

November 2025 Seminars (In-person and Virtual)

Pre-register for all seminars listed below (virtual and 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 Fall 2025 Community Guide for descriptions.

Falls Prevention – Presented by Sandra Shields, Lifeline Canada. Monday, November 3 at 1:00 pm.

Frauds & Scams - Presented by Crime Stoppers Guelph Wellington’s (CSGW) Sarah Bowers-Peter and Victim Services Wellington, Elizabeth Kent. Wednesday, November 5 at 10:00 am.

Freedom Fighters – Presented by The Wellington County Museum & Archives. Monday, November 10 at 1:30 pm.

Protecting Your Estate – Presented by Del Wilmot, a Registered Financial & Retirement Advisor at Wilmot Financial. Wed. November 12 at 11:00 am.

Healthy Caregiving - Presented by the Waterloo Wellington Self-Management Program. Mon., November 17 at 1pm.

Navigating Life as a Senior - Presented by Cathy Mendler, A New Leaf Organizers. Wed., November 19 at 10 am.

Wills, Powers of Attorneys and Living Wills - Presented by Nate Martin, a partner with SV Law in Elora. Wednesday, November 26 at 11:00 am.

Virtual: Finding Your Way - Why People with Dementia Wander - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar. Thurs., November 27 at 10:30 am.

November 2025 Special Events (In-person). Pre-register!

Remembrance Day Lunch – Wednesday, November 5 at 12:00 pm – menu on the front of calendar.

Monthly Musical Afternoon – Wednesday, November 5 at 1:30 pm. Join us for lunch and stay for entertainment afterwards. All welcome. By donation at the door.

Live Drama Performance “Baby Shower” presented by VPSC’s Pastime Entertainment Theatre Group – Friday, November 7 at 2:00 pm. Aunt Brigitte is hosting a baby shower for her niece Corrine. Everything has been carefully prepared for this wonderful celebration. The guests are soon to arrive, but a freak snowstorm blows through and soon mayhem arises. Is anyone still coming? Don’t miss this special performance!!! Cost: Admission by donation at the door with refreshments to follow. All are welcome.

New Member Talk and Tour - 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. No charge. Pre-register. November 17 at 10:00 am.

Wednesday Lunch – Wednesday, November 19 at 12:00 pm – menu on the front of calendar.

Bus Trips 2025 - 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 are subject to change. All trips include luxury coach transportation with a washroom, bus driver gratuity, HST. **Refer to the Fall 2025 Guide for descriptions.**

Casa Loma – Thursday, November 6. Departs: 7:30 am, return 6:30 pm. Cost: \$158 mem, \$172 non. **Full – taking a waiting list.**

Shawfest “White Christmas” & Skylon - Wednesday, December 3. Departs: 9:30 am, return: 9:00 pm. Cost: \$202-member, \$216 non-member. **Full – taking a waiting list.**

Look for more bus trips to be released in the Winter 2026 Community Guide!

November 2025

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 Tuesday, November 11, 2025 for Remembrance Day.

The **Fall 2025 Centre Wellington Community Guide** is active - Get registered for programs this fall!

The Winter 2026 Community Guide will be inserted in the Wellington Advertiser the week of December 4. Registration begins Tuesday, December 9 at 8:30am.

Township of Centre Wellington Refund Policy in effect:

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

Wednesday Lunch

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

Wednesday, November 5 at 12:00 pm – Remembrance Day Lunch (pay by October 31 at 4pm).
Menu: Cranberry Chicken, Roasted Potatoes, Glazed Carrots, Lemon Cake & Lemon Sauce.

Wednesday, November 19 at 12:00 pm – Wednesday Lunch (pay by November 14 at 4pm).
Menu: Turkey Tetrazzini, Tea Biscuit, Salad, Butter Tart Square.

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 be connected with a “**Community Connector**” volunteer who will meet you for lunch and introduce you to others.

The Annual General Meeting (AGM) is on Thursday, November 20, 2025 at 2:00 pm.

All members of VPSC are encouraged to attend.

Note: All drop-in activities are cancelled at VPSC during this meeting.

MONDAY Drop-in Activities	TUESDAY Drop-in Activities	WEDNESDAY Drop-in Activities	THURSDAY Drop-in Activities	FRIDAY Drop-in Activities
9:00 – 4:00 Billiards & Snooker 8:40 Recreational Belly Dance – weekly drop-in 9:30 Canasta 1:00 Choir & Ukulele Band: The Melody Makers	9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka,10:30 Genealogy, 11:35 Tap Dancing 1:00 Bid Euchre, 1:00 Shuffleboard, 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation	9:00 – 4:00 Billiards & Snooker 10:00 Crokinole, 10:30 Creative Writing 1:00 Arts & Crafts Group, 1:00 Euchre 4:00 Wood Carving , 3:00 Line Dancing	9:00 – 4:00 Billiards & Snooker, 9:30 Darts 9:30 Scrabble, 1:00 Bingo,1:00 Social Bridge 1:00 Table Tennis, 1:00 Guitar Band: Country Classics 4:00 Pastime Entertainment Theatre Group, 7:30 Euchre	9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (Nov 7) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold’em Poker
3 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:00 Advisory Board Meeting 9:35 Zumba Gold, 9:35 Strong & Centred NEW 10:15 Program Committee Meeting 10:30 Essentrics, 10:30 Yoga With Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Falls Prevention 1:00 Yoga Flow NEW, 1:00 Mood Walk (end) 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	4 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning, 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:30 Urban Poles Fun & Fitness 10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga 11:30 Movement For Healthy Joints & Muscles 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga, 1:30 Beg Spanish Level 2 3:15 All Around Fitness	5 (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 NEW, 9:35 Core Circuit 9:50 Building Strength: Core, 10:00 Meditation 10:00 Frauds & Scams 11:30 Standing & Seated Hatha Yoga 12:00 Remembrance Day Lunch (Pay by Oct.31) 1:30 Musical Afternoon Program (by donation) 1:00 Fun Fitness, 4:00 Fabric Art Project 2:15 Osteo Fit, 3:15 Osteo Fit	6 (Daily Drop-In Activities listed above) 7:30 BUS TRIP: Casa Loma 8:40 Strength Training 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus 9:35 Yoga With Sarah NEW 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Chair & Standing Yoga, 11:30 Essentrics 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	7 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga NEW 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French For Beginners For Those Wishing Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga, 12:30 French 3 1:00 Drawing Fundamentals: Level 2 2:00 Live Drama Performance “Baby Shower” presented by VPSC’s Pastime Entertainment Theatre Group (by donation at the door)
10 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:35 Zumba Gold, 9:35 Strong & Centred NEW 10:00-2:00 Reflexology Clinic (by appt.) 10:30 Essentrics, 10:30 Yoga With Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga Flow, 1:00 Fun Fitness: Move Strong 1:30 Freedom Fighters 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle	11 Remembrance Day. Centre Closed.	12 (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 NEW 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Deepening Meditation 11:00 Protecting Your Estate 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness, 4:00 Fabric Art Project 2:15 Osteo Fit, 3:15 Osteo Fit	13 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus 9:35 Yoga With Sarah NEW 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Chair & Standing Yoga 11:30 Essentrics 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	14 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga NEW 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French For Beginners Wishing Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3 1:00 Drawing Fundamentals: Level 2
17 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:35 Zumba Gold, 9:35 Strong & Centred NEW 10:00-2:00 Reflexology Clinic (by appt.) 10:00 New Members Talk & Tour 10:30 Happy, Healthy Hormones 10:30 Essentrics, 10:30 Yoga With Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga Flow, 1:00 Fun Fitness: Move Strong 1:00 Healthy Caregiving 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle		19 (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 NEW 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 10:00-2:00 Chair Massage Clinic (by appt) 10:00 Navigating Life As A Senior 11:00-12:00 Blood Pressure Clinic (Drop-in!) 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch (Pay by Nov. 14) 1:00 Fun Fitness: Move Strong, 4:00 Fabric (end) 1:00 Playwriting 101, 2:15 Osteo Fit, 3:15 Osteo Fit	20 (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 NEW 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Chair & Standing Yoga, 11:30 Essentrics 1:30 Minds in Motion (Register with Alz Society) 2:00 ANNUAL GENERAL MEETING All members of VPSC are encouraged to attend. (Please note that all regularly scheduled activities are cancelled during this meeting) 5:00 Pilates: Mixed Level	21 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga NEW 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French For Beginners Wishing Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3 1:00 Drawing Fundamentals: Level 2
24 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:35 Zumba Gold, 9:35 Strong & Centred NEW 10:00-2:00 Reflexology Clinic (by appt.) 10:30 Essentrics, 10:30 Yoga With Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga Flow NEW 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle		26 (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 NEW 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 10:00 Make Your Own Fresh Evergreen Wreath 11:00 Wills, Powers of Attorneys and Living Wills 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 1:00 Christmas Sewing Project 1:00 Yoga For Beginners 2:15 Osteo Fit, 3:15 Osteo Fit	27 (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 NEW 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Virtual Seminar: Finding Your Way – Why People With Dementia Wander 10:30 Chair & Standing Yoga, 11:30 Essentrics 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	28 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga NEW 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French For Beginners Wishing Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3 1:00 Drawing Fundamentals: Level 2
The Annual General Meeting (AGM) is on Thursday, November 20, 2025 at 2:00 pm. All members of VPSC are encouraged to attend. Note: All drop-in activities are cancelled at VPSC during this meeting.	Join us for our November lunches! Wed. Nov 5 at 12 noon. After lunch stay for our Musical Afternoon Program at 1:30pm (by donation at door). Wed. Nov. 19 at 12 noon.	The Winter 2026 Community Guide will be inserted in the Wellington Advertiser the week of December 4. Registration begins Tuesday, December 9 at 8:30am.	The following Drop-in groups are looking for participants: - Woodcarving - Scrabble - Recreational Belly Dance - Bunka Let us know if you are interested!	LEGEND GREEN – Health & Wellness Clinics BLACK–Course Start, Bus Trip RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program