

June 2025 Seminars (In-person and Virtual)

Pre-register for all seminars listed below (virtual and in-person). By donation at door for in-person. If attending a virtual seminar, the Zoom link will be provided 12-24 hours prior. **Refer to Spring & Summer 2025 Community Guide for descriptions.**

Hearing Screening Clinic (In-Person) - Canadian Hearing Services presents a free hearing screening clinic for older adults. Meet one-on-one with a Hearing Care Counsellor and receive your results immediately. Book your 30-minute appointment by calling the Seniors Centre. No charge. Thursday, June 5.

Bone Health 101 (in-Person) - Presented by Osteoporosis Canada. ~~Mon. June 16 at 1pm.~~ Wed. June 18 at 1pm.

Fabulous 50s and Sensational 60s (In-Person) - Presented by The Wellington County Museum & Archives. Wednesday, June 18 at 10:00 am.

Navigating Your Supports (In-Person) - Presented by Hospice Wellington. Thursday, June 19 at 10:00 am.

Organizing 101 (In-Person) - Presented by Cathy Mendler, A New Leaf Organizers. Monday, June 23 at 10:00 am.

Frauds & Scams (In-Person) – Presented by Crime Stoppers Guelph Wellington (CSGW) and Victim Services Wellington and Wellington County OPP. Wednesday, June 25 at 11:00 am.

Frontotemporal Dementia (In-Person) - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, June 26 at 10:30 am.

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

Wednesday Lunch – Wednesday, June 11 at 12:00 pm – menu on the front of calendar.

New Member Talk and Tour – Monday, June 16 at 10:00 am. No charge. Pre-register.

Seniors’ Month Celebration - By donation at the door for VPSC. Monday, June 2 at 1:30 pm.

Mystery Card Walk - No charge but please pre-register. Monday, June 9 at 9:30 am.

Strawberry Social - Thursday, June 26 at 1:30 pm. Cost: \$8 for everyone.

Bus Trips 2025 - Non-Refundable. Non-Transferable.

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

Refer to the Spring & Summer 2025 Guide for descriptions.

Muskoka Steamships - Monday, June 9. Departs: 8:30 am, return: 7:00 pm. Cost: \$180 mem, \$194 non.

The Lion King - Wednesday, July 16. Departs: 8:45 am, return: 6:00 pm. Cost: \$243 member, \$257 non-member.

Blyth Festival Theatre - Wednesday, August 13. Depart: 9am, return 6pm. Cost: \$180 mem, \$194 non.

Collingwood Cruise - Thursday, September 18. Departs: 9:15 am, return: 6:30 pm. Cost: \$208 mem, \$223 non.

Stratford: Dirty Rotten Scoundrels - Tuesday, October 7. Departs: 10am, return: 7pm. Cost: \$202 mem, \$216 non.

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

June 2025

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2
Monday to Friday 9:00 am to 4:00 pm Phone: 519.846.9691 x204
Email: seniorscentre@centrewellington.ca

View Programs, information, refund policies: www.centrewellington.ca/seniorscentre
Register online: <https://ca.apm.activecommunities.com/centrewellington/>

The **Spring & Summer 2025 Centre Wellington Community Guide** is active.
It covers April, May, June, July & August. Get registered now!

Township of Centre Wellington Refund Policy in effect:

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

Wednesday Lunch

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

Wednesday, June 11 at 12:00 pm – Homemade BBQ Lunch (pay by June 6 at 4pm).
Menu: Pulled Beef On A Bun, Potato Salad, Layered Lemon Cake.

Volunteers Needed

Speak to Kelly at the Centre, if interested.

Wednesday Lunches - scheduled twice a month. We are looking for Servers (3 hrs), Dishwashers (1.5 hrs), Tea & Coffee servers (1.5 hrs), Dessert Servers (1.5 hrs).

Drop-in Bingo Caller - Bi-weekly caller at 1:00 pm for 2 hours.

June is Seniors Month! Get registered.

Seniors’ Month Celebration - Join us for a memorable afternoon of entertainment by the Centre’s talented choir and ukulele band: The Melody Makers. Enjoy cake & ice cream. All welcome.
By donation at door. Monday, June 2 at 1:30 pm.

Mystery Card Walk - Celebrate Seniors’ Month with 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 borrow. Everyone can participate, even if you cannot go on the walk.
No charge but please pre-register so everyone receives a prize. Monday, June 9 at 9:30 am.

Strawberry Social - Celebrate June is Seniors’ Month. Join in a fun afternoon of toe-tapping music with the Centre’s talented guitar band: The Country Classics. Enjoy fresh Ontario strawberries with shortcake and ice cream after the show. Thursday, June 26 at 1:30 pm. \$8 for everyone.

MONDAY Drop-in Activities	TUESDAY Drop-in Activities	WEDNESDAY Drop-in Activities	THURSDAY Drop-in Activities	FRIDAY Drop-in Activities
9:00 – 4:00 Billiards & Snooker 8:50 Recreational Belly Dance 9:30 Canasta 1:00 Choir & Ukulele Band: The Melody Makers (ends June 9 – resume in Sept) 1:00 Summer Weekly Musical Afternoon (starts July 7)	9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka,10:30 Genealogy 11:35 Tap Dancing (end June 24), 1:00 Bid Euchre 4:00 Shuffleboard (resume Sept 2) 1:00 Hand & Foot, 1:00 Wii Bowling 3:00 French Conversation	9:00 – 4:00 Billiards & Snooker 10:00 Crokinole (ends June 25 –resume Aug 6) 10:30 Creative Writing 1:00 Arts & Crafts Group 1:00 Euchre, 1:00 Wood Carving 3:00 Line Dancing	9:00 – 4:00 Billiards & Snooker 9:30 Darts, 9:30 Scrabble, 1:00 Bingo 1:00 Social Bridge, 1:00 Table Tennis 1:00 Guitar Band: Country Classics 4:00 Pastime Entertainment Theatre Group (Aug) 7:45 Euchre *New Time*	9:00 – 4:00 Billiards & Snooker 9:30 Cribbage, 9:30 Mah Jong 11:00 Monthly Book Club (June 6) 11:15 Spanish, 4:00 Ukulele Band (back Sept 12) 4:00 Carpet Bowl (resume Sept 5) 1:00 Texas Hold'em Poker
2 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW TIME 9:00 Advisory Board Meeting 9:30 Urban Pole Walking Workshop , 9:35 Zumba Gold 10:15 Program Committee Meeting 10:30 Essentrics NEW TIME, 10:30 Yoga with Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core NEW 4:00 Vinyasa Flow Yoga NEW, 1:00 Mood Walk NEW 1:00 Fun Fitness: Move Strong 1:30 Seniors Month Celebration 2:15 Osteo Fit, 3:15 Osteo Fit	3 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold NEW TIME 9:00-4:00 Foot Care Clinic (by appt) 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning NEW 9:35 Building on the Basics 10:30 Tai Chi Level 2 11:30 Movement Healthy Joints & Muscles 1:00 Moderate Slow Yoga 3:15 All Around Fitness NEW	4 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning NEW TIME 9:30 Moderate Slow Yoga 9:35 Hatha Flow Yoga NEW 9:35 Core Circuit 10:00 Deepening Meditation 11:30 Standing & Seated Hatha Yoga 4:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	5 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Zumba Gold-Toning NEW TIME 9:30 Hearing Screening Clinic (By appt.) 9:35 Hatha Flow Yoga NEW TIME 9:35 Strength Training Beginner 10:00 Windowsill Herb Garden 10:30 Chair & Standing Yoga , 11:45 Essentrics 12:00-2:45 Manual Osteopathic Clinic (appt) 1:00 Beginner Rug Hooking 1:30 Minds in Motion (Register with Alzheimer Society)	6 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga NEW TIME 9:30 Yoga with Jane 9:35 Barre Strong 10:00 French Course 5 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3
9 (Daily Drop-In Activities listed above) 8:30 Bus Trip: Muskoka Steamships 8:40 Zumba Gold-Toning NEW TIME 9:30-2:30 Reflexology Clinic (by appt.) 9:30 Mystery Card Walk – Pre-register! 9:35 Zumba Gold, 10:30 Essentrics NEW TIME 10:30 Yoga with Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core NEW 4:00 Vinyasa Flow Yoga NEW, 1:00 Mood Walk NEW 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit	10 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold NEW TIME 9:00-4:00 Foot Care Clinic (by appt) 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning NEW 9:35 Building on the Basics 10:30 Tai Chi Level 2 11:30 Movement Healthy Joints & Muscles 1:00 Moderate Slow Yoga 3:15 All Around Fitness NEW	11 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning NEW TIME 9:30 Moderate Slow Yoga 9:35 Hatha Flow Yoga NEW, 9:35 Core Circuit 10:00-2:00 Chair Massage Clinic (by appt) 10:00 Deepening Meditation 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch *menu on front 4:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	12 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Zumba Gold-Toning NEW TIME 9:35 Hatha Flow Yoga NEW TIME 9:35 Strength Training Beginner 10:30 Chair & Standing Yoga NEW TIME 11:45 Essentrics 1:00 Beginner Rug Hooking 1:30 Minds in Motion (Register with Alz Society)	13 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga NEW TIME 9:30 Yoga with Jane 9:35 Barre Strong 10:00 French Course 5 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3
16 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW TIME 9:30 Urban Pole Walking Refresher 9:30-2:30 Reflexology Clinic (by appt.) 9:35 Zumba Gold NEW 10:00 New Members Talk & Tour 10:30 Essentrics, 10:30 Yoga with Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core NEW 4:00 Bone Health 101 (Rescheduled to Wed. June 18) 4:00 Vinyasa Flow , 1:00 Mood Walk NEW 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	17 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold NEW TIME 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus 9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:00 Personalizing Protein For You 10:30 Tai Chi Level 2 11:30 Movement Healthy Joints & Muscles 1:00 Moderate Slow Yoga, 3:15 All Around Fitness	18 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning NEW TIME 9:15 Fit Bones , 9:30 Moderate Slow Yoga 9:35 Hatha Flow Yoga NEW, 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Deepening Meditation 10:00 Fabulous 50's Sensational 60's 11:30 Standing & Seated Hatha Yoga 1:00 Bone Health 101, 4:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit	19 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Zumba Gold-Toning NEW TIME 9:00 Broche Making Workshop 9:15 Fit Bones Plus , 9:35 Hatha Flow Yoga 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:00 Navigating Your Supports 10:30 Chair & Standing Yoga , 11:45 Essentrics 12:00-2:45 Manual Osteopathic Clinic (appt) 1:30 Minds in Motion (Register with Alzheimer Society) 5:30 Pilates: Mixed Level	20 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga NEW TIME 9:30 Yoga with Jane 9:35 Barre Strong 9:30-2:30 Reflexology Clinic (by appt.) 10:00 French Course 5 (end)10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3 (end)
23 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW TIME 9:35 Zumba Gold NEW, 10:00 Organizing 101 10:30 Essentrics (end), 10:30 Yoga with Jane 9:30-2:30 Reflexology Clinic (by appt.) 11:30 Standing & Seated Hatha Yoga (end) 11:45 Strength Training & Core NEW 4:00 Vinyasa Flow Yoga NEW, 1:00 Fun Fitness 1:00 Mood Walk NEW (end) 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle	24 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday (end) 8:40 Zumba Gold NEW TIME (end) 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus , 9:30 Tai Chi Level 1 (end) 9:35 Zumba Gold-Toning NEW (end) 9:35 Building On The Basics (end) 10:00 & 11:00 Tech Help (1 hr appt.) 9:50 Building Strength: Lower , 10:30 Tai Chi 2 (end) 11:30 Movement Healthy Joints & Muscles (end) 1:00 Moderate Slow Yoga (end) 3:15 All Around Fitness NEW (end)	25 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning NEW TIME 9:15 Fit Bones , 9:30 Moderate Slow Yoga (end) 9:35 Hatha Flow Yoga NEW, 9:35 Core Circuit 9:50 Building Strength: Core 10:00 Deepening Meditation (end) 11:00 Frauds & Scams 11:30 Standing & Seated Hatha Yoga 4:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	26 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Zumba Gold-Toning, 9:15 Fit Bones Plus 9:30-2:30 Reflexology Clinc (by appt.) 9:35 Hatha Flow Yoga, 9:35 Strength Training Beginners 9:50 Building Strength: Upper Body 10:30 Frontotemporal Dementia 10:30 Chair & Standing Yoga (end) , 11:45 Essentrics 1:30 Strawberry Social (Pre-register \$8 each) 1:30 Minds in Motion (Register with Alzheimer Society) 5:30 Pilates: Mixed Level	27 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga NEW TIME 9:30 Yoga with Jane 9:35 Barre Strong 10:00 French Course 4 10:30 Total Body Fitness 10:35 Standing & Seated Hatha Yoga 12:30 French For Beginners For Those Wishing To Travel
30 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW TIME (end) 9:35 Zumba Gold NEW (end) 10:30 Yoga with Jane (end) 9:30-2:30 Reflexology Clinic (by appt.) 11:45 Strength Training & Core NEW (end) 4:00 Vinyasa Flow Yoga NEW (end) 1:00 Fun Fitness (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end) 5:00 Pilates: Gentle	July 1 Canada Day. Centre Closed.	June Is Seniors Month! Get involved, register today!	Arts & Crafts Drop-in Group on Wednesdays from 1-3pm (weekly) Join anytime! Everyone welcome. <hr/> “NEW” The VPSC’s Pastime Productions Theatre Group is looking for future actors and side help with productions here at the Centre. Contact Kelly, if interested. Fall production scheduled. Practices Thursdays at 4pm starting in August.	LEGEND GREEN – Health And Wellness Clinics BLACK–Course Start, Bus Trip RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program