

VICTORIA PARK SENIORS CENTRE

Winter 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,
December 9, 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 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

January 1 - New Year's Day | February 16 - Family Day

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: January 12, February 9 or March 9 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.

Active Living and Retirement Show

Friday, February 27
10:00 am to 2:00 pm
Centre Wellington Sportsplex
550 Belsyde Ave, E., Fergus
FREE ADMISSION

Visit VPSC's annual one-day in-person event and see the many exhibitor booths providing information on a range of services available to older adults from a variety of organizations: health, financial, travel, recreation, support services, volunteering and more. Learn about opportunities for older adults in the community. Participate in informative seminars and active living demonstrations at the event. FREE: grab bags, refreshments, fitness classes, health clinics, seminars and more. This event is brought to you in partnership with the Older Adults Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.

10:00 am to 2:00 pm Exhibitor Information Booths (all day)

10:10 am Seminar: Ride Well Transportation Service presented by The County of Wellington

10:15 am Fitness Class: Tap Dancing & Belly Dancing

10:50 am Seminar: Wills, Powers of Attorneys and Living Wills

11:00 am Fitness Class: Tai Chi

11:45 am Yoga with Sarah

12:00 pm Seminar: Frauds & Scams presented by Crime Stoppers

12:30 pm Fitness Class: Strength Training

1:10 pm Seminar: Ontario's Estate Administration Tax presented by The Ministry of Finance

All Day Health Clinics: Chair Massage, Reflexology, Blood Pressure Testing

Drop-In Activity Groups



New participants are welcome to join these groups. Drop-in fee:

\$1 member or \$2 non-member unless otherwise stated. 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.

• 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.

SENIORS

- **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. (For Spanish language classes, see the Special Interest section).

- **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: Pastime Productions Theatre Group**

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

- **Eucler**

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.

- **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.

- **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. 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 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. NOTE: Free Reflexology clinic available Friday, February 27, 10:00 am to 2:00 pm at the Active Living and Retirement Show at CW Sportsplex.

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 10:00am and 2:00 pm. Held on the second Wednesday of the month. See dates below. \$22 cash only. NOTE: Free chair massages available Friday, February 27, 10:00

am to 2:00 pm at the Active Living and Retirement Show at CW Sportsplex. January 14, February 11, March 11

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. Thanks to Pharmasave Elora Apothecary and Trailside Pharmacy for sponsoring this program.

January 21, February 11, March 11

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, March 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.

VPSC Travel Show: 2026 Bus Trips

Don't miss this presentation about upcoming bus trips. Join Chris Ledger, VPSC's volunteer bus trip coordinator to hear information about 2026 day trips that we have planned for you. **Wednesday, January 28 at 11:00 am**

The Dreamboats

Take a trip back to the golden age of rock 'n' roll with The Dreamboats at the Sanderson Centre. This high-energy quartet performs the music of the 1950s and '60s, with infectious charisma, and the timeless style of Chuck Berry, Buddy Holly, Elvis Presley, and The Beatles - delivered with a fresh, contemporary energy, and choreographed dance moves. Enjoy a stop at The Dutch Mill Country Market on the way and a delicious lunch buffet at The Best Western. We will also stop at West Avenue Cider House (includes a flight of 3 ciders). Depart 9:00 am, return 7:30 pm.

Wednesday, February 11

\$165 members

\$179 non-member

Irish Kitchen Party

Enjoy a stop at Esta Chocolates on the way for some sweet treats. Includes a delicious buffet luncheon followed by a rollicking performance that will have you toe-tapping and singing along. Includes an all-star cast of singers, dancers, fiddlers and storytellers with the Dublin Pub Band at Bingeman's Conference Centre. Featuring favourite Irish songs including Danny boy, When Irish Eyes are Smiling, Black Velvet Band, The Wild Rover. Includes a stop at Cox Creek Winery and includes a flight of 4 samples. Depart 10:45 am, return 6:00 pm.

Tuesday, March 17

\$180 members

\$194 non-member

SENIORS

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 stop at the Festival Theatre Gift Shop then onto the Festival Theatre for lunch. 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 enjoy a stop at Dutch Mill Gift Store. Depart 9:30 am, return 5:45 pm.

Wednesday, June 10

\$145 members

\$159 non-member

WINTER SCHEDULE

Virtual Fitness & 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 you consult your health care professional prior to start of any activity.
- Please see the Township of Centre Wellington refund policy on page 6.

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	Jan. 6-Feb. 10	9:15-9:45 AM	6	\$36	\$24
Fit Bones Plus	Tues	Feb. 24-Mar. 31	9:15-9:45 AM	6	\$36	\$24
Building Strength Lower Body	Tues	Jan. 6-Feb. 10	9:50-10:20 AM	6	\$36	\$24
Building Strength Lower Body	Tues	Feb. 24-Mar. 31	9:50-10:20 AM	6	\$36	\$24
Fit Bones	Wed	Jan. 7-Feb. 18	9:15-9:45 AM	7	\$42	\$28
Fit Bones	Wed	Feb. 25-Apr. 1	9:15-9:45 AM	6	\$36	\$24
Building Strength Core	Wed	Jan. 7-Feb. 18	9:50-10:20 AM	7	\$42	\$28
Building Strength Core	Wed	Feb. 25-Apr. 1	9:50-10:20 AM	6	\$36	\$24
Fit Bones Plus	Thurs	Jan. 8-Feb. 19	9:15-9:45 AM	7	\$42	\$28
Fit Bones Plus	Thurs	Feb. 26-Apr. 2	9:15-9:45 AM	6	\$36	\$24
Building Strength Upper Body	Thurs	Jan. 8-Feb. 19	9:50-10:20 AM	7	\$42	\$28
Building Strength Upper Body	Thurs	Feb. 26-Apr. 2	9:50-10:20 AM	6	\$36	\$24
Moderate Hatha Yoga	Fri	Jan. 9-Feb. 20	9:30-10:15 AM	7	\$56	\$42
Moderate Hatha Yoga	Fri	Feb. 27-Mar. 27	9:30-10:15 AM	5	\$40	\$30
Yoga and Movement for Healthy Joints & Muscles	Fri	Jan. 9-Feb. 20	10:30-11:00 AM	7	\$42	\$28
Yoga and Movement for Healthy Joints & Muscles	Fri	Feb. 27-Mar. 27	10:30-11:00 AM	5	\$30	\$20

WINTER SCHEDULE

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

WINTER

	Day	Start/End Date	Time	Weeks	Cost	Members
Zumba Gold-Toning	Mon	Jan. 5-Feb. 9	8:40-9:25 AM	6	\$60	\$48
Zumba Gold-Toning	Mon	Feb. 23-Mar. 30	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	Jan. 5-Feb. 9	9:35-10:20 AM	6	\$60	\$48
Zumba Gold	Mon	Feb. 23-Mar. 30	9:35-10:20 AM	6	\$60	\$48
Strong & Centred	Mon	Jan. 5-Feb. 9	9:35-10:20 AM	6	\$54	\$42
Strong & Centred	Mon	Feb. 23-Mar. 30	9:35-10:20 AM	6	\$54	\$42
Essentrics	Mon	Jan. 5-Feb. 9	10:30-11:15 AM	6	\$54	\$42
Essentrics	Mon	Feb. 23-Mar. 23	10:30-11:15 AM	5	\$45	\$35
Strength Training & Core	Mon	Jan. 5-Feb. 9	11:45 AM-12:45 PM	6	\$66	\$54
Strength Training & Core	Mon	Feb. 23-Mar. 30	11:45 AM-12:45 PM	6	\$66	\$54
Mood Walk	Mon	Mar. 9-Mar. 30	1:00- 2:00 PM	4	FREE	FREE
Move Strong NEW	Mon	Jan. 5-Feb. 9	1:00-1:45 PM	6	\$54	\$42
Move Strong NEW	Mon	Feb. 23-Mar. 30	1:00-1:45 PM	6	\$54	\$42
Osteo Fit	Mon	Jan. 5-Feb. 9	2:15-3:00 PM	6	\$54	\$42
Osteo Fit	Mon	Feb. 23-Mar. 23	2:15-3:00 PM	5	\$45	\$35
Osteo Fit	Mon	Jan. 5-Feb. 9	3:15-4:00 PM	6	\$54	\$42
Osteo Fit	Mon	Feb. 23-Mar. 23	3:15-4:00 PM	5	\$45	\$35
Pilates: Gentle	Mon	Jan. 5-Feb. 9	5:00-6:00 PM	6	\$138	\$126
Pilates: Gentle	Mon	Feb. 23-Mar. 30	5:00-6:00 PM	6	\$138	\$126
Strength Training	Tues	Jan. 6-Feb. 17	8:40-9:25 AM	7	\$63	\$49
Strength Training	Tues	Feb. 24-Mar. 31	8:40-9:25 AM	6	\$54	\$42
Zumba Gold	Tues	Jan. 6-Feb. 10	8:40-9:25 AM	6	\$60	\$48
Zumba Gold	Tues	Feb. 24-Mar. 31	8:40-9:25 AM	6	\$60	\$48
Zumba Gold-Toning	Tues	Jan. 6-Feb. 10	9:35-10:20 AM	6	\$60	\$48
Zumba Gold-Toning	Tues	Feb. 24-Mar. 31	9:35-10:20 AM	6	\$60	\$48
Building on the Basics	Tues	Jan. 6-Feb. 17	9:35-10:20 AM	7	\$63	\$49
Building on the Basics	Tues	Feb. 24-Mar. 31	9:35-10:20 AM	6	\$54	\$42
Urban Poles Fun & Fitness	Tues	Feb. 17-Mar. 24	10:30-11:15 AM	6	\$54	\$42
Movement for Healthy Joints & Muscles	Tues	Jan. 6-Feb. 17	11:30 AM-12:15 PM	7	\$63	\$49
Movement for Healthy Joints & Muscles	Tues	Feb. 24-Mar. 24	11:30 AM-12:15 PM	5	\$45	\$35
All Around Fitness	Tues	Jan. 6-Feb. 17	3:15-4:00 PM	7	\$63	\$49
All Around Fitness	Tues	Feb. 24-Mar. 31	3:15-4:00 PM	6	\$54	\$42
Low Impact Cardio & Muscle	Wed	Jan. 7-Feb. 18	8:40-9:25 AM	7	\$63	\$49
Low Impact Cardio & Muscle	Wed	Feb. 25-Apr. 1	8:40-9:25 AM	6	\$54	\$42

SENIORS

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

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Zumba Gold-Toning	Wed	Jan. 7-Feb. 11	8:40-9:25 AM	6	\$60	\$48
Zumba Gold-Toning	Wed	Feb. 25-Apr. 1	8:40-9:25 AM	6	\$60	\$48
Core Circuit	Wed	Jan. 7-Feb. 18	9:35-10:20 AM	7	\$63	\$49
Core Circuit	Wed	Feb. 25-Apr. 1	9:35-10:20 AM	6	\$54	\$42
Move Strong NEW	Wed	Jan. 7-Feb. 18	1:00-1:45 PM	7	\$63	\$49
Move Strong NEW	Wed	Feb. 25-Apr. 1	1:00-1:45 PM	6	\$54	\$42
Osteo Fit	Wed	Jan. 7-Feb. 18	2:15-3:00 PM	7	\$63	\$49
Osteo Fit	Wed	Feb. 25-Apr. 1	2:15-3:00 PM	6	\$54	\$42
Osteo Fit	Wed	Jan. 7-Feb. 18	3:15-4:00 PM	7	\$63	\$49
Osteo Fit	Wed	Feb. 25-Apr. 1	3:15-4:00 PM	6	\$54	\$42
Strength Training	Thurs	Jan. 8-Feb. 19	8:40-9:25 AM	7	\$63	\$49
Strength Training	Thurs	Feb. 26-Apr. 2	8:40-9:25 AM	6	\$54	\$42
Zumba Gold-Toning	Thurs	Jan. 8-Feb. 12	8:40-9:25 AM	6	\$60	\$48
Zumba Gold-Toning	Thurs	Feb. 26-Apr. 2	8:40-9:25 AM	6	\$60	\$48
Strength Training: Beginner	Thurs	Jan. 8-Feb. 19	9:35-10:20 AM	7	\$63	\$49
Strength Training: Beginner	Thurs	Feb. 26-Apr. 2	9:35-10:20 AM	6	\$54	\$42
Essentrics	Thurs	Jan. 8-Feb. 19	11:30 AM-12:15 PM	7	\$63	\$49
Essentrics	Thurs	Feb. 26-Mar. 26	11:30 AM-12:15 PM	5	\$45	\$35
Strength & Mobility NEW	Thurs	Feb. 26-Apr. 2	3:15-4:00 PM	6	\$54	\$42
Pilates: Mixed Level	Thurs	Jan. 8-Feb. 19	5:00-6:00 PM	7	\$161	\$147
Pilates: Mixed Level	Thurs	Feb. 26-Apr. 2	5:00-6:00 PM	6	\$138	\$126
Low Impact Cardio & Muscle	Fri	Jan. 9-Feb. 20	8:40-9:25 AM	7	\$63	\$49
Low Impact Cardio & Muscle	Fri	Feb. 27-Mar. 27	8:40-9:25 AM	5	\$45	\$35
Barre Strong	Fri	Jan. 9-Feb. 20	9:35-10:20 AM	7	\$63	\$49
Barre Strong	Fri	Feb. 27-Mar. 27	9:35-10:20 AM	5	\$45	\$35
Move Strong NEW	Fri	Jan. 9-Feb. 20	10:30-11:15 AM	7	\$63	\$49
Move Strong NEW	Fri	Feb. 27-Mar. 27	10:30-11:15 AM	5	\$45	\$35
Dance Choreography for Fun for Seniors	Fri	Jan 9-Feb. 20	11:30 AM-12:30 PM	7	\$70	\$56
Dance Choreography for Fun for Seniors	Fri	Feb 27-Mar. 27	11:30 AM-12:30 PM	5	\$50	\$40

WINTER SCHEDULE

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

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing & Seated Hatha Yoga NEW	Mon	Jan. 5-Feb. 9	10:30-11:30 AM	6	\$66	\$54
Standing & Seated Hatha Yoga NEW	Mon	Feb. 23-Mar. 30	10:30-11:30 AM	6	\$66	\$54

WINTER SCHEDULE

Yoga, Tai Chi, Meditation (In-Person)

(See descriptions further in guide)

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing & Seated Hatha Yoga	Mon	Jan. 5-Feb. 9	11:30 AM-12:15 PM	6	\$60	\$48
Standing & Seated Hatha Yoga	Mon	Feb. 23-Mar. 23	11:30 AM-12:15 PM	5	\$50	\$45
Yoga with Weights NEW	Mon	Jan. 5-Feb. 9	1:00-2:00 PM	6	\$66	\$54
Yoga with Weights NEW	Mon	Feb. 23-Mar. 30	1:00-2:00 PM	6	\$66	\$54
Tai Chi Level 1	Tues	Jan. 6-Feb. 17	9:30-10:30 AM	7	\$77	\$63
Tai Chi Level 1	Tues	Feb. 24-Mar. 31	9:30-10:30 AM	5	\$55	\$45
Tai Chi Level 2	Tues	Jan. 6-Feb. 17	10:30-11:30 AM	7	\$77	\$63
Tai Chi Level 2	Tues	Feb. 24-Mar. 31	10:30-11:30 AM	5	\$55	\$45
Moderate Slow Yoga	Tues	Jan. 6-Feb. 17	10:45-11:45 AM	7	\$77	\$63
Moderate Slow Yoga	Tues	Feb. 24-Mar. 31	10:45-11:45 AM	6	\$66	\$54
Moderate Slow Yoga	Tues	Jan. 6-Feb. 10	1:00-2:00 PM	6	\$66	\$54
Moderate Slow Yoga	Tues	Feb. 24-Mar. 31	1:00-2:00 PM	6	\$66	\$54
Yoga for Beginners Workshop	Tues	Jan. 6 or Feb. 17	2:30-4:00 PM	1	\$29	\$23
Yoga with Sarah	Wed	Jan. 7-Feb. 11	9:35-10:20 AM	6	\$60	\$48
Yoga with Sarah	Wed	Feb. 25-Apr. 1	9:35-10:20 AM	6	\$60	\$48
Deepening Meditation	Wed	Jan. 14-Mar. 25	10:00-11:30 AM	10	\$130	\$110
Standing & Seated Hatha Yoga	Wed	Jan. 7-Feb. 18	11:30 AM-12:15 PM	7	\$70	\$56
Standing & Seated Hatha Yoga	Wed	Feb. 25-Mar. 25	11:30 AM-12:15 PM	5	\$50	\$45
Yoga with Sarah	Thurs	Jan. 8-Feb. 12	9:35-10:20 AM	6	\$60	\$48
Yoga with Sarah	Thurs	Feb. 26-Apr. 2	9:35-10:20 AM	6	\$60	\$48
Chair & Standing Yoga	Thurs	Jan. 8-Feb. 19	10:30-11:15 AM	7	\$70	\$56
Chair & Standing Yoga	Thurs	Feb. 26-Apr. 2	10:30-11:15 AM	6	\$60	\$48
Yoga with Jane	Fri	Jan. 9-Feb. 20	9:30-10:30 AM	7	\$77	\$63
Yoga with Jane	Fri	Feb. 27-Mar. 27	9:30-10:30 AM	5	\$55	\$45
Moderate Hatha Yoga	Fri	Jan. 9-Feb. 20	9:30-10:15 AM	7	\$70	\$56
Moderate Hatha Yoga	Fri	Feb. 27-Mar. 27	9:30-10:15 AM	5	\$50	\$45
Standing & Seated Hatha Yoga	Fri	Jan. 9-Feb. 20	10:35-11:35 AM	7	\$77	\$63
Standing & Seated Hatha Yoga	Fri	Feb. 27-Mar. 27	10:35-11:35 AM	5	\$55	\$45

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: February 17.

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.

SENIORS

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 February 17.

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 3.

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 3.

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 and 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.

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.

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. 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. No class February 16 or April 2.

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.

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. Walking poles available to use.

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. No class March 31.

Move Strong NEW

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 February 16 or April 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: February 16 or March 30.

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 February 16.

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. No class February 16.

Strength and Mobility NEW

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.

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.

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 February 16.

SENIORS

Strong & Centred

If you're already enjoying an active lifestyle, this fitness class is the perfect compliment, designed to enhance everything you already do. These high-functioning sessions target strength, control, and flexibility through powerful core conditioning movement. Classes are built around precise, form focused body weight movements, blending floor-based strength work, dynamic stretching, and stability to improve joint health, balance, and strengthen your body's foundation. Challenge your body through slow, intentional sequences that enhance posture, coordination, and flexibility, while reinforcing your ability to perform in all other areas of your active life with greater ease. This is a moderate to advanced level class. Instructor: Angie Reid. No class February 16.

Urban Poles Fun & Fitness

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

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 February 16 or February 17.

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 February 16, February 17, February 18 or February 19.

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

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.

Deepening Meditation

This 10-week series is a meditation class. We will use the book entitled "Aging as a Spiritual Practice, A Contemplative Guide to Growing Older and Wiser" by Lewis Richmond as our guide. Each class will include teaching, discussion and meditation. 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: ijilldavey@gmail.com. No class February 11.

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. 1:00 pm instructor: Grace Rosewarne. No 1:00 pm class on February 17. 10:45am 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 11:30 am and Wednesday instructor: Karen Murtagh. Monday 10:30 am and Friday Instructor: Jane Finoro. Note: new Monday 10:30 am class. No class February 16.

Moderate 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. Please bring a yoga mat and 2 yoga blocks (or borrow from VPSC). Instructor: Karen Murtagh. No class April 3.

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. No class March 17. Note: Free demo class Friday, February 27 at 11:00 am at the Active Living and Retirement Show held at CW Sportsplex.

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. No class March 17.

Yoga for Beginners Workshop

Discover the benefits of yoga in this gentle and welcoming 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 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 handout supplied. Instructor: Charlene Sedgewick. 2 workshop dates to choose from: Janaury 6 or February 17.

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 standing, kneeling, seated, and reclining 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. Bring a yoga mat, 2 blocks and a blanket or sweater. Mats and blocks can be provided. Instructor: Sarah Gray. No classes February 18 or February 19.

Yoga with Weights NEW

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 February 16.

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

Interactive & Fun Beginner Spanish: Level 1

Do you enjoy travelling to Spanish speaking countries but wish you could communicate beyond 'hola' and 'gracias'? Learn common words and phrases for travel, basic grammar, and conversational skills from parts of Latin America and Spain. Instructor Joanna Walker has been teaching Spanish for over 18 years and has supported many new language learners. She has a teaching degree, a degree in International Development and Hispanic Studies, advanced Spanish Diploma from the DELE Cervantes Institute of Spain and interpreter training courses. No prior Spanish knowledge is required.

\$144 (\$138 Members)

*Tuesdays, 1:30 pm to 2:30 pm
January 6 to February 10, 6 classes*

Interactive & Fun Beginner Spanish: Level 2

Build on your Spanish language skills. Instructor: Joanna Walker. See

instructor's bio in the Spanish Level 1 description. No class March 17.

\$144 (\$138 Members)

*Tuesdays, 1:30 pm to 2:30 pm
February 17 to March 31, 6 classes*

Hexcentric

Learn to make a throw sized quilt from start to finish. This contemporary quilt pattern is by Canadian quilt maker, Joanna Maskow. This course will guide those with prior sewing experience to plan, cut, piece, quilt, and bind a one-of-kind throw quilt. Participants may choose machine or hand quilting to finish the quilt. Can purchase fabric through the instructor or independently. Other supplies: rotary cutter, cutting mat, thread, batting, templates for the shapes used, pins, sewing machine (participants need their own for homework) and may bring to class. Instructor: Virginia Gallop is a local sewist, quilter, thrifter and fabric fanatic. Visit kwiltkozy.ca to learn more.

\$195 (\$189 Members)

*Wednesdays, 1:00 pm to 3:00 pm
January 7 to February 25, 8 classes*

French Course 2

French Course 2 is a follow-up from the beginner course. We will be using the same textbook "Basic French" and continuing our exploration of the French language. More verb groups, vocabulary and phrases. Instructor: Elisabeth Bzikot.

\$120 (\$112 Members)

*Fridays, 10:00 am to 11:00 am
January 9 to February 27, 8 classes*

French Course 6

This course will be a continuation of our previous courses and include the introduction of the imperfect and the future tenses as well as further practice of the passe compose. We will foster more demanding conversation topics and presentations. Supplies: workbook information for purchasing available at registration. Instructor: Elisabeth Bzikot.

\$120 (\$112 Members)

*Fridays, 12:30 pm to 1:30 pm
January 9 to February 27, 8 classes*

SENIORS

Watercolour: Level 1

This introduction to watercolours will explore the nature of the medium along with various materials and techniques. Colour theory and colour mixing will be an important beginning to working in paint. A supply list will be available upon registration. Instructor: Jane Finoro.

\$96 (\$84 Members)

Fridays, 1:00 pm to 3:00 pm

January 9 to February 13, 6 classes

Watercolour: Level 2

This more advanced class will move beyond the basics and offer the opportunity to develop skills through practice. A supply list will be available upon registration. Instructor: Jane Finoro.

\$96 (\$84 Members)

Fridays, 1:00 pm to 3:00 pm

February 20 to March 27, 6 classes

Healthy Habits

Begin the New Year building healthy habits. Each week we will explore a new habit to incorporate better health into our life. We will spend time exploring why each habit is important, ways to add them into your day and any barriers that may arise and ways to overcome them. This group will support each other to adopt healthier habits in a supportive non-judgemental space. Week 1 - increasing water intake. Week 2 - eating adequate protein. Week 3 - reducing sugar consumption. Week 4 - adding in physical activity. Week 5 - self care. Week 6 - reducing stress. Instructor: Jennifer Wilson.

\$58 (\$49 Members)

Thursdays, 3:15 pm to 4:00 pm

January 15 to February 19, 6 classes

Say Sayonara to Sugar

In today's diet, sugar is hiding everywhere from tomato sauce to salad dressings to crackers. It makes up a whopping 21% of our calories consumed daily. Learn to recognize the many places sugar is hiding, impact on overall health and how to gently kick that sweet sugar bug. Includes a booklet containing all the facts behind what sugar does to our bodies. Learn the simple Complete in 3 Rule and how to use it to design tasty, blood sugar balancing meals, an easy grocery list

reference guide and sample recipes to help get you inspired. Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm

Monday, January 19

Anti-Inflammatory Nutrition

Supporting joint and body health through nutrition. Joint pain and inflammation can have whole body impacts that affect our ability to enjoy many daily activities. The good news is that certain delicious and easy to incorporate foods could help reduce inflammation and support the management of existing conditions or improve our general wellbeing. Join Lauren, a Registered Dietitian, to explore what exactly "inflammation" is and how our body might respond, what foods we can add to our meals to support reducing inflammation and some simple and delicious recipes. Presentation materials, recipes and handouts will all be provided.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, January 20

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, January 22

Putting on a Play

Have you ever wondered how a piece of theatre comes to life? In this session we'll uncover the mystery behind "all that work" that goes into putting on a live show. We'll start with how theatres choose their seasons, the production process for amateur and professional theatres, as well as the many different artistic, technical and administrative jobs that people working on a production might have. We'll look at casting, the rehearsal process, and the joyful chaos known as tech week, culminating in opening night. Presented by Eric Goudie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, January 28

Spring Flower Arrangement

Has it been too long since you've seen flowers? Winter is hard when it's all white outside. Join Emily from Mapleton Acres as she brings the flowers to you (yup, even in the middle of winter!). In this workshop you'll design a flower arrangement filled with Ontario grown flowers to help invite spring into your home. All materials provided. (Don't miss the next workshop: Spring Planter held March 18).

\$69 (\$59 Members)

1:00 pm to 2:30 pm

Wednesday, February 4

Introduction to Acting

Have you ever wanted to audition for a play but weren't sure where to start? Getting involved in community theatre is on many people's retirement to-do list, and this course will give you the tools to make the most of this fun and exciting pastime. We'll begin with a quick overview of the parts of a theatre, directions on stage, and how shows get from initial concept to opening night. Then we'll focus on the role of the actor and how they fit into the overall production. We'll cover physical and vocal warm-ups, what actors do to be safely and effectively seen and heard onstage, then move into script analysis, looking at short scenes to find playable actions. We'll go over the stylistic considerations of genres like comedy and tragedy, as well as the approaches of major schools of acting (Stanislavsky, Brecht, etc). Finally, we'll get up on our feet and bring some scenes to life. The course may conclude with a short presentation of scenes for family and friends. Instructed by The Fergus Grand Theatre.

\$130 (\$120 Members)

Thursdays, 10:00 am to 12:00 pm

February 5 to March 12, 6 classes

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.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Thursday, February 19

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, February 23

Women's Heart Health

Supporting heart health through nutrition. Heart disease and stroke are the leading cause of premature death in women (ref: heartandstroke.ca). Join Lauren, a Registered Dietitian, this month to honour women's heart health and the role nutrition plays in supporting it. We will walk through vital nutrients and foods that support the heart and brain health of women and how to incorporate them into delicious, accessible recipes. Presentation materials, recipes and handouts will all be provided.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, February 24

Introduction to Dramatic Literature

The only plays most people ever read are those by Shakespeare – that's a real shame! This class will provide an overview

of the many other types of plays that are available to read, where you can find them, and what to look for in various types of plays, from classical Greek and Roman texts to Elizabethan plays beyond the Bard to modern classics, and the classics of tomorrow. Presented by Eric Goudie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, February 25

French Course 3

French Course 3 is a continuation of French 2. 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 3.

\$120 (\$112 Members)

Fridays, 10:00 am to 11:00 am

March 6 to May 1, 8 classes

French Course 4

French Course 4 is a continuation of French 3. 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. No class April 3.

\$120 (\$112 Members)

Fridays, 12:30 pm to 1:30 pm

March 6 to May 1, 8 classes

Restore the Pelvic Floor

If you are looking to heal, feel stronger, restore your pelvic floor, learn how it relates to your core and gait, and return to exercises you love, this is the program for you. Restore the Pelvic Floor has been designed to give you the tools to overcome incontinence, prolapse and pelvic pain. Learn how to correctly activate, repair and strengthen your floor. With these exercises and lifestyle tips, you

can return to exercise and healthy living with confidence. Participants will need to get up and down from floor. Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm

Thursday, March 12

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

SENIORS

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, recipes included. Presentation materials, recipes and handouts will all be provided.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, April 21

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, December 8 at 3:00 pm

-or- Monday, March 16 at 3:00 pm

All Things Scottish

Explore the Scottish traditions brought to Wellington County and how they have changed and evolved over the years. Presented by The Wellington County Museum & Archives.

Wednesday, January 14 at 11:00 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, January 19 at 1:30 pm

Virtual: Dementia Friendly Communities

Help make your community dementia friendly. Dementia Friendly Communities training will help you better understand the everyday experiences of people living with dementia. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar.

Thursday, January 22 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.

Monday, January 26 at 1:00 pm

VPSC Travel Show: 2026 Bus Trips

Don't miss this presentation about upcoming bus trips. Join Chris Ledger, the VPSC's volunteer bus trip coordinator to hear information about the 2026 day trips that are being planned this year.

Wednesday, January 28 at 11:00 am

Storing and Caring for your Family Heirlooms

Emily Benedict, Conservator at Wellington County Museum and Archives, will provide essential guidance on preserving precious family documents and objects for future generations. We will go over basic care and handling, ideal storage environments, containers, and display methods.

Thursday, January 29 at 10:30 am

Cybersecurity: Phishing Awareness

In this session, you will learn: the

definition of phishing, types of phishing attacks, link manipulation (URL's that appear legitimate but lead to malicious sites), fake websites (websites that mimic real ones to steal login credentials), the impact of phishing and prevention. Presented by TCW Information Technology Department.

Wednesday, February 4 at 11:00 am

Health Information without the Overwhelm

Join us for a practical and engaging presentation from the Waterloo Wellington Self- Management Program. Learn how to interpret health information and to ask informed questions.

Monday, February 9 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.

Wednesday, February 18 at 10:30 am

What Your Library Has for You

Staff from the Fergus Branch, Wellington County Library, will share information about library services and resources for older adults. Learn how the library can help you stay connected, informed, and engaged. Discover our wide selection of large-print books, audiobooks, eBooks, and magazines, along with activities such as book clubs, craft groups, and technology help sessions. Your library is here to support you at every stage of life.

Monday, February 23 at 1:00 pm

Virtual: Advance Care Planning

What is Advanced Care Planning in Ontario? We will be discussing substitute decision makers as it pertains to health care, types of decisions and resources to assist you in "starting the conversation".

Presented by Robin Smart, Public Education Coordinator, Alzheimer Society

Waterloo Wellington. Note: This is a virtual seminar.

Thursday, February 19 at 10:30 am

Ride Well Service

Hear all about Ride Well, Wellington County's rural public transit service. Ride Well is a demand-based, ridesharing service operating Monday to Friday, 6:00am to 7:00pm. Rides can be booked to and from any address in Wellington County and Guelph. Join us for a presentation about the service and visit www.ridewell.ca. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave, E, Fergus.

Friday, February 27 at 10:10 am

Wills, Powers of Attorneys and Living Wills

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 SV Law, Elora. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave, E, Fergus.

Friday, February 27 at 10:50 am

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. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave. E, Fergus.

Friday, February 27 at 12:00 pm

Overview of Ontario's Estate Administration Tax

Are you estate planning? Or has someone asked you to be their estate representative? Would you like to better understand how Ontario's Estate Administration Tax (EAT) works? The Ontario Ministry of Finance can help. During this seminar, learn about EAT, clarify when EAT is appropriate and view a demonstration on how to calculate EAT. Presented by the Ministry of Finance. Held at the Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave, E, Fergus.

Friday, February 27 at 1:10 pm

Introduction to the Ontario Land Registry Website

Learn how to navigate the Ontario Land Registry office's website onland.ca to research the history of property ownership for any of your ancestors' home or farm properties in Ontario from the first sale of the property to 1998. Join Archives staff from the Wellington County Museum & Archives for this informative session.

Monday, March 2 at 1:00 pm

Protecting Your Estate

Keeping it Safe from Creditors, Taxation & Your Family. Del Wilmot, a Registered Financial & Retirement Advisor at Wilmot Financial in Fergus, will provide tips and strategies for organizing, simplifying, and optimizing your financial situation. He'll discuss lesser-known ways to leave more of your wealth to the people and causes you care about, and less to government.

Wednesday, March 4 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, March 5

Sleep and Stress: A Two-Way Street

Join us for a practical and engaging

presentation from the Waterloo Wellington Self-Management Program. Understand how stress and sleep affect your health.

Monday, March 9 at 10:00 am

Introduction to Family History Resources

Genealogy 101: A guide through the basic steps to getting started on your family tree whether local or international, using both print and online resources. Presented by Christine VanderHeide, Assistant Archivist from the Wellington County Museum and Archives.

Monday, March 9 at 1:00 pm

Hats, Handbags and Handkerchiefs

Travel through time and take a look at our changing fashion trends and styles (and what may be coming back). Presented by The Wellington County Museum & Archives.

Wednesday March 11 at 10:30 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.

Thursday, March 12 at 10:30 am

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

Being Prepared: Organizing Your Documents

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, March 26 at 10:00 am*

Being Prepared: Advance Care Planning

Who will speak for you when you can no longer speak for yourself? This workshop will help you to identify your Substitute Decision Maker and how to appoint a Power of Attorney for your health care decisions. We will also discuss how to start this difficult conversation with family and friends so that you can be sure your wishes will be fulfilled. Presented by Hospice Wellington. *Thursday, April 2 at 10:00 am*

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*

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.

January 12, February 9 or March 9

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. Thanks to the VPSC Program Committee for organizing these lunches. (Lunches are subject to change).

January 21 Robbie Burns Lunch and Scottish Musical Program

February 11 Valentine Lunch and Musical Program

February 25 Lunch

March 11 St. Patrick’s Lunch and Irish Musical Program

March 25 Easter 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, January 21 – Scottish Songs

Wednesday, February 11 – Love Songs

Wednesday, March 11 – Irish Music

Active Living and Retirement Show

Visit VPSC’s annual one-day in-person event held at the CW Sportsplex, 550 Belsyde Ave, E, Fergus, and see the many exhibitor booths providing information on a range of services available to older adults from a variety of organizations: health, financial, travel, recreation, support services, volunteering and more. Learn about opportunities for older adults in the community. Participate in informative seminars and active living demonstrations at the event. See the schedule on the front page of the Seniors Section in this Guide. FREE: admission, grab bags, fitness classes, seminars and more. Event hosted by Victoria Park Seniors Centre in partnership with the Older Adult Centres’ Association of Ontario (OACAO) with funding provided by the Government of Ontario.

Friday, February 27

10:00 am to 2:00 pm

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.