

December 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.**

Hospice Wellington: Surviving the Holidays - Presented by Hospice Wellington. Thursday, December 4 at 10:00 am.

Organizing Care - Presented by the Waterloo Wellington Self-Management Program. Monday December 8 at 10:00 am.

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

Wednesday Lunch – Wednesday, December 3 at 12:00 pm – menu on the front of calendar.

Christmas Lunch – Wednesday, December 17 at 12:00 pm – menu on the front of calendar.

Christmas Carol Sing-A-Long – Wednesday, December 17 at 1:30 pm. Join us for lunch and stay for entertainment afterwards. All welcome. By donation at the door.

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.**

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.**

Look for more bus trips to be released in the Winter 2026 Community Guide!

Look for the **Winter 2026 Centre Wellington Community Guide** inserted in the Wellington Advertiser the week of December 4th.

Program Registration begins Tuesday, December 9th at 8:30 am for the Winter 2026 Session (January, February, March).

December 2025

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2
Monday to Friday 8:30 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 for Christmas beginning Thursday, December 25 and will reopen on Friday, January 2, 2026 at 8:30am.

Wishing you all a very Merry Christmas and a safe and healthy 2026! Sincerely, Kathy, Kelly, Nancy, Trudy, Janelle, Marg & Wendy.
During our Christmas closure you may register for all Senior Centre programs Online **OR** at the Sportsplex (550 Belsyde Ave, Fergus)
Or call 519-846-9691 x903.

**The Winter 2026 Community Guide will be inserted in the Wellington Advertiser the week of December 4.
Registration begins Tuesday, December 9 at 8:30am.**

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, December 3 at 12:00 pm – Wednesday Lunch (pay by November 28 at 4pm).
Menu: Beef Stroganoff with Mushrooms & Peppers, Egg Noodles, Green Beans, Black Forest Cake.

Wednesday, December 17 at 12:00 pm – Christmas Lunch (pay by December 12 at 4pm).
Menu: Roast Turkey, Stuffing, Mashed Potatoes, Turnips & Carrots, Cranberry Sauce, Gravy, Trifle.

Are you new to the Centre?

Looking to meet new people?

Do you want to attend a Wednesday lunch (or another program) but would like to have someone to sit with? Reach out to Kelly to be connected with a **“Community Connector”** volunteer who will meet you for lunch and introduce you to others.

MONDAY Drop-in Activities	TUESDAY Drop-in Activities	WEDNESDAY Drop-in Activities	THURSDAY Drop-in Activities	FRIDAY 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	9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka,10:30 Genealogy, 11:35 Tap Dancing 1:00 Bid Euchre, 1:00 Shuffleboard, 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation	9:00 – 4:00 Billiards & Snooker 10:00 Crokinole, 10:30 Creative Writing 1:00 Arts & Crafts Group, 1:00 Euchre 4:00 Wood Carving , 3:00 Line Dancing	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	9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (Dec 5) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold'em Poker
1 (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, 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit , 5:00 Pilates: Gentle	2 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 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 10:30 Urban Poles Fun & Fitness 10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga 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 2 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 9:30 BUS TRIP: Shawfest “White Christmas” & Skylon 9:35 Yoga With Sarah NEW, 9:35 Core Circuit 9:50 Building Strength: Core , 10:00 Meditation 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch (Pay by Nov.28) 4:00 Christmas Sewing Project 1:00 Fun Fitness, 2:15 Osteo Fit, 3:15 Osteo Fit	4 (Daily Drop-In Activities listed above) 8:40 Strength Training, 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 Hospice Wellington: Surviving The Holidays 10:30 Chair & Standing Yoga, 11:30 Essentrics 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level The Winter 2026 Centre Wellington Community Guide will be inserted in the Wellington Advertiser today!	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 For Beginners For Those Wishing Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga, 12:30 French 3 1:00 Drawing Fundamentals: Level 2
8 (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.) 10:00 Organizing Care 10:30 Essentrics, 10:30 Yoga With Jane 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga Flow, 1:00 Fun Fitness: Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit 3:00 How to Register Online for VPSC's Programs 5:00 Pilates: Gentle	9 (Daily Drop-In Activities listed above) 8:30 Registration opens today for all Winter 2026 Programs (Virtual & In-Person) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 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 Cravings, Sweets&Intuitive Eating During Holiday 10:30 Urban Poles Fun & Fitness (end) 10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga 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 2 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) 10:00 Deepening Meditation (end) 11:30 Standing & Seated Hatha Yoga 1:00 Fun Fitness 2:15 Osteo Fit, 3:15 Osteo Fit	11 (Daily Drop-In Activities listed above) 8:40 Strength Training, 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 10:30 Holistic Hip Health: Restore Ease of Motion 10:30 Chair & Standing Yoga 11:30 Essentrics 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 For Beginners Wishing Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Total Body Fitness: Feel Safe, Get Stronger 10:35 Standing & Seated Hatha Yoga 12:30 French Course 3 1:00 Drawing Fundamentals: Level 2 (end)
15 (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 Essentrics (end), 10:30 Yoga with Jane (end) 11:30 Standing & Seated Hatha Yoga (end) 11:45 Strength Training & Core 1:00 Yoga Flow, 1:00 Fun Fitness (end) 2:15 Osteo Fit, 3:15 Osteo Fit 5:00 Pilates: Gentle (end)	16 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus (end) , 9:30 Tai Chi Level 1 (end) 9:35 Zumba Gold-Toning, 9:35 Building On The Basics 9:50 Building Strength: Lower Body (end) 10:00 & 11:00 Technology Help 10:30 Tai Chi Level 2 (end), 10:45 Moderate Slow Yoga 11:30 Movement For Healthy Joints & Muscles (end) 12:00-3:00 Reflexology Clinic (by appt.) 1:00 Moderate Slow Yoga, 1:30 Beg Spanish 2 (end) 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 (end) , 9:35 Yoga With Sarah NEW 9:35 Core Circuit, 9:50 Build Strength Core (end) 11:00-12:00 Blood Pressure Clinic (Drop-in!) 11:30 Standing & Seated Hatha Yoga (end) 12:00 Christmas Lunch (Pay by Dec. 12) 1:30 Christmas Carol Sing-A-Long (by donation) 1:00 Fun Fitness: Move Strong (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	18 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 8:40 Zumba Gold-Toning (end) 9:15 Fit Bones Plus (end) 9:35 Yoga With Sarah NEW (end) 9:35 Strength Training Beginner (end) 9:50 Building Strength: Upper Body (end) 10:30 Chair & Standing Yoga (end) 11:30 Essentrics (end) 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level (end)	19 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:30 Moderate Hatha Yoga (end) 9:30 Moderate Hatha Yoga NEW (end) 9:30 Yoga w Jane (end), 9:35 Barre Strong (end) 10:00 French For Beginners Wishing Travel (end) 10:30 Yoga & Movement Healthy Joints & M (end) 10:30 Total Body Fitness: Feel Safe (end) 10:35 Standing & Seated Hatha Yoga (end) 12:30 French Course 3 (end)
22 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning (end) 9:35 Zumba Gold (end) 9:35 Strong & Centred (end) 10:00 Winter Greens Centrepiece 10:00-2:00 Reflexology Clinic (by appt.) 11:45 Strength Training & Core (end) 1:00 Yoga Flow (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	23 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 8:40 Zumba Gold (end) 9:35 Zumba Gold-Toning (end) 9:35 Building On The Basics (end) 10:45 Moderate Slow Yoga (end) 1:00 Moderate Slow Yoga (end) 3:15 All Around Fitness (end)	24 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 8:40 Zumba Gold-Toning (end) 9:35 Yoga With Sarah NEW (end) 9:35 Core Circuit (end) 1:00 Fun Fitness: Move Strong (end)	25 Merry Christmas!	26 Merry Christmas!
29 Centre Closed.	30 Centre Closed.	31 Centre Closed.	January 1, 2026 Centre Closed.	January 2, 2026 Centre is OPEN 8:30am - 4:00pm
The Winter 2026 session begins on Monday, January 5 – register beginning December 9 to avoid disappointment.	During VPSC’s Christmas closure you may register for all Senior Centre programs Online OR at the Sportsplex (550 Belsyde Ave, Fergus) Or call 519-846-9691 x903.	Looking ahead to January.... Our Robbie Burns Luncheon will be held Wed. Jan. 21 at 12 noon. \$14 members & \$15 non-members. Register beginning Dec. 9.	Look for bus trips coming up in 2026!!	LEGEND GREEN – Health & Wellness Clinics BLACK–Course Start, Bus Trip RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program