

September 2025 Seminars (In-person and Virtual)

Pre-register for all seminars listed below (virtual and in-person). By donation at door for in-person.

All seminars are in-person unless otherwise stated. If attending a virtual seminar, the Zoom link will be provided 12-24 hours prior.

Refer to the Fall 2025 Community Guide for descriptions.

Anticipatory Grief – Presented by Hospice Wellington. Thursday, September 4 at 10:00 am.

School Days - Presented by The Wellington County Museum & Archives. Wednesday, Sept. 17 at 10:00 am.

Mediterranean Diet - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, September 18 at 10:30 am.

Sleep Well: Strategies for a Restful Night – Presented by the Waterloo Wellington Self-Management Program. Monday September 22 at 10:00 am.

Senior Rightsizing: Downsizing – Presented by Cathy Mendler, A New Leaf Organizers. Wednesday, September 24 at 10:00 am.

Navigating Your Supports - Presented by Hospice Wellington. Thursday, September 25 at 10:00 am.

Introduction to Family History Resources - Genealogy 101. Presented by Christine VanderHeide, Assistant Archivist from the Wellington County Museum and Archives. Monday, September 29 at 1:00 pm.

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

Wednesday \$5.00 Lunch – Wednesday, September 10 at 12:00 pm – menu on the front of calendar.

New Member Talk and Tour - 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. No charge. Pre-register. September 15 at 10:00 am.

Wednesday Lunch – Wednesday, September 24 at 12:00 pm – menu on the front of calendar.

Mystery Card Walk: National Seniors Day Event - Did you know October 1 is National Seniors Day in Canada? It also coincides with the United Nations International Day of Older Persons. To get a jumpstart on celebrating, join us for an enjoyable morning to promote fun, physical activity. Everyone wins a prize! Walking 2 kms on a pre-determined route. Walking poles are available to use. Everyone can participate, even if you cannot go on the walk. No charge but please preregister so we can make sure everyone receives a prize. Monday, September 29 at 10:30 am.

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

All trips depart from and return to VPSC. Return times approximate, depending on weather/traffic. Those who require special assistance are responsible for arranging an escort to assist. Our Travel Escort Volunteer cannot provide special care/assistance. Travel arrangements are made in collaboration with Great Canadian Travel TICO# 2280154. Bus trips are subject to change. All trips include luxury coach transportation with a washroom, bus driver gratuity, HST. **Refer to the Fall 2025 Guide for descriptions.**

Collingwood Cruise - Thursday, September 18. Departs: 9:15 am, return: 6:30 pm. Cost: \$208 mem, \$223 non. **Full – taking a waiting list.**

Stratford: Dirty Rotten Scoundrels - Tuesday, October 7. Departs: 10am, return: 7pm. Cost: \$202 mem, \$216 non. **Full – taking a waiting list.**

NEW!! Casa Loma – Thursday, November 6. Departs: 7:30 am, return 6:30 pm. Cost: \$158 mem, \$172 non.

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

September 2025

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2

Monday to Friday 9:00 am to 4:00 pm Phone: 519.846.9691 x204

Email: seniorscentre@centrewellington.ca

View Programs, information: www.centrewellington.ca/seniorscentre

Register online: <https://ca.apm.activecommunities.com/centrewellington/>

The Centre will be closed on Monday, September 1, 2025 for Labour Day.

The **Fall 2025 Centre Wellington Community Guide** covers September, October, November & December. Get registered now for programs this fall!

Township of Centre Wellington Refund Policy in effect:

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

Wednesday Lunch

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

Wednesday, September 10 at 12:00 pm – BBQ Lunch (pay by September 5 at 4pm).
Cost: \$5 per person. Generously sponsored by Heritage River Retirement Residence.
Menu: BBQ Burgers & Sausages On A Bun, Cold Summer Salads, Dessert.

Wednesday, September 24 at 12:00 pm – Wednesday Lunch (pay by September 19 at 4pm).
Menu: Chicken Breast Grill On A Bun, Potato Salad, Peach Crisp with Ice Cream.

The Victoria Park Seniors Centre is accepting applications for Positions on the Board Of Directors

The VPSC Advisory Board is a committee of the Township of Centre Wellington and is a liaison between the Township and the VPSC Membership. Members are elected or appointed to the Advisory Board as per the VPSC Constitution. Board Members will work to meet the objectives of the VPSC as outlined in the VPSC Constitution. Positions available beginning January 2026 for three-year terms.

Annual General Meeting - Thursday, November 20 at 2:00 pm.

Advisory Board meetings are held the first Monday of each month and are approximately one hour. To view the Advisory Board Position Descriptions, VPSC Constitution or to submit an application form, please contact: Kelly Hall, Seniors Volunteer & Membership Coordinator by email:

khall@centrewellington.ca or phone 519-846-9691, ext. 278.

Let's Connect CW!

The Township will be hosting a series of community workshops designed to strengthen connections and gather valuable input from residents. These sessions are an important step in developing Centre Wellington's first-ever **Community Engagement Strategy**. We invite all community members to attend—whether or not you've participated in previous events. Your voice matters, and your input will help shape how we engage with the community in the future. We are hosting a special session at the **Victoria Park Seniors Centre on Thursday, September 11 from 9 to 10:30 a.m.** No registration necessary – just drop-in.

Learn more at www.connectcw.ca

MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 8:40 Recreational Belly Dance – weekly drop-in 9:30 Canasta 1:00 Choir & Ukulele Band: The Melody Makers	TUESDAY Drop-in Activities 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka,10:30 Genealogy 11:35 Tap Dancing (resume Sept 9), 1:00 Bid Euchre 1:00 Shuffleboard, 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation	WEDNESDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole 10:30 Creative Writing 1:00 Arts & Crafts Group, 1:00 Euchre 1:00 Wood Carving, 3:00 Line Dancing	THURSDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Darts 9:30 Scrabble, 1:00 Bingo,1:00 Social Bridge 1:00 Table Tennis, 1:00 Guitar Band: Country Classics 4:00 Pastime Entertainment Theatre Group 7:30 Euchre	FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (Sept 5) 11:15 Spanish, 1:00 Ukulele Band (resume Sep 12) 1:00 Carpet Bowling (resume Sept 12) 1:00 Texas Hold'em Poker
1 <div>Labour Day. Centre Closed.</div>	2 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold 9:35 Zumba Gold-Toning 9:35 Building On The Basics 10:45 Moderate Slow Yoga NEW 11:30 Movement For Healthy Joints & Muscles 1:00 Moderate Slow Yoga 1:30 Interactive & Fun Beginner Spanish Level 1 3:15 All Around Fitness	3 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning 9:15 Fit Bones 9:35 Yoga With Sarah NEW 9:35 Core Circuit 9:50 Building Strength: Core 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	4 (Daily Drop-In Activities listed above) 8:40 Strength Training–Thursday 8:40 Zumba Gold-Toning 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:35 Yoga With Sarah NEW 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:00 Anticipatory Grief 10:30 Chair & Standing Yoga, 11:30 Essentrics 12:00-2:45 Manual Osteopathic Clinic (appt) 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	5 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga NEW 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French Course 2 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 1:00 Drawing Fundamentals: Level 1 1:30 French Course 5
8 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:00 Advisory Board Meeting 9:35 Zumba Gold, 9:35 Strong & Centred NEW 10:15 Program Committee Meeting 10:30 Essentrics, 10:30 Yoga With Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga Flow NEW 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	9 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold, 9:15 Fit Bones Plus 9:00-4:00 Foot Care Clinic (by appt) 9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2, 10:45 Mod Slow Yoga NEW 11:30 Movement For Healthy Joints & Muscles 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga, 1:30 Beg Spanish Level 1 3:15 All Around Fitness	10 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning 9:15 Fit Bones, 9:35 Yoga With Sarah NEW 9:35 Core Circuit, 9:50 Building Strength: Core 10:00-2:00 Chair Massage Clinic (by appt) 11:00-12:00 Blood Pressure Clinic (Drop-in!) 11:30 Standing & Seated Hatha Yoga 12:00 BBQ Lunch \$5.00 (Pay by Sept. 5) (Sponsored by Heritage River Retirement Residence) 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	11 (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga With Sarah NEW 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 11:00 Living Better On Less 10:30 Chair & Standing Yoga, 11:30 Essentrics 12:00-2:45 Manual Osteopathic Clinic (appt) 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	12 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga NEW 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French Course 2 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 1:00 Drawing Fundamentals: Level 1 1:30 French Course 5
15 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:35 Zumba Gold, 9:35 Strong & Centred NEW 10:00 New Members Talk & Tour (Pre-register) 10:00-2:00 Reflexology Clinic (by appt.) 10:30 Essentrics, 10:30 Yoga With Jane 10:30 Say Sayonara To Sugar 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga Flow NEW, 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	16 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold, 9:15 Fit Bones Plus 9:00-4:00 Foot Care Clinic (by appt) 9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2, 10:45 Mod Slow Yoga NEW 11:30 Movement For Healthy Joints & Muscles 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga, 1:30 Beg Spanish Level 1 3:15 All Around Fitness	17 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning 9:15 Fit Bones, 9:35 Yoga With Sarah NEW 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 10:00 School Days 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 1:00 Theatre History 2:15 Osteo Fit, 3:15 Osteo Fit	18 (Daily Drop-In Activities listed above) 8:40 Strength Train–Thursday 8:40 Zumba Gold-Toning 9:15 BUS TRIP: Collingwood Cruise 9:15 Fit Bones Plus, 9:35 Yoga With Sarah NEW 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Mediterranean Diet 10:30 Chair & Standing Yoga, 11:30 Essentrics 11:00 Living Better On Less 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	19 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga NEW 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French Course 2 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 1:00 Drawing Fundamentals: Level 1 1:30 French Course 5
22 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:35 Zumba Gold, 9:35 Strong & Centred NEW 10:00 Sleep Well: Strategies For A Restful Night 10:00-2:00 Reflexology Clinic (by appt.) 10:30 Essentrics, 10:30 Yoga With Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga Flow NEW 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle	23 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold, 9:15 Fit Bones Plus 9:00-4:00 Foot Care Clinic (by appt) 9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:00 & 11:00 Tech Help (1 hr appt.) 10:30 Tai Chi Level 2, 10:45 Mod Slow Yoga NEW 11:30 Movement For Healthy Joints & Muscles 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga, 1:30 Beg Spanish Level 1 3:15 All Around Fitness	24 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning 9:15 Fit Bones, 9:35 Yoga With Sarah NEW 9:35 Core Circuit, 9:50 Building Strength: Core 10:00 Deepening Meditation 10:00 Senior Rightsizing: Downsizing 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 1:00 Wednesday Lunch (Pay by Sept. 19) 1:00 Beginner Mending 2:15 Osteo Fit, 3:15 Osteo Fit	25 (Daily Drop-In Activities listed above) 8:40 Strength Train–Thursday, 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga With Sarah NEW 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:00 Navigating Your Supports 10:30 Chair & Standing Yoga, 11:30 Essentrics 11:00 Living Better On Less 12:00-2:45 Manual Osteopathic Clinic (appt) 1:00 Navigating Peri & Post Menopause With Confidence 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	26 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Moderate Hatha Yoga NEW 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French Course 2 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 1:00 Drawing Fundamentals: Level 1 1:30 French Course 5
29 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:35 Zumba Gold, 9:35 Strong & Centred NEW 10:00-2:00 Reflexology Clinic (by appt.) 10:30 Mystery Card Walk (Pre-register) 10:30 Essentrics, 10:30 Yoga With Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga Flow NEW, 1:00 Fun Fitness: Move Strong 1:00 Introduction To Family History Resources 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	30 (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold, 9:15 Fit Bones Plus 9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:00 Personalizing Protein For You 10:30 Tai Chi Level 2, 10:45 Mod Slow Yoga NEW 11:30 Movement For Healthy Joints & Muscles 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga, 1:30 Beg Spanish Level 1 3:15 All Around Fitness	Look at our Drop-In Activities and get involved today!		Don’t miss our Wednesday Lunches in September!
		LEGEND GREEN – Health & Wellness Clinics BLACK–Course Start, Bus Trip RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program		