

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

Pre-register for all seminars listed below (virtual and 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.**

**All Things Scottish** - Presented by The Wellington County Museum & Archives. Wednesday, Jan 14 at 11:00 am.

**Paper, Paper and More Paper** - Presented by Cathy Mendler, A New Leaf Organizers. Monday, January 19 at 1:30 pm.

**Virtual: Dementia Friendly Communities** - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar. Thursday, Jan. 22 at 10:30 am.

**Eat Well, Live Well** – Presented by the Waterloo Wellington Self- Management Program. Monday, January 26 at 1:00 pm.

**VPSC Travel Show: 2026 Bus Trips** - Don't miss this presentation about upcoming bus trips. Join Chris Ledger, VPSC's volunteer bus trip coordinator to hear information about the 2026 day trips that we have planned for you. New date: Monday, January 26 at 11am. ~~Wednesday, January 28 at 11:00 am.~~

**Storing and Caring for your Family Heirlooms** – Presented by Emily Benedict, Conservator at Wellington County Museum and Archives. Thursday, January 29 at 10:30 am.

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

**New Member Talk and Tour** - January 12 at 10:00 am. No charge. Pre-register.

**Robbie Burns Lunch** – Wednesday, January 21 at 12:00 pm – menu on the front of calendar.

**Monthly Musical Afternoon Program “Irish Songs”** – Wednesday, January 21 at 1:30 pm. Join us for lunch and stay for entertainment afterwards. All welcome. By donation at the door.

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

**Refer to the Winter 2026 Guide for descriptions.**

**The Dreamboats** - Wednesday, February 11. Depart 9:00 am, return 7:30 pm. \$165 mem & \$179 non.

**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.

**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.

# January 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 Centre will be closed for Christmas beginning Thursday, December 25 and will reopen on Friday, January 2, 2026 at 8:30am.**

Happy New Year! Wishing you all a healthy and happy 2026!

**The Winter 2026 Community Guide was delivered to CW early December.**

**Available online or copies at the Centre.**

**Registration opened December 9th. Get registered!**

### 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, January 21 at 12:00 pm – Robbie Burns Lunch** (pay by January 16 at 4pm).

Menu: Scottish Meat Pies, Mushy Peas, Haggis, Gravy, Turnip, Mashed Potatoes, Sticky Toffee Pudding With caramel Sauce.

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”** volunteer who will meet you for lunch and introduce you to others.

**Did you know we offer Health Clinics at VPSC by appointment? Call today!**  
**All clinics are CASH only.**

**Foot Care Clinic** – Tuesdays & some Thursdays with a Registered Practical Nurse. \$35.

**Chair Massage** – Wednesday (monthly) with a Reg. Massage Therapist. \$22 for 15 min.

**Reflexology** – Mondays & Tuesdays with Reg. Massage Therapist. \$40 for 30 min.  
or \$55 for 45 min.

**Manual Osteopath Clinic** – Thursdays with an Osteopath. \$45 for 30 minutes.

**Blood Pressure Clinic** – Monthly. January 21 from 11am - 12pm. No charge. Just drop-in.

**Hearing Screening Clinic** – Thursday, March 5. Book a 30 minute appt. No charge.

MONDAY 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	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 <del>4:00 Wood Carving</del> , 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 <del>4:00 Pastime Entertainment Theatre Group</del> , 7:30 Euchre	FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (January 2) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold’em Poker
<div>LEGEND</div> <div>GREEN – Health &amp; 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 following Drop-in groups are looking for participants:</div> <div>- Woodcarving</div> <div>- Scrabble</div> <div>- Recreational Belly Dance</div> <div>- Bunka</div> <div>Let us know if you are interested!</div>	<div>VPSC Travel Show: 2026 Bus Trips</div> <div>Don’t miss this presentation about the upcoming bus trips!</div> <div>Mon. Jan 26 at 11am. Pre-register!</div> <div>(new date – rescheduled from Jan 28)</div>	<div>1</div> <div>Happy New Year!</div>	<div>2</div> <div>(Daily Drop-In Activities listed above)</div> <div>Centre is OPEN</div> <div>8:30 am - 4:00 pm</div>
<div>5</div> <div>(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, 9:35 Strong &amp; Centred</div> <div>10:15 Program Committee Meeting, 10:30 Essentrics</div> <div>10:30 Standing &amp; Seated Hatha Yoga NEW</div> <div>11:30 Standing &amp; Seated Hatha Yoga</div> <div>11:45 Strength Training &amp; Core</div> <div>1:00 Yoga with Weights NEW</div> <div>1:00 Move Strong NEW</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div> <div>5:00 Pilates: Gentle</div>	<div>6</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training, 8:40 Zumba Gold</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:15 Fit Bones Plus, 9:30 Tai Chi Level 1</div> <div>9:35 Zumba Gold-Toning, 9:35 Building On The Basics</div> <div>9:50 Building Strength: Lower Body</div> <div>10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga</div> <div>11:30 Movement For Healthy Joints &amp; Muscles</div> <div>12:00-3:00 Reflexology Clinic (by appt.)</div> <div>1:00 Moderate Slow Yoga</div> <div>1:30 Interactive and Fun Beginner Spanish: Level 1</div> <div>2:30 Yoga For Beginners Workshop</div> <div>3:15 All Around Fitness</div>	<div>7</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio &amp; Muscle</div> <div>8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones, 9:35 Yoga With Sarah</div> <div>9:35 Core Circuit</div> <div>9:50 Building Strength: Core</div> <div>11:30 Standing &amp; Seated Hatha Yoga</div> <div>1:00 Hexcentric</div> <div>1:00 Move Strong NEW</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>8</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training</div> <div>8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones Plus</div> <div>9:35 Yoga With Sarah</div> <div>9:35 Strength Training Beginner</div> <div>9:50 Building Strength: Upper Body</div> <div>10:30 Chair &amp; Standing Yoga</div> <div>11:30 Essentrics</div> <div>1:30 Minds in Motion (Register with Alz Society)</div> <div>5:00 Pilates: Mixed Level</div>	<div>9</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio &amp; Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Yoga With Jane, 9:35 Barre Strong</div> <div>10:00 French Course 2</div> <div>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscles, 10:30 Move Strong NEW</div> <div>10:35 Standing &amp; Seated Hatha Yoga</div> <div>11:30 Dance Choreography For Fun For Seniors</div> <div>12:30 French Course 6</div>
<div>12</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning</div> <div>9:35 Zumba Gold, 9:35 Strong &amp; Centred</div> <div>10:00 New Members Talk &amp; Tour</div> <div>10:30 Essentrics</div> <div>10:00-2:00 Reflexology Clinic (by appt.)</div> <div>10:30 Standing &amp; Seated Hatha Yoga NEW</div> <div>11:30 Standing &amp; Seated Hatha Yoga</div> <div>11:45 Strength Training &amp; Core</div> <div>1:00 Yoga Weights NEW, 1:00 Move Strong NEW</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div> <div>5:00 Pilates: Gentle</div>	<div>13</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training, 8:40 Zumba Gold</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:15 Fit Bones Plus, 9:30 Tai Chi Level 1</div> <div>9:35 Zumba Gold-Toning</div> <div>9:35 Building On The Basics</div> <div>9:50 Building Strength: Lower Body</div> <div>10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga</div> <div>11:30 Movement For Healthy Joints &amp; Muscles</div> <div>12:00-3:00 Reflexology Clinic (by appt.)</div> <div>1:00 Moderate Slow Yoga</div> <div>1:30 Interactive and Fun Beginner Spanish: Level 1</div> <div>3:15 All Around Fitness</div>	<div>14</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio &amp; Muscle</div> <div>8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones, 9:35 Yoga With Sarah</div> <div>9:35 Core Circuit</div> <div>9:50 Building Strength: Core</div> <div>10:00 Deepening Meditation</div> <div>10:00-2:00 Chair Massage Clinic (by appt)</div> <div>11:00 All Things Scottish</div> <div>11:30 Standing &amp; Seated Hatha Yoga</div> <div>1:00 Hexcentric, 1:00 Move Strong NEW</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>15</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training</div> <div>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 Yoga With Sarah</div> <div>9:35 Strength Training Beginner</div> <div>9:50 Building Strength: Upper Body</div> <div>10:30 Chair &amp; Standing Yoga</div> <div>11:30 Essentrics</div> <div>12:00-3:00 Osteopath Clinic (by appt.)</div> <div>1:30 Minds in Motion (Register with Alz Society)</div> <div>3:15 Healthy Habits, 5:00 Pilates: Mixed Level</div>	<div>16</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio &amp; Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Yoga With Jane, 9:35 Barre Strong</div> <div>10:00 French Course 2</div> <div>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscles</div> <div>10:30 Move Strong NEW</div> <div>10:35 Standing &amp; Seated Hatha Yoga</div> <div>11:30 Dance Choreography For Fun For Seniors</div> <div>12:30 French Course 6</div>
<div>19</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning</div> <div>9:35 Zumba Gold, 9:35 Strong &amp; Centred</div> <div>10:00-2:00 Reflexology Clinic (by appt.)</div> <div>10:30 Essentrics, 10:30 Say Sayonara To Sugar</div> <div>10:30 Standing &amp; Seated Hatha Yoga NEW</div> <div>11:30 Standing &amp; Seated Hatha Yoga</div> <div>11:45 Strength Training &amp; Core</div> <div>1:00 Yoga w Weights NEW, 1:00 Move StrongNEW</div> <div>1:30 Paper, Paper and More Paper</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div> <div>5:00 Pilates: Gentle</div>	<div>20</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training, 8:40 Zumba Gold</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:15 Fit Bones Plus, 9:30 Tai Chi Level 1</div> <div>9:35 Zumba Gold-Toning, 9:35 Building On Basics</div> <div>9:50 Building Strength: Lower Body</div> <div>10:00 Anti-Inflammatory Nutrition</div> <div>10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga</div> <div>11:30 Movement For Healthy Joints &amp; Muscles</div> <div>12:00-3:00 Reflexology Clinic (by appt.)</div> <div>1:00 Moderate Slow Yoga</div> <div>1:30 Interactive Beg Spanish: Level 1</div> <div>3:15 All Around Fitness</div>	<div>21</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio &amp; Muscle</div> <div>8:40 Zumba Gold-Toning, 9:15 Fit Bones</div> <div>9:35 Yoga With Sarah, 9:35 Core Circuit</div> <div>9:50 Building Strength: Core, 10:00 Meditation</div> <div>11:00-12:00 Blood Pressure Clinic (Drop-in!)</div> <div>11:30 Standing &amp; Seated Hatha Yoga</div> <div>12:00 Robbie Burns Lunch (Pay by Jan. 16)</div> <div>1:30 Afternoon Musical Program – Scottish Songs (by donation)</div> <div>1:00 Hexcentric, 1:00 Move Strong NEW</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>22</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training, 8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones Plus, 9:35 Yoga With Sarah</div> <div>9:35 Strength Training Beginner</div> <div>9:50 Building Strength: Upper Body</div> <div>10:30 Virtual Seminar: Dementia Friendly Communities</div> <div>10:30 Chair &amp; Standing Yoga, 11:30 Essentrics</div> <div>12:00-3:00 Osteopath Clinic (by appt.)</div> <div>1:30 Card Making Workshop</div> <div>1:30 Minds in Motion (Register with Alz Society)</div> <div>3:15 Healthy Habits, 5:00 Pilates: Mixed Level</div>	<div>23</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio &amp; Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Yoga With Jane, 9:35 Barre Strong</div> <div>10:00 French Course 2</div> <div>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscles</div> <div>10:30 Move Strong NEW</div> <div>10:35 Standing &amp; Seated Hatha Yoga</div> <div>11:30 Dance Choreography For Fun For Seniors</div> <div>12:30 French Course 6</div>
<div>26</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning</div> <div>9:35 Zumba Gold, 9:35 Strong &amp; Centred</div> <div>10:00-2:00 Reflexology Clinic (by appt.)</div> <div>10:30 Essentrics</div> <div>10:30 Standing &amp; Seated Hatha Yoga NEW</div> <div>11:00 VPSC Travel Show: 2026 Bus Trips</div> <div>11:30 Standing &amp; Seated Hatha Yoga</div> <div>11:45 Strength Training &amp; Core</div> <div>1:00 Yoga w Weights NEW, 1:00 Move StrongNEW</div> <div>1:00 Eat Well, Live Well</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle</div>	<div>27</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training, 8:40 Zumba Gold</div> <div>9:15 Fit Bones Plus, 9:30 Tai Chi Level 1</div> <div>9:35 Zumba Gold-Toning</div> <div>9:35 Building On The Basics</div> <div>9:50 Building Strength: Lower Body</div> <div>10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga</div> <div>11:30 Movement For Healthy Joints &amp; Muscles</div> <div>1:00 Moderate Slow Yoga</div> <div>1:30 Interactive and Fun Beginner Spanish: Level 1</div> <div>3:15 All Around Fitness</div>	<div>28</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio &amp; Muscle</div> <div>8:40 Zumba Gold-Toning, 9:15 Fit Bones</div> <div>9:35 Yoga With Sarah, 9:35 Core Circuit</div> <div>9:50 Building Strength: Core</div> <div>10:00 Deepening Meditation</div> <div>11:00 VPSC Travel Show (moved to Jan. 26)</div> <div>11:30 Standing &amp; Seated Hatha Yoga</div> <div>1:00 Putting On A Play</div> <div>1:00 Hexcentric, 1:00 Move Strong NEW</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>29</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training</div> <div>8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones Plus, 9:35 Yoga With Sarah</div> <div>9:35 Strength Training Beginner</div> <div>9:50 Building Strength: Upper Body</div> <div>10:30 Chair &amp; Standing Yoga</div> <div>10:30 Storing And Caring For Your Family Heirlooms</div> <div>11:30 Essentrics</div> <div>1:30 Minds in Motion (Register with Alz Society)</div> <div>3:15 Healthy Habits, 5:00 Pilates: Mixed Level</div>	<div>30</div> <div>(Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio &amp; Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Yoga With Jane, 9:35 Barre Strong</div> <div>10:00 French Course 2</div> <div>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscles</div> <div>10:30 Move Strong NEW</div> <div>10:35 Standing &amp; Seated Hatha Yoga</div> <div>11:30 Dance Choreography For Fun For Seniors</div> <div>12:30 French Course 6</div>