

VICTORIA PARK SENIORS CENTRE

Spring & Summer 2026

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 17, 2026 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 physical activity and social interaction. Victoria Park Seniors Centre provides a wide range of social, recreational, educational, wellness and volunteer opportunities for older adults. 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 90+ 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.

Closure Dates

April 3 - Good Friday | April 6 - Easter Monday | May 18 - Victoria Day | July 1 - Canada Day | August 3 - Civic Holiday

June is Seniors' Month

Seniors' Month takes place every year in June across Ontario. It is 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 at VPSC. Please pre-register

For more information on these events, refer to the Special Events and Fitness Sections in this Guide.

June 8 Mystery Card Walk at 10:30 am

June 8 Seniors' Month Celebration (with entertainment & refreshments) at 1:30 pm

June 15 New Members' Talk & Tour at 10:00 am

June 16 & 30 Urban Pole Walking Workshops at 10:00 am

June 25 Strawberry Social at 1:30 pm

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 20, May 11 or June 15 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 9:00 am. All members are welcome to attend. Interested in joining the Board? Positions available beginning January 2027 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.

• Arts & Crafts Group

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.

• Bingo

Thursdays at 1:00 pm.

• Bocce

Wednesdays at 10:00 am beginning June 3 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 this choir and ukulele band, The Autumn Tones & Red Suspenders, meets Fridays 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).

• 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.

• Pastime Productions Theatre Group

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

SENIORS

- **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 June 2 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.

- **Mah Jong**

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

- **Recreational Belly Dance**

Mondays at 8:40 am to 9:25 am. Please pre-register if interested.

- **Scrabble**

Thursdays at 9:30 am.

- **Shuffleboard**

Tuesdays at 1:00 pm.

- **Summer Weekly Musical Afternoon**

Mondays at 1:00 pm beginning July 13 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**

We are hoping to get this group going. Let us know if you are interested.

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. 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. Note: lunches are subject to change.

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 and to avoid the cancellation fee.

Appointments: Tuesdays

Manual Osteopath Clinic

Welcome to the Manual Osteopathic Clinic, where specialized osteopathic treatment is individualized to improve your overall health and well-being. This 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 a Registered Manual Osteopath Practitioner. \$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. Cash only. Call VPSC to book an appointment.

Appointments: Mondays & Tuesdays

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. Held on the second Wednesday of the month. \$22 cash only.
April 8, May 13, June 10

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 by contacting VPSC.

Thursday, June 4

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.

A Beautiful Noise

We begin the day with a stop at St. Lawrence Market for browsing and to purchase light refreshments or lunch on your own. Then enjoy the Neil Diamond Musical "A Beautiful Noise" at the Princess of Wales Theatre. An uplifting true story of how a kid from Brooklyn became a chartbusting, show-stopping American rock icon with 120 million albums sold, and classics like "America," "Forever in Blue Jeans," and "Sweet Caroline". After the show, enjoy dinner at the Mandarin. Depart 9:15 am, return 8:15 pm.

Wednesday, April 29

\$230 members

\$244 non-member

Stratford: Something Rotten

Enjoy a lunch at the Stratford Country Club, then a stop at the Festival Theatre Gift Shop. Then enjoy a matinee performance of "Something Rotten", a musical comedy about the Bottom brothers, two struggling playwrights in Renaissance London who need a hit. That's easier said than done when your chief competition is local rock star William Shakespeare. The brothers' plan: write the world's first musical! Enjoy a stop on the way home at Wild Hog Country Market to shop for some delicious treats. Departs 10:00 am, return 7:15 pm

Tuesday, May 19

\$225 members

\$239 non-member

Grand River Cruise

Join us as we set sail on a Grand River lunch cruise. Begin your day at The Dockside Café for complimentary refreshments and shopping (unique gifts and baked goods). This tour features live music by the Blazing Fiddles, spectacular sightseeing, and a 3-course lunch. Take in the stellar views from the promenade deck that surrounds the dining area, while listening to informative commentary. Also includes a stop at the Windmill Country Market. Depart 9:30 am, return 5:45 pm.

Wednesday, June 10

\$145 member

\$159 non-member

Muskoka Steamships

Enjoy a visit to Mariposa Market on the way to shop for some delicious treats and gifts, then a delicious lunch at Windermere House. After lunch, board the Wenonah II for a Lake Rosseau cruise. Sail through the Port Carling lock onto Lake Muskoka and tour Millionaires Row, docking at Gravenhurst. Enjoy a stop on the way home at the ONroute for supper on your own. Depart 7:30 am, return 8:30 pm.

Monday, July 20

\$240 members

\$254 non-member

Medieval Times

Come along for a day of medieval fun in Toronto. Experience all the chivalry, rivalry and revelry of medieval times: knights, jousting, dramatic horsemanship, with all the color and action of medieval times including a medieval feast served in a castle-like setting. Also enjoy a shopping stop at Farm Boy and Kettleman's Bagel Shop. Fill your basket with high quality food items. Depart 10:45 am, return 6:00 pm.

Wednesday, August 19

\$145 members

\$159 non-member

A Day in Niagara

Enjoy a fun day in Niagara. See "Niagara Takes Flight" a new spectacular flying theatre ride movie which soars above Niagara's awesome sights. Enjoy lunch at Table Rock Restaurant, overlooking the Horseshoe Falls. After lunch we go on a Journey Behind the Falls tour and then enjoy a boat tour with Niagara City Cruise. We will also stop at Maple Leaf Place to see the world's first indoor sugar bush experience, taste maple delicacies and learn how these sweet treats are made. Depart 7:00 am, return 7:00 pm.

Wednesday, September 2

\$240 members

\$254 non-member

SENIORS

The Christmas Truce and St. Jacob's Tour

We start the day with a guided bus tour through Mennonite Country with a shopping stop in downtown St. Jacob's. Enjoy lunch at The Olde Heidelberg Restaurant Tavern. After lunch, we head to The St. Jacob's Schoolhouse Theatre to see "All Is Calm: The Christmas Truce of 1914", a remarkable true story of peace on earth, told in the words and songs of the men who lived it. After the show,

we will stop at Murphy's Law Distillery for included tastings. Depart 8:00 am, return 7:15 pm.

Friday, November 27

\$205 members

\$219 non-member

Christmas in Niagara

Begin the day with a visit to the Niagara Gateway on the way. Enjoy a stop at the Upper Canada Cheese Company, then onto Queenston Mile Vineyard for wine tasting and charcuterie plate. Tour

the Floral Showcase for the fantastic poinsettia display. Enjoy "Christmas on Ice", a spectacular show featuring a winter wonderland of national championship ice skaters, dancers and singers. Enjoy an included dinner at the Skylon Tower Revolving Dining Room. We end the day with a festive driving tour of Niagara's Festival of Lights. Depart 9:00 am, return: 9:15 pm.

Friday, December 4

\$185 members

\$199 non-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 21-May 12	9:15-9:45 AM	4	\$24	\$16
Fit Bones Plus	Tues	May 26-June 23	9:15-9:45 AM	5	\$30	\$20
Building Strength Lower Body	Tues	April 21-May 12	9:50-10:20 AM	4	\$24	\$16
Building Strength Lower Body	Tues	May 26-June 23	9:50-10:20 AM	5	\$30	\$20
Fit Bones	Wed	April 8-May 20	9:15-9:45 AM	6	\$36	\$24
Fit Bones	Wed	May 27-June 24	9:15-9:45 AM	5	\$30	\$20
Building Strength Core	Wed	April 8-May 20	9:50-10:20 AM	6	\$36	\$24
Building Strength Core	Wed	May 27-June 24	9:50-10:20 AM	5	\$30	\$20
Fit Bones Plus	Thurs	April 9-May 21	9:15-9:45 AM	7	\$42	\$28
Fit Bones Plus	Thurs	May 28-July 2	9:15-9:45 AM	6	\$36	\$24
Building Strength Upper Body	Thurs	April 9-May 21	9:50-10:20 AM	7	\$42	\$28
Building Strength Upper Body	Thurs	May 28-July 2	9:50-10:20 AM	6	\$36	\$24
Moderate Hatha Yoga	Fri	April 10-May 22	9:30-10:15 AM	6	\$48	\$36
Moderate Hatha Yoga	Fri	June 5-July 3	9:30-10:15 AM	4	\$32	\$24
Yoga and Movement for Healthy Joints & Muscles	Fri	April 10-May 22	10:30-11:00 AM	6	\$36	\$24
Yoga and Movement for Healthy Joints & Muscles	Fri	June 5-July 3	10:30-11:00 AM	4	\$24	\$16

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

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	July 7-Sept. 1	9:15-9:45 AM	8	\$48	\$32
Building Strength Lower Body	Tues	July 7-Sept. 1	9:50-10:20 AM	8	\$48	\$32
Fit Bones	Wed	July 8-Sept. 2	9:15-9:45 AM	9	\$54	\$36
Building Strength Core	Wed	July 8-Sept. 2	9:50-10:20 AM	9	\$54	\$36
Fit Bones Plus	Thurs	July 9-Sept. 3	9:15-9:45 AM	9	\$54	\$36
Building Strength Upper Body	Thurs	July 9-Sept. 3	9:50-10:20 AM	9	\$54	\$36

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

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Zumba Gold-Toning	Mon	April 13-May 11	8:40-9:25 AM	5	\$50	\$40
Zumba Gold-Toning	Mon	May 25-June 29	8:40-9:25 AM	6	\$60	\$48
Recreational Belly Dance	Mon	On-going	8:40-9:25 AM	On-going	\$2	\$1
Zumba Gold	Mon	April 13-May 11	9:35-10:20 AM	5	\$50	\$40
Zumba Gold	Mon	May 25-June 29	9:35-10:20 AM	6	\$60	\$48
Pilates Strong NEW	Mon	April 13-May 11	9:35-10:20 AM	5	\$45	\$35
Pilates Strong NEW	Mon	May 25-June 29	9:35-10:20 AM	6	\$54	\$42
Essentrics	Mon	April 13-May 11	10:30-11:15 AM	5	\$45	\$35
Essentrics	Mon	May 25-June 22	10:30-11:15 AM	5	\$45	\$35
Strength Training & Core	Mon	April 13-May 11	11:45 AM-12:45 PM	5	\$55	\$45
Strength Training & Core	Mon	May 25-June 29	11:45 AM-12:45 PM	6	\$66	\$54
Mood Walk	Mon	April 13-May 4	1:00-2:00 PM	4	FREE	FREE
Mood Walk	Mon	June 1-June 22	1:00-2:00 PM	4	FREE	FREE
Move Strong	Mon	April 13-May 11	1:00-1:45 PM	5	\$45	\$35
Move Strong	Mon	May 25-June 29	1:00-1:45 PM	6	\$54	\$42
Osteo Fit	Mon	April 13-May 11	2:15-3:00 PM	5	\$45	\$35
Osteo Fit	Mon	May 25-June 29	2:15-3:00 PM	5	\$45	\$35
Osteo Fit	Mon	April 13-May 11	3:15-4:00 PM	5	\$45	\$35
Osteo Fit	Mon	May 25-June 29	3:15-4:00 PM	5	\$45	\$35
Pilates: Gentle	Mon	April 20-May 11	5:00-6:00 PM	4	\$92	\$84
Pilates: Gentle	Mon	May 25-June 29	5:00-6:00 PM	6	\$138	\$126
Strength Training	Tues	April 7-May 19	8:40-9:25 AM	7	\$63	\$49
Strength Training	Tues	May 26-June 30	8:40-9:25 AM	6	\$54	\$42
Zumba Gold	Tues	April 7-May 19	8:40-9:25 AM	7	\$70	\$56
Zumba Gold	Tues	May 26-June 30	8:40-9:25 AM	6	\$60	\$48
Zumba Gold-Toning	Tues	April 7-May 19	9:35-10:20 AM	7	\$70	\$56
Zumba Gold-Toning	Tues	May 26-June 30	9:35-10:20 AM	6	\$60	\$48
Building on the Basics	Tues	April 7-May 19	9:35-10:20 AM	7	\$63	\$49

Fitness & Dance (In-Person)

(See descriptions further in guide)

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Building on the Basics	Tues	May 26-June 30	9:35-10:20 AM	6	\$54	\$42
Movement for Healthy Joints & Muscles	Tues	April 7-May 19	11:30 AM-12:15 PM	7	\$63	\$49
Movement for Healthy Joints & Muscles	Tues	May 26-June 23	11:30 AM-12:15 PM	5	\$45	\$35
Urban Pole Walking Workshop	Tues	April 7, May 12 or June 16	10:00-11:00 AM	1	FREE	FREE
Urban Pole Walking Refresher	Tues	April 28, May 26 or June 30	10:00-11:00 AM	1	FREE	FREE
All Around Fitness	Tues	April 7-May 19	3:15-4:00 PM	7	\$63	\$49
All Around Fitness	Tues	May 26-June 30	3:15-4:00 PM	6	\$54	\$42
Low Impact Cardio & Muscle	Wed	April 8-May 20	8:40-9:25 AM	7	\$63	\$49
Low Impact Cardio & Muscle	Wed	May 27-June 24	8:40-9:25 AM	5	\$45	\$35
Zumba Gold-Toning	Wed	April 8-May 20	8:40-9:25 AM	7	\$70	\$56
Zumba Gold-Toning	Wed	May 27-June 24	8:40-9:25 AM	5	\$50	\$40
Core & Control Circuit NEW	Wed	April 8-May 20	9:35-10:20 AM	7	\$63	\$49
Core & Control Circuit NEW	Wed	May 27-June 24	9:35-10:20 AM	5	\$45	\$35
Move Strong	Wed	April 8-May 20	1:00-1:45 PM	7	\$63	\$49
Move Strong	Wed	May 27-June 24	1:00-1:45 PM	5	\$45	\$35
Osteo Fit	Wed	April 8-May 20	2:15-3:00 PM	7	\$63	\$49
Osteo Fit	Wed	May 27-June 24	2:15-3:00 PM	5	\$45	\$35
Osteo Fit	Wed	April 8-May 20	3:15-4:00 PM	7	\$63	\$49
Osteo Fit	Wed	May 27-June 24	3:15-4:00 PM	5	\$45	\$35
Strength Training	Thurs	April 9-May 21	8:40-9:25 AM	7	\$63	\$49
Strength Training	Thurs	May 28-July 2	8:40-9:25 AM	6	\$54	\$42
Zumba Gold-Toning	Thurs	April 9-May 21	8:40-9:25 AM	7	\$70	\$56
Zumba Gold-Toning	Thurs	May 28-July 2	8:40-9:25 AM	6	\$60	\$48
Strength Training: Beginner	Thurs	April 9-May 21	9:35-10:20 AM	7	\$63	\$49
Strength Training: Beginner	Thurs	May 28-July 2	9:35-10:20 AM	6	\$54	\$42
Essentrics	Thurs	April 9-May 21	11:30 AM-12:15 PM	7	\$63	\$49
Essentrics	Thurs	May 28-June 25	11:30 AM-12:15 PM	5	\$45	\$35
Strength & Mobility	Thurs	April 9-May 21	3:15-4:00 PM	7	\$63	\$49
Strength & Mobility	Thurs	May 28-June 25	3:15-4:00 PM	5	\$45	\$35
Pilates: Mixed Level	Thurs	April 9-May 21	5:00-6:00 PM	7	\$161	\$147
Pilates: Mixed Level	Thurs	May 28-July 2	5:00-6:00 PM	6	\$138	\$126
Low Impact Cardio & Muscle	Fri	April 10-May 22	8:40-9:25 AM	7	\$63	\$49
Low Impact Cardio & Muscle	Fri	May 29-July 3	8:40-9:25 AM	6	\$54	\$42
Barre Strong	Fri	April 10-May 22	9:35-10:20 AM	7	\$63	\$49
Barre Strong	Fri	May 29-July 3	9:35-10:20 AM	6	\$54	\$42
Move Strong	Fri	April 10-May 22	10:30-11:15 AM	7	\$63	\$49
Move Strong	Fri	May 29-July 3	10:30-11:15 AM	6	\$54	\$42

SPRING SCHEDULE

Fitness & Dance (In-Person)

(See descriptions further in guide)

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Dance Choreography for Fun For Seniors	Fri	April 10-May 22	11:30 AM-12:30 PM	7	\$70	\$56
Dance Choreography for Fun For Seniors	Fri	May 29-July 3	11:30 AM-12:30 PM	6	\$60	\$48

Fitness & Dance (In-Person)

(See descriptions further in guide)

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Zumba Gold-Toning	Mon	July 6-Aug. 31	8:40-9:25 AM	7	\$70	\$56
Recreational Belly Dance	Mon	On-going	8:40-9:25 AM	On-going	\$2	\$1
Zumba Gold	Mon	July 6-Aug. 31	9:35-10:20 AM	7	\$70	\$56
Pilates Strong NEW	Mon	July 6-Aug. 31	9:35-10:20 AM	7	\$63	\$49
Essentrics	Mon	July 6-Aug. 17	10:30-11:15 AM	6	\$54	\$42
Strength Training & Core	Mon	July 6-Aug. 31	11:45 AM-12:45 PM	8	\$88	\$72
Move Strong	Mon	July 6-Aug. 31	1:00-1:45 PM	8	\$72	\$56
Osteo Fit	Mon	July 6-Aug. 31	2:15-3:00 PM	8	\$72	\$56
Osteo Fit	Mon	July 6-Aug. 31	3:15-4:00 PM	8	\$72	\$56
Pilates: Gentle	Mon	July 6-Aug. 31	5:00-6:00 PM	8	\$184	\$168
Strength Training	Tues	July 7-Sept. 1	8:40-9:25 AM	8	\$72	\$56
Zumba Gold	Tues	July 7-Sept. 1	8:40-9:25 AM	8	\$80	\$64
Zumba Gold- Toning	Tues	July 7-Sept. 1	9:35-10:20 AM	8	\$80	\$64
Movement for Healthy Joints & Muscles	Tues	July 7-Aug. 18	11:30 AM-12:15 PM	7	\$63	\$49
All Around Fitness	Tues	July 7-Sept. 1	3:15-4:00 PM	7	\$63	\$49
Low Impact Cardio & Muscle	Wed	July 8-Sept. 2	8:40-9:25 AM	8	\$72	\$56
Zumba Gold- Toning	Wed	July 8-Sept. 2	8:40-9:25 AM	9	\$90	\$72
Core & Control Circuit NEW	Wed	July 8-Sept. 2	9:35-10:20 AM	8	\$72	\$56
Move Strong	Wed	July 8-Sept. 2	1:00-1:45 PM	9	\$81	\$63
Osteo Fit	Wed	July 8-Sept. 2	2:15-3:00 PM	9	\$81	\$63
Osteo Fit	Wed	July 8-Sept. 2	3:15-4:00 PM	9	\$81	\$63
Strength Training	Thurs	July 9-Sept. 3	8:40-9:25 AM	8	\$72	\$56
Zumba Gold-Toning	Thurs	July 9-Sept. 3	8:40-9:25 AM	9	\$90	\$72
Strength Training: Beginner	Thurs	July 9-Sept. 3	9:35-10:20 AM	8	\$72	\$56
Movement for Healthy Joints & Muscles NEW	Thurs	July 9-Aug. 20	11:30 AM-12:15 PM	7	\$63	\$49
Pilates: Mixed Level	Thurs	July 9-Sept. 3	5:00-6:00 PM	9	\$207	\$189
Low Impact Cardio & Muscle	Fri	July 10-Sept. 4	8:40-9:25 AM	8	\$72	\$56
Barre Strong	Fri	July 10-Sept. 4	9:35-10:20 AM	8	\$72	\$56

SENIORS

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

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Move Strong	Fri	July 10-Sept. 4	10:30-11:15 AM	9	\$81	\$63
Essentrics NEW	Fri	July 10-Aug. 21	10:30-11:15 AM	7	\$63	\$49
Dance Choreography for Fun for Seniors	Fri	July 10-Sept. 4	11:30 AM-12:30 PM	9	\$90	\$72

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

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing & Seated Hatha Yoga	Mon	April 13-May 11	10:30-11:30 AM	5	\$55	\$45
Standing & Seated Hatha Yoga	Mon	May 25-June 29	10:30-11:30 AM	6	\$66	\$54
Standing & Seated Hatha Yoga	Mon	April 13-May 11	11:30 AM-12:15 PM	5	\$50	\$40
Standing & Seated Hatha Yoga	Mon	May 25-June 22	11:30 AM-12:15 PM	5	\$50	\$40
Yoga with Weights	Mon	April 13-May 11	1:00-2:00 PM	5	\$55	\$45
Yoga with Weights	Mon	May 25-June 29	1:00-2:00 PM	6	\$66	\$54
Yoga for Beginners Workshop	Mon	April 13 or June 1	2:30-4:00 PM	1	\$29	\$23
Tai Chi Level 1	Tues	April 7-May 19	9:30-10:30 AM	7	\$77	\$63
Tai Chi Level 1	Tues	May 26-June 23	9:30-10:30 AM	5	\$55	\$45
Tai Chi Level 2	Tues	April 7-May 19	10:30-11:30 AM	7	\$77	\$63
Tai Chi Level 2	Tues	May 26-June 23	10:30-11:30 AM	5	\$55	\$45
Moderate Slow Yoga NEW TIME	Tues	April 7-May 19	11:00 AM-12:00 PM	7	\$77	\$63
Moderate Slow Yoga NEW TIME	Tues	May 26-June 23	11:00 AM-12:00 PM	5	\$55	\$45
Yoga with Sarah	Wed	April 8-May 20	9:35-10:20 AM	7	\$70	\$56
Yoga with Sarah	Wed	May 27-June 24	9:35-10:20 AM	5	\$50	\$40
Meditation Series	Wed	April 15-June 24	10:00-11:30 AM	10	\$130	\$110
Aligned: Partner Yoga NEW	Wed	April 8-May 20	10:30-11:15 AM	7	\$70	\$56
Aligned: Partner Yoga NEW	Wed	May 27-June 24	10:30-11:15 AM	5	\$50	\$40
Standing & Seated Hatha Yoga	Wed	April 8-May 20	11:30 AM-12:15 PM	7	\$70	\$56
Standing & Seated Hatha Yoga	Wed	May 27-June 24	11:30 AM-12:15 PM	5	\$50	\$40
Yoga with Sarah	Thurs	April 9-May 21	9:35-10:20 AM	7	\$70	\$56
Yoga with Sarah	Thurs	May 28-July 2	9:35-10:20 AM	6	\$60	\$48
Gentle Yoga for Stiff Bodies NEW	Thurs	April 9-May 21	10:30-11:15 AM	7	\$70	\$56
Gentle Yoga for Stiff Bodies NEW	Thurs	May 28-July 2	10:30-11:15 AM	6	\$60	\$48
Chair & Standing Yoga	Thurs	April 9-May 21	10:30-11:15 AM	6	\$60	\$48
Chair & Standing Yoga	Thurs	June 4-July 1	10:30-11:15 AM	4	\$40	\$32
Yoga with Jane	Fri	April 17-May 22	9:30-10:30 AM	6	\$66	\$54
Yoga with Jane	Fri	May 29-June 26	9:30-10:30 AM	5	\$55	\$45
Gentle Hatha Yoga	Fri	April 10-May 22	9:30-10:15 AM	7	\$70	\$56
Gentle Hatha Yoga	Fri	May 29-June 26	9:30-10:15 AM	5	\$50	\$40

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

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing & Seated Hatha Yoga	Fri	April 17-May 22	10:35-11:35 AM	6	\$66	\$54
Standing & Seated Hatha Yoga	Fri	May 29-June 26	10:35-11:35 AM	5	\$55	\$45

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

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing & Seated Hatha Yoga	Mon	July 6-Aug. 17	11:30 AM-12:15 PM	6	\$60	\$48
Yoga with Weights	Mon	July 6-Aug. 31	1:00-2:00 PM	8	\$88	\$72
Gentle Hatha Yoga NEW	Tues	July 7-Aug. 18	10:30-11:15 AM	7	\$70	\$56
Moderate Slow Yoga	Tues	July 7-Sept. 1	11:00 AM-12:00 PM	8	\$88	\$72
Yoga with Sarah	Wed	July 8-Sept. 2	9:35-10:20 AM	9	\$90	\$72
Aligned: Partner Yoga NEW	Wed	July 8-Sept. 2	10:30-11:15 AM	9	\$90	\$72
Standing & Seated Hatha Yoga	Wed	July 8-Aug. 19	11:30 AM-12:15 PM	7	\$70	\$56
Yoga with Sarah	Thurs	July 9-Sept. 3	9:35-10:20 AM	9	\$90	\$72
Gentle Yoga for Stiff Bodies NEW	Thurs	July 9-Sept. 3	10:30-11:15 AM	9	\$90	\$72
Gentle Hatha Yoga NEW	Fri	July 10-Aug. 21	9:30-10:15 AM	7	\$70	\$56
Standing & Seated Hatha Yoga NEW	Fri	July 10-Aug. 21	11:30 AM-12:15 PM	7	\$70	\$56

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 Tuesday: April 7, April 14, May 19, June 30 or August 4.

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. No class April 15, July 1.

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 April 7, April 14, May 19, June 30 or August 4.

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. No class April 15, July 1.

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 24, May 29, June 26.

SENIORS

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 24, May 29 and June 26.

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.
- 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's refund policy on page 6.
- See course descriptions for instructors, cancellation dates and 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 a convenient time.

Fitness and Dance Descriptions (In-Person)

All Around Fitness

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 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 28 or August 4.

Barre Strong

This is a low-impact, strength, flexibility, balance and core conditioning work out. It 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 August 7.

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 & Control Circuit NEW

Core strength, stability, mobility and control is the focus. Participants move through a structured combination of core conditioning, floor-based strength exercises, and low-impact functional movements designed to improve muscular strength, stability, balance, and control. Classes emphasize precise, form-focused bodyweight and resistance exercises, blending circuit-style training with slow, intentional sequencing to support joint health, posture, and overall movement quality. A mix of equipment will be used. Moderate to advanced levels. Modifications available. Must be able to get down on floor. Instructor: Angie Reid. No class August 5.

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. Wear indoor running shoes or dance shoes. Instructor: Norah Wardell.

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. Bring a thin yoga mat to class. Instructor: Karen Murtagh.

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 August 5 or August 7.

Mood Walks

Join us for physical and mental health as we connect with each other while we walk. Laura and Brittany from CMHA Waterloo Wellington will lead the group and discuss the importance of social connections, and other topics like stress management, and how seasons can affect our mood. Our first week will start at VPSC, using the outdoor track, with the following weeks starting at various trails in the community. Come dressed for the weather. No cost but please pre-register.

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 VPSC. Instructor: Karen Murtagh.

Move Strong

This moderate, low-impact strength training class is designed to keep you strong, mobile, and energized, while making movement feel good. Each session helps you feel your movement to build body awareness, move away from pain, and learn to work with your body rather than against it. Using natural movement patterns that improve range of motion and release tension, you'll perform mostly standing exercises (no floor work) while building balance, strength, and flexibility. Every class supports you in moving more confidently and with ease in daily life, leaving you feeling empowered, independent, and joyful about movement. Instructor: Aimee Young. No class August 3.

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 Mondays: June 22 or August 3.

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 6, April 13, May 18, August 3.

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.

Pilates Strong NEW

A strength-focused fusion class offering a refined blend of traditional Pilates and strength-based movements. Using controlled, deliberate sequences, the class emphasizes core strength, muscular endurance, stability, and overall body control. Movements include a combination of isolated Pilates exercises and integrated strength work, primarily performed on the floor but will include standing stability flows as well. Designed to support functional strength and balanced movement in a low-impact format. Moderate to Intermediate levels. Instructor: Angie Reid. No class August 3, or August 10.

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. No class April 6, May 18 or August 3.

Strength and Mobility

A class that will focus on strength, mobility and flexibility for daily living, so you move better. Exercises that use small hand weights and body weight will be incorporated to build muscle. We will focus on increasing flexibility in the joints and increasing range of motion. All

levels are welcome. There will be some exercises on the floor, but seated options will be given. Instructor: Jennifer Wilson.

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 4 or August 6.

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 6.

Strength Training & Core

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 August 3.

Urban Pole Walking Workshop

Join in this 1.5-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.

SENIORS

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

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 class July 20, July 21 or August 3.

Zumba Gold-Toning

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 class July 1, July 20, July 21 or August 3.

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

Aligned: Partner Yoga NEW

Partner Yoga is a gentle, interactive class designed for you and a partner, friend, or bestie to move and unwind together. Through slow, supportive poses, shared stretches, and mindful breathwork, you'll explore connection, trust, and ease in a relaxed, welcoming environment. Expect lighthearted moments, calming movement, and plenty of support as you gently deepen your practice together. There will be a bit of standing with

support of each other. Majority of class is done on the floor. Bring a yoga mat. Instructor: Sarah Gray. No class July 1.

Chair & Standing Yoga

Chair yoga is a functional yet gentle movement with flow and grace that will take us from sitting to 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. All you need is comfortable attire, supportive footwear and a yoga mat. Instructor: Michelle Vandenburg. No class April 23, May 28 and June 25.

Gentle Hatha Yoga

An all-levels class with options given throughout for your best practice that is comfortable and stable while cultivating effortless effort and inner awareness. Class begins standing to warm up and then moves to strengthening postures. We finish on the floor for stretches to wind down and eventually take a few minutes in rest pose on our backs. This yoga class is meant to be a nourishing yoga practice. Bring a yoga mat and 2 yoga blocks (or borrow from VPSC). Instructor: Karen Murtagh.

Gentle Yoga for Stiff Bodies NEW

A welcoming, all levels, no-pressure class created for bodies that feel tight, achy, or resistant to movement. With slow-paced poses, supported stretches, and plenty of options, you'll explore flexibility in a safe and accessible way. This class, all done on the mat, focuses on easing stiffness, improving range of motion, and building confidence, so you can move more comfortably and feel better in your body both on and off the mat. Bring a yoga mat, blocks and a strap or borrow from VPSC. Instructor: Sarah Gray.

Meditation Series

This 10-week series is a meditation class. We will use the book entitled "The World Exists to Set Us Free; Straight-Up Dharma for Living a Life of Awareness" by Larry Rosenberg, as our guide. Each class will include guided meditation, teaching,

and discussion. All welcome. You do not have to purchase the book to participate although it will be helpful. Chairs available for sitting. Instructor: Jill Davey. If you have questions, you are welcome to contact the instructor prior to registration: jilldavey@gmail.com. No class April 29.

Moderate Slow Yoga NEW TIME

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. Instructor: Grace Rosewarne. No class June 30 or August 4.

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 11:30 am, Wednesday and Friday 11:30 am instructor: Karen Murtagh. Monday 10:30 am and Friday 10:35 am instructor: Jane Finoro. No class August 3.

Tai Chi Level 1

This slow-moving, meditative martial art can help restore and maintain fitness and flexibility. This 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.

Yoga for Beginners Workshop

Discover the benefits of yoga in this gentle and welcoming workshop designed for beginners. Whether you are 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 yoga experience needed but workshop is also 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 given for seated options. Workbook supplied. Instructor: Charlene Sedgewick. Two workshop dates to choose from: April 13 or June 1.

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.

Yoga with Sarah

This nurturing practice combines mindful movement with breath awareness, making it ideal for those new to yoga or seeking a calming experience. We begin and conclude on the mat, gently guiding the body through a series of poses that promote strength and flexibility. Includes kneeling and seated positions, each designed to support your body's natural range of motion. Class concludes with a guided meditation to centre the mind and soothe the nervous system. Class is done all on the mat. Bring a yoga mat, 2 blocks and a blanket or sweater. Mats and blocks can be provided. Instructor: Sarah Gray. No class July 1.

Yoga with Weights

This fun class mixes yoga flows with light weights and some floor work to give your whole body a boost. You'll build strength, flexibility, mobility, and balance while moving in a way that feels supportive and empowering. Expect to move with intention, challenge your muscles, and finish feeling both grounded and empowered—strong in body, calm in mind, and ready to carry that balance into your day. Some previous yoga experience helpful. Bring a yoga mat. Instructor: Charlene Sedgewick. No class August 3.

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 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. [To register, contact the Alzheimer Society 519.742.1422 ext. 2090.](#)

Thursdays, 1:30 pm to 3:30 pm

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)

1:00 pm to 2:30 pm

Wednesday, March 18

Cooking on a Budget

Delicious, nutrient-dense meals that won't break the bank. Food prices continue to rise, making eating nutritiously trickier. Join Lauren, a Registered Dietitian, as we walk through healthy eating on a budget. We will explore how to build a nutritious plate on a budget, incorporating low-cost and highly nutritious plate fillers, strategies for buying in bulk when you're cooking for 1 or 2, and of course delicious main-stay recipes to include in your weekly meal rotation. Presentation materials, recipes and handouts will all be provided.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, March 24

Special Effects

Have you ever seen something on stage and wondered how they did it? Here's the answers that producers don't want you to know. In this workshop we'll pull back the curtain and show you some of the secrets behind a few common and not-so-common theatrical effects. We'll show you some simple things like quick changes, flickering fireplaces, and spot sounds, but also some of the more difficult and outrageous effects like breaking bottles, disappearing walls, and everyone's favourite special effect - ghosts. Presented by Eric Goudie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, March 25

Spring Dried Flower Wreath

Spring is the perfect time to refresh your space, and a dried flower wreath is a lovely way to do just that. In this workshop, design a spring-inspired dried flower wreath on a grapevine base. Using a variety of dried flowers, textures, and colours, create a wreath that lasts with no watering required. Your finished wreath can be displayed on a door, hung on a wall, or used as part of a spring table centerpiece. Emily from Mapleton Acres will guide you step by step, offering simple design tips and plenty of encouragement along the way. Each wreath is unique, and no prior experience needed. Just come ready to create and enjoy the process.

\$69 (\$59 Members)

10:00 am to 11:30 am

Wednesday, April 8

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 available at registration. Instructor: Jane Finoro.

\$96 (\$84 Members)

Fridays, 1:00 pm to 3:00 pm

April 17 to May 22, 6 classes

Food, Nutrition & Sustainability

Balancing nutrition with the environment in mind. Join Registered Dietitian Lauren, during Earth Week, to explore how our diet intersects with the environment. Eating well and enjoying a variety of foods is important to our wellbeing at all ages. How can these priorities coexist with the changes our earth is facing? We will explore the impact of the environment on food, how a balanced plate can still be earth-friendly, and ways to incorporate these foods into your meals. Presentation materials, recipes and handouts will all be provided.

\$29 (\$23 Members)

10:00 am to 11:00 am

*Tuesday, April 21***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 23**and -or-***\$5 (\$3 Members)**

1:30 pm to 3:30 pm

*Thursday, July 23***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 in two days 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)

10:30 am to 12:30 pm

*Monday, April 27***Navigating Peri & Post-Menopause with Confidence**

Menopause is a natural phase in every woman's life, but often comes with physical, emotional, and social challenges. This empowering workshop will provide you with knowledge, tools, and support needed to better understand and navigate the menopausal transition. Whether you're approaching menopause, during, or post-menopausal, this session offers expert guidance. Gain a well-rounded understanding of menopause and learn how to manage symptoms through lifestyle, nutrition, and exercise. The workshop encourages open dialogue and includes time for Q&A with a certified Menopause Coach. Handouts included. Instructor: Charlene Sedgewick. 2 workshop dates to choose from:

\$29 (\$23 Members)

1:00 pm to 3:00 pm

*Thursday, April 30**and -or-***\$29 (\$23 Members)**

1:00 pm to 3:00 pm

*Thursday, June 11***Mother's Day Fresh Flower Centrepiece**

Spring brings some of our favourite flowers: tulips, ranunculus, anemones, and more. In this hands-on workshop, create a colourful spring arrangement in a glass vase using beautiful, Ontario-grown flowers. Emily from Mapleton Acres will guide you through the design process and share simple tips and tricks to help arrangements stay fresh and last as long as possible. No prior floral experience needed. Come and make something beautiful together.

\$69 (\$59 Members)

10:00 am to 11:30 am

*Wednesday, May 6***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, "Basic French." Workbook information for purchase available at registration. Instructor: Elisabeth Bzikot.

\$150 (\$140 Members)

Fridays, 12:30 pm to 1:30 pm

*May 29 to July 31, 10 classes***French Course 7**

In course seven we will be continuing from course six, using the 'Intermediate French Grammar' textbook. You will gain more information on the use of irregular verbs, genders and expressions. We will have regular conversations using the newly acquired information. Instructor: Elisabeth Bzikot.

\$150 (\$140 Members)

Fridays, 10:00 am to 11:00 am

*May 29 to July 31, 10 classes***Fibre: Focus on Beans & Legumes**

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 powerpacked fibre. We will: explore the types of fibre, the benefits of beans and legumes on your physical health, the impact fibre 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, specifically beans and legumes, in a delicious, simple and cost-effective way.

\$29 (\$23 Members)

10:00 am to 11:00 am

*Tuesday, May 12***Inflammation: The Silent Saboteur**

Inflammation is often the hidden reason behind fatigue, joint pain, bloating, stubborn weight, and feeling "off" in your body. This workshop breaks down what inflammation is, how it affects your health and aging, and how to tell if it may be impacting you. You'll learn simple, realistic strategies to manage inflammation naturally, including anti-

inflammatory foods (what to eat and what to limit), supportive teas, herbs, and spices, effective movement, nervous system regulation, and you'll receive a practical one week anti-inflammatory meal plan. Designed to be educational, empowering, and easy to apply, this workshop offers tools you can start using immediately to feel better, move better, and support long-term wellness, without extremes or overwhelm. Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm

Monday, May 25

Horseshoes

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

\$26 (\$13 Members)

Tuesdays, 10:00 am to 11:30 am

June 2 to August 25, 13 weeks

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 a volunteer instructor. No activity July 1.

\$24 (\$12 Members)

Wednesdays, 10:00 am to 11:30 am

June 3 to August 26, 12 weeks

Better Breakfasts

Nourishing, rounded, easy to prep breakfasts. Join Lauren, a Registered Dietitian, for this workshop to explore the benefits of starting off your day with a well-rounded, delicious meal. We will: explore the commonly missed nutrients in breakfasts, impacts on metabolism and physical health, and how to shift your choices to meet your nutritional needs. We will explore lots of delicious recipes and products, meal planning strategies for creating consistency and more.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, June 9

Windowsill Herb Garden

Did you know many herbs grow

beautifully right in a sunny kitchen window? No garden or patio needed, and you can enjoy cooking with them all summer long. In this hands-on workshop, you will create your own windowsill herb garden, choosing from a selection of easy-to-grow, everyday herbs (with a focus on picking the ones you'll actually use). Emily from Mapleton Acres will guide you through planting, care, and simple tips to keep herbs growing happily indoors.

\$69 (\$59 Members)

10:00 am to 11:30 am

Wednesday, June 10

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 physiop-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, June 18

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

Beginns: Monday, July 13

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, July 21

Plant Powered

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 without sacrificing flavour or convenience.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, August 11

Seminars



Please pre-register for all seminars listed below (both in-person and virtual seminars). Most seminars are in-person, unless specifically listed as virtual. (Registration not required for seminars held at the Retirement Show. 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

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 16 at 3:00 pm

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

Virtual: Meaningful Activities

This talk is designed to focus on the importance of meaningful activities. We will explore ideas and resources for creating meaningful activities and consider a variety of places to access adapted 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

Join us for a practical and engaging presentation from the Waterloo Wellington Self-Management Program. Learn how to identify trustworthy sources, spot misinformation and explore ways to find reliable online sources.

Monday, March 23 at 10:00 am

Staying Healthy While Traveling

Travel can be exciting and beneficial for both our mental and physical health, but some trips can increase our risk of injury or illness, or we can bring illness home with us. In this presentation learn what to consider before leaving home to prepare you for healthy travel. Will you need vaccines? Is there malaria where you are traveling to? Are there required vaccines where you are going? How can you decrease your chance of injury while you are away? How will you manage illness while away? What personal health issues or activities may put you at higher risk of harm? Are there any over the counter or prescription medications you should take with you? Learn about resources to find out about safe travel to your chosen destination. Be prepared for safe travel. Presented by Heidi May, Pharmacist, Arthur Travel Health.

Thursday, April 16 at 10:00 am

Paper, Paper and More Paper

Are you drowning in paper? Is it scattered all over your home or piled up in your office? Is your current method of handling paper working? Learn some practical tips and tricks to create and maintain a system to keep your paperwork organized and manageable. Presented by Cathy Mendler, A New Leaf Organizers.

Monday, April 20 at 1:00 pm

Aging and the Senses

This talk will describe sensory changes that occur with aging and how they relate to dementia. We will identify sensory issues related to simple and complicated daily activities for aging people. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, April 23 at 10:30 am

Eat Well, Live Well

Join us for a practical and engaging presentation from the Waterloo Wellington Self-Management Program. Learn about portion sizes, balanced meals, supportive eating environments, cooking tips, healthy eating strategies, and the importance of staying hydrated. Discover the importance of a balanced diet.

Monday, April 27 at 1:00 pm

Organizing 101

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.

Thursday, May 7 at 10:00 am

Hearth is the Heart of the Home

For many, the heart of the home is the hearth. That is exactly what we will be discussing in this presentation. Explore the evolution of our homes, kitchens and recipes. Presented by The Wellington County Museum & Archives.

Wednesday, May 20 at 11:00 am

Healthy Habits That Stick

Quite often people know what to do for their health but often have a hard time making those healthy habits stick. Join the Waterloo Wellington Self-Management Program to: learn why habits matter, learn strategies to start and keep healthy habits and discover

how self-compassion can help.

Monday, May 25 at 1:00 pm

Travel When Someone Has Dementia

Travelling short or long distances may need some extra thought and planning when someone on the trip has dementia. This talk looks at some ways to make travel easier and examines some ideas you might want to consider before you leave. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, May 28 at 10:30 am

Navigating Life as a Senior

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? How prepared are you to handle life's challenges as a senior? 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, June 2 at 10:00 am

10 Tips on Being an Executor

Join Stephanie Dean, 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. 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, June 3 at 11:00 am

Hearing Screening

Canadian Hearing Services 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 4

Falls Prevention

This seminar will offer you tips on what you can do to prevent falls. A fall can significantly affect your mobility, independence and quality of life. What would you do if you fell? How would you get help? Join Sandra Shields, Lifeline Canada, for this very informative presentation.

Monday, June 15 at 1:00 pm

Frauds & Scams

Find out what scams are happening, how talking about fraud stops the crime and how reporting fraud protects us all. Join Crime Stoppers Guelph Wellington (CSGW) and Victim Services Wellington for this presentation, designed to help victims of this crime, reduce the chance of being targeted and increase awareness of fraud in Wellington County. Presented by Sarah Bowers-Peter, CSGW and Elizabeth Kent, Victim Services Wellington.

Wednesday, June 17 at 11:00 am

Memory and Hearing Health: The Connection

These two issues are different, but share some similar characteristics, and can influence each other. There will be time for questions after the presentation. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, June 18 at 10:30 am

Move for Health

Join us for a practical and engaging presentation from the Waterloo Wellington Self-Management Program. Explore easy ways to add physical activity into your daily routine. Learn exercises you can try today.

Monday, June 22 at 11:00 am

Senior Rightsizing: Downsizing

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, June 22 at 1:00 pm

Life on the Farm

Much of Wellington County is made up of farming country. This presentation explores what it takes to be a local farmer in the past versus now and the trials that families encountered. Presented by The Wellington County Museum & Archives.

Wednesday, June 24 at 11:00 am

Finding Your Way: Why People with Dementia Get Lost

What causes 4 of 10 people living with dementia to wander? How can we help people with dementia stay safe? This session will look at what the Finding Your Way® program is and give tips and strategies to help keep the person living with dementia safe in the community, along with information and resources to help you be prepared for incidents of someone going missing. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, July 23 at 10:30 am

Cheat Sheet for Communication

This talk will provide you with some suggestions on how to support conversation for people living with dementia. It includes suggestions for conversation starters and an opportunity for questions and discussion. Designed for care partners of people living with dementia who are in the early and mid stages of their journey. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, August 13 at 10:30 am

Special Events

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 20, May 11 or June 15

Wednesday Lunches

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

March 25 Easter Lunch

April 8 Lunch and Musical Program

April 22 Lunch

May 13 BBQ Lunch and Musical Program

May 27 BBQ Lunch

June 10 Lunch

July 8 BBQ Lunch

August 26 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 8

Wednesday, May 13

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 8 at 10:30 am

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 8 at 1:30 pm

Strawberry Social

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

Thursday, June 25 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 13 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.



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