

October 2025 Seminars (In-person and Virtual)

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

Cybersecurity: Phishing Awareness - Presented by TCW Information Technology Department. Wed., Oct. 1 at 11am.

Ancestry.ca for Beginners – Session takes place in the Archives Reading Room at the Wellington County Museum and Archives. Bring your own device or use our computers. Presented by Karen Wagner, Archivist. No charge. Call to book your appointment at 519.846.0916 ext. 5225. Appts available: October 6, 8 or 9.

Being Prepared Part 1: Advance Care Planning - Presented by Hospice Wellington. Thurs., October 9 at 10:00 am.

10 Tips on Being an Executor – Presented by Debbie Stanley, Certified Executor Advisor, ETP Canada. Wednesday, October 15 at 11:00 am.

Hearing Screening Canadian Hearing Services (formerly Canadian Hearing Society) - Book your 30-minute appointment by calling the Seniors Centre. No charge. Thursday, October 16.

Being Prepared Part 2: Organizing Your Documents - Presented by Hospice Wellington. (Note: you don’t need to have attended Being Prepared Part 1 to participate in Part 2). Thursday, October 16 at 10:00 am.

Take Charge of Your Health - Presented by the Waterloo Wellington Self-Management Program. Monday, October 20 at 1:00 pm.

Care in the Later Stages - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, October 23 at 10:30 am.

Organizing 101 - Presented by Cathy Mender, A New Leaf Organizers. Monday, October 27 at 1:00 pm.

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

Thanksgiving Wednesday Lunch – Wednesday, October 8 at 12:00 pm – menu on the front of calendar.

Monthly Musical Afternoon – Wednesday, October 8 at 1:30 pm. Join us for lunch and stay for entertainment afterwards. All welcome. By donation at the door.

New Member Talk and Tour - Discover new activities and opportunities at Victoria Park Seniors Centre to make the most of your retirement years. Meet other new members, volunteers, and staff. Take a tour and learn about programs and services available to you. No charge. Pre-register. October 20 at 10:00 am.

Wednesday Lunch – Wednesday, October 22 at 12:00 pm – menu on the front of calendar.

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

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

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

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

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

October 2025

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2
Monday to Friday 8:30 am to 4:00 pm Phone: 519.846.9691 x204
Email: seniorscentre@centrewellington.ca
View Programs, information: www.centrewellington.ca/seniorscentre
Register online: <https://ca.apm.activecommunities.com/centrewellington/>

The Centre will be closed on Monday, October 13, 2025 for Thanksgiving.

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

Township of Centre Wellington Refund Policy in effect:

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

Wednesday Lunch

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

Wednesday, October 8 at 12:00 pm –Thanksgiving Lunch (pay by October 3 at 4pm).
Menu: Roast Turkey, Stuffing, Mashed potatoes, Turnip, Carrots, Gravy, Cranberries,
Pumpkin Pie with Whip cream.

Wednesday, October 22 at 12:00 pm – Wednesday Lunch (pay by October 17 at 4pm).
Menu: Sausages, Sauerkraut with Sauteed Onions, Green & Yellow Beans, Hashbrown Potatoes,
Apple Crisp with Ice Cream.

Are you new to the Centre? Looking to meet new people? Do you want to attend a Wednesday lunch but would like to have someone to sit with? Reach out to Kelly to be connected with one of our **“Community Connector”** volunteers who will meet you for lunch and introduce you to others.

The VPSC is accepting applications for Positions on the Board Of Directors

The Nominating Committee is looking for members willing to stand for election to the Advisory Board for a term of THREE YEARS commencing JANUARY 1, 2026. There are five (5) Directorships to fill. The election will take place at the Centre’s Annual General Meeting (AGM) to be held on Thursday, November 20, 2025 at 2:00pm.

The VPSC Advisory Board is a committee of the Township of Centre Wellington and is a liaison between the Township and the VPSC Membership. Members are elected or appointed to the Advisory Board as per the VPSC Constitution. Board Members will work to meet the objectives of the VPSC as outlined in the VPSC Constitution. Advisory Board meetings are held the first Monday of each month and are approximately one hour. To view the Advisory Board position descriptions, VPSC Constitution or to submit an application form, please contact: Kelly Hall, Seniors Volunteer & Membership Coordinator.

If you are interested in standing for election or would like to nominate a member for election, please advise one of the members of the Nominating Committee:
Joanne Whitney 519.831.1193 (Chair)
Mike Agnew 519.843.2599
Brian Osmond 519.803.8633
Don Barfoot 226.668.0429

MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 8:40 Recreational Belly Dance – weekly drop-in 9:30 Canasta 1:00 Choir & Ukulele Band: The Melody Makers	TUESDAY Drop-in Activities 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka,10:30 Genealogy, 11:35 Tap Dancing 1:00 Bid Euchre, 1:00 Shuffleboard, 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation	WEDNESDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole, 10:30 Creative Writing 1:00 Arts & Crafts Group, 1:00 Euchre 4:00 Wood Carving , 3:00 Line Dancing	THURSDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Darts 9:30 Scrabble, 1:00 Bingo,1:00 Social Bridge 1:00 Table Tennis, 1:00 Guitar Band: Country Classics 4:00 Pastime Entertainment Theatre Group, 7:30 Euchre	FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (October 3) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold’em Poker
<div>LEGEND</div> <div>GREEN – Health & Wellness Clinics</div> <div>BLACK–Course Start, Bus Trip</div> <div>RED – In Person Seminar, Events</div> <div>BLUE – Virtual (Zoom) Program</div>	<div>The following Drop-in groups are looking for participants:</div> <div>- Woodcarving</div> <div>- Scrabble</div> <div>- Recreational Belly Dance</div> <div>- Bunka</div> <div>Let us know if you are interested!</div>	<div>1 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>8:40 Zumba Gold-Toning, 9:15 Fit Bones</div> <div>9:35 Yoga With Sarah NEW, 9:35 Core Circuit</div> <div>9:50 Building Strength: Core</div> <div>10:00 Deepening Meditation</div> <div>11:00 Cybersecurity: Phishing Awareness</div> <div>11:30 Standing & Seated Hatha Yoga</div> <div>1:00 Fun Fitness, 1:00 Beg Mending (end)</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>2 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training, 8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones Plus, 9:35 Yoga With Sarah NEW</div> <div>9:35 Strength Training Beginner</div> <div>9:50 Building Strength: Upper Body</div> <div>10:30 Chair & Standing Yoga, 11:30 Essentrics</div> <div>11:00 Living Better On Less</div> <div>12:00-2:00 Manual Osteopathic Clinic (appt)</div> <div>1:30 Minds in Motion (Register with Alz Society)</div> <div>5:00 Pilates: Mixed Level</div>	<div>3 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Moderate Hatha Yoga NEW</div> <div>9:30 Yoga With Jane, 9:35 Barre Strong</div> <div>10:00 French Course 2</div> <div>10:30 Yoga & Movement Healthy Joints & Muscles</div> <div>10:30 Total Body Fitness: Feel Safe, Get Stronger</div> <div>10:35 Standing & Seated Hatha Yoga</div> <div>1:00 Drawing Fundamentals: Level 1</div> <div>4:30 French Course 5</div>
<div>6 (Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning</div> <div>9:00 Advisory Board Meeting</div> <div>9:00 Ancestry.ca For Beginners (Call Museum to register 519-846-0916) *Various dates available Oct 6,7, or 8.</div> <div>9:35 Zumba Gold, 9:35 Strong & Centred NEW</div> <div>10:15 Program Committee Meeting</div> <div>10:30 Essentrics, 10:30 Yoga With Jane</div> <div>11:30 Standing & Seated Hatha Yoga</div> <div>11:45 Strength Training & Core</div> <div>4:00 Yoga Flow NEW, 1:00 Mood Walk</div> <div>1:00 Fun Fitness: Move Strong</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle</div>	<div>7 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training</div> <div>8:40 Zumba Gold, 9:15 Fit Bones Plus</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning</div> <div>9:35 Building On The Basics</div> <div>9:50 Building Strength: Lower Body</div> <div>10:00 BUS TRIP: Stratford: Dirty Rotten Scoundrels</div> <div>10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga</div> <div>11:30 Movement For Healthy Joints & Muscles</div> <div>12:00-3:00 Reflexology Clinic (by appt.)</div> <div>4:00 Moderate Slow Yoga, 1:30 Beg Spanish (end)</div> <div>3:15 All Around Fitness</div>	<div>8 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones, 9:35 Yoga With Sarah NEW</div> <div>9:35 Core Circuit, 9:50 Building Strength: Core</div> <div>10:00 Deepening Meditation</div> <div>10:00-2:00 Chair Massage Clinic (by appt)</div> <div>11:00-12:00 Blood Pressure Clinic (Drop-in!)</div> <div>11:30 Standing & Seated Hatha Yoga</div> <div>12:00 Thanksgiving Lunch (Pay by Oct.3)</div> <div>1:30 Musical Afternoon Program (by donation)</div> <div>1:00 Fun Fitness, 1:00 Decorative Mending</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>9 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training, 8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones Plus, 9:35 Yoga With Sarah NEW</div> <div>9:35 Strength Training Beginner</div> <div>9:50 Building Strength: Upper Body</div> <div>10:00 Being Prepared Part 1: Advanced Care Planning</div> <div>10:30 Restore The Pelvic Floor</div> <div>10:30 Chair & Standing Yoga, 11:30 Essentrics</div> <div>11:00 Living Better On Less</div> <div>12:00-2:00 Manual Osteopathic Clinic (appt)</div> <div>1:30 Minds in Motion (Register with Alz Society)</div> <div>5:00 Pilates: Mixed Level</div>	<div>10 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:00 Flowers In A Pumpkin Centrepiece</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Moderate Hatha Yoga NEW</div> <div>9:30 Yoga With Jane, 9:35 Barre Strong</div> <div>10:00 French Course 2</div> <div>10:30 Yoga & Movement Healthy Joints & Muscles</div> <div>10:30 Total Body Fitness: Feel Safe, Get Stronger</div> <div>10:35 Standing & Seated Hatha Yoga</div> <div>1:00 Drawing Fundamentals: Level 1</div> <div>4:30 French Course 5</div>
<div>13</div> <div>Thanksgiving.</div> <div>Centre Closed.</div>	<div>14 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training</div> <div>8:40 Zumba Gold, 9:15 Fit Bones Plus</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning</div> <div>9:35 Building On The Basics</div> <div>9:50 Building Strength: Lower Body</div> <div>10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga</div> <div>11:30 Movement For Healthy Joints & Muscles</div> <div>1:00 Moderate Slow Yoga</div> <div>3:15 All Around Fitness</div>	<div>15 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones, 9:35 Yoga With Sarah NEW</div> <div>9:35 Core Circuit, 9:50 Building Strength: Core</div> <div>10:00 Deepening Meditation</div> <div>11:00 10 Tips On Being An Executor</div> <div>11:30 Standing & Seated Hatha Yoga</div> <div>1:00 Fun Fitness, 1:00 Decorative Mending</div> <div>1:00 Yoga For Beginners</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>16 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training, 8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones Plus, 9:35 Yoga With Sarah NEW</div> <div>9:30-4:00 Hearing Screening Clinic (By appt)</div> <div>9:35 Strength Training Beginner</div> <div>9:50 Building Strength: Upper Body</div> <div>10:00 Being Prepared Part 2: Organizing Your Documents, 10:30 Chair & Standing Yoga</div> <div>11:00 Living Better On Less (end), 11:30 Essentrics</div> <div>12:00-2:00 Reflexology Clinic (by appt.)</div> <div>1:30 Minds in Motion (Register with Alz Society)</div> <div>5:00 Pilates: Mixed Level</div>	<div>17 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Moderate Hatha Yoga NEW</div> <div>9:30 Yoga With Jane, 9:35 Barre Strong</div> <div>10:00 French Course 2</div> <div>10:30 Yoga & Movement Healthy Joints & Muscles</div> <div>10:30 Total Body Fitness: Feel Safe, Get Stronger</div> <div>10:35 Standing & Seated Hatha Yoga</div> <div>11:30 Dance Choreography For Seniors</div> <div>1:00 Drawing Fundamentals: Level 1</div> <div>4:30 French Course 5</div>
<div>20 (Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning</div> <div>9:35 Zumba Gold, 9:35 Strong & Centred NEW</div> <div>10:00 New Members Talk & Tour</div> <div>10:30 Essentrics, 10:30 Yoga With Jane</div> <div>11:30 Standing & Seated Hatha Yoga</div> <div>11:45 Strength Training & Core</div> <div>4:00 Yoga Flow NEW, 1:00 Mood Walk</div> <div>1:00 Take Charge of Your Health</div> <div>1:00 Fun Fitness: Move Strong</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle</div>	<div>21 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training</div> <div>8:40 Zumba Gold, 9:15 Fit Bones Plus</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:30 Tai Chi Level 1, 9:35 Zumba Gold-Toning</div> <div>9:35 Building On The Basics</div> <div>9:50 Building Strength: Lower Body</div> <div>10:00 Anti-Inflammatory Nutrition</div> <div>10:30 Tai Chi Level 2, 10:45 Moderate Slow Yoga</div> <div>11:30 Movement For Healthy Joints & Muscles</div> <div>1:00 Moderate Slow Yoga, 3:15 All Around Fitness</div>	<div>22 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones, 9:35 Yoga With Sarah NEW</div> <div>9:35 Core Circuit, 9:50 Building Strength: Core</div> <div>10:00 Deepening Meditation</div> <div>10:00 Senior Rightsizing: Downsizing</div> <div>11:30 Standing & Seated Hatha Yoga</div> <div>12:00 Oktoberfest Lunch (Pay by Oct. 17)</div> <div>1:00 Fun Fitness: Move Strong</div> <div>1:00 Decorative Mending (end)</div> <div>2:15 Osteo Fit, 3:15 Osteo Fit</div>	<div>23 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training, 8:40 Zumba Gold-Toning</div> <div>9:15 Fit Bones Plus, 9:35 Yoga With Sarah NEW</div> <div>9:35 Strength Training Beginner</div> <div>9:50 Building Strength: Upper Body</div> <div>10:30 Care In The Later Stages</div> <div>11:30 Essentrics</div> <div>12:00-2:45 Manual Osteopathic Clinic (appt)</div> <div>1:30 Card Making Workshop</div> <div>1:30 Minds in Motion (Register with Alz Society)</div> <div>5:00 Pilates: Mixed Level</div>	<div>24 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle</div> <div>9:30 Moderate Hatha Yoga</div> <div>9:30 Moderate Hatha Yoga NEW</div> <div>9:30 Yoga With Jane, 9:35 Barre Strong</div> <div>10:00 French Course 2 (end)</div> <div>10:30 Yoga & Movement Healthy Joints & Muscles</div> <div>10:30 Total Body Fitness: Feel Safe, Get Stronger</div> <div>10:35 Standing & Seated Hatha Yoga</div> <div>11:30 Dance Choreography For Seniors</div> <div>1:00 Drawing Fundamentals: Level 1 (end)</div> <div>4:30 French Course 5 (end)</div>
<div>27 (Daily Drop-In Activities listed above)</div> <div>8:40 Zumba Gold-Toning (end)</div> <div>9:35 Zumba Gold (end), 9:35 Strong & Centred (end)</div> <div>10:30 Essentrics (end), 10:30 Yoga With Jane (end)</div> <div>10:30 Love Your Liver</div> <div>11:30 Standing & Seated Hatha Yoga (end)</div> <div>11:45 Strength Training & Core (end)</div> <div>4:00 Yoga Flow (end), 1:00 Fun Fitness (end)</div> <div>1:00 Organizing 101, 1:00 Mood Walk</div> <div>2:15 Osteo Fit (end), 3:15 Osteo Fit (end)</div> <div>5:00 Pilates: Gentle (end)</div>	<div>28 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Training (end), 8:40 Zumba Gold (end)</div> <div>9:00-4:00 Foot Care Clinic (by appt)</div> <div>9:15 Fit Bones Plus (end), 9:30 Tai Chi Level 1 (end)</div> <div>9:35 Zumba Gold-Tone (end), 9:35 Building Basics (end)</div> <div>9:50 Building Strength: Lower Body (end)</div> <div>10:00 & 11:00 Tech Help (1 hr appt.)</div> <div>10:30 Urban Poles Fun & Fitness</div> <div>10:30 Tai Chi Level 2 (end), 10:45 Mod Slow Yoga (end)</div> <div>11:30 Movement For Healthy Joints & Muscles (end)</div> <div>1:00 Moderate Slow Yoga (end)</div> <div>1:00 Urban Pole Walking Workshop</div> <div>1:30 Interactive & Fun Beginner Spanish Level 2</div> <div>3:15 All Around Fitness (end)</div>	<div>29 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle (end)</div> <div>8:40 Zumba Gold-Toning (end)</div> <div>9:15 Fit Bones (end), 9:35 Yoga w Sarah (end)</div> <div>9:35 Core Circuit (end)</div> <div>9:50 Building Strength: Core (end)</div> <div>10:00 Deepening Meditation</div> <div>11:30 Standing & Seated Hatha Yoga (end)</div> <div>1:00 Fun Fitness: Move Strong (end)</div> <div>1:00 Fabric Art Project</div> <div>1:00 Introduction To Shakespeare</div> <div>2:15 Osteo Fit (end), 3:15 Osteo Fit (end)</div>	<div>30 (Daily Drop-In Activities listed above)</div> <div>8:40 Strength Train (end)</div> <div>8:40 Zumba Gold Toning (end)</div> <div>9:15 Fit Bones Plus (end)</div> <div>9:30 Surviving The Holidays</div> <div>9:35 Yoga With Sarah (end)</div> <div>9:35 Strength Training Beginner (end)</div> <div>9:50 Building Strength: Upper Body (end)</div> <div>10:30 Chair & Standing Yoga (end)</div> <div>11:30 Essentrics (end)</div> <div>12:00-2:00 Reflexology Clinic (by appt.)</div> <div>1:00 Bone Broth</div> <div>1:30 Minds in Motion (Register with Alz Society)</div> <div>5:00 Pilates: Mixed Level (end)</div>	<div>31 (Daily Drop-In Activities listed above)</div> <div>8:40 Low Impact Cardio & Muscle (end)</div> <div>9:30 Moderate Hatha Yoga (end)</div> <div>9:30 Yoga w Jane (end), 9:35 Barre Strong (end)</div> <div>9:30 Moderate Hatha Yoga NEW (end)</div> <div>10:00 French For Beginners For Those Wishing To Travel</div> <div>10:30 Yoga & Movement Healthy Joints & Muscles (end)</div> <div>10:30 Total Body Fitness (end)</div> <div>10:35 Standing & Seated Hatha Yoga (end)</div> <div>11:30 Dance Choreography For Seniors</div> <div>12:30 French Course 3</div>