

2024 FALL COMMUNITY GUIDE



Centre Wellington

FERGUS GRAND
THEATRE

FITNESS AND
RECREATION

SENIOR
PROGRAMS

AQUATICS
PROGRAMS

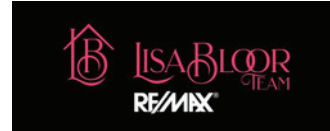
CENTRE WELLINGTON





Centre Wellington

2024/2025 SPONSORED SKATING



COLDWELL BANKER
NEUMANN REAL ESTATE,
BROKERAGE



Fergus Scottish
Festival & Highland
Games



THANK YOU TO OUR GENEROUS SPONSORS!



SOUTH WELLINGTON
COMMUNITY LIONS CLUB



Interested in other sponsorship opportunities? Call 519-846-9691 ext.262

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Centre Wellington Community Guide
Fall Edition 2024

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Published by:
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KEYFEST

Beginners, Teens & Adults
(Special Rates for Seniors)



GROWING WITH MUSIC
1 - 5 year olds



myc
music for young children®

3 - 8 year olds



PRIVATE INSTRUCTION

(Exams & Recreational)

Piano • Keyboard • Guitar
Ukulele • Drums • Bass
Violin • Theory • Vocal



Follow Us on Facebook
[@performancestudiosfergus](https://www.facebook.com/performancestudiosfergus)

519.843.3517

performancestudiosfergus@gmail.com

WWW.PERFORMANCESTUDIOSFERGUS.COM

Community Contacts

Help

Animal Control,
Guelph Humane Society
519.824.3091

Centre Wellington Hydro
519.843.2900

Distress Centre Well/Dufferin
1.888.821.3760

Fire – Admin. and Public Safety
519.843.1950

Groves Memorial Hospital
519.843.2010

Highway Info (Winter)
1.888.638.9899

Hydro Emergency in Fergus/Elora
519.827.8588/519.827.8589

Kid's Help Line
1.800.668.6868

Madd Wellington County Chapter
519.515.0623

Sewer Emergency
1.888.886.9281

The Door Youth Centre
519.787.9025

Township of Centre Wellington
519.846.9691

Wellington/Dufferin/Guelph Public
Health
1.800.265.7293

Women's Support Program
519.843.6834

General Info

B.I.A Office, Elora
519.846.2563

B.I.A Office, Fergus
519.843.7161

CW Chamber of Commerce
519.843.5140

Centre for Environmental Excellence
1-888-713-4088

Post Office, Elora
519.846.5681

Post Office, Fergus
519.843.1730

Wellington Cty Library,
Elora Branch
519.846.0190

Wellington Cty Library,
Fergus Branch
519.843.1180

Wellington Cty Library,
Aboyne Branch
519.846.0918

Arts and Culture

CW Singers, Robin Gow
centrewellingtonsingers@gmail.com

Elora Arts Council, Barb Lee
519.846.0556

Elora Cataract Trail, Raymond Soucy
519.843.7703

Elora Centre for the Arts
519.846.9698

Elora Comm. Theatre, Deb Stanson
519.496.6481

Elora Fergus Arts Council
info@elorafergusarts council.ca

Elora Festival and Singers
519.846.0331

Elora and Salem Horticulture,
Jude Dowling
519.594.1816

Fergus Brass Band, Uwe Claussen
519.591.8558

Fall Fair Board, Wendy Wittaker
519.856.9621

Fergus Grand Theatre
519.846.9691 x200

Fergus Horticultural Society
fergushorticulture@gmail.com

Fergus Pipe Band
info@ferguspipelineband.com

Fergus Scottish Festival
519.787.0099

Gleeful Sounds, Anne Thomson-King
519.787.0245

Grand Celtic Pipe Band,
Ashley Duncan
519.998.5748

Grinder Productions, Eric Goudie
519.843.7942

Kindermusik, Performance Studios
& Music for Kids
519.843.3517

Neighbour Woods, Toni Ellis
1.888.713.4088

Volunteer Centre of
Guelph and Wellington
519.822.0912

Wellington County
Museum and Archives
519.846.0916

Club and Lodges

Belwood Car Club
belwoodlakecarclub@gmail.com

Belwood Lions Club
info@belwoodlions.org

CW Kinettes, Mary Lloyd
519.843.1314

Elora Lions Club
519.843.5528

Fergus Camera Club,
Richard Smythe
226.979.7289

Fergus and District Kinsmen,
Bruce Lloyd
519.843.4852

Fergus Lions Club, Margaret Murray
519.843.3225

Fergus Model Flyers, Andy Smith
fergusmodelflyers@gmail.com

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

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

G.R.C.A., Belwood
843.2979

G.R.C.A., Elora
846.9742

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

Support Services

Big Brothers and Sister of
Centre Wellington
519.787.0106
Cancer Society Support Services
519.939.3333
C.W. Community Foundations,
R.Soucy
1.888.713.4083
Centre Wellington
Food Bank
519.787.1401
Community Resources of
N. and C. Wellington
519.843.7000
Community Mental Health
519.843.6191
Family and Children Services
519.824.2410
Family Counselling
and Support Services
519.824.2431 (Rural)
1.800.307.7078
Hospice Wellington
519.836.3921

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

Dance Instruction

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

Sports and Leisure

Basketball (men's) Doug Warran
519.846.1063
Basketball-CW Celtics,
Blake Cudmore
519.787.2963
Bears Cheerleading
226.971.1614
Belwood Sailing Club
newblsc.ca
Bushido Martial Arts, S. Champagne
519.993.6367
Curling Club, Elora
519.846.0440
Curling Club, Fergus
519.843.2641
Fergus Tennis Club
info@fergustennisclub.ca
Grand River Girls Hockey, Dan Gilles
519.830.7490

Lawn Bowling Club-Elora Rocks
519.846.0642
Minor Hockey CW.
cwminorhockey.ca
Minor Lacrosse, CW
info@cwminorlacrosse.ca
Minor Softball, Alma
almasoftballexec@gmail.com
Minor Ball, CW, Robin Larkin
647.938.4663
Ponsonby Softball Club,
Shirley Obergan
226.820.3889
Ringette
efr@elorafergusringette.ca
Rugby Club, Joe Bowley
519.994.1137
Skating Club, Fergus
fergusskateclub@gmail.com
Skating Club, Elora
Visit eloraskatingclub.com
Soccer, F.E.D.S.
Visit fedssoccer.ca
Swim Team, Angela Klein
519.787.2122

Please note:

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

Refund policy

Payment Fees:

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

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

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

Refunds:

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



CENTRE WELLINGTON BASKETBALL

- Friday Night House league (6-12)
- U10-U19 Rep Teams
- Skill Development Sessions
- March Break & Summer Camps

Coaches and Volunteers Needed
All experience levels welcome!

REGISTER TODAY

www.cwceltics.ca
@cw_celtics
Centre Wellington Celtics Basketball League

Dreaming of this Ad Space?

Contact our Recreation Programmer for details about advertising in our next Community Guide!



Tara Ellig
Recreation Programmer
519-846-9691 ext.381
tellig@centrewellington.ca
centrewellington.ca/recreation



Centre Wellington



How to Register for Programs Online

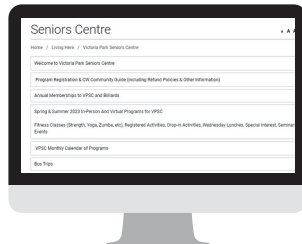
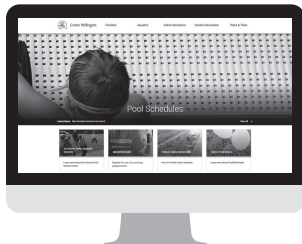
1 Depending on the program you are looking to register for, visit:

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

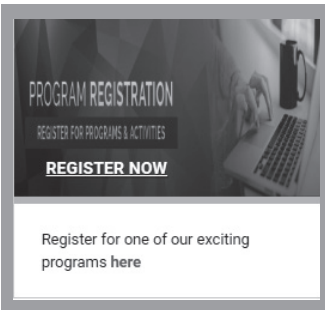
[www.centrewellington.ca/parksand recreation](http://www.centrewellington.ca/parksandrecreation)

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

www.centrewellington.ca/seniorscentre

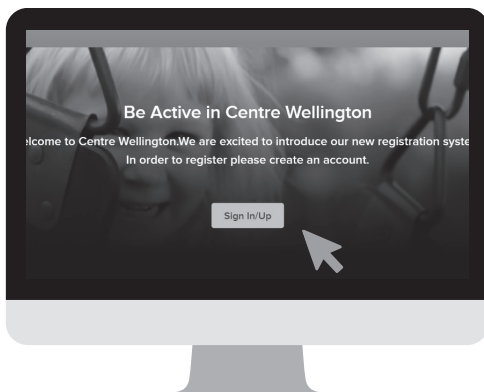


2 Click on Program Registration - this will redirect you to a new webpage called "Active Communities".

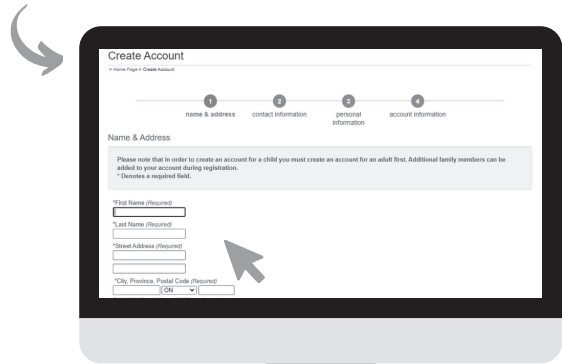


On the Seniors Centre page, there will be a drop down menu titled "Program Registration"

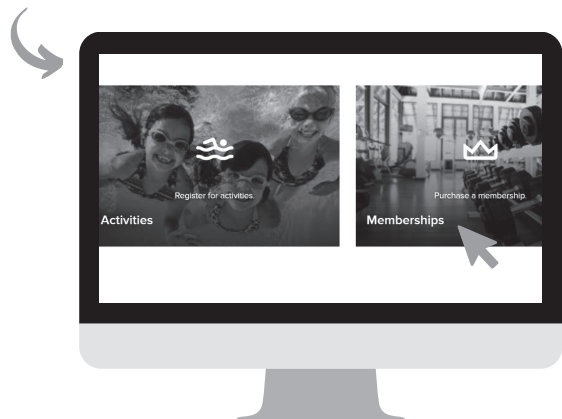
3 When on the Active Communities homepage - sign into your account using the login button.



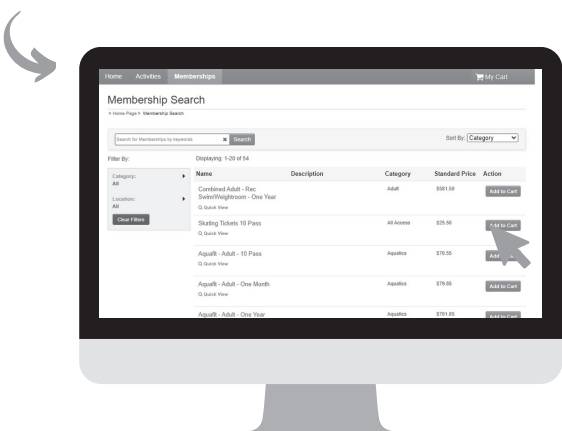
4 If you don't have an account - select "Create an Account" follow the prompts.



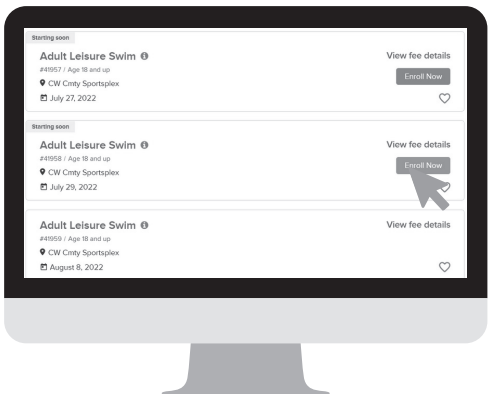
5 Once you are logged in, you can register for activities or purchase memberships for: Aquatic Centre, Weight Room, Fitness/Aquafit Classes, & Victoria Park Seniors Centre.



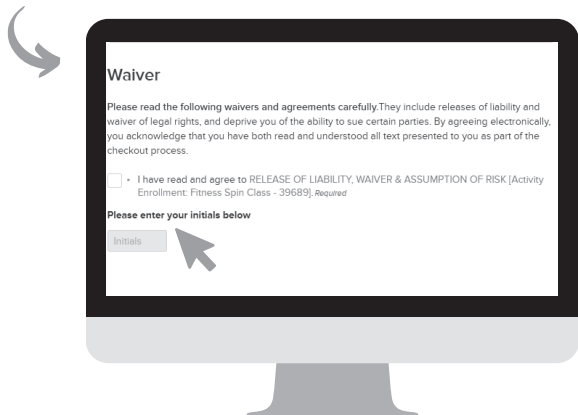
6 Selecting "Purchase a Membership" - will redirect you to "Memberships" where a list of Membership options is available. Select what interests you and "Add to cart" - follow the prompts.



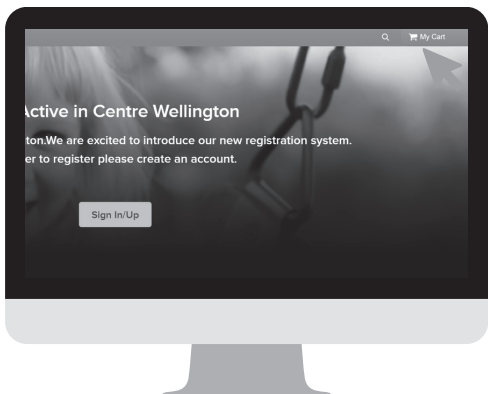
- 7 Selecting "Register for Activities" - will redirect you to "Activities" where a list of activities is available. Select what interests you and "Enroll Now" - follow the prompts.



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



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



Questions About Registering?

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

Parks & Recreation: 519-846-9691 ext.903
parks@centrewellington.ca

Victoria Park Seniors Centre: 519-846-9691 ext.204
seniors@centrewellington.ca

It Gets Grander

Upcoming Shows at the Fergus Grand Theatre

Steam Queens

September 6 - 8, 2024: Multiple Times

Arc Odyssey

September 7, 2024: Multiple Times

The Neil Young Experience

March 22 - 23, 2024: 8:00 PM

Led Zeppelin Tribute

September 14, 2024: 8:00 PM

JETT - Joan Jett Tribute

September 20, 2024: 8:00 PM

2112: You're Soaking In It

September 21, 2024: 8:00 PM

The Lightfoot Band

September 22, 2024: 2:00 PM

Jason Wilson & Ashara

September 28, 2024 at 8:00 PM

Disney's The Little Mermaid: The Musical

October 10 - 13, 2024: Multiple Times

Theatre Rentals

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

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



519.787.1981



fergusgrandtheatre



fergusgrandtheatre.ca

Get Involved at the Grand

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

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

Swimming Admittance

Rates effective April 1, 2024. Fees include HST.

Please note: The Aquatics Centre will be closed for maintenance September 1st – 7th, 2024

Tickets

Memberships

	One Time	10 Tickets	3 Months	6 Months	One Year
Adult (18-55 years)	\$5.60	\$47.60	\$183.85	\$328.65	\$455.65
Seniors (55+ years)	\$5.15	\$43.80	\$154.85	\$277.90	\$378.85
Family <small>(max 4 people, additional members \$1.60)</small>	\$11.85	\$100.75	—	—	\$476.75 <small>(2 adults, 4 children) Valid for all Swims (Lane, Public, Adult Leisure, Special Needs and Parent & Tot, swims.</small>
Youth (15-17 years)	\$3.85	\$32.75			
Youth (5-14 years)	\$3.45	\$29.35			
Child (1-4 years)	\$2.40	\$20.40			
Infant <small>(up to 12 months)</small>	FREE				

20% OFF
 When you get both Aquatics and Weight Room on a one year membership.

Shorter Membership Periods
 Memberships can be purchased for shorter time frames, (1, 2, 3, 4 month periods). Please inquire at the Sportsplex for costs.

Patrons with a Swim or Aquafit Membership receive a 3 month locker rental FREE.
 (Deposit still applies)

Lockers
 Please note lockers are available to rent on a monthly basis. A \$20 refundable deposit is required. Lockers are \$6.15/month.

Aquafit Admittance

Rates effective April 1, 2024. Fees include HST.

Tickets

Memberships

	One Time	10 Tickets	3 Months	6 Months	One Year
Adult (18-55 years)	\$9.10	\$77.35	\$260.60	\$437.45	\$770.00
Seniors (55+ years)	\$8.20	\$69.70	\$225.00	\$357.60	\$665.60

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

Supervision Requirements

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

Ask facility staff
for more information.

Red Wristbands

Age 5 and under (Non Swimmer)

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

ADMISSION REQUIREMENTS:

Always accompanied
(guardian 12+)



Age 6-9 (Non Swimmer)

Did not pass facility swim test. Guardians must be within arms reach at all times in shallow water.

ADMISSION REQUIREMENTS:

Always accompanied (parent/guardian 12+)



or



with Lifejackets

NON SWIMMERS

Yellow Wristbands

Age 5 and under (Competent Swimmer)

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

ADMISSION REQUIREMENTS:

Always accompanied
(guardian 12+)



Green Wristbands

Age 6-9 (Competent Swimmer)

Successfully completed facility swim test.

ADMISSION REQUIREMENTS:

Guardian remains in the facility

Age 10+ (Non Swimmer)

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

ADMISSION REQUIREMENTS:

No adult supervision required.



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

Swim Test Cards

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

Swim Test Criteria

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

Whirlpool

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

High-Risk Participants

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

General Pool Information

Family Swim Passes

The Township offers an annual Family Swim Pass and it is valid for all drop in swims (lane, public, family, adult leisure, special needs, parent and tot). The cost is \$476.75 per year. This pass can be used for two adults and up to four children. We offer numerous other passes for adults and seniors for a variety of programs as well. Please call 519.846.9691 x 903 for more information.

Feeding your children before swimming

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

Financial Assistance for Swimming Lesson

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

Diapers

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

Personal Assistant for Leisure Activities (PAL) Card

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

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

Strollers

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

Spectators

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

Pool Temperatures

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

Main Pool

28 Celsius (82 Fahrenheit)

Leisure Pool

33.5 Celsius (92 Fahrenheit)

Whirl Pool

38 Celsius (100 Fahrenheit)

Photos / Videos

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

Private Rentals

A private pool rental is a great way to celebrate a birthday or host a special event. Rental times are available Saturdays and Sundays after regular programs. Please call our reception staff at the Sportsplex at 519.846.9691 x 903 for more information.

Gift Ideas

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

Swim Descriptions



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

Lane Swim

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

Public Swim

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

Adult Leisure Swim

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

Parent and Tot Swim

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

Leisure Pool Swim

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

Aquafit *(Classes Geared to Adults 18+)*



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

Leisure Pool Movement Enhancement



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

General Aquafit

Use the resistance of water to assist in a quality low impact workout. The option of deep water aquafit is available to those interested in it.

Leisure Pool Rehabilitation Aquafit

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

Name: _____

D.O.B: _____ CARD# _____

Expiry Date: _____

Personal Assistant for Leisure Activities (PAL) Card

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

Swimming Lessons



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

Not sure what level to register in?

Please call the Sportsplex, 519.846.9691 x 227 to arrange a time for a FREE SKILLS ASSESSMENT by one of our Aquatic Staff.

Deck Supervisor

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

Swim Lesson Progressions

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

Swim Lesson Report Cards

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

Private Lessons

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

Cancelled Classes

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

Missed Classes

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

Transfers

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

Change Rooms

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



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

Additional Aquatics Programs



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

Private Lessons

Private \$233.60 for 9 lessons;

Semi Private \$158.35/child for 9 lessons

One to one instruction to work on swimming challenges. Lessons are 30 minutes in length. For Semi Private lessons swimmers must be within one level of each other. It is the responsibility of the swimmer to find a second participant. For information call 519.846.9691 ext 903

Adapted Aquatics

\$96.30

Adapted aquatics is for swimmers with a physical or developmental disability who need 1:1 support to feel comfortable in the water and to progress in their swimming skills. Participants will be taught by an experienced swimming instructor.

Swimming Lessons Schedule

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FALL SESSION 1 DATES						
Sept 9 - Nov 11 (9 Lessons) Cancellation: Oct 14	Sept 10 - Nov 5 (9 Lessons) Cancellation: None	Sept 11 - Nov 6 (9 Lessons) Cancellation: None	Sept 12 - Nov 7 (9 Lessons) Cancellation: Oct. 31	Sept 13 - Nov 8 (9 Lessons) Cancellation: None	Sept 14 - Nov 9 (9 Lessons) Cancellation: None	Sept 8 - Nov 10 (9 Lessons) Cancellation: Oct 13
FALL SESSION 2 DATES						
Nov 18 - Jan 27 (9 Lessons) Cancellation: Dec 23 & 30	Nov 19 - Jan 28 (9 Lessons) Cancellation: Dec 24 & 31	Nov 20 - Jan 29 (9 Lessons) Cancellation: Dec 25 - Jan 1	Nov 21 - Jan 30 (9 Lessons) Cancellation: Dec 26 & Jan 2	Nov 15 - Jan 24 (9 Lessons) Cancellation: Dec 27 & Jan 3	Nov 16 - Jan 25 (9 Lessons) Cancellation: Dec 28 - Jan 4	Nov 16 - Jan 26 (9 Lessons) Cancellation: Dec 22, Dec 29

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

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

Centre Wellington Community Services

ATTN: Bruce Parkin, Aquatics Employment

By Email: careers@centrewellington.ca **By Mail:** 1 MacDonald Square, ELORA, ON N0B 1S0 **By Fax:** 519.843.2565

In Person: Centre Wellington Community Sportsplex, 550 Belsyde Avenue East, Fergus

JOB CLOSES: Fall - October 25, 2024 – 4:00pm | Winter - January 10, 2025

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

Lifesaving Society Swim for Life

SWIM PROGRAM



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



\$87.15

Parent & Tot Lessons

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

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

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



\$87.15

Preschool Lessons

for swimmers 3-5 years
(30 minute programs)

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

Preschool A1

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

Preschool A2 - E

Preschoolers learn and develop water skills with their instructors



\$96.30

45 MIN
Swimmer 1-7

\$105.50

60 MIN
Swimmer 8-10

School Age Lessons

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

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

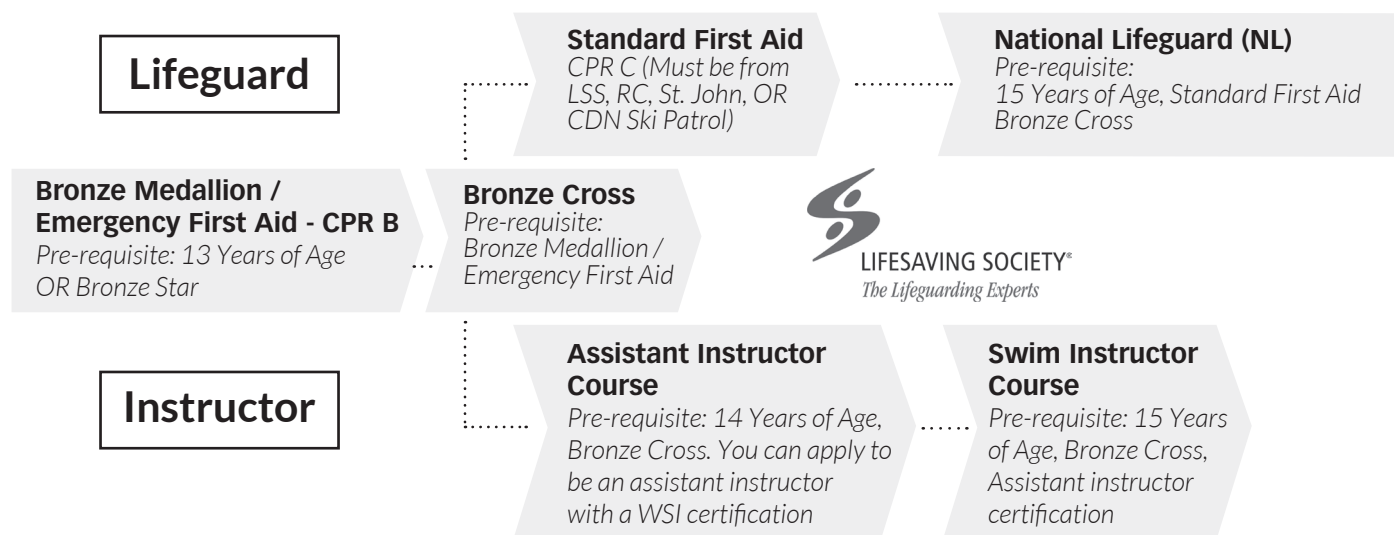
Descriptions for each individual swimming level and our lesson schedule can be found on our website, centrewellington.ca/aquatics

Advanced Leadership

Do you enjoy swimming?

Do you want to work in Aquatics with Centre Wellington?

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



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

Become an Aquatic Assistant

Bronze Star / Basic First Aid

\$121.40

Pre-requisite: Recommended age 12

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

Bronze Medallion / Emergency First Aid

\$207.30 (Fee Includes Manual)

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

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

Bronze Cross

\$207.30 (Includes CPR Mask)

Pre-requisite: Bronze Medallion, Emergency First Aid

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

Aquatic Volunteer Clinic - FREE

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

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

Become an Instructor Guard

Assistant Instructor Course \$170.75

Pre-requisites: Bronze Cross, 14 years of age by the end of the course. 100% attendance is required in pool and classroom sessions.

Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor course prepares candidates to help instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching while they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized.

Swim Instructor Course \$220.65

Pre-requisites: Bronze Cross, Assistant instructor certification, 15 years of age by the end of the course. 100% attendance is required in pool and classroom sessions.

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for life. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

Become a Lifeguard

Standard First Aid Full course: \$190.20 (includes manual and exam fee)

Pre-requisite: none, recommended 12 years+, 100% attendance is required

Standard First Aid is a requirement for candidates enrolling in the National Lifeguard (NL) program. This 16 hour course provides comprehensive training to cover all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid. First aid certifications can only be re-certified one time, after that the full course must be taken.

National Lifeguard (NL) \$331.65 (includes manual and exam fee)

Pre-requisite: Bronze Cross, Standard First Aid, 15 years of age by the end of the course, 100% attendance.

Please note: The only accepted Standard First Aid certifications are those issued by the: Lifesaving Society, Red Cross, St. John's or Ski Patrol. The National Lifeguard Pool Certification builds on the fundamental skills, knowledge and values taught in the NL core content to train lifeguards in safety supervision and rescue in a pool environment.

Facilitating Your Child's Aquatic Career

FREE

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

Please contact us at 519.846.9691 ext 321 for more information!





Breakfast



Lunch



Dinner

INDOOR DINING

TAKE-OUT
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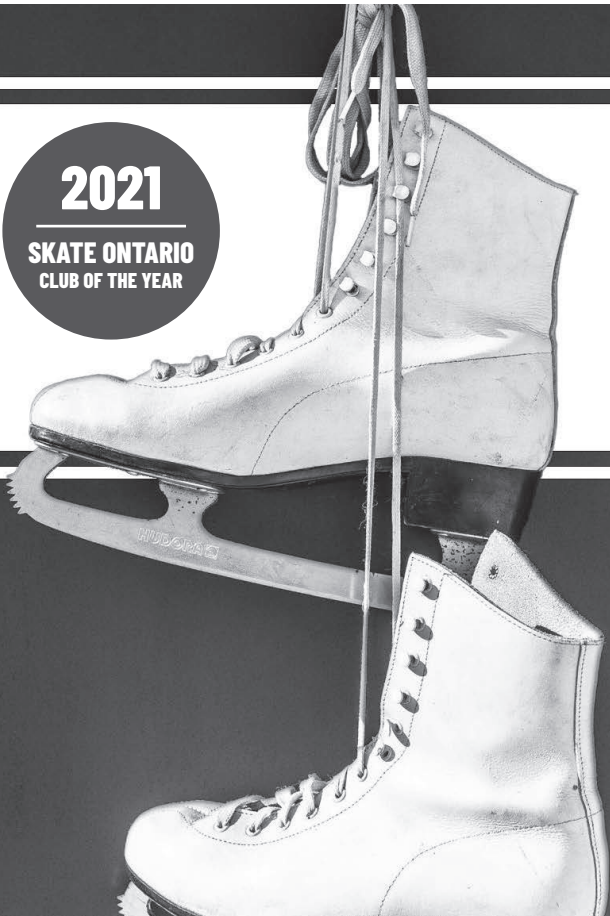
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Register online:
www.eloraskatingclub.com

CENTRE WELLINGTON VOLUNTEER FAIR

GET CONNECTED IN YOUR COMMUNITY!

Get connected to 30+ organizations that need volunteers to run their programs, deliver meals, help the public and so much more! There are amazing volunteer opportunities for all ages and stages that will keep you engaged and grow new skills while making a big impact in our community!



Thursday, October 3, 2024

1pm - 3pm (High School Students)

6pm - 8pm (Open to the Public)

CW Community Sportsplex (550 Belsyde Ave, Fergus)



For more information, visit:

www.centrewellington.ca/communityconnect



Proudly Serving Centre Wellington and Surrounding Areas

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Fergus/Elora Office

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Elora, ON N0B 1S0 T 519 843 1960

Guelph Office

245 Hanlon Creek Blvd, Unit #102,
Guelph, ON N1C 1C1 T 519 837 2100

Toll Free

800 746 0685





DANCE CLASSES
Centre Wellington Community Sportsplex

Baby & Me Yoga

Session 1: October 18 - November 15
 Session 2: November 22 - December 20
 Fridays @ 12:00 PM | \$45.50
 Centre Wellington Community Sportsplex

This 45 minute class is perfect for new parents that are looking to incorporate movement into their new routines with their little ones! This is the perfect way to share a practice with your baby and connect with other new parents in a joyful and peaceful way. The class will feature gentle poses that accommodate all bodies and may incorporate your sweet baby as well! It is recommended to have completed the 6-8 week postpartum check in with a physician before moving forward with the class if this applies to you. Please bring a yoga mat, water bottle, and whatever your baby may need during the class. Maximum of 10 parents with babies per session.

Stretch & Restore

Starting October 15 - Tuesday's @ 11:30 AM
 Adult \$9/10/class | Senior/Youth \$8.20/class
 Centre Wellington Community Sportsplex

This 60 minute class will bring a sense of relaxation and rejuvenation. This is the perfect class for those who may be new to yoga or are looking for a gentle practice to accompany other forms of exercise. Deep breathing and slightly longer holds of poses will allow you to connect with your body in a new and joyful way. Please bring a yoga mat and water bottle to the class. No experience necessary!

Gentle Yoga

Session 1: October 16 - November 13
 Session 2: November 20 - December 18
 Adult \$41.00 | Senior/Youth \$41.00
 Belwood Hall

Description: This class will bring a sense of calm and restoration to your body as we move through soft stretches connected to breath. A gentle yoga practice, which is mostly floor based, is the perfect pairing for other forms of exercise or just as a treat for yourself! No experience necessary. Please bring a yoga mat and water bottle to the class.

Teen Dance Club - Sunday at 4:00 PM

Session 1: Sept 8 - Oct 27 | Session 2: Nov 3 - Dec 15
 Get active, dance to a variety of music genres, build self-esteem and community in a club dedicated to empowering creative teens! In a non-competitive dance environment, participants will learn how to warm up properly, technique for confident dancing, and learn group choreography in a positive environment.

Adult Choreography Level 1 - Sunday at 5:00 PM

Session 1: Sept 8 - Oct 27 | Session 2: Nov 3 - Dec 15
 Come move and groove with us! Each week we will warm up, learn techniques for sequencing dance moves together, and learn a 1-2 minute choreography.

Light Dance Moves (55+) - Monday at 9:30 AM

Session 1: Sept 9 - Oct 28 | Session 2: Nov 4 - Dec 16
 Elevate your mornings with gentle and enjoyable dance sequences tailored for seniors. Each class we will warm up, explore a new dance genre, and have a fun! Keep moving, have fun, and meet like-minded individuals in a welcoming environment.

Mommy & Me Moves - Monday at 10:30 AM

Session 1: Sept 9 - Oct 28 | Session 2: Nov 4 - Dec 16
 Do you and your little one like to move and groove? Come out and join us for an hour each week where we share the joy of rhythm, flow, and expression! Introduce you and your kiddo to dance with a positive and uplifting attitude, while you learn a choreography routine with other parents and caregivers! Bring your own mat, blanket, and toys for your little one. Recommended for little ones newborn-toddlers!

Adult Choreography Level 2 - Tuesday at 7:30 PM

Session 1: Sept 10 - Oct 29 | Session 2: Nov 5 - Dec 17
 Challenge yourself in this routine choreography class! Each week we will warm up, strengthen technique, breakdown dance moves with detail, and learn a 1-2 minute choreography.

PRICING

6 Classes per session
 Adult: \$54.60
 Senior/Youth: \$49.20

INSTRUCTED BY: **Township of Centre Wellington**
 Norah Wardell
 Elora Dance and Heart
 Classes held in the
 Sportsplex Aerobics Room
 Registration Opens August
 20, 2024
 Community Services - Parks
 and Recreation
 519.846.9691 x.903
 parks@centrewellington.ca
 www.centrewellington.ca/rea
 eation

For more information, call 519.846.9691 ext. 903 option 0
www.centrewellington.ca



ABOUT

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

PRICING

Per Class:

Adult: \$9.10 | Senior/Student: \$8.20

10 Class Pass:

Adult: \$77.35 | Senior/Student: \$69.70

Monthly Membership:

Adult: \$61.30 | Senior/Student: \$51.35

REGISTRATION REQUIRED

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

SPIN with Wendy Armstrong

This energizing group cycling class will challenge your cardiovascular system, improve your stamina and increase the strength of your lower body. You'll cover all types of terrain in this class.

Pricing: \$100.10/11-session class

Start Dates:

**October 1 & 4
December 10 & 13**

Baby Bootcamp

8 Week Session
October 10 - November 28

Pricing: \$45.40

CIRCUIT FITNESS

This class utilizes both strength and cardio movements and is suitable for all skill types.

Tuesday's & Thursday's @ 7:00am

CARDIO MUSCLE

This class is a full body workout incorporating flexibility & balance.

Wednesday @ 6:00am

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Centre Wellington



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



HAVE A BLAST!

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GET MUSCLE & MOVEMENT STRONG

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



RIDE ON!

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

Ice Programs in Centre Wellington

Stick & Puck

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

Adult & Tot Stick & Puck

Perfect for families with young children or homeschool families wanting to work on hockey/ringette skills. Children 9 years and younger (Adult & Child: 5-11 years) must be supervised by a parent/guardian.

Teen Stick & Puck

A great time for youth 12-18 years old to work on hockey/ringette skills with their peers in a welcoming environment.

Adult & Senior Skating

The perfect time to skate if you're over the age of 18. No pucks or sticks allowed.

Adult & Tot Skating

This skating time is designed for families to skate in a quiet, relaxed atmosphere. Ideal for younger children, home school families, and those needing a controlled and comfortable environment to work on skating skills.

Public Skating

Public skating is open to all ages and abilities. Strollers are not permitted on the ice.

General Rules

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



Shinny Hockey:

PickupHub

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

Shinny Rates:

Prime Time (after 5:00pm): \$12.55
Non-Prime Time (Weekdays before 5:00pm): \$7.05

New Rates:

Under 4: FREE
Child/Youth (4-14): \$3.15/time or \$26.80/10 pass
Youth (15-17): \$3.55/time or \$30.30/10 pass
Adult (18-54): \$4.00/time or \$34.00/10 pass
Senior (55+): \$3.55/time or \$30.30/10 pass
Family of Four: \$12.75/time or \$108.40/10 pass
Additional Family Members: \$1.70

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



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



SPONSORED PUBLIC SWIMS

THANK YOU TO OUR GENEROUS SPONSORS!




Free admission to the first 40 children/youth for Saturday public swims!



SHUFFLEBOARD


Starting September 16, 2024
at the Jefferson Elora Community Centre


Monday's 1:30 PM - 3:30 PM
Thursday's 7:00 PM - 9:00 PM 

5 Courts 

Maximum 20 people 

Minimum 4 people required 

Rubber sole closed-toed shoes are required 

Registration opens 7 days before activity through pickuphub.net 

PRICING

Youth/Senior: \$3.55 | \$30.20 for 10 pass
Adult: \$4.00 | \$34.00 for 10 pass

NEW RESIDENT RECEPTION

HAVE YOU RECENTLY MOVED TO FERGUS, ELORA, SALEM OR BELWOOD?
You now live in Centre Wellington!



Thursday, September 19, 2024 | 6PM - 8PM
CW Sportsplex (550 Belsyde Ave, Fergus)



We warmly invite you to our New Resident Reception where you can:

- ✓ Explore the recreational facilities, parks, trails and community events that make everyday an adventure.
- ✓ Discover the local business community.
- ✓ Engage with municipal representatives and learn about the services available to you.
- ✓ Get connected to Settlement Services (if you are new to Canada).
- ✓ Realize how you can shape our future as a volunteer.
- ✓ Meet fellow new residents and start building lasting connections in our welcoming community.

Don't miss the chance to settle into your new home with confidence and excitement!

 Centre Wellington

COMMUNITY PARTNERSHIPS

Learn more about advertising and sponsorship opportunities at communitypartners@centrewellington.ca

Follow and participate in engagement opportunities to help shape projects, policies and initiatives in the Township of Centre Wellington!

www.connectcw.ca



**Your Family Health Team's
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Proudly serving Arthur, Centre Wellington and surrounding communities in partnership with Upper Grand primary care providers.

Upcoming Groups

Care Giver Support Group: Alzheimer's - A support group for caregivers of those living with Alzheimer's disease and dementias. This support group gives the opportunity to connect with others, enhance your understanding and discuss strategies. Call: 519-742-1422 x 2090

Care Giver Support Group: Palliative - A monthly support group for those caring for a loved one with cancer or other complex illness. Call 519-843-3947 ext. 117

Infant Feeding - Bottles and Breastfeeding - Drop-in support for pregnant, breast or bottle-feeding parents. Most weeks offered locally in partnership with the EarlyON. Call us or check our website for location. Drop-In or call 519-843-3947 ext. 123

Raising Healthy Happy Eaters - Join our registered dietitian to learn information and strategies to help you feed your kids confidently. Register through the EarlyON website

Tips and Tools for successful caregiving - This workshop is focused on supporting caregivers to learn about the difference between stress and burnout, how to gain access to resources, and strategies to support you the caregivers. Register online or call 519-843-3947 ext. 123

Have you heard about our other programs and services?

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

Ask your healthcare provider to get started.

Looking for a family physician or nurse practitioner?

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Online: <https://health811.ontario.ca/> and click "find a doctor"
Phone: Dial 811 to speak to a nurse to get registered



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Grand River Agricultural Society

HOW WE GIVE BACK
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Where Friends and Community Gather

Everyone is Welcome



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- 8 Draft Choices
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- Foosball
- Shuffleboard
- Darts

Hall Rental Available

Large party gatherings in main hall, with 2 smaller rooms for parties as well.

Holding a Fundraising Event?

Contact us to find out how we can help with your fundraiser. Work with us to make the most of your event. Call or email bookings@eloralegion.ca

Host to the Community Lunch Program.

Friday afternoon Jam Sessions with the No Name Band | 2pm
Saturday Night Karaoke | 8pm
Tuesday Night Euchre | 7pm

Don't forget!

Collect your pop tabs to help with our Tabs for Wheelchairs Program. We loan out; walkers, wheelchairs and other medical equipment. Call us for more details.



Elora Legion Br. 229
110 Metcalfe St., Elora
519-846-9611

Check out our calendar www.eloralegion.ca or follow us on Facebook for all of our events. facebook.com/eloralegion

VICTORIA PARK SENIORS CENTRE

Fall 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, August 20, 2024 at 8:30 am

ABOUT VICTORIA PARK SENIORS CENTRE (VPSC)

Victoria Park Seniors Centre is a municipal recreation facility operated by the Community Services Department of the Township of Centre Wellington. Our goal is to enhance the well-being of older adults through a lifestyle that embraces daily physical activity and social interaction. 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. We invite you to drop by and experience the benefits of participating.

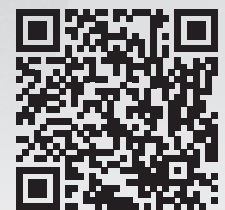
HOW TO REGISTER

In Person:

150 Albert Street West, Fergus, ON N1M 1X2

Telephone:

519.846.9691 x204
1.800.750.5023 x204



Online:

www.centrewellington.ca/seniorscentre

See "How to Register Online" in this guide on page 7, for the step by step registration process.

Payment must be received upon registration. Cash, cheque, debit, credit, over the phone by credit card or online.

Pre-registration is required for most programs. Fees include HST. Cheques payable to: Township of Centre Wellington.

BECOME A VPSC MEMBER

- Membership fees are valid for one year from time of purchase or renewal
- Memberships may be purchased at any point in the year
- Available to anyone 55+ and a younger spouse/partner may join

Membership has its benefits:

- Reduced fees on all virtual and in-person programs, special events, drop-in activities, bus trips, lunches and seminars.
- Access to 80+ weekly programs (in-person and virtual) and services for seniors (drop-in fees apply).
- Vote at the Annual General Meeting held in November.
- Be eligible to hold office on the VPSC Advisory Board.
- Opportunities to volunteer, stay active and involved.

\$27
/person
incl. HST

Note: Membership fees are non-refundable. Once you have a valid membership, additional fees are required to participate in programs.

Closure Dates

September 2 - Labour Day | October 14 - Thanksgiving
November 11 - Remembrance Day | December 25 to January 1

Welcome Tours and Information

New Members' Talk and Tours are held regularly at VPSC to provide you with information on programs and services offered. Upcoming sessions: September 16, October 21 or November 18 at 10:00 am. Meet other new members, staff and volunteers. Please pre-register. If you can't attend one of the sessions, please call VPSC to schedule a tour at your convenience or drop in anytime.

VPSC Program Committee

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

VPSC Advisory Board

Victoria Park Seniors Centre is run by a volunteer Advisory Board comprised of seven elected VPSC members and one appointed TCW Council Representative. The Advisory Board acts as a liaison between seniors and the Township of Centre Wellington and works with the Community Services Department to provide 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? Contact VPSC for more information. The Annual General Meeting is held November 21, 2024 at 2:00 pm.

Drop-In Activity Groups



New participants are welcome to join these groups. Drop-in fee: \$1 member or \$2 nonmember 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 on Tuesday afternoons. Annual billiards membership \$50 for VPSC members or pay the drop-in fee. Inquire about a Learn to Play Session with our volunteer instructor.

- **Billiards: Ladies Afternoon**

Tuesdays at 1:00 pm.

- **Bingo**

Thursdays at 1:00 pm.

- **Book Club (Monthly)**

First Friday of the month at 11:00 am.

- **Bridge (Social)**

Thursdays at 1:00 pm.

- **Bunka Artistry**

Tuesdays at 9:30 am.

- **Canasta**

Mondays at 9:30 am.

- **Carpet Bowling**

Fridays at 1:00 pm.

- **Choir and Ukulele: The Melody Makers**

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

- **Conversation en Français**

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

- **Conversation en Español**

Fridays at 11:15 am. Peer led conversational group. (For Spanish language classes, see the Special Interest section).

- **Crafters Group NEW**

Wednesdays at 1:00 pm. Bring your own project to work on and enjoy a social time.

- **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.

SENIORS

• 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.
Beginner and Intermediate levels welcome. 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.

• Table Tennis

Thursdays at 1:00 pm.

• Texas Hold'em Poker

Fridays at 1:00 pm.

• Wii Bowling

Tuesdays at 1:00 pm. Can be played seated in a chair.

• Woodcarving

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

\$5 (\$3 Members)

Centre Services

Crafts for Sale

Visit our Craft Shop full of beautiful handmade items, including baby clothing, knitted sets, quilts, blankets, sweaters, hats, mitts, scarves, and more. All proceeds support VPSC.
Open Wednesdays 1:00 to 4:00 pm

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 is available. [Pre-registration and payment required by the Friday prior.](#) No refunds on lunches. Refer to the Special Events section for dates. Thanks to the VPSC Program Committee for organizing these lunches.

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

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

Chair Massage Clinic NEW

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

September 11, October 9, November 13, December 11

Blood Pressure Clinic

FREE. Held monthly, on a Wednesday from 11:00 am to 12:00 pm. See dates below. A Pharmacist or Pharmacy student will be at VPSC to check your blood pressure and provide information. No appointment needed. Simply drop in. Thanks to Pharmasave Elora Apothecary and Trailside Pharmacy for sponsoring this program. Also, join us on October 9 at 10:00 am for an informational seminar on available expanded pharmacy health services as well as seasonal and COVID vaccines for the fall with the blood pressure clinic after the talk.

September 11, October 9, November 20, December 18

Hearing Services:Hearing Screening Clinic – October 17

Has your hearing changed? Meet one-on-one with a Canadian Hearing Services Hearing Care Counsellor. Receive your results immediately. Or, if you wear hearing aids, discuss questions about your aids. Book your free of charge 30-minute appointment at the Seniors Centre by contacting VPSC.

Hearing Seminar – October 24

My Hearing is Not as Good as it Used to Be. October 24, 10:00 am to 12:00 pm. This in-person seminar is presented by the Canadian Hearing Services. Join us. Please pre-register.

Bus Trips

We are always in the process of organizing more bus trips, usually offering one a month. For updates, join our monthly email blast. Register early to avoid the disappointment of a sold-out or cancelled trip. All trips depart from and return to VPSC. Return times are approximate, depending on weather and traffic. Those who require special assistance are responsible for arranging an escort to assist them. Our Travel Escort Volunteer cannot provide special care or one-on-one assistance. No refunds on trips and non-transferable. Travel arrangements are made in collaboration with Great Canadian Travel TICO# 2280154. Bus trips are subject to change. All trips include luxury coach transportation equipped with a washroom, bus driver gratuity and HST.

Fall Colour Cruise

Enjoy an included lunch at Square Plates Family Restaurant. Take a fascinating cruise through Peterborough's famous 115-year old lift lock. This time of year is especially beautiful, with fall foliage at its peak. The captain will provide an informative commentary on the history of the waterway and how the locks operate. The day concludes with a visit to the new Canadian Canoe Museum, located on First Nations territory. Explore the world's largest and most significant collection of canoes, kayaks and paddled watercraft and learn more about their pivotal roles in history. Depart 8:00 am, return 8:15 pm.

Thursday, October 10

\$187 member, \$201 non-member

Famous People Players Christmas Show

Get into the holiday spirit with a fabulous Christmas show, "Deck the Halls" with lunch included. A wonderful enchanting musical that will excite everyone, no matter what the age! Also includes a shopping stop at Farm Boy, a unique fresh market shopping experience. Depart 8:30 am, return 5:30 pm.

Thursday, November 14

\$143 member, \$157 non-member

Shawfest & Skylon Tower

We begin the day with a visit to the Niagara Gateway and enjoy lunch on your own prior to the show. Visit the Shaw Festival Theatre for a matinee performance of My Fair Lady. Enjoy an included dinner at the incredible Skylon Tower Revolving Dining Room. After dinner, enjoy the views from the observation deck. Enjoy a festive drive through Niagara's Festival of Lights. This enchanting display is one of the region's most popular attractions and is sure to get you into the holiday spirit. Departs: 9:30 am, return: 9:30 pm. Note: This trip is full but contact VPSC to go on waiting list.

Thursday, December 12

\$187 member, \$201 non-member

Come From Away

Enjoy an included lunch at Hot House Restaurant in Toronto. Visit the Royal Alexandra Theatre for a matinee performance of Come From Away. This global sensation takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Departs: 8:45 am, return: 6:00 p.m.

Wednesday, March 19, 2025

**\$225 members,
\$240 non-members**

Virtual Fitness & Yoga (Zoom) (See descriptions further in guide)



- A Zoom link to participate in your class will be emailed **12 to 24 hours prior to the first class and will be valid for the duration of the class.** Do not share this link.
- Please ensure your screen name on Zoom matches the name on your registration.
- The moderator or instructor will mute all participants when the class begins. Equipment not supplied.
- See course descriptions for cancellation dates, instructors and other information. It is recommended you consult your health care professional prior to start of any activity.
- Please see the Township of Centre Wellington refund policy on page 6.

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	Sept. 3-Oct. 29	9:15-9:45 AM	9	\$45	\$36
Fit Bones Plus	Tues	Nov. 5-Dec. 17	9:15-9:45 AM	7	\$35	\$28
Building Strength Lower Body	Tues	Sept. 3-Oct. 29	9:50-10:20 AM	9	\$45	\$36
Building Strength Lower Body	Tues	Nov. 5-Dec. 17	9:50-10:20 AM	7	\$35	\$28
Fit Bones	Wed	Sept. 4-Oct. 30	9:15-9:45 AM	9	\$45	\$36
Fit Bones	Wed	Nov. 6-Dec. 18	9:15-9:45 AM	7	\$35	\$28
Building Strength Core	Wed	Sept. 4-Oct. 30	9:50-10:20 AM	9	\$45	\$36
Building Strength Core	Wed	Nov. 6-Dec. 18	9:50-10:20 AM	7	\$35	\$28
Fit Bones Plus	Thurs	Sept. 5-Oct. 31	9:15-9:45 AM	9	\$45	\$36
Fit Bones Plus	Thurs	Nov. 7-Dec. 19	9:15-9:45 AM	7	\$35	\$28
Building Strength Upper Body	Thurs	Sept. 5-Oct. 31	9:50-10:20 AM	9	\$45	\$36
Building Strength Upper Body	Thurs	Nov. 7-Dec. 19	9:50-10:20 AM	7	\$35	\$28
Moderate Hatha Yoga	Fri	Sept. 6-Nov. 1	9:00-9:45 AM	8	\$64	\$48
Moderate Hatha Yoga	Fri	Nov. 8-Dec. 20	9:00-9:45 AM	7	\$56	\$42
Yoga & Movement for Healthy Joints & Muscles NEW TIME	Fri	Sept. 6-Nov. 1	10:00-10:30 AM	8	\$40	\$32
Yoga & Movement for Healthy Joints & Muscles NEW TIME	Fri	Nov. 8-Dec.20	10:00-10:30 AM	7	\$35	\$28

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



- It is recommended that you consult your health care professionals prior to the start of any activity.
- Avoid wearing scents to class.
- Bring indoor running shoes and water.
- All equipment supplied except yoga equipment.
- If you miss a scheduled class, we are unable to allow make ups.
- Please see the Township of Centre Wellington refund policy on page 6.
- See course descriptions for instructors, cancellation dates and other information regarding whether a class is appropriate for you.
- Our fitness instructors make every effort to modify exercises to suit individual needs. However, please find a class suitable for your physical ability rather than simply a convenient time.

FALL

	Day	Start/End Date	Time	Weeks	Cost	Members
Gypsy Belly Dance Fusion	Mon	Sept. 16-Oct. 28	8:50-10:20 AM	6	\$54	\$48
Gypsy Belly Dance Fusion	Mon	Nov. 4-Dec. 23	8:50-10:20 AM	7	\$63	\$56
Zumba Gold-Toning	Mon	Sept. 9-Oct. 28	9:00-9:45 AM	7	\$63	\$56
Zumba Gold-Toning	Mon	Nov. 4-Dec. 16	9:00-9:45 AM	6	\$54	\$48
Essentrics	Mon	Sept. 9-Oct. 28	10:00-11:00 AM	7	\$70	\$63
Essentrics	Mon	Nov. 4-Dec. 16	10:00-11:00 AM	6	\$60	\$54
Dance Choreography for Fun for Seniors NEW	Mon	Sept. 9-Oct. 28	11:45 AM -12:45 PM	6	\$54	\$48
Dance Choreography for Fun for Seniors NEW	Mon	Nov. 4-Dec. 16	11:45 AM -12:45 PM	6	\$54	\$48
Fun Fitness	Mon	Sept. 9-Oct. 28	1:00-1:45 PM	7	\$56	\$49
Fun Fitness	Mon	Nov. 4-Dec. 23	1:00-1:45 PM	7	\$56	\$49
Osteo Fit NEW	Mon	Sept. 9-Oct. 28	2:15-3:00 PM	6	\$48	\$42
Osteo Fit NEW	Mon	Nov. 4-Dec. 16	2:15-3:00 PM	6	\$48	\$42
Osteo Fit NEW	Mon	Sept. 9-Oct. 28	3:15-4:00 PM	6	\$48	\$42
Osteo Fit NEW	Mon	Nov. 4-Dec. 16	3:15-4:00 PM	6	\$48	\$42
Urban Pole Walking Workshop	Mon	Sept. 16 OR Oct. 21	9:30-11:30 AM	1	FREE	FREE
Urban Pole Walking Refresher	Mon	Sept. 23 OR Oct. 28	9:30-10:30 AM	1	FREE	FREE
Pilates: Gentle	Mon	Sept. 9-Oct. 28	6:00-7:00 PM	7	\$147	\$133
Pilates: Gentle	Mon	Nov. 4-Dec. 16	6:00-7:00 PM	6	\$126	\$114
Strength Training	Tues	Sept. 3-Oct. 29	8:40-9:25 AM	9	\$72	\$63
Strength Training	Tues	Nov. 5-Dec. 24	8:40-9:25 AM	8	\$64	\$56
Zumba Gold	Tues	Sept. 3-Oct. 29	9:00-9:45 AM	9	\$81	\$72
Zumba Gold	Tues	Nov. 5-Dec. 17	9:00-9:45 AM	7	\$63	\$56
Building on the Basics	Tues	Sept. 3-Oct. 29	9:35-10:20 AM	9	\$72	\$63
Building on the Basics	Tues	Nov. 5-Dec. 24	9:35-10:20 AM	8	\$64	\$56
Movement for Healthy Joints & Muscles NEW	Tues	Sept. 3-Oct. 29	11:30 AM-12:30 PM	8	\$80	\$72
Movement for Healthy Joints & Muscles NEW	Tues	Nov. 5-Dec. 17	11:30 AM-12:30 PM	7	\$70	\$63
Strength and Stretch	Tues	Sept. 3-Oct. 29	3:15-4:00 PM	9	\$72	\$63
Strength and Stretch	Tues	Nov. 5-Dec. 17	3:15-4:00 PM	7	\$56	\$49
Low Impact Cardio & Muscle	Wed	Sept. 4-Oct. 30	8:40-9:25 AM	9	\$72	\$63
Low Impact Cardio & Muscle	Wed	Nov. 6-Dec. 18	8:40-9:25 AM	7	\$56	\$49
Zumba Gold-Toning	Wed	Sept. 4-Oct. 30	9:00-9:45 AM	9	\$81	\$72
Zumba Gold-Toning	Wed	Nov. 6-Dec. 18	9:00-9:45 AM	7	\$63	\$56

SENIORS

FALL

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Core Circuit	Wed	Sept. 4-Oct. 30	9:35-10:20 AM	9	\$72	\$63
Core Circuit	Wed	Nov. 6-Dec. 18	9:35-10:20 AM	7	\$56	\$49
Fun Fitness NEW	Wed	Sept. 4-Oct. 30	1:00-1:45 PM	9	\$72	\$63
Fun Fitness NEW	Wed	Nov. 6-Dec. 18	1:00-1:45 PM	7	\$56	\$49
Osteo Fit	Wed	Sept. 4-Oct. 30	2:15-3:00 PM	9	\$72	\$63
Osteo Fit	Wed	Nov. 6-Dec. 18	2:15-3:00 PM	7	\$56	\$49
Osteo Fit	Wed	Sept. 4-Oct. 30	3:15-4:00 PM	9	\$72	\$63
Osteo Fit	Wed	Nov. 6-Dec. 18	3:15-4:00 PM	7	\$56	\$49
Strength Training	Thurs	Sept. 5-Oct. 31	8:40-9:25 AM	9	\$72	\$63
Strength Training	Thurs	Nov. 7- Dec. 19	8:40-9:25 AM	7	\$56	\$49
Zumba Gold-Toning	Thurs	Sept. 5-Oct. 31	9:00-9:45 AM	9	\$81	\$72
Zumba Gold-Toning	Thurs	Nov. 7- Dec. 19	9:00-9:45 AM	7	\$63	\$56
Strength Training: Beginner	Thurs	Sept. 5-Oct. 31	9:35-10:20 AM	9	\$72	\$63
Strength Training: Beginner	Thurs	Nov. 7- Dec. 19	9:35-10:20 AM	7	\$56	\$49
Essentrics	Thurs	Sept. 5-Oct. 31	11:45 AM-12:30 PM	8	\$64	\$56
Essentrics	Thurs	Nov. 7- Dec. 19	11:45 AM-12:30 PM	7	\$56	\$49
Pilates: Mixed Level	Thurs	Sept. 5-Oct. 31	6:30-7:30 PM	8	\$168	\$152
Pilates: Mixed Level	Thurs	Nov. 7- Dec. 19	6:30-7:30 PM	7	\$147	\$133
Low Impact Cardio & Muscle	Fri	Sept. 6-Nov. 1	8:40-9:25 AM	9	\$72	\$63
Low Impact Cardio & Muscle	Fri	Nov. 8-Dec. 20	8:40-9:25 AM	7	\$56	\$49
Strength Circuit	Fri	Sept. 6-Nov. 1	9:35-10:20 AM	9	\$72	\$63
Strength Circuit	Fri	Nov. 8-Dec. 20	9:35-10:20 AM	7	\$56	\$49
Total Body Fitness	Fri	Sept. 6-Nov. 1	10:30-11:15 AM	9	\$72	\$63
Total Body Fitness	Fri	Nov. 8-Dec. 20	10:30-11:15 AM	7	\$56	\$49

FALL SCHEDULE

Yoga, Tai Chi, Meditation (In-Person)

(See descriptions further in guide)

	Day	Start/End Date	Time	Weeks	Cost	Members
Yoga with Jane NEW	Mon	Sept. 9-Oct. 28	10:30-11:30 AM	7	\$70	\$63
Yoga with Jane NEW	Mon	Nov. 4-Dec. 23	10:30-11:30 AM	7	\$70	\$63
Standing & Seated Hatha Yoga	Mon	Sept. 9-Oct. 28	11:30 AM -12:30 PM	7	\$70	\$63
Standing & Seated Hatha Yoga	Mon	Nov. 4-Dec. 16	11:30 AM -12:30 PM	6	\$60	\$54
Tai Chi Level 1	Tues	Sept. 10-Oct. 29	9:30-10:30 AM	8	\$80	\$72
Tai Chi Level 1	Tues	Nov. 5-Dec. 17	9:30-10:30 AM	7	\$70	\$63
Fully Accessible Stretch & Restore NEW	Tues	Oct. 15 - Nov. 19	10:00-11:00 AM	6	\$60	\$54
Fully Accessible Stretch & Restore NEW	Tues	Nov. 26-Dec. 24	10:00-11:00 AM	5	\$50	\$45

FALL

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Tai Chi Level 2	Tues	Sept. 10-Oct. 29	10:30-11:30 AM	8	\$80	\$72
Tai Chi Level 2	Tues	Nov. 5- Dec. 17	10:30-11:30 AM	7	\$70	\$63
Moderate Slow Yoga	Tues	Sept. 3-Oct. 29	1:00-2:00 PM	9	\$90	\$81
Moderate Slow Yoga	Tues	Nov. 5-Dec. 24	1:00-2:00 PM	8	\$80	\$72
Living Fully Meditation	Wed	Sept. 11-Dec. 11	10:00-11:30 AM	14	\$168	\$154
Gentle Stretch Yoga	Wed	Sept. 11-Oct. 30	9:30-10:30 AM	8	\$80	\$72
Gentle Stretch Yoga	Wed	Nov. 6- Dec. 18	9:30-10:30 AM	7	\$70	\$63
Standing & Seated Hatha Yoga	Wed	Sept. 4-Oct. 30	11:30 AM -12:30 PM	8	\$80	\$72
Standing & Seated Hatha Yoga	Wed	Nov. 6- Dec. 18	11:30 AM -12:30 PM	7	\$70	\$63
Hatha Flow Yoga NEW	Thurs	Sept. 5-Oct. 31	9:55-10:40 AM	9	\$81	\$72
Hatha Flow Yoga NEW	Thurs	Nov. 7-Dec. 19	9:55-10:40 AM	7	\$63	\$56
Chair & Standing Yoga NEW	Thurs	Sept. 5-Oct. 31	10:50-11:35 AM	9	\$81	\$72
Chair & Standing Yoga NEW	Thurs	Nov. 7- Dec. 19	10:50-11:35 AM	7	\$63	\$56
Mindfulness Meditation Basics	Thurs	Sept. 19-Oct. 24	10:30-11:30 AM	6	\$63	\$57
Mindfulness Meditation Basics	Thurs	Oct. 31- Dec. 5	10:30-11:30 AM	6	\$63	\$57
Yoga with Jane	Fri	Sept. 6- Nov. 1	9:30-10:30 AM	9	\$90	\$81
Yoga with Jane	Fri	Nov. 8-Dec. 20	9:30-10:30 AM	7	\$70	\$63
Standing & Seated Hatha Yoga	Fri	Sept. 6-Nov. 1	10:35-11:35 AM	9	\$90	\$81
Standing & Seated Hatha Yoga	Fri	Nov. 8-Dec. 20	10:35-11:35 AM	7	\$70	\$63

Virtual (Zoom) Fitness & Yoga Descriptions

Virtual: Fit Bones Plus

Exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus on standing balance and building strength. Instructor Kelly Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss. You will need an exercise band for this class.

Virtual: Fit Bones

Gentle chair exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus will be on increasing range of motion and maintaining strength. Instructor Kelly Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss. You will

need an exercise band for this class.

Virtual: Building Strength Lower Body

Exercises to help strengthen the leg muscles, as well as the gluteals and lower back muscles. A mat is needed as some exercises will be done on the floor. Hand weights may occasionally be used. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Kelly Offer.

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 October 18.

Virtual: Yoga and Movement for Healthy Joints & Muscles

This class combines yoga and other movements for the focus and benefit of keeping mobility and strength. We will sit on the chair to begin followed by some standing movements. Instructor: Karen Murtagh. Note the new time. No class October 18.

Fitness and Dance Descriptions (In-Person)

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 with modifications available. Instructor: Angie Reid.

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

Dance Choreography for Fun for Seniors NEW

Have a great time learning gentle and enjoyable dance sequences tailored for seniors. Each class we will warm up, explore a new music genre, and keep moving with an array of dance styles. Meet like-minded individuals in a welcoming environment. No dance experience needed. Instructor: Norah Wardell. Wear indoor running shoes or dance shoes. No class September 30, October 14, November 11.

Essentrics

Essentrics is a dynamic, gentle, full-body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. Perfect for all ages, this program will increase your mobility, flexibility and overall strength while relieving aches and pains. With a diverse music playlist accompanying each routine, this low-impact workout leaves you feeling energized. For the Monday one hour class, there is some floor work with a seated stretch to finish.

No floor work in the Thursday 45-minute class (with the option to sit for upper body exercises). Bring a thin yoga mat to both classes and a resistance band to Monday class. Instructor: Karen Murtagh. No class October 14, October 17, November 11.

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. A great way to enjoy exercise. No floor work. Instructor: Aimee Young. Note new added timeslot on Wednesdays. No class October 14, November 11.

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) or something comfortable to dance in and comfortable shoes. Beginners welcome. The course allows multiple levels. Instructor: Lise Stewart. No class October 14 or November 11.

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.

Movement for Healthy Joints & Muscles NEW

Enjoy gentle warm-ups to lubricate your joints and maintain range of motion as well as some stretching to improve circulation and reduce stiffness. We will add movement to build strength in the muscles using light weights (optional). Full body benefits every week including balance practice and brain teasers. Exercises are drawn from yoga and other movement systems. All are done seated on a chair or standing (no floor work). Bring a thin yoga mat. Optional: yoga block and strap (or a scarf or tie) if you have them or borrow from the Centre. Instructor: Karen Murtagh. No class October 15.

Osteo Fit

Physical activity plays an essential role

in the treatment of Osteoporosis by stimulating our bones to maintain structure and strength. When treating Osteoarthritis, it is important to ensure proper alignment of joints. Four types of exercise are necessary in the management of osteoporosis and osteoarthritis: strength, posture and core stability, balance and weight bearing. Improving strength, balance and posture reduces the risk of falling. Instructor: Jane Gage, Reg. Kinesiologist. No class September 16, October 14 or November 11. Note: new added classes on Mondays

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 October 14, November 11.

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 October 10.

Strength and Stretch

A slower movement class focusing on strengthening muscles and stretching. A dynamic 10 minute warm up to get your whole body moving and working on range of motion. 20 minutes of strength using body weight and dumbbells. Ending with a full body stretch. Some movements could be on the mat, but seated options available. Instructor: Jennifer Wilson.

Strength Circuit

Strength Circuit class is designed to keep your heart rate up while allowing you to move through different stations designed to boost your muscular endurance and enhance your overall muscular strength and stability. This dynamic circuit class integrates a variety of strength-training exercises targeting all major muscle groups and will use many forms of equipment. Moderate to advanced. Modifications available. Participants should be able to get up and down from the floor. Instructor: Angie Reid.

Strength Training

An intermediate level class for those wishing to increase strength, balance and flexibility. All equipment supplied. Participants should be able to get up and down from the floor. Instructor: Angie Reid.

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.

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: Aimee Young.

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 field instruction using the poles. Handouts included. Come dressed for the weather. Workshop offered free of charge with grant funding but please pre-register as space is limited. Let us know when you register if you need to borrow poles. 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 we head outside. Come dressed for the weather. Workshop offered free with grant funding but pre-register as space is limited.

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.

Zumba Gold-Toning

A combination of strength training and dance that improves your mobility, balance, and strength all while have a blast using lightweight toning sticks (provided). Enhance your rhythm while toning arms, abs, glutes, and thighs. Wear running shoes. Instructor: Sarah Gray. No class October 14, November 11.

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

Chair & Standing Yoga NEW

Chair yoga is a functional yet gentle movement with flow and grace that will take us from sitting and standing. For strength and balance, the chair is there to support us. This is an experience of movement used in our everyday lives that is fun and forgotten as exercise. This is a beautiful way to start your morning and all you need is comfortable attire, supportive footwear. Instructor: Michelle Vandenburg.

Fully Accessible Stretch & Restore NEW

This hour class will bring a sense of relaxation and rejuvenation. Perfect for

those who may be new to yoga or are looking for a gentle practice to accompany other forms of exercise. Deep breathing and slightly longer holds of poses will allow you to connect with your body in a new and joyful way. Modifications for all mobility needs. Bring a yoga mat. No experience necessary. Instructor: Adrienne Sultana.

Gentle Stretch Yoga

Gentle stretch yoga is perfect for those who want to try yoga for the first time or 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 and if you have them - blocks and a strap. Instructor: Tania Seagrove.

Hatha Yoga Flow NEW

A gentle practice that focuses on postures and breath work which is great for beginners. We will start and end on the mat, move through some postures gently strengthening and stretching our bodies, followed by a guided meditation. A combination of standing, hands and knees, seated and lying on the floor. Bring a yoga mat, 2 blocks and a blanket or sweater. Mats and blocks can be provided if needed. Instructor: Sarah Gray.

Living Fully Meditation

This 14-week series will use the book *The Five Invitations: Discovering What Death Can Teach Us About Living Fully* by Frank Ostaseski. They are: don't wait, welcome everything - push away nothing, bring your whole self to the experience, find a place of rest in the middle of things and cultivate don't know mind. Each class will include teaching, guided meditation, and group sharing. You do not have to purchase the book to participate, and no meditation experience required. Chairs available for sitting. Instructor Jill Davey is a Meditation Teacher and End-of-Life Doula. NOTE: If you have questions, you are welcome to contact the instructor prior to registration at: jillldavey@gmail.com.

SENIORS

Mindfulness Meditation Basics

During this series we will 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. Instructor: Blakie Sahay.

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. Instructor: Grace Rosewarne.

Standing & Seated Hatha Yoga

Hatha Yoga is a purifying and grounding practice that nourishes us on all levels that can be enjoyed without getting on the floor. Develop your strength and flexibility while doing warm-ups and postures standing with the use of your chair for support and then while sitting on the chair. Bring a thin yoga mat and one yoga block if you have one. Monday and Wednesday Instructor: Karen Murtagh. No class October 14, October 16, November 11. Friday instructor: Jane Finoro.

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.

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.

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. Note new added class on Mondays. No class October 14, November 11.

Computers & Technology

Technology Help

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

\$29 (\$25 Members)

10:00 am or 11:00 am

Tuesday, September 24

Tuesday, October 29

Tuesday, November 26

Tuesday, December 17

Special Interest (In Person)



Refer to the Drop-in Activity section for a list of activity groups offered in addition to the following courses:

Drawing Fundamentals: Level 1

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

\$128 (\$112 Members)

Fridays, 1:00 pm to 3:00 pm

September 6 to October 25 (8 classes)

Drawing Fundamentals: Level 2

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

\$112 (\$98 Members)

Fridays, 1:00 pm to 3:00 pm

November 8 to December 20 (7 classes)

Interactive & Fun Beginner Spanish: Level 1

Do you enjoy travelling to Spanish speaking countries but wish you could communicate beyond 'hola' and 'gracias'? Learn common words and phrases for travel, basic grammar, and conversational skills from parts of Latin America and Spain. Instructor Joanna Walker has been teaching Spanish for over 18 years and has supported many new language learners. She has a teaching degree, a degree in International Development and Hispanic Studies, advanced Spanish Diploma from the DELE Cervantes Institute of Spain and interpreter training courses. No prior Spanish knowledge is required.

\$136 (\$126 Members)

Tuesdays, 1:30 pm to 2:30 pm.

September 10 to October 15 (6 classes)

Interactive & Fun Beginner Spanish: Level 2

Build on your Spanish language skills. Instructor: Joanna Walker. See instructor's bio in the Spanish Level 1 description.

\$136 (\$126 Members)

Tuesdays, 1:30 pm to 2:30 pm.

October 22 to November 26 (6 classes)

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.

Begins: September 12
Thursdays, 1:30 pm to 3:30 pm

Chinese Painting

Explore the basic techniques of Chinese painting. Traditional painting involves essentially the same techniques as calligraphy and is done with a brush. Chinese painting is symbolic art and each element makes sense. However, the main idea of all art is harmony of mind and feeling, human and nature. No previous experience required. Supplies can be purchased from instructor at first class. Cost of supplies available at registration. Instructor: Olena Michalchenkova.

\$145 (\$137 Members)
Fridays, 9:30 am to 11:30 am
September 13 to October 4
(4 classes)

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.

\$54 (\$48 Members)
Fridays, 10:00 am to 11:30 am
September 20 to October 25 (6 classes)
 - OR -
Fridays, 10:00 am to 11:30 am
November 8 to December 13 (6 classes)

Say Sayonara to Sugar

In today's diet, sugar is hiding everywhere from tomato sauce to salad dressings to crackers. It makes up a whopping 21% of our calories consumed daily. Learn to recognize the many places sugar is hiding, impact on overall health and how to gently kick that sweet sugar bug. Includes a booklet containing all the facts behind what sugar does to our bodies and what to do to shake the sugar. Learn the simple Complete in 3 Rule and how to use it to design tasty, blood sugar balancing meals,

an easy grocery list reference guide and sample recipes to help get you inspired.

Instructor: Angie Reid.
\$29 (\$23 Members)
Monday, September 23
9:00 am to 11:00 am

Theatre History 101

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

\$29 (\$23 Members)
1:00 pm to 3:00 pm
Wednesday, September 25

Writing Course: Self Publishing

This course covers the options a new author has for self publishing: total self publishing or self publishing with help, what programs to use, formatting, cover options, where to find outside help, making your books available on Amazon, tax help and what you need to know, print or digital? Knowing the options will help a new author take the appropriate steps to getting that book finally published. Instructor: Marilyn Kleiber.

\$105 (\$95 Members)
9:00 am to 12:00 pm
Wednesdays, September 25 to October 2
(2 weeks)

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. No class October 4 or October 11.

\$89 (\$79 Members)
Fridays, 10:00 am to 11:00 am
September 27 to December 13
(10 classes)

French Course III

French Course III is a continuation of French II. We will be using the same textbook, Basic French. In particular, we will learn more verbs and everyday expressions with them. This will enable you to speak more fluently in an everyday setting. e.g. 'My grandson is ten years old,' or 'It is very cold today.' Emphasis in class will be on speaking, answering and asking questions, using the newly acquired information. Instructor: Elisabeth Bzikot. No class October 4 or October 11.

\$89 (\$79 Members)
Fridays, 12:30 pm to 1:30 pm
September 27 to December 13
(10 classes)

Flowers in a Pumpkin Centrepiece

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

\$69 (\$59 Members)
9:30 am to 11:00 am
Friday, October 11

Brain Health Essentials: Enhancing Cognitive Function Naturally

This workshop focuses on holistic approaches to maintaining and enhancing brain health in seniors. Participants will learn about the importance of nutrition, physical activity, mental exercises, and lifestyle choices in promoting cognitive function and preventing cognitive decline. Presented by: Nutritionist Rachel Murray.

\$29 (\$23 Members)
10:00 am to 11:00 am
Monday, October 21

SENIORS

Card Making Workshop

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

\$5 (\$3 Members)

1:30 pm to 3:30 pm

Thursday, October 24

Restore the Pelvic Floor

If you are looking to heal, feel stronger, restore your pelvic floor, learn how it relates to your core and gait, and return to exercises you love, this is the program for you. Restore the Pelvic Floor has been designed to give you the tools to overcome incontinence, prolapse and pelvic pain. Learn how to correctly activate, repair and strengthen your floor. With these exercises and lifestyle tips, you can return to exercise and healthy living with confidence. Participants will need to get up and down from floor. Instructor: Angie Reid.

\$29 (\$23 members)

10:30 am to 12:30 pm

Thursday, October 24

Playwriting 101

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

\$29 (\$23 Members)

9:00 am to 11:00 am

Wednesday, October 30

Fall/Winter Wreath Workshop

Join Emily from Mapleton Acres Flower Farm as she leads you through designing your own dried floral wreath on a grapevine base. Utilizing a mix of dried flowers (including strawflowers, lavender, seed pods and more), you'll design your own wreath perfect

for your front door, to hang on the wall or to add to your home decorations. We'll add a ribbon to finish it off! All materials provided.

\$69 (\$59 Members)

10:00 am to 11:30 am

Thursday, November 7

Writing Course: Learning to Self Edit

Editing fees can be expensive, unless the writer has certain skills that can reduce the amount of time an editor has to spend with their manuscript. This course is intended to give a new writer sufficient skills to do a reasonable pre-edit on any manuscript. Learn: when to self edit, examining your writing for content and continuity, grammar, punctuation, watching your tenses, judicious use of adverbs and adjectives, should your dialogue be written in an accent? Instructor: Marilyn Kleiber.

\$125 (\$115 Members)

12:00 pm to 4:00 pm

*Fridays, November 8 to November 15
(2 weeks)*

Gut Check: Understanding and Enhancing Digestive Health

Discover the profound impact of gut health on both memory and cognitive function, and overall physical well-being. We'll cover the obvious and not-so-obvious signs and symptoms that indicate your gut might be in distress. From dietary choices to lifestyle habits, learn how they impact your digestive system. Uncover the dietary and lifestyle changes that you can start today to positively influence your gut microbiota and promote overall wellness. Presented by: Nutritionist Rachel Murray.

\$29 (\$23 Members)

10:00 am to 11:00 am

Monday, November 18

Live Sound 101

Love to play music, but not sure how to go from setting up a single instrument to doing sound for an entire band in a live concert setting? In this introductory course we'll go over the basic components of a live sound system, what all those different cables are (and what they do), and show you how to mic up various musicians and vocalists, set up mains and monitors, run a sound check, and go over some tips and tricks for using

EQ, effects, and the other elements of a mixing board to help make a show sound its best. This presentation will only cover the basics – more in-depth opportunities for learning the art of live mixing are available at the Fergus Grand Theatre. Presented by Eric Gouldie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, November 27

Diabetes Made Simple: Nutrition and Lifestyle for Seniors

This workshop, led by Nutritionist Rachel Murray, provides a comprehensive overview of diabetes management for seniors. Participants will learn about the role of nutrition, physical activity, and lifestyle modifications in managing diabetes effectively, preventing complications, and improving overall well-being.

\$29 (\$23 Members)

10:00 am to 11:00 am

Monday, December 9

Winter Greens Centrepiece

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

\$69 (\$59 Members)

10:00 am to 11:30 am

Thursday, December 19

Seminars



Please pre-register for all seminars listed below, both virtual and in-person seminars. Most seminars are in-person, unless specifically listed as virtual. [By donation at the door for in-person seminars.](#) If attending a virtual seminar, the Zoom link will be provided.

How to Register Online for VPSC's Programs (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, August 19 at 3:00 pm

-OR-

Monday, December 9 at 3:00 pm

Nutrition and Aging (In-person)

Interested in learning how to improve your nutrition and overall well-being as you age? Join this presentation by the Nutrition and Aging Lab University of Waterloo as they share tips on maintaining a healthy diet for both body and brain health. Topics covered: essential components of a healthy diet, the Brain Health Food Guide, understanding nutrition risk and its impact on health. They will share information on an older adult nutrition study they are currently recruiting for and will discuss options to join at the start of the talk.

Thursday, September 12 at 10:30 am

AED Information Session (In-Person)

AEDs (automated external defibrillator) can now found in many public buildings and accessible to all in an emergency. With simple audio and visual commands, AEDs are designed to be simple to use for the layperson. However, many are not familiar with the device and may be hesitant to use. This hands-on information session is your chance to become familiar with this life-saving device. Presented by Christopher Paluch, Fire Prevention Officer with the Centre Wellington Fire Department. Note: This is an information session, not a certification.

Monday, September 16 at 1:00 pm

Heart to Home Meals: Taste Testing (In-Person)

Join Heart to Home Meals in their presentation: Why cook when you can simply enjoy? With lots of choice of prepared frozen meals, why not start a new tradition? Come to this presentation to learn more and sample the meals. Presented by John Sherwood, Heart To Home Meals.

Wednesday, September 18 at 11:00 am

Organizing Your "When I'm Gone" Files (In-Person)

Getting your Documents Together: Planning and preparing for the day you need to "Just in case", is not something that most people think about. Planning and preparing in advance is a gift to your loved ones. Getting your documents together and having them in one place makes it easier on you and your family. Presented by Hospice Wellington.

Thursday, September 19 at 10:00 am

Brain Health: Risk Reduction for Dementia (In-Person)

Learn the 12 key suggestions for maintaining a healthy brain. Research from the recent Landmark study may surprise you. We can all take action to improve our brain health at any age, so please join us to hear the latest information. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, September 26 at 10:30 am

Protecting Your Estate (In-person)

Keeping it Safe from Creditors, Taxation & Your Family. Del Wilmot, a Registered Financial & Retirement Advisor at Wilmot Financial in Fergus, will provide tips and strategies for organizing, simplifying, and optimizing your financial situation. He'll discuss lesser-known ways to leave more of your wealth to the people and causes you care about, and less to government.

Wednesday, October 2 at 10:00 am

Home Financing Solutions for Seniors (In-Person)

Jenn Locke, local Mortgage Broker will be discussing financing strategies for seniors who own homes or who are looking to purchase. Come learn about accessing tax-free monthly income or a lump sum of funds, as well as bridge financing and down payment solutions that you might not be aware of.

Thursday, October 3 at 10:00 am

Senior Rightsizing: Downsizing (In-Person)

Are you contemplating the big move? Are you thinking of downsizing and/or moving to a smaller residence? There are so many things to consider when dealing with a

lifetime of possessions and memories. Planning ahead is of utmost importance. Learn how to make your transition go smoothly and be less stressful. Presented by Cathy Mendler, A New Leaf Organizers.
Monday, October 7 at 1:00 pm

Pharmacies - Expanded Health Services (In-Person)

Connect to care closer to home by authorizing pharmacists to treat and prescribe medications for common medical ailments, including rashes, pink eye, and urinary tract infections. Join us for a presentation from Pharmasave Elora Apothecary/Trailside Pharmacy to learn more about this new service, accessible to all Ontario residents at no extra cost. They will also provide information on annual flu shots, COVID vaccines, 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, October 9 at 10:00 am

Having the Conversation (In-Person)

One conversation can make all the difference. Taking the time to talk about your wishes, your values and beliefs will empower you, your family members, and friends. There are many ways to "break the ice" when having these conversations and this workshop will identify several ways to start the conversation. Presented by Hospice Wellington.

Thursday, October 10 at 10:00 am

10 Tips on Being an Executor (In-Person)

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

Wednesday, October 16 at 10:30 am

SENIORS

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, October 17

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, October 24

10:00 am to 12:00 pm

Virtual: Most Asked Questions About Memory

Using a series of short films, we will consider common questions about memory, and how to be proactive about brain health. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, October 24 at 10:30 am

Wicked Wellington (In-Person)

The spooky season is upon us! Discover the more macabre history of Wellington County through both the Poor House and resident stories. Presented by The Wellington County Museum & Archives.

Thursday, October 31 at 10:00 am

Canada, Fall In! (In-person)

Like many Canadians, Wellington County residents would accept the call to war multiple times. From the American Civil War to Peace Keeping in Afghanistan, hear the personal stories of our veterans both on the home front and on the front lines. Presented by The Wellington County Museum & Archives.

Wednesday, November 6 at 10:00 am

5 Levels of Retirement Living (In-person)

Do you know there are 5 levels of retirement living? Which is best for you and your loved

ones? We will discuss these 5 levels so that when it is time in your retirement journey you know what is best for you. Presented by Marjorie Wood, Retirement Living Consultant, AgeCare Elmira Estate.

Wednesday, November 13 at 10:00 am

Bone Health 101 (in-Person)

Did you know at least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their life? Learn how to reduce your risk of fracture. This presentation will include what osteoporosis is, the risk of fracturing a bone, maintaining healthy bones, impact of nutrition and physical activity and falls prevention. Presented by Osteoporosis Canada.

Monday, November 18 at 1:00 pm

Organizing 101 (In-Person)

Getting organized is less about getting rid of things and more about knowing which belongings really serve a purpose in your life. Have you tried to declutter and get organized and ended up with a worse mess? Don't know where to start? Are you overwhelmed? Learn some practical tips and tricks. Don't wait until you're about to move to get organized. Presented by Cathy Mendler, A New Leaf Organizers.

Monday, November 25 at 1:00 pm

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.

Wednesday, November 27 at 10:30 am

Gratitude (In-Person)

There are many ways to show gratitude to others and to ourselves. This workshop will help guide you with some exercises to practice gratitude. Practicing gratitude can not only increase your well-being but the well-being of others around you. Presented

by Hospice Wellington.

Thursday, November 28 at 10:00 am

Virtual: M.I.N.D. Eating Plan

(Mediterranean-DASH Intervention for Neurodegenerative Delay). The MIND diet aims to reduce dementia and the decline in brain health that often occurs as people get older. It combines aspects of two very popular diets, the Mediterranean diet, and the Dietary Approaches to Stop Hypertension (DASH) diet. Sample menu included. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, November 28 at 10:30 am

Grief & Bereavement: Journeying Through Grief (In-Person)

This one-hour presentation is open to everyone. This workshop will focus on how grief can impact our lives and the supports available at Hospice Wellington. Presented by Hospice Wellington.

Thursday, December 12 at 10:00 am

Christmas in Wellington County (In-Person)

Everyone likes to celebrate at different times of the year, but why do we have some of the traditions that we do? Discuss with museum staff the history of Christmas in the County and all its decorating, gift-giving, and food traditions. Presented by The Wellington County Museum & Archives.

Monday, December 16 at 10:00 am

Virtual: Red Flags of Dementia

This talk looks at 10 Warning Signs and possible red flags for dementia. What to look for in daily life, if you are concerned about someone's function or memory, and what the next steps might be. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, December 19 at 10:30 am

Special Events (In Person)

Wednesday Lunches

Join us twice a month this for lunch at

VPSC. Wednesdays at 12:00 pm. Stay and enjoy the afternoon musical program (on some dates) beginning 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. (Lunches are subject to change). See dates below.

September 11 \$5 BBQ Lunch (Sponsored by Heritage River Retirement Residence)

September 25 Lunch

October 9 Thanksgiving Lunch & Musical Program

October 23 Lunch

November 6 Lunch & Remembrance

Day Musical Program

November 20 Lunch

December 4 Lunch

December 18 Christmas Lunch &

Christmas Carol Sing-a-Long

New Member Talk and Tours

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

September 16, October 21 or November 18

Mystery Card Walk: National Seniors Day Event

Did you know October 1 is National Seniors Day in Canada? It also coincides with the United Nations International Day of Older Persons. To get a jumpstart on celebrating, join us for an enjoyable morning to promote fun, physical activity. Everyone wins a prize! Walking 2 kms on a pre-determined route. Walking poles are available to use. Everyone can participate, even if you cannot go on the walk. No charge but please pre register so we can make sure everyone receives a prize.

Monday, September 30 at 9:30 am

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.

Wednesday, October 9 at 1:30 pm

Wednesday, November 6 at 1:30 pm

Wednesday, December 18 at 1:30 pm

Drama Performance: "Dress Rehearsal"

It's the day of the dress rehearsal, one day away from opening night for a local seniors' drama group and quite apart from the usual mayhem, things are not going as expected. (Only the names have been changed to protect the innocent). Join the Victoria Park Seniors Drama Club for their comic performance. Admission by donation at the door with refreshments to follow.

Friday, November 1 at 2:00 pm

Musical Remembrance Day Program

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

Wednesday, November 6 at 1:30 pm

By donation at the door

Annual General Meeting

Find out what is happening at your Centre. All members are encouraged to attend. Includes: committee, financial and drop-in activity reports. Note: During this meeting, all activities are cancelled at VPSC. Interested in joining the Advisory Board? Contact VPSC for more information.

Thursday, November 21 at 2:00 pm

Christmas Carol Sing-a-Long

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

Wednesday, December 18 at 1:30 pm

By donation at the door

Other Information

WANTED: Your Ideas

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

New Programs

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

Errors

While precautions are taken to ensure correct information, sometimes mistakes are made. If an error occurs in this publication, the computer registration system will be taken as the correct information.

Cancellations

All classes are subject to cancellation with insufficient registration. If cancelled due to low enrolment, you will receive a full refund, or you can transfer to another class. Early registration is recommended to avoid cancellations. If a class is cancelled for any reason, we will contact all participants by phone or email to notify of the cancellation.

Refund Policies

Please see page 6 in this Guide for the refund policies or online: centrewellington.ca/seniorscentre.

Online Registration Reminder

If you are registering online, remember to renew or purchase your VPSC membership (if required) prior to registering for any courses to obtain the member discount.

Centre Wellington MINOR SOFTBALL ASSOCIATION



T-BALL	Ages 4 to 5
3-PITCH	Ages 6 to 8
JUNIOR	Ages 9 to 11
INTERMEDIATE	Ages 12 to 14
SENIOR	Ages 15 to 17



www.cwsoftball.ca

ADULT CO-ED 3-PITCH	Ages 18+
ADULT CO-ED FAST PITCH	Ages 18+
ADULT MEN'S 3-PITCH	Ages 18+

For all enquiries please email cwsoftballregistrar@gmail.com

Online registration opens JANUARY 6, 2025

EXPERIENCE ADVENTURE, CHALLENGE, FRIENDSHIP, AND FUN!

Join the Fergus Army Cadets



- **Free Youth Program** | Ages 12-18
- Monday evening meets (Sept-June) at CWDHS

Registration open year-round

Contact info:

Email: 492army@cadets.gc.ca

Text: (519) 321-1195

Social Media

"Fergus Army Cadets"

@492lornescots



For more information
scan the QR code





JASON WILSON & ASHARA
SEPTEMBER 28, 2024
8:00 PM



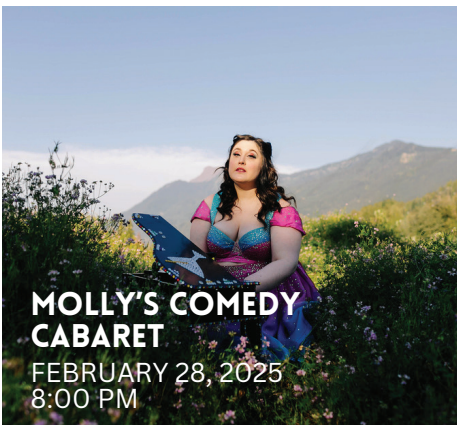
CANADIAN IMPROV SHOWCASE
OCTOBER 18, 2024
8:00 PM



AND THEN WHAT HAPPENED
FEBRUARY 23, 2025
2:00 PM



RIDGE
NOVEMBER 8, 2024
8:00 PM



MOLLY'S COMEDY CABARET
FEBRUARY 28, 2025
8:00 PM



CALLIE MCCULLOUGH
MARCH 22, 2025
8:00 PM



VALDY
APRIL 26, 2025
8:00 PM



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