



Centre Wellington

FALL 2025

COMMUNITY
GUIDE

**FERGUS
GRAND
THEATRE**

**FITNESS AND
RECREATION**

**AQUATICS
PROGRAMS**

**SENIOR
PROGRAMS**





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Fall Edition 2025

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Join Our Club!



Rotary
Club of Fergus-Elora



*Are you looking to get
involved and make positive
changes in your community
and around the world?*

Rotary is the largest service club in the world, a respected voice in Canada and globally. We are committed to improving our community and supporting our neighbours both locally and internationally. Some of our current fund raisers include monthly *Bingo*, *Catch the ace* and *The taste of the Grand* (coming back soon, stay tuned). Our commitments include Aboyne Rural Hospice, Groves Memorial Hospital Foundation, Local Accessible Parks, The Community resource centre, the Hub, Big Brothers Big Sisters, FEDS special needs soccer, among many others. Every year we hand out grants to various community groups and associations. Come be a part of something great!

We also have a variety of youth services programs focused on building strong mindful future leaders, so bring those teenagers along with you.

YOU CAN REACH OUT BY:

Email: info@ferguselorarotary.com

Instagram: [rotaryclubferguselora](https://www.instagram.com/rotaryclubferguselora)

Facebook: www.facebook.com/FergusEloraRotary

Website: ferguselorarotary.com

Catch the Ace: ferguselorarotarycta.ca



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www.wellingtonadvertiser.com

Community Contacts

Help

Animal Control,
Guelph Humane Society
519.824.3091

Centre Wellington Hydro
519.843.2900

Distress Centre Well/Dufferin
1.888.821.3760

Fire – Admin. and Public Safety
519.843.1950

Groves Memorial Hospital
519.843.2010

Highway Info (Winter)
1.888.638.9899

Hydro Emergency in Fergus/Elora
519.827.8588/519.827.8589

Kid's Help Line
1.800.668.6868

Madd Wellington County Chapter
519.515.0623

Sewer Emergency
1.888.886.9281

The Door Youth Centre
519.787.9025

Township of Centre Wellington
519.846.9691

Wellington/Dufferin/Guelph Public
Health
1.800.265.7293

Women's Support Program
519.843.6834

General Info

B.I.A Office, Elora
519.846.2563

B.I.A Office, Fergus
519.843.7161

CW Chamber of Commerce
519.843.5140

Centre for Environmental Excellence
1-888-713-4088

Post Office, Elora
519.846.5681

Post Office, Fergus
519.843.1730

Wellington Cty Library,
Elora Branch
519.846.0190

Wellington Cty Library,
Fergus Branch
519.843.1180

Wellington Cty Library,
Aboyne Branch
519.846.0918

Arts and Culture

CW Singers, Robin Gow
centrewellingtonsingers@gmail.com

Elora Arts Council, Barb Lee
519.846.0556

Elora Cataract Trail, Raymond Soucy
519.843.7703

Elora Centre for the Arts
519.846.9698

Elora Comm. Theatre, Deb Stanson
519.496.6481

Elora Fergus Arts Council
info@elorafergusartscouncil.ca

Elora Festival and Singers
519.846.0331

Elora and Salem Horticulture,
Jude Dowling
519.594.1816

Fergus Brass Band, Uwe Claussen
519.591.8558

Fall Fair Board, Wendy Wittaker
519.856.9621

Fergus Grand Theatre
519.846.9691 x200

Fergus Horticultural Society
fergushorticulture@gmail.com

Fergus Pipe Band
info@ferguspipeband.com

Fergus Scottish Festival
519.787.0099

Gleeful Sounds, Anne Thomson-King
519.787.0245

Grand Celtic Pipe Band,
Ashley Duncan
519.998.5748

Grinder Productions, Eric Goudie
519.843.7942

Kindermusik, Performance Studios
& Music for Kids
519.843.3517

Neighbour Woods, Toni Ellis
1.888.713.4088

Volunteer Centre of
Guelph and Wellington
519.822.0912

Wellington County
Museum and Archives
519.846.0916

Club and Lodges

Belwood Car Club
belwoodlakecarclub@gmail.com

Belwood Lions Club
info@belwoodlions.org

CW Kinettes, Mary Lloyd
519.843.1314

Elora Lions Club
519.843.5528

Fergus Camera Club,
Richard Smythe
226.979.7289

Fergus and District Kinsmen,
Bruce Lloyd
519.843.4852

Fergus Lions Club, Margaret Murray
519.843.3225

Fergus Model Flyers, Andy Smith
fergusmodelflyers@gmail.com

Fergus Santa Claus Parade,
(Lions, Optimist, Kinsmen, Rotary)
Jim Dandy
519.843.5142

Girl Guides, Elora, Fergus and Alma,
M. Skerritt
519.846.0328

G.R.C.A., Belwood
843.2979

G.R.C.A., Elora
846.9742

Optimist Club of CW - Fergus,
Jill Pogson
519.938.6762
Probus Club of CW., Norma Seibert
519.766.3816
Rotary Club of CW.,
Ron MacKinnon
centrewellingtonrotary.ca
Rotary Club of Fergus Elora,
Sherri Mullin (Secretary)
519.846.5357
Royal Canadian Legion,
Branch 229
519.846.9611
Royal Canadian Legion,
Branch 275
519.843.2345
Scouts Canada
1.888.855.3336
Spark of Brilliance, P. McCulloch
519.843.5742
361 Fergus Army Cadets
fergusarmycadets.org

Support Services

Big Brothers and Sister of
Centre Wellington
519.787.0106
Cancer Society Support Services
519.939.3333
C.W. Community Foundations,
R.Soucy
1.888.713.4083
Centre Wellington
Food Bank
519.787.1401
Community Resources of
N. and C. Wellington
519.843.7000
Community Mental Health
519.843.6191
Family and Children Services
519.824.2410
Family Counselling
and Support Services
519.824.2431 (Rural)
1.800.307.7078

Hospice Wellington
519.836.3921
Meals on Wheels (VON)
519.323.2330
Ride Well,
Wellington County
1.833.900.7433
Stroke Recovery Canada
1.866.380.0758 x263
Wellington Pregnancy Care Centre
519-362-4167

Dance Instruction

Blue Bonnet Lassies Highland Dance
519.827.8143
Celtic Thunder, Irish Dance
519.787.0096
Elora Grand Squares
519.843.1986
Fergus/Elora Academy of Dance
519.846.6666
Stage Presence
226.218.1848
Soulshine Dance Arts Inc.
info@soulshinedancearts.com

Sports and Leisure

Basketball (men's) Doug Warran
519.846.1063
Basketball-CW Celtics,
Blake Cudmore
519.787.2963
Bears Cheerleading
226.971.1614
Belwood Sailing Club
newblsc.ca
Bushido Martial Arts, S. Champagne
519.993.6367
Curling Club, Elora
519.846.0440
Curling Club, Fergus
519.843.2641
Fergus Tennis Club
info@fergustennisclub.ca

Grand River Girls Hockey, Dan Gilles
519.830.7490

Lawn Bowling Club-Elora Rocks
eloralawnbowling@gmail.com
Minor Hockey CW.
cwminorhockey.ca
Minor Lacrosse, CW
info@cwminorlacrosse.ca
Minor Softball, Alma
almasoftballexec@gmail.com
Minor Ball, CW, Robin Larkin
647.938.4663
Ponsonby Softball Club,
Shirley Obergan
226.820.3889
Ringette
efr@elorafergusingette.ca
Rugby Club, Joe Bowley
519.994.1137
Skating Club, Fergus
fergusskateclub@gmail.com
Skating Club, Elora
Visit eloraskatingclub.com
Soccer, F.E.D.S.
Visit fedssoccer.ca
Swim Team, Angela Klein
519.787.2122

Please note:

**If contact information is
incorrect please call
519.846.9691 x381**

Refund policy

Payment Fees:

We accept cheques, money orders, cash, debit, Visa or Master Card. We have calculated the HST and included it in our fees where applicable.

There is a \$35 NSF fee for cheques and declined credit card payments

Please note: Registrations and bookings will not be accepted on those accounts that have an outstanding balance. No post dated cheques are accepted.

Refunds:

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 senior's bus trips or lunches.
5. Transfers will be accepted prior to 3rd class. No transfers will take place beyond the 3rd class.
6. A \$20 administration fee will be applied to refunds requested.



7Seas2See Travel

www.7seas2see.com

E: diane@7seas2see.com

T: 226.979.5751



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Do you enjoy playing music? 🎵

Have you played an instrument in the past and would like to pick it up again?



Come out to the Fergus Brass Band at 501 Blair Street (across from the Legion), & enjoy playing a variety of music.

Practice every Tuesday at 7:30 pm.

Always welcoming new members.



For more information contact:
Bob Skeoch, 519-843-2069,
or Uwe Claussen, 519-591-8558.



DISCOVER CURLING: ARE YOU READY TO EMBRACE THE ULTIMATE WINTER SPORT?

Join the Fergus Curling Club as we celebrate our 191st season! Take part in the excitement of this classic game, make new friends, and celebrate nearly two centuries of tradition in Fergus.

All skill levels are welcome, and we offer Adult Learn to Curl and U18 leagues.



Scan the QR code or visit
ferguscurling.ca to sign up.

Register now and be part of history!





How to Register for Programs Online

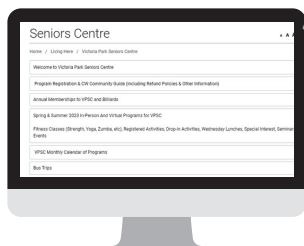
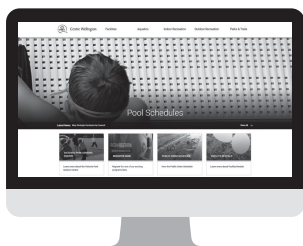
- 1 Depending on the program you are looking to register for, visit:

[CW Sportsplex:](http://www.centrewellington.ca/parksandrecreation)

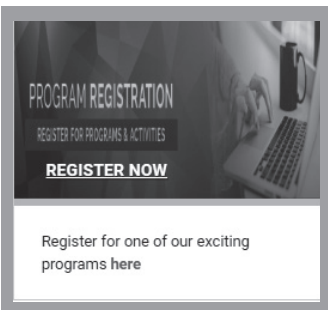
www.centrewellington.ca/parksandrecreation

[Victoria Park Seniors Centre:](http://www.centrewellington.ca/seniorscentre)

www.centrewellington.ca/seniorscentre

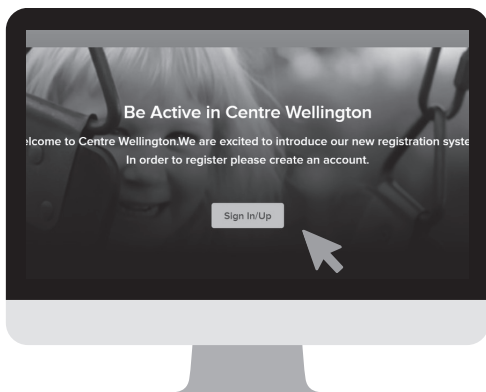


- 2 Click on Program Registration - this will redirect you to a new webpage called "Active Communities".



On the Seniors Centre page, there will be a drop down menu titled "Program Registration"

- 3 When on the Active Communities homepage - sign into your account using the login button.



- 4 If you don't have an account - select "Create an Account" follow the prompts.



Create Account

1 name & address 2 contact information 3 personal information 4 account information

Name & Address

Please note that in order to create an account for a child you must create an account for an adult first. Additional family members can be added to your account during registration.

* Denotes a required field.

*First Name (required)

*Last Name (required)

*Email Address (required)

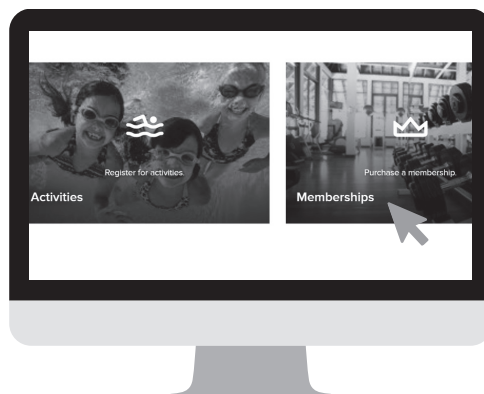
*Street Address (required)

*City, Province, Postal Code (required)

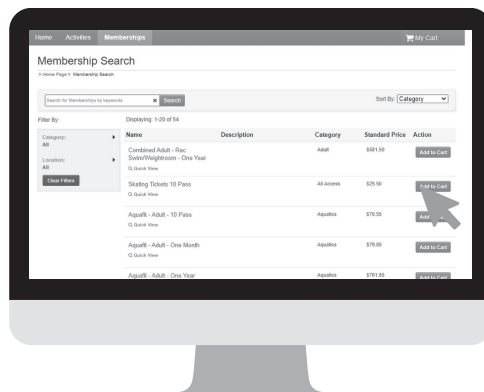
ON

Create Account

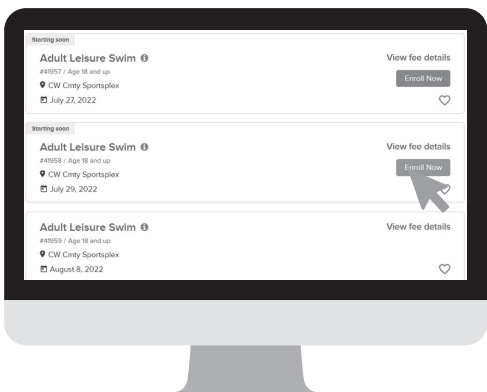
- 5 Once you are logged in, you can register for activities or purchase memberships for: Aquatic Centre, Weight Room, Fitness/Aquafit Classes, & Victoria Park Seniors Centre.



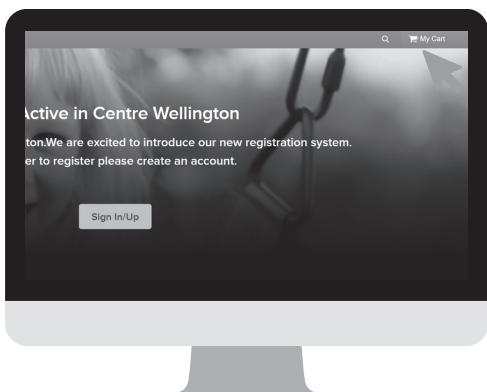
- 6 Selecting "Purchase a Membership" - will redirect you to "Memberships" where a list of Membership options is available. Select what interests you and "Add to cart" - follow the prompts.



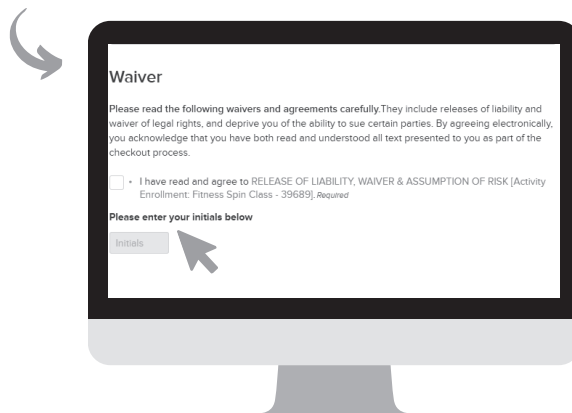
- 7 Selecting "Register for Activities" - will redirect you to "Activities" where a list of activities is available. Select what interests you and "Enroll Now" - follow the prompts.



- 8 Once you have added activity(s) and/or membership(s) to your cart - click "My Cart" and proceed to checkout.



- 9 When proceeding to checkout - ensure all of your information is correct and read the following waivers and agreements carefully.



Questions About Registering?

If you have any questions or issues, please do not hesitate to contact the Township of Centre Wellington:

Parks & Recreation:

519-846-9691 ext.903

parks@centrewellington.ca

Victoria Park Seniors
Centre:

519-846-9691 ext.204

seniors@centrewellington.ca



Upper Grand
Family Health Team



Your Family Health Team's Free Programs and Services.

Proudly serving Arthur, Centre
Wellington and surrounding
communities in partnership with
Upper Grand primary care providers.

Upcoming Groups and Workshops

www.uppergrandfht.org/workshops/

Care Giver Support Group: Alzheimer Society - A monthly support group for caregivers of those living with dementia. This group focuses on connection, understanding and strategies. Call 519-742-1422 x 2090

Care Giver Support Group: Palliative - A monthly support group for those caring for a loved one with cancer or other complex illness. Call 519-843-3947 ext. 126

Intro to Diabetes and Pre-Diabetes - Living with pre-diabetes or Type 2 diabetes? Learn what it means to have diabetes and pre-diabetes and how you can manage it while still enjoying life to the fullest. Register online or call 519-843-3947x 126

Heart Health Nutrition Workshop - Learn how food can help manage cholesterol, blood pressure, and other heart health concerns. Register online or call 519-843-3947x 126

Infant Feeding - Bottles and Breastfeeding - Drop-in support for pregnant, breast or bottle-feeding parents. Call us or check our website for location. Drop-In or call 519-843-3947 ext. 126

Raising Healthy Happy Eaters - Learn information and strategies to help you feed your kids confidently. Register through the EarlyON website.

Have you heard about our other programs and services?

- Addictions Services
- Chronic Pain Support
- Diabetes Support
- Geriatric & Seniors Care
- Heart Health & Cardiac Rehab
- Lung Health
- Mental Health Counselling
- Medication Management
- Nutrition Support
- Outreach Services
- Smoking Cessation
- Supportive & Palliative Care
- Therapeutic Exercise & Activity

Ask your healthcare provider to get started.

Looking for a family physician or nurse practitioner?

Register using Health Care Connect:

Online: <https://health811.ontario.ca/> and click "find a doctor"

Phone: Dial 811 to speak to a nurse to get registered

Looking for food support?

We're proud to be a
pantry site for

CENTRE
WELLINGTON
foodbank
LENDING A HELPING HAND



Trailside Medical Centre
107-6420 Beatty Line N,
Fergus



@UpperGrandFHT



@Uppergrandfht



www.uppergrandfht.org



519-843-3947

Swimming Admittance

Rates effective April 1, 2025. Fees include HST.

Please note: The Aquatics Centre will be closed for maintenance September 1st – 6th, 2025

Tickets

Memberships

	One Time	10 Tickets	3 Months	6 Months	One Year
Adult (18-54 years)	\$5.75	\$48.90	\$188.45	\$336.85	\$467.05
Seniors (55+ years)	\$5.30	\$45.05	\$158.70	\$284.85	\$388.30
Family (max 4 people, additional members \$1.75)	\$12.15	\$103.30	—	—	\$488.65 (2 adults, 4 children) Valid for all Swims (Lane, Public, Adult Leisure, Special Needs and Parent & Tot, swims.
Youth (15-17 years)	\$3.95	\$33.60	<div><div>30% OFF</div><div>When you get both Aquatics and Weight Room on a one year membership.</div></div>		
Youth (5-14 years)	\$3.55	\$30.20			
Child (1-4 years)	\$2.45	\$20.85			
Infant (up to 12 months)	FREE				

Shorter Membership Periods

Memberships can be purchased for shorter time frames, (1 or 3 month periods). Please inquire at the Sportsplex for costs.

Patrons with a Swim or Aquafit Membership receive a 3 month locker rental FREE.

(Deposit still applies)

Lockers

Please note lockers are available to rent on a monthly basis. A \$20 refundable deposit is required. Lockers are \$6.65/month.

Aquafit Admittance

Rates effective April 1, 2024. Fees include HST.

Tickets

Memberships

	One Time	10 Tickets	3 Months	6 Months	One Year
Adult (18-54 years)	\$9.30	\$79.05	\$267.10	\$448.40	\$789.25
Seniors (55+ years)	\$8.40	\$71.40	\$230.60	\$366.65	\$682.20

Admission Policy: Swimmers under the age of 10 years may not be admitted to the swimming pool unless they are accompanied by a guardian who is at least 12 years of age and are responsible for their direct supervision with a maximum of 2 swimmers for each guardian. The ratio of non-swimmers to guardian may be increased **for swimmers aged 6-9 to a maximum of four swimmers to one guardian if life jackets are worn by all non-swimmers in their charge.** Swimmers between the ages of 6 and 9 who have passed the facility swim test may be admitted to the swimming pool unaccompanied. Guardian must be present for the swim test, and remain in the facility for the duration of the swim. Whirlpool: Due to the high temperature, the whirlpool is for use by patrons 16 years of age and older.

Supervision Requirements

In order to ensure adequate supervision and to identify children at greater risk, the Township of Centre Wellington issues wristbands during public swim sessions.

**Ask facility staff
for more information.**

Red Wristbands

Age 5 and under (Non Swimmer)

May not be admitted to the swimming pool unless they are accompanied by a guardian.
Must stay within arms reach.

ADMISSION REQUIREMENTS:

Always accompanied
(guardian 12+)



Age 6-9 (Non Swimmer)

May not be admitted to the swimming pool unless they are accompanied by a guardian. Must stay within arms reach. Did not pass facility swim test. Guardians must be within arms reach at all times in shallow water.

ADMISSION REQUIREMENTS:

Always accompanied (parent/guardian 12+)



or



with Lifejackets

NON SWIMMERS

Yellow Wristbands

Age 5 and under (Competent Swimmer)

Successfully completed facility swim test.
Swimmer can use water slide and swim in deep areas.

ADMISSION REQUIREMENTS:

Always accompanied
(guardian 12+)



Green Wristbands

Age 6-9 (Competent Swimmer)

Successfully completed facility swim test.

ADMISSION REQUIREMENTS:

Guardian remains in the facility

Age 10+ (Non Swimmer)

If not a competent swimmer will be required to stay in shallow water.

ADMISSION REQUIREMENTS:

No adult supervision required.



Each ratio indicates the maximum number of swimmers that one responsible person (aged 12 or older) is able to supervise. Guardian must be in proper bathing attire, in the water, actively participating within arms reach at all times.

Swim Test Cards

Patrons that have successfully completed the swim test will receive a "Swim Test Card". For future visits to the facility swimmers can present the swim test card to reception staff when paying for the swim and will receive the appropriate colour wristband. A guardian must be in the facility during the swim if 6-9 years. If you forget your swim test card you will be required to complete the swim test again. If at any time a patron with a swim test card is unable to complete the swim test their swim test card will be revoked.

Swim Test Criteria

Tread Water for 20 seconds, front swim 10 metres, tread water for 20 seconds, front swim 15 metres. Swimmers must make an attempt at over arm recovery with a near horizontal body position. Lifeguards reserve the right to have any swimmer complete the swim test and to determine competency to use the deep area of the pool.

Whirlpool

Due to the high temperature, the whirlpool is for use by patrons 16 years of age and older.

High-Risk Participants

High-risk participants must be in a ratio of 1:1. High-risk participants are defined as those who have a condition or illness that may put them at risk in an aquatic environment (e.g. frequent seizures, fainting conditions, etc) and those who are unable to control behaviour or impulses and require direct supervision.

General Pool Information

Family Swim Passes

The Township offers an annual Family Swim Pass and it is valid for all drop in swims (lane, public, family, adult leisure, special needs, parent and tot). The cost is \$488.65 per year. This pass can be used for two adults and up to four children. We offer numerous other passes for adults and seniors for a variety of programs as well. Please call 519.846.9691 x 903 for more information.

Feeding your children before swimming

Children may experience nausea while swimming after eating a large meal. Please give your child ample time to digest their food before swimming. Please do not feed your child a large meal just prior to swimming.

Financial Assistance for Swimming Lesson

The Children's Foundation of Guelph and Wellington provides financial assistance for children in need so they can participate in sports, cultural and recreational activities. Funds are available for the activity of the child's choice as long as the activity will benefit and enrich their own personal development. For further information or information on how to apply, contact the Children's Foundation of Guelph and Wellington at 519.826.9551.

Diapers

As a courtesy to all we require that all individuals who are not toilet trained wear specially designed swimming diapers. The Aquatic Centre has both disposable and reusable swim diapers available at our administration desk. The Sportsplex stocks swim diapers in infant, child, youth, and adult sizes.

Personal Assistant for Leisure Activities (PAL) Card

A "PAL" card is available to people with a disability who require assistance to attend Township of Centre Wellington Recreation programs. The "PAL" card is issued to the person with the disability and allows them to be accompanied by a friend, relative, support worker, etc., as their support person who participates as an attendant at no additional cost. A support person can be a different person each time but they will help the person with a disability with tasks related to communication, mobility, personal care or medical needs, or with access to goods or services.

We will continue to admit caregivers volunteering their time to help a person with special needs to our programs free of charge. If you would like to apply for a PAL card to use in neighboring municipalities an application form is available to fill out. There are certain eligibility requirements that must be met to obtain a PAL Card. Application forms are available from the Centre Wellington Community Sportsplex, 550 Belsyde Ave, Fergus ON N1M 3T9, or by contacting Community Services at 519.846.9691 ext. 321

Strollers

Due to their size, and the possibility of restricting change room exits, unattended strollers are to be left outside of the change rooms. Strollers are not to be on the pool deck. We apologize for the inconvenience, however we need to ensure all exits and the pool deck are maintained free of obstructions in case an evacuation is required.

Spectators

Spectators are welcome to watch from the Aquatic Viewing Gallery. Viewing lessons from the pool deck is not permitted.

Pool Temperatures

We have 3 different pools on our deck. They are maintained at the following temperatures:

Main Pool

28 Celsius (82 Fahrenheit)

Leisure Pool

33.5 Celsius (92 Fahrenheit)

Whirl Pool

38 Celsius (100 Fahrenheit)

Photos / Videos

Patrons wishing to use video cameras or other photographic devices during registered or supervised Township programs, including phone cameras and personal digital assistants, may take photographs only of children and patrons in their care. Every attempt must be made to limit or eliminate other patrons from being filmed or photographed in the background. Photographic devices including cell phones, are strictly prohibited from change rooms.

Private Rentals

A private pool rental is a great way to celebrate a birthday or host a special event. Rental times are available Saturdays and Sundays after regular programs. Please call our reception staff at the Sportsplex at 519.846.9691 x 305 for more information.

Gift Ideas

Looking for gift ideas? Why not purchase swim tickets or passes for Aquatic programs? Inquire by phone 519.846.9691 x 903.

Swim Descriptions



Our admission policy is in effect for all swims.
Our Swim schedule can be found at centrewellington.ca/aquatics

Lane Swim

The Main pool is open for swimmers of any age to swim lengths. Get in shape by swimming and join the "In motion" Swim Challenge! For more details ask our staff at the Sportsplex!

Public Swim

Come enjoy time in the pool. All the pools and the waterslide are open. A lane will be designated for those wanting to swim lengths.

Adult Leisure Swim

Adults can come to enjoy "unstructured" swimming in the main pool. Two lanes are designated for those wanting to swim lengths.

Parent and Tot Swim

Parents or caregivers can come and swim with their children in our leisure pool (the slide is not in operation). Children are to be accompanied by an adult at a 2:1 ratio. These swims are combined with our adult "leisure pool swims" Special Needs Swims.

Leisure Pool Swim

Adults, seniors, and children are welcome. Any caregiver volunteering their time to help a person with special needs is admitted free (1 caregiver per person). These swims are combined with our parent and tot swims and take place in our leisure pool, which is maintained at 33.5 degrees celsius (92F).

Aquafit *(Classes Geared to Adults 18+)*



All Classes are led by Certified instructors.
Our Aquafit schedule can be found at centrewellington.ca/aquatics

Leisure Pool Movement Enhancement

These classes are geared to participants with arthritis and other mobility challenges. Participants should expect to be taught a variety of range of motion exercises to help maintain and improve mobility and flexibility. These classes are taught in our leisure pool.

General Aquafit

Use the resistance of water to assist in a quality low impact workout. Participants may use the shallow or deep water during these classes. These classes are taught in our main pool.

Diaperfit

These classes are designed for parents and their child under 3. Participants should expect 30min of physical activity in our main pool followed by 15min of Parent & Tot swimming lesson in our leisure pool.

Leisure Pool Rehabilitation Aquafit

These classes assist with recovery, increase flexibility and range of motion much faster and with less stress on the body than a typical post rehabilitation exercise class. These classes are taught in our leisure pool.

THE TOWNSHIP OF CENTRE WELLINGTON REQUIRES: AQUATIC INSTRUCTORS, GUARDS AND AQUAFIT INSTRUCTORS



Centre Wellington's Community Services Department is accepting resumes for Assistant Instructor, Instructor, Lifeguard and Aquafit Instructor. For all positions, experience and additional certifications will be considered when determining employment offers. Please include a photocopy of all required certifications when applying. Full Job Descriptions are available at the Centre Wellington Sportsplex by contacting the Aquatics Department.

Qualified candidates are invited to submit a complete resume detailing education, experience and references to:

By Email: careers@centrewellington.ca

JOB CLOSES: Fall - October 11 2025- 4:00pm | Winter - January 10 2026 - 4:00pm

Information gathered relative to this position is done so in accordance with the Municipal Freedom of Information and Protection of Privacy Act & will only be used for candidate selection. Accessibility accommodations are available for all parts of the recruitment process. Applicants must make their needs known in advance. We thank all those that apply; however only those candidates selected for an interview will be contacted.

Swimming Lessons



We offer most swimming levels at every lesson time frame. This format of programming allows parents to register multiple children at the same time. In order to coordinate all of our swimmers, instructors will teach multi-level classes.

Not sure what level to register in?

Please call the Sportsplex, 519.846.9691 x 305 to arrange a time for a FREE SKILLS ASSESSMENT by one of our Aquatic Staff.

Deck Supervisor

During swimming lessons there is a deck supervisor who oversees all lessons. If you have any questions or concerns regarding your child's progress the deck supervisor is available to answer your questions.

Swim Lesson Progressions

Did you know your child may repeat a level multiple times before completing all of the requirements successfully? When registering your children, please ensure you register them in the correct level. Swimming skills build from one level to the next. If your child hasn't completed a level, they may not have the skills required to be successful in the next level.

Swim Lesson Report Cards

Your child will receive a report card booklet that will track their progress throughout the swimming levels. Please bring your child's report card to their first class and give it to their instructor. If your child is not present for the last swim lesson you can pick up their report card at the front administration desk at the Sportsplex.

Private Lessons

Private lessons run in the same nine lesson format as all other lessons. If this doesn't fit your schedule, we do offer "one time" private lessons. When registering online for semi private lessons you can register one child online which will reserve the lesson for you. You will need to contact the Sportsplex to register the second child. Please call our reception staff at the Sportsplex at 519.846.9691 x 903 for more information.

Cancelled Classes

Registering early gives us a better idea of which programs are of interest to you. People often wait until the last minute to register only to find out that the program is full, or has been cancelled due to low registration. Registering early increases your program choices. If you are currently enrolled in lessons and concerned about registering in the wrong level you can transfer between levels if a change is needed. Check with your child's instructor after lesson 8 to see if you need to transfer. Classes with low enrolment will be cancelled approximately 1 week before programs start.

Missed Classes

If you miss a scheduled lesson we are unable to make them up.

Transfers

You can transfer classes prior to the start of the third lesson if there is space available.

Change Rooms

Children 6 years of age and older must use gender specific change rooms, or the family change room.

Additional Aquatics Programs



Course dates and times for all aquatic programs can be found at ca.apm.activecommunities.com/centrewellington/

Private Lessons

Private \$239.45 for 9 lessons;

Semi Private \$162.30/child for 9 lessons

One to one instruction to work on swimming challenges. Lessons are 30 minutes in length. For Semi Private lessons children must be within one level of each other. It is the responsibility of the swimmer to find a second participant. For information call 519.846.9691 ext 305

Adapted Aquatics

\$98.70

Adapted aquatics is for participants of any age with a physical or developmental disability who need 1:1 support to feel comfortable in the water and to progress in their swimming skills. Participants will be taught by an experienced swimming instructor. Please contact Caitlin Sim at csim@centrewellington.ca, 519-846-9691 x 305 to complete an Adapted Aquatic Form prior to your child's first lesson.

Swimming Lessons Schedule

Welcome to our fall registration information. Please refer to our level descriptions to determine the appropriate level for your child's swimming lesson. The specific lesson times can be found online at centrewellington.ca/aquatics. If you have questions regarding our swimming programs please call 519.846.9691 ext 903 to talk to one of our reception staff at the Centre Wellington Community Sportsplex.

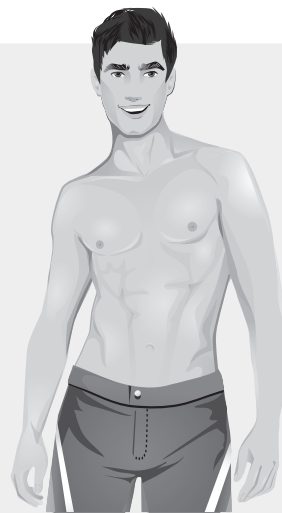
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FALL SESSION 1 DATES						
Sept 8 - Nov 10 (9 Lessons) Cancellation: Oct 13	Sept 9 - Nov 4 (9 Lessons) Cancellation: None	Sept 10 - Nov 5 (9 Lessons) Cancellation: None	Sept 11 - Nov 6 (9 Lessons) Cancellation: None	Sept 12 - Nov 14 (9 Lessons) Cancellation: Oct 31	Sept 13 - Nov 8 (9 Lessons) Cancellation: None	Sept 7 - Nov 9 (9 Lessons) Cancellation: Oct 12
FALL SESSION 2 DATES						
Nov 17 - Jan 26 (9 Lessons) Cancellation: Dec 22 & 29	Nov 18 - Jan 27 (9 Lessons) Cancellation: Dec 23 & 30	Nov 19 - Jan 28 (9 Lessons) Cancellation: Dec 24 & 31	Nov 20 - Jan 29 (9 Lessons) Cancellation: Dec 25 & Jan 1	Nov 21 - Jan 30 (9 Lessons) Cancellation: Dec 26 & Jan 2	Nov 22 - Jan 31 (9 Lessons) Cancellation: Dec 27 - Jan 3	Nov 16 - Jan 25 (9 Lessons) Cancellation: Dec 21 & 28



Facilitating Your Child's Aquatic Career

FREE

Would you like your child to become a Lifeguard or Swimming instructor? Would you like to get certified yourself? Please contact us to find out about the different Aquatic employment opportunities that are available at our Aquatic Centre. Learn about when to start, the courses you need to take, the volunteer opportunities available, our hiring process, and what makes working in Aquatics a rewarding job!

Please contact us at 519.846.9691 ext 305 for more information!



Name: _____

D.O.B: _____ CARD# _____

Expiry Date: _____

Personal Assistant for Leisure Activities (PAL) Card

A "PAL" card is available to people with a disability who require assistance to attend recreation programs. These cards can be used in surrounding municipalities including Guelph, Kitchener, Waterloo and Cambridge. For details see page 12.

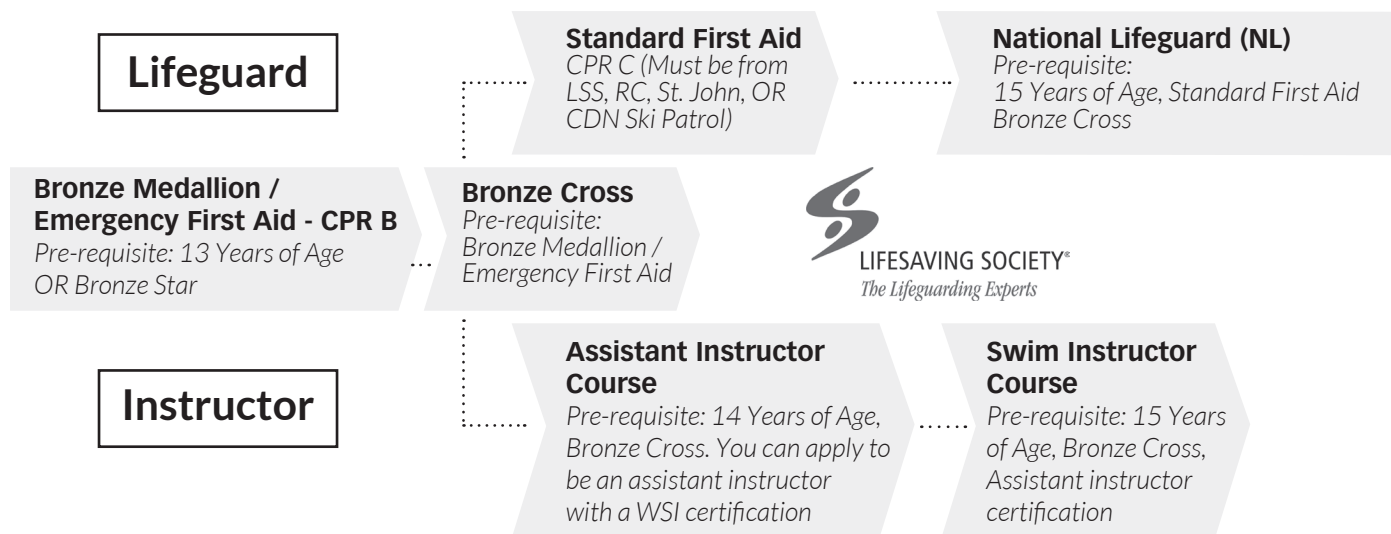
CLOSED SEPTEMBER 1ST TO SEPTEMBER 6TH 2025

Advanced Leadership

Do you enjoy swimming?

Do you want to work in Aquatics with Centre Wellington?

What do I need to become an **Instructor** or **Lifeguard**?



Course dates and times for all aquatic programs can be found at ca.apm.activecommunities.com/centrewellington/

Become an Aquatic Assistant

Bronze Star / Basic First Aid

\$121.40

Pre-requisite: Recommended age 12

Too young for Bronze Medallion? Get a head start by taking Bronze Star! Have lots of fun while learning first aid skills, life guarding techniques and swim training. Basic First Aid is included in the course.

Bronze Medallion / Emergency First Aid

\$207.30 (Fee Includes Manual)

Pre-requisite: 13 years of age (prior to exam) or Bronze Star.

This course develops physical fitness, decision making and judgment skills for water rescue. First aid, CPR, tows, carries and releases are some of the skills covered. Emergency First Aid certification is included in the course. Candidates must be present for the last class (exam).

Bronze Cross

\$207.30 (Includes CPR Mask)

Pre-requisite: Bronze Medallion, Emergency First Aid

This course builds on skills learned in Bronze Medallion and teaches the difference between lifeguarding and lifesaving, the principles of emergency procedures and teamwork. Candidates must be present for the last class (exam).

Aquatic Volunteer Clinic - FREE

Pre-requisite: Bronze Medallion, 13 years of age.

This clinic is a requirement for people looking to volunteer with our Learn-to-Swim program. In this two hour clinic we will introduce some teaching methods to you and show you how to use these techniques while volunteering. Volunteer hours can be used toward your High School Volunteer hours. This program is free of charge, but please register in advance.

Lifesaving Society

Swim for Life

SWIM PROGRAM



Descriptions for each swimming level and lesson schedule can be found on our website, centrewellington.ca/aquatics



\$89.35

Parent & Tot Lessons

for parents and swimmers up to 3 years of age
(30 minute programs)

- **PARENT & TOT 1**
(4 to 12 months)
- **PARENT & TOT 2**
(12 to 24 months)
- **PARENT & TOT 3**
(2 to 3 yrs)

Guardian is required in the water with their swimmer. Guardian and swimmer participate in age appropriate water skills and safety supervision.



\$89.35

Preschool Lessons

for swimmers 3-5 years
(30 minute programs)

- **PRESCHOOL A1**
- **PRESCHOOL A2**
- **PRESCHOOL B**
- **PRESCHOOL C**
- **PRESCHOOL D**
- **PRESCHOOL E**

Preschool A1

Guardian to accompany swimmer into the water for the first 4 lessons. Preschoolers transition from parent and tot style lessons to preschool style lessons.

Preschool A2 - E

Preschoolers learn and develop water skills with their instructors



\$98.70

45 MIN
Swimmer 1-7

\$108.15

60 MIN
Swimmer 8-10

School Age Lessons

for swimmers 6-13 years
(45 & 60 minute programs)

- **SWIMMER 1** **45 MIN**
- **SWIMMER 2** **45 MIN**
- **SWIMMER 3** **45 MIN**
- **SWIMMER 4** **45 MIN**
- **SWIMMER 5** **45 MIN**
- **SWIMMER 6** **45 MIN**
- **SWIMMER 7** **45 MIN**
- **SWIMMER 8** **60 MIN**
- **SWIMMER 9** **60 MIN**
- **SWIMMER 10** **60 MIN**

Descriptions for each individual swimming level and our lesson schedule can be found on our website, centrewellington.ca/aquatics



DANCE CLASSES

Centre Wellington Community Sportsplex

DANCE + heart

Instructed By: **Norah Wardell**

Elora Dance and Heart

Dance Conditioning

Mondays @ 6:30 PM

Session 1: Sept 15 - Nov 25 | Session 2: Jan 12 - Mar 23

Focus on specific muscle groups that improve mobility, flexibility and body awareness for dance. We will target core exercises, glutes, and both back and leg flexibility.

Adult: \$79.05 | Senior/Student: \$71.40

Open Level Choreography Class

Mondays @ 7:30 PM

Session 1: Sept 15 - Nov 25 | Session 2: Jan 12 - Mar 23

Learn a fun routine each week in a low pressure environment. Always encouraging, this class is for all levels of experience and really works up a sweat!

Adult: \$79.05 | Senior/Student: \$71.40

Open Level Progressive Choreography Class

Mondays @ 8:30 PM

Session 1: Sept 15 - Nov 25 | Session 2: Jan 12 - Mar 23

Learn the fundamentals of dance choreography by building on a few dance pieces over the session. Challenging for both mind and body, this is for dancers of all levels of experience.

Adult: \$79.05 | Senior/Student: \$71.40

Township of Centre Wellington

Community Services - Parks and Recreation

519.846.9691 x.903

parks@centrewellington.ca

www.centrewellington.ca/recreation

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MAKING THE **BEST CHOICE** FOR YOUR FAMILY

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Safety is a priority: we screen & train our childcare Providers extensively and have smaller group sizes

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- Full and half year classes available.

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with confidence & movement

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6:30pm Strong
7:15pm Yoga

THURS.

6:30pm Strong
7:15pm Zumba

SAT.

9:00am Strong
10:00am Yoga

Join Us

grays.fitandfabulous@gmail.com

www.fitandfabulous.ca | 519-217-9587

MESSY CHURCH

AT St. Andrew's Church, Fergus

A gathering for families (children and adults)

Crafts, Games, Stories, Food (supper is served)

Free of Charge



Tuesdays,
Sept. 9. Oct. 14, Nov. 11, Dec. 9

4:30 - 6:30pm

St. Andrew's Church, 325 St. George St. W., Fergus

For more info call 519-843-3565

St. Andrew's Youth Group

Every Monday starting Sept. 16th

7:00 PM - 9:00 PM

Grades 6-12 welcome!

Scan for more info:



325 St. George St. W, Fergus
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Guelph, ON N1H 7Y6
Tel: 519.822.7670
Fax: 519.822.6997

www.bakertilly.ca

Ice Programs in Centre Wellington

Adult Stick & Puck

This self-taught Stick & Puck program allows for a relaxed atmosphere to help develop hockey (or ringette) skills at your own pace, in a comfortable setting. Work on stick handling, shooting and skating skills. NO scrimmages/ games, NO slap shots or body contact allowed.

Family Stick & Puck

Families with young children or homeschool families wanting to work on hockey/ringette skills. All children must be supervised on ice by a parent or guardian. A parent or guardian must be in the facility during the duration of the program. Any child from the family not on the ice must be supervised by a parent or guardian.

Teen Stick & Puck

A great time for youth 13-17 years old to work on hockey/ringette skills with their peers in a welcoming environment. We have a zero-tolerance policy for roughhousing and dangerous play. CSA approved helmets are required for all participants. Full equipment is highly recommended.

Adult & Senior Skating

The perfect time to skate if you're over the age of 18. Skate at your own leisure to some background music. No pucks or sticks allowed. CSA approved helmets are highly recommended.

Family Skating

This skating time is designed for families to skate in a quiet, relaxed atmosphere. This skating time is ideal for younger children, and those needing a controlled and comfortable place to work on skating skills. This program is not supervised by a skate patrol. All tots must be supervised on ice by a parent or guardian with sufficient skating ability. CSA approved helmets must be worn by all children and are strongly encouraged for adults.

General Rules

Children 9 and younger must be supervised on the ice, by a parent/guardian at least 12 years of age with sufficient skating ability. CSA approved helmets with facemasks are highly recommended for all participants. Skaters must pay at the front desk to receive a skate band before going on the ice. For all rules and more information on our ice programs and schedules, visit www.centrewellington.ca



Shinny Hockey:

PickupHub

Players must register through pickuphub.net - registration opens 7 days before game time. If the minimum number of players has not yet been reached, games will be cancelled and players will be notified 90 minutes before game time. Games are not refereed or supervised unless otherwise stated. Goalies are free but must register. A CSA-approved hockey helmet is mandatory for everyone. Players under the age of 19 must wear a CSA Helmet with a full face mask. Full equipment is required. Body contact is not permitted.

Shinny Rates:

Prime Time (after 5:00pm): \$12.85
Non-Prime Time (Weekdays before 5:00pm): \$7.25

New Rates:

Under 4: FREE
Child/Youth (4-14): \$3.25/time
Youth (15-17): \$3.65/time
Adult (18-54): \$4.10/time
Senior (55+): \$3.65/time
Family of Four: \$13.20/time
Additional Family Members: \$1.75

Please pay and check in at the front desk to receive a skateband before going on the ice.



Parks and Recreation
CW Community Sportsplex
519-846-9691 ext. 903
parks@centrewellington.ca
www.centrewellington.ca/recreation

TOWNSHIP OF CENTRE WELLINGTON

DROP-IN HALL PROGRAMS

FALL 2025



**Centre
Wellington**

LACROSSE

Youth/Senior: \$3.65/Person
Adult: \$4.10/Person
Goalies play for free!
Available at the Centre
Wellington Sportsplex

PICKLEBALL

Youth/Senior: \$3.65/Person
Adult: \$4.10/Person
Available at the Centre Wellington
Sportsplex and the Jefferson Elora
Community Centre

SHUFFLEBOARD

Youth/Senior: \$3.65/Person
Adult: \$4.10/Person
Available at the Jefferson
Elora Community Centre

REGISTER NOW

**PICKUPHUB.NET/
CENTREWELLINGTON**





ABOUT

MOSSA Fitness classes are designed to help you become a better mover, be more resilient, and feel better in your body. Each 60-minute class is taught by a qualified fitness instructor and is a great fit for all fitness levels.

PRICING

Per Class:

Adult: \$9.30 | Senior/Student: \$8.40

10 Class Pass:

Adult: \$79.05 | Senior/Student: \$71.40

Monthly Membership:

Adult: \$62.85 | Senior/Student: \$52.65

REGISTRATION REQUIRED

Visit centrewellington.ca/fitness for the full MOSSA Fitness Schedule

CW Community Sportsplex
550 Belsyde Avenue East, Fergus
519-846-9691 ext. 903
parks@centrewellington.ca
www.centrewellington.ca



Centre Wellington



ACTIVATE YOUR LIFE!

Group Active® is a diverse workout that improves cardiovascular fitness, builds total-body strength, and enhances Movement Health™ for daily life. Inspiring music and professional coaching will ensure you succeed with a variety of innovative and athletic exercises using dumbbells, body weight, and The STEP.®



HAVE A BLAST!

Group Blast® Athletic cardio training that uses The STEP® in a variety of ways. This highly effective workout will get your heart pounding as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching.



REDEFINE YOUR SELF!

Grow longer and stronger with **Group Centergy**®, an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey.



GET MUSCLE & MOVEMENT STRONG

Group Power® is a cutting-edge strength training workout designed to get you muscle and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching.



RIDE ON!

Group Ride® is a cycling experience brought indoors that will get you heart, lung, and leg strong. Inspiring music sets the pace and creates the terrain as you roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish!

Fitness Classes in Centre Wellington

Yoga Flow

Dates and Times TBD

In the evolutionary style of vinyasa yoga, you will move through a series of postures that come together in a perfectly choreographed sequence to a song. Inside Flow incorporates yoga postures in creative and exciting ways to build strength, balance and mobility while linking graceful movement with uplifting music. You will be challenged mentally and physically as your concentration and inner power are drawn together during this innovative flow practice.

F.I.I.T

Dates and Times TBD

This Full Intensity Interval Training class works the whole body using dynamic exercises that will challenge and energize you. Get ready to move through this interval session that combines strength, cardio, balance and flexibility using a variety of equipment such as dumbbells, resistance bands, stability balls, and more.

Whether you are just starting out or looking to push yourself to the next level this class allows you to work at your own pace and to your Full capacity.

Friday Fit Mix

Fridays @ 6:00am

Kick off your weekend with energy and variety! Friday Fit Mix is a dynamic class that rotates weekly through a mix of high-impact and strength-building formats, including Cardio Muscle, Circuit Training, Core Strength, and Strength Flow. Led by motivating instructor Jennifer, each session is designed to challenge your body in new ways - boosting endurance, building muscle, and enhancing core stability. Perfect for all fitness levels, this class keeps things fresh, fun, and effective. Come ready to move and leave feeling strong!

Circuit Fitness

Drop In: Tuesdays @ 7:00am

Cardio Muscle

Drop In: Wednesdays @ 6:00am

Pricing for Drop-In Classes

Per Class: \$9.30 (adult) | \$8.40 (senior/student)

10-Pass: \$79.05 (adult) | \$71.40 (senior/student)

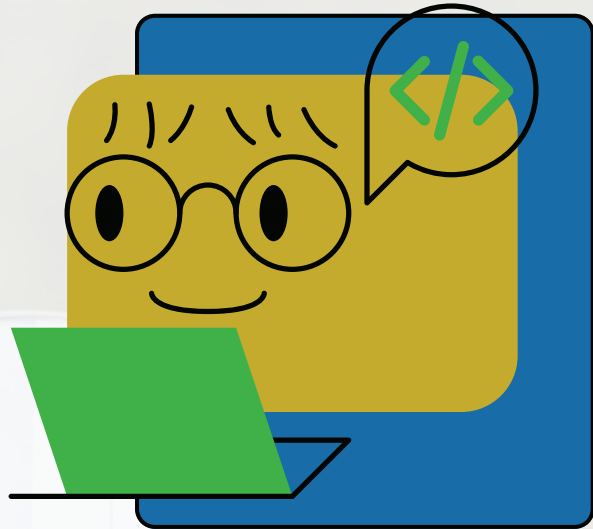
Monthly Membership: \$62.85 (adult) | \$52.65 (senior/student)



Parks and Recreation
CW Community Sportsplex
519-846-9691 ext. 903
parks@centrewellington.ca
www.centrewellington.ca/recreation

Recreation Program Priority Registration

The Priority Registration Policy prioritizes those who reside in, or pay property taxes to the Township of Centre Wellington for Recreation Program Registration.



Programs that fall under the Priority Registration Policy will be limited to residents of Centre Wellington for the first two days of registration.



Before registration day, ensure your address information is up to date in the Township's Registration Software System.



If you are a resident of Centre Wellington and are unable to register when registration opens, please contact our Customer Service Staff at 519-846-9691 x 903



Implementation



Pickleball:
August 2025



Shinny Hockey:
October 2025



Fall Swim Lessons:
August 2025



Day Camps:
March 2026

More Information



www.centrewellington.ca/recreation



519.846.9691 x 903



CENTRE WELLINGTON FIRE RESCUE

CHECK YOUR HOME FOR FIRE HAZARDS, AND THEN ELIMINATE THEM!

PREVENTION



MONITOR

Monitor impaired people in your home. Especially if they try to smoke or cook.



CHECK

Check for damage to electrical cords. Ensure they are not run under carpet/rugs.



REMINDE

Remind smokers to smoke outside. Provide deep ashtrays.



WATCH

Watch what you heat. Never leave cooking unattended.



STORE

Store matches and lighters out of reach of children.



EXTINGUISH

Extinguish/blow out candles before leaving the room or going to bed.

DETECTION

ONLY WORKING SMOKE & CO ALARMS SAVE LIVES!



TEST

Once a month



CHANGE

Batteries twice a year

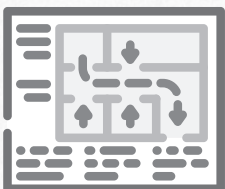


REPLACE

Every 10 years

ESCAPE

IF A FIRE OCCURED IN YOUR HOME TONIGHT, WOULD YOUR FAMILY ESCAPE SAFELY?



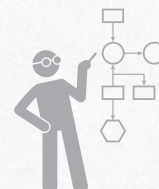
PLAN

Create an escape plan with your family.



PREPARE

Make sure everyone knows their role and all exits are free from obstacles.



PRACTICE

Hold a fire drill twice a year with all members of your family.

VICTORIA PARK SENIORS CENTRE

Fall 2025

Not a member? Not yet 55?

You are still welcome to register for any program. A non-member fee will apply.

Registration
begins
Tuesday,
August 19, 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.

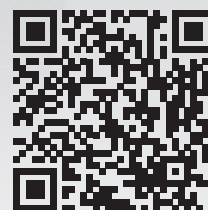
HOW TO REGISTER

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 80+ 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

September 1 - Labour Day | October 13 - Thanksgiving
November 11 - Remembrance Day | December 25 to January 1

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: September 15, October 20 or November 17 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 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.

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 2026 for three-year terms by election or acclamation at the November Annual General Meeting held November 20, 2025 at 2:00 pm. Contact VPSC for more information.

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.

• Art & 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 and Ukulele: The Melody Makers

Mondays at 1:00 pm. A smaller group of this choir and ukulele band, The Autumn Tones & Red Suspenders, meets Fridays at 1:00 pm.

• Conversation en Français

Tuesdays at 3:00 pm. Peer led conversational group. (For French language classes, see the Special Interest section).

• Conversation 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).

• Euchre

Wednesdays at 1:00 pm.
Thursdays at 7:30 pm.

• Genealogy

Tuesdays at 10:30 am. Bring your laptop or tablet.

SENIORS

- **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 9:00 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**

Wednesdays at 1:00 pm. Bring your own carving tools.

\$5 (\$3 Members)

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 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 monthly 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 Registered Manual Osteopath Practitioner: Michelle Vandenburg. \$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.

Appointments: Mondays & Tuesdays

Chair Massage Clinic

Join certified chair massage provider, Colleen Trudeau, for a relaxing 15-minute chair massage. Reduce tension, stress, headaches, stiff necks, backaches and increase circulation. No removal of clothes. Call VPSC to book your appointment between 10:00 am and 2:00 pm. See dates below. Held monthly on the second Wednesday. \$22 cash only.
September 10, October 8, November 19, December 10

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.

September 10, October 8, November 19, December 17

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 at the Seniors Centre by contacting VPSC.

Thursday, October 16

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.

Collingwood Cruise

We start our day with a stop at Maple Grove Farm & Market to shop for some treats. Enjoy a delicious lunch in a country atmosphere at Mylar & Loretta's Restaurant in Singhampton. Then we will stop at the Thornbury Craft Co. Cider & Brew House for a tour and a flight of four ciders. Embark on a boat cruise leaving historic Collingwood Harbour, as we head out into Georgian Bay where you will learn about the area, including the Nottawasaga Lighthouse, and the history surrounding Collingwood. Departs: 9:15 am, return: 6:30 pm.

Thursday, September 18

\$208 members

\$223 non-member

Stratford: Dirty Rotten Scoundrels

We will start our day with a stop to see the famous West Montrose covered bridge. Then off to lunch at Anna Mae's Bakery and Restaurant in Millbank for your choice of roast beef or broasted chicken. Enjoy a matinee performance of "Dirty Rotten

Scoundrels" at the Avon Theatre in Stratford. We will stop on the way home at Wild Hog Country Market to shop for some delicious treats. Departs: 10:00 am, return: 7:00 pm.

Tuesday, October 7

\$202 members

\$216 non-member

Casa Loma

Visit Toronto's majestic castle, Casa Loma, and step back in time to a period of European elegance and splendor. Includes a guided tour plus time to explore. We will also be visiting Little Canada, to explore miniature Canada and discover the sights and sounds of our great country on a miniature scale. Also includes a stop at Toronto's Cheese Boutique, a gourmet emporium offering a vast global array of gourmet cheeses and meats. Enjoy lunch at The Old Spaghetti Factory. Depart: 7:30 am, return: 6:30 pm.

Thursday, November 6

\$158 members

\$172 non-member

Shawfest "White Christmas" & Skylon Tower

We begin the day with a visit to the Niagara Gateway to enjoy lunch on your own prior to the show. Visit the Shaw Festival Theatre for a matinee performance of "White Christmas", a classic holiday favourite. Enjoy an included dinner at the incredible Skylon Tower Revolving Dining Room. After dinner, enjoy a festive drive through Niagara's Festival of Lights. This enchanting display is one of the region's most popular attractions. Departs: 9:30 am, return: 9:00 pm.

Wednesday, December 3

\$202 members

\$216 non-members

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	Sept. 9-Oct. 28	9:15-9:45 AM	6	\$36	\$24
Fit Bones Plus	Tues	Nov. 4-Dec. 16	9:15-9:45 AM	6	\$36	\$24
Building Strength Lower Body	Tues	Sept. 9-Oct. 28	9:50-10:20 AM	6	\$36	\$24
Building Strength Lower Body	Tues	Nov. 4-Dec. 16	9:50-10:20 AM	6	\$36	\$24
Fit Bones	Wed	Sept. 3-Oct. 29	9:15-9:45 AM	8	\$48	\$32
Fit Bones	Wed	Nov. 5-Dec. 17	9:15-9:45 AM	7	\$42	\$28
Building Strength Core	Wed	Sept. 3-Oct. 29	9:50-10:20 AM	8	\$48	\$32
Building Strength Core	Wed	Nov. 5-Dec. 17	9:50-10:20 AM	7	\$42	\$28
Fit Bones Plus	Thurs	Sept. 4-Oct. 30	9:15-9:45 AM	8	\$48	\$32
Fit Bones Plus	Thurs	Nov. 6-Dec. 18	9:15-9:45 AM	7	\$42	\$28
Building Strength Upper Body	Thurs	Sept. 4-Oct. 30	9:50-10:20 AM	8	\$48	\$32
Building Strength Upper Body	Thurs	Nov. 6-Dec. 18	9:50-10:20 AM	7	\$42	\$28
Moderate Hatha Yoga	Fri	Sept. 5-Oct. 31	9:30-10:15 AM	9	\$72	\$54
Moderate Hatha Yoga	Fri	Nov. 7-Dec. 19	9:30-10:15 AM	7	\$56	\$42
Yoga and Movement for Healthy Joints & Muscles	Fri	Sept. 5-Oct. 31	10:30-11:00 AM	9	\$54	\$36
Yoga and Movement for Healthy Joints & Muscles	Fri	Nov. 7-Dec. 19	10:30-11:00 AM	7	\$42	\$28

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

	Day	Start/End Date	Time	Weeks	Cost	Members
Zumba Gold-Toning	Mon	Sept. 8-Oct. 27	8:40-9:25 AM	7	\$70	\$56
Zumba Gold-Toning	Mon	Nov. 3-Dec. 22	8:40-9:25 AM	8	\$80	\$64
Recreational Belly Dance NEW TIME	Mon	On-going	8:40-9:25 AM	On-going	\$2	\$1
Zumba Gold	Mon	Sept. 8-Oct. 27	9:35-10:20 AM	7	\$70	\$56
Zumba Gold	Mon	Nov. 3-Dec. 22	9:35-10:20 AM	8	\$80	\$64
Strong & Centred NEW	Mon	Sept. 8-Oct. 27	9:35-10:20 AM	7	\$63	\$49
Strong & Centred NEW	Mon	Nov. 3-Dec. 22	9:35-10:20 AM	8	\$72	\$56

FALL

	Day	Start/End Date	Time	Weeks	Cost	Members
Essentrics	Mon	Sept. 8-Oct. 20	10:30-11:15 AM	6	\$54	\$42
Essentrics	Mon	Nov. 3-Dec. 15	10:30-11:15 AM	7	\$63	\$49
Strength Training & Core	Mon	Sept. 8-Oct. 27	11:45 AM -12:45 PM	7	\$77	\$63
Strength Training & Core	Mon	Nov. 3-Dec.22	11:45 AM -12:45 PM	8	\$88	\$72
Mood Walk	Mon	Oct. 6-Nov. 3	1:00- 2:00 PM	4	FREE	FREE
Fun Fitness - Move Strong	Mon	Sept. 8-Oct. 27	1:00- 1:45 PM	7	\$63	\$49
Fun Fitness - Move Strong	Mon	Nov. 3-Dec. 15	1:00- 1:45 PM	7	\$63	\$49
Osteo Fit	Mon	Sept. 8-Oct. 27	2:15- 3:00 PM	6	\$54	\$42
Osteo Fit	Mon	Nov. 3-Dec.22	2:15- 3:00 PM	7	\$63	\$49
Osteo Fit	Mon	Sept. 8-Oct. 27	3:15- 4:00 PM	6	\$54	\$42
Osteo Fit	Mon	Nov. 3-Dec.22	3:15- 4:00 PM	7	\$63	\$49
Pilates: Gentle	Mon	Sept. 8-Oct. 27	5:00- 6:00 PM	6	\$126	\$114
Pilates: Gentle	Mon	Nov. 3-Dec.15	5:00- 6:00 PM	7	\$147	\$133
Strength Training	Tues	Sept. 2-Oct. 28	8:40-9:25 AM	9	\$81	\$63
Strength Training	Tues	Nov. 4-Dec.23	8:40-9:25 AM	7	\$63	\$49
Zumba Gold	Tues	Sept. 2-Oct. 28	8:40-9:25 AM	9	\$90	\$72
Zumba Gold	Tues	Nov. 4-Dec.23	8:40-9:25 AM	7	\$70	\$56
Zumba Gold- Toning	Tues	Sept. 2-Oct. 28	9:35-10:20 AM	9	\$90	\$72
Zumba Gold- Toning	Tues	Nov. 4-Dec.23	9:35-10:20 AM	7	\$70	\$56
Building on the Basics	Tues	Sept. 2-Oct. 28	9:35-10:20 AM	9	\$81	\$63
Building on the Basics	Tues	Nov. 4-Dec.23	9:35-10:20 AM	7	\$63	\$49
Urban Poles Fun & Fitness	Tues	Oct. 28-Dec.9	10:30- 11:15 AM	6	\$54	\$42
Movement for Healthy Joints & Muscles	Tues	Sept. 2-Oct. 21	11:30 AM -12:30 PM	8	\$88	\$72
Movement for Healthy Joints & Muscles	Tues	Nov. 4-Dec. 16	11:30 AM -12:30 PM	6	\$66	\$54
Urban Pole Walking Workshop	Tues	October 28	1:00- 2:30 PM	1	FREE	FREE
Urban Pole Walking Refresher	Tues	November 4	1:00- 2:00 PM	1	FREE	FREE
All Around Fitness	Tues	Sept. 2-Oct. 28	3:15- 4:00 PM	9	\$81	\$63
All Around Fitness	Tues	Nov. 4-Dec. 23	3:15- 4:00 PM	7	\$63	\$49
Low Impact Cardio & Muscle	Wed	Sept. 3-Oct. 29	8:40- 9:25 AM	9	\$81	\$63
Low Impact Cardio & Muscle	Wed	Nov. 5-Dec. 24	8:40- 9:25 AM	8	\$72	\$56
Zumba Gold- Toning	Wed	Sept. 3-Oct. 29	8:40- 9:25 AM	9	\$90	\$72
Zumba Gold- Toning	Wed	Nov. 5-Dec. 24	8:40- 9:25 AM	8	\$80	\$64
Core Circuit	Wed	Sept. 3-Oct. 29	9:35- 10:20 AM	9	\$81	\$63
Core Circuit	Wed	Nov. 5-Dec. 24	9:35- 10:20 AM	8	\$72	\$56
Fun Fitness: Move Strong	Wed	Sept. 3-Oct. 29	1:00- 1:45 PM	9	\$81	\$63
Fun Fitness: Move Strong	Wed	Nov. 5-Dec. 17	1:00- 1:45 PM	7	\$63	\$49

SENIORS

FALL

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Osteo Fit	Wed	Sept. 3-Oct. 29	2:15-3:00 PM	9	\$81	\$63
Osteo Fit	Wed	Nov. 5-Dec. 17	2:15-3:00 PM	7	\$63	\$49
Osteo Fit	Wed	Sept. 3-Oct. 29	3:15-4:00 PM	9	\$81	\$63
Osteo Fit	Wed	Nov. 5-Dec. 17	3:15-4:00 PM	7	\$63	\$49
Strength Training	Thurs	Sept. 4-Oct. 30	8:40-9:25 AM	9	\$81	\$63
Strength Training	Thurs	Nov. 6-Dec. 18	8:40-9:25 AM	7	\$63	\$49
Zumba Gold-Toning	Thurs	Sept. 4-Oct. 30	8:40-9:25 AM	9	\$90	\$63
Zumba Gold-Toning	Thurs	Nov. 6-Dec. 18	8:40-9:25 AM	7	\$70	\$49
Strength Training: Beginner	Thurs	Sept. 4-Oct. 30	9:35-10:20 AM	9	\$81	\$72
Strength Training: Beginner	Thurs	Nov. 6- Dec. 18	9:35-10:20 AM	7	\$63	\$56
Essentrics NEW TIME	Thurs	Sept. 4-Oct. 23	11:30 AM-12:15 PM	8	\$72	\$56
Essentrics NEW TIME	Thurs	Nov. 6- Dec. 18	11:30 AM-12:15 PM	7	\$63	\$49
Pilates: Mixed Level	Thurs	Sept. 4-Oct. 30	5:00-6:00 PM	8	\$168	\$152
Pilates: Mixed Level	Thurs	Nov. 6- Dec. 18	5:00-6:00 PM	7	\$147	\$133
Low Impact Cardio & Muscle	Fri	Sept. 5-Oct. 31	8:40-9:25 AM	9	\$81	\$63
Low Impact Cardio & Muscle	Fri	Nov. 7- Dec. 19	8:40-9:25 AM	7	\$63	\$49
Barre Strong	Fri	Sept. 5-Oct. 31	9:35-10:20 AM	9	\$81	\$63
Barre Strong	Fri	Nov. 7- Dec. 19	9:35-10:20 AM	7	\$63	\$49
Total Body Fitness: Feel Safe, Get Stronger	Fri	Sept. 5-Oct. 31	10:30-11:15 AM	9	\$81	\$63
Total Body Fitness: Feel Safe, Get Stronger	Fri	Nov. 7- Dec. 19	10:30-11:15 AM	7	\$63	\$49
Dance Choreography for Fun for Seniors	Fri	Oct. 17-Dec. 19	11:30 AM-12:30 PM	10	\$100	\$80

FALL SCHEDULE

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

	Day	Start/End Date	Time	Weeks	Cost	Members
Yoga with Jane	Mon	Sept. 8-Oct. 27	10:30-11:30 AM	7	\$77	\$63
Yoga with Jane	Mon	Nov. 3-Dec. 15	10:30-11:30 AM	7	\$77	\$63
Standing & Seated Hatha Yoga	Mon	Sept. 8-Oct. 20	11:30 AM -12:30 PM	6	\$66	\$54
Standing & Seated Hatha Yoga	Mon	Nov. 3-Dec. 15	11:30 AM -12:30 PM	7	\$77	\$63
Yoga Flow NEW	Mon	Sept. 8-Oct. 27	1:00-2:00 PM	7	\$77	\$63
Yoga Flow NEW	Mon	Nov. 3-Dec. 22	1:00-2:00 PM	8	\$88	\$72
Tai Chi Level 1	Tues	Sept. 9-Oct. 28	9:30-10:30 AM	8	\$88	\$72
Tai Chi Level 1	Tues	Nov. 4-Dec. 16	9:30-10:30 AM	6	\$66	\$54
Tai Chi Level 2	Tues	Sept. 9-Oct. 28	10:30-11:30 AM	8	\$88	\$72
Tai Chi Level 2	Tues	Nov. 4-Dec. 16	10:30-11:30 AM	6	\$66	\$54

FALL

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Moderate Slow Yoga NEW	Tues	Sept. 2-Oct. 28	10:45-11:45 AM	9	\$99	\$81
Moderate Slow Yoga NEW	Tues	Nov. 4- Dec. 23	10:45-11:45 AM	7	\$77	\$63
Moderate Slow Yoga	Tues	Sept. 2-Oct. 28	1:00-2:00 PM	8	\$88	\$72
Moderate Slow Yoga	Tues	Nov. 4- Dec. 23	1:00-2:00 PM	7	\$77	\$63
Yoga with Sarah NEW	Wed	Sept. 3-Oct. 29	9:35-10:20 AM	9	\$90	\$72
Yoga with Sarah NEW	Wed	Nov. 5- Dec. 24	9:35-10:20 AM	8	\$80	\$64
Deepening Meditation	Wed	Sept. 17-Dec. 10	10:00-11:30 AM	12	\$156	\$132
Standing & Seated Hatha Yoga	Wed	Sept. 3-Oct. 22	11:30 AM -12:30 PM	8	\$88	\$72
Standing & Seated Hatha Yoga	Wed	Nov. 5- Dec. 17	11:30 AM -12:30 PM	7	\$77	\$63
Yoga for Beginners	Wed	Oct. 15 or Nov. 26	1:00-2:30 PM	1	\$29	\$23
Yoga with Sarah NEW	Thurs	Sept. 4-Oct. 30	9:35-10:20 AM	9	\$90	\$72
Yoga with Sarah NEW	Thurs	Nov. 6- Dec. 18	9:35-10:20 AM	7	\$70	\$56
Chair & Standing Yoga	Thurs	Sept. 4-Oct. 30	10:30-11:15 AM	9	\$90	\$72
Chair & Standing Yoga	Thurs	Nov. 6- Dec. 18	10:30-11:15 AM	7	\$70	\$56
Yoga with Jane	Fri	Sept. 5-Oct. 31	9:30-10:30 AM	9	\$99	\$81
Yoga with Jane	Fri	Nov. 7- Dec. 19	9:30-10:30 AM	7	\$77	\$63
Moderate Hatha Yoga NEW	Fri	Sept. 5-Oct. 24	9:30-10:15 AM	8	\$80	\$64
Moderate Hatha Yoga NEW	Fri	Nov. 7- Dec. 19	9:30-10:15 AM	7	\$70	\$56
Standing & Seated Hatha Yoga	Fri	Sept. 5-Oct. 31	10:35-11:35 AM	9	\$99	\$81
Standing & Seated Hatha Yoga	Fri	Nov. 7-Dec. 19	10:35-11:35 AM	7	\$77	\$63

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 Tuesdays: September 16, October 14, November 11. Thursday: September 18.

Virtual: Fit Bones

Gentle chair exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus will be on increasing range of motion and maintaining strength. Instructor Kelly

Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss. You will need an exercise band for this class. No class September 17.

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 September 16, October 14, November 11.

Virtual: Building Strength Core

The target zone for this class is the core, working on the abdominal and back muscles. A mat is required for this class as most exercises are done on the floor.

Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Kelly Offer. No class September 17.

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 are demonstrated. Instructor: Kelly Offer. No class September 18.

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.

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.

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.
- All 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 other 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 simply 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 the beginner and intermediate fitness levels, as you can scale everything to your own needs. All done standing or seated. No floor work. Instructor: Jennifer Wilson. No class November 11.

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. No class November 11.

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 October 13.

Fun Fitness: Move Strong

This moderate, low-impact cardio and weights class is designed to keep you strong, mobile, and energized, while making movement fun! Each session focuses on connecting with your body through enjoyable exercises that build balance, strength, and flexibility - without any floor work. By bringing awareness to how your body moves, you'll leave class feeling confident and ready to live fully and independently. Every workout supports not just fitness but finding joy in moving to enhance your everyday life. Instructor: Aimee Young. No class October 13.

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. No class on October 13.

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.

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: September 15, October 13 or December 1.

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 September 15 or October 13.

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. No class September 18.

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.

Strength Training

An intermediate level class for those wishing to increase strength, balance and flexibility. All equipment supplied. Participants should be able to get up and down from the floor. Instructor: Angie Reid. No class November 11.

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 October 13.

Strong & Centred NEW

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 class. Instructor: Angie Reid. No class October 13.

Total Body Fitness: Feel Safe, Get Stronger

Looking for a workout that helps you build strength and endurance while feeling safe and supported? This class is designed to meet you where you are, working with your body and nervous system to help you move confidently. Through mindful, full-body exercises and breath tools, you'll improve your core stability, balance, and resilience, all without pushing beyond your limits. Discover how to find strength from within, reduce stress, and leave each session feeling empowered and ready to take on whatever comes next. Instructor: Aimee Young.

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 walking the track outside (weather dependant). Instructed, encouraged and motivated by Certified Urban Pole Walking Instructor: Nancy Revie. Evidence based research proves Urban/Activator 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 your poles (or borrow from VPSC); wear comfortable clothes, walking shoes and a water bottle. No class November 11.

Urban Pole Walking Workshop

Join in this 1.5 hour workshop to help you build a regular walking routine into your life. Learn proper techniques for breathing, posture and balance and properly adjusting your poles to get the most benefit. Join certified Urban Poling/Nordic Walking instructor Nancy Revie for this session which is a combination of classroom and hands on field instruction using the poles. Handouts included. Come dressed for the weather. Workshop offered free of charge with grant funding but please pre-register as space is limited. Let us know when you register if you need to borrow poles.

SENIORS

Urban Pole Walking Refresher

This one-hour workshop is for those who have taken an Urban Pole Walking workshop. Join certified Urban Poling/Nordic Walking instructor Nancy Revie as she reminds us of all the benefits of Urban Pole Walking and how to get the most benefit from using your poles to continue to enjoy active living. There is a brief classroom instruction review before we head outside. Come dressed for the weather. Workshop offered free with grant funding but pre-register as space is limited. Let us know if you need to borrow poles.

Zumba Gold

Join us for a dance party with great music and friends while focusing on balance, cardiovascular endurance, range of motion and coordination with moderate to high intensity. No dance experience required. Wear running shoes. Instructor: Sarah Gray. No class October 13 or November 11.

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 October 13 or November 11.

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

Chair & Standing Yoga NEW TIME

Chair yoga is a functional yet gentle movement with flow and grace that will take us from sitting and 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 and all you need is comfortable attire, supportive footwear and a yoga mat. Instructor: Michelle Vandenburg.

Deepening Meditation

This 12-week series will use the book

"Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy, and Equanimity" by Christina Feldman. These four qualities of heart and mind are both the path to freedom and wisdom and the fruits of the awakened heart-mind. This series will give you important tools to explore freeing your heart and deepening your practice in daily life. Each class includes teaching, guided meditation, and group sharing. This book study and meditation class is best for meditation students with some experience. You do not have to purchase the book to participate although it will be helpful. Chairs available for sitting. Instructor: Jill Davey. If you have questions, you are welcome to contact the instructor prior to registration: jilldavey@gmail.com. No class October 8.

Yoga with Sarah NEW

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.

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. Tuesday 1:00 pm instructor: Grace Rosewarne. Tuesday 10:45 am instructor: Tania Seagrove. Note new class on Tuesday morning! No 1:00 pm class on October 7. Both classes cancelled on November 11.

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 and Wednesday Instructor: Karen Murtagh. No class October 13. Friday instructor: Jane Finoro.

Moderate Hatha Yoga NEW

An all-levels class with movement and variation options to challenge yourself when you want to. Warm-ups are done seated and then we stand for strength and stretching poses before coming to the floor again. We incorporate hands and knees postures as well as both floor prone and supine ones. Giving yourself this time to share a practice is a wonderful act of self-care. Stretch, build strength, relax and just feel better. Bring a yoga mat and 2 yoga blocks (or borrow from VPSC). Instructor: Karen Murtagh.

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 November 11.

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 November 11.

Yoga Flow NEW

We will move through a series of postures that come together in a perfectly choreographed sequence to a song. Incorporates yoga postures in creative and exciting ways to build strength, balance and mobility while linking graceful movement with uplifting music. There will be floor work. Some previous yoga experience helpful. Bring a yoga mat. Instructor: Charlene Sedgewick. No class October 13.

Yoga for Beginners

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. Workshop is also perfect 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.

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. No class October 13.

Computers & Technology

Technology Help

Having problems with a piece of electronics such as iPad, Tablet, Windows laptop, Smartphone or iPhone, another device or computer program? Questions about Windows 11? Bring it to the Seniors Centre to get answers to your questions or help setting up an item. Classes are one-on-one with the instructor allowing you to focus on your specific needs. Instructor: Frank Irvine, will contact you prior to your appointment. Book your one-hour appointment time:

\$29 (\$25 Members)

10:00 am or 11:00 am

Tuesday, September 23

Tuesday, October 28

Tuesday, November 25

Tuesday, December 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 some 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. Start anytime. To register, contact the Alzheimer Society 519.742.1422.

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

September 2 to October 7, 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 November 11.

\$144 (\$138 Members)

Tuesdays, 1:30 pm to 2:30 pm

October 28 to December 9, 6 classes

French Course 2

French Course 2 is a follow-up from the beginner course. We will be using the same textbook 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

September 5 to October 24, 8 classes

French Course 5

We will continue with the same textbook and follow on from French Course 4. Apart from broadening our knowledge of vocabulary, we will also be able to use the near, future for example: "I am going to see you next week". Furthermore, we will learn the near past: "He has just arrived" and the past tense. This will give us much greater flexibility in our speech. Instructor: Elisabeth Bzikot.

\$120 (\$112 Members)

Fridays, 1:30 pm to 2:30 pm

September 5 to October 24, 8 classes

French for Beginners for those Wishing to Travel

This course is for those who wish you were able to converse in a French speaking environment. This will enable you to use everyday phrases we automatically say, but in French (such as: how are you, goodbye, I'm sorry). It will also help with short conversations such as ordering food in restaurants, shopping or asking for directions. Join us if you are interested in broadening your knowledge of this language. Workbook purchased from instructor at first class for approx. \$22. Instructor: Elisabeth Bzikot.

\$120 (\$112 Members)

Fridays, 10:00 am to 11:00 am

October 31 to December 19, 8 classes

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.

\$120 (\$112 Members)

Fridays, 1:30 pm to 2:30 pm

October 31 to December 19, 8 classes

SENIORS

Drawing Fundamentals: Level 1

Explore the basic techniques of drawing and develop your artistic eye in this introductory class. No previous experience is required; however, this would be a great opportunity to renew an interest from earlier days. Bring your sketchbook, pencils, an eraser, and a desire to learn. Instructor: Jane Finoro.

\$128 (\$112 Members)

Fridays, 1:00 pm to 3:00 pm

September 5 to October 24, 8 classes

Drawing Fundamentals: Level 2

With previous drawing experience or as a follow up to Level 1, this course will provide inspiration and the opportunity for continued development through practice. A variety of subjects and exploration of media beyond the pencil will be explored. Bring your sketchbook, eraser and pencils to the first class. Instructor: Jane Finoro.

\$96 (\$84 Members)

Fridays, 1:00 pm to 3:00 pm

November 7 to December 12, 6 classes

Living Better on Less

This free educational program will share information about living a personally and financially healthy lifestyle while also treading more softly on the earth. Each theme in the interactive 6-week program focuses on issues such as staying healthy and connected, managing medical conversations and values as well as cash flow priorities, while also touching on social and environmental impact. A partnership with the Guelph Tool Library and funded in part by the Government of Canada's New Horizons for Seniors Program. No charge but please pre-register.

Thursday, 11:00 am to 12:00 pm

September 11 to October 16

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 and what to do to shake the sugar. 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, September 15

Theatre History 101

Take a journey through 3000 years of live performance, from Thespis, the first actor, up to the present day. This presentation will look at the roots of evolution of theatre design and architecture, the roles that playwrights, performers and other people have played in the development of live performance, and the changing purposes of drama, from religious ceremony to commercial endeavour, or was it really always both? The focus will be on the development of Western theatrical tradition, but there will also be a few "side trips" into the dramatic traditions of other cultures. Presented by Eric Goudie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, September 17

Beginner Mending

Do you have favourite garments in need of a little TLC? Not ready to say so-long to that comfy item of clothing? Learn how to replace a missing button, repair a split seam, add a patch and more. Breathe new life into your old friends. No prior sewing experience required. Bring sewing equipment you may have (such as scissors, pins, needles) and items to be mended. Basic supplies will be provided or may be purchased from instructor. Instructor: Virginia Gallop is a local sewist, quilter, thrifter and fabric fanatic. Visit kwiltkozy.ca to learn more.

\$130 (\$120 Members)

Wednesdays, 1:00 pm to 3:00 pm

September 24 to October 1, 2 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, September 25

Personalizing Protein for You

Simple ways to optimize your protein intake. Join Lauren, a Registered Dietitian, for this workshop to explore the importance of protein, particularly for older adults, and its impact on muscle function, metabolism, satiety and blood sugars. We will: explore a variety of ways to meet your individual protein needs with plant-based and animal sources, estimate how much protein you might already be getting and why you might be getting more than you think, and explore simple and delicious recipes to include in your meals.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, September 30

Decorative Mending

Take that simple bit of garment repair to the next level. Learn how to amp up your mending with decorative stitching, clever patchwork, mix and match fabrics and more. Learn to find treasures in the thrift shops and re-make them into something uniquely yours. Instructor: Virginia Gallop is a local sewist, quilter, thrifter and fabric fanatic.

\$150 (\$140 Members)

Wednesdays, 1:00 pm to 2:30 pm

October 8 to October 22, 3 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, October 9

Flowers in a Pumpkin Centrepiece

In this workshop, you'll create your own centrepiece with a real pumpkin and real Ontario-grown flowers! Using sustainable design mechanics, learn how to arrange and how to take care of your flowers to extend their vase life. Emily, from Mapleton Acres, will walk you through each step. All materials provided.

\$69 (\$59 Members)

9:00 am to 10:30 am

Friday, October 10

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 to include in your meals.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, October 21

Card Making Workshop

Enjoy a fun, hands-on card-making workshop. Create 4 personalized greeting cards and learn other crafty ideas. Bring scissors, glue stick and a \$10 supply fee to class. Instructor: Carole Jansen.

\$5 (\$3 Members)

1:30 pm to 3:30 pm

Thursday, October 23

Love Your Liver

Our liver is our body's master detoxifier. Knowing how to support your liver in its vital job can have a huge impact on overall health. Discuss how our bodies detoxify, liver's main function in detoxing the body, how it works with the gallbladder, signs and symptoms of

poor liver function, toxins and types of detox. Learn the top five ways to support your body in a natural detox with five easy to implement daily habits. Learn the role healthy digestion plays, plus liver loving recipes and herbs, and lifestyle strategies. Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm

Monday, October 27

Fabric Art Project

This course will guide those with prior sewing experience to transform a piece of art into a textile wall hanging. You will be encouraged to let your artistic and improvisational juices flow as we transform a piece of original art into fabric art. Learn to create gently curving seams, play with colour, dig into quilting basics and much more. Bring your own sewing equipment such as sewing machines, rotary cutters, cutting mats, rulers to this class. Supplies available from instructor or purchase locally. Instructor: Virginia Gallop is a local sewist, quilter, thrifter and fabric fanatic.

\$195 (\$185 Members)

Wednesdays, 1:00 pm to 2:30 pm

October 29 to November 19, 4 classes

Introduction to Shakespeare

Boggled by the Bard? We'll explore Shakespeare's life and world, and the stage he wrote most of his plays for, The Globe Theatre, as well as sources he consulted for his plays. Then we'll look at one scene to illustrate the 5-act structure of Shakespeare's plays, and the inner workings of iambic pentameter, the verse form in which Shakespeare wrote. Once the structure of Shakespeare's play is clear, along with a knowledge of the time in which he lived, understanding the action of any given Elizabethan play (even those written by other playwrights) becomes much easier to do. Presented by Eric Goudie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, October 29

Surviving the Holidays

Join in this morning two-hour workshop for suggestions on how to stay on track with your health goals through the busy holiday season. You will receive recipes for some healthier treats and lighter meals you can

use. Instructor: Jennifer Wilson, Certified Holistic Nutritionist.

\$29 (\$23 Members)

9:30 am to 11:30 am

Thursday, October 30

Bone Broth

Learn how to make your own bone broth. If you have one, bring a slow cooker and we will put a bone broth together. All ingredients will be provided for cost of \$15 for supplies, payable to instructor at class. We will go over the benefits of bone broth and ways to use it. Instructor: Jennifer Wilson, Certified Holistic Nutritionist.

\$29 (\$23 Members)

1:00 pm to 2:30 pm

Thursday, October 30

Happy Healthy Hormones

Maintaining a healthy hormone balance begins with two things: stress management and blood sugar regulation. Once stress and blood sugar are in check, focusing in on gut health and supporting your bodies digestive and detoxification systems become critical. Some signs of hormone imbalance include, depression, anxiety, mood swings, migraines, fainting or dizziness, acne, hives, sinusitis, sore throat, low libido, difficulty sleeping and more. Understand how hormones impact health, recognize the signs when out of balance and how to support your body through hormonal shifts with food choices and simple lifestyle changes. Includes a workbook with tips, tricks, nutritional guidelines and recipes. Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm

Monday, November 17

Food, Mood & Brain Health

Join Lauren, a Registered Dietitian, for this workshop to explore how food can fuel a healthy brain for the long run. The types of foods we eat regularly can have a positive impact on our mental wellbeing in a multitude of ways. We will: explore the role of food in fueling our brain, which types of food we could add to boost brain function and protection and explore simple and delicious recipes to include in your meals.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, November 18

SENIORS

Playwriting 101

If you're a person who loves creative writing but have never tried your hand at writing drama, or if you have tried but weren't happy with the results, this course is for you. We'll take the mystery out of writing for the stage, look at what makes a play compelling, and how to structure your work so that it can flourish as a collaboration with actors, directors, and audiences (since, after all, plays are meant to be performed). We'll also demystify that pesky "Standard Play Format" everyone seems to want and explain how to submit your work to playwriting contests and producing theatres. Presented by Eric Goudie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, November 19

Make Your Own Fresh Evergreen Wreath

Let's kick off the holiday season by creating your own fresh winter evergreen wreath. This mixed wreath (we'll be using cedar, pine and fir - can you smell it already?!), will be hand-tied on a wreath base to enjoy throughout the holiday season. You'll also get to pick the perfect ribbon to add to your wreath and learn how to tie the prettiest holiday bow. The finished wreath is between 18" and 22" in diameter. Join Emily from Mapleton Acres Flower Farm for this fun workshop. All materials provided.

\$69 (\$59 Members)

10:00 am to 11:30 am

Wednesday, November 26

Christmas Sewing Project

Make a beautiful reusable gift bag and make one or more for your loved one's gifts and encourage others to share their gifts by reusing the same lovely bag. It's handcrafted sustainability in practice. Choose from a selection of festive fabrics to construct the gift bags. Fabric and notions will be available for purchase from instructor or available locally. Instructor: Virginia Gallop is a local sewist, quilter, thrifter and fabric fanatic.

\$105 (\$95 Members)

Wednesdays, 1:00 pm to 2:30 pm

November 26 to December 3, 2 classes

Cravings, Sweets & Intuitive Eating During the Holiday Season

The holidays are a wonderful time of celebration, food and social activities. They can also be a difficult time to have a positive relationship with food as we navigate the "shoulds and shouldn'ts" of food choices while attempting to honour our cravings and individual health needs. Join Lauren, a Registered Dietitian, for this workshop to explore the use of Intuitive Eating to avoid diet traps, fuel your body while discovering satisfaction from food, and help you make peace with food choices during the holiday season.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, December 9

Holistic Hip Health: Restore Ease of Motion

Tight hips can lead to discomfort, limited mobility, and even chronic pain over time. It can also impact posture, lower back health, and overall movement patterns. This workshop is designed to help you release hip tension, improve flexibility, and restore balance to the body. Learn why hip mobility is crucial for overall health, from reducing pain and stiffness to enhancing circulation and posture. Workshop includes physio inspired exercises and mindfulness practices you can incorporate into your daily routine to strengthen and release key hip muscles while promoting long-term relief and a newfound sense of freedom and mobility. Will include floor work.

Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm

Thursday, December 11

Winter Greens Centrepiece

Bring the outdoor beauty of the season inside by creating a fragrant, winter greens centrepiece for your table. Using your favourite holiday greenery (cedar, pine, fir and more!), you'll create a centrepiece in a wooden planter box along with real berries, eucalyptus and other seasonal favourites. Emily, from Mapleton Acres, will walk you through each step in creating your arrangement and share tips and tricks on how to make your arrangement last well

beyond the holiday season. All materials provided.

\$69 (\$59 Members)

10:00 am to 11:30 am

Monday, December 22

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. 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, August 18 at 3:00 pm

-OR-

Monday, December 8 at 3:00 pm

Anticipatory Grief

Anticipatory grief occurs prior to a death. It is a normal emotion, but it can also be confusing and painful. This workshop will help you understand anticipatory grief and learn helpful coping strategies. Presented by Hospice Wellington.

Thursday, September 4 at 10:00 am

School Days

Discover how education has changed both in Ontario and in Wellington County - starting from the one-roomed schoolhouses of the past, a lot has changed! Presented by The Wellington County Museum & Archives.

Wednesday, September 17 at 10:00 am

Mediterranean Diet

Explore this way of eating based on the traditional cuisine of the Mediterranean.

This diet is high in vegetables, fruits, whole grains, nuts, seeds and olive oil. This discussion will focus on the relationship between brain health and nutrition. (Bonus: recipes provided). Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, September 18 at 10:30 am

Sleep Well: Strategies for a Restful Night

Join us for a practical and engaging presentation from the Waterloo Wellington Self-Management Program. We'll explore why sleep matters, how it works, and what might be getting in the way of a restful night. Learn simple, effective tips to improve your sleep and wake up feeling your best.

Monday September 22 at 10:00 am

Senior Rightsizing: Downsizing

Are you contemplating the big move? Are you thinking of downsizing and/or moving to a smaller residence? There are so many things to consider when dealing with a lifetime of possessions and memories. Planning ahead is of utmost importance.

Learn how to make your transition go smoothly and be less stressful. Presented by Cathy Mendler, A New Leaf Organizers.

Wednesday, September 24 at 10:00 am

Navigating Your Supports

This workshop will help you understand who does what when it comes to offering care in the community. It will help you identify who your supports are, how to advocate for yourself or the person you are caring for and give you tools to map out these support systems in a straightforward way. Presented by Hospice Wellington.

Thursday, September 25 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, September 29 at 1:00 pm

Cybersecurity: Phishing Awareness

Join in this very informative presentation. 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, October 1 at 11:00 am

Ancestry.ca for Beginners

Receive one on one instruction with Wellington County Archives staff on how to use the Ancestry.ca website to research your family history. Session takes place in the Archives Reading Room at the Wellington County Museum and Archives. Bring your own device or use our computers. Presented by Karen Wagner, Archivist. No charge. Contact the Archives to book your appointment 519.846.0916 ext. 5225 or karenw@wellington.ca.

Appointments available:

October 6, 8 or 9

Being Prepared Part 1: 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, October 9 at 10:00 am

10 Tips on Being an Executor

Debbie Stanley, Certified Executor Advisor, ETP Canada, will be sharing ten tips and strategies to help manage the realities of being an estate executor. In her years of experience in helping families, being more prepared can help make this challenging time easier. Debbie's ten tips for being an executor teaches how to reduce stress and save money in making your time with your lawyer, financial advisor, and accountant more efficient when dealing with the estate's administration.

Wednesday, October 15 at 11:00 am

Hearing Screening

Canadian Hearing Services (formerly Canadian Hearing Society) 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, October 16

Being Prepared Part 2: 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. (Note: you don't need to have attended Being Prepared Part 1 to participate in Part 2).

Thursday, October 16 at 10:00 am

Take Charge of Your Health

Our health, and the health of our loved ones, affects every aspect of our lives. Understanding and using health information effectively, also known as health literacy, empowers us to make informed decisions, take better care of ourselves, and support those we care about. Build skills and confidence to navigate health information, communicate about your health, and access the support you need. Learn what being healthy means to you, why health literacy matters for you and your loved ones, how to communicate effectively about your health, and where to find reliable support and resources for managing your health. Presented by the Waterloo Wellington Self-Management Program.

Monday, October 20 at 1:00 pm

Care in the Later Stages

An examination of the late stages of dementia. We explore the best interaction, activity and approach techniques. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, October 23 at 10:30 am

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.

Monday, October 27 at 1:00 pm

Falls Prevention

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

Monday, November 3 at 1:00 pm

Frauds & Scams

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

Wednesday, November 5 at 10:00 am

Freedom Fighters

Our first non-indigenous settlers were in fact refugees and freed people from the slave trade. Take a moment to hear their harrowing stories of running to find freedom and a new home. Presented by The Wellington County Museum & Archives.

Monday, November 10 at 1:30 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, November 12 at 11:00 am

Healthy Caregiving

Caregivers play a vital role in supporting the well-being and independence of those in need. While caregiving can be deeply rewarding, it also comes with challenges that can impact mental and emotional health. Taking care of yourself is just as important as caring for others. This seminar provides practical lessons and interactive activities to help maintain your well-being while supporting someone else. Gain a deeper understanding of the role of a caregiver, explore the importance of mental health in caregiving, and learn effective strategies to care for your own mental and emotional well-being. Presented by the Waterloo Wellington Self-Management Program.

Monday November 17 at 1:00 pm

Navigating Life as a Senior

Life has its ups and downs and often doesn't go as planned. Have you retired? Do you plan to age in place or contemplate a big move? Are you a caregiver for an aging parent and/or grandchildren? How prepared are you to handle life's challenges as a senior? Join us at this interactive workshop for some stress-reducing tips. Explore mindfulness and other actions you can take to achieve a good life balance. Presented by Cathy Mendler, A New Leaf Organizers.

Wednesday, November 19 at 10:00 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 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

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

Thursday, November 27 at 10:30 am

Hospice Wellington: Surviving the Holidays

For many people, the holiday season can be frustrating, stressful, overwhelming, and lonely. This workshop shares some tips to get through the season with self-compassion. Presented by Hospice Wellington.

Thursday, December 4 at 10:00 am

Organizing Care

Managing health care, whether for yourself or someone else, can feel overwhelming. Keeping track of appointments, medications, and important information can be challenging, but staying organized can help you feel more in control and reduce stress. This interactive seminar will provide practical tools and strategies to help you manage health care more effectively. Learn to identify your care team and understand the different roles they play, how to prepare for medical appointments to make the most of your time, explore strategies to stay organized after appointments, and consider how digital tools can support your health care management. Presented by the Waterloo Wellington Self-Management Program.

Monday December 8 at 10:00 am

Special Events

Wednesday Lunches

Join us twice a month for lunch at VPSC. Wednesdays at 12:00 pm. Stay and enjoy the monthly afternoon musical program (on some dates) beginning at 1:30 pm.

Refer to the monthly calendar for menus. \$14 members or \$15 non-members (non-refundable). Takeout 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). See dates below.

September 10 \$5 BBQ Lunch

September 24 Lunch

October 8 Thanksgiving Lunch & Musical Program

October 22 Lunch

November 5 Lunch & Remembrance Day Musical Program

November 19 Lunch

December 3 Lunch

December 17 Christmas Lunch & Christmas Carol Sing-a-Long

Monthly Musical Afternoon Programs

Join us for special monthly musical afternoons with VPSC's Music Groups. All welcome. 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, October 8

Wednesday, November 5

Wednesday, December 17

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.

September 15, October 20 or November 17

Mystery Card Walk: National Seniors Day Event

Did you know October 1 is National Seniors Day in Canada? It also coincides with the United Nations International Day of Older Persons. To get a jumpstart on celebrating, join us for an enjoyable morning to promote fun, physical activity. Everyone wins a prize!

Walking 2 kms on a pre-determined route. Walking poles are available to use. Everyone can participate, even if you cannot go on the walk. No charge but please preregister so we can make sure everyone receives a prize.

Monday, September 29 at 10:30 am

Live Performance: "Baby Shower"

Join us for this original live production, presented by The Pastime Entertainment Theatre Group... "Baby Shower"! 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? Admission by donation at the door with refreshments to follow.

Friday, November 7 at 2:00 pm

Musical Remembrance Day Program

Join us for a special musical Remembrance Day Program with the Centre's Melody Makers. This talented group includes the choir, ukulele, guitar, drums and many other instruments. Join us for lunch and stay for entertainment afterwards. By donation at the door.

Wednesday, November 5 at 1:30 pm

Annual General Meeting

Find out what is happening at your Centre. All members are encouraged to attend. Includes: committee, financial and drop-in activity reports as well as the election of the Advisory Board. Note: During this meeting, all activities are cancelled at VPSC. Interested in joining the Advisory Board? Positions are available beginning January 2026 for three-year terms. Contact VPSC for more information.

Thursday, November 20 at 2:00 pm

Christmas Carol Sing-a-Long

Get into the holiday spirit! Join us for an afternoon of festive Christmas carols, led by the Centre's Melody Makers Choir. Request your favourite Christmas carols. Join us for lunch and stay for entertainment afterwards. By donation at the door.

Wednesday, December 17 at 1:30 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.

It Gets Grander

Upcoming Shows at the Fergus Grand Theatre

Steam-Powered Giraffe

September 5 & 6, 2025: 7:00PM

The Songs of Simon and Garfunkel

September 7, 2025: 2:00PM

Classic Lightfoot Live

September 13, 2025: 7:30PM

Mercy: A Tribute to Roy Orbison

September 25, 2025: 8:00PM

A Celebration of Canadian Rock

September 26, 2025: 8:00PM

Backwoods Barbie: A Dolly Parton Tribute

September 27, 2025: 8:00PM

Amanda Keeles 'Can't Stop Me Now' Tour

October 3, 2025: 8:00PM

Magic Festival

October 4, 2025: 2:00PM & 7:30PM

Murder at the Doll Haus: A Drag Murder Mystery

October 5, 2025: 8:00PM

Theatre Rentals

The Fergus Grand Theatre is rented out year-round to individuals and organizations who use the building to stage a variety of artistic, cultural, corporate, and charitable events.

New inquiries are always welcome, visit our website to learn more!



519.787.1981

Get Involved at the Grand

The Fergus Grand Theatre relies on a small but dedicated group of volunteers to provide theatregoers with a full range of audience services - we wouldn't be where we are today without them.

If you are looking to volunteer with us, please visit our website to view the current volunteer options.



fergusgrandtheatre

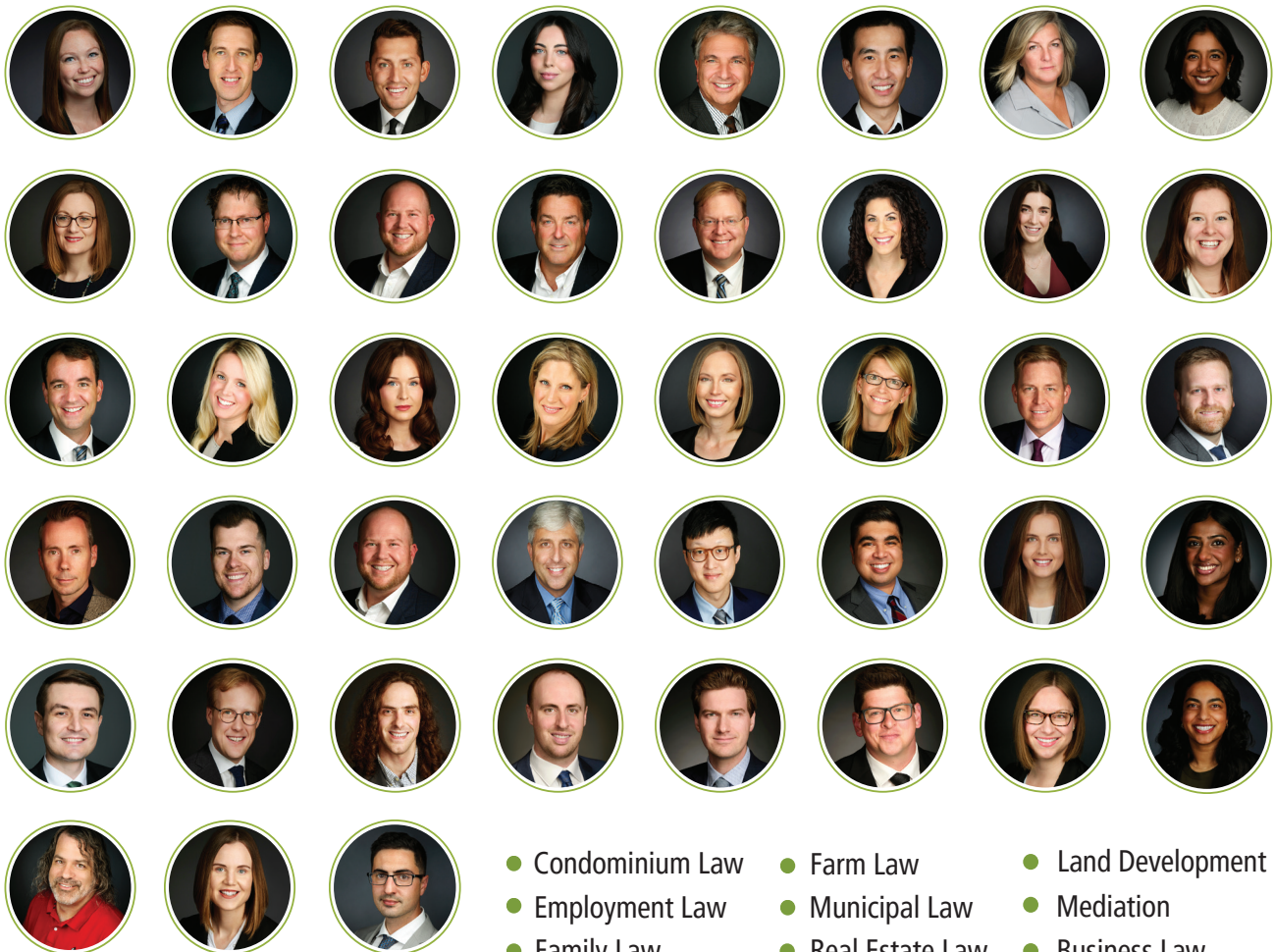


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