

## July 2025 Seminars (In-person and Virtual)

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

**Parkinson's & Dementia (In-Person)** - This talk will focus on Parkinson's disease dementia and its relationship to Lewy Body Dementia (LBD). We will compare Parkinson's and LBD and consider some ideas to live well with a variety of symptoms. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, July 24 at 10:30 am.

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

**BBQ Wednesday Lunch** – Wednesday, July 9 at 12:00 pm – menu on the front of calendar.

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

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

**The Lion King** – Wed., July 16. Departs: 8:45 am, return: 6:00 pm. Cost: \$243 mem, \$257 non.

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

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

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

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

## 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.

# July 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](mailto:seniorscentre@centrewellington.ca)

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

**The Centre will be closed on Tuesday, July 1, 2025 for Canada Day.**

The Fall 2025 Centre Wellington Community Guide will be inserted inside the Wellington Advertiser on Thursday, August 7th.  
Copies available at Centre (after Aug.8).

**The Fall 2025 Program Registration (Virtual & In-Person) begins on:  
Tuesday, August 19th at 8:30am.**

The **Spring & Summer 2025 Centre Wellington Community Guide** is active.  
Get registered now for July & August programs!

### 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, July 9 at 12:00 pm – Homemade BBQ Lunch** (pay by July 4 at 4pm).  
Menu: Pork Riblet On A Bun, Creamy Coleslaw, Trifle.

## Volunteers Needed

Speak to Kelly at the Centre, if interested.

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

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

## Save the date...

### Get registered for the Peach Social!

Celebrate peach season with Victoria Park Seniors Centre. Join in a fun afternoon of toe tapping music. Enjoy a homemade peach dessert after the entertainment.  
Thursday, August 14 at 1:30 pm. \$8 for everyone.

<b>MONDAY Drop-in Activities</b> 9:00 – 4:00 Billiards & Snooker 8:50 Recreational Belly Dance, 9:30 Canasta 4:00 Choir & Ukulele Band: The Melody Makers (resume September 15) 1:00 Summer Weekly Musical Afternoon	<b>TUESDAY Drop-in Activities</b> 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka, 10:30 Genealogy 4:35 Tap Dancing (resume Sept 9), 1:00 Bid Euchre 4:00 Shuffleboard (resume Sept 2), 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation	<b>WEDNESDAY Drop-in Activities</b> 9:00 – 4:00 Billiards & Snooker 4:00 Crokinole (resume Aug 6) 10:30 Creative Writing 1:00 Arts & Crafts Group, 1:00 Euchre 4:00 Wood Carving (back Sept 3), 3:00 Line Dancing	<b>THURSDAY Drop-in Activities</b> 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 (start Aug28) 7:30 Euchre (resume Sept 4)	<b>FRIDAY Drop-in Activities</b> 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Monthly Book Club (July 4) 11:15 Spanish, 4:00 Ukulele Band (resume Sept 12) 4:00 Carpet Bowling (resume Sept 12) 1:00 Texas Hold’em Poker
<b>LEGEND</b> <b>GREEN – Health &amp; Wellness Clinics</b> <b>BLACK–Course Start, Bus Trip</b> <b>RED – In Person Seminar, Events</b> <b>BLUE – Virtual (Zoom) Program</b>	<b>1</b> <b>Canada Day.</b> <b>Centre Closed.</b>	<b>2</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 8:40 Zumba Gold-Toning NEW TIME (end) <b>9:15 Fit Bones</b> , 9:35 Hatha Flow Yoga (end) 9:35 Core Circuit (end) <b>9:50 Building Strength: Core</b> 11:30 Standing & Seated Hatha Yoga (end) 4:00 Fun Fitness: Move Strong (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	<b>3</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday (end) 8:40 Zumba Gold-Toning (end) <b>9:00-4:00 Foot Care Clinic (by appt)</b> <b>9:15 Fit Bones Plus</b> , 9:35 Hatha Flow Yoga (end) 9:35 Strength Training Beginner (end) <b>9:50 Building Strength: Upper Body</b> 11:45 Essentrics (end) 1:30 Minds in Motion (Register with Alz Society) 5:30 Pilates: Mixed Level	<b>4</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) <b>9:30 Moderate Hatha Yoga (end)</b> 9:30 Yoga with Jane (end) 9:35 Barre Strong (end) 4:00 French Course 4 10:30 Total Body Fitness: Feel Safe (end) 10:35 Standing & Seated Hatha Yoga (end) 12:30 French For Beginners For Those Wishing To Travel
<b>7</b> (Daily Drop-In Activities listed above) <b>8:40 Zumba Gold-Toning</b> 9:00 Advisory Board Meeting <b>9:30-2:30 Reflexology Clinic (by appt.)</b> <b>9:35 Zumba Gold, 10:30 Essentrics</b> 10:15 Program Committee Meeting <b>11:30 Standing &amp; Seated Hatha Yoga</b> <b>11:45 Strength Training &amp; Core</b> <b>1:00 Vinyasa Flow Yoga</b> <b>1:00 Fun Fitness: Move Strong</b> <b>2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle</b>	<b>8</b> (Daily Drop-In Activities listed above) <b>8:40 Strength Training – Tuesday</b> <b>8:40 Zumba Gold</b> <b>9:00-4:00 Foot Care Clinic (by appt)</b> <b>9:15 Fit Bones Plus</b> <b>9:35 Zumba Gold-Toning</b> <b>9:50 Building Strength: Lower Body</b> <b>10:00 Summer Moderate Hatha Yoga NEW</b> <b>10:00 Horseshoes</b> <b>11:30 Movement Healthy Joints &amp; Muscles</b> <b>1:00 Moderate Slow Yoga, 3:15 All Around Fitness</b>	<b>9</b> (Daily Drop-In Activities listed above) <b>8:40 Low Impact Cardio &amp; Muscle</b> <b>8:40 Zumba Gold-Toning</b> <b>9:15 Fit Bones, 9:35 Hatha Flow Yoga</b> <b>9:50 Building Strength: Core, 10:00 Bocce</b> <b>10:00-2:00 Chair Massage Clinic (by appt)</b> <b>11:30 Standing &amp; Seated Hatha Yoga</b> <b>12:00 BBQ Wednesday Lunch *menu on front</b> <b>1:00 Fun Fitness: Move Strong</b> <b>2:15 Osteo Fit, 3:15 Osteo Fit</b>	<b>10</b> (Daily Drop-In Activities listed above) <b>8:40 Strength Training – Thursday</b> <b>8:40 Zumba Gold-Toning</b> <b>9:15 Fit Bones Plus, 9:35 Hatha Flow Yoga</b> <b>9:35 Strength Training Beginner</b> <b>9:50 Building Strength: Upper Body</b> <b>10:00 All Things Fibre</b> <b>10:30 Summer Moderate Hatha Yoga NEW</b> <b>11:45 Essentrics</b> 1:30 Minds in Motion (Register with Alz Society) 5:30 Pilates: Mixed Level	<b>11</b> (Daily Drop-In Activities listed above) <b>8:40 Low Impact Cardio &amp; Muscle</b> <b>9:30 Moderate Hatha Yoga</b> <b>9:35 Barre Strong</b> 4:00 French Course 4 <b>10:30 Total Body Fitness: Feel Safe, Get Stronger</b> 12:30 French For Beginners For Those Wishing To Travel
<b>14</b> (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning <b>9:30-2:30 Reflexology Clinic (by appt.)</b> 9:35 Zumba Gold, 10:30 Essentrics 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Vinyasa Flow Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle	<b>15</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold <b>9:00-4:00 Foot Care Clinic (by appt)</b> <b>9:15 Fit Bones Plus</b> , 9:35 Zumba Gold-Toning <b>9:50 Building Strength: Lower Body</b> 10:00 Summer Moderate Hatha Yoga NEW 10:00 Horseshoes 11:30 Movement Healthy Joints & Muscles 1:00 Moderate Slow Yoga 3:15 All Around Fitness	<b>16</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning <b>8:45 BUS TRIP: The Lion King</b> <b>9:15 Fit Bones</b> , 9:35 Hatha Flow Yoga <b>9:50 Building Strength: Core</b> , 10:00 Bocce <b>11:00-12:00 Drop-in Blood Pressure Clinic</b> 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	<b>17</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Zumba Gold-Toning <b>9:00-4:00 Foot Care Clinic (by appt)</b> <b>9:15 Fit Bones Plus</b> , 9:35 Hatha Flow Yoga <b>9:30-2:30 Reflexology Clinc (by appt.)</b> 9:35 Strength Training Beginner <b>9:50 Building Strength: Upper Body</b> 10:30 Summer Moderate Hatha Yoga NEW 11:45 Essentrics, <b>1:00 Fabric Bowl</b> 1:30 Minds in Motion (Register w Alzh Society) 5:30 Pilates: Mixed Level	<b>18</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle <b>9:30 Moderate Hatha Yoga</b> 9:35 Barre Strong 4:00 French Course 4 10:30 Total Body Fitness 12:30 French For Beginners For Those Wishing To Travel
<b>21</b> (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning <b>9:30-2:30 Reflexology Clinic (by appt.)</b> 9:35 Zumba Gold, 10:30 Essentrics 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Vinyasa Flow Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle	<b>22</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold <b>9:00-4:00 Foot Care Clinic (by appt)</b> <b>9:15 Fit Bones Plus</b> 9:35 Zumba Gold-Toning <b>9:50 Building Strength: Lower Body</b> 10:00 Summer Moderate Hatha Yoga NEW 10:00 Horseshoes 11:30 Movement Healthy Joints & Muscles 1:00 Moderate Slow Yoga 3:15 All Around Fitness	<b>23</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning <b>9:15 Fit Bones</b> 9:35 Hatha Flow Yoga <b>9:50 Building Strength: Core</b> 10:00 Bocce 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	<b>24</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Zumba Gold-Toning, <b>9:15 Fit Bones Plus</b> 9:35 Hatha Flow Yoga 9:35 Strength Training Beginners <b>9:50 Building Strength: Upper Body</b> 10:30 Summer Moderate Hatha Yoga NEW <b>10:30 Parkinson’s &amp; Dementia</b> , 11:45 Essentrics <b>12:00-2:45 Manual Osteopathic Clinic (appt)</b> 1:30 Minds in Motion (Register w Alz Society) <b>1:30 Card Making Workshop</b> 5:30 Pilates: Mixed Level	<b>25</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle <b>9:30 Moderate Hatha Yoga</b> 9:35 Barre Strong 4:00 French Course 4 10:30 Total Body Fitness 12:30 French For Beginners For Those Wishing To Travel
<b>28</b> (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning <b>9:30-2:30 Reflexology Clinic (by appt.)</b> 9:35 Zumba Gold, 10:30 Essentrics 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Vinyasa Flow Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle	<b>29</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Tuesday 8:40 Zumba Gold <b>9:00-4:00 Foot Care Clinic (by appt)</b> <b>9:15 Fit Bones Plus</b> , 9:35 Zumba Gold-Toning <b>9:50 Building Strength: Lower Body</b> 10:00 Summer Moderate Hatha Yoga NEW 10:00 Horseshoes <b>10:00 &amp; 11:00 Tech Help (1 hr appt.)</b> 11:30 Movement Healthy Joints & Muscles 1:00 Moderate Slow Yoga 3:15 All Around Fitness	<b>30</b> (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning <b>9:15 Fit Bones</b> 9:35 Hatha Flow Yoga <b>9:50 Building Strength: Core</b> 10:00 Bocce 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit	<b>31</b> (Daily Drop-In Activities listed above) 8:40 Strength Training – Thursday 8:40 Zumba Gold-Toning, <b>9:15 Fit Bones Plus</b> 9:35 Hatha Flow Yoga 9:35 Strength Training Beginners <b>9:50 Building Strength: Upper Body</b> <b>10:00 Foam Art “Make And Take” Workshop</b> 10:30 Summer Moderate Hatha Yoga NEW <b>10:30 Chair &amp; Standing Yoga</b> , 11:45 Essentrics 1:30 Minds in Motion (Register w Alz Society) 5:30 Pilates: Mixed Level	<div>Look at our Drop-In Activities and get involved today!</div>