

## June 2026 Seminars (In-person and Virtual)

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

**Refer to the Spring & Summer 2026 Community Guide for descriptions.**

**Navigating Life as a Senior** - Presented by Cathy Mendler, A New Leaf Organizers. Tuesday, June 2 at 10am.

**10 Tips on Being an Executor** – Presented by Stephanie Dean, Certified Executor Advisor, ETP Canada. Wednesday, June 3 at 11:00 am.

**Hearing Screening** – Held by Canadian Hearing Services. A free hearing screening clinic for older adults. Meet one-on-one with a Hearing Care Counsellor and receive your results immediately. If you wear hearing aids, discuss questions about your current aids. No charge. Thursday, June 4.

**Falls Prevention** - Presented by Sandra Sheilds, Lifeline Canada. Monday, June 15 at 1pm.

**Frauds & Scams** – Presented by Sarah Bowers-Peter, Crime Stoppers Guelph Wellington and Elizabeth Kent, Victim Services Wellington. Wednesday, June 17 at 11:00 am.

**Memory and Hearing Health: The Connection** - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, June 18 at 10:30 am.

**Move for Health** - Presented by the Waterloo Wellington Self-Management Program. Mon., June 22 at 11am.

**Senior Rightsizing: Downsizing** - Presented by Cathy Mendler, A New Leaf Organizers. Mon., June 22 at 1pm.

**Life on the Farm** - Presented by The Wellington County Museum & Archives. Wednesday, June 24 at 11am.

## June 2026 Special Events (In-person). Pre-register!

**Mystery Card Walk** - Monday, June 8 at 10:30 am.

**Seniors' Month Celebration** - Monday, June 8 at 1:30 pm.

**Wednesday Lunch** – Wednesday, June 10 at 12:00 pm – menu on the front of calendar.

**New Member Talk and Tour** – June 15 at 10:00 am.

**Strawberry Social** - Thursday, June 25 at 1:30 pm. \$8 for everyone.

## Bus Trips 2026

### 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 subject to change. All trips include luxury coach transportation with washroom, bus driver gratuity, HST.

**Refer to the Spring & Summer 2026 Guide for descriptions.**

**Grand River Cruise** – Wed., June 10. Depart 9:30 am, return 5:45 pm. \$145 mem & \$159 non. **FULL.**

**Muskoka Steamships** – Mon., July 20. Depart 7:30 am, return 8:30 pm. \$240 mem & \$254 non.

**Medieval Times** – Wed., Aug. 19. Depart 10:45 am, return 6:00 pm. \$145 mem & \$159 non.

**A Day In Niagara** – Wed., Sept. 2. Depart 7:00 am, return 7:00 pm. \$240 mem & \$254 non.

**Toyota & African Lion Safari** – Wed., October 7. Depart 8:15 am, return 6:45 pm. \$185 mem & \$199 non.

**The Christmas Truce & St. Jacobs Tour** – Fri., Nov 27. Depart 8am, return 7:15pm. \$205 mem & \$219 non.

**Christmas In Niagara** – Fri. Dec. 4. Depart 9:00 am, return 9:15pm. \$185 mem & 199 non.

# June 2026

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2  
Monday to Friday 8:30 am to 4:00 pm Phone: 519.846.9691 x204  
Email: [seniorscentre@centrewellington.ca](mailto:seniorscentre@centrewellington.ca)

View Programs, information: [www.centrewellington.ca/seniorscentre](http://www.centrewellington.ca/seniorscentre)  
Register online: <https://ca.apm.activecommunities.com/centrewellington/>

## The Spring & Summer 2026 Community Guide covers April to August. Registration is OPEN!

### 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, June 10 at 12:00 pm – Wednesday Lunch** (pay by June 5 at 4pm).  
Menu: Pulled Beef on a Bun, Potato Salad, Layered Lemon Cake.

Are you new to the Centre? Looking to meet new people? Do you want to attend a Wednesday lunch (or another program) but would like to have someone to sit with? Reach out to Kelly to connect with a **“Community Connector”** today.

## June is Seniors Month!

**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 and use on the walk. Everyone can participate, even if you cannot go on the walk. No charge but please pre-register so everyone receives a prize. Monday, June 8 at 10:30 am.

**Seniors' Month Celebration** - Join us for a memorable afternoon of entertainment by the Centre's talented choir and ukulele band: The Melody Makers. Enjoy refreshments including a celebration cake with ice cream. All welcome. By donation at door. Monday, June 8 at 1:30 pm.

**Wednesday Lunch** – Join us for lunch at the Centre on Wednesday, June 10 at 12:00 pm. Menu: Pulled Beef on a Bun, Potato Salad, Layered Lemon Cake. Please register and pay by June 5 at 4pm).

**Strawberry Social** - Join in a fun afternoon of toe-tapping music with the Centre's talented music group. Enjoy fresh Ontario strawberries with shortcake and ice cream after the show. Thursday, June 25 at 1:30 pm. \$8 for everyone.

<b>MONDAY Drop-in Activities</b> 9:00 – 4:00 Billiards & Snooker 8:40 Recreational Belly Dance – weekly drop-in 9:30 Canasta 1:00 Choir & Ukulele Band: The Melody Makers	<b>TUESDAY Drop-in Activities</b> 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka, 4:00 Horseshoes (Pre-Register), 10:30 Genealogy 11:35 Tap Dancing (ends June 9) 1:00 Bid Euchre, 4:00 Shuffleboard (resume Sept 15) 1:00 Hand & Foot, 1:00 Wii Bowling, 3:00 French Conversation	<b>WEDNESDAY Drop-in Activities</b> 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole, 10:00 Bocce (Pre-register) 10:30 Creative Writing, 1:00 Arts & Crafts Group 1:00 Euchre, 3:00 Line Dancing	<b>THURSDAY Drop-in Activities</b> 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, 7:30 Euchre	<b>FRIDAY Drop-in Activities</b> 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (June 5) 11:15 Spanish, 1:00 Ukulele Band 4:00 Carpet Bowling (resume Sept 11) 1:00 Texas Hold'em Poker
<b>1</b> (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning <del>9:00 Advisory Board Meeting</del> (moved to June 8) 9:35 Zumba Gold, 9:35 Pilates Strong NEW 10:15 Program Committee Meeting, 10:30 Essentrics <del>10:30 Standing &amp; Seated Hatha Yoga</del> 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core <del>4:00 Yoga with Weights, 1:00 Mood Walk</del> 1:00 Move Strong, <b>2:30 Yoga For Beginners</b> 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	<b>2</b> (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold <b>9:00-4:00 Foot Care Clinic (by appt)</b> <b>9:15 Fit Bones Plus</b> , 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning, 9:35 Building on Basics <b>9:50 Building Strength: Lower Body</b> <b>10:00 Navigating Life As A Senior</b> <del>10:00 Horseshoes</del> , 10:30 Tai Chi Level 2 11:00 Moderate Slow Yoga NEW TIME 11:30 Movement for Healthy Joints & Muscles <b>12:00-2:00 Reflexology Clinic (by appt.)</b> <del>3:15 All Around Fitness</del>	<b>3</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, <b>9:15 Fit Bones</b> 9:35 Yoga with Sarah, 9:35 Core & Control Circuit <b>9:50 Building Strength: Core</b> 10:00 Meditation Series, <b>10:00 Bocce</b> <del>10:30 Aligned: Partner Yoga</del> <b>11:00 10 Tips on Being an Executor</b> 11:30 Standing & Seated Hatha Yoga 1:00 Move Strong, 2:15 Osteo Fit, 3:15 Osteo Fit	<b>4</b> (Daily Drop-In Activities listed above) 8:40 Strength Training 8:40 Zumba Gold-Toning <b>9:15 Fit Bones Plus</b> , 9:35 Yoga with Sarah <b>9:30-3:30 Hearing Screening Appt (book an appt)</b> 9:35 Strength Training Beginner <b>9:50 Building Strength: Upper Body</b> <del>10:30 Gentle Yoga for Stiff Bodies NEW</del> <del>10:30 Chair &amp; Standing Yoga</del> , 11:30 Essentrics <b>12:00-3:00 Osteopath Clinic (by appt.)</b> 1:30 Minds in Motion (Register with Alz Society) <del>3:15 Strength &amp; Mobility, 5:00 Pilates: Mixed Level</del>	<b>5</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle <del>9:30 Moderate Hatha Yoga</del> <del>9:30 Gentle Hatha Yoga</del> 9:30 Yoga with Jane, 9:35 Barre Strong 10:00 French Course 7 <b>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscle</b> 10:30 Move Strong <del>10:35 Standing &amp; Seated Hatha Yoga</del> 11:30 Dance Choreography for Fun for Seniors <del>12:30 French For Beginners</del>
<b>8</b> (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:00 Advisory Board Meeting (re-scheduled from June 1) 9:35 Pilates Strong NEW, 9:35 Zumba Gold <b>10:00-1:00 Reflexology Clinic (by appt.)</b> <b>10:30 Mystery Card Walk (pre-register!)</b> 10:30 Essentrics, <del>10:30 Standing &amp; Seated Hatha Yoga</del> 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core <del>4:00 Yoga with Weights, 1:00 Mood Walk, 1:00 Move Strong</del> <b>1:30 Seniors Month Celebration</b> 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	<b>9</b> (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold <b>9:00-4:00 Foot Care Clinic (by appt)</b> <b>9:15 Fit Bones Plus</b> , 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning, 9:35 Building on Basics <b>9:50 Building Strength: Lower Body</b> <b>10:00 Better Breakfasts</b> <del>10:00 Horseshoes</del> , 10:30 Tai Chi Level 2 11:00 Moderate Slow Yoga NEW TIME 11:30 Movement for Healthy Joints & Muscles <b>12:00-2:00 Reflexology Clinic (by appt.)</b> <del>3:15 All Around Fitness</del>	<b>10</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, <b>9:15 Fit Bones</b> <b>9:30 BUS TRIP Grand River Cruise</b> 9:35 Yoga with Sarah, 9:35 Core & Control Circuit <b>9:50 Building Strength Core</b> , 10:00 Meditation Series 10:00 Bocce, <b>10:00 Windowsill Herb Garden</b> <del>10:30 Aligned: Partner Yoga</del> <b>10:00-2:15 Chair Massage Clinic (by appt)</b> <b>11:00-12:00 Blood Pressure Clinic (drop-in)</b> <b>12:00 Wednesday Lunch (Pay by June 5)</b> 11:30 Standing & Seated Hatha Yoga 1:00 Move Strong, 2:15 Osteo Fit, 3:15 Osteo Fit	<b>11</b> (Daily Drop-In Activities listed above) 8:40 Strength Training 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner <b>9:50 Building Strength: Upper Body</b> <del>10:30 Gentle Yoga for Stiff Bodies NEW</del> <del>10:30 Chair &amp; Standing Yoga</del> , 11:30 Essentrics <b>12:00-3:00 Osteopath Clinic (by appt.)</b> <b>1:00 Navigating Peri &amp; Post-Menopause with Confidence</b> 1:30 Minds in Motion (Register with Alz Society) <del>3:15 Strength &amp; Mobility, 5:00 Pilates: Mixed Level</del>	<b>12</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle <del>9:30 Moderate Hatha Yoga</del> <del>9:30 Gentle Hatha Yoga</del> 9:30 Yoga with Jane, 9:35 Barre Strong 10:00 French Course 7 <b>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscle</b> 10:30 Move Strong <del>10:35 Standing &amp; Seated Hatha Yoga</del> 11:30 Dance Choreography for Fun for Seniors <del>12:30 French For Beginners</del>
<b>15</b> (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning, 9:35 Zumba Gold 9:35 Pilates Strong NEW <b>10:00-2:00 Reflexology Clinic (by appt.)</b> <b>10:00 New Member Talk &amp; Tour</b> 10:30 Essentrics, <del>10:30 Standing &amp; Seated</del> 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core <del>4:00 Yoga with Weights, 1:00 Mood Walk</del> 1:00 Move Strong, <b>1:00 Falls Prevention</b> 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	<b>16</b> (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold <b>9:00-4:00 Foot Care Clinic (by appt)</b> <b>9:15 Fit Bones Plus</b> , 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning, 9:35 Building on Basics <b>9:50 Building Strength: Lower Body</b> <b>10:00-1:00 Reflexology Clinic (by appt.)</b> <b>10:00 Urban Pole Walking Workshop</b> <del>10:00 Horseshoes</del> , 10:30 Tai Chi Level 2 11:00 Moderate Slow Yoga NEW TIME 11:30 Movement for Healthy Joints & Muscles <del>3:15 All Around Fitness</del>	<b>17</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, <b>9:15 Fit Bones</b> 9:35 Yoga with Sarah 9:35 Core & Control Circuit <b>9:50 Building Strength: Core</b> 10:00 Meditation Series, 10:00 Bocce <del>10:30 Aligned</del> , <b>11:00 Frauds &amp; Scams</b> 11:30 Standing & Seated Hatha Yoga 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	<b>18</b> (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning <b>9:15 Fit Bones Plus</b> , 9:35 Yoga with Sarah 9:35 Strength Training Beginner <b>9:50 Building Strength: Upper Body</b> <b>10:30 Memory &amp; Hearing Health: The Connection</b> <b>10:30 Holistic Hip Health: Restore Ease Of Motion</b> <del>10:30 Gentle Yoga for Stiff Bodies NEW</del> <del>10:30 Chair &amp; Standing Yoga</del> , 11:30 Essentrics <b>12:00-3:00 Osteopath Clinic (by appt.)</b> 1:30 Minds in Motion (Register with Alz Society) <del>3:15 Strength &amp; Mobility, 5:00 Pilates: Mixed Level</del>	<b>19</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle <del>9:30 Moderate Hatha Yoga, 9:30 Gentle Hatha Yoga</del> 9:30 Yoga with Jane, 9:35 Barre Strong 10:00 French Course 7 <b>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscle</b> 10:30 Move Strong <del>10:35 Standing &amp; Seated Hatha Yoga</del> 11:30 Dance Choreography for Fun for Seniors <del>12:30 French For Beginners</del>
<b>22</b> (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning, 9:35 Zumba Gold 9:35 Pilates Strong NEW <b>10:00-2:00 Reflexology Clinic (by appt.)</b> 10:30 Essentrics (end), <del>10:30 Standing &amp; Seated</del> <b>11:00 Move For Health</b> 11:30 Standing & Seated Hatha Yoga (end) 11:45 Strength Training & Core <del>4:00 Yoga with Weights, 1:00 Mood Walk (end)</del> 1:00 Move Strong <b>1:00 Senior Rightsizing: Downsizing</b> <del>2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle</del>	<b>23</b> (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold <b>9:00-4:00 Foot Care Clinic (by appt)</b> <b>9:15 Fit Bones Plus (end)</b> , 9:30 Tai Chi 1 (end) 9:35 Zumba Gold-Toning, 9:35 Building on Basics <b>9:50 Building Strength: Lower Body (end)</b> <del>10:00 Horseshoes</del> , 10:30 Tai Chi Level 2 (end) 11:00 Moderate Slow Yoga NEW TIME (end) 11:30 Movement for Healthy Joints & Muscles (end) <b>12:00-2:00 Reflexology Clinic (by appt.)</b> <del>3:15 All Around Fitness</del>	<b>24</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 8:40 Zumba Gold-Toning (end) <b>9:15 Fit Bones (end)</b> , 9:35 Yoga w Sarah (end) 9:35 Core & Control Circuit (end) <b>9:50 Building Strength: Core (end)</b> 10:00 Meditation Series (end), 10:00 Bocce <del>10:30 Aligned (end)</del> , <b>11:00 Life On The Farm</b> 11:30 Standing & Seated Hatha Yoga (end) 1:00 Move Strong (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	<b>25</b> (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning <b>9:15 Fit Bones Plus</b> , 9:35 Yoga with Sarah 9:35 Strength Training Beginner <b>9:50 Building Strength: Upper Body</b> <del>10:30 Gentle Yoga for Stiff Bodies NEW</del> <del>10:30 Chair &amp; Stand Yoga</del> , 11:30 Essentrics (end) 1:30 Minds in Motion (Register with Alz Society) <b>1:30 Strawberry Social – Preregister!</b> <del>3:15 Strength &amp; Mobility (end)</del> 5:00 Pilates: Mixed	<b>26</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle <del>9:30 Moderate Hatha Yoga, 9:30 Gentle Hatha (end)</del> 9:30 Yoga with Jane (end), 9:35 Barre Strong 10:00 French Course 7 <del>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscle</del> 10:30 Move Strong <del>10:35 Standing &amp; Seated Hatha Yoga (end)</del> 11:30 Dance Choreography for Fun for Seniors <del>12:30 French For Beginners</del>
<b>29</b> (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning (end) 9:35 Zumba Gold (end) 9:35 Pilates Strong NEW (end) <b>10:00-2:00 Reflexology Clinic (by appt.)</b> <del>10:30 Standing &amp; Seated (end)</del> 11:45 Strength Training & Core (end) <del>4:00 Yoga with Weights, 1:00 Move Strong (end)</del> 2:15 Osteo Fit (end), 3:15 Osteo Fit (end) 5:00 Pilates: Gentle (end)	<b>30</b> (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 8:40 Zumba Gold (end) 9:35 Zumba Gold-Toning (end) 9:35 Building on Basics (end) <del>10:00 Horseshoes</del> <b>10:00 Urban Pole Walking Refresher</b> <del>3:15 All Around Fitness (end)</del>	<b>July 1</b>  <b>Canada Day.</b> <b>Centre Closed.</b>  <b>LEGEND</b> <b>GREEN – Health &amp; Wellness Clinics</b> <b>BLACK–Course Start, Bus Trip</b> <b>RED – In Person Seminar, Events</b> <b>BLUE – Virtual (Zoom) Program</b>	<b>July 2</b> (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 8:40 Zumba Gold-Toning (end) <b>9:15 Fit Bones Plus (end)</b> , 9:35 Yoga w Sarah (end) 9:35 Strength Training Beginner (end) <b>9:50 Building Strength: Upper Body (end)</b> <del>10:30 Gentle Yoga for Stiff Bodies (end)</del> <del>10:30 Chair &amp; Standing Yoga (end)</del> <b>12:00-3:00 Osteopath Clinic (by appt.)</b> 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level (end)	<b>July 3</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) <del>9:30 Moderate Hatha Yoga (end)</del> 9:35 Barre Strong (end) 10:00 French Course 7 <b>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscle (end)</b> 10:30 Move Strong (end) 11:30 Dance Choreography for Fun for Seniors (end) <del>12:30 French For Beginners</del>