

March 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.

Introduction to the Ontario Land Registry Website – Presented by Wellington County Museum & Archives. Monday, March 2 at 1:00 pm.

~~**Protecting Your Estate** – Presented by Wilmot Financial. Wednesday, March 4 at 11:00 am.~~

Hearing Screening – Presented by Canadian Hearing Services. Thurs., March 5. Call the Centre to book your appt.

Sleep and Stress: A Two-Way Street – Presented by WW Self-Management Program. Mon, Mar. 9 at 10:00 am.

Introduction to Family History Resources Genealogy 101 – Presented by Wellington County Museum and Archives. Monday, March 9 at 1:00 pm.

Hats, Handbags and Handkerchiefs Travel - Presented by The Wellington County Museum & Archives. Wednesday March 11 at 10:30 am.

Senior Rightsizing: Downsizing – Presented by A New Leaf Organizers. Thursday, March 12 at 10:30 am.

How To Register Online for VPSC Programs – Monday, March 16 at 3:00 pm.

Virtual: Meaningful Activities - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar. Thursday, March 19 at 10:30 am.

Decoding Health Information Online – Presented by the WW Self- Management Program. Mon., March 23 at 10 am.

~~**Being Prepared: Organizing Your Documents** – Presented by Hospice Wellington. Thursday, March 26 at 10:00 am.~~

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

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

St. Patrick's Day Lunch – Wednesday, March 11 at 12:00 pm – menu on the front of calendar.

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

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

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.**

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 – Wed., 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.

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

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

March 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). – register today!

The Spring & Summer 2026 Community Guide will be inserted in the Wellington Advertiser the week of March 12th.

Registration begins Tuesday, March 17th at 8:30am.

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, March 11 at 12:00 pm – St. Patrick's Day Lunch (pay by March 6 at 4pm).

Menu: Beef Stew, Tossed Salad, Irish Soda Bread, Shamrock Pie.

Monthly Musical Afternoon Program "Irish". Join us for lunch and stay for entertainment afterwards at 1:30pm. All welcome. By donation at the door.

Wednesday, March 25 at 12:00 pm – Easter Lunch (pay by March 20 at 4pm).

Menu: Ham with Pineapple Rings, Mustard Sauce, Hashbrown Casserole, Peas, Apple Pie with Ice Cream.

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.

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).

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)

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 4:00 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, 7:30 Euchre	FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (March 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 Mtg, 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 1:00 Introduction To The Ontario Land Registry Website , 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 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 4:30 Beginner Spanish 2 , 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 Protecting Your Estate 11:30 Standing & Seated Hatha Yoga 1:00 Move Strong NEW 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 9:30-3:30 Hearing Screening Clinic (Book appt) 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 Strength & Mobility 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 (end) 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 (end) 1:00 Watercolour Level 2
9 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning, 9:35 Zumba Gold 9:35 Strong & Centred, 10:00 New Member Talk & Tour 10:00 Sleep & Stress: A Two-Way Street 10:00-2:00 Reflexology Clinic (by appt.) 10:30 Essentrics,10:30 Standing & Seated Hatha Yoga 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga with Weights NEW, 1:00 Move Strong NEW 1:00 Introduction To Family History Resources 1:00 Mood Walk , 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle	10 (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 Urban Poles Fun & Fitness 10:30 Tai Chi Level 2, 10:45 Moderate Slow 11:30 Movement For Healthy Joints & Muscles 1:00 Moderate Slow Yoga 4:30 Beginner Spanish Level 2 3:15 All Around Fitness	11 (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 Meditation 10:00-2:00 Chair Massage Clinic (by appt) 10:30 Hats, Handbags & Handkerchiefs 11:00-12:00 Blood Pressure Clinic (Drop-in) 11:30 Standing & Seated Hatha Yoga 12:00 St. Patrick's Day Lunch (Pay by Mar 6) 1:30 Afternoon Musical Program – Irish Songs (by donation) , 1:00 Move Strong NEW 2:15 Osteo Fit, 3:15 Osteo Fit	12 (Daily Drop-In Activities listed above) The Spring & Summer 2026 Centre Wellington Community Guide will be inserted in the Wellington Advertiser today! 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 (end) 10:30 Senior Rightsizing: Downsizing 10:30 Restore The Pelvic Floor 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	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 3 10:30 Yoga & Movement Healthy Joints & Mus 10:30 Move Strong NEW 10:35 Standing & Seated Hatha Yoga 11:30 Dance Choreography For Fun For Seniors 12:00-3:00 Osteopath Clinic (by appt.) 12:30 French Course 4 , 1:00 Watercolour 2
16 (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 Stand & Seated Hatha Yoga 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga with Weights NEW 1:00 Move Strong NEW 1:00 Mood Walk, 2:15 Osteo Fit, 3:15 Osteo Fit 3:00 How To Register Online For VPSC Programs 5:00 Pilates: Gentle	17 (Daily Drop-In Activities listed above) 8:30 Registration opens today for all Spring & Summer 2026 Programs (Virtual & In-Person) 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 Basics 9:50 Building Strength: Lower Body 10:30 Urban Poles Fun & Fitness 10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga 10:45 BUS TRIP: Irish Kitchen Party 11:30 Movement For Healthy Joints & Muscles 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga, 4:30 Beg Spanish Level 2 3:15 All Around Fitness	18 (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 1:00 Spring Planter Workshop 1:00 Move Strong NEW 2:15 Osteo Fit, 3:15 Osteo Fit	19 (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 10:30 Virtual Seminar: Meaningful Activities 10:30 Chair & Standing Yoga 11:30 Essentrics 1:30 Minds in Motion (Register with Alz Society) 3:15 Strength & Mobility 5:00 Pilates: Mixed Level	20 (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 3 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 4 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.) 10:00 Decoding Health Information Online 10:30 Essentrics (end) 10:30 Standing & Seated Hatha Yoga NEW 11:30 Standing & Seated Hatha Yoga (end) 11:45 Strength Training & Core 1:00 Yoga with Weights NEW, 1:00 Move Strong NEW 1:00 Mood Walk, 2:15 Osteo Fit (end) 3:15 Osteo Fit (end), 5:00 Pilates: Gentle	24 (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 10:00 Cooking On A Budget 10:30 Urban Poles Fun & Fitness (end) 10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga 11:30 Movement For Healthy Joints & Muscles (end) 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga, 4:30 Beg Spanish 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 (end) 11:30 Standing & Seated Hatha Yoga (end) 12:00 Easter Lunch (Pay by Mar 20) 1:00 Special Effects 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 Being Prepared: Organizing Documents 10:30 Chair & Standing Yoga 11:30 Essentrics (end) 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 (end) 9:30 Moderate Hatha Yoga (end) 9:30 Moderate Hatha Yoga (end) 9:30 Yoga w Jane (end), 9:35 Barre Strong (end) 10:00 French Course 3 10:30 Yoga & Movement Healthy Joints & M (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 4, 1:00 Watercolour 2 (end)
30 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning (end) 9:35 Zumba Gold (end), 9:35 Strong & Centred (end) 10:00-2:00 Reflexology Clinic (by appt.) 10:30 Standing & Seated Hatha Yoga NEW (end) 11:45 Strength Training & Core (end) 1:00 Yoga with Weights NEW (end) 1:00 Move Strong NEW (end) 1:00 Mood Walk (end), 5:00 Pilates: Gentle (end)	31 (Daily Drop-In Activities listed above) 8:40 Strength Training (end), 8:40 Zumba Gold (end) 9:15 Fit Bones Plus (end) , 9:30 Tai Chi Level 1 (end) 9:35 Zumba Gold-Toning (end) 9:35 Building On Basics (end) 9:50 Building Strength: Lower Body (end) 10:30 Tai Chi Level 2 (end), 10:45 Mod Slow (end) 1:00 Moderate Slow Yoga (end) 4:30 Interactive and Fun Beginner Spanish 2 (end) 3:15 All Around Fitness (end)	Apr. 1 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 8:40 Zumba Gold-Toning (end) 9:15 BUS TRIP: Toronto Blue Jays 9:15 Fit Bones (end) , 9:35 Yoga w Sarah (end) 9:35 Core Circuit (end) 9:50 Building Strength: Core (end) 1:00 Move Strong NEW (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	Apr. 2 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 8:40 Zumba Gold-Toning (end) 9:15 Fit Bones Plus (end) , 9:35 Yoga Sarah (end) 9:35 Strength Training Beginner (end) 9:50 Building Strength: Upper Body (end) 10:00 Being Prepared: Advanced Care Planning 10:30 Chair & Standing Yoga (end) 1:30 Minds in Motion (Register with Alz Society) 3:15 Strength & Mobility (end), 5:00 Pilates (end)	Apr. 3 <p style="text-align: center;">Good Friday Centre Closed.</p> <p>LEGEND GREEN – Health & Wellness Clinics BLACK–Course Start, Bus Trip RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program</p>