

## May 2024 Seminars (in-person and virtual)

Pre-register for all seminars listed below (virtual and in-person). By donation at door for in-person seminars. If attending a virtual seminar, the Zoom link will be provided 12-24 hours before seminar.

Refer to the **Spring & Summer Community Guide** for descriptions.

~~**Nutrition for Seniors and Older Active Adults (In-Person)** – Lots of samples to try. Presented by John Sherwood, Heart To Home Meals. Wednesday, May 1 at 10:30 am.~~

**Therapeutic Touch Information Session (In-person)** – Presented by Deborah Gould, RN, Recognized Therapeutic Touch Teacher, Fergus Magnolia Branch. Monday, May 6 at 10:00 am.

**Cards, Coffee and Conversation (In-Person)** - Presented by Hospice Wellington. Thursday, May 9 at 10:00 am.

**Bone Health 101 (in-Person)** - Presented by Osteoporosis Canada. Thursday, May 16 at 10:00 am.

**10 Tips on Being an Executor (In-Person)** – Presented by Debbie Stanley, Certified Executor Advisor, ETP Canada. Thursday, May 16 at 10:00 am.

**The A's of Dementia (In-Person)** - Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, May 23 at 10:30 am.

**Hearing Screening Clinic (In-Person)** – Presented by Canadian Hearing Services (formerly Canadian Hearing Society). Book a 30-minute appt by calling the Seniors Centre. No charge. Thursday, May 30.

## May 2024 Special Events (in-person). Pre-register!

**New Member Talk and Tour** – Monday, May 13 at 10:00 am. No charge.

**Wednesday BBQ Lunch** – May 8 at 12:00 pm – menu on the front of calendar.

**Monthly Musical Afternoon Program** - Join us for special monthly musical afternoons with VPSC's Music Groups. These talented groups include a choir, ukuleles, guitars, drums and any other instruments. Join us for lunch and stay for the musical entertainment afterwards. By donation at door. **Wed., May 8 at 1:30 pm.**

**Wednesday BBQ Lunch** – May 22 at 12:00 pm – menu on the front of calendar.

## Bus Trips 2024 - 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 them. Our Travel Escort Volunteer cannot provide special care or 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 and HST. **Full details in Spring & Summer 2024 Guide.**

**A Day in Port Dover** - Tuesday, May 28. Depart: 8:30am, return 7pm. Cost: \$148 mem, \$162 non. **This trip is FULL.**

**Toronto Tall Ships Cruise** – Monday, June 10. Depart: 8am, return 7pm. Cost: \$157mem, \$171non. **This trip is FULL.**

**Toronto Harbour Cruise & CN Tower** - Wednesday, July 24. Depart: 8:30 am, return approx. 5:30 pm. Cost: \$162 member, \$176 non-member. **This trip is FULL.**

**African Lion Safari and Donkey Sanctuary** - Wednesday, August 21. Depart 8:45 am, return (approx.) 6:00 pm. Cost: \$158 member, \$172 non-member.

**Toronto Blue Jays Baseball vs. Philadelphia Phillies** - Wednesday, September 4. Depart 10:30 am, return 8:00 pm (approximate, depending how long the game goes). Lunch not included. Cost: \$147 mem, \$161 non. **This trip is FULL.**

**Famous People Players Christmas Show** - Thursday, November 14. Depart 8:30 am, return 6:00 pm. Cost: \$143 member, \$157 non-member.

# May 2024

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2  
Monday to Friday 9:00 am to 4:00 pm - 519.846.9691 x204

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

**The Centre will be closed Monday, May 20, 2024 for Victoria Day.**

The **Spring & Summer 2024 Centre Wellington Community Guide** was inserted in the Wellington Advertiser mid-March. Program Registration for classes/programs in-person & virtual is **OPEN!**

**Please note: 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 senior's 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 Lunches

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

**Wednesday, May 8<sup>th</sup> at 12:00 pm – BBQ Lunch** (pay by May 3 at 4:00 pm)  
Menu: BBQ Chicken Breast Grills On A Bun, Potato Salad, Coleslaw, Cherry Angel Dessert.

**Wednesday, May 22<sup>nd</sup> at 12:00 pm – BBQ Lunch** (pay by May 17 at 4pm)  
Menu: BBQ Hamburgers, Hashbrown Casserole, Broccoli & Cauliflower Salad, Brownie With Chocolate Sauce & Ice Cream.

## 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MONDAY Drop-in Activities</b>            9:00 – 4:00 Billiards &amp; Snooker            9:30 Canasta            1:00 Colour Circle            1:00 Choir &amp; Ukulele Band: The Melody Makers            4:00 Washer Toss Game (resumes in June)</p>	<p><b>TUESDAY Drop-in Activities</b>            9:00–4:00 Billiards &amp; Snooker (1:00 Ladies Only)            9:30 Bunka, 10:30 Genealogy, 11:35 Tap Dancing            1:00 Bid Euchre, 1:00 Shuffleboard  <del>4:00 Song Circle String Players</del>, 1:00 Hand &amp; Foot            1:00 Wii Bowling, 3:00 French Conversation</p>	<p><b>WEDNESDAY Drop-in Activities</b>            9:00 – 4:00 Billiards &amp; Snooker            10:00 Crokinole, 10:30 Creative Writing            1:00 Craft &amp; Quilting Group Drop-in            1:00 Art Group, 1:00 Euchre            1:00 Wood Carving, 3:00 Line Dancing</p>	<p><b>THURSDAY Drop-in Activities</b>            9:00 – 4:00 Billiards &amp; Snooker            9:30 Darts, 9:30 Scrabble, 1:00 Bingo            1:00 Social Bridge, 1:00 Table Tennis            1:00 Guitar Band: Country Classics  <del>4:00 Drama Group Practice</del>, 7:30 Euchre</p>	<p><b>FRIDAY Drop-in Activities</b>            9:00 – 4:00 Billiards &amp; Snooker            9:30 Cribbage, 9:30 Mah Jong            11:00 Monthly Book Club (May 3)            11:15 Spanish Conversation            1:00 Ukulele Band, 1:00 Carpet Bowling</p>
<p><b>LEGEND</b></p> <p><b>GREEN - Health and Wellness Clinics</b>  <b>BOLD BLACK - Start of Course, Bus Trip, First Day of Registration</b>  <b>RED - In Person Seminar, Events</b>  <b>BLUE - Virtual (Zoom) Program</b></p>	<p>Interested in playing <b>Poker</b>? We hope to get a group going – let us know if you do!</p> <p><b>Drop-in groups looking for more participants:</b> Crafts, Sudoku, Board Games, Crokinole, Colour Circle, Art, Poker, Darts, Scrabble, Shuffleboard....and more!</p>	<p><b>1</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle            9:00 Zumba Gold-Toning, <b>9:15 Fit Bones</b>            9:30 Gentle Stretch Yoga - New Time            9:35 Core Circuit, <b>9:50 Building Strength: Core</b>            10:00 Deepening Meditation  <del>10:30 Nutrition for Seniors &amp; Older Adults</del>            11:30 Standing &amp; Seated Hatha Yoga            2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p><b>2</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Thurs, 9:00 Zumba Gold-Toning  <del>9:15 Fit Bones Plus (end), 9:30 Slow in Motion</del>            9:35 Strength Training Beginner  <b>9:50 Building Strength - Upper Body (end)</b>  <b>10:00 Mindfulness Meditation Basics NEW</b>  <b>10:30 Restore the Pelvic Floor Workshop</b>            11:30 Essentrics            1:30 Minds in Motion (register with Alzheimer Society)            6:30 Pilates: Mixed Level (end)</p>	<p><b>3</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle  <b>9:00 Moderate Hatha Yoga</b>, 9:30 Yoga with Jane            9:35 Strength Circuit NEW, <del>10:00 Learn Knit/Crochet</del>  <b>10:00 French For Beginners For Those Wishing To Travel</b>, <b>10:30 Yoga &amp; Movement Healthy Joints &amp; Mus</b>            10:30 Total Body Fitness            10:35 Standing &amp; Seated Hatha Yoga  <del>11:25 Functional Fitness For Ageless Strength NEW</del>  <b>12:30 French Course 2</b>, 1:00 Mixed Media Art</p>
<p><b>6</b> (Daily Drop-In Activities listed above)            8:50 Gypsy Belly Dance Fusion            9:00 Zumba Gold-Toning            9:15 Advisory Board Mtg, 10:15 Program Committee Mtg  <b>9:30 Urban Pole Walking Workshop</b>  <b>10:00-2:00 Reflexology Clinic (by appt.)</b>  <b>10:00 Therapeutic Touch Information Session</b>            10:00 Essentrics, <del>10:30 Moderate Slow Yoga</del>            11:30 Standing &amp; Seated Hatha Yoga            1:00 Fun Fitness, <del>1:55 Mindful Move Synergy NEW</del>            6:00 Pilates: Gentle (end)</p>	<p><b>7</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Tuesday  <b>9:00-4:00 Foot Care Clinic (by appt)</b>            9:00 Zumba Gold, <b>9:15 Fit Bones Plus (end)</b>            9:30 Tai Chi Level 1            9:35 Building on the Basics  <b>9:50 Building Strength - Lower Body (end)</b>            10:30 Tai Chi Level 2            11:30 Yoga &amp; Movement for Healthy Joints &amp; Musc            1:00 Moderate Slow Yoga            3:15 Strength &amp; Stretch NEW</p>	<p><b>8</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle            9:00 Zumba Gold-Toning, <b>9:15 Fit Bones (end)</b>            9:30 Gentle Stretch Yoga - New Time            9:35 Core Circuit, <b>9:50 Building Strength Core (end)</b>            10:00 Deepening Meditation  <b>10:00-2:00 Chair Massage Clinic NEW (by appt)</b>  <b>11:00-12:00 Blood Pressure Clinic (drop-in)</b>            11:30 Standing &amp; Seated Hatha Yoga  <b>12:00 Wednesday BBQ Lunch *menu on front</b>  <b>1:30 Monthly Musical Afternoon Program</b>            2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p><b>9</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Thursday            9:00 Zumba Gold-Toning  <del>9:30 Slow in Motion NEW</del>            9:35 Strength Training Beginner  <b>10:00 Cards, Coffee and Conversation</b>  <b>10:00 Mother's Day Centerpiece Workshop</b>            10:00 Mindfulness Meditation Basics NEW            11:30 Essentrics            1:30 Minds in Motion (register with Alz Society)</p>	<p><b>10</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle  <b>9:00 Moderate Hatha Yoga</b>            9:30 Yoga with Jane, 9:35 Strength Circuit NEW  <del>10:00 Learn to Knit or Crochet</del>            10:00 French Beginners For Those Wishing To Travel  <b>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscles</b>            10:30 Total Body Fitness            10:35 Standing &amp; Seated Hatha Yoga  <del>11:25 Functional Fitness for Ageless Strength NEW</del>            12:30 French Course 2, 1:00 Mixed Media Art</p>
<p><b>13</b> (Daily Drop-In Activities listed above)            8:50 Gypsy Belly Dance Fusion (end)            9:00 Zumba Gold-Toning (end)  <b>9:30 Urban Pole Walking Refresher</b>  <b>10:00-2:00 Reflexology Clinic (by appt.)</b>  <b>10:00 New Members Talk &amp; Tour – pre-register!</b>  <b>2:30 Self Hand &amp; Foot Reflexology Workshop</b>            10:00 Essentrics (end), <del>10:30 Mod Slow Yoga (end)</del>            11:30 Standing &amp; Seated Hatha Yoga (end)            1:00 Fun Fitness (end), <del>1:55 Mindful Move Syn (end)</del></p>	<p><b>14</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Tuesday (end)  <b>9:00-4:00 Foot Care Clinic (by appt)</b>            9:00 Zumba Gold (end)            9:30 Tai Chi Level 1 (end)            9:35 Building on the Basics (end)            10:30 Tai Chi Level 2 (end)            11:30 Yoga &amp; Movement Healthy Joints/M (end)            1:00 Moderate Slow Yoga (end)            3:15 Strength &amp; Stretch NEW (end)</p>	<p><b>15</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle (end)            9:00 Zumba Gold-Toning (end)            9:30 Gentle Stretch Yoga - New Time (end)            9:35 Core Circuit (end)            10:00 Deepening Meditation            11:30 Standing &amp; Seated Hatha Yoga (end)            2:15 Osteo Fit (end)            3:15 Osteo Fit (end)</p>	<p><b>16</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Thursday (end)            9:00 Zumba Gold-Toning (end)  <del>9:30 Slow in Motion NEW (end)</del>            9:35 Strength Training Beginner (end)  <b>10:00 10 Tips on Being an Executor</b>            10:00 Mindfulness Meditation Basics NEW  <b>10:00 Bone Health 101</b>, 11:30 Essentrics (end)  <b>1:00 Accessing and Navigating The Internet</b>            1:30 Minds in Motion (register with Alzheimer Society)</p>	<p><b>17</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle (end)  <b>9:00 Moderate Hatha Yoga (end)</b>            9:30 Yoga with Jane (end), 9:35 Strength Circuit (end)            10:00 French Beginners For Those Wishing To Travel  <del>10:00 Learn to Knit or Crochet (end)</del>  <b>10:30 Yoga &amp; Movement Healthy Joints &amp; Musc (end)</b>            10:30 Total Body Fitness (end)            10:35 Standing &amp; Seated Hatha Yoga (end)  <del>11:25 Functional Fitness for Ageless Strength (end)</del>            12:30 French Course 2, 1:00 Mixed Media Art (end)</p>
<p><b>20</b></p> <p><b>Centre Closed Victoria Day</b></p>	<p><b>21</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Tuesday  <b>9:00-4:00 Foot Care Clinic (by appt)</b>            9:00 Zumba Gold, <b>9:15 Fit Bones Plus</b>            9:30 Tai Chi Level 1, <b>9:35 Building on the Basics</b>  <b>9:50 Building Strength - Lower Body</b>            10:30 Tai Chi Level 2            11:30 Yoga &amp; Movement for Healthy Joints Mus            1:00 Moderate Slow Yoga            3:15 Strength &amp; Stretch</p>	<p><b>22</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle            9:00 Zumba Gold-Toning, <b>9:15 Fit Bones</b>            9:30 Gentle Stretch Yoga - New Time            9:35 Core Circuit  <b>9:50 Building Strength: Core</b>            10:00 Deepening Meditation            11:30 Standing &amp; Seated Hatha Yoga  <b>12:00 Wednesday BBQ Lunch *menu on front</b>            2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p><b>23</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Thursday            9:00 Zumba Gold-Toning, <b>9:15 Fit Bones Plus</b>            9:30 Slow in Motion NEW            9:35 Strength Training Beginner  <b>9:50 Building Strength - Upper Body</b>            10:00 Mindfulness Meditation Basics NEW  <b>10:30 The A's of Dementia</b>            11:30 Essentrics, 1:30 Minds in Motion            6:30 Pilates: Mixed Level</p>	<p><b>24</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle  <b>9:00 Moderate Hatha Yoga</b>            9:30 Yoga with Jane, 9:35 Strength Circuit NEW            10:00 Learn to Knit or Crochet            10:00 French Beginners For Those Wishing To Travel  <b>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscles</b>            10:30 Total Body Fitness            10:35 Standing &amp; Seated Hatha Yoga  <b>11:25 Functional Fitness for Ageless Strength NEW</b>            12:30 French Course 2</p>
<p><b>27</b> (Daily Drop-In Activities listed above)            8:50 Gypsy Belly Dance Fusion            9:00 Zumba Gold-Toning  <b>10:00-2:00 Reflexology Clinic (by appt.)</b>            10:00 Essentrics            10:30 Moderate Slow Yoga            11:30 Standing &amp; Seated Hatha Yoga            1:00 Fun Fitness            1:55 Mindful Movement Synergy            6:00 Pilates: Gentle</p>	<p><b>28</b> (Daily Drop-In Activities listed above)  <b>8:30 BUS TRIP: A Day in Port Dover</b>            8:40 Strength Training – Tuesday  <b>9:00-4:00 Foot Care Clinic (by appt)</b>            9:00 Zumba Gold, <b>9:15 Fit Bones Plus</b>            9:30 Tai Chi Level 1, 9:35 Building on the Basics  <b>9:50 Building Strength - Lower Body</b>  <b>10:00 &amp; 11:00 Tech Help (Book 1hr appt.)</b>            10:30 Tai Chi Level 2            11:30 Yoga &amp; Movement for Healthy Joints Muscles            1:00 Moderate Slow Yoga, 3:15 Strength &amp; Stretch</p>	<p><b>29</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle            9:00 Zumba Gold-Toning  <b>9:15 Fit Bones</b>            9:30 Gentle Stretch Yoga - New Time            9:35 Core Circuit  <b>9:50 Building Strength: Core</b>            10:00 Deepening Meditation            11:30 Standing &amp; Seated Hatha Yoga            2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p><b>30</b> (Daily Drop-In Activities listed above)            8:40 Strength Training – Thursday            9:00 Zumba Gold-Toning  <b>9:15 Fit Bones Plus</b>            9:30 Slow in Motion NEW            9:35 Strength Training Beginner  <b>9:50 Building Strength - Upper Body</b>            10:00 Mindfulness Meditation Basics NEW  <b>9:30-3:30 Hearing Screening Clinic (By appt)</b>            11:30 Essentrics, 1:30 Minds in Motion            6:30 Pilates: Mixed Level</p>	<p><b>31</b> (Daily Drop-In Activities listed above)            8:40 Low Impact Cardio &amp; Muscle  <b>9:00 Moderate Hatha Yoga</b>            9:30 Yoga with Jane            9:35 Strength Circuit NEW            10:00 Learn to Knit or Crochet            10:00 French Beginners For Those Wishing To Travel  <b>10:30 Yoga &amp; Movement Healthy Joints &amp; Muscles</b>            10:30 Total Body Fitness            10:35 Standing &amp; Seated Hatha Yoga            11:25 Functional Fitness for Ageless Strength NEW            12:30 French Course 2</p>