

May 2025 Seminars (In-person and Virtual)

Pre-register for all seminars listed below (virtual and in-person). By donation at door for in-person. If attending a virtual seminar, the Zoom link will be provided 12-24 hours prior.

Refer to Spring & Summer 2025 Community Guide for descriptions.

Navigating Life as a Senior (In-Person) - Presented by Cathy Mendler, A New Leaf Organizers. Tuesday, May 13 at 10:00 am.

Caregiving and Wellness (In-Person) - Presented by Hospice Wellington. Thursday, May 15 at 10:00 am.

Bells are Ringing (In-Person) - Presented by The Wellington County Museum & Archives. Wednesday, May 21 at 10:00 am.

Young Onset Dementia (In-Person) - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, May 22 at 10:30 am.

5 Levels of Retirement Living (In-Person) - Presented by Marjorie Wood, Retirement Living. Consultant, AgeCare Elmira Estate. Wednesday, May 28 at 10:00 am.

May 2025 Special Events (In-person). Pre-register!

New Member Talk and Tour – Monday, May 12 at 10:00 am. No charge. Pre-register.

Homemade BBQ Lunch – Wednesday, May 14 at 12:00 pm – menu on the front of calendar.

Monthly Musical Afternoon – Wednesday, May 14 at 1:30 pm. Join us for lunch and stay for entertainment afterwards. All welcome. By donation at the door.

Homemade BBQ Lunch – Wednesday, May 28 at 12:00 pm – menu on the front of calendar.

Bus Trips 2025 - Non-Refundable. Non-Transferable.

All trips depart from and return to VPSC. Return times approximate, depending on weather/traffic. Those who require special assistance are responsible for arranging an escort to assist. Our Travel Escort Volunteer cannot provide special care/assistance. Travel arrangements are made in collaboration with Great Canadian Travel TICO# 2280154. Bus trips are subject to change. All trips include luxury coach transportation equipped with a washroom, bus driver gratuity, HST.

Refer to the Spring & Summer 2025 Guide for descriptions.

Evolution of Magic - Friday, May 23. Departs: 8:00 am, return: 8:00 pm. Cost: \$180 member and \$194 non-member.

Muskoka Steamships - Monday, June 9. Departs: 8:30 am, return: 7:00 pm. Cost: \$180 member, \$194 non-member.

The Lion King - Wednesday, July 16. Departs: 8:45 am, return: 6:00 pm. Cost: \$243 member, \$257 non-member.

Blyth Festival Theatre **NEW** - Wednesday, August 13. Depart: 9:00 am, return 6:00 pm. Cost: \$180 member, \$194 non-member.

Collingwood Cruise - Thursday, September 18. Departs: 9:15 am, return: 6:30 pm. Cost: \$208 member, \$223 non-member.

Stratford: Dirty Rotten Scoundrels - Tuesday, October 7. Departs: 10:00 am, return: 7:00 pm. Cost: \$202 member, \$216 non-member.

Shawfest “White Christmas” & Skylon - Wednesday, December 3. Departs: 9:30 am, return: 9:00 pm. Cost: \$202 member, \$216 non-member.

May 2025

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2

Monday to Friday 9:00 am to 4:00 pm Phone: 519.846.9691 x204

Email: seniorscentre@centrewellington.ca

View Programs, information, refund policies: www.centrewellington.ca/seniorscentre

Register online: <https://ca.apm.activecommunities.com/centrewellington/>

The Centre will be closed on Monday, May 19th for Victoria Day.

The **Spring & Summer 2025 Centre Wellington Community Guide** is active. It covers April, May, June, July & August. Get registered now!

Township of Centre Wellington Refund Policy in effect:

1. A full refund will be issued for all courses cancelled by the Township.
2. Request for refunds must be received 1 week prior to program start date.
3. No refunds will be issued within 1 week of the program start date.
4. No refunds will be issued for bus trips or lunches.
5. Transfers will be accepted prior to 3rd class. No transfers beyond the 3rd class.
6. A **\$20 administration fee** will be applied to refunds requested.

Wednesday Lunch

Cost: \$14 members or \$15 non-mem (unless otherwise stated). Non-refundable.
Take outs available. Register and pay by the Friday prior in person, by phone or online.

Wednesday, May 14 at 12:00 pm – Homemade BBQ Lunch (pay by May 9 at 4pm). Menu: BBQ Chicken Breast Grills on a Bun, Coleslaw, Cherry Angel Dessert. ****Join us after lunch for our Monthly Musical Program at 1:30 pm. By donation at the door. All welcome!****

Wednesday, May 28 at 12:00 pm – Homemade BBQ Lunch (pay by May 23 at 4pm). Menu: BBQ Beef Burgers, Broccoli & Cauliflower Salad, Brownie with Carmel Sauce & Ice Cream.

Volunteers Needed!

Speak to Kelly at the Centre, if interested.

Wednesday Lunches - scheduled twice a month. We are looking for Servers (3 hrs), Dishwashers (1.5 hrs), Tea & Coffee servers (1.5 hrs), Dessert Servers (1.5 hrs).

Drop-in Bingo Caller - Bi-weekly caller at 1:00 pm for 2 hours.

Reception Desk Volunteer – Answering phones, booking appointments, making/serving coffee, taking registrations on computer, reconciling daily cash balance, welcoming people, answering questions, etc.

Tuesday mornings 8:30am -12:30pm (weekly)
& **Wednesday afternoons** 12:30pm – 4pm (bi-weekly)

Looking ahead.....June is Seniors Month! Get registered!

Seniors' Month Celebration - Join us for a memorable afternoon of entertainment by the Centre's talented choir and ukulele band: The Melody Makers. Enjoy cake & ice cream. All welcome. By donation at door. Monday, June 2 at 1:30 pm.

Mystery Card Walk - Celebrate Seniors' Month with an enjoyable morning to promote fun, physical activity. Everyone wins a prize! Walking 2 kms on a pre-determined route. Walking poles are available to borrow. Everyone can participate, even if you cannot go on the walk. No charge but please pre-register so everyone receives a prize. Monday, June 9 at 9:30 am.

Strawberry Social - Celebrate June is Seniors' Month. Join in a fun afternoon of toe-tapping music with the Centre's talented guitar band: The Country Classics. Enjoy fresh Ontario strawberries with shortcake and ice cream after the show. Thursday, June 26 at 1:30 pm. \$8 for everyone.

MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 8:50 Recreational Belly Dance NEW – weekly! 9:30 Canasta 1:00 Choir & Ukulele Band: The Melody Makers	TUESDAY Drop-in Activities 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka,10:30 Genealogy 11:35 Tap Dancing, 1:00 Bid Euchre 1:00 Shuffleboard, 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation	WEDNESDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole, 10:30 Creative Writing 1:00 Arts & Crafts Group, 1:00 Euchre 1:00 Wood Carving, 3:00 Line Dancing	THURSDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 9:30 Darts, 9:30 Scrabble, 1:00 Bingo, 1:00 Social Bridge 1:00 Table Tennis, 1:00 Guitar Band: Country Classics 4:00 Pastime Entertainment Theatre Group (resumes Aug) 7:30 Euchre	FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (May 2) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold’em Poker
<div>LEGEND</div> <div>GREEN – Health And Wellness Clinics</div> <div>BLACK–Course Start, Bus Trip</div> <div>RED – In Person Seminar, Events</div> <div>BLUE – Virtual (Zoom) Program</div>	<div>June Is Seniors Month!</div> <div>Get involved, register today!</div>	<div>Arts & Crafts Drop-in Group on Wednesdays from 1-3pm (weekly)</div> <div>Bring your own art of any kind including watercolours, colouring, scrapbooking, card making, knitting, sewing, any craft/hobby you are working on. Not instructional.</div> <div>“NEW” The VPSC’s Pastime Productions Theatre Group is looking for future actors and side help with play productions here at the Centre. Contact Kelly, if interested. Fall production scheduled. Practices Thursdays at 4pm starting in August.</div>	<div>1 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Thursday</div> <div>8:40 Zumba Gold Toning NEW TIME</div> <div>8:40 Dance Choreography For Fun For Seniors</div> <div>9:15 Fit Bones Plus, 9:35 Hatha Flow Yoga NEW TIME</div> <div>9:35 Strength Training Beginner</div> <div>9:45 Dance+ For Fun For Seniors</div> <div>9:50 Building Strength: Upper Body</div> <div>10:30 Yoga For Beginners Workshop NEW (end)</div> <div>10:30 Chair & Standing Yoga NEW TIME, 11:45 Essentrics</div> <div>1:30 Minds in Motion (Register with Alzheimer Society)</div> <div>5:30 Pilates: Mixed Level</div>	<div>2 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga NEW TIME</div> <div>9:30 Yoga with Jane, 9:35 Barre Strong</div> <div>10:00 French Course 5</div> <div>10:30 Yoga & Movement Healthy Joints & Muscles NEW TIME</div> <div>10:30 Total Body Fitness: Feel Safe, Get Stronger</div> <div>10:35 Standing & Seated Hatha Yoga</div> <div>12:30 French Course 3, 1:00 Pastels Painting</div>
<div>5 (Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning NEW TIME</div> <div>9:00 Advisory Board Meeting</div> <div>9:30-2:30 Reflexology Clinic (by appt.)</div> <div>9:35 Zumba Gold NEW</div> <div>10:15 Program Committee Meeting</div> <div>10:30 Essentrics NEW TIME, 10:30 Yoga with Jane</div> <div>11:30 Standing & Seated Hatha Yoga</div> <div>11:45 Strength Training & Core NEW</div> <div>4:00 Vinyasa Flow Yoga NEW, 1:00 Mood Walk NEW</div> <div>1:00 Fun Fitness: Move Strong, 2:15 Osteo Fit</div> <div>3:15 Osteo Fit, 5:00 Pilates: Gentle</div>	<div>6 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Tuesday</div> <div>8:40 Zumba Gold NEW TIME</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:15 Fit Bones Plus</div> <div>9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning NEW</div> <div>9:35 Building on the Basics</div> <div>9:50 Building Strength: Lower Body</div> <div>10:30 Tai Chi Level 2</div> <div>10:30 Urban Poles Fun & Fitness NEW</div> <div>11:30 Movement Healthy Joints & Muscles</div> <div>1:00 Moderate Slow Yoga</div> <div>3:15 All Around Fitness NEW</div>	<div>7 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>8:40 Zumba Gold-Toning NEW TIME</div> <div>9:15 Fit Bones, 9:30 Moderate Slow Yoga</div> <div>9:35 Hatha Flow Yoga NEW, 9:35 Core Circuit</div> <div>9:50 Building Strength: Core</div> <div>10:00 Deepening Meditation</div> <div>11:30 Standing & Seated Hatha Yoga</div> <div>1:00 Fun Fitness: Move Strong</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>8 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Thursday</div> <div>8:40 Zumba Gold-Toning NEW TIME</div> <div>8:40 Dance Choreography For Fun For Seniors</div> <div>9:30-2:30 Reflexology Clinc (by appt.)</div> <div>9:15 Fit Bones Plus, 9:35 Hatha Flow Yoga NEW TIME</div> <div>9:35 Strength Training Beginner, 9:45 Dance+ For Fun</div> <div>9:50 Building Strength: Upper Body</div> <div>10:00 Mother’s Day Centrepiece</div> <div>10:30 Chair & Standing Yoga NEW TIME</div> <div>12:00-2:45 Manual Osteopathic Clinic (appt)</div> <div>11:45 Essentrics, 1:30 Minds in Motion (with Alz Society)</div> <div>5:30 Pilates: Mixed Level</div>	<div>9 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga NEW TIME</div> <div>9:30 Yoga with Jane, 9:35 Barre Strong</div> <div>10:00 French Course 5</div> <div>10:30 Yoga & Movement Healthy Joints & Muscles NEW TIME</div> <div>10:30 Total Body Fitness: Feel Safe, Get Stronger</div> <div>10:35 Standing & Seated Hatha Yoga</div> <div>12:30 French Course 3</div> <div>1:00 Pastels Painting</div>
<div>12 (Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning NEW TIME (end)</div> <div>9:30-2:30 Reflexology Clinic (by appt.)</div> <div>10:00 New Members Talk & Tour</div> <div>9:35 Zumba Gold NEW (end), 10:30 Essentrics (end)</div> <div>10:30 Yoga with Jane (end)</div> <div>11:30 Standing & Seated Hatha Yoga (end)</div> <div>11:45 Strength Training & Core NEW (end)</div> <div>4:00 Vinyasa Flow (end), 1:00 Mood Walk NEW</div> <div>1:00 Fun Fitness: Move Strong (end)</div> <div>2:15 Osteo Fit (end), 3:15 Osteo Fit (end)</div> <div>5:00 Pilates: Gentle (end)</div>	<div>13 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Tuesday</div> <div>8:40 Zumba Gold NEW TIME</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:15 Fit Bones Plus (end)</div> <div>9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning NEW</div> <div>9:35 Building On The Basics</div> <div>9:50 Building Strength: Lower Body (end)</div> <div>10:00 Navigating Life As A Senior</div> <div>10:30 Tai Chi Level 2</div> <div>10:30 Urban Poles Fun & Fitness NEW (end)</div> <div>11:30 Movement Healthy Joints & Muscles (end)</div> <div>1:00 Moderate Slow Yoga, 3:15 All Around Fitness</div>	<div>14 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>8:40 Zumba Gold-Toning NEW TIME</div> <div>9:15 Fit Bones (end), 9:30 Moderate Slow Yoga</div> <div>9:35 Hatha Flow Yoga NEW, 9:35 Core Circuit</div> <div>9:50 Building Strength: Core (end)</div> <div>10:00 Deepening Meditation</div> <div>10:00-2:00 Chair Massage Clinic (by appt)</div> <div>11:30 Standing & Seated Hatha Yoga (end)</div> <div>12:00 Homemade BBQ Lunch *menu on front</div> <div>1:30 Musical Afternoon Program (by donation)</div> <div>1:00 Fun Fit, 2:15 Osteo Fit (end),3:15 OsteoFit(end)</div>	<div>15 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Thursday</div> <div>8:40 Zumba Gold-Toning NEW TIME</div> <div>8:40 Dance Choreography For Fun For Seniors</div> <div>9:15 Fit Bones Plus (end)</div> <div>9:35 Hatha Flow Yoga NEW TIME</div> <div>9:35 Strength Training Beginner, 9:45 Dance+ For Fun</div> <div>9:50 Building Strength: Upper Body (end)</div> <div>10:00 Caregiving And Wellness</div> <div>10:30 Chair & Standing Yoga, 11:45 Essentrics (end)</div> <div>1:30 Minds in Motion (Register with Alzheimer Society)</div> <div>5:30 Pilates: Mixed Level (end)</div>	<div>16 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga NEW TIME</div> <div>9:30 Yoga with Jane, 9:35 Barre Strong</div> <div>9:30-2:30 Reflexology Clinic (by appt.)</div> <div>10:00 French Course 5</div> <div>10:30 Yoga & Movement Healthy Joints & Muscles NEW TIME</div> <div>10:30 Total Body Fitness: Feel Safe, Get Stronger</div> <div>10:35 Standing & Seated Hatha Yoga</div> <div>12:30 French Course 3</div> <div>1:00 Pastels Painting</div>
<div>19</div> <div>Victoria Day. Centre Closed.</div>	<div>20 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Tuesday (end)</div> <div>8:40 Zumba Gold NEW TIME (end)</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:30 Tai Chi Level 1 (end)</div> <div>9:35 Zumba Gold-Toning NEW (end)</div> <div>9:35 Building On The Basics (end)</div> <div>10:30 Tai Chi 2 (end)</div> <div>1:00 Moderate Slow Yoga (end)</div> <div>3:15 All Around Fitness NEW (end)</div>	<div>21 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle (end)</div> <div>8:40 Zumba Gold-Toning NEW TIME (end)</div> <div>9:30 Moderate Slow Yoga (end)</div> <div>9:35 Hatha Flow Yoga NEW (end)</div> <div>9:35 Core Circuit (end)</div> <div>10:00 Deepening Meditation</div> <div>10:00 Bells Are Ringing</div> <div>1:00 Fun Fitness: Move Strong (end)</div>	<div>22 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Thursday (end)</div> <div>8:40 Zumba Gold-Toning NEW TIME (end)</div> <div>8:40 Dance Choreography For Fun For Seniors</div> <div>9:35 Hatha Flow Yoga NEW TIME (end)</div> <div>9:35 Strength Training Beg (end), 9:45 Dance+</div> <div>12:00-2:45 Manual Osteopathic Clinic (appt)</div> <div>10:30 Chair & Standing Yoga NEW TIME (end)</div> <div>10:30 Young Onset Dementia</div> <div>10:30 Holistic Hip Health: Restore Ease of Motion</div> <div>1:30 Minds in Motion (Register with Alzheimer Society)</div>	<div>23 (Daily Drop-In Activities listed above)</div> <div>8:00 Bus Trip: Evolution of Magic</div> <div>8:40 Low Impact Cardio & Muscle (end)</div> <div>9:30 Moderate Hatha Yoga NEW TIME (end)</div> <div>9:30 Yoga w Jane (end), 9:35 Barre Strong (end)</div> <div>10:00 French Course 5</div> <div>10:30 Yoga & Movement Healthy Joints & Muscles NEW TIME (end), 10:30 Total Body Fitness (end)</div> <div>10:35 Standing & Seated Hatha Yoga (end)</div> <div>12:30 French Course 3, 1:00 Pastels Painting</div>
<div>26 (Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning NEW TIME</div> <div>9:35 Zumba Gold NEW</div> <div>10:30 Essentrics NEW TIME, 10:30 Yoga with Jane</div> <div>9:30-2:30 Reflexology Clinic (by appt.)</div> <div>11:30 Standing & Seated Hatha Yoga</div> <div>11:45 Strength Training & Core NEW</div> <div>1:00 Vinyasa Flow Yoga NEW, 1:00 Fun Fitness</div> <div>1:00 Mood Walk NEW (end)</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>27 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Tuesday</div> <div>8:40 Zumba Gold NEW TIME</div> <div>9:30 Tai Chi Level 1</div> <div>9:35 Zumba Gold-Toning NEW</div> <div>9:35 Building On The Basics, 10:00 Gut Check</div> <div>10:00 & 11:00 Tech Help (1 hr appt.)</div> <div>10:30 Tai Chi Level 2</div> <div>11:30 Movement Healthy Joints & Muscles</div> <div>1:00 Moderate Slow Yoga</div> <div>3:15 All Around Fitness</div>	<div>28 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>8:40 Zumba Gold-Toning NEW TIME</div> <div>9:30 Moderate Slow Yoga</div> <div>9:35 Hatha Flow Yoga NEW</div> <div>9:35 Core Circuit, 10:00 Deepening Meditation</div> <div>10:00 5 Levels Of Retirement Living</div> <div>11:30 Standing & Seated Hatha Yoga</div> <div>12:00 Homemade BBQ Lunch *menu on front</div> <div>1:00 Fun Fitness: Move Strong</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>29 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Thursday</div> <div>8:40 Zumba Gold-Toning NEW TIME</div> <div>8:40 Dance Choreography Fun For Seniors (end)</div> <div>9:35 Hatha Flow Yoga NEW TIME</div> <div>9:35 Strength Training Beginners</div> <div>9:45 Dance+ For Fun For Seniors (end)</div> <div>10:00 Foam Art “Make & Take” Workshop</div> <div>11:45 Essentrics</div> <div>1:30 Minds in Motion (Register with Alz Society)</div>	<div>30 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga NEW TIME</div> <div>9:30 Yoga with Jane, 9:35 Barre Strong</div> <div>10:00 French Course 5</div> <div>10:30 Total Body Fitness: Feel Safe, Get Stronger</div> <div>10:35 Standing & Seated Hatha Yoga</div> <div>12:30 French Course 3</div> <div>1:00 Pastels Painting (end)</div>