

July 2026 Seminars (In-person and Virtual)

Pre-register for all seminars listed below (virtual/in-person). By donation at door for in-person. All seminars are in-person unless otherwise stated. If attending a virtual seminar, the Zoom link will be provided 12-24 hours prior.

Refer to the Spring & Summer 2026 Community Guide for descriptions.

Finding Your Way: Why People with Dementia Get Lost - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, July 23 at 10:30 am.

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

Wednesday Lunch – Wednesday, July 8 at 12:00 pm – menu on the front of calendar. Register and pay by Friday, July 3.

Bus Trips 2026

NON-REFUNDABLE. NON-TRANSFERABLE.

All trips depart from and return to VPSC. Return times approximate, depending on weather/traffic. Those who require special assistance are responsible for arranging an escort to assist. Our Travel Escort Volunteer cannot provide special care/assistance. Travel arrangements are made in collaboration with Great Canadian Travel TICO# 2280154. Bus trips subject to change. All trips include luxury coach transportation with washroom, bus driver gratuity, HST.

Refer to the Spring & Summer 2026 Guide for descriptions.

Muskoka Steamships – Mon., July 20. Depart 7:30 am, return 8:30 pm. \$240 mem & \$254 non. **FULL.**

Medieval Times – Wed., Aug. 19. Depart 10:45 am, return 6:00 pm. \$145 mem & \$159 non.

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

Toyota & African Lion Safari – Wed., October 7. Depart 8:15 am, return 6:45 pm. \$185 mem, \$199 non.

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

Christmas In Niagara – Fri. Dec. 4. Depart 8:45 am, return 9:15pm. \$185 mem & \$199 non.

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.

July 2026

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2
Monday to Friday 8:30 am to 4:00 pm Phone: 519.846.9691 x204

Email: seniorscentre@centrewellington.ca

View Programs, information: www.centrewellington.ca/seniorscentre

Register online: <https://ca.apm.activecommunities.com/centrewellington/>

The Centre will be closed on Wed., July 1st for Canada Day.

The Fall 2026 Centre Wellington Community Guide will be inserted inside the Wellington Advertiser on Thursday, August 6th.

Copies available at Centre (after Aug.6).

The Fall 2026 Program Registration (Virtual & In-Person) begins on: Tuesday, August 18th at 8:30am.

The Spring & Summer 2026 Community Guide covers April to August. Get registered for July & August programs now!

Township of Centre Wellington Refund Policy in effect:

1. A full refund will be issued for all courses cancelled by the Township.
2. Request for refunds must be received 1 week prior to program start date.
3. No refunds will be issued within 1 week of the program start date.
4. No refunds will be issued for bus trips or lunches.
5. Transfers will be accepted prior to 3rd class. No transfers beyond the 3rd class.
6. A **\$20 administration fee** will be applied to refunds requested.

Wednesday Lunch

Cost: \$14 members or \$15 non-mem (unless otherwise stated). Non-refundable.
Take outs available. Register and pay by the Friday prior in person, by phone or online.

Wednesday, July 8 at 12:00 pm – Wednesday Lunch (pay by July 3 at 4pm).
Menu: Pork Riblets On a Bun, Creamy Coleslaw, Homemade Apple Pie with Ice Cream.

Are you new to the Centre? Looking to meet new people? Do you want to attend a Wednesday lunch (or another program) but would like to have someone to sit with? Reach out to Kelly to connect with a **“Community Connector”** today.

Save the date...

Get registered for the Peach Social!

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

Thursday, August 13 at 1:30 pm. \$8 for everyone.

MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 8:40 Recreational Belly Dance (resume Sept 14) 9:30 Canasta 4:00 Choir & Ukulele Band: Melody Makers (res Sept 14) 1:00 Summer Weekly Musical Afternoon (begins July 13)	TUESDAY Drop-in Activities 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka, 10:00 Horseshoes 10:30 Genealogy, 11:35 Tap Dancing (resume Sept 15) 1:00 Bid Euchre, 4:00 Shuffleboard (resume Sept 15) 1:00 Hand & Foot, 1:00 Wii Bowling, 3:00 French	WEDNESDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole (resume August 5) 10:00 Bocce 10:30 Creative Writing, 1:00 Arts & Crafts Group 1:00 Euchre, 3:00 Line Dancing	THURSDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Darts 9:30 Scrabble, 1:00 Bingo, 1:00 Social Bridge 1:00 Table Tennis, 1:00 Guitar Band: Country Classics 4:00 Pastime Entertainment Theatre Group (start Aug 20) 7:30 Euchre (resume Sept 3)	FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (July 3) 11:15 Spanish, 4:00 Ukulele Band (resume Sept 11) 4:00 Carpet Bowling (resume Sept 11) 1:00 Texas Hold'em Poker
<h1 style="text-align: center;">LEGEND</h1> <p style="text-align: center;">GREEN – Health & Wellness Clinics BLACK–Course Start, Bus Trip RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program</p>	<p style="text-align: center;">The Fall 2026 Community Guide will be inserted into the Wellington Advertiser and delivered the week of August 6th.</p> <p style="text-align: center;">Fall 2026 Program Registration begins on: Tuesday, Aug. 18 at 8:30am.</p>	<p>1</p> <h2 style="font-size: 2em;">Canada Day. Centre Closed.</h2>	<p>2 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 8:40 Zumba Gold-Toning (end) 9:15 Fit Bones Plus (end), 9:35 Yoga w Sarah (end) 9:35 Strength Training Beginner (end) 9:50 Building Strength: Upper Body (end) 10:30 Gentle Yoga for Stiff Bodies (end) 10:30 Chair & Standing Yoga (end) 12:00-3:00 Osteopath Clinic (by appt.) 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level (end)</p>	<p>3 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:30 Moderate Hatha Yoga (end) 9:35 Barre Strong (end) 10:00 French Course 7 10:30 Yoga & Movement Healthy Joint & M(end) 10:30 Move Strong (end) 11:30 Dance Choreography for Fun for Seniors (end) 12:30 French For Beginners</p>
<p>6 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:00 Advisory Board Meeting 9:35 Pilates Strong NEW, 9:35 Zumba Gold 10:15 Program Committee Meeting 10:30 Essentrics 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 4:00 Yoga with Weights, 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle</p>	<p>7 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:15 Fit Bones Plus 9:35 Zumba Gold-Toning 9:50 Building Strength: Lower Body 10:00 Horseshoes 10:30 Gentle Hatha Yoga NEW 11:00 Moderate Slow Yoga NEW TIME 11:30 Movement for Healthy Joints & Muscles 3:15 All Around Fitness</p>	<p>8 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Yoga with Sarah 9:35 Core & Control Circuit 9:50 Building Strength Core, 10:00 Bocce 10:30 Aligned: Partner Yoga NEW 11:00-12:00 Blood Pressure Clinic (drop-in) 12:00 Wednesday Lunch (Pay by July 3) 11:30 Standing & Seated Hatha Yoga 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>9 (Daily Drop-In Activities listed above) 8:40 Strength Training 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Gentle Yoga for Stiff Bodies NEW 11:30 Movement For Healthy Joints & Muscles NEW 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level</p>	<p>10 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Gentle Hatha Yoga 9:35 Barre Strong 10:00 French Course 7 10:30 Essentrics NEW 10:30 Move Strong 11:30 Standing & Seated Hatha Yoga NEW 11:30 Dance Choreography for Fun for Seniors 12:30 French For Beginners</p>
<p>13 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:35 Pilates Strong NEW, 9:35 Zumba Gold 10:30 Essentrics 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 4:00 Yoga with Weights, 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle</p>	<p>14 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning 9:50 Building Strength: Lower Body 10:00 Horseshoes 10:30 Gentle Hatha Yoga NEW 11:00 Moderate Slow Yoga NEW TIME 11:30 Movement for Healthy Joints & Muscles 3:15 All Around Fitness</p>	<p>15 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Yoga with Sarah 9:35 Core & Control Circuit 9:50 Building Strength Core, 10:00 Bocce 10:30 Aligned: Partner Yoga NEW 11:30 Standing & Seated Hatha Yoga 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>16 (Daily Drop-In Activities listed above) 8:40 Strength Training 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Gentle Yoga for Stiff Bodies NEW 11:30 Movement For Healthy Joints & Mus NEW 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level</p>	<p>17 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Gentle Hatha Yoga, 9:35 Barre Strong 10:00 French Course 7 10:30 Essentrics NEW 10:30 Move Strong 11:30 Standing & Seated Hatha Yoga NEW 11:30 Dance Choreography for Fun for Seniors 12:30 French For Beginners</p>
<p>20 (Daily Drop-In Activities listed above) 7:30 BUS TRIP: Muskoka Steamships 8:40 Zumba Gold-Toning 9:35 Pilates Strong NEW, 9:35 Zumba Gold 10:30 Essentrics 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 4:00 Yoga with Weights, 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle</p>	<p>21 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus 9:35 Zumba Gold-Toning 9:50 Building Strength: Lower Body 10:00 Gut Check, 10:00 Horseshoes 10:30 Gentle Hatha Yoga NEW 11:00 Moderate Slow Yoga NEW TIME 11:30 Movement for Healthy Joints & Muscles 3:15 All Around Fitness</p>	<p>22 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Yoga with Sarah 9:35 Core & Control Circuit 9:50 Building Strength Core 10:00 Bocce 10:30 Aligned: Partner Yoga NEW 11:30 Standing & Seated Hatha Yoga 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>23 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Finding Your Way: Why People With Dementia Get Lost 10:30 Gentle Yoga for Stiff Bodies NEW 11:30 Movement For Healthy Joints & Mus NEW 1:30 Minds in Motion (Register with Alz Society) 1:30 Card Making Workshop, 5:00 Pilates: Mixed</p>	<p>24 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Gentle Hatha Yoga 9:35 Barre Strong 10:00 French Course 7 10:30 Essentrics NEW 10:30 Move Strong 11:30 Standing & Seated Hatha Yoga NEW 11:30 Dance Choreography for Fun for Seniors 12:30 French For Beginners</p>
<p>27 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:35 Pilates Strong NEW, 9:35 Zumba Gold 10:30 Essentrics 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 4:00 Yoga with Weights, 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle</p>	<p>28 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus 9:35 Zumba Gold-Toning 9:50 Building Strength: Lower Body 10:00 Horseshoes 10:30 Gentle Hatha Yoga NEW 11:00 Moderate Slow Yoga NEW TIME 11:30 Movement for Healthy Joints & Muscles 3:15 All Around Fitness</p>	<p>29 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Yoga with Sarah 9:35 Core & Control Circuit 9:50 Building Strength Core 10:00 Bocce 10:30 Aligned: Partner Yoga NEW 11:30 Standing & Seated Hatha Yoga 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>30 (Daily Drop-In Activities listed above) 8:40 Strength Training 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Gentle Yoga for Stiff Bodies NEW 11:30 Movement For Healthy Joints & Mus NEW 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level</p>	<p>31 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Gentle Hatha Yoga 9:35 Barre Strong 10:00 French Course 7 (end) 10:30 Essentrics NEW 10:30 Move Strong 11:30 Standing & Seated Hatha Yoga NEW 11:30 Dance Choreography for Fun for Seniors 12:30 French For Beginners (end)</p>