

February 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 Winter 2026 Community Guide for descriptions.

~~Cybersecurity: Phishing Awareness~~ – Presented by TCW Information Technology Department. Wed, Feb. 4 at 11am.

Health Information without the Overwhelm – Presented by the Waterloo Wellington Self- Management Program. Monday, February 9 at 1:00 pm.

Organizing 101 - Presented by Cathy Mendler, A New Leaf Organizers. Wednesday, February 18 at 10:30 am.

What Your Library Has for You – Presented by the Fergus Branch, Wellington County Library. Monday, February 23 at 1:00 pm.

Virtual: Advance Care Planning - What is Advanced Care Planning in Ontario? Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar. Thursday, February 19 at 10:30 am.

The following seminars will be held in-person at VPSC’s Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave., Fergus. Friday, February 27. All are welcome! Drop-in, no registration required:

- **Ride Well Service** - Hear about Wellington County’s rural public transit pilot service at 10:10 am.
- **Wills, Powers of Attorneys and Living Wills** - Presented by SV Law in Elora at 10:50 am.
- **Frauds & Scams** - Presented by Crime Stoppers Guelph Wellington and Victim Services Wellington at 12pm.
- **Overview of Ontario’s Estate Administration Tax** - Presented by the Ministry of Finance at 1:10 pm.

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

New Member Talk and Tour – February 9 at 10:00 am. No charge. Pre-register.

Valentine’s Lunch – Wednesday, February 11 at 12:00 pm – menu on the front of calendar.

Monthly Musical Afternoon Program “Love Songs” – Wednesday, February 11 at 1:30 pm. Join us for lunch and stay for entertainment afterwards. All welcome. By donation at the door.

Wednesday Lunch – Wednesday, February 25 at 12:00 pm – menu on the front of calendar.

Active Living and Retirement Show – Friday, February 27 from 10am to 2:00 pm. CW Sportsplex, 550 Belsyde Ave, Fergus. Full details on front of calendar. Posters are available at the Reception Desk.

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 Winter 2026 Guide for descriptions.**

The Dreamboats - Wednesday, February 11. Depart 9 am, return 7:30 pm. \$165 mem & \$179 non. **This trip is FULL.**

Irish Kitchen Party - Tuesday, March 17. Depart 10:45 am, return 6:00 pm. \$180 members & \$194 non.

Toronto Blue Jays – Wed., April 1. Depart 9:15 am, return 6:30 pm. \$139 mem & \$153 non. **This trip is FULL.**

A Beautiful Noise - Wednesday, April 29. Depart 9:15am, return 8:15 pm. \$230 members & \$244 non. **This trip is FULL.**

Stratford: Something Rotten – Tues., May 19. Departs 10:00 am, return 7:15 pm. \$225 mem & \$239 non.

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

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

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

February 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
View Programs, information: www.centrewellington.ca/seniorscentre
Register online: <https://ca.apm.activecommunities.com/centrewellington/>

The Winter 2026 Community Guide is active (January, February, March). Available online or copies at the Centre. Registration is open – register today!

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, February 11 at 12:00 pm – Valentine’s Lunch (pay by February 6 at 4pm).
Menu: Cranberry Chicken, Roasted Potatoes, Glazed carrots, Lemon Cake with Lemon Sauce.
Monthly Musical Afternoon Program “Love Songs” Have lunch and stay for entertainment afterwards at 1:30pm. All welcome. By donation at the door.

Wednesday, February 25 at 12:00 pm – Wednesday Lunch (pay by February 20 at 4pm).
Menu: Sweet & Sour Pork, Rice, Sauteed Zucchini & Peppers, New York Cheesecake.

Are you new to the Centre? Looking to meet 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, a **“Community Connector”** volunteer would be happy to join you!



VICTORIA PARK SENIOR CENTRE PRESENTS

ACTIVE LIVING & RETIREMENT SHOW

FOR MORE INFORMATION:
519.846.9691 x278
khall@centrewellington.ca

FRIDAY, FEBRUARY 27, 2026

10:00am - 2:00pm • Free Admission • All Ages Welcome
📍 CW Sportsplex ~ 550 Belsyde Ave. Fergus

DOOR PRIZES • GRAB BAGS • FREE REFRESHMENTS

Health & Wellness ~ Fitness ~ Recreation ~ Travel ~ Support Services
Financial ~ Volunteering ~ Fitness Classes ~ Seminars

10:00AM - 2:00PM	Exhibitor Information Booths, Health Clinics
10:10AM	Seminar: Ride Well Transportation Service
10:15AM	Fitness Class: Tap Dancing & Belly Dancing
10:50AM	Seminar: Wills, Powers of Attorneys and Living Wills
11:00AM	Fitness Class: Tai Chi
11:45AM	Yoga With Sarah
12:00PM	Seminar: Frauds & Scams
12:30PM	Fitness Class: Strength Training
1:10PM	Seminar: Ontario's Estate Administration Tax

This event is hosted by the Victoria Park Seniors Centre in Partnership with Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.



MONDAY Drop-in Activities	TUESDAY Drop-in Activities	WEDNESDAY Drop-in Activities	THURSDAY Drop-in Activities	FRIDAY Drop-in Activities
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	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	9:00 – 4:00 Billiards & Snooker 10:00 Crokinole, 10:30 Creative Writing 1:00 Arts & Crafts Group, 1:00 Euchre 4:00 Wood Carving , 3:00 Line Dancing	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	9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (February 6) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold’em Poker
2 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:00 Advisory Board Meeting 9:35 Zumba Gold, 9:35 Strong & Centred 10:15 Program Committee Meeting, 10:30 Essentrics 10:30 Standing & Seated Hatha Yoga NEW 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga with Weights NEW 1:00 Move Strong NEW 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	3 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus , 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning, 9:35 Building On Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga 11:30 Movement For Healthy Joints & Muscles 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga 4:30 Interactive and Fun Beginner Spanish: Level 4 3:15 All Around Fitness	4 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning 9:15 Fit Bones , 9:35 Yoga With Sarah 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 11:00 Cybersecurity: Phishing Awareness 11:30 Standing & Seated Hatha Yoga 4:00 Hexcentric , 1:00 Move Strong NEW 1:00 Spring Flower Arrangement 2:15 Osteo Fit, 3:15 Osteo Fit	5 (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 9:50 Building Strength: Upper Body 10:00 Introduction To Acting 10:30 Chair & Standing Yoga, 11:30 Essentrics 12:00-3:00 Osteopath Clinic (by appt.) 1:30 Minds in Motion (Register with Alz Society) 3:15 Healthy Habits, 5:00 Pilates: Mixed Level	6 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French Course 2 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Move Strong NEW 10:35 Standing & Seated Hatha Yoga 11:30 Dance Choreography For Fun For Seniors 12:30 French Course 6 1:00 Watercolour Level 1
9 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning (end) 9:35 Zumba Gold (end), 9:35 Strong & Centred (end) 10:00 New Members Talk & Tour 10:30 Essentrics (end) 10:00-2:00 Reflexology Clinic (by appt.) 10:30 Standing & Seated Hatha Yoga NEW (end) 11:30 Standing & Seated Hatha Yoga (end) 11:45 Strength Training & Core (end) 1:00 Health Information Without the Overwhelm 1:00 Yoga Weights (end), 1:00 Move Strong (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end) 5:00 Pilates: Gentle (end)	10 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold (end) 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus (end) , 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning (end) 9:35 Building On The Basics 9:50 Building Strength: Lower Body (end) 10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga 11:30 Movement For Healthy Joints & Muscles 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga (end) 4:30 Interactive and Fun Beg Spanish: Level 1 (end) 3:15 All Around Fitness	11 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning (end) 9:00 BUS TRIP: The Dreamboats 9:15 Fit Bones , 9:35 Yoga With Sarah (end) 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 10:00-2:00 Chair Massage Clinic (by appt) 11:00-12:00 Blood Pressure Clinic (Drop-in!) 11:30 Standing & Seated Hatha Yoga 12:00 Valentine’s Lunch (Pay by Feb. 6) 1:30 Afternoon Musical Program – Love Songs (by donation) , 4:00 Hexcentric , 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	12 (Daily Drop-In Activities listed above) 8:40 Strength Training 8:40 Zumba Gold-Toning (end) 9:15 Fit Bones Plus , 9:35 Yoga With Sarah (end) 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:00 Introduction To Acting 10:30 Chair & Standing Yoga 11:30 Essentrics 1:30 Minds in Motion (Register with Alz Society) 3:15 Healthy Habits, 5:00 Pilates: Mixed Level	13 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French Course 2 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Move Strong NEW 10:35 Standing & Seated Hatha Yoga 11:30 Dance Choreography For Fun For Seniors 12:30 French Course 6 1:00 Watercolour Level 1 (end)
16 Family Day. Centre Closed.	17 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 9:00-4:00 Foot Care Clinic (by appt) 9:30 Tai Chi Level 1 (end) 9:35 Building On Basics (end) 10:30 Tai Chi Level 2 (end) 10:30 Urban Poles Fun & Fitness 10:45 Moderate Slow Yoga (end) 11:30 Movement For Healthy Joints & Muscles (end) 1:30 Interactive and Fun Beginner Spanish: Level 2 2:30 Yoga For Beginners Workshop 3:15 All Around Fitness (end)	18 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:15 Fit Bones (end) 9:35 Core Circuit (end) 9:50 Building Strength: Core (end) 10:00 Deepening Meditation 10:30 Organizing 101 11:30 Standing & Seated Hatha Yoga (end) 4:00 Hexcentric 1:00 Move Strong NEW (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	19 (Daily Drop-In Activities listed above) 8:40 Strength Training (end), 9:15 Fit Bones Plus (end) 9:35 Strength Training Beginner (end) 9:50 Building Strength: Upper Body (end) 10:00 Introduction To Acting 10:30 Virtual Seminar: Advanced Care Planning 10:30 Chair & Standing Yoga (end) 11:30 Essentrics (end) 1:00 Navigating Peri & Post Menopause with Confidence 1:30 Minds in Motion (Register with Alz Society) 3:15 Healthy Habits (end), 5:00 Pilates: Mixed	20 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:30 Moderate Hatha Yoga (end) 9:30 Moderate Hatha Yoga (end) 9:30 Yoga With Jane (end), 9:35 Barre Strong (end) 10:00 French Course 2 10:30 Yoga & Movement Healthy Joints & Mus (end) 10:30 Move Strong NEW (end) 10:35 Standing & Seated Hatha Yoga (end) 11:30 Dance Choreography Fun For Seniors (end) 12:30 French Course 6 1:00 Watercolour Level 2
23 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:35 Zumba Gold, 9:35 Strong & Centred 10:00-2:00 Reflexology Clinic (by appt.) 10:30 Essentrics 10:30 Standing & Seated Hatha Yoga NEW 10:30 Cultivating Calm: Cortisol Reset 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga w Weights NEW, 1:00 Move Strong 1:00 What Your Library Has For You 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle	24 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:15 Fit Bones Plus , 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:00 Women’s Heart Health 10:30 Urban Poles Fun & Fitness 10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga 11:30 Movement For Healthy Joints & Muscles 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga 1:30 Interactive and Fun Beginner Spanish: Level 2 3:15 All Around Fitness	25 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning 9:15 Fit Bones 9:35 Yoga With Sarah 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Deepening Meditation 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch (Pay by Feb. 20) 1:00 Introduction To Dramatic Literature 4:00 Hexcentric (end) , 1:00 Move Strong NEW 2:15 Osteo Fit, 3:15 Osteo Fit	26 (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 9:50 Building Strength: Upper Body 10:00 Introduction To Acting 10:30 Chair & Standing Yoga 11:30 Essentrics 12:00-3:00 Osteopath Clinic (by appt.) 1:30 Minds in Motion (Register with Alz Society) 3:15 Strength & Mobility 5:00 Pilates: Mixed Level	27 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French Course 2 10:00-2:00 Active Living & Retirement Show Held at: CW Sportsplex. See front of calendar for listing of free seminars & fitness classes at the Show! 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Move Strong NEW 10:35 Standing & Seated Hatha Yoga 11:30 Dance Choreography For Fun For Seniors 12:30 French Course 6, 1:00 Watercolour 2
Don’t miss our February Lunches! Register today! Feb. 11 – Valentine’s Feb. 25 – Sweet & Sour Pork	Be sure to visit our Active Living & Retirement Show at the CW Sportsplex on Friday, February 27 from 10am-2pm.	The following Drop-in groups are looking for participants: - Woodcarving - Scrabble - Recreational Belly Dance - Bunka Let us know if you are interested!	Mark your calendars.... The 2026 Spring & Summer Community Guide will be delivered to CW the week of March 12.... Registration begins Tuesday, March 17 at 8:30am.	LEGEND GREEN – Health & Wellness Clinics BLACK–Course Start, Bus Trip RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program