

# 2025 WINTER COMMUNITY GUIDE



Centre Wellington

FERGUS GRAND  
THEATRE

FITNESS AND  
RECREATION

SENIOR  
PROGRAMS

AQUATICS  
PROGRAMS

## CENTRE WELLINGTON







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# Winter Contents

Centre Wellington Community Guide  
Winter Edition 2024/2025

## COMMUNITY:

Community Contact List 4-5

## REGISTRATION:

How to Register 7-8

## AQUATICS:

Swimming Admittance 10

Supervision Requirements 11

General Pool Information 12

Swim Descriptions 13

AquaFit 13

Swimming Lessons 14

Additional Aquatics Programs 15

Swimming Lessons Schedule 15

Parent & Tot Lessons 16

Preschool Lessons 16

School Age Lessons 16

Advanced Leadership 17

Become an Aquatic Assistant 17

Become an Instructor Guard 18

Become a Lifeguard 18

## THEATRE

Fergus Grand Theatre 9, 29

## FITNESS:

Fitness Classes 26

## ADULT/SENIORS:

Victoria Park Seniors Centre Programs 30-46



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[www.wellingtonadvertiser.com](http://www.wellingtonadvertiser.com)



## KEYFEST

Beginners, Teens & Adults  
(Special Rates for Seniors)



3 - 8 year olds



## PRIVATE INSTRUCTION

(Exams & Recreational)

Piano • Keyboard • Guitar

Ukulele • Drums • Bass

Violin • Theory • Vocal



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**519.843.3517**

[performancestudiosfergus@gmail.com](mailto:performancestudiosfergus@gmail.com)

[WWW.PERFORMANCESTUDIOSFERGUS.COM](http://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

Pregnancy Care Centre  
519-362-4167

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, Ian MacCrae  
519-897-7005

Elora Centre for the Arts  
519.846.9698

Elora Comm. Theatre, Deb Stanson  
519.496.6481

Elora Fergus Arts Council  
info@elorafergusartscouncil.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@ferguspipeband.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,  
Pierrette Grondin  
905-806-9371

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

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## 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

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## 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@elorafergusingette.ca

Rugby Club, Joe Bowley  
519.994.1137

Skating Club, Fergus  
fergusskateclub@gmail.com

Skating Club, Elora  
Visit [eloraskatingclub.com](http://eloraskatingclub.com)

Soccer, F.E.D.S.  
Visit [fedssoccer.ca](http://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.



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519-843-5110 | efginc.ca

## 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



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# How to Register for Programs Online

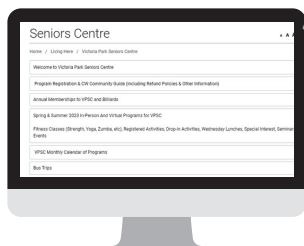
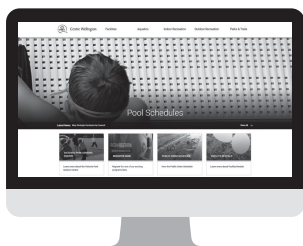
- 1 Depending on the program you are looking to register for, visit:

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

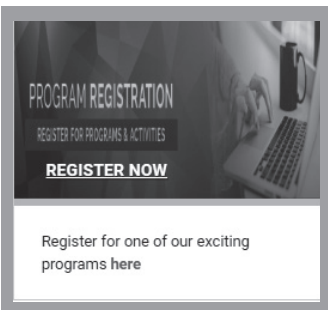
[www.centrewellington.ca/parksandrecreation](http://www.centrewellington.ca/parksandrecreation)

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

[www.centrewellington.ca/seniorscentre](http://www.centrewellington.ca/seniorscentre)

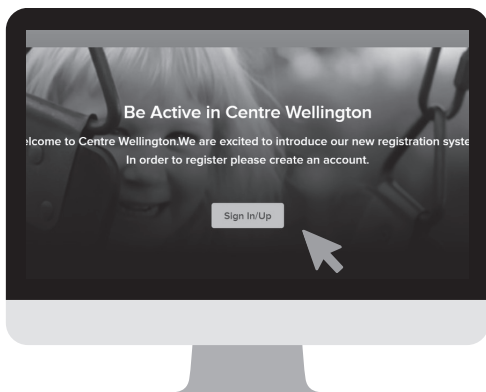


- 2 Click on Program Registration - this will redirect you to a new webpage called "Active Communities".



\*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.



Create Account

1 name & address 2 contact information 3 personal information 4 account information

Name & Address

Please note that in order to create an account for a child you must create an account for an adult first. Additional family members can be added to your account during registration.

\* Denotes a required field.

\*First Name (required)

\*Last Name (required)

\*Email Address (required)

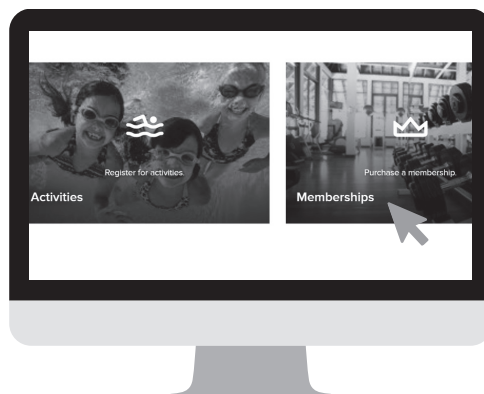
\*Street Address (required)

\*City, Province, Postal Code (required)

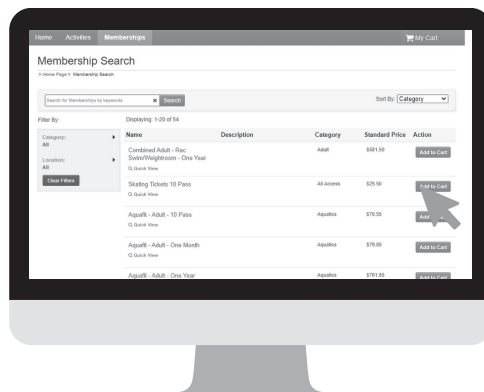
ON

Create Account

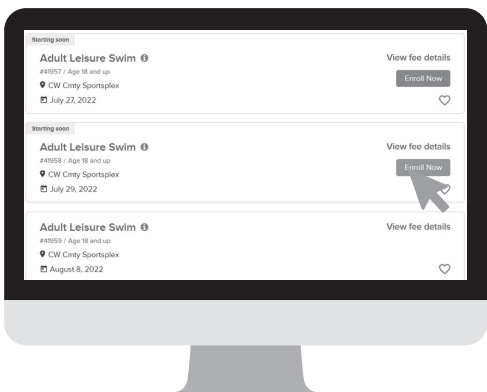
- 5 Once you are logged in, you can register for activities or purchase memberships for: Aquatic Centre, Weight Room, Fitness/Aquafit Classes, & Victoria Park Seniors Centre.



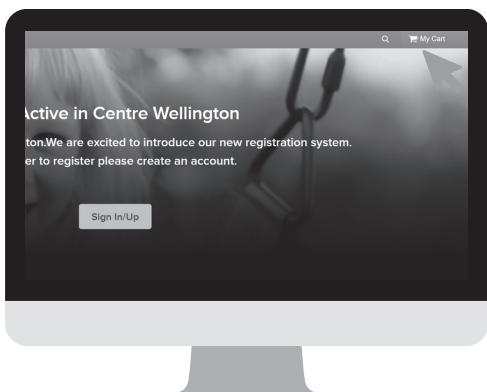
- 6 Selecting "Purchase a Membership" - will redirect you to "Memberships" where a list of Membership options is available. Select what interests you and "Add to cart" - follow the prompts.



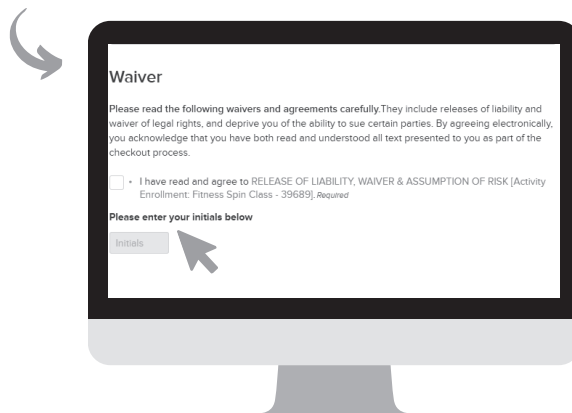
- 7 Selecting "Register for Activities" - will redirect you to "Activities" where a list of activities is available. Select what interests you and "Enroll Now" - follow the prompts.



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



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



## 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](mailto:parks@centrewellington.ca)

Victoria Park Seniors  
Centre:

519-846-9691 ext.204

[seniors@centrewellington.ca](mailto:seniors@centrewellington.ca)





**AND THEN  
WHAT HAPPENED**

FEBRUARY 23, 2025  
2:00 PM



**MOLLY'S COMEDY  
CABARET**

FEBRUARY 28, 2025  
8:00 PM



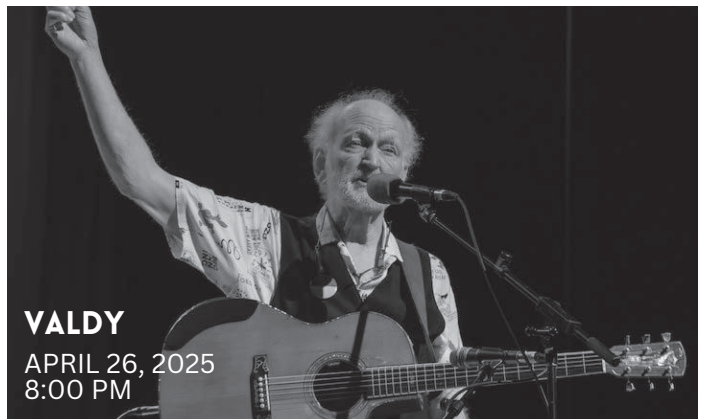
**THE VELVETEEN RABBIT**

DECEMBER 7, 2024  
3:00 PM



**CALLIE  
MCCULLOUGH**

MARCH 22, 2025  
8:00 PM



**VALDY**

APRIL 26, 2025  
8:00 PM



**FERGUS GRAND THEATRE**

2024/2025 PRESENTING SERIES

**PRESENTING WITH PURPOSE**

519.787.1981



# Swimming 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)	\$5.60	\$47.60	\$183.85	\$328.65	\$455.65
Seniors (55+ years)	\$5.15	\$43.80	\$154.85	\$277.90	\$378.85
Family  (max 4 people, additional members \$1.60)	\$11.85	\$100.75	—	—	\$476.75  (2 adults, 4 children) Valid for all Swims (Lane, Public, Adult Leisure, Special Needs and Parent & Tot, swims.
Youth (15-17 years)	\$3.85	\$32.75	<div><div>20% OFF</div><div>When you get both Aquatics and Weight Room on a one year membership.</div></div>		
Youth (5-14 years)	\$3.45	\$29.35			
Child (1-4 years)	\$2.40	\$20.40			
Infant (up to 12 months)	FREE				

## 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 305 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](http://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](http://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.

**PAL CARD**

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.

**NOW  
HIRING**

**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/](https://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 physical or developmental limitations 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](https://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](mailto: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 | Spring - March 21, 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



Descriptions for each swimming level and lesson schedule can be found on our website, [centrewellington.ca/aquatics](http://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](http://centrewellington.ca/aquatics)

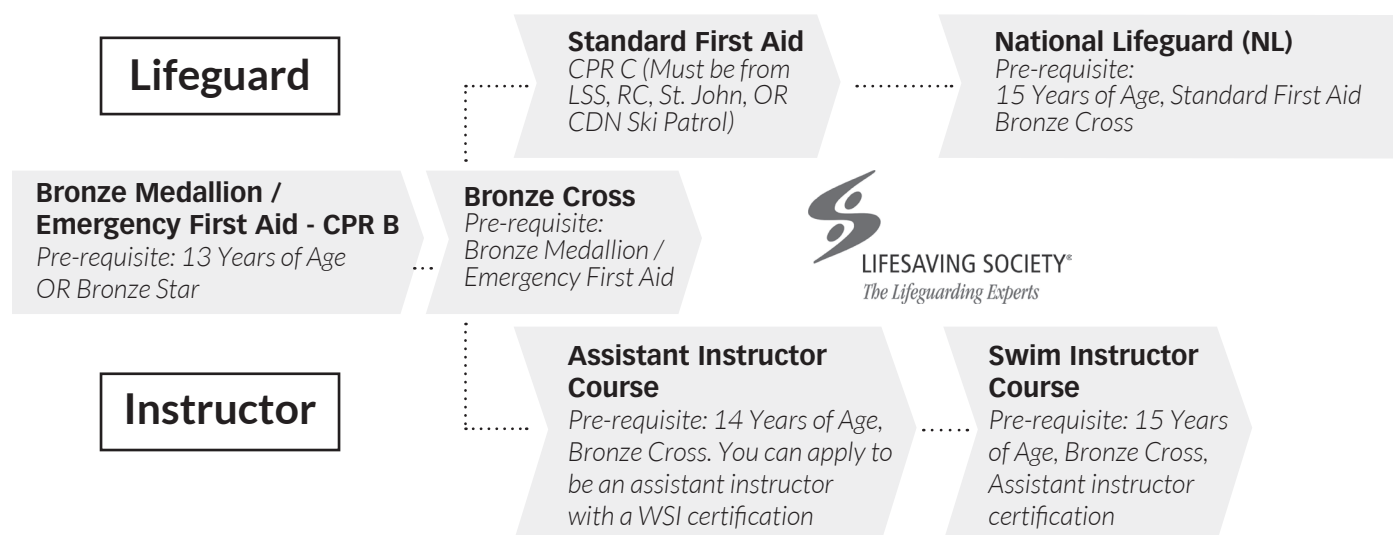


# Advanced Leadership

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/](http://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!**





Upper Grand  
Family Health Team

## Your Family Health Team's Free Programs and Services.

Proudly serving Arthur, Centre  
Wellington and surrounding  
communities in partnership with  
Upper Grand primary care providers.

### Upcoming Groups and Workshops

[www.uppergrandfht.org/workshops/](http://www.uppergrandfht.org/workshops/)

**Care Giver Support Group: Alzheimer's** - A monthly support group for caregivers of those living with dementia. This group focuses on connection, understanding and 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

**Heart Health Nutrition Workshop** - Learn how food can help manage cholesterol, blood pressure, and other heart health concerns. Register online or call 519-843-3947x 123

**Infant Feeding - Bottles and Breastfeeding** - Drop-in support for pregnant, breast or bottle-feeding parents. Call us or check our website for location. Drop-In or call 519-843-3947 ext. 123

**Raising Healthy Happy Eaters** - Learn information and strategies to help you feed your kids confidently. Register through the EarlyON website.

**Tips and Tools for Successful Caregiving** - This workshop, in partnership with Hospice Wellington, focuses on supporting caregivers to understand stress and burnout, how to access 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?

Register using Health Care Connect:

Online: <https://health811.ontario.ca/> and click "find a doctor"

Phone: Dial 811 to speak to a nurse to get registered



**Take our confidential  
feedback survey!**

Find it on our website:  
[www.uppergrandfht.org/  
survey](http://www.uppergrandfht.org/survey)



Trailside Medical Centre  
107-6420 Beatty Line N,  
Fergus



@UpperGrandFHT



@Uppergrandfht



[www.uppergrandfht.org](http://www.uppergrandfht.org)



519-843-3947





THE GRANDWAY



## Check out our fall/winter entertainment at The GrandWay Events Centre

We've got Yuk Yuk's Comedy Nights, murder mystery dinner theatres, community events, along with a great menu, and so much more. Bring your family and friends for a fun night out!

[thegrandway.com/grand-events](http://thegrandway.com/grand-events) | 519-846-5455



MARCH

DAY CAMP

HIRING NOW!

Applications close January 24, 2025

[www.centrewellington.ca](http://www.centrewellington.ca)

More details to follow!

# Centre Wellington MINOR SOFTBALL ASSOCIATION



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



[www.cwsoftball.ca](http://www.cwsoftball.ca)

<b>ADULT CO-ED 3-PITCH</b>	Ages 18+
<b>ADULT CO-ED FAST PITCH</b>	Ages 18+
<b>ADULT MEN'S 3-PITCH</b>	Ages 18+

For all enquiries please email [cwsoftballweb@gmail.com](mailto:cwsoftballweb@gmail.com)

**Online registration opens JANUARY 6, 2025**

## SUMMER DAY CAMP

**LOCATIONS:**  
BELWOOD, FERGUS AND ELORA

---

**WE ARE HIRING NOW!**  
APPLICATIONS CLOSE ON  
FEBRUARY 28, 2025

More details to follow  
519-846-9691 x903 Option 0

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3x a week

**Zumba + TurnUp**  
Dance Fitness **45min**

**YOGA**  
1 hour / Saturday

[www.fitandfabulous.ca](http://www.fitandfabulous.ca)

# Fitness Classes in Centre Wellington

---

## Inside Flow Yoga \*NEW

**Drop In: Starting Tuesdays @ noon January 7th/ Fridays @ noon January 10th**

In the evolutionary style of vinyasa yoga, you will move through a series of postures that come together in a perfectly choreographed sequence to a song. Inside Flow incorporates yoga postures in creative and exciting ways to build strength, balance and mobility while linking graceful movement with uplifting music. You will be challenged mentally and physically as your concentration and inner power are drawn together during this innovative flow practice.

## F.I.I.T \*NEW

**Drop In: Wednesdays @ 10:30-11:30am**

This Full Intensity Interval Training class works the whole body using dynamic exercises that will challenge and energize you. Get ready to move through this interval session that combines strength, cardio, balance and flexibility using a variety of equipment such as dumbbells, resistance bands, stability balls, and more.

Whether you are just starting out or looking to push yourself to the next level this class allows you to work at your own pace and to your Full capacity.

## Strength & Flow with Jen

**Drop In: Wednesdays @ 7:00am**

## Circuit Fitness

**Drop In: Tuesdays/Saturdays @ 7:00am**

\*Tuesday class in weightroom

## Cardio Muscle

**Drop In: Wednesdays @ 6:00am**

## Core Strength

**Drop In: Thursdays @ 7:00am**

## Pricing for Drop-In Classes

**Per Class:** \$9.10 (adult) | \$8.20 (senior/student)

**10-Pass:** \$77.35 (adult) | \$69.70 (senior/student)

**Monthly Membership:** \$61.30 (adult) | \$51.35 (senior/student)

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## Spin with Wendy

**Pricing: \$91.00**

Tuesdays @ 6:30 PM: Jan 7 - Mar 18 (10 weeks)

Fridays @ 6:30 AM: Jan 10 - Mar 21 (10 weeks)

## Baby Bootcamp

**Pricing: \$34.05**

Thursdays @ 11:15 AM

Jan 16 - Feb 27 (6 Weeks)



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





# DANCE CLASSES

## **Light Dance Moves for Seniors - Monday @ 9:30am**

Session 1: Jan 6 - Feb 10 | Session 2: Feb 24 - Mar 31

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 Grooves - Monday @ 10:30am**

Session 1: Jan 6 - Feb 10 | Session 2: Feb 24 - Mar 31

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!

## **Teen Dance Club - Monday @ 7:30pm**

Session 1: Jan 6 - Feb 10 | Session 2: Feb 24 - Mar 31

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.

## **PRICING**

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

DANCE + heart

## **Level 1 Adult Choreography - Tuesday @ 7:30pm**

Session 1: Jan 7 - Feb 11 | Session 2: Feb 25 - Apr 1

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.

## **Level 2 Adult Choreography - Tuesday @ 8:30pm**

Session 1: Jan 7 - Feb 11 | Session 2: Feb 25 - Apr 1

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.



## **INSTRUCTED BY:**

Norah  
Elora Dance and Heart  
Classes held in the Sportsplex Aerobics Room  
Registration Opens August 20, 2024

## **Township of Centre Wellington**

Community Services - Parks and Recreation  
519.846.9691 x.903  
parks@centrewellington.ca  
www.centrewellington.ca/recreation

# 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.

## Family Stick & Puck

Families with young children or homeschool families wanting to work on hockey/ringette skills. All children must be supervised on ice by a parent or guardian. A parent or guardian must be in the facility during the duration of the program. Any child from the family not on the ice must be supervised by a parent or guardian.

## Youth Stick & Puck

Youth wanting to work on hockey/ringette skills in a calm environment. Children between 4-12 years of age must be supervised on ice by a parent or guardian with sufficient skating ability. A parent/guardian is required to be in the facility for the duration of the program.

## Teen Stick & Puck

A great time for youth 13-17 years old to work on hockey/ringette skills with their peers in a welcoming environment. We have a zero-tolerance policy for roughhousing and dangerous play. CSA approved helmets are required for all participants. Full equipment is highly recommended.

## Adult & Senior Skating

The perfect time to skate if you're over the age of 18. Skate at your own leisure to some background music. No pucks or sticks allowed. CSA approved helmets are highly recommended.

## Family Skating

This skating time is designed for families to skate in a quiet, relaxed atmosphere. This skating time is ideal for younger children, and those needing a controlled and comfortable place to work on skating skills. This program is not supervised by a skate patrol. All tots must be supervised on ice by a parent or guardian with sufficient skating ability. CSA approved helmets must be worn by all children and are strongly encouraged for adults.

## 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](http://www.centrewellington.ca)



## Shinny Hockey:

PickupHub

Players must register through [pickuphub.net](http://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.



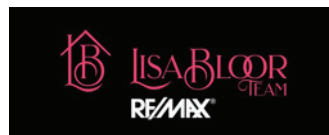
Parks and Recreation  
CW Community Sportsplex  
519-846-9691 ext. 903  
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# 2024/2025 SPONSORED SKATING



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





## 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:

\$9.10 (adult)

\$8.20 (senior/student)

### 10 Class Pass:

\$77.35 (adult)

\$69.70 (senior/student)

### Monthly Membership:

\$61.30 (adult)

\$51.35 (senior/student)

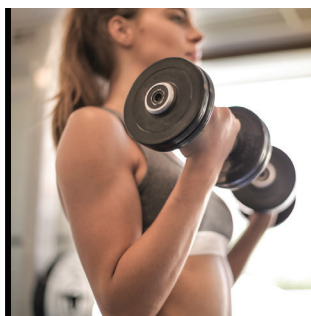
## REGISTRATION REQUIRED

Visit [centrewellington.ca/fitness](http://centrewellington.ca/fitness) for the full MOSSA Fitness Schedule



Centre Wellington

Parks & Recreation  
CW Community Sportsplex  
550 Belsyde Avenue East, Fergus  
519-846-9691 ext. 903  
[parks@centrewellington.ca](mailto:parks@centrewellington.ca)  
[www.centrewellington.ca](http://www.centrewellington.ca)



ACTIVATE YOUR LIFE!

**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®.



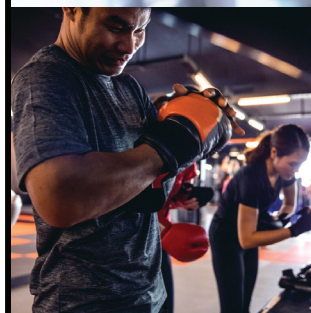
HAVE A BLAST!

**Group Blast®** Athletic cardio training that uses The STEP® in a variety of ways. This highly effective workout will get your heart pounding as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching.



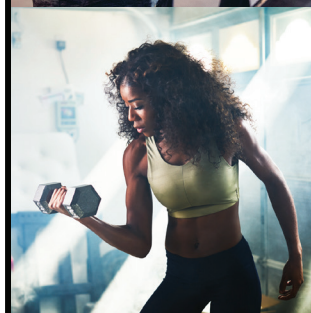
REDEFINE YOUR SELF!

Grow longer and stronger with **Group Centergy®**, an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey.



FIGHT FOR IT!

**Group Fight®** is a gripping hour that burns a ton of calories and builds total-body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive.



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!

# CENTRE WELLINGTON'S

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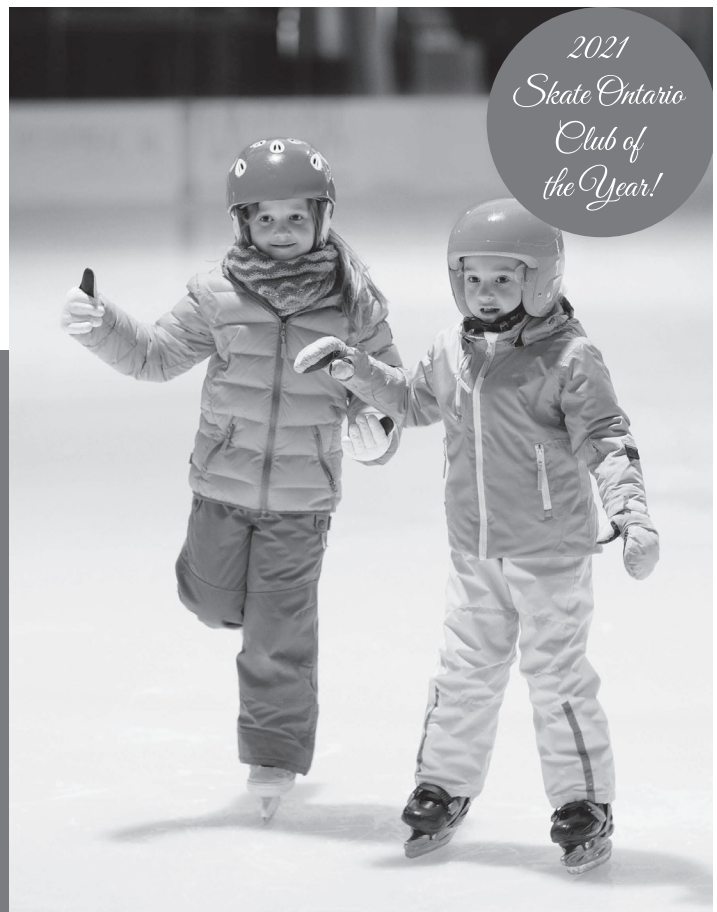


## LEARN TO SKATE

Our Pre-CanSkate, Pre-CanPower, and CanSkate programs are perfect for learning skills to prepare students for all kinds of ice sports, including hockey, ringette, figure skating, and speed skating.

Register online:

[www.eloraskatingclub.com](http://www.eloraskatingclub.com)





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Stag & Does  
Anniversary's  
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Meetings  
and more!

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Fellowship & Social

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Full kitchen available  
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Breakfast



Lunch



Dinner

**INDOOR  
DINING**

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also available



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**LICENSED HOME CHILD CARE:**

MAKING THE **BEST CHOICE** FOR YOUR FAMILY

**Nurturing home environment:** that meets and exceeds all standards for licensed home care

**Safety is a priority:** we screen & train our childcare Providers extensively and have smaller group sizes

**Flexible care hours:** full & part-time care is available

**Affordable:** families will receive the same quality care now with **lower parent fees** - thanks to the Canada-wide Early Learning & Child Care Plan

**Educational:** our educational programming ensures children are stimulated and engaged, while they learn through play

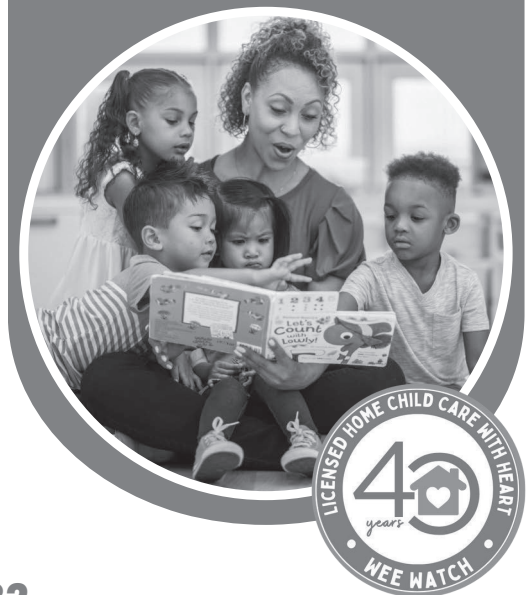
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**ENROLL TODAY**





# It Gets Grander

## Upcoming Shows at the Fergus Grand Theatre

**The Velveteen Rabbit**

**December 7, 2024: 3:00 PM**

**The Grinch: The Panto**

**December 13-22, 2024: Multiple Times**

**Classic Troubadours Live**

**January 18, 2025: 7:30 PM**

**Lennon Live: Love is Real**

**January 31, 2025: 8:00 PM**

**A Tribute to Bob Marley**

**February 1, 2025: 8:00 PM**

**The Diary of Anne Frank**

**February 7-16, 2025: Multiple Times**

**And Then What Happened**

**February 23, 2025: 2:00 PM**

**Molly's Comedy Cabaret**

**February 28, 2025: 8:00 PM**

**Taylor Swift Night: Anne Tique Doll & Ultraviolet**

**March 1, 2025: 8:00 PM**

## 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

## 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.



fergusgrandtheatre



fergusgrandtheatre.ca

# VICTORIA PARK SENIORS CENTRE

## Winter 2025

### Not a member? Not yet 55?

You are still welcome to register for any program. A non-member fee will apply.

Registration  
begins Tuesday,  
December 10,  
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](http://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. See refund policy on page 6.

## 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. Not a member? Not yet 55? You are still welcome to register for any program. A non-member fee will apply.

## Closure Dates

January 1 - New year's | February 17 - Family Day

## 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: January 13, February 10 or March 10 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 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? Positions available beginning January 2026 for three-year terms by election or acclamation at the November Annual General Meeting. Contact VPSC for more information.

## 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.

## Active Living and Retirement Show

**Friday, February 28**

**10:00 am to 2:00 pm**

**Centre Wellington Sportsplex**

**550 Belsyde Ave, Fergus**

**FREE ADMISSION**

Visit VPSC's annual one-day in-person event and see the many exhibitor booths providing information on a range of services available to older adults from a variety of organizations: health, financial, travel, recreation, support services, volunteering and more. Learn about opportunities for older adults in our community. **FREE:** grab bags, refreshments, fitness classes, health clinics, seminars and more. This event is brought to you in partnership with the Older Adults Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.

**10:00 am - 2:00 pm** Exhibitor Information Booths (all day)

**10:00 am** Seminar: Ride Well Transportation Service presented by the County of Wellington

**10:15 am** Fitness Class: Tap Dancing & Belly Dancing

**10:30 am** Seminar: Wills, Powers of Attorneys and Living Wills

**11:00 am** Fitness Class: Tai Chi

**11:45 am** Fitness Class: Strength Training

**11:45 am** Seminar: Frauds and Scams presented by Crime Stoppers

**12:30 pm** Hatha Flow Yoga

**1:00 pm** Seminar: Ontario's Estate Administration Tax presented by Ministry of Finance

**All Day Health Clinics:** Chair Massage, Reflexology, Blood Pressure Testing

## Drop-In Activity Groups



New participants are welcome to join these groups. Drop-in fee: \$1 member or \$2 non-member 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 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, Ukulele: The Melody Makers

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



# SENIORS

- **Colouring Circle**

Mondays 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).

- **Conversación en Español**

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

- **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.

- **Genealogy**

Tuesdays at 10:30 am. Bring your laptop or tablet.

- **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.

- **Recreational Belly Dance NEW**

Mondays at 8:50 am. Begins: February 3. Please pre-register if interested

- **Scrabble**

Thursdays at 9:30 am.

- **Shuffleboard**

Tuesdays at 1:00 pm.

- **Sudoku Puzzles & Games**

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 of beautiful handmade items, including sweaters, hats, mitts, scarves, baby items, knitted sets, dishcloths, quilts, blankets, and more. All proceeds support VPSC.

### 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](mailto: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](http://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. NOTE: Free Reflexology clinic available Friday, February 28, 10:00 am to 2:00 pm at the Active Living and Retirement Show at CW Sportsplex.

**Appointments: Mondays**

### 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.

**January 15, February 12, March 12**

### Chair Massage Clinic

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 between 10:00 am and 2:00 pm. See dates below. Held monthly on the second Wednesday. \$22 cash only. NOTE: Free chair massages available Friday, February 28, 10:00 am to 2:00 pm at the Active Living and Retirement Show at CW Sportsplex.  
**January 8, February 12, March 12**

### Hearing Services:

Hearing Screening Clinic – March 6

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 – March 13

My Hearing is Not as Good as it Used to Be. 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.

### The Piano Men

Enjoy a stop at the Dutch Mill on the way to the show to shop for some delicious treats and gifts. Enjoy a hot lunch buffet and a matinee show, "The Piano Men" at the Gathering Place by the Grand in Ohsweken. Experience this musical tribute show to Billy Joel and Elton John. Enjoy a stop at Cox Creek Cellars before heading home for included samplings. Departs: 8:30 am, return: 5:45 pm.

**Friday, February 14**

**\$184 (\$170 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. Departs: 8:45 am, return: 6:00 pm. Note: This trip is full but contact VPSC to go on the waiting list.

**Wednesday, March 19**

**\$240 (\$225 Member)**

### Toronto Blue Jays Baseball

Spend a day at the Rogers Centre and enjoy a matinee baseball game between the Toronto Blue Jays and the Atlanta Braves from field level seats. We will stop at Picard's Peanuts on the way. Depart 9:00 am, return 6:30 pm (approximate, depending how long the game goes). Lunch not included.

**Wednesday, April 16**

**\$166 (\$152 Member)**

## SENIORS

### Evolution of Magic

Enjoy a stop at Maple Leaf Place to shop for some sweet treats. Then enjoy lunch at Table Rock Restaurant with your choice of herb crusted chicken supreme, baked Atlantic cod or wild mushroom ravioli. See the matinee show at the Greg Frewin Theatre, "Evolution of Magic". This Vegas-style illusion show is packed with thrilling and sophisticated magic of unprecedented proportions. Enjoy a viewing of the Falls after the show, then we will head to Walkers Country Market in Niagara-on-the-Lake. A final stop at at Konzelmann Estates winery,

which includes three premium VQA wines, paired with chocolate. Departs: 8:00 am, return: 8:00 pm.

**Friday, May 23**

**\$194 (\$180 Member)**

### Muskoka Steamships

Enjoy a cruise on Lake Muskoka and a delicious lunch on board. Then tour the Muskoka Discovery Centre to see the new exhibits. Enjoy a stop at the Mariposa Market on the way home to shop for some delicious treats and gifts. Departs: 8:30 am, return: 7:00 pm.

**Monday, June 9**

**\$194 (\$180 Member)**

### The Lion King

Winner of six Tony Awards, including Best Musical, and the highest grossing stage musical in history, The Lion King brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals features some of Broadway's most recognizable music. Includes the matinee performance at the Princess of Wales Theatre in Toronto and lunch at Hot House Restaurant. Departs: 8:45 am, return: 6:00 pm.

**Wednesday, July 16**

**\$257 (\$243 Member)**

## WINTER SCHEDULE

# 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 that you consult your health care professional prior to start of any activity.
- Please see Township of Centre Wellington Refund Policy on page 6

	Day	Start/End Date	Time	Weeks	Cost	Members
<b>Fit Bones Plus</b>	Tues	Jan. 7-Feb. 18	9:15-9:45 AM	7	\$35	<b>\$28</b>
<b>Fit Bones Plus</b>	Tues	Feb. 25-April 1	9:15-9:45 AM	6	\$30	<b>\$24</b>
<b>Building Strength Lower Body</b>	Tues	Jan. 7-Feb. 18	9:50-10:20 AM	7	\$35	<b>\$28</b>
<b>Building Strength Lower Body</b>	Tues	Feb. 25-April 1	9:50-10:20 AM	6	\$30	<b>\$24</b>
<b>Fit Bones</b>	Wed	Jan. 8-Feb. 19	9:15-9:45 AM	7	\$35	<b>\$28</b>
<b>Fit Bones</b>	Wed	Feb. 26-April 2	9:15-9:45 AM	6	\$30	<b>\$24</b>
<b>Building Strength Core</b>	Wed	Jan. 8-Feb. 19	9:50-10:20 AM	7	\$35	<b>\$28</b>
<b>Building Strength Core</b>	Wed	Feb. 26-April 2	9:50-10:20 AM	6	\$30	<b>\$24</b>
<b>Fit Bones Plus</b>	Thurs	Jan. 9-Feb. 20	9:15-9:45 AM	7	\$35	<b>\$28</b>
<b>Fit Bones Plus</b>	Thurs	Feb. 27-April 3	9:15-9:45 AM	6	\$30	<b>\$24</b>
<b>Building Strength Upper Body</b>	Thurs	Jan. 9-Feb. 20	9:50-10:20 AM	7	\$35	<b>\$28</b>
<b>Building Strength Upper Body</b>	Thurs	Feb. 27-April 3	9:50-10:20 AM	6	\$30	<b>\$24</b>



# Fitness & Yoga (Zoom)

## Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Moderate Hatha Yoga	Fri	Jan. 10-Feb. 14	9:00-9:45 AM	6	\$48	\$36
Moderate Hatha Yoga	Fri	Feb. 28-April 4	9:00-9:45 am	6	\$48	\$36
Yoga and Movement for Healthy Joints & Muscles	Fri	Jan. 10-Feb. 21	10:00-10:30 AM	7	\$35	\$28
Yoga and Movement for Healthy Joints & Muscles	Fri	Feb. 28-April 4	10:00 -10:30 AM	5	\$25	\$20

## WINTER SCHEDULE

# Fitness & Dance (In-Person)

(See descriptions further in guide)

	Day	Start/End Date	Time	Weeks	Cost	Members
Recreation Belly Dance NEW	Mon	Begins: Feb. 3	8:50-10:20 AM	Ongoing	\$2	\$1
Zumba Gold-Toning	Mon	Jan. 13-Feb. 10	9:00-9:45 AM	5	\$45	\$40
Zumba Gold-Toning	Mon	Feb. 24-Mar. 31	9:00-9:45 AM	6	\$54	\$48
What to do with Urban Poles in Winter NEW	Mon	Jan. 13 OR Feb. 10	9:30-11:00 AM	1	FREE	FREE
Essentrics	Mon	Jan. 6-Feb. 10	10:00-11:00 AM	6	\$60	\$54
Essentrics	Mon	Feb. 24-Mar. 31	10:00-11:00 AM	6	\$60	\$54
Dance Choreography for Fun for Seniors	Mon	Jan. 6-Feb. 10	11:45 AM -12:45 PM	6	\$54	\$48
Dance Choreography for Fun for Seniors	Mon	Feb. 24-Mar. 31	11:45 AM -12:45 PM	6	\$54	\$48
Dance + for Fun for Seniors NEW	Mon	Jan. 6-Feb. 10	1:00-2:00 PM	6	\$54	\$48
Dance + for Fun for Seniors NEW	Mon	Feb. 24-Mar. 31	1:00-2:00 PM	6	\$54	\$48
Fun Fitness: Move Strong	Mon	Jan. 6-Feb. 10	1:00-1:45 PM	6	\$48	\$42
Fun Fitness: Move Strong	Mon	Feb. 24-Mar. 31	1:00-1:45 PM	6	\$48	\$42
Osteo Fit	Mon	Jan. 6-Feb. 10	2:15-3:00 PM	6	\$48	\$42
Osteo Fit	Mon	Feb. 24-Mar. 24	2:15-3:00 PM	5	\$40	\$35
Osteo Fit	Mon	Jan. 6-Feb. 10	3:15-4:00 PM	6	\$48	\$42
Osteo Fit	Mon	Feb. 24-Mar. 24	3:15-4:00 PM	5	\$40	\$35
Pilates:Gentle NEW TIME	Mon	Jan. 6-Feb. 10	5:00-6:00 PM	6	\$126	\$114
Pilates: Gentle NEW TIME	Mon	Feb. 24-Mar. 31	5:00-6:00 PM	6	\$126	\$114
Strength Training	Tues	Jan. 7-Feb. 18	8:40-9:25 AM	7	\$56	\$49
Strength Training	Tues	Feb. 25-April 1	8:40-9:25 AM	6	\$48	\$42
Zumba Gold	Tues	Jan. 14-Feb. 18	9:00-9:45 AM	6	\$54	\$48
Zumba Gold	Tues	Feb. 25-April 1	9:00-9:45 AM	6	\$54	\$48
Building on the Basics	Tues	Jan. 7-Feb. 18	9:35-10:20 AM	7	\$56	\$49
Building on the Basics	Tues	Feb. 25-April 1	9:35-10:20 AM	6	\$48	\$42

# Fitness & Dance (In-Person)

*Continued*

	Day	Start/End Date	Time	Weeks	Cost	Members
<b>Movement for Healthy Joints &amp; Muscles</b>	Tues	Jan. 7-Feb. 11	11:30 AM-12:30 PM	6	\$60	<b>\$54</b>
<b>Movement for Healthy Joints &amp; Muscles</b>	Tues	Feb. 25-April 1	11:30 AM-12:30 PM	6	\$60	<b>\$54</b>
<b>Strength and Stretch</b>	Tues	Jan. 7-Feb. 18	3:15-4:00 PM	7	\$56	<b>\$49</b>
<b>Strength and Stretch</b>	Tues	Feb. 25-April 1	3:15-4:00 PM	6	\$48	<b>\$42</b>
<b>Low Impact Cardio &amp; Muscle</b>	Wed	Jan. 8-Feb. 19	8:40-9:25 AM	7	\$56	<b>\$49</b>
<b>Low Impact Cardio &amp; Muscle</b>	Wed	Feb. 26-April 2	8:40-9:25 AM	6	\$48	<b>\$42</b>
<b>Zumba Gold-Toning</b>	Wed	Jan. 15-Feb. 19	9:00-9:45 AM	6	\$54	<b>\$48</b>
<b>Zumba Gold-Toning</b>	Wed	Feb. 26-April 2	9:00-9:45 AM	6	\$54	<b>\$48</b>
<b>Core Circuit</b>	Wed	Jan. 8-Feb. 19	9:35-10:20 AM	7	\$56	<b>\$49</b>
<b>Core Circuit</b>	Wed	Feb. 26-April 2	9:35-10:20 AM	6	\$48	<b>\$42</b>
<b>Fun Fitness: Move Strong</b>	Wed	Jan. 8-Feb. 19	1:00-1:45 PM	7	\$56	<b>\$49</b>
<b>Fun Fitness: Move Strong</b>	Wed	Feb. 26-April 2	1:00-1:45 PM	6	\$48	<b>\$42</b>
<b>Osteo Fit</b>	Wed	Jan. 8-Feb. 19	2:15-3:00 PM	7	\$56	<b>\$49</b>
<b>Osteo Fit</b>	Wed	Feb. 26-Mar. 26	2:15-3:00 PM	5	\$40	<b>\$35</b>
<b>Osteo Fit</b>	Wed	Jan. 8-Feb. 19	3:15-4:00 PM	7	\$56	<b>\$49</b>
<b>Osteo Fit</b>	Wed	Feb. 26-Mar. 26	3:15-4:00 PM	5	\$40	<b>\$35</b>
<b>Strength Training</b>	Thurs	Jan. 9-Feb. 20	8:40-9:25 AM	7	\$56	<b>\$49</b>
<b>Strength Training</b>	Thurs	Feb. 27-April 3	8:40-9:25 AM	6	\$48	<b>\$42</b>
<b>Zumba Gold-Toning</b>	Thurs	Jan. 16-Feb. 20	9:00-9:45 AM	6	\$54	<b>\$48</b>
<b>Zumba Gold-Toning</b>	Thurs	Feb. 27-April 3	9:00-9:45 AM	6	\$54	<b>\$48</b>
<b>Strength Training: Beginner</b>	Thurs	Jan. 9-Feb. 20	9:35-10:20 AM	7	\$56	<b>\$49</b>
<b>Strength Training: Beginner</b>	Thurs	Feb. 27-April 3	9:35-10:20 AM	6	\$48	<b>\$42</b>
<b>Essentrics</b>	Thurs	Jan. 9-Feb. 13	11:45 AM-12:30 PM	6	\$48	<b>\$42</b>
<b>Essentrics</b>	Thurs	Feb. 27-April 3	11:45 AM-12:30 PM	6	\$48	<b>\$42</b>
<b>Pilates: Mixed Level NEW TIME</b>	Thurs	Jan. 9-Feb. 20	5:30-6:30 PM	6	\$126	<b>\$114</b>
<b>Pilates: Mixed Level NEW TIME</b>	Thurs	Feb. 27-April 3	5:30-6:30 PM	6	\$126	<b>\$114</b>
<b>Low Impact Cardio &amp; Muscle</b>	Fri	Jan. 10-Feb. 21	8:40-9:25 AM	7	\$56	<b>\$49</b>
<b>Low Impact Cardio &amp; Muscle</b>	Fri	Feb. 28-April 4	8:40-9:25 AM	6	\$48	<b>\$42</b>
<b>Barre Strong NEW</b>	Fri	Jan. 10-Feb. 21	9:35-10:20 AM	7	\$56	<b>\$49</b>
<b>Barre Strong NEW</b>	Fri	Feb. 28-April 4	9:35-10:20 AM	6	\$48	<b>\$42</b>
<b>Total Body Fitness: Feel Safe, Get Stronger</b>	Fri	Jan. 10-Feb. 21	10:30-11:15 AM	7	\$56	<b>\$49</b>
<b>Total Body Fitness: Feel Safe, Get Stronger</b>	Fri	Feb. 28-April 4	10:30-11:15 AM	6	\$48	<b>\$42</b>

## WINTER SCHEDULE

# Yoga, Tai Chi & Meditation (In-Person)

(See descriptions further in guide)

	Day	Start/End Date	Time	Weeks	Cost	Members
Yoga with Jane	Mon	Jan. 6-Feb. 10	10:30-11:30 AM	6	\$60	<b>\$54</b>
Yoga with Jane	Mon	Feb. 24-Mar. 31	10:30-11:30 AM	6	\$60	<b>\$54</b>
Standing & Seated Hatha Yoga	Mon	Jan. 6-Feb. 10	11:30 AM-12:30 PM	6	\$60	<b>\$54</b>
Standing & Seated Hatha Yoga	Mon	Feb. 24-Mar. 31	11:30 AM-12:30 PM	6	\$60	<b>\$54</b>
Tai Chi Level 1	Tues	Jan. 7-Feb. 18	9:30-10:30 AM	7	\$70	<b>\$63</b>
Tai Chi Level 1	Tues	Feb. 25-April 1	9:30-10:30 AM	5	\$50	<b>\$45</b>
Tai Chi Level 2	Tues	Jan. 7-Feb. 18	10:30-11:30 AM	7	\$70	<b>\$63</b>
Tai Chi Level 2	Tues	Feb. 25-April 1	10:30-11:30 AM	5	\$50	<b>\$45</b>
Inside Flow Yoga NEW	Tues	Jan. 7-Feb. 18	10:30-11:15 AM	7	\$63	<b>\$56</b>
Inside Flow Yoga NEW	Tues	Feb. 25-April 1	10:30-11:15 AM	6	\$54	<b>\$48</b>
Moderate Slow Yoga	Tues	Jan. 7-Feb. 18	1:00-2:00 PM	6	\$60	<b>\$54</b>
Moderate Slow Yoga	Tues	Feb. 25-April 1	1:00-2:00 PM	6	\$60	<b>\$54</b>
Deepening Meditation	Wed	Jan. 15-Mar. 19	10:00-11:30 AM	10	\$120	<b>\$110</b>
Moderate Slow Yoga NEW	Wed	Jan. 8-Feb. 19	9:30-10:30 AM	7	\$70	<b>\$63</b>
Moderate Slow Yoga NEW	Wed	Feb. 26-April 2	9:30-10:30 AM	6	\$60	<b>\$54</b>
Yoga and Movement for Healthy Joints NEW	Wed	Jan. 8-Feb. 19	10:45-11:45 AM	7	\$70	<b>\$63</b>
Yoga and Movement for Healthy Joints NEW	Wed	Feb 26.-April 2	10:45-11:45 AM	6	\$60	<b>\$54</b>
Standing & Seated Hatha Yoga	Wed	Jan. 8-Feb. 12	11:30 AM-12:30 PM	6	\$60	<b>\$54</b>
Standing & Seated Hatha Yoga	Wed	Feb. 26-April 2	11:30 AM-12:30 PM	6	\$60	<b>\$54</b>
Hatha Flow Yoga	Thurs	Jan. 16-Feb. 20	9:55-10:40 AM	6	\$54	<b>\$48</b>
Hatha Flow Yoga	Thurs	Feb. 27-April 3	9:55-10:40 AM	6	\$54	<b>\$48</b>
Chair & Standing Yoga	Thurs	Jan. 9-Feb. 20	10:50-11:35 AM	7	\$63	<b>\$56</b>
Chair & Standing Yoga	Thurs	Feb. 27-April 3	10:50-11:35 AM	5	\$45	<b>\$40</b>
Mindfulness Meditation Basics	Thurs	Jan. 9-Feb. 13	10:30-11:30 AM	6	\$63	<b>\$57</b>
Mindfulness Meditation Basics	Thurs	Feb. 20-Mar. 27	10:30-11:30 AM	6	\$63	<b>\$57</b>
Yoga with Jane	Fri	Jan. 10-Feb. 21	9:30-10:30 AM	7	\$70	<b>\$63</b>
Yoga with Jane	Fri	Feb. 28-April 4	9:30-10:30 AM	6	\$60	<b>\$54</b>
Standing & Seated Hatha Yoga	Fri	Jan. 10-Feb. 21	10:35-11:35 AM	7	\$70	<b>\$63</b>
Standing & Seated Hatha Yoga	Fri	Feb. 28-April 4	10:35-11:35 AM	6	\$60	<b>\$54</b>



## Virtual (Zoom) Fitness 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: Michelle Vandenburg. No class March 14.

### 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: Michelle Vandenburg. No class March 14.

## Fitness Class General Information

- 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 & 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.

## Fitness and Dance Descriptions (In-Person)

### Barre Strong NEW

This is a low-impact, strength, flexibility, balance and core conditioning work out that combines elements of pilates, yoga and small isolated strength movements to build total body muscle definition, increase flexibility, and improve posture and core strength. Barre Strong has an upbeat flow providing cardiovascular benefits as well. Moderate to advanced level and includes floor work. Instructor: Angie Reid.

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

### Dance Choreography for Fun for Seniors

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 February 17.

**Dance + for Fun for Seniors NEW**

Challenge yourself in this routine choreography class! Each week we will warm up, strengthen technique, breakdown dance moves with detail, and learn a fun dance routine. Instructor: Norah Wardell. Wear indoor running shoes or dance shoes. No class February 17.

**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 February 17 or February 20.

**Fun Fitness: Move Strong**

This moderate, low-impact cardio and weights class is designed to keep you strong, mobile, and energized, while making movement fun! Each session focuses on connecting with your body through enjoyable exercises that build balance, strength, and flexibility -without any floor work. By bringing awareness to how your body moves, you'll leave class feeling confident and ready to live fully and independently. Every workout supports not just fitness but finding joy in moving to enhance your everyday life. Instructor: Aimee Young. No class February 17.

**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**

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 February 18.

**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 February 17, March 31 or April 2.

**Pilates: Gentle NEW TIME**

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 February 17.

**Pilates: Mixed Level NEW TIME**

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 February 13.

**Recreational Belly Dance NEW**

This is now a weekly drop-in activity group. Learn basic moves and easy choreography. Great for strengthening your core. Wear something comfortable to dance in (leggings, yoga pants) and ballet type shoes. Beginners welcome. Please pre-register if interested.

**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 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 workout 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. Note: Free demo class Friday, February 28 at 11:45 am at the Active Living and Retirement Show held at CW Sportsplex.

**Total Body Fitness: Feel Safe, Get Stronger**

Looking for a workout that helps you build strength and endurance while feeling safe and supported? This class is designed to meet you where you are, working with your body and nervous system to help you move confidently. Through mindful, full-body exercises and breath tools, you'll improve your core stability, balance, and resilience, all without pushing beyond your limits. Discover how to find strength from within, reduce stress, and leave each session feeling empowered and ready to take on whatever comes next. Instructor: Aimee Young.

## **What to do with Urban Poles in Winter NEW**

Join in a workshop on using urban poles for exercise and a great workout - in a chair or standing - you decide! Find out why using urban poles is proven to improve confidence in walking and activities of daily living. Learn about evidence-based research that shows improvement in gait, balance, posture and core strength while inspiring active living. We will exercise to the beat with our poles. Be instructed, motivated and encouraged by Certified Urban Pole Walking Instructor, Nancy Revie. Bring poles (or borrow from VPSC); comfortable clothes; indoor walking shoes and a water bottle. Workshop offered free of charge with a grant but please 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 February 17.

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

### **Chair & Standing Yoga**

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. No class March 13.

### **Hatha Flow Yoga**

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. Note: Free demo class Friday, February 28 at 12:30 pm at the Active Living and Retirement Show held at CW Sportsplex.

### **Inside Flow Yoga NEW**

In this style of vinyasa yoga, you will move through a series of postures that come together in a perfectly choreographed sequence to a song. Inside Flow incorporates yoga postures in creative and exciting ways to build strength, balance and mobility while linking graceful movement with uplifting music. Bring a yoga mat. Instructor: Charlene Sedgewick.

### **Deepening Meditation**

This 10-week series will use the book *Unhindered: A Mindful Path Through the Five Hindrances* by Gil Fronsdal. In order to develop mindfulness, we need to understand what hinders mindfulness and how to be skillful with those hindrances. The book study and meditation class will give you access to important tools to either begin or deepen your practice. Each class will include teaching, guided meditation, and group sharing. You do not have to purchase the book to participate, and no meditation experience needed. Chairs available for sitting. Instructor: Jill Davey. NOTE: If you have questions, you are welcome to contact the instructor prior to registration at: [ijilldavey@gmail.com](mailto:ijilldavey@gmail.com).

### **Mindfulness Meditation Basics**

Six weeks to start or strengthen your

meditation practice. Using the book "Mindfulness Meditation for Beginners" by Dawn Mauricio as our reference, this series will offer practice time, guidance and tips to assist you in creating or staying with a home meditation practice. Purchase of the book is not required. All levels of experience welcome, no prior experience required. Instructors: Blakie Sahay & Cathy Rose.

### **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. Tuesday Instructor: Grace Rosewarne. No class February 11. Wednesday Instructor: Tania Seagrove. Note: new Wednesday class.

### **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 February 17 or February 19. 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. No class March 11. Note: Free demo class Friday, February 28 at 11:00 am at the Active Living and Retirement Show held at CW Sportsplex.

### **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. No class March 11.

### **Yoga & Movement for Healthy Joints NEW**

Using a chair for standing and sitting (no floor) this class combines all that yoga has to offer along with movements from other programs that will benefit our joints and our muscles. Some of our movements will slightly increase our heart rate but with only low or no impact on the joints. Bring a thin yoga mat, yoga block and strap (or a scarf or tie). Instructor: Tania Seagrove.

### **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. No class February 17.

## **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, January 28, Tuesday, February 25 and Tuesday, March 25*

## **Special Interest (In Person)**



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

### **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.

*Thursdays, 1:30 pm to 3:30 pm*

*Begins: January 2*

### **New Year Nutrition Reset**

Join in this morning workshop to explore macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamin and minerals). We will also discuss portion sizes, healthier options and why your body needs them. Get the tools to reset for the New Year. Instructor: Jennifer Wilson.

**\$29 (\$23 Members)**

*9:30 am to 11:30 am*

*Friday, January 3*

### **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*

*January 7 to February 11, 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. No class March 11.

**\$136 (\$126 Members)**

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

*February 18 to April 1, 6 classes*

### **French Course II**

French Course II is a ten-week follow-up from the beginner course. We will be using the same textbook and continuing our exploration of the French language. More verb groups, vocabulary and phrases. I look forward to seeing you there. Instructor: Elisabeth Bzikot.

**\$89 (\$79 Members)**

*Fridays, 12:30 pm to 1:30 pm*

*January 17 to March 21, 10 classes*

### **French Course IV**

French Course IV is a continuation of French III. We will be using the same textbook and will enable us to improve our vocabulary and improve our speech, adding nuances to our expressions such as: "I want to come but I cannot stay long". We will also be able to address the near future and the near past, which will give us much more flexibility in our speech. Instructor: Elisabeth Bzikot.

**\$89 (\$79 Members)**

*Fridays, 10:00 am to 11:00 am*

*January 17 to March 21, 10 classes*

### **Watercolour: Level 1**

This introduction to watercolours will explore the nature of the medium along with various materials and techniques. Colour theory and colour mixing will be an important beginning to working in paint. A supply list will be available upon registration. Instructor: Jane Finoro.

**\$112 (\$98 Members)**

*Fridays, 1:00 pm to 3:00 pm*

*January 10 to February 21, 7 classes*

## SENIORS

### **Watercolour: Level 2**

This more advanced class will move beyond the basics and offer the opportunity to develop skills through practice. A supply list will be available upon registration. Instructor: Jane Finoro.

**\$96 (\$84 Members)**

*Fridays, 1:00 pm to 3:00 pm*

*February 28 to April 4, 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)**

*9:00 am to 11:00 am*

*Monday, January 20*

### **Foam Art Workshop NEW**

This workshop is for anyone looking to have some fun while creating beautiful artwork. It is a creative adventure into the world of abstract art using paint, foam and your imagination. This workshop is for everyone – even those who believe they “do not have a creative bone in their body”. It is also for those who are creative and want to explore something new. See sample photos at VPSC. Instructor: Jenny Kuspira. Two workshop dates to choose from.

**\$45 (\$36 Members)**

*10:00 am to 12:00 pm*

*Thursday, January 23 or Thursday, February 6*

### **Card Making Workshop**

Enjoy a 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, January 23*

### **Chinese Painting Info Session**

Interested in the Chinese Painting class?

Come out to this free session to see what this art class is all about. Presented by: Olena Michalchenkova. No charge but please preregister.

*Friday, January 24 at 9:30 am*

### **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, January 30*

### **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 purchased from instructor at first class \$15.

**\$145 (\$137 Members)**

*Fridays, 9:30 am to 11:30 am*

*February 7 to February 28, 4 classes*

### **Spring Flower Arrangement**

Has it been too long since you've seen flowers? Winter is hard when it's all white outside. Join Emily from Mapleton Acres as she brings the flowers to you (yup, even in the middle of winter!). In this workshop

you'll design a flower arrangement filled with Ontario grown flowers to help invite Spring into your home. All materials provided. (Don't miss the next workshop: Spring Planter March 27).

**\$69 (\$59 Members)**

*1:00 pm to 2:30 pm*

*Monday, February 10*

### **Introduction to Acting**

Have you ever wanted to audition for a play but weren't sure where to start? Getting involved in community theatre is on many people's retirement to-do list, and this course will give you the tools to make the most of this fun and exciting pastime. We'll begin with a quick overview of the parts of a theatre, directions on stage, and how shows get from initial concept to opening night. Then we'll focus on the role of the actor and how they fit into the overall production. We'll cover physical and vocal warm-ups, what actors do to be safely and effectively seen and heard onstage, then move into script analysis, looking at short scenes to find playable actions. We'll go over the stylistic considerations of genres like comedy and tragedy, as well as the approaches of major schools of acting (Stanislavsky, Brecht, etc) Finally, we'll get up on our feet and bring some scenes to life. The course may conclude with a short presentation of scenes for family and friends. Instructor: Eric Goudie

**\$130 (\$120 Members)**

*Thursdays, 10:00 am to 12:00 pm*

*February 20 to March 27, 6 classes*

### **Love Your Liver**

Our liver is our body's master detoxifier. Knowing how to support your liver in its vital job can have a huge impact on overall health. Discuss how our bodies detoxify, liver's main function in detoxing the body, how it works with the gallbladder, signs and symptoms of poor liver function, toxins and types of detox. Learn the top five ways to support your body in a natural detox with five easy to implement daily habits. Learn the role healthy digestion plays, plus liver loving recipes and herbs, and lifestyle strategies. Instructor: Angie Reid.

**\$29 (\$23 Members)**

9:00 am to 11:00 am

Monday, February 24

### Introduction to Shakespeare

Boggled by the Bard? We'll explore Shakespeare's life and world, and the stage he wrote most of his plays for, The Globe Theatre, as well as sources he consulted for his plays. Then we'll look at one scene to illustrate the 5-act structure of Shakespeare's plays, and the inner workings of iambic pentameter, the verse form in which Shakespeare wrote. Once the structure of Shakespeare's play is clear, along with a knowledge of the time in which he lived, understanding the action of any given Elizabethan play (even those written by other playwrights) becomes much easier to do. Presented by Eric Goudie, Theatre Coordinator.

**\$29 (\$23 Members)**

Wednesday, February 26

1:00 pm to 3:00 pm

### Happy Healthy Hormones

Maintaining a healthy hormone balance begins with two things: stress management and blood sugar regulation. Once stress and blood sugar are in check, focusing in on gut health and supporting your bodies digestive and detoxification systems become critical. Some signs of hormone imbalance include, depression, anxiety, mood swings, migraines, fainting or dizziness, acne, hives, sinusitis, sore throat, low libido, difficulty sleeping and more. Understand how hormones impact health, recognize the signs when out of balance and how to support your body through hormonal shifts with food choices and simple lifestyle changes. Includes a workbook with tips, tricks, nutritional guidelines and recipes. Instructor: Angie Reid.

**\$29 (\$23 Members)**

Monday, March 17

9:00 am to 11:00 am

### The Benefits of the Performing Arts

Going to live events is good for you! In this workshop we'll dive into the latest research on why going to plays, concerts, and other live events (and not just those starring your grandkids) is good for your

physical and mental health, in addition to being a lot of fun. We'll go beyond just what it does for you and explore how the tickets you buy create a cascade of positive effects (and not just economic ones) in your community, country, and beyond. Instructor: Eric Goudie

**\$29 (\$23 Members)**

Wednesday, March 26

1:00 pm to 3:00 pm

### Spring Planter Workshop

Come design a spring planter with Emily from Mapleton Acres. Featuring spring bulbs, pussy willows & more, you'll design a table-top planter that will help those winter blues fade away. All materials provided.

**\$69 (\$59 Members)**

10:00 am to 11:30 am

Thursday, March 27

## 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. (Registration not required for seminars held at the Retirement Show). By donation at the door for inperson 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, December 9 at 3:00 pm

-or- Monday, March 10 at 3:00 pm

### 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 Mender, A New Leaf Organizers. **Wednesday, January 15 at 10:00 am**

### TixHub 101 (In-Person)

Have you tried to purchase tickets online for a show at the Fergus Grand Theatre but got frustrated along the way? Let us show you how to do it! Buy tickets to any show at the theatre on a computer, tablet, or phone, quickly and safely. Bring a device, or use one of ours, and we'll walk you through the process: choosing a show, selecting seats and payment. Find out how to show your tickets on your phone, even if you don't have a data plan, so you don't have to print tickets, or pick them up at the box office. Discover the best way to view upcoming shows, where you can park and how to purchase tickets for groups, young children, or accessibility needs. Presented by Eric Goudie, Theatre Coordinator.

Wednesday, January 15

1:00 pm to 3:00 pm

### Advance Care Planning (In-Person)

Who will speak for you when you can no longer speak for yourself? This workshop will help you to identify your Substitute Decision Maker and how to appoint a Power of Attorney for your Health Care Decisions. We will also discuss how to start this difficult conversation with family and friends so that you can be sure your wishes will be carried out. Presented by Hospice Wellington.

Thursday, January 16 at 10:00 am

### Virtual: Aging and the Senses

This talk describes sensory changes that occur with aging, reflects on what a person may experience physically as they age and identifies issues related to activities in daily life for aging people. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, January 23 at 10:30 am



## **Coffee with a Firefighter (In-Person)**

Questions about fire safety? Concerns about staying safe in your home? Come have coffee with a firefighter and have your questions answered and meet some of your hometown team of Centre Wellington firefighters. Presented by Christopher Paluch, Fire Prevention Officer with the Centre Wellington Fire Department.

*Monday, January 27 at 1:00 pm*

## **If These Walls Could Speak (In-Person)**

Explore the social history of the Poor House and the stories of the men and women that worked and lived here. Presented by The Wellington County Museum & Archives.

*Wednesday, January 29 at 10:00 am*

## **Art Therapy (In-Person)**

This workshop will be hosted by Hospice Wellington's art therapist, Erica Palmer, to share information about art therapy and current supports available through hospice. In our 1.5 hours together, we will discuss what Art Therapy is (and isn't!) and explore art therapy as a group. Through learning and participating, you will come to know that there are no art skills required to engage with this supportive outlet of expression. Art therapy is for everyone, and offers both time for deep processing and introspection, as well as time to play and bring joy into our lives.

*Wednesday, February 5 at 10:00 am*

## **Navigating Life as a Senior (In-Person)**

Life has its ups and downs and often doesn't go as planned. Have you retired? Do you plan to age in place or contemplate a big move? Are you a caregiver for an aging parent and/or grandchildren? Join us at this interactive workshop for some stress-reducing tips. Explore mindfulness and other actions you can take to achieve a good life balance. Presented by Cathy Mendler, A New Leaf Organizers.

*Wednesday, February 12 at 10:00 am*

## **Call the Doctor (In-Person)**

The Poor House housed some interesting people and Dr. Abraham Groves is one of them. Take a walk-through medical history both in the Poor House and County wide. Presented by The Wellington County Museum & Archives.

*Wednesday, February 19 at 10:00 am*

## **Navigating Your Supports (In-Person)**

This workshop will help you understand who does what when it comes to offering care in the community. It will help you identify who your supports are, how to advocate for yourself or the person you are caring for, and give you tools to map out these support systems in a clear way. Presented by Hospice Wellington.

*Thursday, February 20 at 10:00 am*

## **Virtual: Mild Cognitive Impairment**

In this session, learn about signs and symptoms of Mild Cognitive Impairment as well as tips and strategies for living well. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

*Thursday, February 20 at 10:30 am*

## **Ride Well Service (In-Person)**

Hear all about Ride Well, Wellington County's rural public transit pilot service. Ride Well is a demand-based, ridesharing service operating Monday to Friday, 6:00am to 7:00pm. Rides can be booked to and from any address in Wellington County and Guelph. Join us for a presentation about the service and visit [www.ridewell.ca](http://www.ridewell.ca). Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave., Fergus.

*Friday, February 28 at 10:00 am*

## **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. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave., Fergus.

*Friday, February 28 at 10:30 am*

## **Frauds & Scams (In-Person)**

Crime Stoppers Guelph Wellington (CSGW) have partnered with Victim Services Wellington and Wellington County OPP for this presentation, designed to help victims of this crime, reduce the chance of being targeted and increase awareness of fraud in the County of Wellington. Find out what scams are happening, how talking about fraud stops the crime, how reporting fraud protects us all and supports available to victims. Presented by Sarah Bowers-Peter, CSGW and Elizabeth Kent, Victim Services Wellington. Held at VPSC's Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave., Fergus.

*Friday, February 28 at 11:45 am*

## **Overview of Ontario's Estate Administration Tax (In-Person)**

Are you estate planning? Or has someone asked you to be their estate representative? Would you like to better understand how Ontario's Estate Administration Tax (EAT) works? The Ontario Ministry of Finance can help. During this seminar, learn about EAT, clarify when EAT is appropriate and view a demonstration on how to calculate EAT. Presented by the Ministry of Finance. Held at the Active Living and Retirement Show at the CW Sportsplex, 550 Belsyde Ave, Fergus.

*Friday, February 28 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, March 3 at 1:00 pm*

### **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, March 5 at 10:30 am*

### **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, March 6*

### **Women in Wellington County (In-Person)**

Women have contributed to in a variety of ways, whether it's the arts, business, social justice, or athletics. The County of Wellington would not be the same without them. In celebration on National Women's Day (a little bit early), join us for an interesting talk where we explore their stories and impact on our communities. Presented by The Wellington County Museum & Archives.

*Friday, March 7 at 10:00 am*

### **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.

*10:00 am to 12:00 pm*

*Thursday, March 13*

### **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, March 19 at 10:30 am*

### **Being Prepared: Guide for End-of-Life Planning and Support (In-Person)**

This workshop will help guide you and your family as you prepare for those "Just in case" moments. From having conversations with your family and friends to getting your documents together. This is an opportunity to ask questions that you may have thought of but didn't know who to ask. Presented by Hospice Wellington.

*Thursday, March 20 at 10:00 am*

### **Virtual: Vascular Dementia**

Vascular dementia (VaD) is considered the second most common type of dementia. Learn about the different types, and how you can reduce your risk. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

*Thursday, March 27 at 10:30 am*

## **Special Events**

### **Active Living and Retirement Show**

Visit VPSC's annual one-day in-person event held at the CW Sportsplex, 550 Belsyde Ave, Fergus, and see the many exhibitor booths providing information on a range of services available to older

adults from a variety of organizations: health, financial, travel, recreation, support services, volunteering and more. Learn about opportunities for older adults in our community. Participate in the many informative seminars and active living demonstrations scheduled. FREE: grab bags, fitness classes, seminars and more. See schedule on the front page of the Seniors Section. Free admission. Event hosted by Victoria Park Seniors Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.

*Friday, February 28*

*10:00 am to 2:00 pm*

### **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. January 13, February 10 or March 10.

### **Wednesday Lunches**

Join us for lunch at VPSC. Wednesdays at 12:00 pm. Stay and enjoy the monthly afternoon musical program (on some dates) beginning at 1:30pm. Refer to the monthly calendar for menus. \$14 members or \$15 non-members (nonrefundable). 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.

*January 22 Robbie Burns Lunch and Scottish Musical Program*

*February 12 Valentine Lunch and Musical Program*

*February 26 Lunch*

*March 12 St. Patrick's Lunch and Irish Musical Program*

*March 26 Lunch*

## 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. Musical programs begin at 1:30 pm.

*Wednesday, January 22 – Scottish Songs*

*Wednesday, February 12 – Love Songs*

*Wednesday, March 12 – Irish Music*

## Spring Swing

Dance to great music! Held at the Elora Legion, (110 Metcalfe St.). All welcome. Dance the night away to the music of country and pop artists from the 50's, 60's, 70's. Cash bar. All proceeds go to Victoria Park Seniors Centre. Tickets available at Victoria Park Seniors Centre. Cash only. Tickets also available at the door.

*Friday, April 4*

*7:00 pm to 11:00 pm*

**Tickets: \$15 cash**

## 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](http://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.

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