



COMMUNITY

2026 SPRING / SUMMER

GUIDE

THEATRE - AQUATICS - FITNESS - SENIOR PROGRAMMING



Centre
Wellington

SUMMER 2026

CAMP MOVE

movecw.ca

REGISTRATION OPEN

Week long summer camps
for 6-13 year olds, 6 weeks available

Games &
MULTISPORT

New **VOLLEYBALL CAMP**
MULTISPORT, OR SPECIALTY BASKETBALL



CW'S #1 SPORTS CAMP!

MOVE

4TH YEAR RUNNING!

Spring/Summer Contents

Centre Wellington Community Guide
Spring/Summer Edition 2026

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www.wellingtonadvertiser.com

Join Our Club!



Rotary
Club of Fergus-Elora



Are you looking to get involved and make positive changes in your community and around the world?

Rotary is the largest service club in the world, a respected voice in Canada and globally. We are committed to improving our community and supporting our neighbours both locally and internationally. Some of our current fund raisers include monthly *Bingo*, *Catch the ace* and *The taste of the Grand* (coming back soon, stay tuned). Our commitments include Aboyne Rural Hospice, Groves Memorial Hospital Foundation, Local Accessible Parks, The Community resource centre, the Hub, Big Brothers Big Sisters, FEDS special needs soccer, among many others. Every year we hand out grants to various community groups and associations. Come be a part of something great!

We also have a variety of youth services programs focused on building strong mindful future leaders, so bring those teenagers along with you.

YOU CAN REACH OUT BY:

Email: info@ferguselorarotary.com

Instagram: [rotaryclubferguselora](https://www.instagram.com/rotaryclubferguselora)

Facebook: www.facebook.com/FergusEloraRotary

Website: ferguselorarotary.com

Catch the Ace: ferguselorarotarycta.ca

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

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
www.elorafergusartscouncil.ca

Elora Cataract Trail, Raymond Soucy
519.843.7703

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@ferguspipelineband.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
519.843.7489

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
519.843.2979

G.R.C.A., Elora
519.846.9742

Optimist Club of CW - Fergus,
Jill Pogson
519.938.6762
Probus Club of CW., Norma Seibert
519.766.3816
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
361 Fergus Army Cadets
fergusarmycadets.org

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

Dance Instruction

Blue Bonnet Lassies Highland Dance
519.827.8143
Celtic Thunder, Irish Dance
519.787.0096
Fergus/Elora Academy of Dance
519.846.6666
Gray's Fit & Fabulous
519.217.9587
Stage Presence
226.218.1848
Soulshine Dance Arts Inc.
info@soulshinedancearts.com

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 Mustangs Hockey
mustangsgirlshockey.ca

Lawn Bowling Club-Elora Rocks
eloralawnbowling@gmail.com
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@elorafergusringette.ca
Rugby Club, Joe Bowley
519.994.1137
Skating Club, Fergus
fergusskateclub@gmail.com
Skating Club, Elora
Visit eloraskatingclub.com
Soccer, F.E.D.S.
Visit fedssoccer.ca
Swim Team, Angela Klein
519.787.2122

Please note:

**If contact information is
incorrect please contact
awysman@centrewellington.ca**

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.

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.



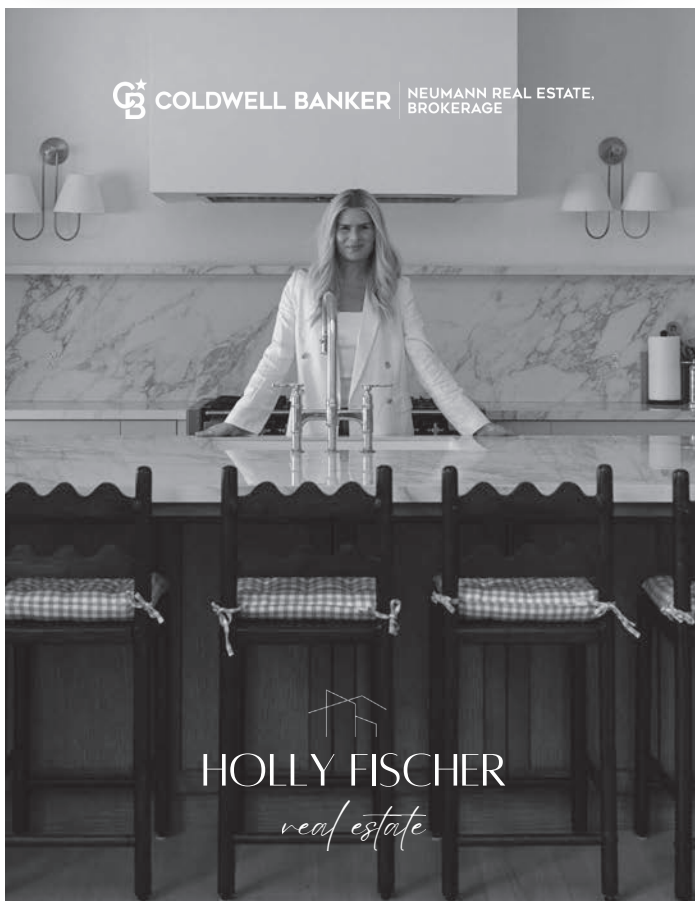
Senior Safety Day

Wednesday, April 8, 2026

10:00 AM to 3:00 PM

Jefferson Elora Community Centre

For More Information:
fireprevention@centrewellington.ca
519-843-1950



COLDWELL BANKER NEUMANN REAL ESTATE, BROKERAGE

HOLLY FISCHER
real estate

Every move marks a new chapter.

Let's make sure it's the right one.



LET'S CONNECT!

Buying or selling a home is more than a transaction; it's a milestone filled with memories, emotions, and big decisions.

I'm Holly Fischer, a Centre Wellington local who understands not just the market, but the meaning behind the move.

Whether you're planting roots, making a change, or investing in your future, I'm here to guide you with transparency, care, and local expertise every step of the way.

Holly Fischer, Your Local Realtor®


INSTAGRAM
[@homewithholls](https://www.instagram.com/homewithholls)


EMAIL
holly@homewithholls.com


WEBSITE
[homewithholls.com](https://www.homewithholls.com)



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)

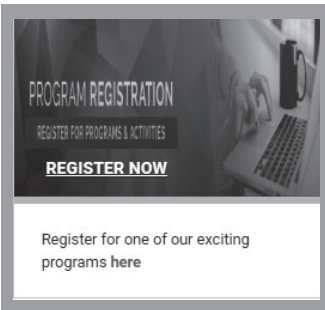
[www.centrewellington.ca/parksand recreation](http://www.centrewellington.ca/parksandrecreation)

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

www.centrewellington.ca/seniorscentre

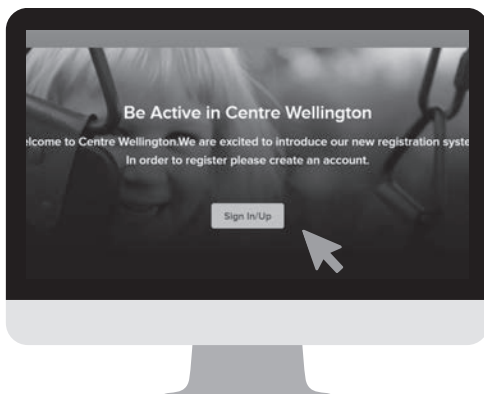


2 Click on Program Registration - this will redirect you to a new webpage called "Active Communities".

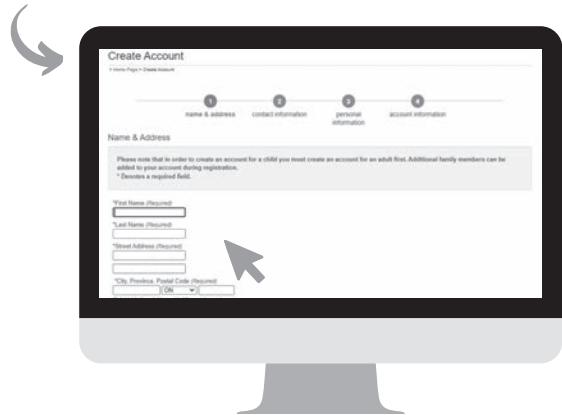


On the Seniors Centre page, there will be a drop down menu titled "Program Registration"

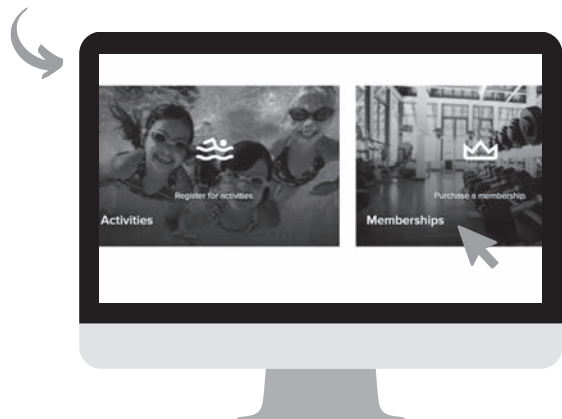
3 When on the Active Communities homepage - sign into your account using the login button.



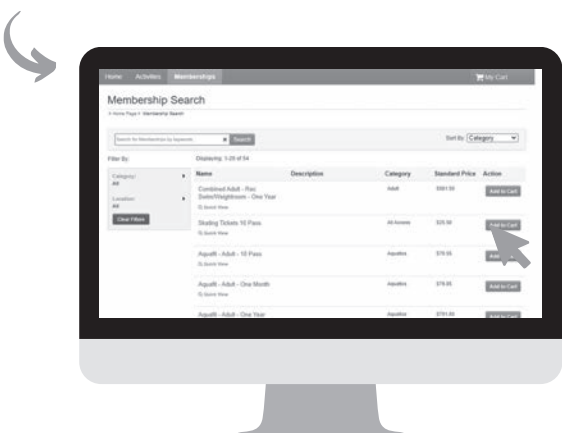
4 If you don't have an account - select "Create an Account" follow the prompts.



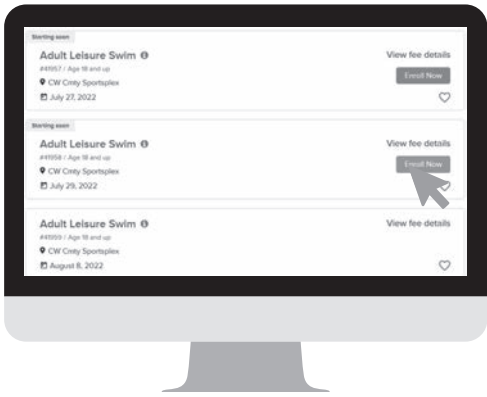
5 Once you are logged in, you can register for activities or purchase memberships for: Aquatic Centre, Weight Room, Fitness/Aquafit Classes, & Victoria Park Seniors Centre.



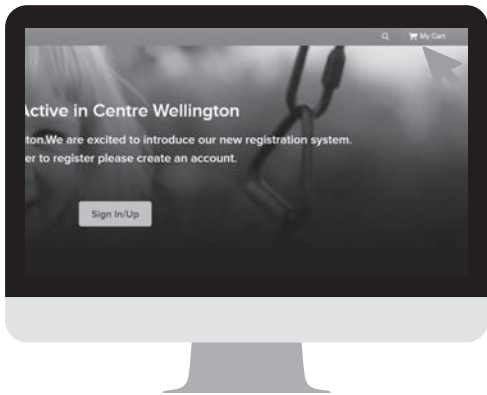
6 Selecting "Purchase a Membership" - will redirect you to "Memberships" where a list of Membership options is available. Select what interests you and "Add to cart" - follow the prompts.



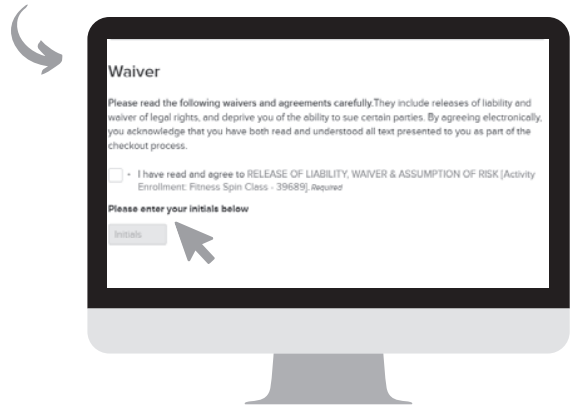
- 7 Selecting "Register for Activities" - will redirect you to "Activities" where a list of activities is available. Select what interests you and "Enroll Now" - follow the prompts.



- 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
Victoria Park 519-846-9691 ext.204
Seniors Centre: seniors@centrewellington.ca

MARK YOUR CALENDAR



Key Township Open House

Thursday, May 28, 2026 | 6:00 - 8:00 PM
Centre Wellington Community Sportsplex

www.centrewellington.ca
www.connectcw.ca



New Resident Reception

Tuesday, October 6, 2026 | 6:00 - 8:00 PM
Centre Wellington Community Sportsplex

Learn more about the event:
www.centrewellington.ca/communityconnect

Please note that this event was rescheduled from May to the new date of October 6.

Get ready to dig deep this garden season

Our sweet stretches will keep you garden fit.

Offering a wide range of yoga classes and services tailored to you.



Inquire today at yogainfergus.ca

2-855 St David St N, Fergus





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/

Care Giver Support Group: Alzheimer Society - 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. 126

Intro to Diabetes and Pre-Diabetes - Living with pre-diabetes or Type 2 diabetes? Learn what it means to have diabetes and pre-diabetes and how you can manage it while still enjoying life to the fullest. Register online or call 519-843-3947 ext. 126

Heart Health Nutrition Workshop - Learn how food can help manage cholesterol, blood pressure, and other heart health concerns. Register online or call 519-843-3947 ext. 126

Infant Feeding - Bottles and Breastfeeding - Drop-in support for pregnant, breast or bottle-feeding parents. Check our website for dates or call 519-843-3947 ext. 126

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

Looking for support to help feed your kids confidently?

Proudly partnering with



Child and Family Centre

to offer these groups at their Fergus location in Spring/Summer 2026

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



Trailside Medical Centre
107-6420 Beatty Line N,
Fergus



@UpperGrandFHT



@Uppergrandfht



www.uppergrandfht.org



519-843-3947

Swimming Admittance

Rates effective April 1, 2026. Fees include HST.

	Tickets		Memberships		
	One Time	10 Tickets	3 Months	6 Months	One Year
Adult (18-54 years)	\$5.90	\$50.15	\$193.15	\$345.25	\$478.75
Seniors (55+ years)	\$5.45	\$46.30	\$162.65	\$291.95	\$398.00
Family	\$12.45 <small>(max 4 people, additional members \$1.80)</small>	\$105.80	—	—	\$500.85 <small>(2 adults, 4 children) Valid for all Swims (Lane, Public, Adult Leisure, Special Needs and Parent & Tot, swims.</small>
Youth (15-17 years)	\$4.05	\$34.40	<div style="border: 2px solid black; border-radius: 50%; padding: 20px; text-align: center;"> <h2 style="margin: 0;">20% OFF</h2> <p style="margin: 0;">When you get both Aquatics and Weight Room on a one year membership.</p> </div>		
Youth (5-14 years)	\$3.65	\$31.00			
Child (1-4 years)	\$2.50	\$21.25			
Infant (up to 12 months)	FREE				
Family Swim Pass Summer	\$140.05		Student Swim Pass Summer	\$55.90	

Shorter Membership Periods
Memberships can be purchased for shorter time frames, (i.e. 1 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 \$6.65/month.

Aquafit Admittance

Rates effective April 1, 2026. Fees include HST.

	Tickets		Memberships		
	One Time	10 Tickets	3 Months	6 Months	One Year
Adult (18-54 years)	\$9.50	\$80.75	\$273.80	\$459.60	\$809.00
Seniors (55+ years)	\$8.60	\$73.10	\$236.35	\$375.70	\$699.30

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)

May not be admitted to the swimming pool unless they are accompanied by a guardian. Must stay within arms reach. 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 \$500.85 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 2W5, 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 321 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

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.

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 at a 2:1 ratio. 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

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. Participants may use the shallow or deep water during these classes. These classes are taught in our main pool.

Diaperfit

These classes are designed for parents and their child under 3. Participants should expect 30min of physical activity in our main pool followed by 15min of Parent & Tot swimming lesson in our leisure pool.

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.

THE TOWNSHIP OF CENTRE WELLINGTON REQUIRES: AQUATIC INSTRUCTORS, GUARDS AND AQUAFIT INSTRUCTORS



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:

By Email: careers@centrewellington.ca

JOB CLOSES: Spring - March 20 2026 – 4:00pm | Summer - May 15 2026 – 4:00pm | Fall - August 7 2026 – 4:00pm

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.

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 903 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 child's progress the deck supervisor is available to answer your questions.

Swim Lesson Progressions

Did you know your child may repeat a level multiple times before completing all of the requirements successfully? When registering your children, 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 child will receive a report card booklet that will track their progress throughout the swimming levels. Please bring your child's report card to their first class and give it to their instructor. If your child 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 child online which will reserve the lesson for you. You will need to contact the Sportsplex to register the second child. 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 child's instructor after lesson 8 to see if you need to transfer. 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

Children 6 years of age and older must use gender specific change rooms, or the family change room.

Additional Aquatics Programs



Course dates and times for all aquatic programs can be found at ca.apm.activecommunities.com/centrewellington/

Private Lessons

Private \$245.45 for 9 lessons;

Semi Private \$166.35/child for 9 lessons

One to one instruction to work on swimming challenges. Lessons are 30 minutes in length. For Semi Private lessons children 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

\$101.15

Adapted aquatics is for participants of any age with a physical or developmental disability 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. Please contact, 519-846-9691 x 903 to complete an Adapted Aquatic Form prior to your child's first lesson.

Swimming Lessons Schedule

Please refer to our level descriptions to determine the appropriate level for your child's swimming lesson. Specific lesson times can be found online at 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.

SPRING

ONCE A WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr. 20-Jun. 22 (9 Lessons) Cancellation May 18	Apr. 21-Jun. 16 (9 Lessons) Cancellation None	Apr. 15-Jun. 17 (9 Lessons) Cancellation May 20	Apr. 23-Jun. 18 (9 Lessons) Cancellation None	Apr. 17-Jun. 12 (9 Lessons) Cancellation None	Apr. 18-Jun. 13 (9 Lessons) Cancellation None	Apr. 19-Jun. 14 (9 Lessons) Cancellation None

SUMMER

ONCE A WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jun. 29-Aug. 31 (9 Lessons Evenings) Cancellation Aug. 3	Jun. 30-Aug. 25 (9 Lessons Daytimes) Cancellation None	Jul. 8-Sept. 2 (9 Lessons Evenings) Cancellation None	Jul. 2-Aug. 27 (9 Lessons Daytimes) Cancellation None	Jun. 26-Aug. 28 (9 Lessons Morning + Evening) Cancellation Aug. 7	Jun. 27-Aug. 29 (9 Lessons Morning + Evening) Cancellation Aug. 8	Jun. 28-Aug. 30 (9 Lessons Morning + Evening) Cancellation Aug. 9

SUMMER

TWICE A WEEK

Tuesday & Thursday	Tuesday & Thursday
Jun. 30-Jul. 28 (9 Lessons Evenings) Cancellation: None	Jul. 30-Aug. 27 (9 Lessons Evenings) Cancellation: None

SUMMER

DAILY

Session One	Session Two	Session Three	Session Four	Session Five
Jun. 29-Jul. 10 (9 Lessons) Cancellation: Jul. 1	Jul. 13-Jul. 23 (9 Lessons) Cancellation: None	Jul. 27-Aug. 7 (9 Lessons) Cancellation: Aug. 3	Aug. 10-Aug. 20 (9 Lessons) Cancellation: None	Aug. 24-Sept. 3 (9 Lessons) Cancellation: None

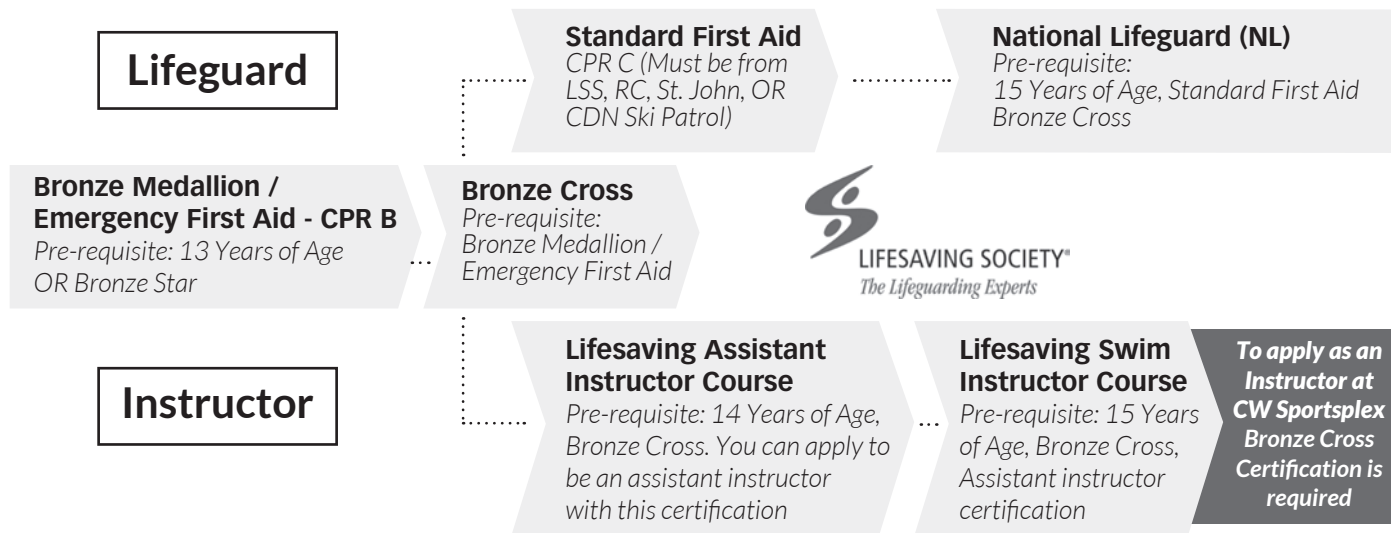
**POOL WILL BE CLOSED FOR MAINTENANCE SEPT. 5 - SEPT. 19.
ALL PROGRAMS WILL RESUME SEPTEMBER 20.**

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**?



Descriptions for each swimming level and lesson schedule can be found on our website, centrewellington.ca/aquatics

Become an Aquatic Assistant

Bronze Star / Basic First Aid

\$135.20

Pre-requisite:
Recommended age 12

Bronze Medallion / Emergency First Aid

\$230.90

(Fee Includes Manual)

Pre-requisite:
13 years of age (prior to exam) or Bronze Star.

Bronze Cross

\$230.90

(Includes CPR Mask)

Pre-requisite:
Bronze Medallion, Emergency First Aid

Aquatic Volunteer Clinic - FREE

Pre-requisite:
Bronze Medallion, 13 years of age.

Become an Instructor Guard

Assistant Instructor Course

\$190.15

Pre-requisites: Bronze Cross, 14 years of age by the end of the course. 100% attendance is required in pool and classroom sessions.

Swim Instructor Course

\$245.75

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.

Become a Lifeguard

Standard First Aid

Full course: \$211.80

(includes manual and exam fee)

Pre-requisite: none, recommended 12 years+, 100% attendance is required

National Lifeguard (NL)

\$369.35

(includes manual and exam fee)

Pre-requisite: Bronze Cross, Standard First Aid, 15 years of age by the end of the course, 100% attendance.

Lifesaving Society

Swim for Life

SWIM PROGRAM



Descriptions for each swimming level and lesson schedule can be found on our website, centrewellington.ca/aquatics



\$91.60

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.



\$91.60

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



\$101.15

45 MIN
Swimmer 1-7

\$110.85

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



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153 Geddes St. Elora, Ontario

Speakers for 2026



Birds, Bees, and Me | March 17th

Speaker: Janet Cox

Location: GrandWay Events Centre

plus a breakout session by Guelph-Wellington Master Gardeners

Grasses and Sedges | April 15th

Speaker: Heather Rajotte, Guelph-Wellington Master Gardeners

Location: GrandWay Events Centre

Fall into Spring | October 14th

Speaker: Rebecca Baker, Grey County Master Gardeners

Location: GrandWay Events Centre

Other dates and meetings:

Seedy Saturday | March 21st, 10:30am – 2:30pm
at Aboyne Hall/Museum

Plant Sale | May 23rd, Open 8:00am
at Elora Centre for the Arts

Members Social | August 16th, 2:00pm
at Healing Garden (Groves Hospital)

Members Plant Swap | September 16th, 6:30pm
at Healing Garden (Groves Hospital)

For more information:

(226) 820-6169 | elorasalehort@gmail.com



Register Now for 2026 Season

- Youth Leagues 4-18
- Men's 3 Pitch
- Co-ed 3 Pitch
- Co-ed Fast Pitch



Youth Leagues

Division	Birth Year	Cost
T-Ball	2020-2021	\$70
3-Pitch	2017 - 2019	\$80
Junior	2014-2016	\$100
Intermediate	2011-2013	\$110
Senior	2008-2010	\$120

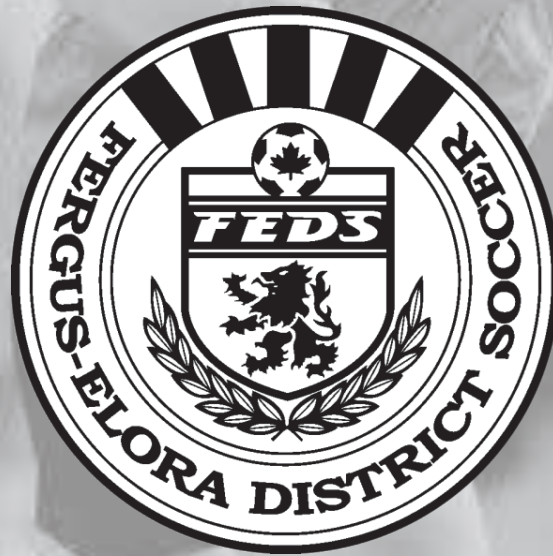
Adult Leagues - 18+

Division	Cost
Co-Ed 3-Pitch	\$100
Men's 3-Pitch	\$115
Adult Fast Pitch	\$140

Registration Closes March 31st

Let's Play Ball!





REGISTER NOW

for 2026 Summer Programs

www.fedssoccer.ca

**We offer a variety of youth divisions for players born
between 2023 and 2010 (U3 to U16)
Plus – Adult (co-ed), Women’s and Special Needs Programs!**

Contact Us at ferguseloradistrictsoccer@gmail.com

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AUGUST 7-9
2026

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EDITION



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EXPECT AN EXPERIENCE

- Standardbred horse racing
- Free family fun
- Great food

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Host a team outing, client appreciation, or birthday, on The GrandWay Events Centre Patio. Packages includes food, fun, and front row seats to the horseracing.



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105 Silvercreek Pkwy N, Unit 106
Guelph, ON N1H 8M1
Tel: 519.822.7670
Fax: 519.822.6997

www.bakertilly.ca

MESSY CHURCH

AT **St. Andrew's Church, Fergus**

A gathering for families (children and adults)

Crafts, Games, Stories, Food (supper is served)

Free of Charge



Tuesdays,
Mar. 10, Apr. 14, May 12 & June 9
4:30 - 6:30pm

St. Andrew's Church, 325 St. George St. W., Fergus
For more info call 519-843-3565

Fun in Fergus Parks



Stories, Games, Crafts | 6:30 - 7:30PM

Webster Park -- July 21, 28; Aug. 4, 11

Forfar Park -- July 22, 29; Aug. 5, 12

Kirvan Park -- July 23, 30; Aug. 6, 13

Sponsored by: St. Andrew's Church, Fergus

Supported by Grant from: Township of Centre Wellington



HIGHLAND RUGBY

Skills for life...

...Friends for life

Rugby is a free-flowing game that features a combination of strength, speed and strategy to move a ball into an opponents territory, it is now recognised as an Olympic Sport. Rugby evolved from football (i.e. soccer) and is often called the 'game played in heaven'.

*Rugby is more than just a game ...
... it's a lifestyle.*

We offer a wide range of programs to suit all abilities and give an option to learn the basics of the sport in a safe environment

Over 45s, Senior men and women
Junior division - U18, U16 and U14 both Girls and Boys
Intro to contact for the U12s Boys and Girls
Flag for U6, U8, U10 coed teams

All teams are based at the home of Highland Rugby, Victoria Park, Fergus

Want to come "give it a try"

contact

Call Joe Bowley 519 400 0547

or

info@highlandrugby.com

Highlandrugby.com

www.centrewellington.ca



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EMAIL: **joseph.racinsky@pc.ola.org**



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It Gets Grander

Upcoming Shows at the Fergus Grand Theatre

Little Women

March 12 - 15: Multiple Times

Celtic Kitchen Party

March 19: 8:00 PM

FMJ: Foreigner Meets Journey

March 20: 8:00 PM

Ultimate Tribute to Carrie & Taylor

March 21: 7:30 PM

Charlie & the Chocolate Factory

March 27 - 29: Multiple Times

White Plague

April 2 - 4: Multiple Times

Grace, 2 - Celebrating the Tragically Hip

April 9: 7:30 PM

Bon Jovi Forever

April 10: 8:00 PM

The AC/DC Tribute Show

April 11: 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!



FERGUS
GRAND
THEATRE

519.787.1981



fergusgrandtheatre



fergusgrandtheatre.ca

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.

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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:

\$9.50 (adult)

\$8.60 (senior/student)

10 Class Pass:

\$80.75 (adult)

\$73.10 (senior/student)

Monthly Membership:

\$64.40 (adult)

\$83.95 (senior/student)

Pricing increases to the shown rates on April 1, 2026

REGISTRATION REQUIRED

Visit 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
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.®



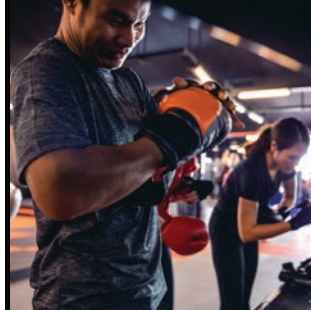
HAVE A BLAST!

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.



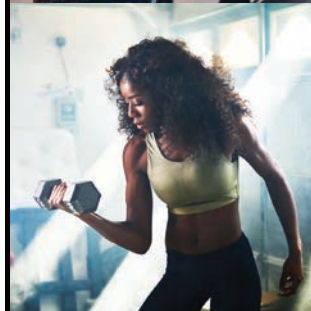
REDEFINE YOUR SELF!

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.



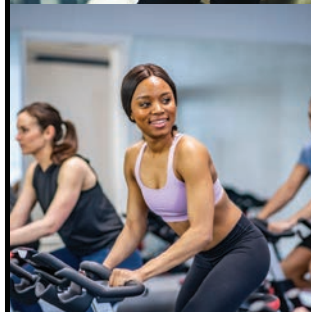
FIGHT FOR IT!

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!



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Guelph Office
245 Hanlon Creek Blvd, Unit #102,
Guelph, ON N1C 1C1 T:519 837 2100

Fergus/Elora Office
294 East Mill Street, Unit #108,
Elora, ON N0B 1S0 T:519 843 1960



TOWNSHIP OF CENTRE WELLINGTON

DROP-IN HALL PROGRAMS

SPRING/SUMMER 2026

LACROSSE

\$7.45/Person
Goalies play for free!
Available at the Centre Wellington Sportsplex

PICKLEBALL

Youth/Senior: \$3.75/Person
Adult: \$4.20/Person
Available at the Centre Wellington Sportsplex and the Jefferson Elora Community Centre

NEW PROGRAMS COMING TO THE JEFFERSON ELORA COMMUNITY CENTRE

Keep an eye on our website
(www.centrewellington.ca), our social media
(Township of Centre Wellington), and Pickup Hub
for more details.

REGISTER NOW
**PICKUPHUB.NET/
CENTREWELLINGTON**



VICTORIA PARK SENIORS CENTRE

Spring & Summer 2026

Not a member? Not yet 55?

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

Registration begins Tuesday, March 17, 2026 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 physical activity and social interaction. Victoria Park Seniors Centre provides a wide range of social, recreational, educational, wellness and volunteer opportunities for older adults. 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.

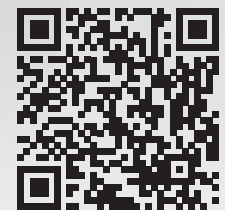
HOW TO REGISTER

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

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 90+ 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.

Closure Dates

April 3 - Good Friday | April 6 - Easter Monday | May 18 - Victoria Day | July 1 - Canada Day | August 3 - Civic Holiday

June is Seniors' Month

Seniors' Month takes place every year in June across Ontario. It is a time to celebrate and honour seniors and the contributions they make every day in communities across the province. Take part in the celebration events held throughout the month at VPSC. Please pre-register

For more information on these events, refer to the Special Events and Fitness Sections in this Guide.

June 8 Mystery Card Walk at 10:30 am

June 8 Seniors' Month Celebration (with entertainment & refreshments) at 1:30 pm

June 15 New Members' Talk & Tour at 10:00 am

June 16 & 30 Urban Pole Walking Workshops at 10:00 am

June 25 Strawberry Social at 1:30 pm

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: April 20, May 11 or June 15 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 recreational opportunities for older adults.

Meetings are held on the first Monday of the month at 9:00 am. All members are welcome to attend. Interested in joining the Board? Positions available beginning January 2027 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.

Drop-In Activity Groups



New participants are welcome to join these groups. Drop-in fee: \$1 member or \$2 non-member unless otherwise stated. (Please pre-register for bocce and horseshoes). Have an idea for a new activity? Contact VPSC.

• Arts & Crafts Group

Wednesdays at 1:00 pm. Bring any type of art, craft or hobby.

• Bid Euchre

Tuesdays at 1:00 pm.

• Billiards, Snooker & Pool

Daily. Ladies Only on 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.

• Bocce

Wednesdays at 10:00 am beginning June 3 for the summer. See "Special Interest" section for more details and to pre-register.

• 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 this choir and ukulele band, The Autumn Tones & Red Suspenders, meets Fridays 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.

• 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.

• Pastime Productions Theatre Group

Thursdays at 4:00 pm (when preparing for performances).

SENIORS

- **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.

- **Horseshoes**

Tuesdays at 10:00 am beginning June 2 for the summer. See "Special Interest" section for more details and to pre-register.

- **Line Dancing**

Wednesdays at 3:00 pm. Beginner and intermediate levels welcome.

- **Mah Jong**

Fridays at 9:30 am. American and Chinese versions played.

- **Recreational Belly Dance**

Mondays at 8:40 am to 9:25 am. Please pre-register if interested.

- **Scrabble**

Thursdays at 9:30 am.

- **Shuffleboard**

Tuesdays at 1:00 pm.

- **Summer Weekly Musical Afternoon**

Mondays at 1:00 pm beginning July 13 for the summer.

- **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**

We are hoping to get this group going. Let us know if you are interested.

Centre Services

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 located in the library.

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, email khall@centrewellington.ca or pick up a copy of the calendar at VPSC. The monthly calendar is also available at www.centrewellington.ca/seniorscentre

Wednesday Lunches

Join us for lunch usually 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 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. Note: lunches are subject to change.

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.

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 and to avoid the cancellation fee.

Appointments: Tuesdays

Manual Osteopath Clinic

Welcome to the Manual Osteopathic Clinic, where specialized osteopathic treatment is individualized to improve your overall health and well-being. This clinic offers expert care in managing musculoskeletal pain, postural imbalances, and other physical conditions through hands-on techniques to restore balance and function. Service provided by a Registered Manual Osteopath Practitioner. \$45 for 30 minutes. Cash only. Call VPSC to book an appointment.

Appointments: Thursdays

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. \$40 for 30 minutes or \$55 for 45 minutes. Cash only. Call VPSC to book an appointment.

Appointments: Mondays & Tuesdays

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. Held on the second Wednesday of the month. \$22 cash only.
April 8, May 13, June 10

Hearing Screening Clinic

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 by contacting VPSC.

Thursday, June 4

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.

A Beautiful Noise

We begin the day with a stop at St. Lawrence Market for browsing and to purchase light refreshments or lunch on your own. Then enjoy the Neil Diamond Musical "A Beautiful Noise" at the Princess of Wales Theatre. An uplifting true story of how a kid from Brooklyn became a chartbusting, show-stopping American rock icon with 120 million albums sold, and classics like "America," "Forever in Blue Jeans," and "Sweet Caroline". After the show, enjoy dinner at the Mandarin. Depart 9:15 am, return 8:15 pm.

Wednesday, April 29

\$230 members

\$244 non-member

Stratford: Something Rotten

Enjoy a lunch at the Stratford Country Club, then a stop at the Festival Theatre Gift Shop. Then enjoy a matinee performance of "Something Rotten", a musical comedy about the Bottom brothers, two struggling playwrights in Renaissance London who need a hit. That's easier said than done when your chief competition is local rock star William Shakespeare. The brothers' plan: write the world's first musical! Enjoy a stop on the way home at Wild Hog Country Market to shop for some delicious treats. Departs 10:00 am, return 7:15 pm

Tuesday, May 19

\$225 members

\$239 non-member

Grand River Cruise

Join us as we set sail on a Grand River lunch cruise. Begin your day at The Dockside Café for complimentary refreshments and shopping (unique gifts and baked goods). This tour features live music by the Blazing Fiddles, spectacular sightseeing, and a 3-course lunch. Take in the stellar views from the promenade deck that surrounds the dining area, while listening to informative commentary. Also includes a stop at the Windmill Country Market. Depart 9:30 am, return 5:45 pm.

Wednesday, June 10

\$145 member

\$159 non-member

Muskoka Steamships

Enjoy a visit to Mariposa Market on the way to shop for some delicious treats and gifts, then a delicious lunch at Windermere House. After lunch, board the Wenonah II for a Lake Rosseau cruise. Sail through the Port Carling lock onto Lake Muskoka and tour Millionaires Row, docking at Gravenhurst. Enjoy a stop on the way home at the ONroute for supper on your own. Depart 7:30 am, return 8:30 pm.

Monday, July 20

\$240 members

\$254 non-member

Medieval Times

Come along for a day of medieval fun in Toronto. Experience all the chivalry, rivalry and revelry of medieval times: knights, jousting, dramatic horsemanship, with all the color and action of medieval times including a medieval feast served in a castle-like setting. Also enjoy a shopping stop at Farm Boy and Kettleman's Bagel Shop. Fill your basket with high quality food items. Depart 10:45 am, return 6:00 pm.

Wednesday, August 19

\$145 members

\$159 non-member

A Day in Niagara

Enjoy a fun day in Niagara. See "Niagara Takes Flight" a new spectacular flying theatre ride movie which soars above Niagara's awesome sights. Enjoy lunch at Table Rock Restaurant, overlooking the Horseshoe Falls. After lunch we go on a Journey Behind the Falls tour and then enjoy a boat tour with Niagara City Cruise. We will also stop at Maple Leaf Place to see the world's first indoor sugar bush experience, taste maple delicacies and learn how these sweet treats are made. Depart 7:00 am, return 7:00 pm.

Wednesday, September 2

\$240 members

\$254 non-member

SENIORS

The Christmas Truce and St. Jacob's Tour

We start the day with a guided bus tour through Mennonite Country with a shopping stop in downtown St. Jacob's. Enjoy lunch at The Olde Heidelberg Restaurant Tavern. After lunch, we head to The St. Jacob's Schoolhouse Theatre to see "All Is Calm: The Christmas Truce of 1914", a remarkable true story of peace on earth, told in the words and songs of the men who lived it. After the show,

we will stop at Murphy's Law Distillery for included tastings. Depart 8:00 am, return 7:15 pm.

Friday, November 27

\$205 members

\$219 non-member

Christmas in Niagara

Begin the day with a visit to the Niagara Gateway on the way. Enjoy a stop at the Upper Canada Cheese Company, then onto Queenston Mile Vineyard for wine tasting and charcuterie plate. Tour

the Floral Showcase for the fantastic poinsettia display. Enjoy "Christmas on Ice", a spectacular show featuring a winter wonderland of national championship ice skaters, dancers and singers. Enjoy an included dinner at the Skylon Tower Revolving Dining Room. We end the day with a festive driving tour of Niagara's Festival of Lights. Depart 9:00 am, return: 9:15 pm.

Friday, December 4

\$185 members

\$199 non-member

Virtual Fitness and 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.

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	April 21-May 12	9:15-9:45 AM	4	\$24	\$16
Fit Bones Plus	Tues	May 26-June 23	9:15-9:45 AM	5	\$30	\$20
Building Strength Lower Body	Tues	April 21-May 12	9:50-10:20 AM	4	\$24	\$16
Building Strength Lower Body	Tues	May 26-June 23	9:50-10:20 AM	5	\$30	\$20
Fit Bones	Wed	April 8-May 20	9:15-9:45 AM	6	\$36	\$24
Fit Bones	Wed	May 27-June 24	9:15-9:45 AM	5	\$30	\$20
Building Strength Core	Wed	April 8-May 20	9:50-10:20 AM	6	\$36	\$24
Building Strength Core	Wed	May 27-June 24	9:50-10:20 AM	5	\$30	\$20
Fit Bones Plus	Thurs	April 9-May 21	9:15-9:45 AM	7	\$42	\$28
Fit Bones Plus	Thurs	May 28-July 2	9:15-9:45 AM	6	\$36	\$24
Building Strength Upper Body	Thurs	April 9-May 21	9:50-10:20 AM	7	\$42	\$28
Building Strength Upper Body	Thurs	May 28-July 2	9:50-10:20 AM	6	\$36	\$24
Moderate Hatha Yoga	Fri	April 10-May 22	9:30-10:15 AM	6	\$48	\$36
Moderate Hatha Yoga	Fri	June 5-July 3	9:30-10:15 AM	4	\$32	\$24
Yoga and Movement for Healthy Joints & Muscles	Fri	April 10-May 22	10:30-11:00 AM	6	\$36	\$24
Yoga and Movement for Healthy Joints & Muscles	Fri	June 5-July 3	10:30-11:00 AM	4	\$24	\$16

Virtual Fitness & Yoga (Zoom) (See descriptions further in guide)

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	July 7-Sept. 1	9:15-9:45 AM	8	\$48	\$32
Building Strength Lower Body	Tues	July 7-Sept. 1	9:50-10:20 AM	8	\$48	\$32
Fit Bones	Wed	July 8-Sept. 2	9:15-9:45 AM	9	\$54	\$36
Building Strength Core	Wed	July 8-Sept. 2	9:50-10:20 AM	9	\$54	\$36
Fit Bones Plus	Thurs	July 9-Sept. 3	9:15-9:45 AM	9	\$54	\$36
Building Strength Upper Body	Thurs	July 9-Sept. 3	9:50-10:20 AM	9	\$54	\$36

Fitness and Dance (In-Person) (See descriptions further in guide)

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Zumba Gold-Toning	Mon	April 13-May 11	8:40-9:25 AM	5	\$50	\$40
Zumba Gold-Toning	Mon	May 25-June 29	8:40-9:25 AM	6	\$60	\$48
Recreational Belly Dance	Mon	On-going	8:40-9:25 AM	On-going	\$2	\$1
Zumba Gold	Mon	April 13-May 11	9:35-10:20 AM	5	\$50	\$40
Zumba Gold	Mon	May 25-June 29	9:35-10:20 AM	6	\$60	\$48
Pilates Strong NEW	Mon	April 13-May 11	9:35-10:20 AM	5	\$45	\$35
Pilates Strong NEW	Mon	May 25-June 29	9:35-10:20 AM	6	\$54	\$42
Essentrics	Mon	April 13-May 11	10:30-11:15 AM	5	\$45	\$35
Essentrics	Mon	May 25-June 22	10:30-11:15 AM	5	\$45	\$35
Strength Training & Core	Mon	April 13-May 11	11:45 AM-12:45 PM	5	\$55	\$45
Strength Training & Core	Mon	May 25-June 29	11:45 AM-12:45 PM	6	\$66	\$54
Mood Walk	Mon	April 13-May 4	1:00-2:00 PM	4	FREE	FREE
Mood Walk	Mon	June 1-June 22	1:00-2:00 PM	4	FREE	FREE
Move Strong	Mon	April 13-May 11	1:00-1:45 PM	5	\$45	\$35
Move Strong	Mon	May 25-June 29	1:00-1:45 PM	6	\$54	\$42
Osteo Fit	Mon	April 13-May 11	2:15-3:00 PM	5	\$45	\$35
Osteo Fit	Mon	May 25-June 29	2:15-3:00 PM	5	\$45	\$35
Osteo Fit	Mon	April 13-May 11	3:15-4:00 PM	5	\$45	\$35
Osteo Fit	Mon	May 25-June 29	3:15-4:00 PM	5	\$45	\$35
Pilates: Gentle	Mon	April 20-May 11	5:00-6:00 PM	4	\$92	\$84
Pilates: Gentle	Mon	May 25-June 29	5:00-6:00 PM	6	\$138	\$126
Strength Training	Tues	April 7-May 19	8:40-9:25 AM	7	\$63	\$49
Strength Training	Tues	May 26-June 30	8:40-9:25 AM	6	\$54	\$42
Zumba Gold	Tues	April 7-May 19	8:40-9:25 AM	7	\$70	\$56
Zumba Gold	Tues	May 26-June 30	8:40-9:25 AM	6	\$60	\$48
Zumba Gold-Toning	Tues	April 7-May 19	9:35-10:20 AM	7	\$70	\$56
Zumba Gold-Toning	Tues	May 26-June 30	9:35-10:20 AM	6	\$60	\$48
Building on the Basics	Tues	April 7-May 19	9:35-10:20 AM	7	\$63	\$49

Fitness & Dance (In-Person)

(See descriptions further in guide)

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Building on the Basics	Tues	May 26-June 30	9:35-10:20 AM	6	\$54	\$42
Movement for Healthy Joints & Muscles	Tues	April 7-May 19	11:30 AM-12:15 PM	7	\$63	\$49
Movement for Healthy Joints & Muscles	Tues	May 26-June 23	11:30 AM-12:15 PM	5	\$45	\$35
Urban Pole Walking Workshop	Tues	April 7, May 12 or June 16	10:00-11:00 AM	1	FREE	FREE
Urban Pole Walking Refresher	Tues	April 28, May 26 or June 30	10:00-11:00 AM	1	FREE	FREE
All Around Fitness	Tues	April 7-May 19	3:15-4:00 PM	7	\$63	\$49
All Around Fitness	Tues	May 26-June 30	3:15-4:00 PM	6	\$54	\$42
Low Impact Cardio & Muscle	Wed	April 8-May 20	8:40-9:25 AM	7	\$63	\$49
Low Impact Cardio & Muscle	Wed	May 27-June 24	8:40-9:25 AM	5	\$45	\$35
Zumba Gold-Toning	Wed	April 8-May 20	8:40-9:25 AM	7	\$70	\$56
Zumba Gold-Toning	Wed	May 27-June 24	8:40-9:25 AM	5	\$50	\$40
Core & Control Circuit NEW	Wed	April 8-May 20	9:35-10:20 AM	7	\$63	\$49
Core & Control Circuit NEW	Wed	May 27-June 24	9:35-10:20 AM	5	\$45	\$35
Move Strong	Wed	April 8-May 20	1:00-1:45 PM	7	\$63	\$49
Move Strong	Wed	May 27-June 24	1:00-1:45 PM	5	\$45	\$35
Osteo Fit	Wed	April 8-May 20	2:15-3:00 PM	7	\$63	\$49
Osteo Fit	Wed	May 27-June 24	2:15-3:00 PM	5	\$45	\$35
Osteo Fit	Wed	April 8-May 20	3:15-4:00 PM	7	\$63	\$49
Osteo Fit	Wed	May 27-June 24	3:15-4:00 PM	5	\$45	\$35
Strength Training	Thurs	April 9-May 21	8:40-9:25 AM	7	\$63	\$49
Strength Training	Thurs	May 28-July 2	8:40-9:25 AM	6	\$54	\$42
Zumba Gold-Toning	Thurs	April 9-May 21	8:40-9:25 AM	7	\$70	\$56
Zumba Gold-Toning	Thurs	May 28-July 2	8:40-9:25 AM	6	\$60	\$48
Strength Training: Beginner	Thurs	April 9-May 21	9:35-10:20 AM	7	\$63	\$49
Strength Training: Beginner	Thurs	May 28-July 2	9:35-10:20 AM	6	\$54	\$42
Essentrics	Thurs	April 9-May 21	11:30 AM-12:15 PM	7	\$63	\$49
Essentrics	Thurs	May 28-June 25	11:30 AM-12:15 PM	5	\$45	\$35
Strength & Mobility	Thurs	April 9-May 21	3:15-4:00 PM	7	\$63	\$49
Strength & Mobility	Thurs	May 28-June 25	3:15-4:00 PM	5	\$45	\$35
Pilates: Mixed Level	Thurs	April 9-May 21	5:00-6:00 PM	7	\$161	\$147
Pilates: Mixed Level	Thurs	May 28-July 2	5:00-6:00 PM	6	\$138	\$126
Low Impact Cardio & Muscle	Fri	April 10-May 22	8:40-9:25 AM	7	\$63	\$49
Low Impact Cardio & Muscle	Fri	May 29-July 3	8:40-9:25 AM	6	\$54	\$42
Barre Strong	Fri	April 10-May 22	9:35-10:20 AM	7	\$63	\$49
Barre Strong	Fri	May 29-July 3	9:35-10:20 AM	6	\$54	\$42
Move Strong	Fri	April 10-May 22	10:30-11:15 AM	7	\$63	\$49
Move Strong	Fri	May 29-July 3	10:30-11:15 AM	6	\$54	\$42

SPRING SCHEDULE

Fitness & Dance (In-Person)

(See descriptions further in guide)

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Dance Choreography for Fun For Seniors	Fri	April 10-May 22	11:30 AM-12:30 PM	7	\$70	\$56
Dance Choreography for Fun For Seniors	Fri	May 29-July 3	11:30 AM-12:30 PM	6	\$60	\$48

Fitness & Dance (In-Person)

(See descriptions further in guide)

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Zumba Gold-Toning	Mon	July 6-Aug. 31	8:40-9:25 AM	7	\$70	\$56
Recreational Belly Dance	Mon	On-going	8:40-9:25 AM	On-going	\$2	\$1
Zumba Gold	Mon	July 6-Aug. 31	9:35-10:20 AM	7	\$70	\$56
Pilates Strong NEW	Mon	July 6-Aug. 31	9:35-10:20 AM	7	\$63	\$49
Essentrics	Mon	July 6-Aug. 17	10:30-11:15 AM	6	\$54	\$42
Strength Training & Core	Mon	July 6-Aug. 31	11:45 AM-12:45 PM	8	\$88	\$72
Move Strong	Mon	July 6-Aug. 31	1:00-1:45 PM	8	\$72	\$56
Osteo Fit	Mon	July 6-Aug. 31	2:15-3:00 PM	8	\$72	\$56
Osteo Fit	Mon	July 6-Aug. 31	3:15-4:00 PM	8	\$72	\$56
Pilates: Gentle	Mon	July 6-Aug. 31	5:00-6:00 PM	8	\$184	\$168
Strength Training	Tues	July 7-Sept. 1	8:40-9:25 AM	8	\$72	\$56
Zumba Gold	Tues	July 7-Sept. 1	8:40-9:25 AM	8	\$80	\$64
Zumba Gold- Toning	Tues	July 7-Sept. 1	9:35-10:20 AM	8	\$80	\$64
Movement for Healthy Joints & Muscles	Tues	July 7-Aug. 18	11:30 AM-12:15 PM	7	\$63	\$49
All Around Fitness	Tues	July 7-Sept. 1	3:15-4:00 PM	7	\$63	\$49
Low Impact Cardio & Muscle	Wed	July 8-Sept. 2	8:40-9:25 AM	8	\$72	\$56
Zumba Gold- Toning	Wed	July 8-Sept. 2	8:40-9:25 AM	9	\$90	\$72
Core & Control Circuit NEW	Wed	July 8-Sept. 2	9:35-10:20 AM	8	\$72	\$56
Move Strong	Wed	July 8-Sept. 2	1:00-1:45 PM	9	\$81	\$63
Osteo Fit	Wed	July 8-Sept. 2	2:15-3:00 PM	9	\$81	\$63
Osteo Fit	Wed	July 8-Sept. 2	3:15-4:00 PM	9	\$81	\$63
Strength Training	Thurs	July 9-Sept. 3	8:40-9:25 AM	8	\$72	\$56
Zumba Gold-Toning	Thurs	July 9-Sept. 3	8:40-9:25 AM	9	\$90	\$72
Strength Training: Beginner	Thurs	July 9-Sept. 3	9:35-10:20 AM	8	\$72	\$56
Movement for Healthy Joints & Muscles NEW	Thurs	July 9-Aug. 20	11:30 AM-12:15 PM	7	\$63	\$49
Pilates: Mixed Level	Thurs	July 9-Sept. 3	5:00-6:00 PM	9	\$207	\$189
Low Impact Cardio & Muscle	Fri	July 10-Sept. 4	8:40-9:25 AM	8	\$72	\$56
Barre Strong	Fri	July 10-Sept. 4	9:35-10:20 AM	8	\$72	\$56

SENIORS

Fitness & Dance (In-Person) (See descriptions further in guide)

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Move Strong	Fri	July 10-Sept. 4	10:30-11:15 AM	9	\$81	\$63
Essentrics NEW	Fri	July 10-Aug. 21	10:30-11:15 AM	7	\$63	\$49
Dance Choreography for Fun for Seniors	Fri	July 10-Sept. 4	11:30 AM-12:30 PM	9	\$90	\$72

Yoga, Tai Chi, Meditation (In-Person) (See descriptions further in guide)

SPRING

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing & Seated Hatha Yoga	Mon	April 13-May 11	10:30-11:30 AM	5	\$55	\$45
Standing & Seated Hatha Yoga	Mon	May 25-June 29	10:30-11:30 AM	6	\$66	\$54
Standing & Seated Hatha Yoga	Mon	April 13-May 11	11:30 AM-12:15 PM	5	\$50	\$40
Standing & Seated Hatha Yoga	Mon	May 25-June 22	11:30 AM-12:15 PM	5	\$50	\$40
Yoga with Weights	Mon	April 13-May 11	1:00-2:00 PM	5	\$55	\$45
Yoga with Weights	Mon	May 25-June 29	1:00-2:00 PM	6	\$66	\$54
Yoga for Beginners Workshop	Mon	April 13 or June 1	2:30-4:00 PM	1	\$29	\$23
Tai Chi Level 1	Tues	April 7-May 19	9:30-10:30 AM	7	\$77	\$63
Tai Chi Level 1	Tues	May 26-June 23	9:30-10:30 AM	5	\$55	\$45
Tai Chi Level 2	Tues	April 7-May 19	10:30-11:30 AM	7	\$77	\$63
Tai Chi Level 2	Tues	May 26-June 23	10:30-11:30 AM	5	\$55	\$45
Moderate Slow Yoga NEW TIME	Tues	April 7-May 19	11:00 AM-12:00 PM	7	\$77	\$63
Moderate Slow Yoga NEW TIME	Tues	May 26-June 23	11:00 AM-12:00 PM	5	\$55	\$45
Yoga with Sarah	Wed	April 8-May 20	9:35-10:20 AM	7	\$70	\$56
Yoga with Sarah	Wed	May 27-June 24	9:35-10:20 AM	5	\$50	\$40
Meditation Series	Wed	April 15-June 24	10:00-11:30 AM	10	\$130	\$110
Aligned: Partner Yoga NEW	Wed	April 8-May 20	10:30-11:15 AM	7	\$70	\$56
Aligned: Partner Yoga NEW	Wed	May 27-June 24	10:30-11:15 AM	5	\$50	\$40
Standing & Seated Hatha Yoga	Wed	April 8-May 20	11:30 AM-12:15 PM	7	\$70	\$56
Standing & Seated Hatha Yoga	Wed	May 27-June 24	11:30 AM-12:15 PM	5	\$50	\$40
Yoga with Sarah	Thurs	April 9-May 21	9:35-10:20 AM	7	\$70	\$56
Yoga with Sarah	Thurs	May 28-July 2	9:35-10:20 AM	6	\$60	\$48
Gentle Yoga for Stiff Bodies NEW	Thurs	April 9-May 21	10:30-11:15 AM	7	\$70	\$56
Gentle Yoga for Stiff Bodies NEW	Thurs	May 28-July 2	10:30-11:15 AM	6	\$60	\$48
Chair & Standing Yoga	Thurs	April 9-May 21	10:30-11:15 AM	6	\$60	\$48
Chair & Standing Yoga	Thurs	June 4-July 1	10:30-11:15 AM	4	\$40	\$32
Yoga with Jane	Fri	April 17-May 22	9:30-10:30 AM	6	\$66	\$54
Yoga with Jane	Fri	May 29-June 26	9:30-10:30 AM	5	\$55	\$45
Gentle Hatha Yoga	Fri	April 10-May 22	9:30-10:15 AM	7	\$70	\$56
Gentle Hatha Yoga	Fri	May 29-June 26	9:30-10:15 AM	5	\$50	\$40

Yoga, Tai Chi, Meditation (*In-Person*) (See descriptions further in guide)

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing & Seated Hatha Yoga	Fri	April 17-May 22	10:35-11:35 AM	6	\$66	\$54
Standing & Seated Hatha Yoga	Fri	May 29-June 26	10:35-11:35 AM	5	\$55	\$45

Yoga, Tai Chi, Meditation (*In-Person*) (See descriptions further in guide)

SUMMER

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing & Seated Hatha Yoga	Mon	July 6-Aug. 17	11:30 AM-12:15 PM	6	\$60	\$48
Yoga with Weights	Mon	July 6-Aug. 31	1:00-2:00 PM	8	\$88	\$72
Gentle Hatha Yoga NEW	Tues	July 7-Aug. 18	10:30-11:15 AM	7	\$70	\$56
Moderate Slow Yoga	Tues	July 7-Sept. 1	11:00 AM-12:00 PM	8	\$88	\$72
Yoga with Sarah	Wed	July 8-Sept. 2	9:35-10:20 AM	9	\$90	\$72
Aligned: Partner Yoga NEW	Wed	July 8-Sept. 2	10:30-11:15 AM	9	\$90	\$72
Standing & Seated Hatha Yoga	Wed	July 8-Aug. 19	11:30 AM-12:15 PM	7	\$70	\$56
Yoga with Sarah	Thurs	July 9-Sept. 3	9:35-10:20 AM	9	\$90	\$72
Gentle Yoga for Stiff Bodies NEW	Thurs	July 9-Sept. 3	10:30-11:15 AM	9	\$90	\$72
Gentle Hatha Yoga NEW	Fri	July 10-Aug. 21	9:30-10:15 AM	7	\$70	\$56
Standing & Seated Hatha Yoga NEW	Fri	July 10-Aug. 21	11:30 AM-12:15 PM	7	\$70	\$56

Virtual (Zoom) Fitness & Yoga 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. No class Tuesday: April 7, April 14, May 19, June 30 or August 4.

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. No class April 15, July 1.

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. No class April 7, April 14, May 19, June 30 or August 4.

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. No class April 15, July 1.

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 April 24, May 29, June 26.

SENIORS

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 April 24, May 29 and June 26.

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.
- Equipment supplied, except yoga mats.
- If you miss a scheduled class, we are unable to allow make ups.
- Please see the Township of Centre Wellington's refund policy on page 6.
- See course descriptions for instructors, cancellation dates and 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 a convenient time.

Fitness and Dance Descriptions (In-Person)

All Around Fitness

An invigorating full body fitness class that gets your heart rate up for 20 minutes and spends time strengthening all major muscle groups, uses a variety of equipment and no class is the same. We end the class with a full body stretch to feel rested and restored for the rest of the day. Good for both beginner and intermediate fitness levels, as you can scale everything to your own needs. All done standing or seated. No floor work.

Instructor: Jennifer Wilson. No class July 28 or August 4.

Barre Strong

This is a low-impact, strength, flexibility, balance and core conditioning work out. It 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. No class August 7.

Building on the Basics

This class uses 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 & Control Circuit NEW

Core strength, stability, mobility and control is the focus. Participants move through a structured combination of core conditioning, floor-based strength exercises, and low-impact functional movements designed to improve muscular strength, stability, balance, and control. Classes emphasize precise, form-focused bodyweight and resistance exercises, blending circuit-style training with slow, intentional sequencing to support joint health, posture, and overall movement quality. A mix of equipment will be used. Moderate to advanced levels. Modifications available. Must be able to get down on floor. Instructor: Angie Reid. No class August 5.

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. Wear indoor running shoes or dance shoes. Instructor: Norah Wardell.

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. No floor work. Bring a thin yoga mat to class. Instructor: Karen Murtagh.

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. No class August 5 or August 7.

Mood Walks

Join us for physical and mental health as we connect with each other while we walk. Laura and Brittany from CMHA Waterloo Wellington will lead the group and discuss the importance of social connections, and other topics like stress management, and how seasons can affect our mood. Our first week will start at VPSC, using the outdoor track, with the following weeks starting at various trails in the community. Come dressed for the weather. No cost but please pre-register.

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 VPSC. Instructor: Karen Murtagh.

Move Strong

This moderate, low-impact strength training class is designed to keep you strong, mobile, and energized, while making movement feel good. Each session helps you feel your movement to build body awareness, move away from pain, and learn to work with your body rather than against it. Using natural movement patterns that improve range of motion and release tension, you'll perform mostly standing exercises (no floor work) while building balance, strength, and flexibility. Every class supports you in moving more confidently and with ease in daily life, leaving you feeling empowered, independent, and joyful about movement. Instructor: Aimee Young. No class August 3.

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 Mondays: June 22 or August 3.

Pilates: Gentle

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 April 6, April 13, May 18, August 3.

Pilates: Mixed Level

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.

Pilates Strong NEW

A strength-focused fusion class offering a refined blend of traditional Pilates and strength-based movements. Using controlled, deliberate sequences, the class emphasizes core strength, muscular endurance, stability, and overall body control. Movements include a combination of isolated Pilates exercises and integrated strength work, primarily performed on the floor but will include standing stability flows as well. Designed to support functional strength and balanced movement in a low-impact format. Moderate to Intermediate levels. Instructor: Angie Reid. No class August 3, or August 10.

Recreational Belly Dance

This is 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. No class April 6, May 18 or August 3.

Strength and Mobility

A class that will focus on strength, mobility and flexibility for daily living, so you move better. Exercises that use small hand weights and body weight will be incorporated to build muscle. We will focus on increasing flexibility in the joints and increasing range of motion. All

levels are welcome. There will be some exercises on the floor, but seated options will be given. 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. No class August 4 or August 6.

Strength Training: Beginner

A beginner strength training work out 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. No class August 6.

Strength Training & Core

This revitalizing fitness class is designed for anyone who wants to stay strong, balanced, and energized. This strength-focused session combines resistance training and core exercises tailored to all fitness levels. Learn safe and effective movements to improve muscle tone, posture, and stability - all crucial for maintaining independence and reducing risk of falls. Whether you're new to strength training or looking to enhance your routine, this class provides modifications and guidance to meet your needs. Let's build strength, stability, and resilience together. Instructor: Charlene Sedgewick. No class August 3.

Urban Pole Walking Workshop

Join in this 1.5-hour workshop to help you build a regular walking routine into your life. Learn proper techniques for breathing, posture and balance and properly adjusting your poles to get the most benefit. Join certified Urban Poling/ Nordic Walking instructor Nancy Revie for this session which is a combination of classroom and hands on field instruction using the poles. Handouts included. Come dressed for the weather. Workshop offered free of charge with grant funding but please pre-register as space is limited. Let us know when you register if you need to borrow poles.

SENIORS

Urban Pole Walking Refresher

This one-hour workshop is for those who have taken an Urban Pole Walking workshop. Join certified Urban Poling/Nordic Walking instructor Nancy Revie as she reminds us of all the benefits of Urban Pole Walking and how to get the most benefit from using your poles to continue to enjoy active living. There is a brief classroom instruction review before we head outside. Come dressed for the weather. Workshop offered free with grant funding but pre-register as space is limited. Let us know if you need to borrow poles.

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. No class July 20, July 21 or August 3.

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 July 1, July 20, July 21 or August 3.

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

Aligned: Partner Yoga NEW

Partner Yoga is a gentle, interactive class designed for you and a partner, friend, or bestie to move and unwind together. Through slow, supportive poses, shared stretches, and mindful breathwork, you'll explore connection, trust, and ease in a relaxed, welcoming environment. Expect lighthearted moments, calming movement, and plenty of support as you gently deepen your practice together. There will be a bit of standing with

support of each other. Majority of class is done on the floor. Bring a yoga mat. Instructor: Sarah Gray. No class July 1.

Chair & Standing Yoga

Chair yoga is a functional yet gentle movement with flow and grace that will take us from sitting to 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. All you need is comfortable attire, supportive footwear and a yoga mat. Instructor: Michelle Vandenburg. No class April 23, May 28 and June 25.

Gentle Hatha Yoga

An all-levels class with options given throughout for your best practice that is comfortable and stable while cultivating effortless effort and inner awareness. Class begins standing to warm up and then moves to strengthening postures. We finish on the floor for stretches to wind down and eventually take a few minutes in rest pose on our backs. This yoga class is meant to be a nourishing yoga practice. Bring a yoga mat and 2 yoga blocks (or borrow from VPSC). Instructor: Karen Murtagh.

Gentle Yoga for Stiff Bodies NEW

A welcoming, all levels, no-pressure class created for bodies that feel tight, achy, or resistant to movement. With slow-paced poses, supported stretches, and plenty of options, you'll explore flexibility in a safe and accessible way. This class, all done on the mat, focuses on easing stiffness, improving range of motion, and building confidence, so you can move more comfortably and feel better in your body both on and off the mat. Bring a yoga mat, blocks and a strap or borrow from VPSC. Instructor: Sarah Gray.

Meditation Series

This 10-week series is a meditation class. We will use the book entitled "The World Exists to Set Us Free; Straight-Up Dharma for Living a Life of Awareness" by Larry Rosenberg, as our guide. Each class will include guided meditation, teaching,

and discussion. All welcome. You do not have to purchase the book to participate although it will be helpful. Chairs available for sitting. Instructor: Jill Davey. If you have questions, you are welcome to contact the instructor prior to registration: jilldavey@gmail.com. No class April 29.

Moderate Slow Yoga NEW TIME

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. Instructor: Grace Rosewarne. No class June 30 or August 4.

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 11:30 am, Wednesday and Friday 11:30 am instructor: Karen Murtagh. Monday 10:30 am and Friday 10:35 am instructor: Jane Finoro. No class August 3.

Tai Chi Level 1

This slow-moving, meditative martial art can help restore and maintain fitness and flexibility. This introductory class is suitable for all ages and fitness levels. Instructor: Christina Graf.

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.

Yoga for Beginners Workshop

Discover the benefits of yoga in this gentle and welcoming workshop designed for beginners. Whether you are looking to improve flexibility, enhance strength or find relaxation, this workshop will guide you through detailed alignment of foundational poses along with variations

and the use of props. No yoga experience needed but workshop is also for those who have some yoga experience and want a deeper understanding of the practice. Just bring a yoga mat and an open mind. Modifications given for seated options. Workbook supplied. Instructor: Charlene Sedgewick. Two workshop dates to choose from: April 13 or June 1.

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.

Yoga with Sarah

This nurturing practice combines mindful movement with breath awareness, making it ideal for those new to yoga or seeking a calming experience. We begin and conclude on the mat, gently guiding the body through a series of poses that promote strength and flexibility. Includes kneeling and seated positions, each designed to support your body's natural range of motion. Class concludes with a guided meditation to centre the mind and soothe the nervous system. Class is done all on the mat. Bring a yoga mat, 2 blocks and a blanket or sweater. Mats and blocks can be provided. Instructor: Sarah Gray. No class July 1.

Yoga with Weights

This fun class mixes yoga flows with light weights and some floor work to give your whole body a boost. You'll build strength, flexibility, mobility, and balance while moving in a way that feels supportive and empowering. Expect to move with intention, challenge your muscles, and finish feeling both grounded and empowered—strong in body, calm in mind, and ready to carry that balance into your day. Some previous yoga experience helpful. Bring a yoga mat. Instructor: Charlene Sedgewick. No class August 3.

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 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. [To register, contact the Alzheimer Society 519.742.1422 ext. 2090.](#)

Thursdays, 1:30 pm to 3:30 pm

Spring Planter Workshop

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

\$69 (\$59 Members)

1:00 pm to 2:30 pm

Wednesday, March 18

Cooking on a Budget

Delicious, nutrient-dense meals that won't break the bank. Food prices continue to rise, making eating nutritiously trickier. Join Lauren, a Registered Dietitian, as we walk through healthy eating on a budget. We will explore how to build a nutritious plate on a budget, incorporating low-cost and highly nutritious plate fillers, strategies for buying in bulk when you're cooking for 1 or 2, and of course delicious main-stay recipes to include in your weekly meal rotation. Presentation materials, recipes and handouts will all be provided.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, March 24

Special Effects

Have you ever seen something on stage and wondered how they did it? Here's the answers that producers don't want you to know. In this workshop we'll pull back the curtain and show you some of the secrets behind a few common and not-so-common theatrical effects. We'll show you some simple things like quick changes, flickering fireplaces, and spot sounds, but also some of the more difficult and outrageous effects like breaking bottles, disappearing walls, and everyone's favourite special effect - ghosts. Presented by Eric Goudie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, March 25

Spring Dried Flower Wreath

Spring is the perfect time to refresh your space, and a dried flower wreath is a lovely way to do just that. In this workshop, design a spring-inspired dried flower wreath on a grapevine base. Using a variety of dried flowers, textures, and colours, create a wreath that lasts with no watering required. Your finished wreath can be displayed on a door, hung on a wall, or used as part of a spring table centerpiece. Emily from Mapleton Acres will guide you step by step, offering simple design tips and plenty of encouragement along the way. Each wreath is unique, and no prior experience needed. Just come ready to create and enjoy the process.

\$69 (\$59 Members)

10:00 am to 11:30 am

Wednesday, April 8

Pastels Painting

Explore using soft (chalk) pastel to develop your painter's eye and creative skills. Subject matter will include photo images, as well as still life objects. Students may also work from personal images, if desired. This class is suitable for those new to using pastels. Having previous painting experience would be helpful but not necessary. A supply list available at registration. Instructor: Jane Finoro.

\$96 (\$84 Members)

Fridays, 1:00 pm to 3:00 pm

April 17 to May 22, 6 classes

Food, Nutrition & Sustainability

Balancing nutrition with the environment in mind. Join Registered Dietitian Lauren, during Earth Week, to explore how our diet intersects with the environment. Eating well and enjoying a variety of foods is important to our wellbeing at all ages. How can these priorities coexist with the changes our earth is facing? We will explore the impact of the environment on food, how a balanced plate can still be earth-friendly, and ways to incorporate these foods into your meals. Presentation materials, recipes and handouts will all be provided.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, April 21

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, April 23

and -or-

\$5 (\$3 Members)

1:30 pm to 3:30 pm

Thursday, July 23

Cultivating Calm: Cortisol Reset

Feel like you are stuck in a cycle of feeling tired and stressed? Experiencing weight changes, sleep issues, low mood, chronic fatigue, low energy, or more emotional than usual? Cortisol, your stress hormone, could be out of balance. Reducing cortisol levels naturally and efficiently involves lifestyle adjustments and strategies that target stress, sleep, diet, and relaxation. Get ready to reset your body, lower stress levels, and boost energy naturally. Learn tips to naturally and gently detox your body in two days and easy to implement tips for prioritizing sleep. Learn how to eat to thrive, also movements and mindfulness steps to reduce stress and support your hormones. Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm

Monday, April 27

Navigating Peri & Post-Menopause with Confidence

Menopause is a natural phase in every woman's life, but often comes with physical, emotional, and social challenges. This empowering workshop will provide you with knowledge, tools, and support needed to better understand and navigate the menopausal transition. Whether you're approaching menopause, during, or post-menopausal, this session offers expert guidance. Gain a well-rounded understanding of menopause and learn how to manage symptoms through lifestyle, nutrition, and exercise. The workshop encourages open dialogue and includes time for Q&A with a certified Menopause Coach. Handouts included. Instructor: Charlene Sedgewick.

2 workshop dates to choose from:

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Thursday, April 30

and -or-

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Thursday, June 11

Mother's Day Fresh Flower Centrepiece

Spring brings some of our favourite flowers: tulips, ranunculus, anemones, and more. In this hands-on workshop, create a colourful spring arrangement in a glass vase using beautiful, Ontario-grown flowers. Emily from Mapleton Acres will guide you through the design process and share simple tips and tricks to help arrangements stay fresh and last as long as possible. No prior floral experience needed. Come and make something beautiful together.

\$69 (\$59 Members)

10:00 am to 11:30 am

Wednesday, May 6

French for Beginners for those Wishing to Travel

This course is for those who wish you were able to converse in a French speaking environment. This will enable you to use everyday phrases we automatically say, but in French (such as: how are you, goodbye, I'm sorry). It

will also help with short conversations such as ordering food in restaurants, shopping or asking for directions. Join us if you are interested in broadening your knowledge of this language, "Basic French." Workbook information for purchase available at registration. Instructor: Elisabeth Bzikot.

\$150 (\$140 Members)

Fridays, 12:30 pm to 1:30 pm

May 29 to July 31, 10 classes

French Course 7

In course seven we will be continuing from course six, using the 'Intermediate French Grammar' textbook. You will gain more information on the use of irregular verbs, genders and expressions. We will have regular conversations using the newly acquired information. Instructor: Elisabeth Bzikot.

\$150 (\$140 Members)

Fridays, 10:00 am to 11:00 am

May 29 to July 31, 10 classes

Fibre: Focus on Beans & Legumes

Creative and delicious ways to boost this nutritional powerhouse in your diet. Join Lauren, a Registered Dietitian, for this workshop on the many health benefits of powerpacked fibre. We will: explore the types of fibre, the benefits of beans and legumes on your physical health, the impact fibre has on your "gut", metabolism and overall health, guidelines on how much fibre you need in your diet and how to add more. We will also explore a variety of recipes and foods that can help you get more fibre, specifically beans and legumes, in a delicious, simple and cost-effective way.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, May 12

Inflammation: The Silent Saboteur

Inflammation is often the hidden reason behind fatigue, joint pain, bloating, stubborn weight, and feeling "off" in your body. This workshop breaks down what inflammation is, how it affects your health and aging, and how to tell if it may be impacting you. You'll learn simple, realistic strategies to manage inflammation naturally, including anti-

inflammatory foods (what to eat and what to limit), supportive teas, herbs, and spices, effective movement, nervous system regulation, and you'll receive a practical one week anti-inflammatory meal plan. Designed to be educational, empowering, and easy to apply, this workshop offers tools you can start using immediately to feel better, move better, and support long-term wellness, without extremes or overwhelm. Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm

Monday, May 25

Horseshoes

All equipment supplied. Played outside in Victoria Park. A great form of gentle exercise and fun for all. Led by a volunteer instructor.

\$26 (\$13 Members)

Tuesdays, 10:00 am to 11:30 am

June 2 to August 25, 13 weeks

Bocce

Join in this classic Italian game, which is another form of lawn bowling. All equipment supplied. Played outside in Victoria Park. A great form of gentle exercise and fun for all. Led by a volunteer instructor. No activity July 1.

\$24 (\$12 Members)

Wednesdays, 10:00 am to 11:30 am

June 3 to August 26, 12 weeks

Better Breakfasts

Nourishing, rounded, easy to prep breakfasts. Join Lauren, a Registered Dietitian, for this workshop to explore the benefits of starting off your day with a well-rounded, delicious meal. We will: explore the commonly missed nutrients in breakfasts, impacts on metabolism and physical health, and how to shift your choices to meet your nutritional needs. We will explore lots of delicious recipes and products, meal planning strategies for creating consistency and more.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, June 9

Windowsill Herb Garden

Did you know many herbs grow

beautifully right in a sunny kitchen window? No garden or patio needed, and you can enjoy cooking with them all summer long. In this hands-on workshop, you will create your own windowsill herb garden, choosing from a selection of easy-to-grow, everyday herbs (with a focus on picking the ones you'll actually use). Emily from Mapleton Acres will guide you through planting, care, and simple tips to keep herbs growing happily indoors.

\$69 (\$59 Members)

10:00 am to 11:30 am

Wednesday, June 10

Holistic Hip Health: Restore Ease of Motion

Tight hips can lead to discomfort, limited mobility, and even chronic pain over time. It can also impact posture, lower back health, and overall movement patterns. This workshop is designed to help you release hip tension, improve flexibility, and restore balance to the body. Learn why hip mobility is crucial for overall health, from reducing pain and stiffness to enhancing circulation and posture. Workshop includes physiop-inspired exercises and mindfulness practices you can incorporate into your daily routine to strengthen and release key hip muscles while promoting long-term relief and a newfound sense of freedom and mobility. Will include floor work. Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm

Thursday, June 18

Summer Weekly Musical Afternoon

Join us if you love to sing or play an instrument. Looking for guitar players, ukulele, banjo, etc. and singers. Includes classic country music songs. Drop-in.

Mondays at 1:00 pm

Begins: Monday, July 13

Gut Check

Nourishing the microbiome within. Join Lauren, a Registered Dietitian, for this workshop to explore what our microbiome is and how it impacts our health and wellbeing. We will: identify common foods that support the growth and introduction of healthy bacteria

into your "gut", identify meals in your personal eating patterns that could incorporate more of these health-promoting foods, and explore simple and delicious recipes and products to take away.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, July 21

Plant Powered

Plant-based eating made simple and delicious. Join Lauren, a Registered Dietitian, for this workshop to dive deeper into understanding the powerful nutrients found in plants and the many benefits of incorporating more plant-based foods into your weekly meals.

We will: work through the core nutrients needed in a plant-based meal, identify meals in your personal eating patterns that could incorporate more plant-based options, and explore simple and delicious recipes to take away without sacrificing flavour or convenience.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, August 11

Seminars



Please pre-register for all seminars listed below (both in-person and virtual 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 in-person seminars. If attending a virtual seminar, the Zoom link will be provided.

How to Register Online for VPSC's Programs

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, March 16 at 3:00 pm

-or- Monday, August 17 at 3:00 pm

Virtual: Meaningful Activities

This talk is designed to focus on the importance of meaningful activities. We will explore ideas and resources for creating meaningful activities and consider a variety of places to access adapted activities. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar.

Thursday, March 19 at 10:30 am

Decoding Health Information Online

Join us for a practical and engaging presentation from the Waterloo Wellington Self-Management Program. Learn how to identify trustworthy sources, spot misinformation and explore ways to find reliable online sources.

Monday, March 23 at 10:00 am

Staying Healthy While Traveling

Travel can be exciting and beneficial for both our mental and physical health, but some trips can increase our risk of injury or illness, or we can bring illness home with us. In this presentation learn what to consider before leaving home to prepare you for healthy travel. Will you need vaccines? Is there malaria where you are traveling to? Are there required vaccines where you are going? How can you decrease your chance of injury while you are away? How will you manage illness while away? What personal health issues or activities may put you at higher risk of harm? Are there any over the counter or prescription medications you should take with you? Learn about resources to find out about safe travel to your chosen destination. Be prepared for safe travel. Presented by Heidi May, Pharmacist, Arthur Travel Health.

Thursday, April 16 at 10:00 am

Paper, Paper and More Paper

Are you drowning in paper? Is it scattered all over your home or piled up in your office? Is your current method of handling paper working? Learn some practical tips and tricks to create and maintain a system to keep your paperwork organized and manageable. Presented by Cathy Mendler, A New Leaf Organizers.

Monday, April 20 at 1:00 pm

Aging and the Senses

This talk will describe sensory changes that occur with aging and how they relate to dementia. We will identify sensory issues related to simple and complicated daily activities for aging people. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, April 23 at 10:30 am

Eat Well, Live Well

Join us for a practical and engaging presentation from the Waterloo Wellington Self-Management Program. Learn about portion sizes, balanced meals, supportive eating environments, cooking tips, healthy eating strategies, and the importance of staying hydrated. Discover the importance of a balanced diet.

Monday, April 27 at 1:00 pm

Organizing 101

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.

Thursday, May 7 at 10:00 am

Hearth is the Heart of the Home

For many, the heart of the home is the hearth. That is exactly what we will be discussing in this presentation. Explore the evolution of our homes, kitchens and recipes. Presented by The Wellington County Museum & Archives.

Wednesday, May 20 at 11:00 am

Healthy Habits That Stick

Quite often people know what to do for their health but often have a hard time making those healthy habits stick. Join the Waterloo Wellington Self-Management Program to: learn why habits matter, learn strategies to start and keep healthy habits and discover

how self-compassion can help.

Monday, May 25 at 1:00 pm

Travel When Someone Has Dementia

Travelling short or long distances may need some extra thought and planning when someone on the trip has dementia. This talk looks at some ways to make travel easier and examines some ideas you might want to consider before you leave. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, May 28 at 10:30 am

Navigating Life as a Senior

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? How prepared are you to handle life's challenges as a senior? 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.

Tuesday, June 2 at 10:00 am

10 Tips on Being an Executor

Join Stephanie Dean, 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 this challenging time easier. 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, June 3 at 11:00 am

Hearing Screening

Canadian Hearing Services 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, June 4

Falls Prevention

This seminar will offer you tips on what you can do to prevent falls. A fall can significantly affect your mobility, independence and quality of life. What would you do if you fell? How would you get help? Join Sandra Shields, Lifeline Canada, for this very informative presentation.

Monday, June 15 at 1:00 pm

Frauds & Scams

Find out what scams are happening, how talking about fraud stops the crime and how reporting fraud protects us all. Join Crime Stoppers Guelph Wellington (CSGW) and Victim Services Wellington for this presentation, designed to help victims of this crime, reduce the chance of being targeted and increase awareness of fraud in Wellington County. Presented by Sarah Bowers-Peter, CSGW and Elizabeth Kent, Victim Services Wellington.

Wednesday, June 17 at 11:00 am

Memory and Hearing Health: The Connection

These two issues are different, but share some similar characteristics, and can influence each other. There will be time for questions after the presentation. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, June 18 at 10:30 am

Move for Health

Join us for a practical and engaging presentation from the Waterloo Wellington Self-Management Program. Explore easy ways to add physical activity into your daily routine. Learn exercises you can try today.

Monday, June 22 at 11:00 am

Senior Rightsizing: Downsizing

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 Mendler, A New Leaf Organizers.

Monday, June 22 at 1:00 pm

Life on the Farm

Much of Wellington County is made up of farming country. This presentation explores what it takes to be a local farmer in the past versus now and the trials that families encountered. Presented by The Wellington County Museum & Archives.

Wednesday, June 24 at 11:00 am

Finding Your Way: Why People with Dementia Get Lost

What causes 4 of 10 people living with dementia to wander? How can we help people with dementia stay safe? This session will look at what the Finding Your Way® program is and give tips and strategies to help keep the person living with dementia safe in the community, along with information and resources to help you be prepared for incidents of someone going missing. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, July 23 at 10:30 am

Cheat Sheet for Communication

This talk will provide you with some suggestions on how to support conversation for people living with dementia. It includes suggestions for conversation starters and an opportunity for questions and discussion. Designed for care partners of people living with dementia who are in the early and mid stages of their journey. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

Thursday, August 13 at 10:30 am

Special Events

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.
April 20, May 11 or June 15

Wednesday Lunches

Join us for lunch at VPSC. Held on Wednesdays at 12:00 pm (see dates below). Stay and enjoy the monthly afternoon musical program beginning at 1:30 pm. Refer to the monthly calendar for the menus. \$14 members or \$15 non-members (non-refundable). Take-out option is available. Pre-registration required by the Friday prior to the lunch date. Thanks to the VPSC Program Committee for organizing these lunches. Note: lunches are subject to change.

March 25 Easter Lunch

April 8 Lunch and Musical Program

April 22 Lunch

May 13 BBQ Lunch and Musical Program

May 27 BBQ Lunch

June 10 Lunch

July 8 BBQ Lunch

August 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, April 8

Wednesday, May 13

Mystery Card Walk

Celebrate Seniors' Month with an enjoyable morning to promote fun, physical activity. Everyone wins a prize! Walking 2 kms on a pre-determined route. Walking poles are available to borrow and use on the walk. Everyone can participate, even if you cannot go on the walk. No charge but please pre-register so we can make sure everyone receives a prize.

Monday, June 8 at 10:30 am

Seniors' Month Celebration

Join us in the celebration of June is Seniors' Month with a memorable afternoon of entertainment by the Centre's talented choir and ukulele band: The Melody Makers. Enjoy refreshments including a celebration cake with ice cream. All welcome. By donation at the door for VPSC.

Monday, June 8 at 1:30 pm

Strawberry Social

Celebrate June is Seniors' Month. Join in a fun afternoon of toe-tapping music with the Centre's talented musical group. Enjoy fresh Ontario strawberries with shortcake and ice cream after the show.

Thursday, June 25 at 1:30 pm

\$8 for everyone

Peach Social

Celebrate peach season with Victoria Park Seniors Centre. Join in a fun afternoon of toetapping music. Enjoy a homemade peach dessert after the entertainment.

Thursday, August 13 at 1:30 pm

\$8 for everyone

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

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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