

April 2026 Seminars (In-person and Virtual)

Pre-register for all seminars listed below (virtual/in-person). By donation at door for in-person. All seminars are in-person unless otherwise stated. If attending a virtual seminar, the Zoom link will be provided 12-24 hours prior.

Refer to the **Spring & Summer 2026 Community Guide** for descriptions.

Staying Healthy While Traveling – Presented by Heidi May, Pharmacist, Arthur Travel Health. Thursday, April 16 at 10:00 am.

Paper, Paper and More Paper - Presented by Cathy Mendler, A New Leaf Organizers. Monday, April 20 at 1:00 pm.

Ageing and the Senses - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, April 23 at 10:30 am.

Eat Well, Live Well – Presented by the Waterloo Wellington Self-Management Program. Monday, April 27 at 1:00 pm.

April 2026 Special Events (In-person). Pre-register!

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

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

New Member Talk and Tour – April 20 at 10:00 am. No charge. Pre-register.

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

Bus Trips 2026

NON-REFUNDABLE. NON-TRANSFERABLE.

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

Refer to the **Spring & Summer 2026 Guide** for descriptions.

Toronto Blue Jays – Wed., April 1. Depart 9:15 am, return 6:30 pm. \$139 mem & \$153 non. **FULL.**

A Beautiful Noise – Wed., April 29. Depart 9:15am, return 8:15 pm. \$230 members & \$244 non. **FULL.**

Stratford: Something Rotten – Tues., May 19. Depart 10:00 am, return 7:15 pm. \$225 mem & \$239 non. **FULL.**

Grand River Cruise – Wed., June 10. Depart 9:30 am, return 5:45 pm. \$145 mem & \$159 non.

Muskoka Steamships – Mon., July 20. Depart 7:30 am, return 8:30 pm. \$240 mem & \$254 non.

Medieval Times – Wed., Aug. 19. Depart 10:45 am, return 6:00 pm. \$145 mem & \$159 non.

A Day In Niagara – Wed., Sept. 2. Depart 7:00 am, return 7:00 pm. \$240 mem & \$254 non.

NEW!! Toyota & African Lion Safari – Wed., October 7. Depart 8:15 am, return 6:45 pm. \$185 mem & \$199 non.

The Christmas Truce & St Jacobs Tour – Fri., Nov 27. Depart 8 am, return 7:15 pm. \$205 mem & \$219 non.

NEW!! Christmas In Niagara – Fri. Dec. 4. Depart 9:00 am, return 9:15pm. \$185 mem & 199 non.

April 2026

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2
Monday to Friday 8:30 am to 4:00 pm Phone: 519.846.9691 x204
Email: seniorscentre@centrewellington.ca

View Programs, information: www.centrewellington.ca/seniorscentre
Register online: <https://ca.apm.activecommunities.com/centrewellington/>

The Centre will be closed on Friday, April 3 (Good Friday) and Monday, April 6 (Easter Monday) for the Easter holiday.

The Spring & Summer 2026 Community Guide covers April to August. Registration is OPEN!

Township of Centre Wellington Refund Policy in effect:

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

Wednesday Lunch

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

Wednesday, April 8 at 12:00 pm – Wednesday Lunch (pay by April 2 at 4pm).

Menu: Chicken Parmesan, Buttered Noodles, Garden Salad, Cheesecake.

~~**Monthly Musical Afternoon Program** – Join us for lunch and stay for entertainment afterwards at 1:30pm. All welcome. By donation at the door. **CANCELLED**~~

Wednesday, April 22 at 12:00 pm – Wednesday Lunch (pay by April 17 at 4pm).

Menu: Meatballs with Mushroom Gravy, Rice, Zucchini & Pepper Sautee, Black Forest Cake.

Are you new to the Centre? Looking to meet new people? Do you want to attend a Wednesday lunch (or another program) but would like to have someone to sit with? Reach out to Kelly to connect with a “**Community Connector**” today.

Volunteers Needed

Speak to Kelly at the Centre, if interested.

Wednesday Lunches - scheduled twice a month. We are looking for Servers (3 hrs), Dishwashers (1.5 hrs), Tea & Coffee servers (1.5 hrs), Dessert Servers (1.5 hrs).

Reception Desk Volunteer – Answering phones, booking appointments, making/serving coffee, taking registrations on computer, reconciling daily cash balance, welcoming people, answering questions, etc.

Monday afternoons 12:30pm – 4pm (weekly)

Various Shifts (call-ins, vacation coverage, etc)

MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 8:40 Recreational Belly Dance – weekly drop-in 9:30 Canasta 1:00 Choir & Ukulele Band: The Melody Makers	TUESDAY Drop-in Activities 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka,10:30 Genealogy, 11:35 Tap Dancing 1:00 Bid Euchre, 1:00 Shuffleboard, 1:00 Hand & Foot 1:00 Wii Bowling, 3:00 French Conversation	WEDNESDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole, 10:30 Creative Writing 1:00 Arts & Crafts Group, 1:00 Euchre 4:00 Wood Carving , 3:00 Line Dancing	THURSDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Darts 9:30 Scrabble, 1:00 Bingo,1:00 Social Bridge 1:00 Table Tennis, 1:00 Guitar Band: Country Classics 4:00 Pastime Entertainment Theatre Group , 7:30 Euchre	FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (April 10) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling, 1:00 Texas Hold'em Poker
<h1 style="text-align: center;">LEGEND</h1> <p style="text-align: center;"> GREEN – Health & Wellness Clinics BLACK–Course Start, Bus Trip RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program </p>	<h2 style="text-align: center;">Spring & Summer Registration is OPEN! Get registered for programs from April to August!</h2>	<p>1 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 8:40 Zumba Gold-Toning (end) 9:15 BUS TRIP: Toronto Blue Jays 9:15 Fit Bones (end), 9:35 Yoga w Sarah (end) 9:35 Core Circuit (end) 9:50 Building Strength: Core (end) 1:00 Move Strong NEW (end) 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)</p>	<p>2 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 8:40 Zumba Gold-Toning (end) 9:15 Fit Bones Plus (end), 9:35 Yoga Sarah (end) 9:35 Strength Training Beginner (end) 9:50 Building Strength: Upper Body (end) 10:00 Being Prepared: Advanced Care Planning 10:30 Chair & Standing Yoga (end) 1:30 Minds in Motion (Register with Alz Society) 3:15 Strength & Mobility (end), 5:00 Pilates (end)</p>	<p>3</p> <h1 style="text-align: center;">Good Friday. Centre Closed.</h1>
<p>6</p> <h1 style="text-align: center;">Easter Monday. Centre Closed.</h1>	<p>7 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning 9:35 Building on Basics 10:00 Urban Pole Walking Workshop 10:30 Tai Chi Level 2 11:00 Moderate Slow Yoga NEW TIME 11:30 Movement for Healthy Joints & Muscles 12:00-2:00 Reflexology Clinic (by appt.) 3:15 All Around Fitness</p>	<p>8 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Yoga with Sarah 9:35 Core & Control Circuit NEW 9:50 Building Strength: Core 10:00 Spring Dried Flower Wreath 10:00-2:00 Chair Massage Clinic (by appt) 10:30 Aligned: Partner Yoga NEW 11:00-12:00 Blood Pressure Clinic (drop-in) 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch (Pay by Apr. 2) 1:30 Afternoon Musical Program (by donation) 1:00 Move Strong, 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>9 (Daily Drop-In Activities listed above) 8:40 Strength Training 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Gentle Yoga for Stiff Bodies NEW 10:30 Chair & Standing Yoga, 11:30 Essentrics 1:30 Minds in Motion (Register with Alz Society) 3:15 Strength & Mobility 5:00 Pilates: Mixed Level</p>	<p>10 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Gentle Hatha Yoga 9:35 Barre Strong 10:30 Yoga & Movement Healthy Joints & Muscle 10:30 Move Strong 11:30 Dance Choreography for Fun for Seniors 12:30 French Course 3 1:30 French Course 4</p>
<p>13 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning, 9:35 Zumba Gold 9:00 Advisory Board Meeting 9:35 Pilates Strong NEW, 10:30 Essentrics 10:00-12:00 Reflexology Clinic (by appt.) 10:15 Program Committee Meeting 10:30 Standing & Seated Hatha Yoga 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga with Weights, 1:00 Mood Walk 1:00 Move Strong, 2:15 Osteo Fit 2:30 Yoga for Beginners Workshop, 3:15 Osteo Fit</p>	<p>14 (Daily Drop-In Activities listed above) 8:40 Strength Training 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning 9:35 Building on Basics 10:30 Tai Chi Level 2 11:00 Moderate Slow Yoga NEW TIME 11:30 Movement for Healthy Joints & Muscles 12:00-2:00 Reflexology Clinic (by appt.) 3:15 All Around Fitness</p>	<p>15 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Yoga with Sarah 9:35 Core & Control Circuit NEW 9:50 Building Strength: Core 10:00 Meditation Series 10:30 Aligned: Partner Yoga NEW 11:30 Standing & Seated Hatha Yoga 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>16 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:00 Staying Healthy While Travelling 10:30 Gentle Yoga for Stiff Bodies NEW 10:30 Chair & Standing Yoga, 11:30 Essentrics 12:00-3:00 Osteopath Clinic (by appt.) 1:30 Minds in Motion (Register with Alz Society) 3:15 Strength & Mobility 5:00 Pilates: Mixed Level</p>	<p>17 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Gentle Hatha Yoga 9:30 Yoga with Jane 9:35 Barre Strong 10:30 Yoga & Movement Healthy Joints & Muscle 10:35 Standing & Seated Hatha Yoga 10:30 Move Strong 11:30 Dance Choreography for Fun for Seniors 12:30 French Course 3 1:00 Pastels Painting, 1:30 French Course 4</p>
<p>20 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning, 9:35 Zumba Gold 9:35 Pilates Strong NEW, 10:30 Essentrics 10:00 New Member Talk & Tour 10:00-1:00 Reflexology Clinic (by appt.) 10:30 Standing & Seated Hatha Yoga 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga with Weights, 1:00 Mood Walk 1:00 Move Strong 1:00 Paper, Paper and More Paper 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle</p>	<p>21 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning 9:35 Building on Basics 9:50 Building Strength: Lower Body 10:00 Food, Nutrition & Sustainability 10:30 Tai Chi Level 2, 11:00 Moderate Slow Yoga 11:30 Movement for Healthy Joints & Muscles 12:00-2:00 Reflexology Clinic (by appt.) 3:15 All Around Fitness</p>	<p>22 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Yoga with Sarah 9:35 Core & Control Circuit NEW 9:50 Building Strength: Core 10:00 Meditation Series 10:30 Aligned: Partner Yoga NEW 11:30 Standing & Seated Hatha Yoga 12:00 Wednesday Lunch (Pay by Apr. 17) 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>23 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Aging and the Senses 10:30 Gentle Yoga for Stiff Bodies NEW 10:30 Chair & Standing Yoga, 11:30 Essentrics 1:30 Minds in Motion (Register with Alz Society) 1:30 Card Making Workshop 3:15 Strength & Mobility, 5:00 Pilates: Mixed Level</p>	<p>24 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 9:30 Moderate Hatha Yoga 9:30 Gentle Hatha Yoga 9:30 Yoga with Jane 9:35 Barre Strong 10:30 Yoga & Movement Healthy Joints & Muscle 10:35 Standing & Seated Hatha Yoga 10:30 Move Strong 11:30 Dance Choreography for Fun for Seniors 12:30 French Course 3 1:00 Pastels Painting, 1:30 French Course 4</p>
<p>27 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning, 9:35 Zumba Gold 9:35 Pilates Strong NEW, 10:30 Essentrics 10:00-1:00 Reflexology Clinic (by appt.) 10:30 Cultivating Calm: Cortisol Reset 10:30 Standing & Seated Hatha Yoga 11:30 Standing & Seated Hatha Yoga 11:45 Strength Training & Core 1:00 Yoga with Weights, 1:00 Mood Walk 1:00 Move Strong 1:00 Eat Well, Live Well 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle</p>	<p>28 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:15 Fit Bones Plus, 9:30 Tai Chi Level 1 9:35 Zumba Gold-Toning 9:35 Building on Basics 9:50 Building Strength: Lower Body 10:00 Urban Pole Walking Refresher 10:30 Tai Chi Level 2 11:00 Moderate Slow Yoga NEW TIME 11:30 Movement for Healthy Joints & Muscles 12:00-2:00 Reflexology Clinic (by appt.) 3:15 All Around Fitness</p>	<p>29 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:15 BUS TRIP: A Beautiful Noise 9:35 Yoga with Sarah 9:35 Core & Control Circuit NEW 9:50 Building Strength: Core 10:00 Meditation Series 10:30 Aligned: Partner Yoga NEW 11:30 Standing & Seated Hatha Yoga 1:00 Move Strong 2:15 Osteo Fit, 3:15 Osteo Fit</p>	<p>30 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Gentle Yoga for Stiff Bodies NEW 10:30 Chair & Standing Yoga, 11:30 Essentrics 12:00-3:00 Osteopath Clinic (by appt.) 1:30 Minds in Motion (Register with Alz Society) 1:00 Navigating Peri & Post-Menopause with Confidence 3:15 Strength & Mobility, 5:00 Pilates: Mixed Level</p>	<h1 style="text-align: center;">Get registered for the April 8 & 22 lunches. Menus are listed on the front.</h1>