

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

Friday, 11:00 am to 11:45 am
January 4 to March 29,
13 classes
\$71.50 member,
\$84.50 non-member

Move with Ease

Do you notice that your body is stiffer and less flexible? This class is designed for those who want to increase flexibility and move with more ease during daily activities. We will use chairs, mats and various other tools to assist with stretching. No pain, all gain. Instructor: Kelly Offer (Mon), Wendy Armstrong (Thurs). Note: the Thursday class will venture down to the floor for some mat work. No class February 18.
Note: Free demo class held Friday, March 23 at 11:45 pm at the Active Living and Retirement Show at the CW Sportsplex.

Mondays, 2:00 pm to 2:45 pm
January 14 to March 25, 10 classes
\$55 member, \$65 non-member

Thursdays, 11:20 am to 12:05 pm
January 10 to March 21,
11 classes
\$60.50 member,
\$71.50 non-member

Fit Bones

Exercise program designed specifically for adults 50+ to help achieve good bone health and reduce risk of developing osteoporosis. Bone Fit trained instructor Kelly Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss. Course fee partially offset with the assistance of a grant. No class February 18. Note new 4:00 pm class.

Mondays, 3:00 pm to 3:30 pm
January 14 to March 25,
10 classes
\$20 member, \$30 non-member

Mondays, 3:30 pm to 4:00 pm
January 14 to March 25,

10 classes
\$20 member, \$30 non-member

NEW Mondays, 4:00 pm to 4:30 pm
January 14 to March 25,
10 classes
\$20 member, \$30 non-member

Dump your Rump

Join in this boot camp style class to help you get fit. An intermediate level class comprised of cardio and strength intervals that will challenge you, energize you, and help you to become fitter and stronger. Instructor: Wendy Armstrong.

Mondays, 4:40 pm to 5:25 pm
January 7 to February 11,
6 classes
\$33 member, \$39 non-member

Mondays, 4:40 pm to 5:25 pm
February 25 to March 18,
4 classes
\$22 member, \$26 non-member

Low Impact Intervals

An advanced level, moderate to high intensity class for those with good mobility. We will alternate intervals of low impact cardio with strength training. Participants should be able to get up and down from the floor unassisted. Instructor: Glenda Rose.

Tuesdays, 8:40 am to 9:25 am
January 8 to March 26,
12 classes
\$66 member, \$78 non-member

Ball Fit

The body responds to the instability of the ball to remain balanced, boost metabolism and improve core strength. Exercises will be slow and controlled to focus on muscle building, balance and flexibility. All participants should be able to get up and down from the floor. Instructor: Wendy Armstrong.

Tuesdays, 10:30 am to 11:15 am
January 8 to March 19,
11 classes

\$60.50 member,
\$71.50 non-member

Post Rehab: Mobility and Stability

Gentle range of motion exercises for flexibility and gentle strengthening exercises for stability using chairs and standing. Small class size for more individual attention. Instructor: Wendy Armstrong.

Tuesdays, 11:20 am to 12:05 pm
January 8 to March 19,
11 classes
\$71.50 member,
\$82.50 non-member

Beginner Fitness Class

This low impact beginner level class will focus on dynamic movement while introducing full body exercises. Perfect for those new to fitness. Instructor: Dr. Phil Lemire, Chiropractor with Optimum Integrative Health Centre. A weekly donation to the Seniors Centre will be accepted at the door. Pre-register.

Tuesdays, 11:45 am to 12:30 pm
January 8 to April 2

Men's Fitness: Core Basics

The focus of this class is to strengthen and condition the abs and back. Strength, flexibility and balance training will round out the program. Instructor: Glenda Rose.

Wednesdays, 9:00 am to 9:45 am
January 2 to March 27,
13 classes
\$71.50 member,
\$84.50 non-member

All Around Fitness

This beginner to intermediate level class includes cardiovascular fitness, strength and endurance, balance and flexibility. A variety of equipment will be used including stability balls. Instructor: Glenda Rose.

Wednesdays, 9:50 am to 10:35 am
January 2 to March 27,
13 classes

**\$71.50 member,
\$84.50 non-member**

FREE Trial Class: Pilates

A chance to try out this class.
Instructor: Kelly Offer. Pre-register.

**Wednesday, January 9
6:00 pm to 7:00 pm**

Pilates: Mixed Level

Progressing some of the beginner exercises and reinforcing the fundamental moves for a full body conditioning class. See improvements in core strength, mobility and flexibility. No previous experience required. Mats and props supplied. Instructor: Kelly Offer. No class February 18.

**Mondays, 5:30 pm to 6:30 pm
January 14 to March 25,
10 classes
\$140 member, \$150 non-member**

Pilates Fundamentals

In this beginner class we will cover the basics of Pilates, waking up the core stabilizing mechanisms as well as the basic body movements: squat, lunge, push, pull, twist, bend, and gait. No previous experience required. Mats and props supplied. Instructor: Kelly Offer.

**Wednesdays, 5:00 pm to 6:00 pm
January 16 to March 27,
11 classes
\$154 member, \$165 non-member**

Pilates for Performance

In this intermediate to advanced level class we will incorporate the fundamentals and progress into full body, compound movements involving the basic patterns of: squat, lunge, push, pull, twist, bend and gait. Everything you need for your daily activities and sports performance. Mats and props provided. Instructor: Kelly Offer.

**Wednesdays, 6:00 pm to 7:00 pm
January 16 to March 27,
11 classes
\$154 member, \$165 non-member**

Power and Strength

An advanced level program designed for the active adult. Participants must be able to get up and down from the floor unassisted. Use of various pieces of equipment to increase your current level of fitness to above average. Instructor: Glenda Rose.

**Thursdays, 8:40 am to 9:25 am
January 3 to March 28,
13 classes
\$71.50 member,
\$84.50 non-member**

Minds in Motion

Minds in Motion® is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners. The two hour program held at VPSC runs once a week for 8 weeks, and offers: gentle and easy-to-follow physical activities led by a certified fitness instructor and fun social activities focused on building personal skills. To register, contact the Alzheimer Society 519.836.7672. Suggested donation to the Alzheimer Society \$60. Note: looking for volunteers to assist with the program.

**Thursdays, 1:00 pm to 3:00 pm
January 10 to February 28,
8 classes**

**Thursdays, 1:00 pm to 3:00 pm
March 21 to May 9, 8 classes**

FREE Trial Class: Fitness Kickboxing

Instructor: James Watson. See description below. Pre-register.

**Thursday, January 10
10:40 am to 11:40 am
-&/or-
Friday, March 22
12:30 pm to 1:00 pm
(held at CW Sportsplex)**

Fitness Kickboxing

Fitness kickboxing beginner/intermediate is a 60 minute group fitness class that builds stamina, improves coordination and flexibility while enhancing mental focus. No contact. We finish the class with ab work and stretching. All equipment supplied. Get Fit, Burn Fat, Be Stronger. Instructor: James Watson. Highly enjoyed by previous participants. Note: The free demo class on Friday, March 23 at 12:30 pm is held at the CW Sportsplex at the Active Living and Retirement Show.

**Thursdays, 10:40 am to 11:40 am
January 17 to March 28,
11 classes
\$60.50 member,
\$71.50 non-member**

Low Impact Cardio and Muscle

An intermediate to advanced level, moderate to high intensity class for those with good mobility. Approximately 20 minutes cardio, 15 minutes of muscle and a stretch at the end. Instructor: Glenda Rose.

**Fridays, 9:00 am to 9:45 am
January 4 to March 29,
13 classes
\$71.50 member,
\$84.50 non-member**

FREE Trial Class: Osteo Fit

Instructor: Jane Gage. See description below. Pre-register.

**Saturday, January 5
12:30 pm to 1:15 pm**

Osteo Fit

Physical activity plays an essential role in the treatment of Osteoporosis by stimulating our bones to maintain structure and strength. When treating Osteoarthritis it is important to ensure proper alignment of joints. Four types of exercise are necessary in the management of osteoporosis and osteoarthritis: strength, posture and core stability, balance and weight bearing. Improving strength, balance and posture reduces the risk

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of falling. Instructor: Jane Gage, Reg. Kinesiologist. No class February 16.

**Saturdays, 12:30 pm to 1:15 pm
January 12 to March 30,
11 classes
\$60.50 member,
\$71.50 non-member**

FREE Trial Class: Strength and Balance

Instructor: Jane Gage. See description below. Pre-register.

**Saturday, January 5
1:30 pm to 2:15 pm**

Strength and Balance

This strength and balance program focuses on using functional exercises in sitting and standing to improve strength, balance, aerobic activity, posture and body awareness. This program is designed to improve mobility, fitness and fall-risk.

Participation in exercise and physical activity contributes to overall health, well-being and function. Jane Gage, Reg. Kinesiologist. No class February 16.

**Saturdays, 1:30 pm to 2:15 pm
January 12 to March 30,
11 classes
\$60.50 member,
\$71.50 non-member**

Drop-in Fitness Opportunities:

Walking Group Mondays 1:30 pm

Line Dancing Wednesdays 3:00 pm

Tap Dancing Wednesday 2:00 pm,
Thursday 9:30 am

Winter Trail Walk Wednesday 9:30 am

Snowshoeing Contact the Centre

YOGA, TAI CHI, MEDITATION

Intermediate Slow Style Yoga

Slow down and breathe. Revving up is ok if that is truly what you need BUT many of us really need a chance to slow down, pause and feel centered. This class is for that. Must be able to get up and down from the floor. Yoga experience required. Bring a yoga mat. Instructor: Karen

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Murtagh. www.karenmurtagh.ca. No class February 18.

**Mondays, 10:35 am to 12:05 pm
January 7 to March 18,
10 classes
\$85 member, \$95 non-member**

**Wednesdays, 9:35 am to
10:35 am
January 9 to March 20,
11 classes
\$71.50 member,
\$82.50 non-member**

Chair Yoga

With the use of the chair for seated and standing postures, we will explore Hatha Yoga postures. Without the need to come to the floor, we can build strength and increase our flexibility. Yoga mat required. Instructors: Karen Murtagh (Monday), Jill Davey (Thursday). No class Monday, February 18, Thursday, January 17.

**Mondays, 12:10 pm to 12:55 pm
January 7 to March 18,
10 classes
\$60 member, \$70 non-member**

**Thursdays, 9:35 am to 10:35 am
January 10 to March 21,
10 classes
\$65 member, \$75 non-member**

Yoga for Relaxation

This class helps you unwind from your day with a focus on relaxation. Classes include warm-ups, standing and floor postures. A moderate class with modifications and choices for deepening poses will be offered. Instructor: Jill Davey. Bring a yoga mat. No class February 18.

**Mondays, 5:00 pm to 6:15 pm
January 7 to March 18,
10 classes
\$80 member, \$90 non-member**

Tai Chi Level 2

Continue to expand upon your Tai Chi knowledge. This level is suitable for those who have taken level 1 or previously studied Tai Chi. Instructor:

Christina Graf. No class February 19, February 26, March 12.

**Tuesdays, 9:30 am to 10:30 am
January 8 to April 2, 10 classes
\$55 member, \$65 non-member**

Tai Chi Level 1

This slow-moving, meditative and gentle exercise helps restore and maintain fitness and flexibility. This non-strenuous introductory class is suitable for all ages and fitness levels. Instructor: Christina Graf.

No class February 19, February 26, March 12.

**Tuesdays, 10:30 am to 11:30 am
January 8 to February 12,
6 classes
\$33 member, \$39 non-member**

**Tuesdays, 10:30 am to 11:30 am
March 5 to April 2, 4 classes
\$22 member, \$26 non-member**

Daily Yoga Health Habits

This is a discussion and lecture class learning how daily health practices based on ancient Ayurvedic traditions can be incorporated into your wellness plan. Ayurveda is Yoga's "sister" and they intertwine like a braid. Each week will have some kind of practice to try out during the week for the following week's discussion. 20 Qualities, 5 Elements, 3 Seasons, and discovering the best daily practices for you. We will not be practicing Yoga. Please bring a notepad or journal. Instructor: Karen Murtagh. www.karenmurtagh.ca.

**Tuesdays, 10:30 am to 11:30 am
January 8 to March 19,
11 classes,
\$77 member, \$88 non-member**

Gentle Yoga, Focus on the Spine

Many people have or have had back pain. In this class, we will move gently through a variety of movements of the spine for warm-ups and poses to keep our backs healthy and supple. We will be on the floor on our backs, on hands and

knees briefly and seated both on the floor and in a chair with some but minimal standing poses. We will use a chair for support and for some stretches. Bring a yoga mat and a blanket. Instructor: Karen Murtagh. www.karenmurtagh.ca. Note new day for class.

NEW Tuesdays, 12:10 pm to 1:10 pm
January 8 to March 19,
11 classes
\$71.50 member,
\$82.50 non-member

Deepening Dharma

Vipassana Meditation class for students that have completed at least one Meditation for Beginners series with Jill. Chairs available for sitting. Instructor: Jill Davey. NOTE: If you are new to this class, contact instructor prior to registration jill@riversoundretreat.com.

Wednesdays, 9:30 am to 11:00 am
January 9 to March 20,
11 classes
\$93.50 member,
\$104.50 non-member

Yoga for Healthy Joints

Seated on a chair, we do a yoga routine specifically targeting joint mobility while increasing overall flexibility and strength. Ideal for those new to yoga and experienced yoga practitioners who want a more focused practice. We do the class mostly seated but include some standing postures with the aid of the chair. Bring a yoga mat. Instructor: Karen Murtagh. www.karenmurtagh.ca. Note: Thursday class is a bit gentler than the Wednesday class.

Wednesdays, 11:00 am to 12:00 pm
January 9 to March 20,
11 classes
\$71.50 member,
\$82.50 non-member

Thursdays, 12:00 pm to 12:45 pm
January 10 to March 21,
11 classes
\$66 member, \$77 non-member

Mindful Intermediate Yoga

This moderate class incorporates lying, seated, kneeling and standing postures. Sun salutations will be done with a chair. Explore opening, breathing, stretching and strengthening in the context of mindfulness, community and joy. This class will explore the full 8 limbs of yoga: ethics, postures, breathing, meditation. Instructor: Jill Davey. Bring a yoga mat. No class January 17.

Thursdays, 11:00 am to 12:30 pm
January 10 to March 21,
10 classes
\$85 member, \$95 non-member

DANCE FITNESS

Zumba Gold/Zumba Gold-Toning

A combination of two amazing programs. Groove to invigorating, Latin dance songs to increase your heart rate, and then focus on muscle conditioning using maraca-like toning sticks (provided). Instructor: Sarah Schleen, licensed Zumba Gold-Toning instructor. No class January 15 or 18. Note: Free demo class held Friday, March 23 at 1:15 pm at the Active Living and Retirement Show at the CW Sportsplex.

Tuesdays, 8:40 am to 9:25 am
January 8 to March 26,
11 classes
\$82.50 member,
\$93.50 non-member

Fridays, 10:00 am to 10:45 am
January 11 to March 22,
10 classes
\$75 member, \$85 non-member

Zumba Gold

Zumba Gold is a fun and exciting class full of great music and friends.

It offers a full body workout focusing on balance, range of motion and coordination with moderate intensity. Instructor: Sarah Schleen, licensed Zumba Gold Instructor. No class January 16, 17 or 18. Note: Free demo class held Friday, March 22 at 11:00 am at the Active Living and Retirement Show at the CW Sportsplex.

Wednesdays, 8:40 am to 9:25 am
January 9 to March 27,
11 classes
\$82.50 member,
\$93.50 non-member

Thursdays, 8:40 am to 9:25 am
January 10 to March 28,
11 classes
\$82.50 member,
\$93.50 non-member

Fridays, 11:50 am to 12:35 pm
January 11 to March 22,
10 classes
\$75 member, \$85 non-member

Belly Dance

This fun beginner course covers four styles of dance: Oriental, Folklore, Fusion and Tribal. Come comfortably dressed. Instructor: Lise Stewart. No class February 18. Note: Free demo class held Friday, March 22 at 10:15 am at the Active Living and Retirement Show at the CW Sportsplex.

Mondays, 9:00 am to 10:30 am
January 7 to February 11,
6 classes
\$39 member, \$45 non-member

Mondays, 9:00 am to 10:30 am
February 25 to April 1, 6 classes
\$39 member, \$45 non-member

Drop-in Dance Opportunities:

Tap Dancing: Wednesday 2:00 pm, Thursday 9:30 am
Line Dancing Wednesday 3:00 pm
Circle Dancing 1st and 3rd Friday 3:00 pm

COMPUTERS & TECHNOLOGY

NOTE: It is highly recommended that you bring your own device for most computer classes.

Photos and Your Computer

Part 1: Getting Photos from Your Camera to Your Computer

Getting photos from your camera and smartphone to your computer. Setting up folders to find your photos. Tagging photos to allow searching for them later. Instructor: Frank Irvine. Bring a camera, smartphone or laptop.

Monday, January 7

7:00 pm to 9:00 pm

\$25 member, \$29 non-member

Part 2: On-line Printing, Creating Personalized Photo Albums and Other Printed Material

It's time to time sort all those Christmas photos. Create memorable photo albums, wall art or other personalized gifts. Learn how to print projects from websites such as Zehrs, Walmart or Shoppers. Instructor: Frank Irvine.

Monday, January 14

7:00 pm to 9:00 pm

\$25 member, \$29 non-member

Technology Help

Having problems with a piece of electronics such as iPad, Tablet, Windows Laptop, Smartphone or iPhone, another device or computer program? Bring it to the Senior Centre's Computer Lab and get answers to your questions or help setting an item up. Classes are one-on-one with the instructor allowing you to focus on your specific needs. Instructor: Frank Irvine, will contact you prior to your appointment. Book your one hour appointment time: \$25 member, \$29 non-member. Daytime and evening appointments available.

9:00 am or 10:00 am

Thursday, January 10

Thursday, February 14

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Thursday, March 7

Monday, March 25

7:00 pm or 8:00 pm

Thursday, January 31

Monday, February 25

Monday, March 18

iPad

Learn how to download and install apps on your iPad. Create folders and get organized. Using gestures, browser, email and other tips. Bring your iPad. Instructor: Frank Irvine.

Thursday, January 17

7:00 pm to 9:00 pm

\$25 member, \$29 non-member

Windows 10

Learn to navigate your way around Windows 10 screens. Learn some of the settings in the new Edge web browser and learn about virtual desktops. Find your settings and learn about the Notification area. Windows 10 must be installed on your device prior to class. Instructor: Frank Irvine. Bring your Windows 10 laptop or tablet.

Monday, January 21

7:00 pm to 9:00 pm

\$25 member, \$29 non-member

Internet Basics

New to the internet? Tried going online but found it confusing? Learn to use an internet browser, search for websites and how to be safe online. Instructor: Dushan Grunstein.

Friday, January 25

12:30 pm to 2:30 pm

\$25 member, \$29 non-member

-or-

Friday, February 22

12:30 pm to 2:30 pm

\$25 member, \$29 non-member

One-to-One Computer Assistance

Just about everyone with a computer runs into problems. Don't struggle when there is help available. Sign up for your one hour appointment time with instructor Corie Kelly, MOUS: Microsoft Office User Specialist.

Appointments available between 9:00 am and 12:00 pm.

Saturday, February 9

\$28 member, \$32 non-member

-or-

Saturday, March 30

\$28 member, \$32 non-member

Facebook

Create a personal profile, add friends, exchange messages, share pictures and discuss the important issue of privacy settings. Email account needed that you can access on the internet. Instructor: Dushan Grunstein.

Friday, February 8

12:30 pm to 2:30 pm

\$25 member, \$29 non-member

-or-

Friday, March 8

12:30 pm to 2:30 pm

\$25 member, \$29 non-member

Tablets

Navigating your device. Using settings, WIFI and APP installation. Email setup and use. Using the camera and connecting to your computer. Please note this class is for Android tablets meaning non-iPAD and non-Windows tablets. Instructor: Frank Irvine. Bring your tablet.

Monday, February 18

9:00 am to 11:00 am

\$25 member, \$29 non-member

SPECIAL INTEREST

NOTE: Refer to the Drop-in Activity section for a list of activity groups offered at the Centre in addition to the following:

Circle Dancing

No partner or experience needed. If you enjoy dancing, give it a try! Drop-in fee: \$1 member, \$2 non-member.

1st and 3rd Friday of the month

3:00 pm to 4:00 pm

Conversation en français

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. Drop-in fee: \$1 member, \$2 non-member.
Tuesdays, 3:00 pm to 4:00 pm

Creative Writing Group

Join us for a fun, casual, creative writing morning. Start anytime. Drop-in fee: \$1 member, \$2 non-member.
**Wednesdays,
10:30 am to 12:00 pm**

Acrylic Painting

If you are interested in taking an acrylic painting instructional course please let us know at the Seniors Centre so that we can start an interest list. We are in the process of organizing this instructional course.
Contact the Centre

FUNDamentals of Watercolour: Beginner

In just two lessons you will have produced a beautiful watercolour. All you need is a few simple supplies and a desire to learn. Join this fun class. We are all born artists. Instructor: Jim O'Haire. Supply list available at registration.
**Tuesdays, 9:30 am to 11:30 am
January 8 to March 12,
10 classes
\$86 member, \$96 non-member**

FUNDamentals of Drawing: Intermediate and Advanced

Build on your drawing skills in this more advanced class. Instructor: Jim O'Haire.
**Wednesdays,
9:30 am to 11:30 am
January 9 to March 13,
10 classes
\$86 member, \$96 non-member**

FUNDamentals of Drawing: Beginner

Opportunity to learn the basics of drawing. Good class to start if you have never taken a drawing class before. All you need to start: pencils, paper and a desire to learn. Instructor: Jim O'Haire.
**Wednesdays, 1:00 pm to 3:00 pm
January 9 to March 13,
10 classes
\$86 member, \$96 non-member**

FUNDamentals of Watercolour: Intermediate and Advanced

Build on your watercolour skills in this more advanced class. Instructor: Jim O'Haire.
**Fridays, 9:30 am to 11:30 am
January 11 to March 15
15 classes
\$86 member, \$96 non-member**

Writing Your Family Stories

Do you have a legacy of story to share with the next generation? Perhaps there is a season in your life to explore just for you. Maybe this is the time to give voice to those family or personal stories. Instructor Donna Mann is an award-winning author of historical and biographical fiction and non-fiction. No class February 18.
**Mondays, 9:30 am to 11:30 am
January 14 to March 11,
8 classes
\$30 member, \$38 non-member**

Bridge Workshops to Improve Your Game

Take 1, 2 or all 3 bridge workshops and save. Take all 3 workshops for \$40 member, \$55 non-member. Instructor: Don McNiven.

1) Stayman+, Jacoby and Texas Transfers

**Thursday, January 24,
1:00 pm to 3:30 pm
\$15 member, \$20 non-member**

2) Gerber and 1430 Blackwood

**Thursday, January 31,
1:00 pm to 3:30 pm
\$15 member, \$20 non-member**

3) Tell Your Partner What You Want Them to Lead to You

**Thursday, February 7,
1:00 pm to 3:30 pm
\$15 member, \$20 non-member**

Rubber Stamping and Card Making Workshop

Beginner to advanced stampers will enjoy this fun, hands-on card-making workshop. Create your own personalized greeting cards and learn other crafty ideas. Bring scissors, glue stick and a \$6 supply fee to class. Instructor: Joanne McTavish.
**Tuesday, February 5
9:30 am to 11:30 am
\$3 member, \$5 non-member**

55 Alive: Mature Driver Improvement Course

A driver refresher classroom course by the Canada Safety Council to help mature drivers improve driving skills. Learn about current rules of the road, how to operate your vehicle safely in today's driving environment and some adjustments to common age-related changes in vision, hearing and reaction time. Gain more confidence. Instructor: Susan Stamm, Certified Professional Driving Instructor. Cost includes workbook and Driver Improvement Certificate issued by Canadian Safety Council. Register at least one week in advance. Bring a bag lunch.
**Thursday, March 21
9:30 am to 2:30 pm
\$49 member, \$58 non-member**

FREE Trial Class: Music Appreciation

Instructor: Anne Thompson-King. See description below. Pre-register.
**Thursday, March 21
3:15 pm to 4:15 pm**

Music Appreciation *NEW*

A time to learn and share the enjoyment of music in our lives. To understand how it comforts, heals, and gives us joy. Explore the many

aspects of music with these topics: the language of emotions, art of listening, imagery, musical terms, the human voice, natural sound, song, instruments and rhythm. There will be discussions and listening to recordings. All music lovers are welcome. Instructor: Anne Thomson-King.

Thursdays, 3:15 pm to 4:15 pm

March 28 to May 30, 10 classes

\$70 member, \$84 non-member

SEMINARS & WORKSHOPS

NOTE: Even though payment is not required ahead of time for seminars and workshops, please register or book an appointment in advance. Payment accepted at the door.

How to Register for Victoria Park Senior Centre's Programs Online with Active Net *NEW*

Avoid the long line-ups on registration day and learn how to sign up for all of our programs, special events and bus trips online without leaving the comfort of your own home. Bring your own personal device (laptop, tablet, iPad, smartphone) and ensure you have your email account that you can access on the Internet. No charge. Two dates to choose from.

Tuesday, December 11 at 11:00 am
-or-

Tuesday, March 5 at 9:30 am

Games for the Brain

Games for the Brain is an interactive program involving activities that use your small and large motor skills. Slow down the aging process with these easy-to-do activities in your home, car or anywhere you go. Join Shannon from Heritage River Retirement Residence for fun brain stimulating sessions. Held the first Wednesday of the month at 10:30 am. See dates below. Take one, two

or all three sessions.

January 2, February 6, March 6

Managing Your Finances in Retirement

This presentation is for seniors who want to learn how to better manage their finances. Topics covered: importance of managing your retirement, art of budgeting, balancing the budget, sources of retirement income, expense management, stretching your retirement resources and common retirement strategies: the three stages of retirement, tools and resources. Presented by Vince Mayne, CPA, CGA, with the Chartered Professional Accountants of Canada.

Monday, January 7 at 11:30 am

\$1 member, \$3 non-member

Senior Rightsizing

Are thinking of downsizing or moving to a smaller residence? Preparation for a big move is most important. Learn how to deal with a lifetime of memories. Complete your transition smoothly by following a step-by-step process to make it less stressful. Presented by Cathy Mendler, of New Leaf Organizers.

Friday, January 11 at 10:00 am

\$1 member, \$3 non-member

Designing a Garden

Join Marie Paxton from Canopy Farms Landscaping for this gardening workshop. We will plan the layout of your garden to scale, and we will design together your own personalized garden or space including a discussion of type of plants for your garden. Bring measurements of your garden space/area.

Friday, January 11 at 10:00 am

\$1 member, \$3 non-member

Eating for Immunity: Food and the Flu Nutrition Workshop

By mid-October, cold and flu season is on the rise. There are a few things

you can do to help stay healthy this flu season. Join your in-store dietitian to learn about immune boosting nutrients and how to incorporate them into your diet. We will walk the aisles and finish off with a tasting. You will receive resources to take home. This workshop involves light walking and space is limited. Pre-register at the Senior Centre. Registered individuals will then meet Katherine at the Customer Service Desk at Zehrs Markets Fergus.

Friday, January 11

10:00 am to 11:00 am

Aging-in-Place, Home Safety and Adaptive Clothing

What does Aging-In-Place mean to you? How to make small changes to your home and lifestyle so that you can stay where you are living, safely and comfortably. From universal design and accessibility options to discussions on the overall risk of falling and looking at adaptive clothing options. Presented by Laura Greenway-Balnar, R.N., B.A.Sc., owner, Right at Home Canada, Certified Aging in Place Specialist.

Monday, January 21 at 9:30 am

\$1 member, \$3 non-member

Wills, Powers of Attorneys and Living Wills

Excellent opportunity to have your questions answered by a lawyer who drafts testamentary documents and administers estates. This participation-oriented seminar will focus on Wills, Powers of Attorney and Living Wills. Discuss strategies to minimize Estate Administration Tax (more commonly referred to as Probate Fees) and basic components of sound Estate Planning. Your questions are encouraged throughout. Presented by Nate Martin, a lawyer with SmithValeriotte LLP in Fergus. Two dates to choose from. [NOTE: The March 22 presentation is held at our Active Living and Retirement Show held at the CW Sportsplex.](#)

Monday, January 21 at 11:30 am
\$1 member, \$3 non-member

-or-

Friday, March 22 at 10:30 am
Held at the Sportsplex

Navigating the 4 D's: Death, Divorce, Decision and Disability

Disruptors in life impact us in ways we could never imagine and influence multiple areas of our life. The stress and effort leaves us feeling lost, overwhelmed and in disorder. A death, divorce, disability or life-altering decision can happen to anyone at any time. This workshop is designed to discuss and detail what to do in these situations (preferably in advance). Is there a way to prepare? What actions can I do immediately to restore some balance during the process? What do I need to know to make more informed decisions for better outcomes? How can I help someone else dealing with these issues? Join presenter Sheri Copplestone of Confident Careplanners to help you get your balanced life back.

Thursday, January 24 at 10:00 am

\$1 member, \$3 non-member

Living with Stroke Series

Survivors and their families and anyone who is interested are welcome to join all or some of these topics based on their recovery pathway. Sessions will be facilitated with the support of local health care professionals. Presented by the Centre Wellington Stroke Recovery Community Program. No charge. All sessions held from 9:30 am to 10:30 am. See below for topics and dates.

Emotions: Focus on Depression

Friday, January 25

Activities and Relationships

Friday, February 22

Reducing the Risk of Stroke

Friday, March 29

Moving Forward

Friday, April 26

Funeral Alternatives

Often people feel that the standard funeral doesn't authentically represent the person. Come and learn about the options for alternatives to the standard funeral. I'll discuss green burials, direct cremation, what you can do with cremated remains, donating your body to science, celebration of life ceremonies, and I'll give resources in the area. Presented by Karry Sawatsky, End-of-Life Educator.

Thursday, January 31 at 10:00 am

\$1 member, \$3 non-member

Hearing Screening Clinic

The Canadian Hearing Society presents a free hearing screening clinic for older adults. Meet one-on-one with Hearing Care Counsellor, Mary Young. Receive your results immediately. If you wear hearing aids, discuss questions about your current aids. Book your 30 minute appointment by calling the Seniors Centre. No charge.

Friday, February 1

Appointments available:

9:00 am to 3:30 pm

HearingLife Presentation

Come out and enjoy a hearing health presentation by your local hearing professional on the importance of hearing health, awareness and prevention. There will be a discussion on signs and symptoms related to hearing loss, Tinnitus (the ringing or buzzing you may be experiencing) and the Campaign for Better Hearing and so much more. Cassandra Beach, Audiologist/Regional Manager will answer all your questions.

Monday, February 4 at 9:30 am

\$1 member, \$3 non-member

The Grand Tour: A History

In this presentation we explore the historical tradition of the

European Grand Tour, focusing on Britons who made their way to the Continent in the seventeenth and eighteenth centuries to view art, hobnob with the European elite, occasionally find romance, and return with an "education" based on an appreciation of Classical life and Art. Speaker Kevin James holds a PhD from Edinburgh University and is Associate Professor of Modern Scottish History at the University of Guelph, where his research and publications focus on tourism and travel history and comparative Irish and Scottish economic and social history.

Monday, February 4 at 11:30 am
\$1 member, \$3 non-member

Creating a Plan for your Travel Bucket List: A Dream without a Plan is Just a Wish

We will look at how to prioritize and create a workable, flexible plan to ensure you can work through your bucket list and that small steps and planning will make those dreams your memories. Presented by Diane Cook from TPI Travel.

Thursday, February 7 at 10:00 am

\$1 member, \$3 non-member

Healthy Joints Tips

Please join Carmen Micu Registered Massage Therapist and Registered Homeopath from Soothe - Longevity Clinic as she goes through tips on how to use your own body's resources, acupressure, self-massage and natural remedies that would be beneficial for healthy joints.

Friday, February 8 at 10:00 am
\$1 member, \$3 non-member

My Hearing is Not as Good as it Used to Be, Now What Do I do?

Join in this workshop to deal positively with changes in your hearing. Topics: dealing with hearing changes, hearing assessment, hearing aids, communication strategies, assistive living devices,

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community supports. Presented by the Canadian Hearing Society.

Friday, February 8

9:00 am to 12:30 pm

\$1 member, \$3 non-member

Gardening Session: Get Your Questions Answered

Join Marie Paxton from Canopy Farms Landscaping for this open topic gardening seminar. She will be available to answer all of your gardening questions in preparation for the upcoming gardening season.

Friday, February 15 at 10:00 am

\$1 member, \$3 non-member

Budget Savvy Eating Nutrition Workshop

Do you struggle to buy food that is affordable, healthy and easy to prepare? Everyone can benefit from tips to reduce the ever-growing grocery bill. Join your in-store dietitian to learn hands-on ideas for how you can spend your food dollars wisely and eat nutritious meals on a budget. We'll discuss tips on choosing foods with the best value, meal prep, quick meals, and reducing food waste. The tour will end with sampling a recipe and ideas to take home. This workshop involves light walking and space is limited. Pre-register at the Senior Centre. Registered individuals will then meet Katherine at the Customer Service Desk at Zehrs Markets Fergus.

Friday, February 15

10:00 am to 11:00 am

The 10 Warning Signs and What to Do About Them

This talk looks at the 10 warning signs for dementia, and each sign has a short 2 to 4 minute movie of a person living with dementia, who speaks to how they cope with that particular issue in their lives. Please join us for this very personal, and practical presentation. Bring your questions as there will a discussion time and handouts. Presented

by Robin Smart, Public Education Coordinator with the Alzheimer Society Waterloo Wellington.

Thursday, February 21 at

10:00 am

\$1 member, \$3 non-member

Service Canada Information Session: CPP, OAS, Disability Benefits

Are you aware of all the income support programs available? Service Canada is designed to improve the delivery of government programs and services to Canadians by making them faster, easier and more convenient. Come to the information session and find out about Canada Pension Plans, Disability Benefits and Old Age Security. Presented by Maia Painchaud-Morgan, Citizen Services Specialist with Service Canada serving Guelph and Wellington County.

Monday, February 25 at 9:30 am

\$1 member, \$3 non-member

Introduction to Family History Resources

Genealogy 101: A guide through the basics steps to getting started on your family tree whether local or international, using both print and online resources. Presented by Karen Wagner, Archivist from the Wellington County Museum and Archives.

Monday, February 25 at

11:30 am

\$1 member, \$3 non-member

Minimalism

Minimalism - what is this new trend? Simplify your life. Learn how to live a meaningful life with less. Presented by Cathy Mendler, of New Leaf Organizers.

Friday, March 1 at 10:00 am

\$1 member, \$3 non-member

Retirement Income in Challenging Times

Under the present markets, interest

rates and taxes levels in Canada what is a retired person to do? Join Dean for an interesting, informative and profitable discussion that will help with your bottom line. Presented by Dean Dunbar, Financial Advisor, Freedom 55 Financial, who specializes in Elder Planning and is a Certified Executor Advisor.

Monday, March 4 at 9:30 am

\$1 member, \$3 non-member

Who will speak for you, if you can't speak for yourself?

Advance Care Planning

What does personal care include? What decisions might a Substitute Decision Maker be asked for? Who decides if you are capable or incapable? This interactive course is facilitated by Marsha Wolowich, 44 years nursing experience working in critical care units, VON community nurse and nurse educator at Conestoga College, Hospital Educator and 11 years as Wellington County's Palliative Care Consultant. Highly recommended by previous participants.

Thursdays, 10:00 am to 11:30 am

March 7 & March 14, 2 classes

\$2 member, \$6 non-member

Sudoku Fun

Want to learn how to do this puzzle that so many people seem to be doing these days? Maybe you cannot get beyond the easy or intermediate level? Learn tips to solve puzzles quickly, without mistakes. This puzzle is not math-based: anyone can do it. Great for exercising the brain. Thanks to volunteer Bud Fauteux for leading this session.

Friday, March 8

9:30 am to 11:30 am

\$1 member, \$3 non-member

Cooking Session with Sherry and Rosie: One-Pot Meals

Join us for this delicious hands-on

cooking class with volunteers Sherry and Rosie. Sample new recipes and flavours. Be sure to register ahead. Bring an apron and containers.

Tuesday, March 12 at 9:30 am
\$1 member, \$3 non-member

Preserving your Print and Digital Photographs

Learn about the materials you can use to preserve all types of printed photographs as well as your digital photographs so that they will be available to future generations. Presented by Conservator, Patty Whan and Archivist, Karen Wagner from the Wellington County Museum and Archives.

Monday, March 18 at 9:30 am
\$1 member, \$3 non-member

Fraud Protection for Seniors

This presentation is for seniors who want to learn how they can protect themselves against fraud. Topics covered: what fraud is and how it works, theft vs. fraud, identify the signs of fraud and how to act on suspicions, learn about the top three scams, what information scammers want, five reasons seniors are vulnerable and why seniors are targeted, what to do if you are a victim of fraud, types of fraud and real-life examples. Presented by Vince Mayne, CPA, CGA, with the Chartered Professional Accountants of Canada.

Monday, March 18 at 11:30 am
\$1 member, \$3 non-member

Eat Smart for a Healthy Heart Nutrition Workshop

Want to better manage your cholesterol or blood pressure, but not sure where to start? Join your in-store dietitian for this hands-on nutrition workshop. Discover the Mediterranean diet and what it can do for you. You'll learn tips and tricks on what foods to include in your diet and how to decode nutrition labels. Sample a tasty heart-healthy

meal and take home heart-health resources. This workshop involves light walking and space is limited. Pre-register at the Senior Centre. Registered individuals will then meet Katherine at the Customer Service Desk at Zehrs Markets Fergus.

Friday, March 22
10:00 am to 11:00 am

Overview of Ontario's Estate Administration: Ontario Ministry of Finance

Are you estate planning? Or has someone asked you to be their estate representative? Would you like to better understand how Ontario's Estate Administration Tax (EAT) works? The Ontario Ministry of Finance (MOF) can help. During this seminar, a MOF representative will: define EAT, clarify when EAT is applicable and demonstrate how to calculate EAT. (Over 95% of attendees find this seminar beneficial and recommend it to others). Presented by Jeremy Bertrand, Tax Advisory Specialist, Ministry of Finance. Held at the Active Living and Retirement Show at the Sportsplex, 550 Belsyde Ave, Fergus.

Friday, March 22 at 11:45 am
No charge

Age has its Benefits

This presentation by Canada Revenue is intended to build awareness about available benefits and credits such as the GST/HST credit, medical expenses, pension income amount, disability tax credit, Canada caregiver amount and many more which are administered through tax filing. And find out about the Community Volunteer Income Tax Program (CVITP), a program in which trained volunteers to prepare income tax and benefit returns for eligible individuals. This service ensures that hundreds of thousands of Canadians receive the tax refunds, benefits, and credits they deserve. Presented by Lynda Cam, Regional

Outreach Program Officer, Canada Revenue Agency. Held at the Active Living and Retirement Show at the Sportsplex, 550 Belsyde Ave., Fergus.

Friday, March 22 at 1:00 pm
No charge

Ask a Speech Language Pathologist: Understanding the scope of practice and benefits of Speech and Language Services

We will discuss topics on the broad range of services that can be offered by an SLP as well as the benefits that can be achieved. In addition, learn about how to prevent, promote and advocate for a variety of communication disorders. Do you know someone who is thinking of visiting an SLP? Bring your questions about the practice of Speech-Language Pathology for either children or adults. Presented by Emily Merritt, a local Speech-Language Pathologist (SLP), registered with the College of Speech-Language Pathology and Audiology.

Monday, March 25 at 9:30 am
\$1 member, \$3 non-member

Coin and Stamp Appraisal Clinic

Many of us have stamp or coin collections put away in a box. Do you ever wonder about its value? Have it viewed and appraised. Book your 30 minute appointment prior to the clinic by calling the Centre. Thanks to volunteer Richard Stewart for running this clinic.

Tuesday, March 26
\$1 member or \$3 non-member

Leaving a Legacy

How will you be remembered after you die? Learn a variety of ways to begin leaving a legacy now and into the future. We will discuss a variety of ideas to share your unique story, to continue being remembered through tradition, to leave a legacy for the future and resources available to help you. Presented by Karry Sawatsky, End-of-Life Educator.

Thursday, March 28 at 10:00 am
\$1 member, \$3 non-member

Introduction into Ancestry Online

Ancestry 101: Receive one on one instruction from Wellington County Archives staff on how to use Ancestry databases to research your own family tree. Session takes place in the Archives Reading Room. Bring your own device or use our computers. Presented by Karen Wagner, Archivist, Wellington County Museum and Archives. Session held at the Museum. No charge but pre-register at Victoria Park Seniors Centre. Limited enrollment. Bring your own laptop if you can.

Thursday, April 4
10:00 am to 12:00 pm

Fit Minds: Brain Health Program

An intellectual program that gives your cognitive skills a workout. Join us for an eight-week session to engage in stimulating activities to improve your brain health by participating in games and activities that will boost your mental process while having fun. Thanks to Chartwell Retirement Residences for sponsoring this program. Refreshments, handouts and binder provided. No charge.

Thursdays, 3:00 pm to 3:45 pm
April 4 to May 23

SPECIAL EVENTS

Homemade Lunches

Lunch is served every Wednesday at 12:00 pm at the Centre. On some Wednesdays, we host homemade fundraising lunches prepared by VPSC Program Committee volunteers. See dates below. Full menus listed in monthly calendar. \$8 members, \$9 non-members unless otherwise stated. Reservations recommended. Stay for one of the many afternoon drop-in activities after lunch. All proceeds support the

Centre.

January 9 Turkey Soup

January 23 Robbie Burns

\$12 members, \$14 non-member

February 13 Valentine Cranberry

Chicken \$10 member,

\$12 non-member

February 27 Shepherd's Pie

March 13 St. Patrick's Day Stew

\$10 member, \$12 non-member

March 27 Deepti's Indian Lunch

\$10 member, \$12 non-member

New Members' Talk and Tours

Discover new activities and opportunities at Victoria Park Seniors Centre to make the most of your retirement years. Meet other new members, volunteers and staff.

Take a tour, enjoy refreshments and learn about programs and services available to you. Sessions held on the 2nd Monday of the month at 10:00 am. See dates below. Or contact the Centre to schedule a tour anytime.

No charge.

January 14, February 11
or March 11

Robbie Burns Lunch

Join us for a special homemade lunch at the Centre to celebrate Robbie Burns' birthday, born January 25, 1759 near Ayr, Scotland. Regarded as Scotland's national poet, he is most famous for writing the words to Auld Lang Syne. Menu includes traditional Scottish fare: meat pie, mushy peas, neeps and tatties, caramel raisin pudding and haggis (carried into the room led by a piper in full dress with Burns' "Address to a Haggis" given). Reserve your seat. Thanks to VPSC Program Committee for organizing this fundraising lunch.

Wednesday, January 23

12:00 pm

\$12 member, \$14 non-member

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

Active Living and Retirement Show

Visit VPSC's 12th annual one-day event held at the CW Sportsplex, 550 Belsyde Ave, Fergus, and see more than 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. See schedule on front page of the Seniors Section in this Guide.

Friday, March 22

10:00 am to 2:00 pm

Free admission

Musical Entertainment: New Horizons' Jazz Performance Ensemble

New Horizons Jazz Performance Ensemble plays a variety of jazz styles for your listening pleasure. The swinging style of Ellington, the modern style of Horace Silver and the beautiful songs of Jerome Kern. The New Horizons Music Program provides an entry point to music for adults who have little or no musical experience. Enjoy refreshments.

Friday, March 29 at 1:30 pm

By donation at the door