

**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**