

# VICTORIA PARK SENIORS CENTRE

## Winter 2024

### Not a member? Not yet 55?

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

Registration  
begins Tuesday,  
December 12,  
2023 at  
8:30 am

## ABOUT VICTORIA PARK SENIORS CENTRE (VPSC)

Victoria Park Seniors Centre provides a wide range of social, recreational, educational, wellness and volunteer opportunities for older adults in a safe and enjoyable environment. 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. 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 daily physical activity and social interaction. We invite you to drop by and experience the benefits of participating.

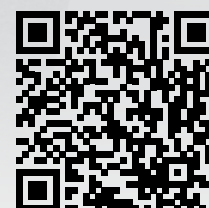
## HOW TO REGISTER

### 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](http://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.

## 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

January 1 - New year's | February 19 - Family Day | March 29 - Good Friday | April 1 - Easter Monday

## Welcome Tours and Information

New Members' Talk and Tours are held regularly at VPSC to provide you with information on programs and services offered. Upcoming sessions: January 15, February 12 or March 11 at 10:00 am. Meet other new members, staff and volunteers. Please pre-register. If you can't attend one of the sessions, please call VPSC to schedule a tour at your convenience or drop in anytime.

## VPSC Advisory Board

Victoria Park Seniors Centre is run by a volunteer Advisory Board comprised of seven elected VPSC members and one appointed TCW Council Representative. The Advisory Board acts as a liaison between seniors and the Township of Centre Wellington and works with the Community Services Department to provide quality recreational opportunities for older adults. Meetings are held on the first Monday of the month at 9:15 am. All members are welcome to attend. Interested in joining the Board? Positions available beginning January 2025 for three-year terms by election or acclamation at the November Annual General Meeting. Contact VPSC for more information.

## VPSC Program Committee

This volunteer committee organizes special events, lunches and fundraisers for VPSC. Meetings are held the first Monday of the month at 10:15 am. Interested in providing input into programs and special events for older adults? This committee is always looking for new ideas and volunteers to help.

## Active Living and Retirement Show

**Friday, February 23**

**10:00 am to 2:00 pm**

**Centre Wellington Sportsplex**

**550 Belsyde Ave, Fergus**

**FREE ADMISSION**

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

**10:00 am - 2:00 pm** Exhibitor Information Booths

**10:00 am** Seminar: Ride Well Transportation Service

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

**10:30 am** Seminar: Wills, Powers of Attorneys and Living Wills

**11:00 am** Fitness Class: Tai Chi

**11:45 am** Fitness Class

**11:45 am** Seminar: Frauds and Scams presented by Crime Stoppers

**12:30 pm** Yoga Class: CIRCL Mobility

**1:00 pm** Seminar: Ontario's Medical Expense and Seniors Care at Home Tax Credits presented by Ministry of Finance

**1:15 pm** Fitness Class: Gentle Fitness

## 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 Drop-in

Wednesdays at 1:00 pm.

### • Bid Euchre

Tuesdays at 1:00 pm.

### • Billiards, Snooker & Pool

Daily. Ladies Only 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.

## SENIORS

### • **Choir, Ukulele: The Melody Makers**

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

### • **Colouring Circle**

Mondays at 1:00 pm.

### • **Conversation en français**

Tuesdays at 3:00 pm.

### • **Conversación en Español**

Fridays at 11:15 am.

### • **Crafts & Quilting**

Wednesdays at 1:00 pm. Items made are sold in VPSC's Craft Shop. No drop-in fee. All proceeds support VPSC.

### • **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**

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.

### • **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. New participants need to contact VPSC prior to attending. Space is limited.

### • **Mah Jong**

Fridays at 9:30 am. American and Chinese versions played.

### • **Scrabble**

Thursdays at 9:30 am.

### • **Shuffleboard**

Tuesdays at 1:00 pm.

### • **Sudoku Puzzles**

We are hoping to get this group going. Let us know if you are interested.

### • **Tap Dancing**

Tuesdays at 11:35 am. Note: Free demo class held Friday, February 23 at 10:15 am at the Active Living and Retirement Show held at the CW Sportsplex.

### • **Table Tennis**

Thursdays at 1:00 pm.

### • **Washer Toss Game**

Mondays 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

### **Crafts for Sale**

Visit our Craft Shop full of beautiful handmade items, made by our talented Craft and Quilting Group volunteers. Homemade crafts and collectibles, including baby clothing, knitted sets, quilts, blankets, sweaters, hats, mitts, scarves, and more. All proceeds support VPSC. Group is looking for more volunteers. *Open Wednesdays 1:00 to 4:00 pm Or by appointment*

### **Wednesday Lunches**

Join us for lunch 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 full menus. \$14 members or \$15 non-members. Take-out option 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.

### **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, please 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](http://www.centrewellington.ca/seniorscentre)

### **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.

### 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 in the library.

### 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.  
**Appointments: Tuesdays**

### 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. \$35 for 30 minutes, \$50 for 45 minutes. Cash only. Call VPSC to book an appointment.  
**Appointments: Mondays**

### Blood Pressure Clinic

FREE. Held monthly, Wednesday from 11:00 am to 12:00 pm. See dates below. A Pharmacist or Pharmacy student will be at VPSC to check your blood pressure and provide information. No appointment needed. Simply drop in. Thanks to Pharmasave Elora Apothecary and Trailside Pharmacy for sponsoring this program.

*January 10, February 14, March 13*

### Hearing Services:

#### Hearing Screening Clinic

Has your hearing changed? Meet one-on-one with 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 on February 29 by contacting VPSC.*

#### Hearing Seminar

My Hearing is Not as Good as it Used to Be.

*March 7, 10:00 am to 12:00 pm.*

*Presented by the Canadian Hearing Services.*

## 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. All bus trip participants sign a waiver. 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.

### Ripley's Aquarium & Little Canada

Visit one of the best attractions in Toronto, Ripley's Aquarium of Canada. 5.7 million litres of water that puts you face to face with more than 13,500 of the most remarkable creatures on the planet. Tropical Reefs, Ocean Habitats, Jellyfish, Seahorses, Stingrays and so much more. Enjoy a delicious lunch at the Hothouse restaurant. Then visit Little Canada, a celebration of all things Canada and a unique journey of discovery through the sights and sounds of our great country in miniature scale. Depart 9:00 am, return approx. 5:15 pm.

**\$178 (\$164 member)**

*Thursday, February 22*

### Peking Acrobats

Catch a thrilling matinee production by the Peking Acrobats at the Sanderson Centre. These astounding performers push the limits of human ability by defying gravity with amazing displays of contortion, flexibility, and control to create exuberant entertainment with the festive pageantry of a Chinese carnival. Enjoy a buffet lunch at the Best Western and a stop at Dutch Mill Country Market for a unique shopping experience. Depart 9:00 am, return approx. 5:45 pm.

**\$171 (\$157 member)**

*Wednesday, March 27*

### Toronto Harbour Cruise & CN Tower

Includes spectacular sightseeing cruise of Toronto Harbour, lunch at the Spaghetti Factory and experience the CN Tower where you will enjoy breathtaking views. Depart 8:30 am, return approx. 5:20 pm.

**\$176 (\$162 member)**

*Wednesday, July 24*

## WINTER SCHEDULE

# Virtual Fitness, Yoga, Zumba (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 TCW Refund Policy on page 6

	Day	Start/End Date	Time	Weeks	Member	Non
<b>Zumba Gold</b>	Mon	Jan 15-Feb 12	10:00-10:30 AM	5	\$20	\$25
<b>Zumba Gold</b>	Mon	Feb 26-Mar 25	10:00-10:30 AM	5	\$20	\$25
<b>Fit Bones Plus</b>	Tues	Jan 2-Feb 13	9:15-9:45 AM	7	\$28	\$35
<b>Fit Bones Plus</b>	Tues	Feb 20-Mar 26	9:15-9:45 AM	6	\$24	\$30
<b>Building Strength Lower Body</b>	Tues	Jan 2-Feb 13	9:50-10:20 AM	7	\$28	\$35
<b>Building Strength Lower Body</b>	Tues	Feb 20-Mar 26	9:50-10:20 AM	6	\$24	\$30
<b>Fit Bones NEW TIME</b>	Wed	Jan 3-Feb 14	9:15-9:45 AM	7	\$28	\$35
<b>Fit Bones NEW TIME</b>	Wed	Feb 21-Mar 27	9:15-9:45 AM	6	\$24	\$30
<b>Building Strength Core</b>	Wed	Jan 3-Feb 14	9:50-10:20 AM	7	\$28	\$35
<b>Building Strength Core</b>	Wed	Feb 21-Mar 27	9:50-10:20 AM	6	\$24	\$30
<b>Fit Bones Plus</b>	Thurs	Jan 4-Feb 15	9:15-9:45 AM	7	\$28	\$35
<b>Fit Bones Plus</b>	Thurs	Feb 22-Mar 28	9:15-9:45 AM	6	\$24	\$30
<b>Building Strength Upper Body</b>	Thurs	Jan 4-Feb 15	9:50-10:20 AM	7	\$28	\$35
<b>Building Strength Upper Body</b>	Thurs	Feb 22-Mar 28	9:50-10:20 AM	6	\$24	\$30
<b>Moderate Hatha Yoga</b>	Fri	Jan 12-Feb 16	9:00-9:45 AM	6	\$36	\$48
<b>Moderate Hatha Yoga</b>	Fri	Feb 23-Mar 22	9:00-9:45 AM	5	\$30	\$40
<b>Yoga and Movement for Healthy Joints</b>	Fri	Jan 12-Feb 16	10:30-11:00 AM	6	\$24	\$30
<b>Yoga and Movement for Healthy Joints</b>	Fri	Feb 23-Mar 22	10:30-11:00 AM	5	\$20	\$25

## WINTER SCHEDULE

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



- It is recommended that your health care professionals be consulted prior to the start of any activity.
- Avoid wearing scents to class.
- Bring indoor running shoes and water.
- All equipment supplied except yoga equipment.
- If you miss a scheduled class, we are unable to allow make ups.
- Please see TCW Refund Policy on page 6
- See course descriptions for instructors, cancellation dates and other information regarding whether a course 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.

	Day	Start/End Date	Time	Weeks	Member	Non
<b>Gypsy Belly Dance Fusion</b>	Mon	Jan 8-Feb 12	8:50-10:20 AM	6	\$48	\$54
<b>Gypsy Belly Dance Fusion</b>	Mon	Feb 26-Mar 25	8:50-10:20 AM	5	\$40	\$45

# Fitness & Dance (In-Person)

## Continued

	Day	Start/End Date	Time	Weeks	Member	Non
<b>Zumba Gold-Toning</b>	Mon	Jan 15-Feb 12	9:00-9:45 AM	5	\$40	\$45
<b>Zumba Gold-Toning</b>	Mon	Feb 26-Mar 25	9:00-9:45 AM	5	\$40	\$45
<b>Essentrics</b>	Mon	Jan 8-Feb 12	10:00-11:00 AM	6	\$54	\$60
<b>Essentrics</b>	Mon	Feb 26-Mar 25	10:00-11:00 AM	5	\$45	\$50
<b>8-Week Reboot NEW</b> (see description for details-2classes/wk)	Mon Wed	Jan 8-Mar 4	11:40 AM-12:25 PM 9:35-10:20 AM	8	\$138	\$159
<b>Fun Fitness</b>	Mon	Jan 8-Feb 12	1:00-1:45 PM	6	\$42	\$48
<b>Fun Fitness</b>	Mon	Feb 26-Mar 25	1:00-1:45 PM	5	\$35	\$40
<b>Stretch and Tone</b>	Mon	Jan 8-Feb 12	1:55-2:40 PM	6	\$42	\$48
<b>Stretch and Tone</b>	Mon	Feb 26-Mar 25	1:55-2:40 PM	5	\$35	\$40
<b>Pilates: Gentle</b>	Mon	Jan 8-Feb 12	6:00-7:00 PM	6	\$114	\$126
<b>Pilates: Gentle</b>	Mon	Feb 26-Mar 25	6:00-7:00 PM	5	\$95	\$105
<b>Urban Pole Walking Workshop</b>	Mon	Mar 18	9:30-11:30 AM	1	FREE	FREE
<b>Urban Pole Walking Refresher</b>	Mon	Mar 25	9:30-10:30 AM	1	FREE	FREE
<b>Strength Training</b>	Tues	Jan 2-Feb 13	8:40-9:25 AM	7	\$49	\$56
<b>Strength Training</b>	Tues	Feb 20-Mar 26	8:40-9:25 AM	6	\$42	\$48
<b>Zumba Gold</b>	Tues	Jan 2-Feb 13	9:00-9:45 AM	6	\$48	\$54
<b>Zumba Gold</b>	Tues	Feb 20-Mar 26	9:00-9:45 AM	6	\$48	\$54
<b>Building on the Basics</b>	Tues	Jan 2-Feb 13	9:35-10:20 AM	7	\$49	\$56
<b>Building on the Basics</b>	Tues	Feb 20-Mar 26	9:35-10:20 AM	6	\$42	\$48
<b>All Around Fitness</b>	Tues	Jan 2-Feb 13	3:15-4:00 PM	7	\$49	\$56
<b>All Around Fitness</b>	Tues	Feb 20-Mar 26	3:15-4:00 PM	6	\$42	\$48
<b>Low Impact Cardio and Muscle</b>	Wed	Jan 3-Feb 14	8:40-9:25 AM	7	\$49	\$56
<b>Low Impact Cardio and Muscle</b>	Wed	Feb 21-Mar 27	8:40-9:25 AM	6	\$42	\$48
<b>Core Circuit</b>	Wed	Mar 6-Mar 27	9:35-10:20 AM	4	\$28	\$32
<b>Zumba Gold-Toning</b>	Wed	Jan 3-Feb 14	9:00-9:45 AM	6	\$48	\$54
<b>Zumba Gold-Toning</b>	Wed	Feb 21-Mar 27	9:00-9:45 AM	6	\$48	\$54
<b>Osteo Fit</b>	Wed	Jan 3-Feb 14	2:15-3:00 PM	7	\$49	\$56
<b>Osteo Fit</b>	Wed	Feb 21-Mar 27	2:15-3:00 PM	6	\$42	\$48
<b>Osteo Fit</b>	Wed	Jan 3-Feb 14	3:15-4:00 PM	7	\$49	\$56
<b>Osteo Fit</b>	Wed	Feb 21-Mar 27	3:15-4:00 PM	6	\$42	\$48
<b>Strength Training</b>	Thurs	Jan 4-Feb 15	8:40-9:25 AM	7	\$49	\$56
<b>Strength Training</b>	Thurs	Feb 22-Mar 28	8:40-9:25 AM	6	\$42	\$48
<b>Zumba Gold-Toning</b>	Thurs	Jan 4-Feb 15	9:00-9:45 AM	6	\$48	\$54
<b>Zumba Gold-Toning</b>	Thurs	Feb 22-Mar 28	9:00-9:45 AM	6	\$48	\$54
<b>Strength Training: Beginner</b>	Thurs	Jan 4-Feb 15	9:35-10:20 AM	7	\$49	\$56
<b>Strength Training: Beginner</b>	Thurs	Feb 22-Mar 28	9:35-10:20 AM	6	\$42	\$48
<b>Essentrics NEW</b>	Thurs	Jan 11-Feb 15	11:45 AM-12:30 PM	6	\$42	\$48



## Fitness & Dance (In-Person)

*Continued*

	Day	Start/End Date	Time	Weeks	Member	Non
<b>Essentrics NEW</b>	Thurs	Feb 22-Mar 28	11:45 AM-12:30 PM	6	\$42	\$48
<b>Pilates: Mixed Level</b>	Thurs	Jan 4-Feb 8	6:30-7:30 PM	6	\$114	\$126
<b>Pilates: Mixed Level</b>	Thurs	Feb 22-Mar 21	6:30-7:30 PM	5	\$95	\$105
<b>Low Impact Cardio and Muscle</b>	Fri	Jan 5-Feb 16	8:40-9:25 AM	7	\$49	\$56
<b>Low Impact Cardio and Muscle</b>	Fri	Feb 23-Mar 22	8:40-9:25 AM	5	\$35	\$40
<b>Strength Training</b>	Fri	Jan 5-Feb 16	9:35-10:20 AM	7	\$49	\$56
<b>Strength Training</b>	Fri	Feb 23-Mar 22	9:35-10:20 AM	5	\$35	\$40
<b>Total Body Fitness</b>	Fri	Jan 5-Feb 16	10:30-11:15 AM	7	\$49	\$56
<b>Total Body Fitness</b>	Fri	Feb 23-Mar 22	10:30-11:15 AM	5	\$35	\$40

### WINTER SCHEDULE

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

(See descriptions further in guide)

	Day	Start/End Date	Time	Weeks	Member	Non
<b>Moderate Slow Yoga</b>	Mon	Jan 8-Feb 12	10:30-11:30 AM	6	\$54	\$60
<b>Moderate Slow Yoga</b>	Mon	Feb 26-Mar 25	10:30-11:30 AM	5	\$45	\$50
<b>Standing &amp; Seated Hatha Yoga</b>	Mon	Jan 8-Feb 12	11:30 AM-12:30 PM	6	\$54	\$60
<b>Standing &amp; Seated Hatha Yoga</b>	Mon	Feb 26-Mar 25	11:30 AM-12:30 PM	5	\$45	\$50
<b>Tai Chi Level 1</b>	Tues	Jan 9-Feb 13	9:30-10:30 AM	6	\$54	\$60
<b>Tai Chi Level 1</b>	Tues	Feb 20-Mar 26	9:30-10:30 AM	5	\$45	\$50
<b>Tai Chi Level 2</b>	Tues	Jan 9-Feb 13	10:30-11:30 AM	6	\$54	\$60
<b>Tai Chi Level 2</b>	Tues	Feb 20-Mar 26	10:30-11:30 AM	5	\$45	\$50
<b>CIRCL Mobility</b>	Tues	Jan 2-Feb 13	9:50-10:20 AM	6	\$42	\$48
<b>CIRCL Mobility</b>	Tues	Feb 20-Mar 26	9:50-10:20 AM	6	\$42	\$48
<b>Yoga &amp; Movement for Healthy Joints &amp; Muscles</b>	Tues	Jan 9-Feb 13	11:30 AM-12:30 PM	6	\$54	\$60
<b>Yoga &amp; Movement for Healthy Joints &amp; Muscles</b>	Tues	Feb 20-Mar 26	11:30 AM-12:30 PM	6	\$54	\$60
<b>Moderate Slow Yoga</b>	Tues	Jan 23-Feb 13	1:00-2:00 PM	4	\$36	\$40
<b>Moderate Slow Yoga</b>	Tues	Feb 20-Mar 26	1:00-2:00 PM	6	\$54	\$60
<b>Deepening Meditation</b>	Wed	Jan 17- Mar 20	10:00-11:30 AM	10	\$110	\$120
<b>Gentle Stretch Yoga NEW</b>	Wed	Jan 24-Feb 14	10:00-11:00 AM	4	\$36	\$40
<b>Gentle Stretch Yoga NEW</b>	Wed	Feb 21-Mar 27	10:00-11:00 AM	6	\$54	\$60
<b>Standing &amp; Seated Hatha Yoga</b>	Wed	Jan 10-Feb 14	11:30 AM-12:30 PM	6	\$54	\$60
<b>Standing &amp; Seated Hatha Yoga</b>	Wed	Feb 21-Mar 27	11:30 AM-12:30 PM	6	\$54	\$60
<b>Moderate Slow Yoga</b>	Thurs	Jan 25-Feb 15	9:30-10:30 AM	4	\$36	\$40

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

## Continued

	Day	Start/End Date	Time	Weeks	Member	Non
<b>Moderate Slow Yoga</b>	Thurs	Feb 22-Mar 28	9:30-10:30 AM	6	\$54	\$60
<b>CIRCL Mobility</b>	Thurs	Jan 4-Feb 15	9:50-10:20 AM	6	\$42	\$48
<b>CIRCL Mobility</b>	Thurs	Feb 22-Mar 28	9:50-10:20 AM	6	\$42	\$48
<b>Mindfulness Meditation Basics NEW</b>	Thurs	Jan 18-Feb 22	10:00-11:00 AM	6	\$57	\$63
<b>Yoga with Jane</b>	Fri	Jan 5-Feb 16	9:30-10:30 AM	7	\$63	\$70
<b>Yoga with Jane</b>	Fri	Feb 23-Mar 22	9:30-10:30 AM	5	\$45	\$50
<b>Standing &amp; Seated Hatha Yoga</b>	Fri	Jan 5-Feb 16	10:35-11:35 AM	7	\$63	\$70
<b>Standing &amp; Seated Hatha Yoga</b>	Fri	Feb 23-Mar 22	10:35-11:35 AM	5	\$45	\$50

## Virtual (Zoom) Fitness Descriptions

### Virtual: Zumba Gold

Join us for a dance party with great music and friends while focusing on balance, cardiovascular endurance, range of motion and coordination with moderate to high intensity. No dance experience required. Wear running shoes. Instructor: Sarah Gray. No class February 19.

### 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.

### Virtual: Fit Bones NEW TIME

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. NOTE: new time.

### 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, too. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Kelly Offer.

### Virtual: Building Strength Core

The target zone for this class is the core, working on the abdominal and back muscles. A mat is required for this class as most exercises are done on the floor. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Kelly Offer.

### Virtual: Building Strength Upper Body

Arms, chest and shoulder muscles are put to work in this class. Hand weights are used. If you don't have weights, water bottles or soup cans work. Each class includes a warm-up and cool-down/stretch period. Intermediate level class, however, options for different fitness levels demonstrated. Instructor: Kelly Offer.

### Virtual: Moderate Hatha Yoga

Hatha Yoga done with a varied combination of standing, hands and knees, seated on floor and lying on front and back, ending with a short relaxation practice. Yoga mat or running shoes for stability. Instructor: Karen Murtagh. No class March 29.

### Virtual: Yoga and Movement for Healthy Joints

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: Karen Murtagh. No class March 29.



## Fitness and Dance Descriptions (In-Person)

### 8-Week Reboot NEW

Start the New Year off with this moderate to advanced level program that combines fitness classes with nutritional workshops. Includes two fitness classes a week to work in conjunction with a meal plan to increase overall strength, stability, mobility, cardiovascular strength and metabolism. Includes floor exercises, body weight stability and use of fitness equipment – modifications available. Three nutritional workshops will provide knowledge and tools to take control of your body's health. Easy to implement changes to help regulate blood sugar, foods to add to your menu that naturally clear toxins and super foods to boost metabolism. Mondays 11:40 am to 12:25 pm & Wednesdays 9:35 am to 10:20 am. (3 Wednesday classes will include a 45-minute nutrition workshop in addition to the fitness class). Instructor: Angie Reid. No class February 19.

### All Around Fitness

This beginner to intermediate level class includes cardiovascular fitness, strength and endurance, balance and flexibility. A variety of equipment will be used. Participants should be able to get up and down from the floor. Instructor: Jennifer Wilson.

### 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. Modifications available. Must be able to get down on floor unassisted. Instructor: Angie Reid.

### Gypsy Belly Dance Fusion

Gypsy belly dance is energetic, joyous, assertive, passionate and spontaneous. Learn an array of exciting movements such as Spanish, Moorish and Turkish styles sure to ignite a fiery declaration in dance. Wear a peasant skirt (optional) and comfortable shoes to dance in. Beginners welcome. The course allows multiple levels. Instructor: Lise Stewart. No class February 19. Note: Free demo class held Friday, February 23 at 10:15 am at the Active Living and Retirement Show held at the CW Sportsplex.

### Building on the Basics

This class will use 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 - modifications available. Instructor: Angie Reid.

### 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 equipment-free workout leaves you feeling energized, youthful and healthy. There is some floor work in the Monday 1 hour class. No floor work in the new Thursday 45-minute class (with the option to sit for upper body exercises). Bring a thin yoga mat and a strap to the one-hour class. Instructor: Karen Murtagh. No class February 19.

### Fun Fitness

A moderate low-impact cardio and weights class with a bit of balance and stretching. All of this is set to fun music to inspire you to move and feel good. What a great way to start the week. No floor work. Instructor: Jennifer Wilson. No class February 19.

### 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. No class March 29.

### 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.

### Pilates: Gentle

This class is designed for those looking to keep mobile and work at a slower pace to improve everyday function. Whether you are post surgery, recovering from an injury or wanting a gentler movement experience, by the end of this class, you should be able to use your core muscles more effectively, improve balance, muscle tone and strength and improve posture. Each class has gentle standing exercises, floor or chair-based Pilates exercises and relaxation. Class suitable for all ages and levels. Mats and props supplied. No previous experience needed. Instructor Kelly Offer is a Registered Massage Therapist and certified

Pilates Instructor who specializes in pain relief and injury recovery through movement. No class February 19.

### **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 February 15 or March 28.

### **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. Instructors: Angie Reid (Tuesday, Thursday), Jenn Wilson (Friday). No class March 29.

### **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.

### **Stretch and Tone**

A low impact class for all levels, focusing on range of motion for ease of everyday movements, balance, and some strength training. Some movement may be on the floor but seated or standing options will be given. Instructor: Jennifer Wilson. No class February 19.

### **Total Body Fitness**

A complete whole body workout to music incorporating low impact fitness. Components of fitness include warm-up, cardiorespiratory endurance, cardiorespiratory cool-down, muscle strength and endurance, stability/balance, and

flexibility/stretching. All equipment is provided. Here is a chance to do something good for yourself! Instructor: Jenn Wilson. No class March 29.

### **Urban Pole Walking Workshop**

Join in this two-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 instruction using the poles. Handouts included. 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. Have your own? Bring them along.

### **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 using the poles. 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 January 9.

### **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 January 8, January 10 or January 11.

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

### **CIRCL Mobility**

Release. Restore. Renew. Unlock your body's potential through mobility, flexibility, and breath work exercises. A flow of movement both standing and on the mat that allows you to unwind while exploring and renewing your body and releasing tight muscles and stress. Moderate fitness level as there is floorwork. Bring a yoga mat. Instructor: Sarah Gray. No class January 9 or January 11. Note: Free demo class held Friday, February 23 at 12:30 pm at the Active Living and Retirement Show held at the CW Sportsplex.

### **Deepening Meditation**

This series is for students that have completed an introduction to meditation series with Jill or have previous meditation experience and practice. The classes will include teachings, partially guided meditations, and community sharing about the practices. Chairs available for sitting. Instructors: Jill Davey and Cathy Rose. NOTE: If you are new to this class, contact instructor prior to registration [jill@riversoundretreat.com](mailto:jill@riversoundretreat.com).

## SENIORS

### Mindfulness Meditation Basics

#### NEW

During this series we'll have an opportunity to investigate the basics of starting a mindfulness meditation practice. We will explore mindfulness meditation through teachings, partially guided meditations, discussions and an exploration of daily life practice. No prior experience necessary. Chairs available for sitting. Instructors: Blakie Sahay and Cathy Rose.

### 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. Monday Instructor: Jane Finoro. No class February 19. Tuesday instructor: Grace Rosewarne. Thursday Instructor: Michelle Vandenburg.

### 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 & Wednesday Instructor: Karen Murtagh. Friday Instructor: Jane Finoro. No class February 19 or March 29.

### Tai Chi Level 1

This slow-moving, meditative and gentle exercise helps restore and maintain fitness and flexibility. This non-strenuous introductory class is suitable for all ages and fitness levels. Instructor: Christina Graf. No class March 12. Note: Free demo class Friday, February 23 at 11:00 am at the Active Living and Retirement Show held at CW Sportsplex.

### Tai Chi Level 2

Continue to expand upon your Tai Chi knowledge. This level is suitable for those who have taken Level 1 or previously studied Tai Chi. Instructor: Christina Graf. No class March 12.

### Yoga & Movement for Healthy Joints & Muscles

Using a chair for standing and sitting (no floor) this class combines all that yoga has to offer along with movements from other programs that will benefit our joints and our muscles. Muscle strength, as we know, helps improve bone density and since all movement comes ultimately from the joints, this is a winning combination! Some of our movements will slightly increase our heart rate but with only low or no impact on the joints. Bring a thin yoga mat, yoga block and strap (or a scarf or tie). Instructor: Karen Murtagh.

### Gentle Stretch Yoga NEW

Gentle stretch yoga is perfect for those who want to try yoga for the first time or for those who are looking for a slower paced yoga practice. In this class we will combine gentle yoga poses with breathing exercises, postures to stretch and strengthen the body, reduce stress and calm the mind. Everybody is welcome to practice yoga in this supportive environment. No yoga experience is required. Bring a yoga mat and blanket also blocks and a strap if you have them. Instructor: Tania Seagrove.

### 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 March 29.

## 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 an item up. 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)**

*Tuesday, January 30*

*Tuesday, February 27*

*Tuesday, March 26*

*10:00 am or 11:00 am*

## 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*

*Begins: January 4*

**Learn to Knit or Crochet**

This course is for those who want to find out which craft they will enjoy most. Learn about tension, yarn labels, yarns and textures. Bring paper, pencil, 5mm knitting needles, 5mm crochet hook and a 100 g ball of worsted yarn. Projects will be discussed in first class. Instructor: Lise Stewart.

**\$64 (\$56 Members)**

*Fridays, 10:00 am to 11:30 am*

*January 5 to February 16*

*(7 classes)*

**-OR-**

**\$45 (\$40 Members)**

*Fridays, 10:00 am to 11:30 am*

*February 23 to March 22*

*(5 classes)*

**Building a Healthy Foundation**

This 5-week session we will help you build healthy nutrition and lifestyle habits. A great start to a new year. Week 1 - Set Goals and Nutrition. Week 2 - Nutrition. Week 3 - Sleep and Relaxation. Week 4 - Movement. Week 5 - Putting it all together. Instructor: Jennifer Wilson.

**\$64 (\$59 member)**

*Fridays, 1:00 pm to 3:00 pm*

*January 12 to February 9*

*(5 classes)*

**Watercolour: Level 1**

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

**\$96 (\$84 member)**

*Fridays, 1:00 pm to 3:00 pm*

*January 12 to February 16*

*(6 classes)*

**Watercolour: Level 2**

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

**\$80 (\$70 Members)**

*Fridays, 1:00 pm to 3:00 pm*

*February 23 to March 22*

*(5 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.

**\$89 (\$79 member)**

*Fridays, 10:00 am to 11:00 am*

*January 19 to March 22*

*(10 classes)*

**French Course II**

French Course II is a ten-week 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, phrases. I look forward to seeing you there. Instructor: Elisabeth Bzikot.

**\$89 (\$79 Members)**

*Fridays, 12:30 pm to 1:30 pm*

*January 19 to March 22*

*10 classes*

**Curious About Grains?**

Join us for an afternoon to learn about grains and how to use them. We will discuss how to add them into your diet. We will learn about how to cook them and get a few recipes as well as the benefits of using them. Instructor: Jennifer Wilson.

**\$19 (\$14 member)**

*Wednesday, January 17*

*1:00 pm to 2:30 pm*

**Rubber Stamping and Card Making Workshop**

Beginner to advanced stampers will enjoy this fun, hands-on card-making workshop. Create your own personalized greeting cards and learn other crafty ideas. Bring scissors, glue stick and a \$8 supply fee to class. Instructor: Joanne McTavish.

**\$5 (\$3 member)**

*Wednesday, February 7*

*9:00 am to 11:00 am*

*\$3 member, \$5 non-member*

**Spring Flower Arrangement**

Has it been too long since you've seen flowers? Winter is hard when it's all white outside. Join Emily from Mapleton Acres as she brings the flowers to you (yup, even in the middle of winter!). In this workshop you'll design a flower arrangement filled with Ontario Grown flowers to help invite Spring into your home. All materials provided. See photo at VPSC. (Don't miss the next workshop: Spring Planter held March 28.)

**\$69 (\$59 member)**

*Thursday, February 8*

*10:45 am to 12:15 pm*

**Introduction to Aromatherapy**

Join us for a fun, hands-on workshop. We will talk about what aromatherapy is, how to safely use essential oils in your daily life and we'll make some scented bath salts and a 10ml scented rollerball for you to take home. Bring a \$10 supply fee to class. Instructor: Colleen Trudeau, Certified Aromatherapist and Registered Reflexologist.

**\$29 (\$25 member)**

*Monday, February 12*

*2:30 pm to 4:00 pm*

## SENIORS

### 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 member)**

**Monday, March 11**

**9:00 am to 11:00 am**

### Self-Hand and Foot Reflexology

Did you know our hands and feet mirror our bodies? Come join us to learn about what it is and different techniques to use while our feet soak in a warm foot bath. We'll also make some scented bath salts for you to take home. Instructor: Colleen Trudeau, Certified Aromatherapist and Registered Reflexologist. Bring a \$5 supply fee, towel and basin for your feet.

**\$22 (\$18 member)**

**Monday, March 18**

**2:30 pm to 3:30 pm**

### Spring Planter Workshop

Come design a spring planter with Emily from Mapleton Acres. Featuring spring bulbs, pussy willows and more, you'll design a table-top planter that will help those winter blues fade away. All materials provided. See photo at VPSC.

**\$69 (\$59 member)**

**Thursday, March 28**

**10:45 am to 12:15 pm**

## Seminars



Please pre-register for all seminars listed below, both virtual and in-person seminars (registration not required for seminars held at the Retirement Show). By donation at the door for in-person seminars. If attending a virtual seminar, the Zoom link will be provided.

### How to Register Online for VPSC's Programs (In-Person)

Avoid line-ups on registration day and learn how to sign up for programs, special events and bus trips online without leaving the comfort of your own home. Bring your own personal device (laptop, tablet, iPad, smartphone) and ensure you have your email account that you can access on the Internet. No charge.

**Monday, December 11 at 3:00 pm**

**-or-**

**Monday, March 11 at 3:00 pm**

### Caregiver Workshops with Hospice Wellington (In-person)

Join us for 1, 2 or all 3 workshops in the series:

- The Cost of Caring: Recognizing empathic strain and wellness strategies to prevent it.  
**Thursday, January 18 at 10:45 am**
- Tips and Tools for Successful Caregiving: with Upper Grand Family Health Team  
**Thursday, February 22 at 10:45 am**
- Caregiver Anticipatory Grief: The grief before the loss.  
**Thursday, March 21 at 10:45 am**

### Virtual: The 3D's of Dementia

Dementia, Delirium and Depression are often called the Geriatric Giants. This talk will compare and contrast the three to help you differentiate between them and learn the best steps to take in each situation. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

**Thursday, January 25 at 10:30 am**

### All Things Scottish (In-person)

Join us on Robbie Burns Day to celebrate all things Scottish! There is a rich history of Scottish settlement in Centre Wellington. Explore the traditions brought to Canada and how they have changed and evolved over the years. Presented by The Wellington County Museum & Archives.

**Thursday, January 25 at 10:45 am**

### Travelogue with Chris & Sue: Safari to Kenya (In-person)

Join Chris and Sue Ledger as they share their pictorial adventures with you on safari to Kenya. Get up close and personal with the elusive 'big five': lion, elephant, water buffalo, leopard and rhinoceros. See Nairobi, perhaps the most dangerous city in the world. Visit Kibera, the largest slum in East Africa and home to 2.5 million people; see a giraffe sanctuary and visit Karen Blixen's homestead (think Out of Africa with Meryl Streep).

**Wednesday, January 31 at 10:30 am**

### Pharmacies - Expanded Health Services (In-Person)

Ontario has made it easier for people to connect to care closer to home by authorizing pharmacists to treat and prescribe medications for many common medical ailments, including rashes, pink eye, and urinary tract infections. Join us for a presentation from the pharmacy team from Pharmasave Elora Apothecary/ Trailside Pharmacy to learn more about this new service, accessible to all Ontario residents at no extra cost. The Pharmasave team will also provide information on annual flu shots and answer questions about seasonal vaccination programs. Join us for the free drop-in Blood Pressure Clinic immediately following this presentation (available 11:00 am to 12:00 pm).

**Wednesday, February 14 at 10:00 am**

**Death Cafe (In-Person)**

The objective is to increase awareness of death with a view to helping people make the most of their lives. This is a directed, small group peer discussion with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. Offered: in a respectful and confidential space with no intention of leading people to any conclusion, product or course of action. Facilitated by Jill Davey, a local Meditation Teacher and Death Doula. You can read more about Death Cafes at [www.deathcafe.com](http://www.deathcafe.com).

**Thursday February 15**

**11:00 am to 12:00 pm**

**Titanic and Canada (In-Person)**

The story of the Titanic is one that is well known - the famous 'unsinkable' ship hit an iceberg and tragically lead to the deaths of most of its passengers. But did you know that the story of Titanic has deep connections to Canada and to Wellington County? Discover the story of the Titanic, how Canada played a major role in the aftermath of the tragedy, and how citizens of Wellington County and surrounding area lives were turned upside down by its sinking. Presented by The Wellington County Museum & Archives.

**Wednesday, February 21 at 10:30 am**

**Ride Well Service (In-person)**

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

**Friday, February 23 at 10:00 am**

**Wills, Powers of Attorneys and Living Wills (In-Person)**

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

**Friday, February 23 at 10:30 am**

**Frauds & Scams (In-Person)**

Crime Stoppers Guelph Wellington (CSGW) have partnered with Victim Services Wellington and Wellington County OPP for this presentation, designed to help victims of this crime, reduce the chance of being targeted and increase awareness of fraud in the County of Wellington. Find out what scams are happening, how talking about fraud stops the crime, how reporting fraud protects us all and supports available to victims. Presented by Sarah Bowers-Peter, CSGW and Elizabeth Kent, Victim Services Wellington. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave., Fergus.

**Friday, February 23 at 11:45 am**

**Ontario's Medical Expense & Seniors Care at Home Tax Credits (In-person)**

This seminar will help you understand how the Medical Expense Tax Credit and Ontario Seniors Care at Home Tax Credits works. By attending this seminar, you will learn: who can claim each credit, how to calculate each

credit, examples of expenses that can or cannot be claimed, additional resources that can increase your knowledge on this important topic. Presented by Jeremy Bertrand, Ministry of Finance. Held at the Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave, Fergus.  
**Friday, February 23 at 1:00 pm**

**Virtual Seminar: Sporting Ladies in Scotland: World War I**

As men exited civilian life for military life, women took on new roles and became a visible force in public life, with independent incomes. Society had to revamp ideas of proper behavior for women who seized opportunities to participate in sport. Ladies football teams and lady golfers were both useful and acceptable during the war but once the crisis was over women were expected to fit back into their pre-war personas. Presenters: Wilda Thumm, MA student and Kevin James holds a PhD from Edinburgh University and is Associate Professor of Modern Scottish History, Guelph University.

**Monday, February 26 at 11:00 am**

**Hearing Screening Clinic (In-Person)**

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, February 29**



## SENIORS

### **Virtual: Cheat Sheet for Cognitive Stimulation & Communication**

This talk will provide you with some suggestions on how to support conversation for people living with dementia. It includes suggestions for conversation starters and an opportunity for questions and discussion. The session is designed for care partners of people living with dementia who are in the early and mid stages of their journey. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

*Thursday, February 29 at 10:30 am*

### **Estate Planning and Your Home (In-Person)**

Find out why strategy and timing are important when planning your estate when it comes to your home. There are many things to consider including whether or not you add a family member to title, and if you want to stay living in your home or use the equity to help fund your retirement by either selling or using it as an investment property. Let us help by giving you the information and tools to make the right decision for your estate and family. Presented by Claire Knight, Realtor.

*Wednesday, March 6 at 10:30 am*

### **My Hearing is Not as Good as it Used to Be (In-Person)**

Join in a morning workshop to deal positively with changes in your hearing. Topics: dealing with hearing changes, hearing assessment, hearing aids, communication strategies, assistive living devices, community supports. Presented by Hearing Care Counsellor, Allan Quinton, with Canadian Hearing Services.

*Thursday, March 7  
10:00 am to 12:00 pm*

### **Downsizing in the Current Market (In-Person)**

Is now a good time to downsize into a smaller home or condo? Discover the reasons why 2024 may or may not be the best time to make this move. Learn about all the costs associated with buying and selling that you may not have considered. Presented by Claire Knight, Realtor.

*Monday, March 18 at 10:30 am*

### **The Windsors: A History of the Royal Family (In-person)**

From the inspiration on everyday fashions in the Victorian age to leading a country through war times, the Windsors have sat on the seat of influence for generations. Explore their impact on the United Kingdom, the Commonwealth, and the International stage. Presented by The Wellington County Museum & Archives.

*Wednesday, March 20 at 10:30 am*

### **Virtual: Top 3 Questions and Top 3 Tips About Dementia**

This session will look at the most common questions about dementia, and the best Pro Tips for supporting someone living with dementia. You are asked to bring your questions, and there will be time to answer any questions you have. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

*Thursday, March 28 at 10:30 am*

## **Special Events (In Person)**

### **Wednesday Lunches**

Join us twice a month this winter for lunch at VPSC. Wednesdays at 12:00 pm. Stay and enjoy the afternoon musical program (on some dates). Starting at 1:30 pm. Refer to the monthly calendar for full menus. \$14 members or \$15 non-members

(non-refundable). Take-out option is available. Pre-registration required by the Friday prior. Thanks to the VPSC Program Committee for organizing these lunches. See dates below.

*January 10 Lunch*

*January 24 Robbie Burns Lunch & Musical Program*

*February 14 Valentine Lunch & Musical Program*

*February 28 Lunch*

*March 13 St. Patrick's Lunch & Musical Program*

*March 27 Easter Lunch*

### **New Member Talk and Tours**

Discover new activities and opportunities at Victoria Park Seniors Centre to make the most of your retirement years. Meet other new members, volunteers, and staff. Take a tour and learn about programs and services available to you. Sessions held monthly at 10:00 am. See dates below or contact VPSC to schedule a one-on-one tour anytime. No charge. Pre-register.

*January 15, February 12 or March 11*

### **Monthly Musical Afternoon Programs**

Join us for special monthly musical afternoons with VPSC's Music Groups. These talented groups include a choir, ukuleles, guitars, drums and many other instruments. Join us for lunch and stay for the musical entertainment afterwards. By donation at the door for VPSC. Musical programs begin at 1:30 pm.

*Wednesday, January 24 –*

*Scottish Songs*

*Wednesday, February 14 – Love Songs*

*Wednesday, March 13 – Irish Music*

## Active Living and Retirement Show

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

**Friday, February 23**  
**10:00 am to 2:00 pm**

## Other Information

### WANTED: Your Ideas

- Do you have an idea for a new drop-in activity?
- Are you interested in taking a course, seminar, or workshop you don't see offered?
- Do you have a skill you would like to teach others? Contact VPSC.

### New Programs

From time to time, we add new programs or bus trips that are not included in this Guide. Refer to the monthly calendar for new programs offered or the monthly email blast.

### 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.

### 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.

### Refunds

Did you know that if you pay by credit or debit, we can refund directly to the card should the course be cancelled? Consider using a credit or debit card when registering. No more waiting for a cheque in the mail. Allow up to 4 weeks to process cheque refunds. For refund policies: [centrewellington.ca/seniorscentre](http://centrewellington.ca/seniorscentre) or page 6 in this guide.

### 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.





Centre Wellington

**Apply Now!**

The Township of Centre Wellington's Community Services Departments is now accepting applications from qualified secondary/post-secondary students for our March Break Day Camp programs!

**ATTENTION: Day Camp**  
**By Email: [careers@centrewellington.ca](mailto:careers@centrewellington.ca)**

**Leaders-in-Training Program**

We are seeking volunteers for our LIT program. A volunteer clinic will take place **Wednesday, February 28 from 5:00pm - 8:00pm**. Registration is free through Activenet. Applications can be filled out online and emailed to:

[awysman@centrewellington.ca](mailto:awysman@centrewellington.ca)