



2026 FALL COMMUNITY

GUIDE

THEATRE - AQUATICS - FITNESS - SENIOR PROGRAMMING



Centre
Wellington

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Fall Edition 2026

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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



Published by:
The Wellington Advertiser
www.wellingtonadvertiser.com

Community Contacts

Help

Animal Control,
Guelph Humane Society
519.824.3091

Centre Wellington Hydro
519.843.2900

Distress Centre Well/Dufferin
1.888.821.3760

Fire – Admin. and Public Safety
519.843.1950

Groves Memorial Hospital
519.843.2010

Highway Info (Winter)
1.888.638.9899

Hydro Emergency in Fergus/Elora
519.827.8588/519.827.8589

Kid's Help Line
1.800.668.6868

Madd Wellington County Chapter
519.515.0623

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, Ian Macrae
519-897-7005
info@trailway.org

Elora Centre for the Arts
519.846.9698

Elora Comm. Theatre, Deb Stanson
519.496.6481

Elora Fergus Arts Council
info@elorafergusartscouncil.ca

Elora Festival and Singers
519.846.0331

Elora and Salem Horticulture,
Jude Dowling
519.594.1816

Fergus Brass Band, Uwe Claussen
519.591.8558

Fall Fair Board, Wendy Wittaker
519.856.9621

Fergus Grand Theatre
519.846.9691 x200

Fergus Horticultural Society
fergushorticulture@gmail.com

Fergus Pipe Band
info@ferguspipeband.com

Fergus Scottish Festival
519.787.0099

Gleeful Sounds, Anne Thomson-King
519.787.0245

Grand Celtic Pipe Band,
Ashley Duncan
519.998.5748

Grinder Productions, Eric Goudie
519.843.7942

Kindermusik, Performance Studios
& Music for Kids
519.843.3517

Neighbour Woods, Toni Ellis
1.888.713.4088

Volunteer Centre of
Guelph and Wellington
519.822.0912

Wellington County
Museum and Archives
519.846.0916

Club and Lodges

Belwood Car Club
belwoodlakecarclub@gmail.com

Belwood Lions Club
info@belwoodlions.org

CW Kinettes, Mary Lloyd
519.843.1314

Elora Lions Club
519.843.7489

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@elorafergusingette.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
parks@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.

MARK YOUR CALENDAR



Key Township Open House

Thursday, October 1, 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.

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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



How to Register for Programs Online

- 1 Depending on the program you are looking to register for, visit:
Recreation Programs:
www.centrewellington.ca/recreation
Victoria Park Seniors Centre:
www.centrewellington.ca/VPSC
- 2 Click on Program Registration - this will redirect you to a new webpage called "Active Communities". On the Seniors Centre webpage, 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 the Aquatic Centre, Weight Room, Fitness/Aquafit Classes, and the 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.

Parks & Recreation: 519-846-9691 ext.903
parks@centrewellington.ca

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



KEYFEST

Beginners, Teens & Adults
(Special Rates for Seniors)



GROWING WITH MUSIC
1 - 5 year olds



3 - 8 year olds



PRIVATE INSTRUCTION

(Exams & Recreational)

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519.843.3517

performancestudiosfergus@gmail.com

WWW.PERFORMANCESTUDIOSFERGUS.COM



NEW YOUTH PROGRAMS COMING TO CW!

New programs are coming to Centre Wellington. Stay tuned for more information!



519-846-9691 EXT. 903



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

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WHO ARE YOU WALKING FOR?

Wellington-Dufferin

September 12

**Centre Wellington
Sportsplex @ 10:00 AM**



parkinson SOCIETY
SOUTHWESTERN
ONTARIO

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ferguslionsclub.org

fergus@a15lions.org

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Adult Learn to Curl and U18 leagues.*



**Scan the QR code or visit
ferguscurling.ca to sign up.**
Register now and be part of history!



TOWNSHIP OF CENTRE WELLINGTON

DROP-IN HALL PROGRAMS

FALL 2026

PICKLEBALL

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

SHUFFLEBOARD

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

ROLLER SKATING

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



REGISTER NOW

**PICKUPHUB.NET/
CENTREWELLINGTON**



Learn More At:
www.centrewellington.ca/recreation

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 <i>(max 4 people, additional members \$1.80)</i>	\$105.80	—	—	\$500.85 <i>(2 adults, 4 children) Valid for all Swims (Lane, Public, Adult Leisure, Special Needs and Parent & Tot, swims.</i>
Youth (15-17 years)	\$4.05	\$34.40	20% OFF When you get both Aquatics and Weight Room on a one year membership.		
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 \$6.80/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, as an attendant at no additional cost.

If you would like to apply for a PAL card to use in neighboring municipalities. 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. We will continue to admit caregivers volunteering their time to help a person with special needs to our programs free of charge.

Strollers

Due to their size, and the possibility of restricting change room exits, unattended strollers are to be left

outside of the change rooms. Strollers are not to be on the pool deck. We apologize for the inconvenience, however we need to ensure all exits and the pool deck are maintained free of obstructions in case an evacuation is required.

Spectators

Spectators are welcome to watch from the Aquatic Viewing Gallery. Viewing lessons from the pool deck is not permitted.

Pool Temperatures

We have 3 different pools on our deck. They are maintained at the following temperatures:

Main Pool: 28 Celsius (82 Fahrenheit)

Leisure Pool: 33.5 Celsius (92 Fahrenheit)

Whirl Pool: 38 Celsius (100 Fahrenheit)

Photos / Videos

Patrons wishing to use video cameras or other photographic devices during registered or supervised Township programs, including phone cameras and personal digital assistants, may take photographs only of children and patrons in their care. Every attempt must be made to limit or eliminate other patrons from being filmed or photographed in the background. Photographic devices including cell phones, are strictly prohibited from change rooms.

Private Rentals

A private pool rental is a great way to celebrate a birthday or host a special event. Rental times are available Saturdays and Sundays after regular programs. Please call our reception staff at the Sportsplex at 519.846.9691 x 305 for more information.

Gift Ideas

Looking for gift ideas? Why not purchase swim tickets or passes for Aquatic programs? Inquire by phone 519.846.9691 x 903.



**FLEMING FAST
FREIGHT &
WAREHOUSING**

545 Glengarry Crescent, Fergus
519-843-5460
flemingfastfreight.com

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" and 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: Fall - October 9 2026 – 4:00pm | Winter - December 18 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FALL SESSION 1 DATES						
Sept 28 - Nov 23 (8 Lessons) Cancellation: Oct 12	Sept 29 - Nov 17 (8 Lessons) Cancellation: None	Sept 30 - Nov 18 (8 Lessons) Cancellation: None	Oct 1 - Nov 19 (8 Lessons) Cancellation: None	Oct 2 - Nov 20 (8 Lessons) Cancellation: None	Oct 3 - Nov 28 (9 Lessons) Cancellation: 1 session TBD	Sept 27 - Nov 29 (9 Lessons) Cancellation: Oct 11 & 1 more TBD
FALL SESSION 2 DATES						
Nov 30 - Jan 25 (8 Lessons) Cancellation: Dec 28	Nov 24 - Jan 26 (8 Lessons) Cancellation: Dec 22 & 29	Nov 25 - Jan 27 (8 Lessons) Cancellation: Dec 23 & 30	Nov 26 - Jan 28 (8 Lessons) Cancellation: Dec 24 & 31	Nov 27 - Jan 29 (8 Lessons) Cancellation: Dec 25 & Jan 1	Nov 28 - Jan 30 (8 Lessons) Cancellation: Dec 26 & 1 more TBD	Nov 29 - Jan 31 (8 Lessons) Cancellation: Dec 27 & 1 more TBD

**POOL WILL BE CLOSED FOR MAINTENANCE SEPTEMBER 5 - SEPTEMBER 25.
ALL PROGRAMS WILL RESUME SEPTEMBER 26.**



**Guelph
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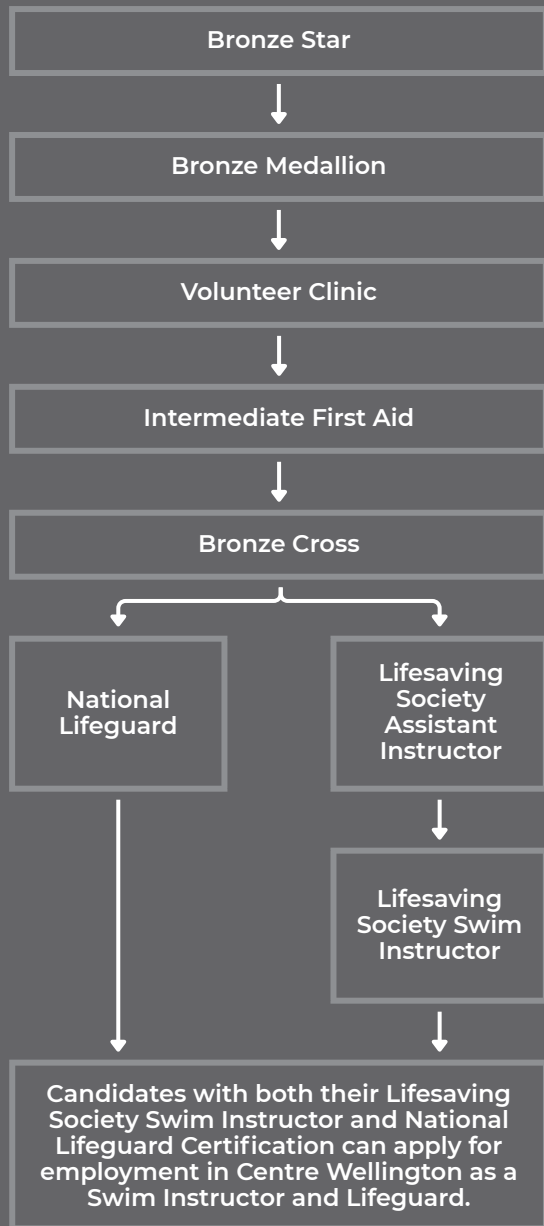
35 HARVARD ROAD, P.O. BOX 21032
GUELPH, ONTARIO N1G 3A2

519-820-WISH (9474)
INFO@GUELPHWISHFUND.COM

CHARITABLE NO:
89854 3863 RR0001

How to Become a LIFEGUARD OR SWIM INSTRUCTOR

Completing Aquatic Certifications can lead to employment with the Township as a lifeguard or swim instructor.



For more information, contact Customer Service at the Centre Wellington Community Sportsplex



519.846.9691 ext.903

Course and certificate information:
www.centrewellington.ca/aquatics

Advanced Leadership information

For all Leadership programs, our fees include the costs of required manuals and exam fees. 100% attendance is required in all leadership programs.

Ontario's First Aid programs have been updated as of June 22, 2026:

- Basic First Aid has replaced the Emergency First Aid Program
- Intermediate First Aid has replaced the Standard First Aid program

Current Emergency First Aid & Standard First Aid certifications are still recognized and are still accepted as pre-requisites.

Facilitating your child's Aquatic Career

Would you like your child to become a Lifeguard or Swimming instructor? Would you like to get certified yourself? Please contact our full-time aquatic team to learn about when to start, courses you need to take, volunteer opportunities, our hiring process, and what makes working in Aquatics a rewarding job! Please call the Sportsplex at 519.846.9691 ext. 903 and ask to speak to one of our full-time aquatic staff.

How to become an Assistant Instructor

Bronze Star - \$135.20

Pre-requisite:

Recommended age 10-12

Bronze Medallion

\$230.90 *Pre-requisite:*

13 years of age (prior to exam) or Bronze Star.

Aquatic Volunteer Clinic - FREE

Pre-requisite: Bronze Medallion, 13 years of age. Optional, and strongly recommended

Intermediate First Aid

\$211.80 (Formerly Standard First Aid) *Pre-requisite: none, recommended 12 years of age*

Bronze Cross - \$230.90

Pre-requisite: Bronze

Medallion, Basic or Intermediate First Aid (Formerly known as Emergency First Aid and Standard First Aid).

Lifesaving Society Assistant Instructor - \$190.15

Pre-requisite: Bronze Cross, 14 years of age by the end of the course.

If you are 14 years of age and have successfully completed the Lifesaving Society Assistant Instructor course and Intermediate First Aid course, you can apply for an Assistant Instructor Position with the Township.

Become an Instructor or Lifeguard

National Lifeguard (NL) - \$369.35

Pre-requisite: Bronze Cross, Intermediate First Aid (formerly known as Standard First Aid), 15 years of age by the end of the course

Lifesaving Society Swim Instructor - \$245.75

Pre-requisites: Bronze Cross, 15 years of age. Lifesaving Society Assistant Instructor is strongly recommended

If you are 15 years of age and have successfully completed the Lifesaving Society Swim Instructor course and the National Lifeguard Course, you can apply for an Instructor and Lifeguard position with the Township.

Lifesaving Society

Swim for Life

SWIM PROGRAM



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

Lesson prices are based on 9 lesson sessions.



\$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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Waterloo ON

519-746-6842

dustin@champagneinsurance.ca

champagneinsurance.ca



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From flexible desks and meeting spaces to business partnerships and memberships designed to support local service providers and growing teams. CW Co-Work is creating a new model for working locally in Centre Wellington.

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B-6512 Wellington Rd 7, Elora, ON, N0B 1S0



Centre
Wellington

VOTE

Municipal Election October 26, 2026

Register to Vote:

Email:

elections@centrewellington.ca

Phone:

Local - (226) 370-2366

Toll-free - 1(888) 831-7736

In Person:

1 MacDonald Square, Elora, ON, N0B 1S0

Monday to Friday | 8:30 AM to 4:30 PM

For more information:

www.centrewellington.ca/election

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Fax: 519.846.9120

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Guelph, ON N1H 8M1
Tel: 519.822.7670
Fax: 519.822.6997

www.bakertilly.ca



Upper Grand
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Your Family Health Team's Free Programs and Services.

Proudly serving Arthur, Centre
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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

EarlyON

Child and Family Centre

to offer these groups at
their Fergus location

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



on ontario culture days

Celebrate Culture Days in Centre Wellington!

Sept 18 - Oct 4, 2026



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Join a community of dedicated child care professionals who are making a difference.

Being a home child care provider can be incredibly rewarding - but you don't have to do it alone.

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With ongoing support, training opportunities, family referrals, and a trusted reputation, you'll have everything you need to succeed.

Together, we're helping children thrive—one home at a time.



Become a Child Care Provider

Call: 519-830-3032

or visit: www.weewatch.com



Peace of Mind

When every minute matters

Caring for someone who is prone to wandering can be overwhelming.

Project Lifesaver Wellington helps protect individuals who may wander due to Alzheimer's, autism, dementia, acquired brain injury, or other cognitive conditions.



Wearable Protection

Participants wear a lightweight transmitter bracelet that sends a tracking signal 24/7.



Fast Response

If a loved one goes missing, specially trained emergency responders use mobile tracking equipment to help locate them quickly.



Peace of Mind

Providing families and caregivers with support and confidence when it matters most.



vswguelph.on.ca



519-546-5691



Volunteer Crisis Responders Needed

No experience necessary.
Training provided.

Support your community when it matters most. Crisis Responders provide emotional and practical supports to victims of crime and tragic circumstances.



vswguelph.on.ca

519-546-5691

victim@vswguelph.on.ca





2026

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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

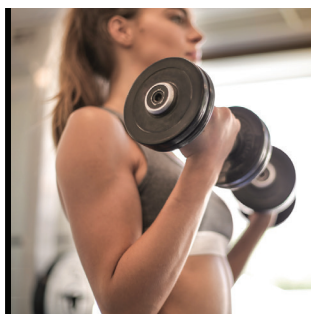
REGISTRATION REQUIRED

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®.



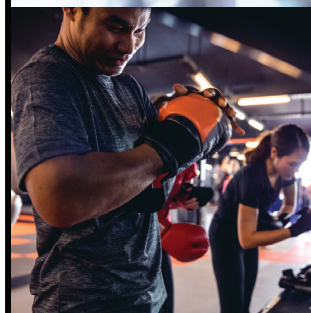
HAVE A BLAST!

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!

Ice Programs in Centre Wellington



- ✓ Adult Stick & Puck
- ✓ Family Stick & Puck
- ✓ Teen Stick & Puck
- ✓ Adult & Senior Skating
- ✓ Family Skating

Shinny Hockey: PickupHub

Players must register through pickuphub.net - registration opens 7 days before game time. If the minimum number of players has not yet been reached, games will be cancelled and players will be notified 90 minutes before game time. Games are not refereed or supervised unless otherwise stated. Goalies are free but must register. **A CSA-approved hockey helmet is mandatory for everyone.** Players under the age of 19 must wear a CSA Helmet with a full face mask. Full equipment is required. Body contact is not permitted.

Shinny Rates:

Prime Time (after 5:00pm): \$13.15
Non-Prime Time (Weekdays before 5:00pm): \$7.45

General Rules:

Children 9 and younger must be supervised on the ice, by a parent/guardian at least 12 years of age with sufficient skating ability. **CSA approved helmets with facemasks are highly recommended for all participants and are required for stick and puck programs.** Skaters must pay at the front desk to receive a skate band before going on the ice. For all rules and more information on our ice programs and schedules, visit:

www.centrewellington.ca

Please register for Stick & Puck programs through pickuphub.net Pre-registration is encouraged for all programs

Rates:

Under 4: FREE
Child/Youth (4-14): \$3.35/time
Youth (15-17): \$3.75/time
Adult (18-54): \$4.20/time
Senior (55+): \$3.75/time
Family of Four: \$13.50/time
Additional Family Members: \$1.80

Please pay and check in at the front desk to receive a skateband before going on the ice.



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

It Gets Grander

Upcoming Shows at the Fergus Grand Theatre

A Celebration of Canadian Rock

August 19: 8:00 PM

Off the Rock - Tribute to Great Big Sea

September 10: 8:00 PM

Elemental Sprocket

Multiple Dates & Times

Totally 80's Night

September 18: 8:00 PM

Mottown Gold

September 19: 8:00 PM

Awesome ABBA

October 2: 7:30 PM

Lennon Live

October 3: 7:30 PM

Anticipation: Carly Simon & James Taylor Story

October 4: 2:00 PM

Let's Go! Tribute to the Cars | Opening act the 80its

October 9: 7:30 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!

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.



519.787.1981

[f](https://www.facebook.com/fergusgrandtheatre) [i](https://www.instagram.com/fergusgrandtheatre) [fergusgrandtheatre](http://fergusgrandtheatre.ca)

www.fergusgrandtheatre.ca



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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,
Sept. 8, Oct. 13, Nov. 10, Dec. 8
4:30 – 6:30pm**

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

St. Andrew's Youth Group

Every Monday starting Sept. 14th

7:00 PM - 9:00 PM

Grades 6-12 welcome!

Scan for more info:



325 St. George St. W, Fergus
(519) 843-3565



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Fergus Chapel | 280 St. David St. South | 519.843.3100

www.grahamgiddyfh.com

VICTORIA PARK SENIORS CENTRE

Fall 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,
August 18, 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.

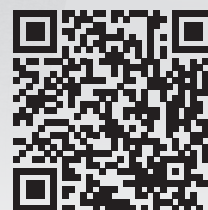
HOW TO REGISTER

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

September 7 - Labour Day | October 12 - Thanksgiving | November 11 - Remembrance Day | December 25 to January 1

Welcome Tours and Information

New Members' Talk and Tours are held monthly at VPSC to provide you with information on programs and services offered. Are you a new member to the VPSC or haven't visited us in awhile? Join us to chat about programs happening at VPSC, ask questions and meet other new members. Upcoming sessions: September 21, October 19 or November 16 at 10:00 am. 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 are available beginning January 2027 for three-year terms by election or acclamation at the Annual General Meeting held November 26, 2026 at 2:00 pm. 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. 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 a volunteer instructor.

• Billiards: Ladies Afternoon

Tuesdays at 1:00 pm.

• Bingo

Thursdays at 1:00 pm.

• Book Club (Monthly)

First Friday of the month at 11:00 am.

• Bridge (Social)

Thursdays at 1:00 pm.

• Bunka Artistry

Tuesdays at 9:30 am.

• Canasta

Mondays at 9:30 am.

• Carpet Bowling

Fridays at 1:00 pm.

• Choir and 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. (For Spanish language classes, see the Special Interest section).

• Creative Writing

Wednesdays at 10:30 am.

• Cribbage

Fridays at 9:30 am.

• Crokinole

Wednesdays at 10:00 am.
Crokinole cues available.

• Darts

Thursdays at 9:30 am.

• Pastime Productions Theatre Group

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

• Euchre

Wednesdays at 1:00 pm.
Thursdays at 7:30 pm.

• Genealogy

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

• Guitar: The Country Classics

Thursdays at 1:00 pm.
Bring an acoustic six-string guitar.

• Hand and Foot Card Game

Tuesdays at 1:00 pm. A fun card game, related to Canasta.

• Line Dancing

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

SENIORS

- **Mah Jong**

Fridays at 9:30 am.

American and Chinese versions played.

- **Recreational Belly Dance**

Mondays at 8:40 am

Please pre-register if interested.

- **Scrabble**

Thursdays at 9:30 am.

- **Shuffleboard**

Tuesdays at 1:00 pm.

- **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.

- **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 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.

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.

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: Michelle Vandenburg. \$55 for 45 minutes. Cash only. Call VPSC to book an appointment.

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.

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 once a month on Wednesdays. \$22 cash only.

September 16, October 14, November 18, December 9

Fitness, Nutrition & Wellness Clinic NEW

Take a proactive approach to your health and well-being through personalized one-on-one coaching. Whether you want to lose weight, improve strength and mobility, increase energy, support healthy aging, enhance overall wellness, or create sustainable nutrition and

www.centrewellington.ca

fitness habits, expert guidance is available every step of the way. This clinic offers individualized coaching to build practical strategies and deliver lasting results. Receive personalized recommendations, education, accountability, and support. Service provided by Angie Reid, CanFitPro Certified Fitness Professional and Holistic Fitness, Nutrition and Wellness Expert. \$45 for 30 minutes. Cash only. Call VPSC to book an appointment.

Blood Pressure Clinic

FREE. Held monthly on a Wednesday from 11:00 am to 12:00 pm. No appointment needed. Simply drop in. Thanks to Nurse Next Door for sponsoring this program.

*September 9, October 7,
November 4, December 16*

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, October 15

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.

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

Toyota Tour & African Lion Safari

Enjoy a guided tour of Cambridge Toyota on a motorized tram and see interactive exhibits in the showroom. Enjoy a delicious buffet lunch at The Mandarin. Tour the African Lion Safari with a guide (school bus), then take a short, guided boat tour. On the way home, enjoy tastings at Cox

Creek Winery. Depart 8:15 am, return approx. 6:45 pm.

Wednesday, October 7

\$185 members

\$199 non-member

The Christmas Truce & 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 including 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 8:45 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.

FALL

	Day	Start/End Date	Time	Weeks	Cost	Members
Fit Bones Plus	Tues	Sept. 8-Oct. 27	9:15-9:45 AM	5	\$30	\$20
Fit Bones Plus	Tues	Nov. 3-Dec. 15	9:15-9:45 AM	7	\$42	\$28
Building Strength Lower Body	Tues	Sept. 8-Oct. 27	9:50-10:20 AM	5	\$30	\$20
Building Strength Lower Body	Tues	Nov. 3-Dec. 15	9:50-10:20 AM	7	\$42	\$28
Fit Bones	Wed	Sept. 9-Oct. 28	9:15-9:45 AM	5	\$30	\$20
Fit Bones	Wed	Nov. 4-Dec. 16	9:15-9:45 AM	6	\$36	\$24
Building Strength Core	Wed	Sept. 9-Oct. 28	9:50-10:20 AM	5	\$30	\$20
Building Strength Core	Wed	Nov. 4-Dec. 16	9:50-10:20 AM	6	\$36	\$24
Fit Bones Plus	Thurs	Sept. 10-Oct. 29	9:15-9:45 AM	5	\$30	\$20
Fit Bones Plus	Thurs	Nov. 5-Dec. 17	9:15-9:45 AM	7	\$42	\$28
Building Strength Upper Body	Thurs	Sept. 10-Oct. 29	9:50-10:20 AM	5	\$30	\$20
Building Strength Upper Body	Thurs	Nov. 5-Dec. 17	9:50-10:20 AM	7	\$42	\$28
Yoga and Movement for Healthy Joints & Muscles	Fri	Sept. 11-Oct. 30	10:30-11:00 AM	6	\$36	\$24
Yoga and Movement for Healthy Joints & Muscles	Fri	Nov. 6-Dec. 11	10:30-11:00 AM	5	\$30	\$20

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

FALL

	Day	Start/End Date	Time	Weeks	Cost	Members
Zumba Gold-Toning	Mon	Sept. 14-Oct. 19	8:40-9:25 AM	5	\$50	\$40
Zumba Gold-Toning	Mon	Nov. 2-Dec. 21	8:40-9:25 AM	8	\$80	\$64
Recreational Belly Dance	Mon	On-going	8:40-9:25 AM	On-going	\$2	\$1
Zumba Gold	Mon	Sept. 14-Oct. 19	9:35-10:20 AM	5	\$50	\$40
Zumba Gold	Mon	Nov. 2-Dec. 21	9:35-10:20 AM	8	\$80	\$64
Pilates Strong	Mon	Sept. 14-Oct. 26	9:35-10:20 AM	6	\$54	\$42
Pilates Strong	Mon	Nov. 2-Dec. 21	9:35-10:20 AM	8	\$72	\$56

Fitness & Dance (In-Person)

(See descriptions further in guide)

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Urban Pole Walking Workshop	Mon	Oct. 5	10:00-11:30 AM	1	FREE	FREE
Urban Pole Walking Refresher	Mon	Oct. 19	10:00-11:00 AM	1	FREE	FREE
Essentrics	Mon	Sept. 14-Oct. 19	10:30-11:15 AM	5	\$45	\$35
Essentrics	Mon	Nov. 2-Dec. 14	10:30-11:15 AM	7	\$63	\$49
Strength Training & Core	Mon	Sept. 14-Oct. 26	11:45 AM-12:45 PM	6	\$66	\$54
Strength Training & Core	Mon	Nov. 2-Dec. 21	11:45 AM-12:45 PM	8	\$88	\$72
Osteo Fit NEW	Mon	Sept. 14-Oct. 26	1:00-2:00 PM	6	\$66	\$54
Osteo Fit NEW	Mon	Nov. 2-Dec. 21	1:00-2:00 PM	8	\$88	\$72
Move Strong	Mon	Sept. 14-Oct. 5	1:00-1:45 PM	4	\$36	\$28
Move Strong	Mon	Nov. 9-Dec. 21	1:00-1:45 PM	7	\$63	\$49
Osteo Fit	Mon	Sept. 21-Oct. 26	2:15-3:00 PM	5	\$45	\$35
Osteo Fit	Mon	Nov. 2-Dec. 21	2:15-3:00 PM	7	\$63	\$49
Osteo Fit	Mon	Sept. 21-Oct. 26	3:15-4:00 PM	5	\$45	\$35
Osteo Fit	Mon	Nov. 2-Dec. 21	3:15-4:00 PM	7	\$63	\$49
Pilates: Gentle	Mon	Sept. 14-Oct. 26	5:00-6:00 PM	4	\$92	\$84
Pilates: Gentle	Mon	Nov. 2-Dec. 14	5:00-6:00 PM	7	\$161	\$147
Strength Training	Tues	Sept. 8-Oct. 27	8:40-9:25 AM	8	\$72	\$56
Strength Training	Tues	Nov. 3-Dec. 22	8:40-9:25 AM	8	\$72	\$56
Zumba Gold	Tues	Sept. 8-Oct. 20	8:40-9:25 AM	7	\$70	\$56
Zumba Gold	Tues	Nov. 3-Dec. 22	8:40-9:25 AM	8	\$80	\$64
Zumba Gold- Toning	Tues	Sept. 8-Oct. 20	9:35-10:20 AM	7	\$70	\$56
Zumba Gold- Toning	Tues	Nov. 3-Dec. 22	9:35-10:20 AM	8	\$80	\$64
Building on the Basics	Tues	Sept. 8-Oct. 27	9:35-10:20 AM	8	\$72	\$56
Building on the Basics	Tues	Nov. 3-Dec. 22	9:35-10:20 AM	8	\$72	\$56
Movement for Healthy Joints & Muscles	Tues	Sept. 8-Oct. 20	11:30 AM-12:30 PM	7	\$77	\$63
Movement for Healthy Joints & Muscles	Tues	Nov. 3-Dec. 15	11:30 AM-12:30 PM	7	\$77	\$63
All Around Fitness	Tues	Sept. 8-Oct. 27	3:15-4:00 PM	8	\$72	\$56
All Around Fitness	Tues	Nov. 3-Dec. 22	3:15-4:00 PM	8	\$72	\$56
Low Impact Cardio & Muscle	Wed	Sept. 9-Oct. 28	8:40-9:25 AM	8	\$72	\$56
Low Impact Cardio & Muscle	Wed	Nov. 4-Dec. 23	8:40-9:25 AM	7	\$63	\$49
Zumba Gold- Toning	Wed	Sept. 9-Oct. 21	8:40-9:25 AM	7	\$70	\$56
Zumba Gold- Toning	Wed	Nov. 4-Dec. 23	8:40-9:25 AM	7	\$70	\$56
Core & Control Circuit	Wed	Sept. 9-Oct. 28	9:35-10:20 AM	8	\$72	\$56
Core & Control Circuit	Wed	Nov. 4-Dec. 23	9:35-10:20 AM	7	\$63	\$49
Essentrics NEW	Wed	Sept. 9-Oct. 21	10:30-11:15 AM	7	\$63	\$49
Essentrics NEW	Wed	Nov. 4-Dec. 16	10:30-11:15 AM	6	\$54	\$42
Urban Pole Walking Exercise with Nancy	Wed	Oct. 21-Dec. 9	10:00-10:45 AM	6	\$54	\$42

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

Continued

	Day	Start/End Date	Time	Weeks	Cost	Members
Move Strong	Wed	Sept. 9-Oct. 14	1:00-1:45 PM	6	\$54	\$42
Move Strong	Wed	Nov. 18-Dec. 23	1:00-1:45 PM	6	\$54	\$42
Osteo Fit	Wed	Sept. 9-Oct. 28	2:15-3:00 PM	8	\$72	\$56
Osteo Fit	Wed	Nov. 4-Dec. 23	2:15-3:00 PM	7	\$63	\$49
Osteo Fit	Wed	Sept. 9-Oct. 28	3:15-4:00 PM	8	\$72	\$56
Osteo Fit	Wed	Nov. 4-Dec. 23	3:15-4:00 PM	7	\$63	\$49
Strength Training	Thurs	Sept. 10-Oct. 29	8:40-9:25 AM	8	\$72	\$56
Strength Training	Thurs	Nov. 5-Dec. 24	8:40-9:25 AM	8	\$72	\$56
Zumba Gold- Toning	Thurs	Sept. 10-Oct. 22	8:40-9:25 AM	7	\$70	\$56
Zumba Gold- Toning	Thurs	Nov. 5-Dec. 24	8:40-9:25 AM	8	\$80	\$64
Strength Training: Beginner	Thurs	Sept. 10-Oct. 29	9:35-10:20 AM	8	\$72	\$56
Strength Training: Beginner	Thurs	Nov. 5-Dec. 24	9:35-10:20 AM	8	\$72	\$56
Movement for Healthy Joints & Muscles NEW	Thurs	Sept. 10-Oct. 22	11:30 AM-12:15 PM	7	\$63	\$49
Movement for Healthy Joints & Muscles NEW	Thurs	Nov. 5-Dec. 17	11:30 AM-12:15 PM	7	\$63	\$49
Pilates: Mixed Level	Thurs	Sept. 10-Oct. 29	5:00-6:00 PM	5	\$115	\$105
Pilates: Mixed Level	Thurs	Nov. 5-Dec. 17	5:00-6:00 PM	7	\$161	\$147
Low Impact Cardio & Muscle	Fri	Sept. 11-Oct. 30	8:40-9:25 AM	8	\$72	\$56
Low Impact Cardio & Muscle	Fri	Nov. 6-Dec. 18	8:40-9:25 AM	7	\$63	\$49
Zumba Gold-Toning NEW	Fri	Sept. 11-Oct. 23	8:40-9:25 AM	7	\$70	\$56
Zumba Gold-Toning NEW	Fri	Nov. 6-Dec. 18	8:40-9:25 AM	7	\$70	\$56
Barre Strong	Fri	Sept. 11-Oct. 30	9:35-10:20 AM	8	\$72	\$56
Barre Strong	Fri	Nov. 6-Dec. 18	9:35-10:20 AM	7	\$63	\$49
Move Strong	Fri	Sept. 11-Oct. 16	10:30-11:15 AM	6	\$54	\$42
Move Strong	Fri	Nov. 13-Dec. 18	10:30-11:15 AM	6	\$54	\$42
Dance Choreography for Fun for Seniors	Fri	Sept. 11-Oct. 30	11:30 AM-12:30 PM	8	\$80	\$64
Dance Choreography for Fun for Seniors	Fri	Nov. 6-Dec. 18	11:30 AM-12:30 PM	6	\$60	\$48

YOGA, TAI CHI, QIGONG, MEDITATION (In-Person)

(See descriptions further in guide)

FALL

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing & Seated Yoga with Karen	Mon	Sept. 14-Oct. 19	11:30 AM-12:15 PM	5	\$50	\$40
Standing & Seated Yoga with Karen	Mon	Nov. 2-Dec. 14	11:30 AM-12:15 PM	7	\$70	\$56

YOGA, TAI CHI, QIGONG, MEDITATION (In-Person)

(See descriptions further in guide)

FALL

	Day	Start/End Date	Time	Weeks	Cost	Members
Standing & Seated Hatha Yoga	Mon	Sept. 14-Oct. 26	10:30-11:30 AM	6	\$66	\$54
Standing & Seated Hatha Yoga	Mon	Nov. 2-Dec. 21	10:30-11:30 AM	8	\$88	\$72
Tai Chi Level 1	Tues	Sept. 15-Oct. 27	9:30-10:30 AM	7	\$77	\$63
Tai Chi Level 1	Tues	Nov. 3-Dec. 22	9:30-10:30 AM	8	\$88	\$72
Tai Chi Level 2	Tues	Sept. 15-Oct. 27	10:30-11:30 AM	7	\$77	\$63
Tai Chi Level 2	Tues	Nov. 3-Dec. 22	10:30-11:30 AM	8	\$88	\$72
Yoga with Sarah NEW	Tues	Sept. 8-Oct. 20	10:30-11:15 AM	7	\$70	\$56
Yoga with Sarah NEW	Tues	Nov. 3-Dec. 22	10:30-11:15 AM	8	\$80	\$64
Tai Chi Level 1 NEW	Tues	Sept. 15-Oct. 27	12:15-1:15 PM	7	\$77	\$63
Tai Chi Level 1 NEW	Tues	Nov. 3-Dec. 22	12:15-1:15 PM	8	\$88	\$72
Tai Chi Level 2 NEW	Tues	Sept. 15-Oct. 27	1:15-2:15 PM	7	\$77	\$63
Tai Chi Level 2 NEW	Tues	Nov. 3-Dec. 22	1:15-2:15 PM	8	\$88	\$72
Moderate Slow Yoga	Tues	Sept. 8-Oct. 27	11:00 AM-12:00 PM	7	\$77	\$63
Moderate Slow Yoga	Tues	Nov. 3-Dec. 22	11:00 AM-12:00 PM	8	\$88	\$72
Yoga with Sarah	Wed	Sept. 9-Oct. 21	9:35-10:20 AM	7	\$70	\$56
Yoga with Sarah	Wed	Nov. 4-Dec. 23	9:35-10:20 AM	7	\$70	\$56
Meditation Series	Wed	Sept. 16-Dec. 9	10:00-11:30 AM	12	\$156	\$132
Standing & Seated Yoga with Karen	Wed	Sept. 9-Oct. 21	11:30 AM-12:30 PM	7	\$77	\$63
Standing & Seated Yoga with Karen	Wed	Nov. 4-Dec. 16	11:30 AM-12:30 PM	6	\$66	\$54
Yoga with Sarah	Thurs	Sept. 10-Oct. 22	9:35-10:20 AM	7	\$70	\$56
Yoga with Sarah	Thurs	Nov. 5-Dec. 24	9:35-10:20 AM	8	\$80	\$64
Chair & Standing Yoga with Michelle	Thurs	Sept. 10-Oct. 29	10:30-11:15 AM	6	\$60	\$48
Chair & Standing Yoga with Michelle	Thurs	Nov. 5-Dec. 17	10:30-11:15 AM	6	\$60	\$48
Qigong for Energy, Balance & Wellness NEW	Thurs	Sept. 10-Oct. 29	10:30-11:30 AM	8	\$88	\$72
Qigong for Energy, Balance & Wellness NEW	Thurs	Nov. 5-Dec. 17	10:30-11:30 AM	7	\$77	\$63
Chair Yoga with Nelda NEW	Thurs	Sept. 10-Oct. 29	11:40 AM-12:40 PM	8	\$88	\$72
Chair Yoga with Nelda NEW	Thurs	Nov. 5-Dec. 17	11:40 AM-12:40 PM	7	\$77	\$63
Yoga with Jane	Fri	Sept. 11-Oct. 30	9:30-10:30 AM	8	\$88	\$72
Yoga with Jane	Fri	Nov. 6-Dec. 18	9:30-10:30 AM	7	\$77	\$63
Standing & Seated Hatha Yoga	Fri	Sept. 11-Oct. 30	10:35-11:35 AM	8	\$88	\$72
Standing & Seated Hatha Yoga	Fri	Nov. 6-Dec. 18	10:35-11:35 AM	7	\$77	\$63

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: Tuesdays: September 29, October 6, October 13. Thursdays: October 1, October 8, October 15.

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 seated exercises and provide information to help maintain bone strength and prevent bone loss. You will need an exercise band for this class. No class September 30, October 7, October 14 or November 11.

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 September 29, October 6, October 13.

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 September 30, October 7, October 14 or November 11.

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. No class October 1, October 8, October 15.

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 September 18, October 16 or November 27.

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 and 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.

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, improve posture and core strength. Barre Strong has an upbeat flow providing cardiovascular benefits as well. Moderate to advanced level and includes floor work. Instructor: Angie Reid.

Building on the Basics

This class 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 abs. 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

Core strength, stability, mobility and control is the focus. You will 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 body weight 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 November 11.

Dance Choreography for Fun for Seniors

Have a great time learning gentle and enjoyable dance sequences tailored for seniors. For 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. No class November 27.

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. Note new Wednesday 10:30 am class. No class October 12 or November 11.

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 November 11.

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, small pilates ball and light weights or borrow from VPSC. Instructor: Karen Murtagh. Note: new Thursday class.

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.

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. Note: New Monday 1:00 pm class with instructor: Charlene Sedgewick. Monday 2:15 pm & 3:15 pm and Wednesday classes instructor: Jane Gage, Reg. Kinesiologist. No class: October 12, November 11, November 30.

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 September 28, October 5 and October 12.

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. No class October 1, October 8 or October 15.

Pilates Strong

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 October 12.

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 October 12.

SENIORS

Strength Training

An intermediate level class for those wishing to increase strength, balance and flexibility. All equipment supplied. Participants should be able to get up and down from the floor. Instructor: Angie Reid.

Strength Training: Beginner

A beginner strength training 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.

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 October 12.

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 October 12.

Zumba Gold-Toning

A combination of strength training and dance that improves your mobility, balance, and strength all while having 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 October 12 or November 11. Note: New Friday class at 8:40 am.

Urban Pole Walking Exercise with Nancy

Discover the benefits of pole walking exercise in this fun and supportive class. In this six week, indoor Fun Fit series, learn the fundamentals of Urban/Activator Pole Walking while enjoying a guided 45-minute workout set to music. Exercises include sitting and standing and finish with 15 minutes of pole walking technique and tips. Instructed, encouraged and motivated by certified Urban Pole Walking Instructor: Nancy Revie. Improve posture, strength, and confidence in your everyday movement. See how a simple set of poles can make a big difference. Bring your Urban/Activator Poles or borrow from VPSC. No class November 11 or November 18.

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.

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.

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

Chair and Standing Yoga with Michelle

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 September 17, October 15, November 26.

Chair Yoga with Nelda NEW

Discover the benefits of yoga in a safe, supportive, and accessible way. This gentle chair yoga class uses seated and standing movements to help improve flexibility, balance, posture, mobility, breathing, and relaxation, without needing to get down on the floor. Classes include gentle stretches, mindful movement, breathing techniques, and relaxation designed to help you feel stronger, calmer, and more energized. Instructor: Nelda Rodillo.

Meditation Series

This 12-week series is a meditation class. We will use the book "Down to Earth Dharma Insight Meditation to Awaken the Heart" by Rebecca Bradshaw, 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. Instructor: Jill Davey. If you have questions, you are welcome to contact the instructor prior to registration: ijilldavey@gmail.com. No class November 11.

Moderate Slow Yoga

Moving with intention to stretch, build strength and self-awareness through Hatha Yoga. Moderate means you have yoga experience and slow means our movements are not rushed. We incorporate standing, hands and knees and floor postures. Bring a yoga mat, blocks if you have them and a light blanket. Instructor: Grace Rosewarne. No class October 6.

Qigong for Energy, Balance & Wellness NEW

Experience the gentle healing art of Qigong. This calming practice combines slow flowing movements, breathing exercises, posture, and mindful awareness to help improve balance, flexibility, circulation, and well-being. This beginner-friendly class is for anyone seeking a gentle, relaxing approach to movement and healthy aging. Easy-to-follow exercises that may help reduce stress, ease stiffness, support mobility, improve posture, and restore energy. Movements may be done standing or modified as needed. Instructor: Nelda Rodillo.

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 or borrow from VPSC. Instructor: Jane Finoro is a certified yoga instructor, trained in traditional practice. No class October 12.

Standing & Seated Yoga with Karen

Yoga can be nourishing on all levels without having to get to the floor. Seated warm-ups are followed by standing poses, using the chair for support. We always sit again for some lovely final stretches to complete our class. Bring a thin yoga mat and a yoga block if you have one or borrow from VPSC. Instructor: Karen Murtagh.

No classes October 12 or November 11.

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. Note new additional timeslot on Tuesday.

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. Note new additional timeslot on Tuesday.

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. Note new Tuesday class at 10:30 am. No class November 11.

**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**
Begins: September 10

Interactive & Fun Beginner Spanish: Level 1

Do you enjoy travelling to Spanish speaking countries but wish you could communicate beyond 'hola' and 'gracias'? Learn common words and phrases for travel, basic grammar, and conversational skills from parts of Latin America and Spain. Instructor Joanna Walker has been teaching Spanish for over 18 years and has supported many new language learners. She has a teaching degree, a degree in International Development and Hispanic Studies, advanced Spanish Diploma from the DELE Cervantes Institute of Spain and interpreter training courses. No prior Spanish knowledge is required.

\$144 (\$138 Members)

Tuesdays, 1:30 pm to 2:30 pm
September 8 to October 13, 6 classes

Interactive & Fun Beginner Spanish: Level 2

Build on your Spanish language skills. Instructor: Joanna Walker. See instructor's bio in the Spanish Level 1 description.

\$144 (\$138 Members)

Tuesdays, 1:30 pm to 2:30 pm
November 3 to December 8, 6 classes

SENIORS

Music Appreciation

Enjoy listening to and learning how to identify and differentiate between musical composers and periods. In this listening course, students will understand the musical influences and styles of composers from Bach to Beethoven to Mozart, the themes and signature sounds of Baroque to Twentieth Century music. Lots of variety, discussion and learning in this course. Instructor: Rosemary Walton. No class October 7.

\$130 (\$120 Members)

Wednesdays, 1:00 pm to 3:00 pm
September 9 to October 21, 6 classes

Drawing Fundamentals: Level 1

Explore the basic techniques of drawing and develop your artistic eye in this introductory class. No previous experience is required. This is a great opportunity to renew an interest from earlier days. Bring your sketchbook, pencils, an eraser, and a desire to learn. Instructor: Jane Finoro.

\$128 (\$112 Members)

Fridays, 1:00 pm to 3:00 pm
September 11 to October 30, 8 classes

Drawing Fundamentals: Level 2

With previous drawing experience or as a follow up to Level 1, this course will provide inspiration and the opportunity for continued development through practice. A variety of subjects and exploration of media beyond the pencil will be explored. Bring your sketchbook, eraser and pencils to the first class. Instructor: Jane Finoro. No class November 13.

\$96 (\$84 Members)

Fridays, 1:00 pm to 3:00 pm
November 6 to December 18, 6 classes

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.

\$120 (\$112 Members)

Fridays, 10:00 am to 11:00 am
September 11 to October 30, 8 classes

French Course 4

French Course 4 is a continuation of French 3. We will be using the same textbook and will enable us to improve our vocabulary and improve our speech, adding nuances to our expressions such as: "I want to come but I cannot stay long". We will also be able to address the near future and the near past, which will give us much more flexibility in our speech. Instructor: Elisabeth Bzikot.

\$120 (\$112 Members)

Fridays, 12:30 pm to 1:30 pm
September 11 to October 30, 8 classes

French Course 2

French Course 2 is a follow-up from the beginner course. We will be using the same textbook and continuing our exploration of the French language. More verb groups, vocabulary and phrases. Instructor: Elisabeth Bzikot.

\$120 (\$112 Members)

Fridays, 1:30 pm to 2:30 pm
September 11 to October 30, 8 classes

All About Osteoarthritis

Join us for a free six-week education series that breaks down what Osteoarthritis is, why it develops, and the most effective strategies for prevention and management of Osteoarthritis pain/symptoms. Topics include: What is Osteoarthritis? What are the risk factors? What causes Osteoarthritis? What can I do to reduce the symptoms? What strategies are effective? Does nutrition play a factor? Aids? How should I move, & positions I should I avoid? What are the best exercises to help with hip/knee osteoarthritis? Presented by Alan Sze, Reg. Kinesiologist. No class October 12.

No charge but pre-register as space is limited.

Mondays, 1:00 pm to 2:00 pm
September 14 to October 26, 6 classes

Theatre History 101

Take a journey through 3000 years of live performance, from Thespis, the first actor, up to the present day. This presentation will look at the roots of evolution of theatre design and architecture, the roles that playwrights, performers and other people have played in the development of live performance, and the changing purposes of drama, from religious ceremony to commercial endeavour, or was it really always both? The focus will be on the development of Western theatrical tradition, but there will also be a few "side trips" into the dramatic traditions of other cultures. Presented by Eric Goudie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm
Wednesday, September 16

Say Sayonara to Sugar

In today's diet, sugar is hiding everywhere from tomato sauce to salad dressings to crackers. It makes up a whopping 21% of our calories consumed daily. Learn to recognize the many places sugar is hiding, impact on overall health and how to gently kick that sweet sugar bug. Includes a booklet containing all the facts behind what sugar does to our bodies and what to do to shake the sugar. Learn the simple Complete in 3 Rule and how to use it to design tasty, blood sugar balancing meals, an easy grocery list reference guide and sample recipes to help get you inspired. Instructor: Angie Reid.

\$29 (\$23 Members)

10:30 am to 12:30 pm
Monday, September 21

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. Mats available to borrow. Instructor: Charlene Sedgewick.

\$29 (\$23 Members)

Monday, September 21

2:30 pm to 4:00 pm

-or-

Monday, October 26

2:30 pm to 4:00 pm

Inflammation Insights:

Understanding the Body's Fire

In this two-hour workshop we will explore what inflammation is, some common symptoms of inflammation, causes of inflammation and practical ideas you can do to help reduce inflammation in your body. Instructor: Jennifer Wilson, Certified Holistic Nutritionist.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Thursday, September 24

Food, Mood and Brain

Join Lauren, a Registered Dietitian, for this workshop to explore how food can fuel a healthy brain for the long run. The types of foods we eat regularly can have a positive impact on our mental wellbeing in a multitude of ways. We will: explore the role of food in fueling our brain, which types of food we could add to boost brain function and protection, and explore simple and delicious recipes to include in your meals.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, September 29

Working with Women in Midlife

This workshop is designed for fitness instructors and others who want to better understand and support the

unique needs of women in midlife. From hormonal changes and shifting energy levels to bone health and body composition, women in this stage benefit from personalized informed and empathetic training. Learn evidence-based strategies for coaching women. Workbook included. No charge but please pre-register. Instructor: Charlene Sedgewick.

1:30 pm to 4:00 pm

Wednesday, September 30

Flowers in a Pumpkin Centrepiece

In this workshop, you'll create your own centrepiece with a real pumpkin and real Ontario-grown flowers! Using sustainable design mechanics, learn how to arrange and how to take care of your flowers to extend their vase life. Emily, from Mapleton Acres, will walk you through each step. All materials provided.

\$69 (\$59 Members)

10:00 am to 11:30 am

Wednesday, October 7

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.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Thursday, October 8

-or-

1:00 pm to 3:00 pm

Thursday, December 3

Fermented Foods: What's all the Hype

Curious about fermented foods, kimchi, kombucha, kefir, miso to name a few? We will discuss: what they are, why they are beneficial and how to incorporate fermented foods into your diet. We will talk about how to ferment foods that can be beneficial to health. Instructor: Jennifer Wilson, Certified Holistic Nutritionist.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Thursday, October 22

Love Your Liver

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

\$29 (\$23 Members)

10:30 am to 12:30 pm

Monday, October 26

Anti-Inflammatory Nutrition

Supporting joint and body health through nutrition. Joint pain and inflammation can have whole body impacts that affect our ability to enjoy many daily activities. The good news is that certain delicious and easy to incorporate foods could help reduce inflammation and support the management of existing conditions or improve our general wellbeing. Join Lauren, a Registered Dietitian, in exploring what exactly is "inflammation" and how our body might respond, what foods can we add to our meals to support reducing inflammation and some simple and delicious recipes to include in your meals.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, October 27

Introduction to Shakespeare

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

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, October 28

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, October 29

French Course 3

French Course 3 is a continuation of French 2. We will be using the same textbook, Basic French. In particular, we will learn more verbs and everyday expressions with them. This will enable you to speak more fluently in an everyday setting. e.g. "My grandson is ten years old" or "It is very cold today". Emphasis in class will be on speaking, answering and asking questions, using the newly acquired information. Instructor: Elisabeth Bzikot.

\$105 (\$98 Members)

Fridays, 10:00 am to 11:00 am

November 6 to December 18, 7 classes

French Course 5

We will continue with the same textbook and follow on from French Course 4. Apart from broadening our knowledge of vocabulary, we will also be able to use

the near future, for example: "I am going to see you next week". Furthermore, we will learn the near past: "He has just arrived" and the past tense. This will give us much greater flexibility in our speech. Instructor: Elisabeth Bzikot.

\$105 (\$98 Members)

Fridays, 12:30 pm to 1:30 pm

November 6 to December 18, 7 classes

French Course 6

This course will be a continuation of our previous courses and include the introduction of the imperfect and the future tenses as well as further practice of the passe compose. We will foster more demanding conversation topics and presentations. Instructor: Elisabeth Bzikot.

\$105 (\$98 Members)

Fridays, 1:30 pm to 2:30 pm

November 6 to December 18, 7 classes

Happy Healthy Hormones

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

\$29 (\$23 Members)

10:30 am to 12:30 pm

Monday, November 9

All About Osteoporosis and Rheumatoid Arthritis

This free six-week education session will cover the latest research on Osteoporosis and Rheumatoid Arthritis. The first four classes will discuss Osteoporosis. Topics include: What is Osteoporosis? What are the risk factors? What strategies are

effective? Nutrition/diet, medication? What positions do I need to avoid with Osteoporosis? What type of exercises are the best for osteoporosis? The last 2 classes will discuss Rheumatoid Arthritis. Topics will include: What is Rheumatoid Arthritis? What are the risk factors? What strategies are effective for Rheumatoid Arthritis? What are the best exercises for Rheumatoid Arthritis? Presented by Alan Sze, Reg. Kinesiologist. No charge but pre-register as space is limited.

Mondays, 1:00 pm to 2:00 pm

November 9 to December 14, 6 classes

Bone Health and Nutrition

Our bone health is an important factor in our wellbeing that affects our ability to enjoy many daily activities. The good news is that certain delicious and easy to incorporate foods could help maintain strong bones and avoid further breakdown. Join Lauren, a Registered Dietitian, in exploring what exactly is "bone health" and which nutrients are critical in maintaining strong bones, what foods can we add to our meals to support strong bones and some simple and delicious recipes to include in your meals.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, November 17

Surviving the Holidays

You have settled into a routine of healthful eating, but the holidays are coming, full of tempting foods. How do you navigate this? We will look at how to stay on track, tips, suggestions, ideas. You will get some healthy versions of food you can take to holiday celebrations. Instructor: Jennifer Wilson, Certified Holistic Nutritionist.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Thursday, November 19

Make Your Own Fresh Evergreen Wreath

Let's kick off the holiday season by creating your own fresh winter evergreen wreath. This mixed wreath (we'll be using cedar, pine and fir - can you smell it already?!), will be hand-tied

on a wreath base to enjoy throughout the holiday season. You'll also get to pick the perfect ribbon to add to your wreath and learn how to tie the prettiest holiday bow. The finished wreath is between 18" and 22" in diameter. Join Emily from Mapleton Acres Flower Farm for this fun workshop. All materials provided.

\$69 (\$59 Members)

10:00 am to 11:30 am

Wednesday, November 25

Playwriting 101

If you're a person who loves creative writing but have never tried your hand at writing drama, or if you have tried but weren't happy with the results, this course is for you. We'll take the mystery out of writing for the stage, look at what makes a play compelling, and how to structure your work so that it can flourish as a collaboration with actors, directors, and audiences (since, after all, plays are meant to be performed). We'll also demystify that pesky "Standard Play Format" everyone seems to want and explain how to submit your work to playwriting contests and producing theatres. Presented by Eric Goudie, Theatre Coordinator.

\$29 (\$23 Members)

1:00 pm to 3:00 pm

Wednesday, November 25

Blood Pressure, Cholesterol & Heart Health

Heart disease and stroke are the leading causes of premature death in women (ref: heartandstroke.ca). Join Lauren, a Registered Dietitian, to explore heart health, blood pressure and cholesterol and the role nutrition plays in supporting it. We will walk through vital nutrients and foods that support heart health and how to incorporate them into delicious, accessible recipes. Presentation materials, recipes and handouts will all be provided.

\$29 (\$23 Members)

10:00 am to 11:00 am

Tuesday, December 8

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 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, December 14

Winter Greens Centrepiece

Bring the outdoor beauty of the season inside by creating a fragrant, winter greens centrepiece for your table. Using your favourite holiday greenery (cedar, pine, fir and more!), you'll create a centrepiece in a wooden planter box along with real berries, eucalyptus and other seasonal favourites. Emily, from Mapleton Acres, will walk you through each step in creating your arrangement and share tips and tricks on how to make your arrangement last well beyond the holiday season. All materials provided.

\$69 (\$59 Members)

10:00 am to 11:30 am

Monday, December 21

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. 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, August 17 at 3:00 pm

-or-

Monday, December 7 at 3:00 pm

Being Prepared: Getting Your Documents Together

Life can pull us through unexpected times and at Hospice Wellington we know the importance of being organized, having a care plan and creating a circle of support. This workshop will help guide you and your family as you prepare for life's emerging moments. Review important documents, personal care planning, making arrangements, having conversations with family and friends and discussing when to seek professional services to support your needs through illness, aging and end of life. This is an opportunity to ask questions you may have but didn't know who to ask. We will follow our Guide to End-of-Life Planning and Support booklet, with each person receiving a copy to take home.

Thursday, September 10 at 10:30 am

Wills, Powers of Attorneys and Living Wills

Excellent opportunity to have your questions answered by a lawyer who drafts testamentary documents and administers estates. This participation-oriented seminar will focus on Wills, Powers of Attorney and Living Wills. Discuss strategies to minimize Estate Administration Tax (more commonly referred to as Probate Fees) and basic components of sound Estate Planning. Your questions are encouraged throughout. Presented by Nate Martin, a partner with SV Law, Elora.

Wednesday, September 16 at 11:00 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. 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? 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 for safe travel to your destination. Presented by Heidi May, Pharmacist, Arthur Travel Health.
Thursday, September 17 at 10:30 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.
Wednesday, September 23 at 10:00 am

Should We Attend?

People often need to consider if it is a good idea to take their relative, or friend with dementia, to a wedding, funeral, concert, restaurant, or on a trip. This talk will look at questions to consider when making decisions about large group activities. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.
Thursday, September 24 at 10:30 am

10 Tips on Being an Executor

Join Stephanie Dean, Certified Executor Advisor, ETP Canada, who 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. This presentation teaches how to reduce stress and save money by making the

time with your lawyer, financial advisor, and accountant more efficient when dealing with the estate's administration.
Wednesday, September 30 at 11:00 am

Weird Cravings

Discover how cookbooks and recipes have changed over the decades. Presented by The Wellington County Museum & Archives.
Thursday, October 8 at 11:00 am

Chris and Sue's Excellent 'Russian' Adventure

Join The Ledger's slide-show travelog as they cruise down Russia's waterways from St. Petersburg to Moscow. Gain insight into what Russia has to offer. We will touch on the country's enthralling history, from the murderous Ivan the Terrible through the Great Russian Czars, Peter and Catherine, the infamous slaughter of Rasputin The Mad Monk and ending with present-day Putin.
Wednesday, October 14 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, October 15

Advance Care Planning

Person-centered end-of-life care can be enhanced when people have planned for their care and appointed a trusted person to speak on their behalf during life-limiting illness through to end-of-life experience. Do you know who will make healthcare decisions for you if you are too ill to speak for yourself? Explore the importance of identifying a Substitute Decision Maker to speak on your behalf, what their role is, and how to have conversations about values, wishes, and beliefs. Join us for a guided conversation about advance care planning, and bring your questions. We will follow our

Advance Care Planning Guide, with each person receiving a copy to take home. Presented by Hospice Wellington.
Thursday, October 15 at 10:30 am

Voter Assistance

Looking for some assistance with voting in the Township of Centre Wellington's Municipal Election? Staff and volunteers will be present to support and assist with the voting process. All eligible voters for the Township of Centre Wellington's municipal election are welcome to attend. No appointment necessary. Drop-in to Victoria Park Seniors Centre on the dates below.
*Monday, October 19
10:00 am to 12:00 pm
-or- Wednesday, October 21
10:00 am to 12:00 pm*

Late Day Restlessness (Sundowning)

An increase in the late afternoon or early evening of agitated or upset behaviour in a person living with dementia may relate to Sundowning. Learn what this term means and how to address changes related to it. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.
Thursday, October 22 at 10:30 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, October 26 at 10:00 am

Federal Benefits and Programs for Seniors

Retired or planning to retire? Discover the benefits and understand what's required to receive the Canada Pension Plan (CPP) & Old Age Security (OAS) including the Guaranteed Income Supplement (GIS). Gain knowledge of Service Canada and the additional benefits and programs available to seniors including the Canadian Dental

Care Plan (CDCP), Canada Disability Benefit (CDB), My Service Canada Account (MSCA) and more. Presented by Janny Dang Tran, Citizen Services Specialist with Service Canada.
Wednesday, October 28 at 11:00 am

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, October 29 at 10:00 am

Storing and Caring for your Family Heirlooms

Emily Benedict, Conservator at Wellington County Museum and Archives, will provide essential guidance on preserving precious family documents and objects for future generations. We will go over basic care and handling, ideal storage environments, containers, and display methods.
Thursday, November 5 at 10:30 am

Canada, Fall In

Like many Canadians, Wellington County residents would accept the call to war multiple times. From the American Civil War to Peace Keeping in Afghanistan, hear the personal stories of our veterans both on the home front and on the front lines. Presented by The Wellington County Museum & Archives.
Tuesday, November 10 at 11:00 am

Wellness for Caregivers

The act of caregiving is a beautiful gift. While supporting a loved one, our own wellbeing can be compromised. Caregiving can be physically, emotionally and mentally draining. Enjoy a wellness experience with a session of Therapeutic Touch and a guided meditation. Therapeutic Touch is an evidence-based form of energy healing that incorporates the intentional and compassionate use of

universal energy. Guided meditation may help alleviate stress and anxiety while offering a calm, supportive message of self-care. This is an opportunity to be in a setting with other caregivers. Take home a small gift after the session. Presented by Hospice Wellington.

Thursday, November 12 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.

Wednesday, November 18 at 10:00 am

Virtual: ER, Hospitalization and Crisis Tips

Emergencies can happen when we least expect them, so it is best to be prepared. Hear some ideas to help you prepare if someone with dementia is involved in an emergency, so you can quickly respond. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar.

Thursday, November 26 at 10:30 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.

Wednesday, December 2 at 10:00 am

Grief and the Holidays

For many people, the holiday season can be uncertain, frustrating, stressful,

overwhelming, and lonely. Our goal for this workshop is to share some tips on how to get through the season with self-compassion. We will reflect on our personal needs during our time of loss, the importance of supportive connections and accessing community based care. Our time together invites conversation and story sharing. Take home a special gift after the session. Presented by Hospice Wellington.
Thursday, December 10 at 10:30 am

Virtual: Repetitious Questions

How can we support people living with dementia who ask the same question multiple times? Come to learn why this often happens and ideas to reduce the incidence of repetitive stories or questions. Handout included and there will be a time for discussion. Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Note: This is a virtual seminar.

Thursday, December 17 at 10:30 am

Special Events

Wednesday Lunches

Join us twice a month 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 (nonrefundable). 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.

September 9 \$5 BBQ Lunch

September 23 BBQ Lunch

October 7 Thanksgiving Lunch & Musical Program

October 21 Oktoberfest Lunch

November 4 Lunch & Remembrance Day Musical Program

November 18 Lunch

December 2 Lunch

December 16 Christmas Lunch & Christmas Carol Sing-along

Monthly Musical Afternoon Programs

Join us for special monthly musical afternoons with VPSC's Music Groups. All welcome. 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, October 7

Wednesday, November 4

Wednesday, December 16

Fall Fling

Dance to great live music performed by Graham & Bowie held at the Elora Legion, (110 Metcalfe St.). Dance the night away to the music from the 50's and 60's. Cash bar. All proceeds go to Victoria Park Seniors Centre. Tickets available at Victoria Park Seniors Centre. Cash only. Tickets will also be available at the door at the event.

Friday, September 18

7:00 pm to 11:00 pm

Tickets: \$15 cash

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.

September 21, October 19 or

November 16

Mystery Card Walk: National Seniors Day Event

Did you know October 1 is National Seniors Day in Canada? It also coincides with the United Nations International Day of Older Persons. To get a jumpstart on celebrating, join us for 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 use. Everyone can participate, even if you cannot go on the walk. No charge but please preregister so we can make

sure everyone receives a prize.

Monday, September 28 at 10:30 am

Musical Remembrance Day Program

Join us for a special musical Remembrance Day Program with the Centre's Melody Makers. This talented group includes the choir, ukulele, guitar, drums and many other instruments. Join us for lunch and stay for entertainment afterwards. By donation at the door.

Wednesday, November 4 at 1:30 pm

Live Performance: "Firestone Christmas"

Join us for this original live production, presented by The Pastime Entertainment Theatre Group. Brigitte and Fred have decided to host their Christmas dinner on November 13. Everyone has important Christmas plans and choosing a date for a family reunion this year was quite a challenge for Brigitte. People don't seem to understand all the preparation involved in hosting this dinner party. No one in the family seems to be in a festive mood. The weather turns frightful and attendance is down. Mayhem comes knocking one more time. Was this all a big mistake? Admission is by donation at the door.

Friday, November 13 at 2:00 pm

Annual General Meeting

Find out what is happening at your Centre. All members are encouraged to attend. Includes: committee, financial and activity reports as well as the election of the Advisory Board. Note: During this meeting, all activities are cancelled at VPSC. Interested in joining the Advisory Board? Positions are available beginning January 2027 for three year terms. Contact VPSC for more information.

Thursday, November 26 at 2:00 pm

Christmas Carol Sing-along

Get into the holiday spirit! Join us for an afternoon of festive Christmas carols, led by the Centre's Melody Makers Choir. Request your favourite Christmas carols. Join us for lunch and stay for entertainment afterwards. By donation at the door.

Wednesday, December 16 at 1:30 pm

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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