

## August 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.**

**Cheat Sheet For Communication** - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, August 13 at 10:30 am.

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

**Peach Social** – Thursday, August 13 at 1:30pm. Tickets are \$8 for everyone. Join this fun afternoon of music and a tasty homemade peach dessert. Limited space.

**Wednesday Lunch** – Wednesday, August 26 at 12:00 pm – menu on the front of calendar. Register and pay by Friday, August 21.

## 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.**

**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.

# August 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](mailto:seniorscentre@centrewellington.ca)

View Programs, information: [www.centrewellington.ca/seniorscentre](http://www.centrewellington.ca/seniorscentre)

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

**The Centre will be closed on Monday, August 3rd for the Civic Holiday.**

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 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, August 26 at 12:00 pm – Wednesday Lunch** (pay by August 21 at 4pm).  
Menu: Chicken Vegetable Stir-fry, Basmati Rice, Waldorf Salad, Carrot Cake.

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.

## 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                                                                                                                                                                                                                                                                                                                                                                                  | TUESDAY Drop-in Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | WEDNESDAY Drop-in Activities                                                                                                                                                                                                                                                                                                                                                                                                                         | THURSDAY Drop-in Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | FRIDAY Drop-in Activities                                                                                                                                                                                                                                                                                              |
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| 9:00 – 4:00 Billiards & Snooker<br>8:40 <del>Recreational Belly Dance</del> (resume Sept 14)<br>9:30 Canasta<br>4:00 <del>Choir &amp; Ukulele Band: Melody Makers</del> (res Sept 14)<br>1:00 Summer Weekly Musical Afternoon (end Aug 31)                                                                                                                                                                 | 9:00–4:00 Billiards & Snooker (1:00 Ladies Only)<br>9:30 Bunka, <del>10:00 Horseshoes</del><br>10:30 Genealogy, <del>11:30 Tap Dancing</del> (resume Sept 15)<br>1:00 Bid Euchre, <del>4:00 Shuffleboard</del> (resume Sept 15)<br>1:00 Hand & Foot, 1:00 Wii Bowling, 3:00 French                                                                                                                                                                                                                                                  | 9:00 – 4:00 Billiards & Snooker<br><del>10:00 Crokinole</del> (resume Sept. 2)<br>10:00 Bocce (end Sept. 2)<br>10:30 Creative Writing, 1:00 Arts & Crafts Group<br>1:00 Euchre, 3:00 Line Dancing                                                                                                                                                                                                                                                    | 9:00 – 4:00 Billiards & Snooker, 9:30 Darts<br>9:30 Scrabble, 1:00 Bingo,1:00 Social Bridge<br>1:00 Table Tennis, 1:00 Guitar Band: Country Classics<br>4:00 Pastime Entertainment Theatre Group (Aug 20)<br><del>7:30 Euchre</del> (resumes Sept 3)                                                                                                                                                                                                                                                                                                                | 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage<br>9:30 Mah Jong, 11:00 Book Club (August 7)<br>11:15 Spanish, <del>4:00 Ukulele Band</del> -(resume Sept 11)<br><del>4:00 Carpet Bowling</del> (resume Sept 11)<br>1:00 Texas Hold'em Poker                                                                            |
| 3<br><b>Civic Holiday - Centre Closed.</b><br><br><b>LEGEND</b><br><b>GREEN – Health &amp; Wellness Clinics</b><br><b>BLACK–Course Start, Bus Trip</b><br><b>RED – In Person Seminar, Events</b><br><b>BLUE – Virtual (Zoom) Program</b>                                                                                                                                                                   | 4 (Daily Drop-In Activities listed above)<br><del>8:40 Strength Training, 8:40 Zumba Gold</del><br><del>9:15 Fit Bones Plus</del><br>9:35 Zumba Gold-Toning<br><del>9:50 Building Strength: Lower Body</del><br><del>10:00 Horseshoes</del><br>10:30 Gentle Hatha Yoga NEW<br><del>11:00 Moderate Slow Yoga NEW TIME</del><br>11:30 Movement for Healthy Joints & Muscles<br><del>3:15 All Around Fitness</del>                                                                                                                     | 5 (Daily Drop-In Activities listed above)<br><del>8:40 Low Impact Cardio &amp; Muscle</del><br>8:40 Zumba Gold-Toning, <b>9:15 Fit Bones</b><br>9:35 Yoga with Sarah<br>9:35 Core & Control Circuit<br><b>9:50 Building Strength Core</b><br>10:00 Bocce, <del>10:30 Aligned: Partner Yoga</del><br>11:30 Standing & Seated Hatha Yoga<br>1:00 Move Strong<br>2:15 Osteo Fit, 3:15 Osteo Fit                                                         | 6 (Daily Drop-In Activities listed above)<br><del>8:40 Strength Training</del><br>8:40 Zumba Gold-Toning<br><b>9:15 Fit Bones Plus</b> , 9:35 Yoga with Sarah<br><del>9:35 Strength Training Beginner</del><br><b>9:50 Building Strength: Upper Body</b><br><del>10:30 Gentle Yoga for Stiff Bodies</del><br>11:30 Movement For Healthy Joints & Muscles<br><del>4:30 Minds in Motion (Register with Alz Society)</del><br>5:00 Pilates: Mixed Level<br><b>The Fall 2026 Centre Wellington Community Guide will be inserted in the Wellington Advertiser today!</b> | 7 (Daily Drop-In Activities listed above)<br><del>8:40 Low Impact Cardio &amp; Muscle</del><br><del>9:30 Gentle Hatha Yoga</del><br><del>9:35 Barre Strong</del><br>10:30 Essentrics NEW<br>10:30 Move Strong<br><del>11:30 Standing &amp; Seated Hatha Yoga NEW</del><br>11:30 Dance Choreography for Fun for Seniors |
| 10 (Daily Drop-In Activities listed above)<br>8:40 Zumba Gold-Toning<br>9:00 Advisory Board Meeting<br><del>9:35 Pilates Strong NEW, 9:35 Zumba Gold</del><br>10:15 Program Committee Meeting<br>10:30 Essentrics<br>11:30 Standing & Seated Hatha Yoga<br>11:45 Strength Training & Core<br><del>4:00 Yoga with Weights, 1:00 Move Strong</del><br>2:15 Osteo Fit, 3:15 Osteo Fit<br>5:00 Pilates: Gentle | 11 (Daily Drop-In Activities listed above)<br>8:40 Strength Training, 8:40 Zumba Gold<br><b>9:00-4:00 Foot Care Clinic (by appt)</b><br><b>9:15 Fit Bones Plus</b><br>9:35 Zumba Gold-Toning<br><b>9:50 Building Strength: Lower Body</b><br><del>10:00 Plant Powered, 10:00 Horseshoes</del><br><del>10:30 Gentle Hatha Yoga NEW</del><br>11:00 Moderate Slow Yoga NEW TIME<br>11:30 Movement for Healthy Joints & Muscles<br><del>3:15 All Around Fitness</del>                                                                   | 12 (Daily Drop-In Activities listed above)<br>8:40 Low Impact Cardio & Muscle<br>8:40 Zumba Gold-Toning, <b>9:15 Fit Bones</b><br>9:35 Yoga with Sarah<br>9:35 Core & Control Circuit<br><b>9:50 Building Strength Core</b> , 10:00 Bocce<br><del>10:30 Aligned: Partner Yoga NEW</del><br>11:30 Standing & Seated Hatha Yoga<br>1:00 Move Strong<br>2:15 Osteo Fit, 3:15 Osteo Fit                                                                  | 13 (Daily Drop-In Activities listed above)<br>8:40 Strength Training<br>8:40 Zumba Gold-Toning<br><b>9:15 Fit Bones Plus</b> , 9:35 Yoga with Sarah<br>9:35 Strength Training Beginner<br><b>9:50 Building Strength: Upper Body</b><br><b>10:30 Cheat Sheet For Communication</b><br><del>10:30 Gentle Yoga for Stiff Bodies NEW</del><br>11:30 Movement For Healthy Joints & Muscles<br><del>4:30 Minds in Motion (Register with Alz Society)</del><br><b>1:30 Peach Social</b><br>5:00 Pilates: Mixed Level                                                       | 14 (Daily Drop-In Activities listed above)<br>8:40 Low Impact Cardio & Muscle<br><del>9:30 Gentle Hatha Yoga</del><br>9:35 Barre Strong<br>10:30 Essentrics NEW<br>10:30 Move Strong<br><del>11:30 Standing &amp; Seated Hatha Yoga NEW</del><br>11:30 Dance Choreography for Fun for Seniors                          |
| 17 (Daily Drop-In Activities listed above)<br>8:40 Zumba Gold-Toning<br>9:35 Pilates Strong NEW, 9:35 Zumba Gold<br>10:30 Essentrics (end)<br>11:30 Standing & Seated Hatha Yoga (end)<br>11:45 Strength Training & Core<br><del>4:00 Yoga with Weights, 1:00 Move Strong</del><br>2:15 Osteo Fit, 3:15 Osteo Fit<br><b>3:00 How To Register Online For VPSC Programs</b><br>5:00 Pilates: Gentle          | 18 (Daily Drop-In Activities listed above)<br><b>8:30 Registration opens today for all Fall 2026 Programs (Virtual &amp; In-Person)</b><br>8:40 Strength Training, 8:40 Zumba Gold<br><b>9:00-4:00 Foot Care Clinic (by appt)</b><br><b>9:15 Fit Bones Plus</b> , 9:35 Zumba Gold-Toning<br><b>9:50 Building Strength: Lower Body</b><br><del>10:00 Horseshoes, 10:30 Gentle Hatha Yoga NEW (end)</del><br>11:00 Moderate Slow Yoga NEW TIME<br>11:30 Movement for Healthy Joints & Mus (end)<br><del>3:15 All Around Fitness</del> | 19 (Daily Drop-In Activities listed above)<br>8:40 Low Impact Cardio & Muscle<br>8:40 Zumba Gold-Toning, <b>9:15 Fit Bones</b><br>9:35 Yoga with Sarah<br>9:35 Core & Control Circuit<br><b>9:50 Building Strength Core</b> , 10:00 Bocce<br><del>10:30 Aligned: Partner Yoga NEW</del><br><b>10:45 BUS TRIP: Medieval Times</b><br>11:30 Standing & Seated Hatha Yoga (end)<br>1:00 Move Strong<br>2:15 Osteo Fit, 3:15 Osteo Fit                   | 20 (Daily Drop-In Activities listed above)<br>8:40 Strength Training<br>8:40 Zumba Gold-Toning<br><b>9:15 Fit Bones Plus</b> , 9:35 Yoga with Sarah<br>9:35 Strength Training Beginner<br><b>9:50 Building Strength: Upper Body</b><br><del>10:30 Gentle Yoga for Stiff Bodies NEW</del><br>11:30 Movement For Healthy Joints & Mus (end)<br><b>12:00-3:00 Osteopath Clinic (by appt.)</b><br><del>4:30 Minds in Motion (Register with Alz Society)</del><br>5:00 Pilates: Mixed Level                                                                              | 21 (Daily Drop-In Activities listed above)<br>8:40 Low Impact Cardio & Muscle<br><del>9:30 Gentle Hatha Yoga (end)</del><br>9:35 Barre Strong<br>10:30 Essentrics NEW (end)<br>10:30 Move Strong<br><del>11:30 Standing &amp; Seated Hatha Yoga (end)</del><br>11:30 Dance Choreography for Fun for Seniors            |
| 24 (Daily Drop-In Activities listed above)<br>8:40 Zumba Gold-Toning (end)<br>9:35 Pilates Strong NEW<br>9:35 Zumba Gold (end)<br>11:45 Strength Training & Core<br><del>4:00 Yoga with Weights, 1:00 Move Strong</del><br>2:15 Osteo Fit, 3:15 Osteo Fit<br>5:00 Pilates: Gentle                                                                                                                          | 25 (Daily Drop-In Activities listed above)<br>8:40 Strength Training, 8:40 Zumba Gold<br><b>9:00-4:00 Foot Care Clinic (by appt)</b><br><b>9:15 Fit Bones Plus</b><br>9:35 Zumba Gold-Toning<br><b>9:50 Building Strength: Lower Body</b><br><del>10:00 Horseshoes (end)</del><br>11:00 Moderate Slow Yoga NEW TIME<br><del>3:15 All Around Fitness</del>                                                                                                                                                                           | 26 (Daily Drop-In Activities listed above)<br>8:40 Low Impact Cardio & Muscle<br>8:40 Zumba Gold-Toning, <b>9:15 Fit Bones</b><br>9:35 Yoga with Sarah<br>9:35 Core & Control Circuit<br><b>9:50 Building Strength Core</b> , 10:00 Bocce<br><del>10:30 Aligned: Partner Yoga</del><br><b>11:00-12:00 Blood Pressure Clinic (drop-in)</b><br><b>12:00 Wednesday Lunch (Pay by Aug. 21)</b><br>1:00 Move Strong, 2:15 Osteo Fit, 3:15 Osteo Fit       | 27 (Daily Drop-In Activities listed above)<br>8:40 Strength Training, 8:40 Zumba Gold-Toning<br><b>9:15 Fit Bones Plus</b> , 9:35 Yoga with Sarah<br>9:35 Strength Training Beginner<br><b>9:50 Building Strength: Upper Body</b><br><del>10:30 Gentle Yoga for Stiff Bodies NEW</del><br><b>12:00-3:00 Osteopath Clinic (by appt.)</b><br><del>4:30 Minds in Motion (Register with Alz Society)</del><br>5:00 Pilates: Mixed                                                                                                                                       | 28 (Daily Drop-In Activities listed above)<br>8:40 Low Impact Cardio & Muscle<br>9:35 Barre Strong<br><del>10:30 Move Strong</del><br>11:30 Dance Choreography for Fun for Seniors                                                                                                                                     |
| 31 (Daily Drop-In Activities listed above)<br>9:35 Pilates Strong NEW (end)<br>11:45 Strength Training & Core (end)<br><del>4:00 Yoga with Weights</del><br>1:00 Move Strong (end)<br>2:15 Osteo Fit (end)<br>3:15 Osteo Fit (end)<br>5:00 Pilates: Gentle (end)                                                                                                                                           | Sept. 1 (Daily Drop-In Activities listed above)<br>8:40 Strength Training (end)<br>8:40 Zumba Gold (end)<br><b>9:15 Fit Bones Plus (end)</b><br>9:35 Zumba Gold-Toning (end)<br><b>9:50 Building Strength: Lower Body (end)</b><br>11:00 Moderate Slow Yoga NEW TIME (end)<br><del>3:15 All Around Fitness (end)</del>                                                                                                                                                                                                              | Sept. 2 (Daily Drop-In Activities listed above)<br><b>7:00 BUS TRIP: A Day In Niagara</b><br>8:40 Low Impact Cardio & Muscle (end)<br>8:40 Zumba Gold-Toning (end)<br><b>9:15 Fit Bones (end)</b><br>9:35 Yoga with Sarah (end)<br>9:35 Core & Control Circuit (end)<br><b>9:50 Build Strength Core (end)</b><br>10:00 Bocce (end)<br><del>10:30 Aligned: Partner Yoga</del><br>1:00 Move Strong (end)<br>2:15 Osteo Fit (end), 3:15 Osteo Fit (end) | Sept. 3 (Daily Drop-In Activities listed above)<br>8:40 Strength Training (end)<br>8:40 Zumba Gold-Toning (end)<br><b>9:15 Fit Bones Plus (end)</b><br>9:35 Yoga with Sarah (end)<br>9:35 Strength Training Beginner (end)<br><b>9:50 Building Strength: Upper Body (end)</b><br><del>10:30 Gentle Yoga for Stiff Bodies NEW</del><br><del>4:30 Minds in Motion (Register with Alz Society)</del><br>5:00 Pilates: Mixed (end)                                                                                                                                      | Sept. 4 (Daily Drop-In Activities listed above)<br>8:40 Low Impact Cardio & Muscle (end)<br>9:35 Barre Strong (end)<br>10:30 Move Strong (end)<br>11:30 Dance Choreography for Fun for Seniors (end)                                                                                                                   |