

August 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.

Anticipatory Grief (In-Person) - Anticipatory grief occurs prior to a death. It is a normal emotion, but it can also be confusing and painful. This workshop will help you understand anticipatory grief and learn helpful coping strategies. Presented by Hospice Wellington. Thursday, August 7 at 10:00 am.

Brain Health (In-Person) - Learn the 12 key suggestions for maintaining a healthy brain. Research from the recent Landmark study may surprise you. We can all take action to improve our brain health at any age, so please join us to hear the latest information. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, August 14 at 10:30 am.

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

Peach Social - Celebrate peach season with Victoria Park Seniors Centre. Join in a fun afternoon of toe tapping music. Enjoy a homemade peach dessert after the entertainment. Thursday, August 14 at 1:30 pm. Cost: \$8 for everyone.

Wednesday Lunch – Wednesday, August 27 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.**

Blyth Festival Theatre – Wed., August 13. Depart: 9am, return 6pm. Cost: \$180 mem, \$194 non.

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

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

NEW!! Casa Loma – Thursday, November 6. Departs: 7:30 am, return 6:30 pm. Cost: \$158 mem, \$172 non.

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

The Fall 2025 Centre Wellington Community Guide will be inserted inside the Wellington Advertiser on Thursday, August 7th. Copies available at Centre (after Aug.8).

The Fall 2025 Program Registration (Virtual & In-Person) begins on: Tuesday, August 19th at 8:30am.

August 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, August 4, 2025 for the Civic Holiday.

The Fall 2025 Centre Wellington Community Guide will be inserted inside the Wellington Advertiser on Thursday, August 7th. Copies available (after Aug.8).
The Fall 2025 Program Registration (Virtual & In-Person) begins on: Tuesday, August 19th at 8:30am.

The **Spring & Summer 2025 Centre Wellington Community Guide** is active for August.

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, August 27 at 12:00 pm – Wednesday Lunch (pay by August 22 at 4pm).
Menu: Chicken Vegetable Stir Fry, Basmati Rice, Waldorf Salad, Carrot Cake.

SURVEY – Wednesday Lunches at Victoria Park Seniors Centre

Thank you to those who have already completed the survey that was sent out. If you have not completed it yet, please do. The survey (link sent by email) can be done online or pick up a hard copy at the Centre. Your feedback is important to us! Survey will be live until August 8.

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.

Save the date...

Get registered today for the Peach Social!

Celebrate peach season with Victoria Park Seniors Centre. Join in a fun afternoon of toe tapping music. Enjoy a homemade peach dessert after the entertainment.
Thursday, August 14 at 1:30 pm. \$8 for everyone. Pre-register!

<div>MONDAY Drop-in Activities</div> <div>9:00 – 4:00 Billiards & Snooker</div> <div>8:50 Recreational Belly Dance (Aug 18 only)</div> <div>9:30 Canasta</div> <div>4:00 Choir & Ukulele Band: The Melody Makers (Sept 8)</div> <div>1:00 Summer Weekly Musical Afternoon</div>	<div>TUESDAY Drop-in Activities</div> <div>9:00–4:00 Billiards & Snooker (1:00 Ladies Only)</div> <div>9:30 Bunka, 10:30 Genealogy</div> <div>11:35 Tap Dancing(resume Sept 9), 1:00 Bid Euchre</div> <div>4:00 Shuffleboard(resume Sept 2), 1:00 Hand & Foot</div> <div>1:00 Wii Bowling, 3:00 French Conversation</div>	<div>WEDNESDAY Drop-in Activities</div> <div>9:00 – 4:00 Billiards & Snooker</div> <div>10:00 Crokinole (resume Aug 6)</div> <div>10:30 Creative Writing</div> <div>1:00 Arts & Crafts Group, 1:00 Euchre</div> <div>4:00 Wood Carving (back Sept 3), 3:00 Line Dancing</div>	<div>THURSDAY Drop-in Activities</div> <div>9:00 – 4:00 Billiards & Snooker</div> <div>9:30 Darts, 9:30 Scrabble, 1:00 Bingo, 1:00 Social Bridge</div> <div>1:00 Table Tennis, 1:00 Guitar Band: Country Classics</div> <div>4:00 Pastime Entertainment Theatre Group (start Aug28)</div> <div>7:30 Euchre (resume Sept 4)</div>	<div>FRIDAY Drop-in Activities</div> <div>9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage</div> <div>9:30 Mah Jong, 11:00 Book Club (Aug 1)</div> <div>11:15 Spanish, 4:00 Ukulele Band(resume Sep12)</div> <div>4:00 Carpet Bowling (resume Sept 12)</div> <div>1:00 Texas Hold'em Poker</div>
<div>LEGEND</div> <div>GREEN – Health & Wellness Clinics</div> <div>BLACK–Course Start, Bus Trip</div> <div>RED – In Person Seminar, Events</div> <div>BLUE – Virtual (Zoom) Program</div>	<div>The Fall 2025 Centre Wellington Community Guide will be inserted into the Wellington Advertiser on Thursday, August 7th!</div>	<div>Program Registration (Virtual & In-Person) begins on: Tuesday, August 19th at 8:30am.</div>	<div>Seminar: Learn How To Register Online for Courses: Monday, August 18th at 3:00pm. Pre-register!</div>	<div>1 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:35 Barre Strong</div> <div>10:00 French Course 4</div> <div>10:30 Yoga & Movement For Healthy Joints & Muscles</div> <div>10:30 Total Body Fitness: Feel Safe</div> <div>12:30 French For Beginners For Those Wishing To Travel</div>
<div>4</div> <div>Civic Holiday. Centre Closed.</div>	<div>5 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Tuesday</div> <div>8:40 Zumba Gold</div> <div>9:15 Fit Bones Plus</div> <div>9:35 Zumba Gold-Toning</div> <div>9:50 Building Strength: Lower Body</div> <div>10:00 Summer Moderate Hatha Yoga NEW</div> <div>10:00 Horseshoes</div> <div>11:30 Movement Healthy Joints & Muscles</div> <div>1:00 Moderate Slow Yoga</div> <div>3:15 All Around Fitness</div>	<div>6 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones</div> <div>9:35 Hatha Flow Yoga</div> <div>9:50 Building Strength: Core</div> <div>10:00 Bocce</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>7 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Thursday–8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones Plus, 9:35 Hatha Flow Yoga</div> <div>9:35 Strength Training Beginner</div> <div>9:50 Building Strength: Upper</div> <div>10:00 Anticipatory Grief</div> <div>10:30 Summer Moderate Hatha Yoga NEW</div> <div>10:30 Chair & Standing Yoga, 11:45 Essentrics</div> <div>12:00-2:45 Manual Osteopathic Clinic (appt)</div> <div>1:30 Minds in Motion (Register with Alz Society)</div> <div>5:30 Pilates: Mixed Level</div> <div>The Fall 2025 Centre Wellington Community Guide will be inserted in the Wellington Advertiser today!</div>	<div>8 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:35 Barre Strong</div> <div>10:00 French Course 4</div> <div>10:30 Yoga & Movement For Healthy Joints & Muscles</div> <div>10:30 Total Body Fitness: Feel Safe</div> <div>12:30 French For Beginners For Those Wishing To Travel</div>
<div>11 (Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning</div> <div>9:00 Advisory Board Meeting</div> <div>9:35 Zumba Gold</div> <div>10:15 Program Committee Meeting</div> <div>10:30 Essentrics (end)</div> <div>11:30 Standing & Seated Hatha Yoga (end)</div> <div>11:45 Strength Training & Core</div> <div>4:00 Vinyasa Flow Yoga</div> <div>1:00 Fun Fitness: Move Strong</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div> <div>5:00 Pilates: Gentle</div>	<div>12 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Tuesday</div> <div>8:40 Zumba Gold</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:15 Fit Bones Plus</div> <div>9:35 Zumba Gold-Toning</div> <div>9:50 Building Strength: Lower Body</div> <div>10:00 Summer Moderate Hatha Yoga NEW (end)</div> <div>10:00 Horseshoes</div> <div>11:30 Movement Healthy Joints & Muscles (end)</div> <div>1:00 Moderate Slow Yoga, 3:15 All Around Fitness</div>	<div>13 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>8:40 Zumba Gold-Toning</div> <div>9:00 BUS TRIP: Blyth Festival Theatre</div> <div>9:15 Fit Bones, 9:35 Hatha Flow Yoga</div> <div>9:50 Building Strength: Core, 10:00 Bocce</div> <div>11:00-12:00 Drop-in Blood Pressure Clinic</div> <div>11:30 Stand & Seated Hatha Yoga (end)</div> <div>1:00 Fun Fitness: Move Strong</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>14 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Train–Thurs, 8:40 Zumba Gold-Toning</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:15 Fit Bones Plus, 9:35 Hatha Flow Yoga</div> <div>9:35 Strength Training Beginner</div> <div>9:50 Building Strength: Upper Body</div> <div>10:30 Summer Moderate Hatha Yoga NEW (end)</div> <div>10:30 Brain Health</div> <div>10:30 Chair & Standing Yoga, 11:45 Essentrics (end)</div> <div>1:30 Minds in Motion (Register w Alzh Society)</div> <div>1:30 Peach Social – Pre-register!</div> <div>5:30 Pilates: Mixed Level</div>	<div>15 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:35 Barre Strong</div> <div>10:00 French Course 4</div> <div>10:30 Yoga & Movement For Healthy Joints & Muscles</div> <div>10:30 Total Body Fitness: Feel Safe</div> <div>12:30 French For Beginners For Those Wishing To Travel</div>
<div>18 (Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning</div> <div>9:35 Zumba Gold</div> <div>9:30-2:30 Reflexology Clinic (by appt.)</div> <div>11:45 Strength Training & Core</div> <div>4:00 Vinyasa Flow Yoga</div> <div>1:00 Fun Fitness: Move Strong</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div> <div>3:00 How To Register Online For VPSC’s Programs (Pre-register)</div> <div>5:00 Pilates: Gentle</div>	<div>19 (Daily Drop-In Activities listed above)</div> <div>8:30 Registration opens today for all Fall 2025 Programs (Virtual & In-Person)</div> <div>8:40 Strength Training–Tuesday</div> <div>8:40 Zumba Gold</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning</div> <div>9:50 Building Strength: Lower Body</div> <div>10:00 Horseshoes</div> <div>1:00 Moderate Slow Yoga</div> <div>3:15 All Around Fitness</div>	<div>20 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones</div> <div>9:35 Hatha Flow Yoga</div> <div>9:50 Building Strength: Core</div> <div>10:00-2:00 Chair Massage Clinic (by appt)</div> <div>10:00 Bocce</div> <div>1:00 Fun Fitness: Move Strong</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>21 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Thursday</div> <div>8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones Plus</div> <div>9:35 Hatha Flow Yoga</div> <div>9:35 Strength Training Beginners</div> <div>9:50 Building Strength: Upper Body</div> <div>10:30 Chair & Standing Yoga</div> <div>12:00-2:45 Manual Osteopathic Clinic (appt)</div> <div>1:30 Minds in Motion (Register w Alz Society)</div> <div>5:30 Pilates: Mixed Level</div>	<div>22 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:35 Barre Strong</div> <div>10:00 French Course 4</div> <div>10:30 Yoga & Movement For Healthy Joints & Muscles</div> <div>10:30 Total Body Fitness: Feel Safe</div> <div>12:30 French For Beginners For Those Wishing To Travel</div>
<div>25 (Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning (end)</div> <div>9:35 Zumba Gold (end)</div> <div>9:30-2:30 Reflexology Clinic (by appt.)</div> <div>11:45 Strength Training & Core (end)</div> <div>4:00 Vinyasa Flow Yoga (end)</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>26 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Tuesday (end)</div> <div>8:40 Zumba Gold (end)</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:15 Fit Bones Plus (end)</div> <div>9:35 Zumba Gold-Toning (end)</div> <div>9:50 Building Strength: Lower (end)</div> <div>10:00 Horseshoes (end)</div> <div>10:00 & 11:00 Tech Help (1 hr appt.)</div> <div>1:00 Moderate Slow Yoga (end)</div> <div>3:15 All Around Fitness (end)</div>	<div>27 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle (end)</div> <div>8:40 Zumba Gold-Toning (end)</div> <div>9:15 Fit Bones (end)</div> <div>9:35 Hatha Flow Yoga (end)</div> <div>9:50 Building Strength: Core (end)</div> <div>10:00 Bocce (end)</div> <div>12:00 Wednesday Lunch *menu on front</div> <div>1:00 Fun Fitness: Move Strong (end)</div> <div>2:15 Osteo Fit (end), 3:15 Osteo Fit (end)</div>	<div>28 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training – Thursday (end)</div> <div>8:40 Zumba Gold-Toning (end)</div> <div>9:15 Fit Bones Plus (end)</div> <div>9:30-2:30 Reflexology Clinic (by appt.)</div> <div>9:35 Hatha Flow Yoga (end)</div> <div>9:35 Strength Training Beginners (end)</div> <div>9:50 Building Strength: Upper Body (end)</div> <div>10:30 Chair & Standing Yoga (end)</div> <div>1:30 Minds in Motion (Register w Alz Society)</div> <div>5:30 Pilates: Mixed Level (end)</div>	<div>29 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle (end)</div> <div>9:30 Moderate Hatha Yoga (end)</div> <div>9:35 Barre Strong (end)</div> <div>10:00 French Course 4 (end)</div> <div>10:30 Yoga & Movement For Healthy Joints & Muscles (end)</div> <div>10:30 Total Body Fitness: Feel Safe (end)</div> <div>12:30 French For Beginners For Those Wishing To Travel (end)</div>