would like to donate or let us borrow, contact the Centre. We are also looking for a volunteer to convene this group.

• **Song Circle for String Players**

Tuesdays at 2:00 pm. Come bring a few of your favourite songs along with your accompanying guitar, ukulele, banjo, autoharp.

• **Table Tennis**

Thursdays at 1:00 pm. It's fun, non-competitive play and exercise in disguise. We will teach you!

All equipment supplied. Contact convenor: Kathy Lund 226.383.7470.

• **Tap Dancing**

Thursdays, 9:00 am to 10:30 am and Wednesdays 2:00 pm to 3:00 pm. Join this fun group. There are tap shoes to borrow or bring your own. We are looking for donations of tap shoes. Beginners welcome.

• **Ukulele Band: Melody Makers**

Join us twice a week on Mondays at 2:00 pm (with the Choir) and Fridays at 1:00 pm. No musical experience needed. Will teach any beginner. Bring your own ukulele. Contact Ken McCorquodale 519.843.5066.

• **Walking**

Monday afternoons at 1:30 pm including holiday Mondays. Meet at the Centre to explore a different area each week. No cost. All walking levels welcome. Walking poles available to borrow.

• **Winter Walking on the Trails**

During the winter months, group meets Wednesdays at 9:30 am at various trails. Contact Barb Hornby barbarajanehornby@gmail.com for where the group will be meeting each week and what trails they will walk.

• **Weight Management Support Group**

Wednesdays at 9:30 am. Friendly, weekly support group with confidential weigh-ins, recipe sharing, cooking suggestions and exercise ideas. Join us if you want to lose weight or maintain your current weight. We are looking for a volunteer to convene this group.

• **Wii Bowling**

Tuesdays at 1:30 pm. Gentle exercise, improves strength, balance, coordination and it is fun. Easy to do and requires no previous experience. Can be played seated in a chair.

• 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 Spedalieri 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