

VICTORIA PARK SENIORS CENTRE

Spring & Summer 2025

Not a member? Not yet 55?

You are still welcome to register for any program. A non-member fee will apply.

Registration
begins Tuesday,
March 18,
2025 at
8:30 am

ABOUT VICTORIA PARK SENIORS CENTRE (VPSC)

Victoria Park Seniors Centre is a municipal recreation facility operated by the Community Services Department of the Township of Centre Wellington. Our goal is to enhance the well-being of older adults through a lifestyle that embraces daily physical activity and social interaction. Victoria Park Seniors Centre provides a wide range of social, recreational, educational, wellness and volunteer opportunities for older adults in a safe and enjoyable environment. Programs offered (in-person and virtual) are tailored to those 55+, however, all registered programs are open to all adults looking to stay active, develop new skills and friendships. There are two pricing levels in this Guide: a member price and a non-member price. We invite you to drop by and experience the benefits of participating.

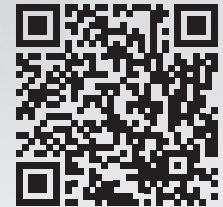
HOW TO REGISTER

In Person:

150 Albert Street West,
Fergus, ON N1M 1X2

Telephone:

519.846.9691 x204
1.800.750.5023 x204



Online:

www.centrewellington.ca/seniorscentre

See "How to Register Online" in this guide on page 7, for the step by step registration process.

Payment must be received upon registration. Cash, cheque, debit, credit, over the phone by credit card or online.

Pre-registration is required for most programs. Fees include HST. Cheques payable to: Township of Centre Wellington. See refund policy on page 6.

BECOME A VPSC MEMBER

- Membership fees are valid for one year from time of purchase or renewal
- Memberships may be purchased at any point in the year
- Available to anyone 55+ and a younger spouse/partner may join

Membership has its benefits:

- ☒ Reduced fees on all virtual and in-person programs, special events, drop-in activities, bus trips, lunches and seminars.
- ☒ Access to 80+ weekly programs (in-person and virtual) and services for seniors (drop-in fees apply).
- ☒ Vote at the Annual General Meeting held in November.
- ☒ Be eligible to hold office on the VPSC Advisory Board.
- ☒ Opportunities to volunteer, stay active and involved.

\$27
/person
incl. HST

Note: Membership fees are non-refundable. Once you have a valid membership, additional fees are required to participate in programs. Not a member? Not yet 55? You are still welcome to register for any program. A non-member fee will apply.

Closure Dates

April 18 - Good Friday | April 21 - Easter Monday | May 19 - Victoria Day | July 1 - Canada Day
August 4 - Civic Holiday | September 1 - Labour Day

Volunteer Week

April 27 to May 4

Volunteers are an integral part of the success and vibrancy of Victoria Park Seniors Centre. We sincerely thank our 180+ volunteers who contribute to our programs and services. If you are interested in volunteering, contact khall@centrewellington.ca 519.846.9691 x278.

June is Seniors' Month

Seniors' Month takes place every year in June across Ontario, a time to celebrate and honour seniors and the contributions they make every day in communities across the province. Take part in the celebration events held throughout the month of June. For more information on these events, refer to the Special Events and Fitness Sections in this Guide.

June 2 & 16 Urban Pole Walking Workshops

June 2 Seniors' Month Celebration (With entertainment & refreshments)

June 9 Mystery Card Walk

June 16 New Members' Talk & Tour

June 26 Strawberry Social

Welcome Tours and Information

New Members' Talk and Tours are held regularly at VPSC to provide you with information on programs and services offered. Upcoming sessions: April 14, May 12 or June 16 at 10:00 am. Meet other new members, staff and volunteers. Please pre-register. If you can't attend one of the sessions, please call VPSC to schedule a tour at your convenience or drop in anytime.

VPSC Advisory Board

Victoria Park Seniors Centre is run by a volunteer Advisory Board comprised of seven elected VPSC members and one appointed TCW Council Representative. The Advisory Board acts as a liaison between seniors and the Township of Centre Wellington and works with the Community Services Department to provide recreational opportunities for older adults. Meetings are held on the first Monday of the month at 9:15 am. All members are welcome to attend. Interested in joining the Board? Positions available beginning January 2026 for three-year terms by election or acclamation at the November Annual General Meeting. Contact VPSC for more information.

VPSC Program Committee

This volunteer committee organizes special events, lunches and fundraisers for VPSC. Meetings are held the first Monday of the month at 10:15 am. Interested in providing input into programs and special events for older adults? This committee is always looking for new ideas and volunteers to help.

Drop-In Activity Groups



New participants are welcome to join these groups. Drop-in fee: \$1 member or \$2 non-member unless otherwise stated. (Please pre-register for bocce and horseshoes). Have an idea for a new activity? Contact VPSC.

• Art Drop-in

Wednesdays at 1:00 pm. Bring any type of art, craft or hobby.

• Bid Euchre

Tuesdays at 1:00 pm.

• Billiards, Snooker & Pool

Daily. Ladies Only on Tuesday afternoons. Annual billiards membership \$50 for VPSC members or pay the drop-in fee. Inquire about a Learn to Play Session with our volunteer instructor.

• Billiards: Ladies Afternoon

Tuesdays at 1:00 pm.

• Bocce

Wednesdays at 10:00 am beginning July 9 for the summer. See "Special Interest" section for more details and to pre-register.

• Book Club (Monthly)

First Friday of the month at 11:00 am.

• Bridge (Social)

Thursdays at 1:00 pm.

• Bunka Artistry

Tuesdays at 9:30 am.

• Canasta

Mondays at 9:30 am.

• Carpet Bowling

Fridays at 1:00 pm.

• Choir, Ukulele: The Melody Makers

Mondays at 1:00 pm. A smaller group of the choir & ukulele band, The Autumn Tones & Red Suspenders, meets Fridays at 1:00 pm.

• Colouring Circle

Mondays at 1:00 pm.

• Conversation en français

Tuesdays at 3:00 pm. Peer led conversational group. (For French language classes, see the Special Interest section).

SENIORS

- **Conversación en Español**

Fridays at 11:15 am. Peer led conversational group.

- **Creative Writing**

Wednesdays at 10:30 am.

- **Cribbage**

Fridays at 9:30 am.

- **Crokinole**

Wednesdays at 10:00 am. Crokinole cues available.

- **Darts**

Thursdays at 9:30 am.

- **Drama**

Thursdays at 4:00 pm (when preparing for performances).

- **Euchre**

Wednesdays at 1:00 pm.
Thursdays at 7:30 pm.

- **Genealogy**

Tuesdays at 10:30 am. Bring your laptop or tablet.

- **Guitar: The Country Classics**

Thursdays at 1:00 pm. Bring an acoustic six-string guitar.

- **Hand and Foot Card Game**

Tuesdays at 1:00 pm. A fun card game, related to canasta.

- **Horseshoes**

Tuesdays at 10:00 am beginning July 8 for the summer. See "Special Interest" section for more details and to pre-register.

- **Line Dancing**

Wednesdays at 3:00 pm. Beginner and intermediate levels welcome. Space is limited.

- **Mah Jong**

Fridays at 9:30 am. American and Chinese versions played.

- **Recreational Belly Dance**

Mondays at 8:50 am. Please pre-register if interested.

- **Scrabble**

Thursdays at 9:00 am.

- **Shuffleboard**

Tuesdays at 1:00 pm.

- **Summer Weekly Musical Afternoon**

Mondays at 1:00 pm beginning July 7 for the summer.

- **Tap Dancing**

Tuesdays at 11:35 am.

- **Table Tennis**

Thursdays at 1:00 pm.

- **Texas Hold'em Poker**

Fridays at 1:00 pm.

- **Wii Bowling**

Tuesdays at 1:00 pm. Can be played seated in a chair.

- **Woodcarving**

Wednesdays at 1:00 pm. Bring your own carving tools.
\$5 (\$3 Members)

Centre Services

Library, Newspapers, Puzzles

Check out our collection of lending library books stocked by your generous donations. Come for coffee and read the Toronto Star newspaper (delivered daily). We also accept donations of current magazines. Jigsaw puzzles are available to borrow (donations accepted) or try your hand at the on-going jigsaw puzzle located in the library.

Monthly Email Update with Monthly Calendar

We send monthly emails to keep you up to date on what is happening at VPSC, including the monthly calendar. To receive this, email khall@centrewellington.ca or pick up a copy of the calendar at VPSC. Daily programs, events, clinics, and lunch menus are listed. The monthly calendar is also available at www.centrewellington.ca/seniorscentre

Wednesday Lunches

Join us for lunch usually twice a month on Wednesdays at 12:00 pm. On some Wednesdays, stay and enjoy the afternoon musical program. Refer to the monthly calendar for menus. \$14 members or \$15 non-members. Take-out option is available. Pre-registration and payment required by the Friday prior. No refunds on lunches. Refer to the Special Events section for dates. Thanks to the VPSC Program Committee for organizing these lunches.

VPSC Facility Tours

Are you thinking of participating in a program or joining the Centre? Our reception volunteers or staff would be happy to take you on a tour of the Centre and answer any questions. Drop-in anytime.

Volunteer Opportunities

Want to help? VPSC depends heavily on the generosity of volunteers. Help make a difference in the lives of seniors in Centre Wellington. Various volunteer positions are available. For more volunteering information contact the Seniors Volunteer and Membership Coordinator: khall@centrewellington.ca or 519.846.9691 x278.

Wellness Clinics

Foot Care Clinic

Have your feet assessed by a Registered Practical Nurse, certified in Advanced and Diabetic Foot Care. Includes cutting and filing toenails, reduction of corns and calluses, moisturizing skin. \$35 cash only. Call VPSC to book appointment. Veterans, bring your Veterans Affairs card. Allow 24 hours if cancelling an appointment to give time to consult the waiting list.

Appointments: Tuesdays

Manual Osteopath Clinic NEW

Welcome to the Manual Osteopathic Clinic, where specialized osteopathic treatment is individualized to improve your overall health and well-being. This monthly clinic offers expert care in managing musculoskeletal pain, postural imbalances, and other physical conditions through hands-on techniques to restore balance and function. Service provided by Registered Manual Osteopath Practitioner: Michelle Vandenburg. \$45 for 30 minutes. Cash only. Call VPSC to book an appointment.

Appointments: Thursdays

Reflexology Clinic

Deeply relaxing, reflexology works the reflex points in the feet that relate to different organs and areas of your body. Circulation is improved to facilitate balance within the body. Leave feeling relaxed with renewed energy. Service provided by Registered Reflexologist: Colleen Trudeau. \$40 for 30 minutes or \$55 for 45 minutes.

Appointments: Mondays

Chair Massage Clinic

Join certified chair massage provider, Colleen Trudeau, for a relaxing 15-minute chair massage. Reduce tension, stress, headaches, stiff necks, backaches and increase circulation. No removal of clothes. Call VPSC to book your appointment between 10:00 am and 2:00 pm. See dates below. Held

monthly on the second Wednesday. \$22 cash only.

April 9, May 14, June 11, July 9, August 13

Blood Pressure Clinic

FREE. Held monthly on a Wednesday from 11:00 am to 12:00 pm. See dates below. A Pharmacist or Pharmacy student will be at VPSC to check your blood pressure and provide information. No appointment needed. Simply drop in. (Note: no clinic in May.) Thanks to Pharmasave Elora Apothecary and Trailside Pharmacy for sponsoring this program.

April 9, June 11, July 16, August 13

Hearing Screening Clinic:

Has your hearing changed? Meet one-on-one with a Canadian Hearing Services Hearing Care Counsellor. Receive your results immediately. Or, if you wear hearing aids, discuss questions about your aids. Book your free of charge 30-minute appointment at the Seniors Centre by contacting VPSC.

Thursday, June 5

Bus Trips

We are always in the process of organizing more bus trips, usually offering one a month. For updates, join our monthly email blast. Register early to avoid the disappointment of a sold-out or cancelled trip. All trips depart from and return to VPSC. Return times are approximate, depending on weather and traffic. Those who require special assistance are responsible for arranging an escort to assist them. Our Travel Escort Volunteer cannot provide special care or one-on-one assistance. No refunds on trips and non-transferable. 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 and HST.

Come From Away

Enjoy an included lunch at Hot House Restaurant in Toronto. Visit the Royal Alexandra Theatre for a matinee performance of Come From Away. This global sensation takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Departs: 8:45 am, return: 6:00 pm. Note: This trip is full but contact VPSC to go on the waiting list.

Wednesday, March 19

\$240 (\$225 Member)

Toronto Blue Jays Baseball

Spend a day at the Rogers Centre and enjoy a matinee baseball game between the Toronto Blue Jays and the Atlanta Braves from field level seats. We will stop at Picard's Peanuts on the way. Depart 9:00 am, return 6:30 pm (approximate, depending how long the game goes). Lunch not included.

Wednesday, April 16

\$166 (\$152 Member)

Evolution of Magic

Enjoy lunch at Table Rock Restaurant with your choice of herb crusted chicken supreme, baked Atlantic cod or wild mushroom ravioli. See the matinee show at the Greg Frewin Theatre, "Evolution of Magic". This Vegas-style illusion show is packed with thrilling and sophisticated magic of unprecedented proportions. Enjoy a viewing of the Falls after the show. Then we will head to Walkers Country Market in Niagara-on-the-Lake, then ending with a stop at at Konzelmann Estates, for an included flight of three premium VQA wines, paired with three types of chocolates. Departs: 8:00 am, return: 8:00 pm.

Friday, May 23

\$194 (\$180 Member)

SENIORS

Muskoka Steamships

Enjoy a cruise on Lake Muskoka and a delicious lunch on board. Then tour the Muskoka Discovery Centre to see the new exhibits. Enjoy a stop at the Mariposa Market on the way home to shop for some delicious treats and gifts. Departs: 8:30 am, return: 7:00 pm.

Monday, June 9

\$194 (\$180 Member)

The Lion King

Winner of six Tony Awards, including Best Musical, and the highest grossing stage musical in history, The Lion King brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals featuring some of Broadway's most recognizable music. Includes the matinee performance at the Princess of Wales Theatre in Toronto and lunch at Hot House Restaurant. Departs: 8:45 am, return: 6:00 pm.

Wednesday, July 16

\$257 (\$243 Member)

Collingwood Cruise

We start our day with a stop at Maple Grove Farm & Market to shop for some treats. Enjoy a delicious lunch in a country atmosphere at Mylar & Loretta's Restaurant in Singhampton. Then we will stop at the Thornbury Craft Co. Cider & Brew House for a tour and a flight of four ciders. Embark on a boat cruise leaving historic Collingwood Harbour as we head out into Georgian Bay where you will learn about the area, including the Nottawasaga Lighthouse, and the history surrounding Collingwood. Departs: 9:15 am, return: 6:30 pm.

Thursday, September 18

\$223 (\$208 Member)

Stratford: Dirty Rotten Scoundrels

We will start our day with a stop to see the famous West Montrose covered bridge. Then off to lunch at Anna Mae's Bakery and Restaurant in Millbank for your choice of roast beef or broasted chicken. Enjoy a

matinee performance of "Dirty Rotten Scoundrels" at the Avon Theatre in Stratford. We will stop on the way home at Wild Hog Country Market to shop for some delicious treats. Departs: 10:00 am, return: 7:00 pm.

Tuesday, October 7

\$216 (\$202 Member)

Shawfest "White Christmas" & Skylon

We begin the day with a visit to the Niagara Gateway to enjoy lunch on your own prior to the show. Visit the Shaw Festival Theatre for a matinee performance of "White Christmas", a classic holiday favourite. Enjoy an included dinner at the incredible Skylon Tower Revolving Dining Room. After dinner, enjoy a festive drive through Niagara's Festival of Lights. This enchanting display is one of the region's most popular attractions. Departs: 9:30 am, return: 9:00 pm.

Wednesday, December 3

\$216 (\$202 Member)

Virtual Fitness and Yoga (Zoom) (See descriptions further in guide)



- A Zoom link to participate in your class will be emailed **12 to 24 hours prior to the first class and will be valid for the duration of the class.** Do not share this link.
- Please ensure your screen name on Zoom matches the name on your registration.
- The moderator or instructor will mute all participants when the class begins. Equipment not supplied.
- See course descriptions for cancellation dates, instructors and other information. It is recommended that you consult your health care professional prior to start of any activity.
- Please see Township of Centre Wellington Refund Policy on page 6.

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	April 8-May 13	9:15-9:45 AM	6	\$36	\$24
Building Strength Lower Body	Tues	April 8-May 13	9:50-10:20 AM	6	\$36	\$24
Fit Bones	Wed	April 9-May 14	9:15-9:45 AM	6	\$36	\$24
Building Strength Core	Wed	April 9-May 14	9:50-10:20 AM	6	\$36	\$24
Fit Bones Plus	Thurs	April 10-May 15	9:15-9:45 AM	6	\$36	\$24
Building Strength Upper Body	Thurs	April 10-May 15	9:50-10:20 AM	6	\$36	\$24

Virtual Fitness and Yoga (Zoom) *Continued*

SPRING

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Moderate Hatha Yoga NEW TIME	Fri	April 11-May 23	9:30-10:15 AM	6	\$48	\$36
Moderate Hatha Yoga NEW TIME	Fri	May 30-July 4	9:30-10:15 AM	6	\$48	\$36
Yoga and Movement for Healthy Joints & Muscles NEW TIME	Fri	April 11-May 23	10:30-11:00 AM	6	\$36	\$24
Yoga and Movement for Healthy Joints & Muscles NEW TIME	Fri	May 30-July 4	10:30-11:00 AM	6	\$36	\$24

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	June 17-Aug. 26	9:15-9:45 AM	10	\$60	\$40
Building Strength Lower Body	Tues	June 17-Aug. 26	9:50-10:20 AM	10	\$60	\$40
Fit Bones	Wed	June 18-Aug. 27	9:15-9:45 AM	11	\$66	\$44
Building Strength Core	Wed	June 18-Aug. 27	9:50-10:20 AM	11	\$66	\$44
Fit Bones Plus	Thurs	June 19-Aug. 28	9:15-9:45 AM	11	\$66	\$44
Building Strength Upper Body	Thurs	June 19-Aug. 28	9:50-10:20 AM	11	\$66	\$44
Moderate Hatha Yoga	Fri	July 11-Aug. 29	9:30-10:15 AM	8	\$64	\$48
Yoga and Movement for Healthy Joints & Muscles	Fri	July 11-Aug. 29	10:30-11:00 AM	8	\$48	\$32

Fitness and Dance (In-Person) (See descriptions further in guide)

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Zumba Gold-Toning NEW TIME	Mon	April 7-May 12	8:40-9:25 AM	5	\$50	\$40
Zumba Gold-Toning NEW TIME	Mon	May 26-June 30	8:40-9:25 AM	6	\$60	\$48
Recreational Belly Dance	Mon	On-going	8:50-10:20 AM	On-going	\$2	\$1
Urban Pole Walking Workshop	Mon	June 2	9:30-11:30 AM	1	FREE	FREE
Urban Pole Walking Refresher	Mon	June 16	9:30-10:30 AM	1	FREE	FREE
Zumba Gold NEW	Mon	April 7-May 12	9:35-10:20 AM	5	\$50	\$40
Zumba Gold NEW	Mon	May 26-June 30	9:35-10:20 AM	6	\$60	\$48

Fitness & Dance (In-Person) *Continued*

SPRING

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Essentrics NEW TIME	Mon	April 7-May 12	10:30-11:15 AM	5	\$45	\$35
Essentrics NEW TIME	Mon	May 26-June 23	10:30-11:15 AM	5	\$45	\$35
Strength Training & Core NEW	Mon	April 7-May 12	11:45 AM-12:45 PM	5	\$55	\$45
Strength Training & Core NEW	Mon	May 26-June 30	11:45 AM-12:45 PM	6	\$66	\$54
Mood Walk NEW	Mon	April 28-May 26	1:00-2:00 PM	4	FREE	FREE
Mood Walk NEW	Mon	June 2-June 23	1:00-2:00 PM	4	FREE	FREE
Fun Fitness - Move Strong	Mon	April 7-May 12	1:00-1:45 PM	5	\$45	\$35
Fun Fitness - Move Strong	Mon	May 26-June 30	1:00-1:45 PM	6	\$54	\$42
Osteo Fit	Mon	April 7-May 12	2:15-3:00 PM	5	\$45	\$35
Osteo Fit	Mon	May 26-June 30	2:15-3:00 PM	5	\$45	\$35
Osteo Fit	Mon	April 7-May 12	3:15-4:00 PM	5	\$45	\$35
Osteo Fit	Mon	May 26-June 30	3:15-4:00 PM	5	\$45	\$35
Pilates: Gentle	Mon	April 7-May 12	5:00-6:00 PM	5	\$105	\$95
Strength Training	Tues	April 8-May 20	8:40-9:25 AM	7	\$63	\$49
Strength Training	Tues	May 27-June 24	8:40-9:25 AM	5	\$45	\$35
Zumba Gold NEW TIME	Tues	April 8-May 20	8:40-9:25 AM	7	\$70	\$56
Zumba Gold NEW TIME	Tues	May 27-June 24	8:40-9:25 AM	5	\$50	\$40
Zumba Gold Toning NEW	Tues	April 8-May 20	9:35-10:20 AM	7	\$70	\$56
Zumba Gold Toning NEW	Tues	May 27-June 24	9:35-10:20 AM	5	\$50	\$40
Building on the Basics	Tues	April 8-May 20	9:35-10:20 AM	7	\$63	\$49
Building on the Basics	Tues	May 27-June 24	9:35-10:20 AM	5	\$45	\$35
Urban Poles Fun & Fitness NEW	Tues	April 8-May 13	10:30-11:15 AM	6	\$54	\$42
Movement for Healthy Joints & Muscles	Tues	April 8-May 13	11:15 AM-12:30 PM	6	\$66	\$54
Movement for Healthy Joints & Muscles	Tues	May 27-June 24	11:15 AM-12:30 PM	5	\$55	\$45
All Around Fitness NEW	Tues	April 8-May 20	3:15-4:00 PM	7	\$63	\$49
All Around Fitness NEW	Tues	May 27-June 24	3:15-4:00 PM	5	\$45	\$35
Low Impact Cardio & Muscle	Wed	April 9-May 21	8:40-9:25 AM	7	\$63	\$49
Low Impact Cardio & Muscle	Wed	May 28-July 2	8:40-9:25 AM	6	\$54	\$42
Zumba Gold- Toning NEW TIME	Wed	April 9-May 21	8:40-9:25 AM	7	\$70	\$56
Zumba Gold- Toning NEW TIME	Wed	May 28-July 2	8:40-9:25 AM	6	\$60	\$48
Core Circuit	Wed	April 9-May 21	9:35-10:20 AM	7	\$63	\$49
Core Circuit	Wed	May 28-July 2	9:35-10:20 AM	6	\$54	\$42
Fun Fitness: Move Strong	Wed	April 9-May 21	1:00-1:45 PM	7	\$63	\$49
Fun Fitness: Move Strong	Wed	May 28-July 2	1:00-1:45 PM	6	\$54	\$42
Osteo Fit	Wed	April 9-May 14	2:15-3:00 PM	6	\$54	\$42
Osteo Fit	Wed	May 28-July 2	2:15-3:00 PM	6	\$54	\$42

Fitness & Dance (In-Person) Continued

SPRING

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Osteo Fit	Wed	April 9-May 14	3:15-4:00 PM	6	\$54	\$42
Osteo Fit	Wed	May 28-July 2	3:15-4:00 PM	6	\$54	\$42
Strength Training	Thurs	April 10-May 22	8:40-9:25 AM	7	\$63	\$49
Strength Training	Thurs	May 29-July 3	8:40-9:25 AM	6	\$54	\$42
Zumba Gold- Toning NEW TIME	Thurs	April 10-May 22	8:40-9:25 AM	7	\$70	\$56
Zumba Gold- Toning NEW TIME	Thurs	May 29-July 3	8:40-9:25 AM	6	\$60	\$48
Dance Choreography for Fun for Seniors	Thurs	April 10-May 29	8:40-9:40 AM	8	\$80	\$64
Strength Training: Beginner	Thurs	April 10-May 22	9:35-10:20 AM	7	\$63	\$49
Strength Training: Beginner	Thurs	May 29-July 3	9:35-10:20 AM	6	\$54	\$42
Dance + for Fun for Seniors NEW	Thurs	April 10-May 29	9:45-10:45 AM	8	\$80	\$64
Essentrics	Thurs	April 10-May 15	11:45 AM-12:30 PM	6	\$54	\$42
Essentrics	Thurs	May 29-July 3	11:45 AM-12:30 PM	6	\$54	\$42
Pilates: Mixed Level	Thurs	April 10-May 15	5:30-6:30 PM	6	\$126	\$114
Low Impact Cardio & Muscle	Fri	April 11-May 23	8:40-9:25 AM	6	\$54	\$42
Low Impact Cardio & Muscle	Fri	May 30-July 4	8:40-9:25 AM	6	\$54	\$42
Barre Strong	Fri	April 11-May 23	9:35-10:20 AM	6	\$54	\$42
Barre Strong	Fri	May 30-July 4	9:35-10:20 AM	6	\$54	\$42
Total Body Fitness: Feel Safe, Get Stronger	Fri	April 11-May 23	10:30-11:15 AM	6	\$54	\$42
Total Body Fitness: Feel Safe, Get Stronger	Fri	May 30-July 4	10:30-11:15 AM	6	\$54	\$42

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Zumba Gold-Toning	Mon	July 7-Aug. 25	8:40-9:25 AM	7	\$70	\$56
Recreational Belly Dance	Mon	On-going	8:50-10:20 AM	On-going	\$2	\$1
Zumba Gold	Mon	July 7-Aug. 25	9:35-10:20 AM	7	\$70	\$56
Essentrics	Mon	July 7-Aug. 11	10:30-11:15 AM	5	\$45	\$35
Strength Training & Core	Mon	July 7-Aug. 25	11:45 AM-12:45 PM	7	\$77	\$63
Fun Fitness - Move Strong	Mon	July 7-Aug. 25	1:00-1:45 PM	7	\$63	\$49
Oseto Fit	Mon	July 7-Aug. 25	2:15-3:00 PM	7	\$63	\$49
Osteo Fit	Mon	July 7-Aug. 25	3:15-4:00 PM	7	\$63	\$49
Pilates: Gentle	Mon	June 16-Aug. 25	5:00-6:00 PM	10	\$210	\$190

Fitness & Dance (In-Person) *Continued*

SUMMER

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Strength Training	Tues	July 8-Aug. 26	8:40-9:25 AM	7	\$63	\$49
Zumba Gold	Tues	July 8-Aug. 26	8:40-9:25 AM	8	\$80	\$64
Zumba Gold-Toning	Tues	July 8-Aug. 26	9:35-10:20 AM	8	\$80	\$64
Movement for Healthy Joints & Muscles	Tues	July 8-Aug. 12	11:30 AM-12:30 PM	6	\$66	\$54
All Around Fitness	Tues	July 8-Aug. 26	3:15-4:00 PM	8	\$72	\$56
Low Impact Cardio & Muscle	Wed	July 9-Aug. 27	8:40-9:25 AM	7	\$63	\$49
Zumba Gold-Toning	Wed	July 9-Aug. 27	8:40-9:25 AM	8	\$80	\$64
Fun Fitness: Move Strong	Wed	July 9-Aug. 27	1:00-1:45 PM	8	\$72	\$56
Osteo Fit	Wed	July 9-Aug. 27	2:15-3:00 PM	8	\$72	\$56
Osteo Fit	Wed	July 9-Aug. 27	3:15-4:00 PM	8	\$72	\$56
Strength Training	Thurs	July 10-Aug. 28	8:40-9:25 AM	7	\$63	\$49
Zumba Gold-Toning	Thurs	July 10-Aug. 28	8:40-9:25 AM	7	\$70	\$56
Strength Training: Beginner	Thurs	July 10-Aug. 28	9:35-10:20 AM	7	\$63	\$49
Essentrics	Thurs	July 10-Aug. 14	11:30 AM-12:15 PM	6	\$54	\$42
Pilates: Mixed Level	Thurs	June 19-Aug. 28	5:30-6:30 PM	11	\$231	\$209
Low Impact Cardio & Muscle	Fri	July 11-Aug. 29	8:40-9:25 AM	6	\$54	\$42
Barre Strong	Fri	July 11-Aug. 29	9:35-10:20 AM	6	\$54	\$42
Total Body Fitness: Feel Safe, Get Stronger	Fri	July 11-Aug. 29	10:30-11:15 AM	6	\$54	\$42

Yoga, Tai Chi, Meditation (In-Person) (See descriptions further in guide)

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Yoga with Jane	Mon	April 7-May 12	10:30-11:30 AM	5	\$55	\$45
Yoga with Jane	Mon	May 26-June 30	10:30-11:30 AM	6	\$66	\$54
Standing & Seated Hatha Yoga	Mon	April 7-May 12	11:30 AM -12:30 PM	5	\$55	\$45
Standing & Seated Hatha Yoga	Mon	May 26-June 23	11:30 AM -12:30 PM	5	\$55	\$45
Vinyasa Flow Yoga NEW	Mon	April 7-May 12	1:00-2:00 PM	5	\$55	\$45
Vinyasa Flow Yoga NEW	Mon	May 26-June 30	1:00-2:00 PM	6	\$66	\$54
Tai Chi Level 1	Tues	April 8-May 20	9:30-10:30 AM	7	\$77	\$63
Tai Chi Level 1	Tues	May 27-June 24	9:30-10:30 AM	5	\$55	\$45

Yoga, Tai Chi, Meditation (In-Person) *Continued*

SPRING

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Tai Chi Level 2	Tues	April 8-May 20	10:30-11:30 AM	7	\$77	\$63
Tai Chi Level 2	Tues	May 27-June 24	10:30-11:30 AM	5	\$55	\$45
Moderate Slow Yoga	Tues	April 8-May 20	1:00-2:00 PM	7	\$77	\$63
Moderate Slow Yoga	Tues	May 27-June 24	1:00-2:00 PM	5	\$55	\$45
Hatha Flow Yoga NEW	Wed	April 9-May 21	9:35-10:20 AM	7	\$70	\$56
Hatha Flow Yoga NEW	Wed	May 28-July 2	9:35-10:20 AM	6	\$60	\$48
Deepening Meditation	Wed	April 9-June 25	10:00-11:30 AM	12	\$156	\$132
Moderate Slow Yoga	Wed	April 9-May 21	9:30-10:30 AM	7	\$77	\$63
Moderate Slow Yoga	Wed	May 28-June 25	9:30-10:30 AM	5	\$55	\$45
Standing & Seated Hatha Yoga	Wed	April 9-May 14	11:30 AM-12:30 PM	6	\$66	\$54
Standing & Seated Hatha Yoga	Wed	May 28-July 2	11:30 AM-12:30 PM	6	\$66	\$54
Hatha Flow Yoga NEW TIME	Thurs	April 10-May 22	9:35-10:20 AM	7	\$70	\$56
Hatha Flow Yoga NEW TIME	Thurs	May 29-July 3	9:35-10:20 AM	6	\$60	\$48
Chair & Standing Yoga NEW TIME	Thurs	April 10-May 22	10:30-11:15 AM	7	\$70	\$56
Chair & Standing Yoga NEW TIME	Thurs	May 29-July 3	10:30-11:15 AM	6	\$60	\$48
Yoga for Beginners Workshop NEW	Thurs	April 24-May 1	10:30 AM-12:00 PM	2	\$54	\$48
Yoga with Jane	Fri	April 11-May 23	9:30-10:30 AM	6	\$66	\$54
Yoga with Jane	Fri	May 30-July 4	9:30-10:30 AM	6	\$66	\$54
Standing & Seated Hatha Yoga	Fri	April 11-May 23	10:35-11:35 AM	6	\$66	\$54
Standing & Seated Hatha Yoga	Fri	May 30-July 4	10:35-11:35 AM	6	\$66	\$54

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing and Seated Yoga	Mon	July 7-Aug. 11	11:30 AM-12:30 PM	5	\$55	\$45
Vinyasa Flow Yoga NEW	Mon	July 7-Aug. 25	1:00-2:00 PM	7	\$77	\$63
Summer Moderate Hatha Yoga NEW	Tues	July 8-Aug. 12	10:00-11:00 AM	6	\$66	\$54
Moderate Slow Yoga	Tues	July 8-Aug. 26	1:00-2:00 PM	7	\$77	\$63
Hatha Flow Yoga	Wed	July 9-Aug. 27	9:35-10:20 AM	8	\$80	\$64
Standing & Seated Hatha Yoga	Wed	July 9-Aug. 13	11:30 AM-12:30 PM	6	\$66	\$54
Hatha Flow Yoga	Thurs	July 10-Aug. 28	9:35-10:20 AM	7	\$70	\$56
Summer Moderate Hatha Yoga NEW	Thurs	July 10-Aug. 14	10:30-11:30 AM	6	\$66	\$54
Chair & Standing Yoga	Thurs	July 10-Aug. 28	10:30-11:15 AM	8	\$80	\$64

Virtual (Zoom) Fitness & Yoga Descriptions

Virtual: Fit Bones Plus

Exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus on standing balance and building strength. Instructor Kelly Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss. You will need an exercise band for this class. No class July 1.

Virtual: Fit Bones

Gentle chair exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus will be on increasing range of motion and maintaining strength. Instructor Kelly Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss. You will need an exercise band for this class.

Virtual: Building Strength Lower Body

Exercises to help strengthen the leg muscles, as well as the gluteals and lower back muscles. A mat is needed as some exercises will be done on the floor. Hand weights may occasionally be used. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Kelly Offer. No class July 1.

Virtual: Building Strength Core

The target zone for this class is the core, working on the abdominal and back muscles. A mat is required for this class as most exercises are done on the floor. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Kelly Offer.

Virtual: Building Strength Upper Body

Arms, chest and shoulder muscles are

put to work in this class. Hand weights are used. If you don't have weights, water bottles or soup cans work. Each class includes a warm-up and cool-down/stretch period. Intermediate level class, however, options for different fitness levels demonstrated. Instructor: Kelly Offer.

Virtual: Moderate Hatha Yoga

Hatha Yoga done with a varied combination of standing, hands and knees, seated on floor and lying on front and back, ending with a short relaxation practice. Yoga mat or running shoes for stability. Instructor: Michelle Vandenburg. No class April 18.

Virtual: Yoga and Movement for Healthy Joints & Muscles

This class combines yoga and other movements for the focus and benefit of keeping mobility and strength. We will sit on the chair to begin followed by some standing movements. Instructor: Michelle Vandenburg. No class April 18.

Fitness Class General Information

- It is recommended that you consult your health care professionals prior to the start of any activity.
- Avoid wearing scents to class.
- Bring indoor running shoes & water.
- All equipment supplied, except yoga mats.
- If you miss a scheduled class, we are unable to allow make ups.
- Please see the Township of Centre Wellington refund policy on page 6.
- See course descriptions for instructors, cancellation dates and other information regarding whether a class is appropriate for you.
- Our fitness instructors make every effort to modify exercises to suit individual needs. However, please find a class suitable for your physical ability rather than simply a convenient time.

Fitness and Dance Descriptions (In-Person)

All Around Fitness NEW

An invigorating full body fitness class that gets your heart rate up for 20 minutes and spends time strengthening all major muscle groups, uses a variety of equipment and no class is the same. We end the class with a full body stretch to feel rested and restored for the rest of the day. Good for both the beginner and intermediate fitness levels, as you can scale everything to your own needs. All done standing or seated. No floor work. Instructor: Jennifer Wilson. No class July 1.

Barre Strong

This is a low-impact, strength, flexibility, balance and core conditioning work out that combines elements of pilates, yoga and small isolated strength movements to build total body muscle definition, increase flexibility, and improve posture and core strength. Barre Strong has an upbeat flow providing cardiovascular benefits as well. Moderate to advanced level and includes floor work. Instructor: Angie Reid. No class April 18, August 1, August 8.

Building on the Basics

This class uses a variety of exercises and equipment to help build overall strength, and stability with a focus on core centered exercise zeroing in on the back and abdomen. Moderate level class designed to bridge the transition from beginner to intermediate levels. Each class includes a warm-up and a cool-down/stretch period. There will be floor work with modifications available. Instructor: Angie Reid.

Core Circuit

Participants will rotate through a combination of stations, alternating core focused low impact cardio movements, weight training exercises and rest periods designed to increase full body muscular strength and stability. A mix of equipment will be used. Moderate to advanced

levels. Modifications available. Must be able to get down on floor. Instructor: Angie Reid.

Dance Choreography for Fun for Seniors

Have a great time learning gentle and enjoyable dance sequences tailored for seniors. Each class we will warm up, explore a new music genre, and keep moving with an array of dance styles. Meet like-minded individuals in a welcoming environment. No dance experience needed. Instructor: Norah Wardell. Wear indoor running shoes or dance shoes.

Dance + for Fun for Seniors NEW

Challenge yourself in this routine choreography class! Each week we will warm up, strengthen technique, breakdown dance moves with detail, and learn. Instructor: Norah Wardell. Wear indoor running shoes or dance shoes.

Essentrics

Essentrics is a dynamic, gentle, full-body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. Perfect for all ages, this program will increase your mobility, flexibility and overall strength while relieving aches and pains. With a diverse music playlist accompanying each routine, this low-impact workout leaves you feeling energized. No floor work (with the option to sit for upper body exercises). Bring a thin yoga mat to class. Instructor: Karen Murtagh. No class April 21, May 19, May 22, June 30, August 4.

Fun Fitness: Move Strong

This moderate, low-impact cardio and weights class is designed to keep you strong, mobile, and energized, while making movement fun! Each session focuses on connecting with your body through enjoyable exercises that build balance, strength, and flexibility - without any floor work. By bringing awareness to how your body moves, you'll leave class feeling confident and ready to live fully and independently. Every workout supports not just fitness but finding joy

in moving to enhance your everyday life. Instructor: Aimee Young. No class April 21, May 19, August 4.

Low Impact Cardio and Muscle

An intermediate to advanced level, moderate to high intensity class for those with good mobility. Approximately 20 minutes cardio, 15 minutes of muscle and a stretch at the end. Instructor: Angie Reid. No class April 18, August 1, August 6 or August 8.

Mood Walks NEW

Walking groups provide people with the opportunity to connect with others, feel supported and explore their environment. Join Laura McDonald from CMHA Waterloo Wellington on weekly Mood Walks and improve your mental and physical wellness! Walks will take place from Victoria Park Seniors Centre and will use the track and surrounding neighbourhood. A new topic will be focused on each week, including mindfulness, the importance of hobbies, optimism, and kindness. No cost but please pre-register. No walk on May 19.

Movement for Healthy Joints & Muscles

Enjoy gentle warm-ups to lubricate your joints and maintain range of motion as well as some stretching to improve circulation and reduce stiffness. We will add movement to build strength in the muscles using light weights (optional). Full body benefits every week including balance practice and brain teasers. Exercises are drawn from yoga and other movement systems. All are done seated on a chair or standing (no floor work). Bring a thin yoga mat. Optional: yoga block and strap (or a scarf or tie) if you have them or borrow from the Centre. Instructor: Karen Murtagh. No class May 20, July 1.

Osteo Fit

Physical activity plays an essential role in the treatment of Osteoporosis by stimulating our bones to maintain structure and strength. When treating Osteoarthritis, it is important to ensure proper alignment of joints. Four types of exercise are necessary

in the management of osteoporosis and osteoarthritis: strength, posture and core stability, balance and weight bearing. Improving strength, balance and posture reduces the risk of falling. Instructor: Jane Gage, Reg. Kinesiologist. No class April 21, May 19, May 21, June 23, August 4.

Pilates: Gentle

This class is designed for those looking to keep mobile and work at a slower pace to improve everyday function. Whether you are post surgery, recovering from an injury or wanting a gentler movement experience, by the end of this class, you should be able to use your core muscles more effectively, improve balance, muscle tone and strength and improve posture. Each class has gentle standing exercises, floor or chair-based Pilates exercises and relaxation. Class suitable for all ages and levels. Mats and props supplied. No previous experience needed. Instructor Kelly Offer is a Registered Massage Therapist and certified Pilates Instructor who specializes in pain relief and injury recovery through movement. No class April 21, or August 4.

Pilates: Mixed Level

Progressing some of the beginner exercises and reinforcing the fundamental moves for a full body conditioning class. See improvements in core strength, mobility, and flexibility. No previous experience required. Equipment supplied. Instructor: Kelly Offer.

Recreational Belly Dance

This is a weekly drop-in activity group. Learn basic moves and easy choreography. Great for strengthening your core. Wear something comfortable to dance in (leggings, yoga pants) and ballet type shoes. Beginners welcome. Please pre-register if interested.

Strength Training

An intermediate level class for those wishing to increase strength, balance and flexibility. All equipment supplied. Participants should be able to get up and down from the floor. Instructor: Angie Reid. No class August 5 or August 7.

SENIORS

Strength Training: Beginner

A beginner strength training work out with a focus on total body strength and an emphasis on improving balance, stability and flexibility. No floor work and a chair may be used for added support. Instructor: Angie Reid. No class August 7.

Strength Training & Core NEW

This revitalizing fitness class is designed for anyone who wants to stay strong, balanced, and energized. This strength-focused session combines resistance training and core exercises tailored to all fitness levels. Learn safe and effective movements to improve muscle tone, posture, and stability - all crucial for maintaining independence and reducing risk of falls. Whether you're new to strength training or looking to enhance your routine, this class provides modifications and guidance to meet your needs. Let's build strength, stability, and resilience together. Instructor: Charlene Sedgewick. No class April 21, May 19 or August 4.

Total Body Fitness: Feel Safe, Get Stronger

Looking for a workout that helps you build strength and endurance while feeling safe and supported? This class is designed to meet you where you are, working with your body and nervous system to help you move confidently. Through mindful, full-body exercises and breath tools, you'll improve your core stability, balance, and resilience, all without pushing beyond your limits. Discover how to find strength from within, reduce stress, and leave each session feeling empowered and ready to take on whatever comes next. Instructor: Aimee Young. No class April 18.

Urban Poles Fun & Fitness NEW

Bring your Urban/Activator Poles to class as we exercise (in chairs) to the beat with our poles for 30 minutes followed by 15 minutes of walking the track outside. Instructed, encouraged and motivated by Certified Urban Pole Walking Instructor: Nancy Revie. Evidence based research

proves Urban/Activator Pole Walking improves gait, balance, posture and core strength while inspiring active living. Also improves confidence in walking and participating in activities of daily living. Bring your poles (or borrow from VPSC); water, wear comfortable clothes and walking shoes.

Urban Pole Walking Workshop

Join in this two hour workshop to help you build a regular walking routine into your life. Learn proper techniques for breathing, posture and balance and properly adjusting your poles to get the most benefit. Join certified Urban Poling/ Nordic Walking instructor Nancy Revie for this session which is a combination of classroom and hands on field instruction using the poles. Handouts included. Come dressed for the weather. Workshop offered free of charge with grant funding but please pre-register as space is limited. Let us know when you register if you need to borrow poles.

Urban Pole Walking Refresher

This one-hour workshop is for those who have taken an Urban Pole Walking workshop. Join certified Urban Poling/ Nordic Walking instructor Nancy Revie as she reminds us of all the benefits of Urban Pole Walking and how to get the most benefit from using your poles to continue to enjoy active living. There is a brief classroom instruction review before we head outside. Come dressed for the weather. Workshop offered free with grant funding but pre-register as space is limited. Let us know if you need to borrow poles.

Zumba Gold NEW TIME

Join us for a dance party with great music and friends while focusing on balance, cardiovascular endurance, range of motion and coordination with moderate to high intensity. No dance experience required. Wear running shoes. Instructor: Sarah Gray. No classes April 21, July 1 or August 4.

Zumba Gold-Toning NEW TIME

A combination of strength training and

dance that improves your mobility, balance, and strength all while have a blast using lightweight toning sticks (provided). Enhance your rhythm while toning arms, abs, glutes, and thighs. Wear running shoes. Instructor: Sarah Gray. No classes April 21, July 1, July 24 or August 4.

Yoga, Tai Chi, Meditation Descriptions (In-Person)

Chair & Standing Yoga NEW TIME

Chair yoga is a functional yet gentle movement with flow and grace that will take us from sitting and standing. For strength and balance, the chair is there to support us. This is an experience of movement used in our everyday lives that is fun and forgotten as exercise. This is a beautiful way to start your morning and all you need is comfortable attire, supportive footwear and a yoga mat. Instructor: Michelle Vandenburg.

Deepening Meditation

This 12-week series will use the book Full Simplicity: The Art of Renunciation and Letting Go by Kim Allen. Renunciation is not a popular concept in western, consumer culture. But in core meditation teachings it is associated with ease, harmony, and wisdom. This series will give you important tools to explore what "letting go" means and how to deepen your practice and daily life. Each class will include teaching, guided meditation, and group sharing. This book study and meditation class is best for meditation students with some experience. You do not have to purchase the book to participate although it will be helpful. Chairs available for sitting. Instructor: Jill Davey. NOTE: If you have questions, you are welcome to contact the instructor prior to registration at: jjildavey@gmail.com.

Hatha Flow Yoga NEW TIME

A gentle practice that focuses on postures and breath work which is great

for beginners. We will start and end on the mat, move through some postures gently strengthening and stretching our bodies, followed by a guided meditation. A combination of standing, hands and knees, seated and lying on the floor. Bring a yoga mat, 2 blocks and a blanket or sweater. Mats and blocks can be provided if needed. Instructor: Sarah Gray. Note new Wednesday class. No class July 24.

Moderate Slow Yoga

Moving with intention to stretch, build strength and self-awareness through Hatha Yoga. Moderate means you have yoga experience and slow means our movements are not rushed. We incorporate standing, hands and knees and floor postures. Bring a yoga mat, blocks if you have them and a light blanket. Tuesday Instructor: Grace Rosewarne. No class July 1 and August 5. Wednesday Instructor: Tania Seagrove.

Standing & Seated Hatha Yoga

Hatha Yoga is a purifying and grounding practice that nourishes us on all levels that can be enjoyed without getting on the floor. Develop your strength and flexibility while doing warm-ups and postures standing with the use of your chair for support and then while sitting on the chair. Bring a thin yoga mat and one yoga block if you have one. Monday and Wednesday Instructor: Karen Murtagh. No class April 21, May 19, June 30, August 4. Friday. Instructor: Jane Finoro. No class April 18.

Summer Moderate Hatha Yoga NEW

An all-levels class with movement and variation options to challenge yourself when you want to. Warm-ups are done seated and then we stand for strength and stretching poses before coming to the floor again. We incorporate hands and knees postures as well as both floor prone and supine ones. Giving yourself this time to share a practice is a wonderful act of self-care. Stretch, build strength, relax and just feel better. Bring a yoga mat and 2 yoga blocks (or borrow from VPSC). Instructor: Karen Murtagh.

Tai Chi Level 1

This slow-moving, meditative and gentle exercise helps restore and maintain fitness and flexibility. This non-strenuous introductory class is suitable for all ages and fitness levels. Instructor: Christina Graf.

Tai Chi Level 2

Continue to expand upon your Tai Chi knowledge. This level is suitable for those who have taken Level 1 or previously studied Tai Chi. Instructor: Christina Graf.

Vinyasa Flow Yoga NEW

In this style of vinyasa yoga, we will move through a series of postures that come together in a perfectly choreographed sequence to a song. Vinyasa Flow incorporates yoga postures in creative and exciting ways to build strength, balance and mobility while linking graceful movement with uplifting music. Bring a yoga mat. Instructor: Charlene Sedgewick. No class April 21, May 19 or August 4.

Yoga for Beginners Workshop

Discover the benefits of yoga in this gentle and welcoming 2 class workshop designed for beginners. Whether you're looking to improve flexibility, enhance strength or find relaxation, this workshop will guide you through detailed alignment of foundational poses along with variations and the use of props. No prior yoga experience needed. Workshop is also perfect for those who have some yoga experience and want a deeper understanding of the practice. Just bring a yoga mat and an open mind. Modifications will be given for seated options. Instructor: Charlene Sedgewick.

Yoga with Jane

Practice a variety of basic postures and breathing techniques to improve awareness, flexibility, strength, and balance. Students are encouraged to respect their level of ability and explore and modify postures with care. Each class ends with a guided meditation to promote deep relaxation. Bring a yoga mat and something to keep cozy

during relaxation. Instructor Jane Finoro is a certified yoga instructor, trained in traditional practice. No class Mondays: April 21, May 19, Friday: April 18.

Computers & Technology

Technology Help

Having problems with a piece of electronics such as iPad, Tablet, Windows laptop, Smartphone or iPhone, another device or computer program? Questions about Windows 11? Bring it to the Seniors Centre to get answers to your questions or help setting up an item. Classes are one-on-one with the instructor allowing you to focus on your specific needs. Instructor: Frank Irvine, will contact you prior to your appointment. Book your one-hour appointment time:

\$29 (\$25 Members)

10:00 am or 11:00 am

*Tuesday, April 29, Tuesday, May 27,
Tuesday, June 24, Tuesday, July 29,
Tuesday, August 26*

Special Interest (In Person)



Refer to the Drop-in Activity section for a list of activity groups offered in addition to the following courses:

Minds in Motion

Minds in Motion® is a unique opportunity for persons living with dementia and their care partner to attend a weekly program together, with benefits for all. Each class held at Victoria Park Seniors Centre begins with some gentle group exercise followed by an engaging and stimulating social recreation program. Laughter and new friendships are often a result as participants exercise both their bodies and mind. Start anytime. To register, contact the Alzheimer Society 519.742.1422.

Thursdays, 1:30 pm to 3:30 pm

SENIORS

Spring Planter Workshop

Come design a spring planter with Emily from Mapleton Acres. Featuring spring bulbs, pussy willows and more, you'll design a table-top planter that will help those winter blues fade away. All materials provided.

\$69 (\$59 Members)

10:00 am to 11:30 am

Thursday, March 27

French Course V

We will continue with the same textbook and follow on from French Course IV. Apart from broadening our knowledge of vocabulary, we will also be able to use the near, future for example: "I am going to see you next week". Furthermore, we will learn the near past: "He has just arrived" and the past tense. This will give us much greater flexibility in our speech. Instructor: Elisabeth Bzikot. No class April 18.

\$104 (\$89 Members)

Fridays, 10:00 am to 11:00 am

April 11 to June 20, 10 classes

French Course III

French Course III is a continuation of French II. We will be using the same textbook, Basic French. In particular, we will learn more verbs and everyday expressions with them. This will enable you to speak more fluently in an everyday setting. e.g. 'My grandson is ten years old,' or 'It is very cold today.' Emphasis in class will be on speaking, answering and asking questions, using the newly acquired information. Instructor: Elisabeth Bzikot. No class April 18.

\$104 (\$89 Members)

Fridays, 12:30 pm to 1:30 pm

April 11 to June 20, 10 classes

French Course IV

French Course IV is a continuation of French III. We will be using the same textbook and will enable us to improve our vocabulary and improve our speech, adding nuances to our expressions such as: "I want to come but I cannot stay long". We will also be able to address

the near future and the near past, which will give us much more flexibility in our speech. Instructor: Elisabeth Bzikot.

\$104 (\$89 Members)

Fridays, 10:00 am to 11:00 am

June 27 to August 29, 10 classes

French for Beginners for those Wishing to Travel

This course is for those who wish you were able to converse in a French speaking environment. This will enable you to use everyday phrases we automatically say, but in French (such as: how are you, goodbye, I'm sorry). It will also help with short conversations such as ordering food in restaurants, shopping or asking for directions. Join us if you are interested in broadening your knowledge of this language. Workbook purchased from instructor at first class for approx. \$22. Instructor: Elisabeth Bzikot. No class April 18.

\$104 (\$89 Members)

Fridays, 12:30 pm to 1:30 pm

June 27 to August 29, 10 classes

Design an Orchid/Topical Planter

Did you know an orchid's flower can last upwards of 10 weeks? Join Emily from Mapleton Acres as you design your own Orchid/Tropical planter. Each participant will select an orchid plant and other tropical/blooming plants to create a showstopping living arrangement.

\$69 (\$59 Members)

10:00 am to 11:00 am

Monday, April 14

Card Making Workshop

Enjoy a fun, hands-on card-making workshop. Create 4 personalized greeting cards and learn other crafty ideas. Bring scissors, glue stick and a \$10 supply fee to class. Instructor: Carole Jansen.

\$5 (\$3 Members)

1:30 pm to 3:30 pm

Thursday, April 17 &/or Thursday, July 24

Plant Powered Nutrition Workshop

Plant-based eating made simple and delicious. Join Lauren, a Registered

Dietitian, for this workshop to dive deeper into understanding the powerful nutrients found in plants and the many benefits of incorporating more plant-based foods into your weekly meals. We will: work through the core nutrients needed in a plant-based meal, identify meals in your personal eating patterns that could incorporate more plant-based options, and explore simple and delicious recipes to take away - all without sacrificing flavour or convenience.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, April 22

Pastels Painting

Explore using soft (chalk) pastel to develop your painter's eye and creative skills. Subject matter will include photo images as well as still life objects. Students may also work from personal images if desired. This class is suitable for those new to using pastels. Having previous painting experience would be helpful but not necessary. A supply list will be available upon registration. Instructor: Jane Finoro.

\$96 (\$84 Members)

Fridays, 1:00 pm to 3:00 pm

April 25 to May 30, 6 classes

Cultivating Calm: Cortisol Reset

Feel like you are stuck in a cycle of feeling tired and stressed? Experiencing weight changes, sleep issues, low mood, chronic fatigue, low energy, or more emotional than usual? Cortisol, your stress hormone, could be out of balance. Reducing cortisol levels naturally and efficiently involves lifestyle adjustments and strategies that target stress, sleep, diet, and relaxation. Get ready to reset your body, lower stress levels, and boost energy naturally. Learn tips to naturally and gently detox your body and easy to implement tips for prioritizing sleep. Learn how to eat to thrive, also movements and mindfulness steps to reduce stress and support your hormones. Instructor: Angie Reid.

\$29 (\$23 Members)

9:00 am to 11:00 am*Monday, April 28***Mother's Day Centrepiece**

Spring has the best flowers: tulips, peonies, ranunculus and anemones! Join this workshop where you'll design a colourful spring arrangement in a glass vase featuring the best Ontario-grown spring flowers. Emily from Mapleton Acres will guide you through designing your arrangement and will share her best flower tricks to make sure your arrangement lasts as long as possible.

\$69 (\$59 Members)**10:00 am to 11:00 am***Thursday, May 8***Holistic Hip Health: Restore Ease of Motion**

Tight hips can lead to discomfort, limited mobility, and even chronic pain over time. It can also impact posture, lower back health, and overall movement patterns. This workshop is designed to help you release hip tension, improve flexibility, and restore balance to the body. Learn why hip mobility is crucial for overall health, from reducing pain and stiffness to enhancing circulation and posture. Workshop includes physio-inspired exercises and mindfulness practices you can incorporate into your daily routine to strengthen and release key hip muscles while promoting long-term relief and a newfound sense of freedom and mobility. Will include floor work. Instructor: Angie Reid.

\$29 (\$23 Members)**10:30 am to 12:30 pm***Thursday, May 22***Gut Check**

Nourishing the microbiome within. Join Lauren, a Registered Dietitian, for this workshop to explore what our microbiome is and how it impacts our health and wellbeing. We will: identify common foods that support the growth and introduction of healthy bacteria into your "gut", identify meals in your personal eating patterns that could incorporate more of these health-promoting foods,

and explore simple and delicious recipes and products to take away.

\$29 (\$23 Members)**10:00 am to 11:00 am***Tuesday, May 27***Foam Art "Make & Take" Workshop**

This workshop is for anyone looking to have some fun while creating beautiful artwork. It is a creative adventure into the world of abstract art using paint, foam and your imagination. This workshop is for everyone – even those who believe they "do not have a creative bone in their body". It is also for those who are creative and want to explore something new. See sample at VPSC. Instructor: Jenny Kuspira. Two workshop dates to choose from.

\$45 (\$36 Members)**10:00 am to 12:00 pm***Thursday, May 29 &/or Thursday, July 31***Windowsill Herb Garden**

Did you know herbs love to grow in your kitchen window? No need to have them outside in the garden or on the patio. Plus, you can cook with them all summer long. Join Emily from Mapleton Acres Flower Farm as we create your very own windowsill herb garden. Select from the mix of standard herbs (picking the ones you'll use the most) and pot them into the perfect herb garden for your kitchen.

\$59 (\$69 Members)**10:00 am to 11:00 am***Thursday, June 5***Beginner Rug Hooking**

If you are looking for a new and very relaxing hobby, try rug hooking. This traditional craft has recently gained popularity. In this introductory course, learn how to pull loops to hook the design and how to finish your piece. No skill or experience required. Bring a pair of small scissors. Kit available from instructor at first class for \$50. Hoops and hooks also available for purchase. Instructor Pat Rivett-Kitras is an experienced rug hooker, a member of the Ontario Hooking Craft Guild and

is an accredited OHCG Rug Hooking Instructor.

\$80 (\$70 Members)**Thursdays, 1:00 pm to 3:00 pm***June 5 to June 12, 2 classes***Broche Making**

Make wearable art! Create your own set of beautiful broches in textile art materials. All materials included in class fee. Local Fibre Artist Pat Rivett-Kitras will lead you through a variety of techniques during this creative workshop. Bring a pair of small scissors and sewing needles.

\$80 (\$70 Members)**9:00 am to 12:00 pm***Thursday, June 19***Personalizing Protein for You**

Simple ways to optimize your protein intake. Join Lauren, a Registered Dietitian, for this workshop to explore the importance of protein, particularly for older adults, and its impact on muscle function, metabolism, satiety and blood sugars. We will: explore a variety of ways to meet your individual protein needs with plant-based and animal sources, estimate how much protein you might already be getting and why you might be getting more than you think, and explore simple and delicious recipes to include in your meals.

\$29 (\$23 Members)**10:00 am to 11:00 am***Tuesday, June 17***Summer Weekly Musical Afternoon**

Join us if you love to sing or play an instrument. Looking for guitar players, ukulele, banjo, etc. and singers. Includes classic country music songs. Drop-in.

Mondays at 1:00 pm*Begins: Monday, July 7***Horseshoes**

All equipment supplied. Played outside in Victoria Park. A great form of gentle exercise and fun for all. Led by volunteer instructor: Al Soligo.

\$16 (\$8 Members)**Tuesdays, 10:00 am to 11:30 am***July 8 to August 26, 8 weeks*

SENIORS

Bocce

Join in this classic Italian game, which is another form of lawn bowling. All equipment supplied. Played outside in Victoria Park. A great form of gentle exercise and fun for all. Led by volunteer instructor: Al Soligo.

\$16 (\$8 Members)

Wednesdays, 10:00 am to 11:30 am
July 9 to August 27, 8 weeks

All Things Fibre

Creative and delicious ways to boost this nutritional powerhouse in your diet. Join Lauren, a Registered Dietitian, for this workshop on the many health benefits of power-packed fibre! We will: explore the types of fibre and the impact it has on your "gut", metabolism and overall health, guidelines on how much fibre you need in your diet and how to add more. We will also explore a variety of recipes and foods that can help you get more fibre in a delicious, simple and cost-effective way.

\$29 (\$23 Members)

10:00 am to 11:00 am
Thursday, July 10

Fabric Bowl

Make a beautiful fabric/fibre bowl to hold your trinkets. Local Fibre Artist, Pat Rivett-Kitras will lead you through the skills and techniques required. Bring a sewing needle and scissors. All materials included in class fee.

\$70 (\$60 Members)

1:00 pm to 3:00 pm
Thursday, July 17

Seminars



Please pre-register for all seminars listed below, both virtual and in-person seminars. Most seminars are in-person, unless specifically listed as virtual. By donation at the door for in-person seminars. If attending a virtual seminar, the Zoom link will be provided.

How to Register Online for VPSC's Programs (In-Person)

Avoid line-ups on registration day and

learn how to sign up for programs, special events and bus trips online without leaving the comfort of your own home. Bring your own personal device (laptop, tablet, iPad, smartphone) and ensure you have your email account that you can access on the Internet. No charge.

Monday, March 17 at 3:00 pm
-or- Monday, August 18 at 3:00 pm

10 Tips on Being an Executor (In-Person)

Debbie Stanley, Certified Executor Advisor, ETP Canada, will be sharing ten tips and strategies to help manage the realities of being an estate executor. In her years of experience in helping families, being more prepared can help make this challenging time easier. Debbie's ten tips for being an executor teaches how to reduce stress and save money in making your time with your lawyer, financial advisor, and accountant more efficient when dealing with the estate's administration.

Wednesday, March 19 at 10:30 am

Virtual: Vascular Dementia

Vascular dementia (VaD) is considered the second most common type of dementia. Learn about the different types, and how you can reduce your risk. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, March 27 at 10:30 am

Wills, Powers of Attorneys and Living Wills (In-Person)

Excellent opportunity to have your questions answered by a lawyer who drafts testamentary documents and administers estates. This participation-oriented seminar will focus on Wills, Powers of Attorney and Living Wills. Discuss strategies to minimize Estate Administration Tax (more commonly referred to as Probate Fees) and basic components of sound Estate Planning. Your questions are encouraged throughout. Presented by Nate Martin, a partner with SV Law in Elora.

Wednesday, April 23 at 11:00 am

Being Prepared (In-Person)

Advance Care Planning and Getting Your Documents Together. This workshop will help guide you and your family as you prepare for those "just in case" moments. From having conversations with your family and friends to getting your documents together. This is an opportunity to ask questions that you may have thought of but didn't know who to ask. Presented by Hospice Wellington.

Thursday, April 24 at 10:00 am

Virtual: Lewy Body Dementia

Lewy Body Dementia (LBD) is more common than formerly thought. This session will explore how LBD is related to Parkinson's disease, common signs and symptoms, and the most current interventions to help minimize the impact of this type of dementia. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, April 24 at 10:30 am

Senior Rightsizing: Downsizing (In-Person)

Are you contemplating the big move? Are you thinking of downsizing and/or moving to a smaller residence? There are so many things to consider when dealing with a lifetime of possessions and memories. Planning ahead is of utmost importance. Learn how to make your transition go smoothly and be less stressful. Presented by Cathy Mendler, A New Leaf Organizers.

Monday, April 28 at 1:00 pm

Navigating Life as a Senior (In-Person)

Life has its ups and downs and often doesn't go as planned. Have you retired? Do you plan to age in place or contemplate a big move? Are you a caregiver for an aging parent and/or grandchildren? Join us at this interactive workshop for some stress-reducing tips. Explore mindfulness and other actions you can take to achieve a good life balance. Presented by Cathy Mendler, A New Leaf Organizers.

Tuesday, May 13 at 10:00 am

Caregiving and Wellness (In-Person)

This workshop is designed to help caregivers recognize and prevent caregiver fatigue. We will explore ideas and strategies to promote every-day wellness. This is an opportunity to learn in a setting with others who are also caregivers. Presented by Hospice Wellington.

Thursday, May 15 at 10:00 am

Bells are Ringing (In-Person)

Take a walk down memory lane as we explore the local history and changing traditions of weddings and marriage. Presented by The Wellington County Museum & Archives.

Wednesday, May 21 at 10:00 am

Young Onset Dementia (In-Person)

Dementia that affects a person before age 65 is called Young Onset. Please join us for a discussion of young-onset dementia, coping tips for families, and resources to access. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, May 22 at 10:30 am

5 Levels of Retirement Living (In-Person)

Do you know there are 5 levels of retirement living? Which is best for you and your loved ones? We will discuss these 5 levels so that when it is time in your retirement journey you know what is best for you. Presented by Marjorie Wood, Retirement Living. Consultant, AgeCare Elmira Estate.

Wednesday, May 28 at 10:00 am

Hearing Screening Clinic (In-Person)

Canadian Hearing Services (formerly Canadian Hearing Society) presents 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. Book your 30-minute appointment by calling the Seniors Centre. No charge.

Thursday, June 5

Bone Health 101 (In-Person)

Did you know at least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their life? Learn how to reduce your risk of fracture. This presentation will include what osteoporosis is, the risk of fracturing a bone, maintaining healthy bones, impact of nutrition and physical activity and falls prevention. Presented by Osteoporosis Canada.

Monday, June 16 at 1:00pm

Fabulous 50s and Sensational 60s (In-Person)

Have a groovy time as we look back at some of our favourite fashions, trends, and music of the 50s and 60s. Presented by The Wellington County Museum & Archives.

Wednesday, June 18 at 10:00 am

Navigating Your Supports (In-Person)

This workshop will help you understand who does what when it comes to offering care in the community. It will help you identify who your supports are, how to advocate for yourself or the person you are caring for, and give you tools to map out these support systems in a clear way. Presented by Hospice Wellington.

Thursday, June 19 at 10:00 am

Organizing 101 (In-Person)

Getting organized is less about getting rid of things and more about knowing which belongings really serve a purpose in your life. Have you tried to declutter and get organized and ended up with a worse mess? Don't know where to start? Are you overwhelmed? Learn some practical tips and tricks. Don't wait until you're about to move to get organized. Presented by Cathy Mendler, A New Leaf Organizers.

Monday, June 23 at 10:00 am

Frauds & Scams (In-Person)

Crime Stoppers Guelph Wellington (CSGW) have partnered with Victim Services Wellington and Wellington County OPP for this presentation, designed to help victims of this crime, reduce the chance of being targeted and increase awareness of fraud in the County of Wellington. Find out what

scams are happening, how talking about fraud stops the crime, how reporting fraud protects us all and supports available to victims. Presented by Sarah Bowers-Peter, CSGW and Elizabeth Kent, Victim Services Wellington.

Wednesday, June 25 at 11:00 am

Frontotemporal Dementia (In-Person)

Frontotemporal dementia (FTD) is a form of dementia that affects people's language, thinking, and behaviour often before their memory. Find out about FTD and discover the best methods to communicate and interact with a person living with this type of dementia. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, June 26 at 10:30 am

Parkinson's & Dementia (In-Person)

This talk will focus on Parkinson's disease dementia and its relationship to Lewy Body Dementia (LBD). We will compare Parkinson's and LBD and consider some ideas to live well with a variety of symptoms. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, July 24 at 10:30 am

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

Special Events

Spring Swing

Dance to great live music performed by The Greytones held at the Elora Legion, (110 Metcalfe St.). All welcome. Dance the night away to the music of Elvis, Roy Orbison, Ricky Nelson, Garth Brooks, Patsy Cline and other country and pop artists from the 50's, 60's, 70's. Cash bar. All proceeds go to Victoria Park Seniors Centre. Tickets available at Victoria Park Seniors Centre. Cash only. Tickets also available at the door.

Friday, April 4

7:00 pm to 11:00 pm

Tickets: \$15 cash

New Member Talk and Tours

Discover new activities and opportunities at Victoria Park Seniors Centre to make the most of your retirement years.

Meet other new members, volunteers, and staff. Take a tour and learn about programs and services available to you. Sessions held monthly at 10:00 am. See dates below or contact VPSC to schedule a one-on-one tour anytime. No charge. Pre-register.

April 14, May 12 or June 16

Wednesday Lunches

Join us for lunch at VPSC. Wednesdays at 12:00 pm. Stay and enjoy the monthly afternoon musical program (on some dates) beginning at 1:30 pm. Refer to the monthly calendar for menus. \$14 members or \$15 non-members (non-refundable). Take-out option is available. Pre-registration required by the Friday prior. Thanks to the VPSC. Program Committee for organizing these lunches. (Lunches are subject to change). See dates below.

March 26 Lunch

April 16 Easter Lunch & Musical Program

April 30 Lunch

May 14 BBQ Lunch & Musical Program

May 28 BBQ Lunch

June 11 Lunch

July 9 BBQ Lunch

August 27 Lunch

Monthly Musical Afternoon Programs

Join us for special monthly musical afternoons with VPSC's Music Groups. These talented groups include a choir, ukuleles, guitars, drums and many other instruments. Join us for lunch and stay for the musical entertainment afterwards. By donation at the door for VPSC. Musical programs begin at 1:30 pm.

Wednesday, April 16 – Easter Program

Wednesday, May 14

Seniors' Month Celebration

Join us in the celebration of June is Seniors' Month with 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 the door for VPSC.

Monday, June 2 at 1:30 pm

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 we can make sure everyone receives a prize.

Monday, June 9 at 9:30 am

Strawberry Social

Celebrate June is Seniors' Month. Join in a fun afternoon of toe-tapping music with the Centre's talented guitar band: The Country Classics. Enjoy fresh Ontario strawberries with shortcake and ice cream after the show.

Thursday, June 26 at 1:30 pm

\$8 for everyone

Peach Social

Celebrate peach season with Victoria Park Seniors Centre. Join in a fun afternoon of toetapping music. Enjoy a homemade peach dessert after the entertainment.

Thursday, August 14 at 1:30 pm

\$8 for everyone

Other Information

WANTED: Your Ideas

- Do you have an idea for a new drop-in activity?
- Are you interested in taking a course, seminar, or workshop you don't see offered?
- Do you have a skill you would like to teach others? Contact VPSC.

New Programs

From time to time, we add new programs or bus trips that are not included in this Guide. Refer to the monthly calendar for new programs offered or the monthly email blast.

Errors

While precautions are taken to ensure correct information, sometimes mistakes are made. If an error occurs in this publication, the computer registration system will be taken as the correct information.

Cancellations

All classes are subject to cancellation with insufficient registration. If cancelled due to low enrolment, you will receive a full refund, or you can transfer to another class. Early registration is recommended to avoid cancellations. If a class is cancelled for any reason, we will contact all participants by phone or email to notify of the cancellation.

Refund Policies

Please see page 6 in this Guide for the refund policies or online: centrewellington.ca/seniorscentre.

Online Registration Reminder

If you are registering online, remember to renew or purchase your VPSC membership (if required) prior to registering for any courses to obtain the member discount.