


# Friendship Centre

# PRIMETIME

January & February 2025



 **Coming Soon:**

**Beat The Blues Lunch**  
Monday  
January 20th

**Safe Winter Driving Education**  
Monday  
January 27th

**Valentine's Day Lunch**  
Friday  
February 14th

**Fire Safety Education**  
Monday  
February 24th

**Six Nations Bingo Hall Bus Trip**  
Tuesday  
March 25th

**Senior Services Department**  
317 James Street S., St. Marys  
friends@town.stmarys.on.ca  
townofstmarys.com/seniorservices  
facebook.com/stmarysfriendshipcentre

Scan with your phone to view the newsletter online!



519-284-3272



# Home Support Services



Home Support Services strives to enhance the quality of life of seniors, people recovering from illness or injury, and people with varying abilities by providing services to assist them in living independently. Call 519-284-3272 to start any of these programs. No referral or paid membership needed.

**When you register, a Huron Perth Community Services Coordinator (CSS central intake) will call you to complete the process. This service will allow you to call one number for multiple supports: 1-844-482-7800.**

## Foot Care Clinics

Improper foot and toenail care can have many effects on your overall health. Consider foot care provided by a registered professional. Please register for this service. \$35 per appointment. Foot care gift cards are available.

## Meals on Wheels

Hot and nutritious full course meals are delivered to your door by local volunteers five days a week. Meals consist of a main course, soup or salad and dessert. For convenience, frozen entrées, soups and desserts are available for pick up or delivery.

## Shopping Services

Staff and volunteers are available to help you complete your shopping and weekly errands.

Option 1: Call us for at home grocery delivery! For those who can't make it to the store, our volunteers will shop for you and drop off your items at your door.

Option 2: Need help at the grocery store? Our personal shopping service is here for you. A \$10 fee gets you assistance shopping in-store, and with getting your bags home. **Advanced notice is required.**

HOLIDAY CLOSURE NOTICE

Please note that the Friendship Centre will be closed from noon on December 24th to January 5th, reopening January 6th. We will also be closed Monday February 17th.

Meals on Wheels will continue as regularly scheduled except on December 25th & 26th

## Telephone Reassurance

Staying connected is extremely important to one's health and wellbeing. Sign up for daily or weekly social or check-in calls provided by volunteers. Telephone reassurance offers a great opportunity to make a new friend and stay connected with others.

## Health and Wellness Programs

Wellness programs consist of Fitness and Falls Prevention Classes, educational presentations and health screening. With the help of volunteers, the Friendship Centre offers 26 fitness classes for all levels at various times and locations. See page 4 and 5 for times and locations of all Fitness and Falls Prevention Classes.

## Blood Pressure Clinics

Health screening is an effective tool to assist you and your healthcare team in keeping you healthy. Taking your blood pressure regularly can help diagnose any future health problems. Blood Pressure clinics will be offered by appointment only. Several times and locations are available. See page 6 for blood pressure clinic times and locations.

## Your Membership Is Vital to the Success of the Friendship Centre.

Fees help offset operating costs including utilities, equipment, and supplies. The cost is \$50 per year, which works out to under \$1.00 per week and is an investment in yourself or someone you love! Memberships can be purchased online or in person. Check in at the desk to see if you are due for renewal.



# Community Dining



## Dine in with Friends

This dining program takes place at the Friendship Centre. Gather and dine with old friends or meet new ones! Thank you for bringing a reusable takeout container for your leftovers!

**Please note that due to high demand, Dine in registrations are non-transferable and take-out is not available. If you are unable to attend, please contact the Friendship Centre prior to the date for refund consideration.**

**Date: February 25th (Registration will open Wednesday February 5th)**

**Time/location:** 5:00 pm, Friendship Centre

**Menu: Chicken Parmesan**

**Cost:** \$17 & a canned food item for donation to the local pantry

**Please note that there will be no January Dine-in**

## Breakfast at Joe's

The Friendship Centre is fortunate to partner with Joe's Diner. Joe's opens on their day off to provide an in-house breakfast option. A minimum number is required for this program, so please sign up well in advance of the deadline to avoid program cancellation.

**Dates:**

**Monday January 13th (Register by Jan 8th)**

**Monday February 10th (Register by Feb 5th)**

**Time/location:** 8:00 am, Joe's Diner

**Menu:** Anyway eggs, bacon or sausage, hash browns, toast, and coffee/tea

**Cost:** \$12

## Dine in January Blue Monday Lunch

**Beat the blues with some friends & food!**

**Date: Monday January 20th**

**Time/location:** 12 pm, Friendship Centre

**Menu: Butter Chicken from Naina's Indian Kitchen, and a sweet treat**

**Cost:** \$20

**Registration Deadline: Friday January 10th**

## Dine In Valentine's Day Lunch

**Enjoy a tasty lunch and some live music!**

**Date: Friday February 14th**

**Time/location:** 12 pm, Friendship Centre

**Menu: Chicken Club Sandwich, Soup & a sweet treat**

**Cost:** \$15

**Registration Deadline: Friday February 7th**

## Dine out at Home

The Friendship Centre is lucky to partner with local restaurants to offer dining that gets delivered right to your home. You can register online or call the Friendship Centre before the registration deadline. Please make sure we have your current address in ActiveNet so your meal is successfully delivered. Unfortunately we are not able to accommodate allergies in this dining program. *Please note that we are not able to offer refunds for meals cancelled after the registration deadline.*

**Wednesday, January 15th:**  
**Supper from The Cheese Shoppe**

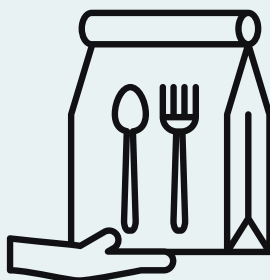
**Menu:** Caesar Salad and Lasagna  
**Cost:** \$12

**Register and pay by Wed, Jan 8th**

**Wednesday, January 29th:**  
**Supper from Four Happy**

**Menu:** Chinese Platter  
**Cost:** \$12

**Register and pay by Wed, Jan 22nd**



**Wednesday, February 12th:**  
**Supper from Joe's Diner**

**Menu:** Quarter Chicken Dinner with Mashed Potatoes & Veggies  
**Cost:** \$12

**Register and pay by Wed, Feb 5th**

**Wednesday, February 26th:**  
**Supper from Sunset Diner**

**Menu:** Liver & Onions  
**Cost:** \$12

**Register and pay by Wed, Feb 19th**



# Registering for ALL Wellness Home Support Services



For any Town of St. Marys Home Support Services programs you will need to register. For example Fitness and Falls prevention classes, educational workshops and health screening with Town of St. Marys Home Support Services. See more services on page 4.

## How to register for Fitness and Falls Prevention Classes and other Home Support Services.

- 1) Call Friendship Centre 519-284-3272 or online on ActiveNet [www.activecommunities.com/townofstmarys](http://www.activecommunities.com/townofstmarys) or Show up to the fitness and falls prevention site and complete paper work.
- 2) Register for Fitness and Falls Prevention Membership - FREE
- 3) Register for site and level you plan on attending
- 4) Then expect a call from 1-844-482-7800 Huron Perth Community Intake Coordinator, or call them. (CSS central intake)

## Education and Health Screening

- 1) Call Friendship Centre 519-284-3272 or online [www.activecommunities.com/townofstmarys](http://www.activecommunities.com/townofstmarys)
- 2) Than expect a call from Huron Perth community Intake Coordinator (CSS central intake)

## How to prepare for Fitness class

- Ask your doctor about the risks
- Bring a water bottle
- Wear supportive running shoes
- Avoiding wearing perfume or cologne

## How to prepare for call from Huron Perth Community Intake Coordinator (CSS central intake)

- Have your Health Card ready
- Call 1-844-482-7800
- Plan for the process to take about 10 -15 mins
- Have updated health records handy
- Have emergency contact names and phone numbers available
- Advise Huron Perth Intake as to which program(s) you will be registering for (falls prevention, footcare, blood pressure)

## Fitness and Falls Prevention locations

- Friendship Centre - 317 James St. S, St. Marys
- Kirkton Hall - 70497 Rd. 164, Kirkton
- Rotary Apt - 22 St. Andrew St. N., St. Marys
- Stone Ridge Apt - 50 Stone Ridge, St. Marys
- Thames Valley - 30 Ann St. #77., St Marys
- YMCA - 269 Maiden Ln., St. Marys
- Wildwood Care Centre - 100 Ann St., St. Marys
- Kingsway Lodge, 310 Queen St. St. Marys

## Level 1 - Tiered Exercise Program

This tiered exercise program focuses on ten exercises which strengthen muscles, functional mobility and balance. Participants must be able to get out of a chair unassisted. Seated option is available, gait aids are welcome. Our leader is Home Support Exercise or Tiered Exercise Program trained. This program is offered in a group format in the community or individually from the comfort of your home.

## Level 2 - Light Gentle Fitness Class

This very light, gentle intensity class is designed to improve your functional mobility through a combination of cardiovascular, muscle strengthening, flexibility and balance exercises. Our leader is Tiered Exercise Program or Senior Fitness Instructor certified. Please bring a gait aid if you use one. Seated options available if you have limited functional mobility.

## Level 3 - Light Fitness Class

This light intensity class is designed to improve your functional mobility through a combination of cardiovascular, muscle strengthening, flexibility and balance exercises. Seated option available especially if you have limited functional mobility. Our leader is SFIC Senior Fitness Instructor certified.

## Level 4 - Moderate Fitness Class

This moderate intensity class is designed for those who are currently engaged in regular light to moderate physical activity or have progressed through levels 1-3. The program will continue to challenge your functional fitness through a combination of cardiovascular, muscle strengthening, flexibility and balance exercises. Our leader is SFIC Senior Fitness Instructor Certified.

## Level 5 - Vigorous Fitness Class

This vigorous intensity class is designed for those who are currently engaged in regular moderate or vigorous physical activity or have progressed through levels 1-4 above. The program continues to challenge and improve your functional fitness through a combination of cardiovascular, muscle strengthening, flexibility, and balance exercises. The Thursday class uses a mat during the resistance component of the class, the ability to get off the floor unassisted is required to participate. Thursday class has limited space. Our leader is SFIC Senior Fitness Instructor Certified

## Mens Strength

We do offer fitness and falls prevention class for men only. Please see the schedule as different levels are available.



# Fitness and Falls Prevention



## Blood Pressure Clinics - Health Screening

- 1) Call the Friendship Centre 519-284-3272 to register for an appointment
- 2) Once at the clinic appointment complete registration paper work
- 3) Accept a call from Huron Perth Intake Coordinator (CSS intake)

### Locations:

#### Friendship Centre - 317 James St. S, St. Marys book appointment

Thursday afternoon - January 9th & February 6th  
 3rd Tuesday morning - January 21st & February 18th  
 4th Wednesday - January 22nd & February 26th

#### Rotary Apt - 22 St. Andrew St. N., St. Marys drop in

3rd Wednesday of the month. Starts at 9:30 am.  
 January 15th & February 19th

#### Thames Valley - 30 Ann St. #77, St Marys book appointment

Wednesday morning  
 January 8th & February 5th

Call Friendship Centre to book appointment.  
 Phone: 519-284-3272

## Education: Fire Safety | Free

Come join the St. Marys Fire Department for an information session on Fire Prevention and Safety.

Date: Monday February 24th

Time: 10:15 - 11:15 am

Location: Friendship Centre

Date: Thursday February 20th

Time 11:15 - 12:15 am

Location: Thames Valley Retirement Hall

ActiveNet Registration required

## Let's Talk St. Marys Workshop Series | Free

Join us weekly on Thursdays 1:30 - 3:00 pm for "Let's Talk," a supportive group where we dive into the journey of aging and embracing our senior years with vitality and purpose. Together, we'll explore ways to live our best lives, sharing insights, experiences, and strategies for getting the most out of this chapter. Come be part of the conversation and empower each other on this fulfilling path. Hosted in partnership with Seniors Mental Health. See you there!

Week 1: Mental Health and Wellness

Week 2: What's your Vision?

Week 3: Change - the Good, the Bad, and the Ugly

Week 4: Purpose - What's your reason to wear pants?

Week 5: Relationships - What's your Love Language?

Week 6: Building a Toolbox for Success!

Dates: Thursday afternoons: Jan. 23 - Feb 27

Time: 1:30 - 2:30 pm

Location: Friendship Centre

ActiveNet Registration required

## Education: Safe Winter Driving | Free

Come join the St. Marys Police Department for an information session on safely navigating winter driving.

Date: Monday January 27th

Time: 10:15 - 11:15 am

Location: Friendship Centre

ActiveNet Registration required





# Fitness and Falls Prevention



## It's Time to Sign up for Fitness!

**Registration for Fitness & Falls Prevention Classes is now open:  
January to June session**

**It's exciting to know that we have 491 participants attending our locations. Those attending will need to re-register for the upcoming January to June session of Fitness and Falls prevention classes.**

**Please register online if you are able:**

### ONLINE

**1) Go to ActiveNet**

**<https://www.townofstmarys.com/en/recreation-and-culture/register-for-programs.aspx>**

**TIP: if you don't meet the criteria it's because your Fitness and Falls Prevention membership has expired (you will need to renew that every year). To update your Fitness and Falls Prevention membership, look under the membership tab which is located between calendars and sport. This is a free membership.**

**2) Add "fitness" to the activity search**

**3) Select the location and level of class you wish to attend**

**4) Proceed to check out and finish.**

**You can also register IN-PERSON at the Friendship Centre or by PHONE: 519-284-3272**

### Indoor Walking at St. Marys DCVI | Free

Looking to get some steps in, but don't enjoy cold weather? Register for our indoor walking program at the high school. Please wear indoor, supportive, non-marking shoes. Please note that the facility is to be left clean and tidy. This program does not run when the school is closed.

Monday - Friday, 5:00 pm - 8:00 pm  
January 2025 to April 30, 2025

ActiveNet Registration required



### Chair Yoga \*new day and location\* | \$70.00 + HST

This 7 week session will combine soft music with static poses and flows. The classes are geared to improve your strength, balance and flexibility. This program is a mix of both seated and standing postures using a chair for additional support. A short meditation is included at the end of each session.

Classes will run on Wednesdays **in the 2/3 Hall**  
Date: January 8th - February 26th  
Time: 1:30 pm - 2:30 pm

**Drop in classes available:**  
\$15 per class (HST included)

Please note that there is no class on Feb 12th

ActiveNet Registration required

# Fitness & Falls Prevention Class Schedule 2025

You will need to register for this FREE fitness and falls prevention membership annually.

For details call 519-284-3272 or visit [townofstmarys.com/fallsprevention](http://townofstmarys.com/fallsprevention) or attend the site before class

Monday	Tuesday	Wednesday	Thursday	Friday
9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall		9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall	9 am Lvl 5 Vigorous Friendship Centre mat during strength 60 mins MP Room	9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall
10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room	10 am Lvl 3 Light Stone Ridge Apt 45 mins	10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room	10 am Lvl 3 Light Stone Ridge Apt 45 mins	10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room
10 am Lvl 4 Moderate Thames Valley 60 mins			10 am Lvl 4 Moderate Thames Valley 60 mins	
10 am Lvl 4 Moderate Kirkton Hall 60 mins		10 am Lvl 4 Moderate Kirkton Hall 60 mins	10am Lvl 1 HSEP Men's Strength Friendship Centre 30 mins MP room	
Wildwood Lvl 1 10:30 40 minutes		Wildwood Lvl 1 10:30 40 minutes	10 am Lvl 3 Light Rotary Apartments Hall 45 mins	Wildwood Lvl 1 10:30 40 minutes
11 am Lvl 1 Tiered Friendship Centre 30 mins AB room				11 am Lvl 1 Tiered Friendship Centre 30 mins AB room
11 am Lvl 1 Tiered Kingsway/Fairhill 40 mins			11 am Lvl 1 Tiered Kingsway/Fairhill 40 mins	
11:15 Lvl 4 Friendship Centre 60 minutes	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room
1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins



## Best practices for your fitness class success

DO include all participants.	WHY? It's a supportive program that is free from bias.
DO contact Huron Perth Intake Coordinator by calling 1-844-482-7800. Call display will be CSS intake.	WHY? Completes registration process, helps with report writing and you have access to register for more community services in the future.
DO annually update Fitness and Falls Prevention Membership on ActiveNet, or calling us at 519-284-3272, or at our front desk before class.	WHY? We can contact you, contact your emergency contact, informs us of your health condition, contact you to answer any surveys/feedback.
DO register for the level and site you attend.	WHY? Assists with report writing and program planning, we can contact you about class schedule.
DO attend the most correct level of intensity.	WHY? Reduces risk of injury and frustration, ensures your safety and success.
DO inform the instructor of any health concerns before class or during class.	WHY? Keeps you safe, reducing risk of injury during class, important information for EMS.
DO reduce talking during class.	WHY? Interrupts your flow and instructors flow, distracts other participants who might not be able to hear instructor.
DO share equipment and store it safely during class.	WHY? Be aware of participants not having equipment. Keep equipment on your chair and out of way to reduce hazards.
DO place equipment in storage area in proper location/ bin/ shelf.	WHY? For others safety reduce talking in the storage room, put equipment back in the appropriate location. No weights on balls etc.
DO turn off your cell phone during class.	WHY? Disrupts the class while you answer it. Exercise mindfully.
DO be scent free with no perfumes or colognes.	WHY? Benefits others who might have breathing issues or concerns.
DO wear the correct supportive clean indoor shoes.	WHY? Reduces injury and trip hazards, more comfortable for your joints.
DO bring water.	WHY? Staying hydrated before, during and after class for better health.
DO Set realistic personal fitness goals. Keep goals simple, measurable, attainable, realistic over the short-term (1 to 4 months) . Revisit once attained and modify for continual improvement.	WHY? – Goals provide a sense of purpose and focus. Achievement of goals provides a sense of accomplishment and satisfaction as well as recognition of self-improvement. This makes it easier to stay committed to a program and provides a means and motivation for continual improvement.





# Social and Leisure Programs



## Ballroom Dancing | M: \$23 + HST / NM: \$29 + HST

With years of ballroom dancing experience, Stephen and Leonor bring their expertise to the Friendship Centre. Grab your partner or come solo and join in on the fun!

Tuesday January 28th - March 4th (6 weeks)

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For Ages 18+

ActiveNet registration required.

## Line Dancing | M: \$80 + HST / NM: \$100 + HST

Shirley from Giddy-up Line Dancing is bringing her talents to the Friendship Centre. Grab your dancing boots and come cut a rug. All levels welcome!

**Tuesday evenings:** January 7th - February 25th (8 weeks)

6:30 - 8:00 pm

**Friday mornings:** January 10th - February 28th (8 weeks)

10:15 - 11:45 am

For Ages 18+

**Drop-in available:** \$15 per class (HST included)

ActiveNet registration required.

## Write Your Life

Honour your life and story by getting them on paper! Your story is worth telling whether you do it as a memoir, poem or fiction. Vicki Pinkerton, writer, life coach, and Amherst Writers and Artists facilitator will take you through a series of prompts and exercises designed to unlock your memories and help you start writing. This workshop will also give you an opportunity for a manuscript review.

**Write Your Life will return in the New Year - stay tuned for more details!**

Let us know if you'd like to be added to the interest list for future sessions.

ActiveNet registration required.

## Please Register for your Program

Are you writing your name at the bottom of a program sign-in sheet? Please stop by the front desk to make sure we have you registered in ActiveNet for the program you are participating in. It only takes a minute or two, and helps us a great deal.

Registration is important for us to ensure that we can communicate program cancellations, updates, or changes. Attendance sheets help the Friendship Centre report to our funders just how many people participate, and how often programs are utilized.





# Social and Leisure Programs



## Shuffleboard | M: Free/NM: \$2

In this game, players use cues to push weighted discs, sending them gliding down a narrow court.

Monday & Thursday at 1 pm

Drop in. Annual registration required

## Carpet Bowling | M: Free/NM: \$2

Enjoy this variation on traditional lawn bowling, while socializing with others.

Fridays at 1 pm

Drop in. Annual registration required

## Pickleball

### Activity Fees:

Yearly Fee (Sept - Aug):

M: \$53 + HST / NM: \$75 + HST

OR

Drop In Pay-Per-Play Rate: M: \$2 / NM: \$4

Pickleball is a fun sport that combines many elements of tennis, badminton and ping pong. Our recreational drop-in program is ideal for people who are looking to get healthy and be social.

***We are extending Monday and Thursday Pickleball play by an hour while the outdoor courts are closed (regular hours to resume in April)***

Yearly memberships run from September to August - please note that renewal is due in September for yearly members. Yearly fees are pro-rated: inquire at the front desk

Mondays: 10:30 am - 1:30 pm (**extra hour**)

Wednesdays: 10:30 am - 12:30 pm

Thursdays: 9:00 am - 12:00 pm (**extra hour**)

Fridays: 10:30 am - 12:30 pm

Drop in. Annual registration required

Please note that weekly drop-in programs such as cards and leisure sports are for established levels of play.

To support beginner players in integrating into play, please check in with Friendship Centre program staff prior to joining a program.

## Pepper/Bid Euchre | M: \$1/NM: \$2

Enjoy social, "just for fun" Pepper! Based on the game of Euchre, Pepper introduces an element of bidding in which the trump suit is decided by which player can bid to take the most tricks.

Tuesdays at 1 pm

Drop in- Annual registration required

## Pepperama | M: \$6/NM: \$8

Enjoy a friendly tournament-style afternoon of cards. Coffee, tea, water and snacks will be available. Please register with your team of three people. If you are in need of a spare player, or would like to be a spare, please let us know.

Thursday, January 9th at 12:30pm

Thursday, February 13th at 12:30pm

Monthly registration required

## Contract Bridge | M: \$2/NM: \$3

If you enjoy a good game of bridge then you have come to the right place! Contract bridge is the standard form of the card game bridge, in which only tricks bid and won count toward the game.

Wednesdays at 1 pm

Drop in. Annual registration is required

## Progressive Euchre | M: \$1/NM: \$2

Love Euchre? Looking for fun and casual drop-in play? Join us for Progressive Euchre where players rotate partners and earn points based on the number of tricks earned.

Fridays at 1 pm

Drop in. Annual registration required



# Social and Leisure Programs



## Creative Minds | M: Free/NM: \$2

A fun, social group. Learn how to knit or work on your “do it yourself designs”.

Tuesdays at 9:30 am

Drop in. Annual registration required.

## Knit & Chat | M: Free/NM: \$2

A social group to work on hand knitted creations. Members of Knit & Chat generously donate items to a Friendship Centre fundraiser.

Thursdays at 1:30 pm

Drop in. Volunteer registration required.

## Quilting

Work with the quilting group to finish the latest quilt and raise money for the Friendship Centre.

Mondays at 1:00 pm & Tuesdays at 9:00 am

Drop in. Volunteer registration required.

## Scrapbooking Open Crop | M: \$5/NM: \$7

A scrapbooking space that fosters creativity and shared ideas. Light snacks, coffee, tea, pop, and water will be provided.

Thurs, Jan 9, 5-9 pm & Wed, Jan 29, 1-5 pm  
Thurs, Feb 13, 5-9 pm & Wed, Feb 26, 1-5 pm

Monthly registration required. Please sign up in advance - minimum of 5 participants required.

## Virtual Scrapbooking Class | \$20

A virtual space with an experienced instructor to help you with your creation. Please ensure you have reliable internet connection and Zoom. Please note the earlier registration deadline for the November session.

Virtual Scrapbooking will return in February: Stay tuned for further details!

Registration required.

## Genealogy | M: Free/NM: \$2

Are you interested in meeting monthly to discuss family heritage and traditions over coffee? Come and share your experiences, story, background, and more! Whether you are new or experienced in genealogy and research, come and join like-minded individuals passionate about history and learning. Meetings often have a speaker, or highlight subjects pertaining to our ancestors' lives that attendees can share about.

Are you interested, but don't know where to start? Our friendly group will be happy to offer suggestions and point you in the right direction.

Tuesday January 28th, 6:30pm

Drop in. Annual registration required.

## ROMEO Club | M: Free/NM: \$2

Retired Outstanding Men Enjoying Ourselves. Shoot the breeze over a coffee.

Thursdays at 10:30 am

Drop in. Annual registration required.

## Jamboree | M: \$4/NM: \$6

In this weekly program you can't help but dance to the old time jamboree music. Musicians and vocalists welcome.

Tuesdays from 1 - 4 pm

Drop-in. Annual registration required.

## Choir | M: \$58 + HST / NM: \$84 + HST

Conducted by Lanny Hoare, this program is a great way to meet like minded music lovers, sharpen your skills, and sing a variety of pieces. Are you interested in joining the choir? Reach out and let us know!

Wednesdays at 9:30 am

Annual registration required.

## Mexican Train Dominoes | M: \$1/NM: \$2

Join us for a 2-month trial of the fun group dominoes game Mexican Train!

Mondays at 1pm: January 13th to March 3rd

Drop-in. Annual registration required.



## Day Trips - On The Road



### On the Road to Scran & Dram Scottish Pub in New Hamburg, and MCC Thrift Store

M: \$22 + HST / NM: \$25 + HST

Join us for a Mobility Bus road trip to the Scran & Dram Scottish Public House in New Hamburg, followed by a browse around the MCC New Hamburg Thrift Store! You never know what treasures you might find there. Meal not included in price. Price is for transportation only.

Wednesday, January 29. Depart 11:30 am. Return at 4:00 pm.

ActiveNet registration required.



Please note that program and trip refunds are not always guaranteed. When possible, attempts will be made to 're-sell' your registration to the waitlist, as registrations are non-transferable.

If you are unable to join an outing you have signed up for, please reach out to the Friendship Centre as soon as possible.



### On the Road to Schmidtsville Restaurant & Gift Shop in Wellesley

M: \$22 + HST / NM: \$25 + HST

Join us for a Mobility Bus road trip to the Schmidtsville Restaurant + Gift Shop in Wellesley! Enjoy a classic home cooked comfort meal, and enjoy browsing the fun gift shop. Meal not included in price. Price is for transportation only.

Wednesday, February 26th. Depart 11:15 am. Return 3:30 pm

ActiveNet registration required.

**We want to hear from you!  
Where would you like to go?**



# Fine Dining



## Fine Dining to Cafe Bouffon in Stratford

M: \$20 + HST / NM: \$23 + HST

Join us as we try out Cafe Bouffon in Stratford. The company and food will not disappoint. Meal is not included in price. Price is for transportation only.

Thursday January 16th. Depart 4:30 pm. Return 8:00 pm.

ActiveNet registration required.



## Fine Dining to Foster's Inn in Stratford

M: \$20 + HST / NM: \$23 + HST

Join us as we try out Foster's Inn in Stratford. The company and food will not disappoint. **Please note that this will be a 3-course meal prix-fixe menu for \$65 (not including tax, gratuity + any add-ons).** Meal is not included in price. Price is for transportation only.

Wednesday February 12th, 4:30 pm - 8:00 pm

ActiveNet registration required.

**We want to hear from you!  
Where would you like to go?**



# Upcoming Day Trips

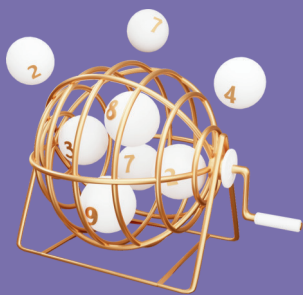


## Six Nations Bingo Hall Bus Trip

**Date:** Tuesday March 25, 2025

**Time:** 8:30 am – 3:30 pm

**Register by February 18th**



Join us as we travel to the Six Nations Bingo Hall for a day of play!

### Ticket Includes:

- \$25 off a regular gaming session (packages start at \$55)
- Voucher for a free lunch



**Cost:**  
**M: \$49 + HST**  
**NM: \$59 + HST**



## A Sentimental Musical Journey: Lunch & Concert

**Date:** Thursday May 15, 2025

**Time:** 10:30 am – 5:00 pm

**Register by April 1st**

### Ticket Includes:

- 3-Course Lunch at Golf's Steakhouse, Kitchener
- A Sentimental Journey Musical Concert at WMB Church, Waterloo



**Cost:**  
**M: \$140 + HST**  
**NM: \$153 + HST**



## Did You Know?

Book trips with Great Canadian Holidays and be sure to mention the Friendship Centre!



Great Canadian Holidays will then give the Friendship Centre credits to make our day trips more affordable.



See what they offer at [www.greatcanadianholidays.com](http://www.greatcanadianholidays.com)



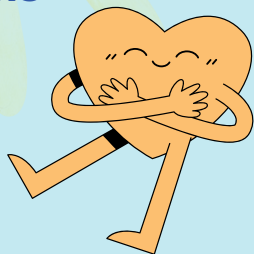
## Beat the Blues Lunch

Join us for lunch at the Friendship Centre on Monday January 20th at 12 pm and *Beat the Blues* with some friends & food!

- Enjoy a delicious Butter Chicken lunch from Naina's Indian Kitchen
- Enjoy some laughs and fun!

Register by:  
Friday January 10th

Cost: \$20



## Valentine's Day Lunch

Join us on Friday February 14th at 12 pm at the Friendship Centre for a Valentine's Day Lunch!

- Enjoy a tasty Chicken Club Sandwich, Soup, and a Sweet Treat!
- Entertainment to be provided by musical guest Randy Satchell!

Register by:  
Friday February 7th

Cost: \$15



## February Succulent Planter Workshop at Klomps Home & Garden

Friday February 21st, 2 pm

- Join us for a succulent dish workshop on-site at Klomps Home & Garden!
- Registration required by Friday, February 14th

Cost:

Members: \$35 + HST  
Non-members: \$40 + HST



## Did you know that the Friendship Centre has a Quilting program?

This fundraising program is run by passionate volunteers whose latest project is always on display in the Friendship Centre Main Hall. If you have a Quilt Top that you would like to have quilted we can help!

**Quilting Fees: Flat Rate: \$75, plus \$1 per hour per quilter. Marking and binding not included.**

Are you a quilter, and interested in learning more?

Let us know!





# General Information



The Senior Services Department of the Town of St. Marys encompasses Home Support Services and the Friendship Centre. Home Support Services promotes wellness and quality of life among seniors, people recovering from illness or injury and people with varying abilities. The Friendship Centre serves the needs of adults through various social, educational and recreational programs. These programs are funded in part by Ontario Health, Ontario Seniors' Secretariat, Town of St. Marys, client fees, membership fees, fundraising and donations.

## Contact Us

**Hours:** Monday to Friday, 8 am - 4:30 pm

**Address:** 317 James St. South, St. Marys

**Phone:** 519-284-3272

**Website:** [townofstmarys.com/seniorservices](http://townofstmarys.com/seniorservices)

**Social:** [facebook.com/stmarysfriendshipcentre](https://facebook.com/stmarysfriendshipcentre)

**Friendship Centre email:**

[friends@town.stmarys.on.ca](mailto:friends@town.stmarys.on.ca)

**Home Support email:**

[homesupport@town.stmarys.on.ca](mailto:homesupport@town.stmarys.on.ca)

## Friendship Centre Memberships

**Membership Benefits:** 25% savings on most programs and trips, access to free or low fee programs. Fees help offset operating costs including utilities, equipment, and supplies. Individuals aged 50+ and/or persons of varying abilities are eligible. The cost is \$50 per year and expires one year from the date of purchase. Memberships can be purchased online. Visit [townofstmarys.com/friendshipcentre](http://townofstmarys.com/friendshipcentre) for details. We accept cash, cheque, or credit card by phone.

## Land Acknowledgement

The Town of St. Marys acknowledges that we are located on the traditional territory of the Haudenosaunee and Anishinaabe peoples. This area is within the boundaries covered by Treaty 29, known as the Huron Tract Purchase, and is protected by the Dish With One Spoon wampum agreement. Today, many Indigenous peoples continue to call this land home and act as its stewards, and we are grateful to have the opportunity to live and work on this territory.



## RZone: Respect and Responsibility

Rzone promotes respect for yourself and others, and responsibility for your actions. The strategy applies to all organizations and individuals using the Town's facilities, and enforces consequences for inappropriate behaviour, violence and vandalism. To report an incident, speak with staff.

## Inclusiveness

Participants recovering from injuries, those with chronic conditions and varying mental or physical abilities have equal access to programs, services, opportunities and resources.

## Friendship Centre Code of Conduct

The Senior Services Department adheres to the Human Rights Code which states that "every person has the right to equal treatment with respect to services, goods and facilities, without discrimination because of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, age, marital status, family status or varying ability".

The Town of St. Marys is committed to service excellence. We aim to create safe spaces where people are **respectful** of themselves and others and **responsible** for their actions. Inappropriate behaviour will not be tolerated at any Town-sponsored programs, facilities, parks and trails or any other location where Town staff are present. Anyone engaging in inappropriate behaviour will be asked to leave. Thank you for your cooperation in keeping St. Marys safe.

## Calling all Canadian Veterans

Those that served even for a short period of time, may be eligible for benefits. Those benefits can support independent living. For more information please reach out to a staff member, or visit [www.veterans.gc.ca/eng](http://www.veterans.gc.ca/eng).

## HST

Please note that HST is charged on top of any registered recreation program fee. Weekly drop-in fees are HST inclusive, and Health Service programs are HST exempt.



# Thank You

## Did you know that 276 volunteers supported the work that the Friendship Centre does in 2024?

On behalf of the Friendship Centre staff, members, clients and the community we serve, we would like to extend our sincere thank you to every volunteer who gives their time to support the programs and services offered out of the Friendship Centre. You make a difference in our community!

Thank you!

Jenny, Sarah, Kim, Eliza, Louise and Allyson



## Volunteer Information

### Fitness Leaders Needed

Do you have a passion for health and wellness, mentoring others and making a difference in your community? If so have considered being a volunteer fitness leader? We are fortunate to have enthusiastic and committed volunteers who serve our community through all levels of fitness and mobility. If you are a caring and compassionate, fun and motivating individual and would like to help us continue to keep our community thriving and fit please reach out to either Eliza Reid or Jenny Mikita to learn more.

### Volunteer Visitors Needed

Did you know that social isolation and loneliness is linked to higher risks of a variety of physical and mental conditions including high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, and Alzheimer's disease?

Volunteer visiting is a support program which matches a volunteer with a senior who is isolated, lonely or could just use a friend. The client and volunteer meet on a one-to-one basis and visit in the client's home, and is a great way to make a difference in your community.

If you are interested in learning more about becoming a volunteer visitor, please reach out to Jenny at [jmikita@town.stmarys.on.ca](mailto:jmikita@town.stmarys.on.ca) or connect with the Friendship Centre front desk.

# Updates & Reminders

## Please Remember to:

- Stay home if you are sick or not feeling well
- Wear indoor shoes
- Avoid wearing scents/perfume
- Wipe spaces down after you are finished
- Hang up coats and jackets on racks
- Wash hands / sanitize often



**THANK YOU!** 😊

## Weather-Related Program Cancellations

In poor weather, it is possible that programs may be cancelled. Updated information can be found by doing the following:

- Checking your email
- Calling the Friendship Centre at 519-284-3272
- Tuning into Stratford Radio 107.1
- Checking the Friendship Centre Facebook page

Are you not receiving Friendship Centre communications, or have you changed your email recently? Let us know!



## CPR-B Course



Tuesday February 25th,  
9:30 am - 3:00 pm at the Friendship Centre

- Ideal for parents, grandparents, babysitters or child-care workers
- Learn CPR and choking procedures for adults, children and infants
- The importance of early defibrillation and how to use an AED.

Cost: \$35 + HST

Registration is required: sign up via ActiveNet or give us a call

## Hot & Frozen Meals

- Don't forget we offer hot and frozen meals that can be delivered right to your door if you are unable to get out during the winter
- Hot Meals are delivered Monday through Friday at about 12 pm
- If we have to cancel a meal due to inclement weather, we will call you before 12 pm
- Please remember to keep all walkways clear of snow for everyone's safety

Questions? Call us at 519-284-3272

# A Throwback to a Great Year



Thank You all for your donations  
Of baking, Crafts & Salmon!  
The Craft Show was a huge Success!  
We raised \$13,566 in total  
Bake Table raised - \$2493  
Crafting/Knitting Table raise today \$1370  
And a whopping 679 pounds of food  
donated to the food bank!  
Wow! Thank you!





# St. Marys & Area Mobility Service



## Meet the St. Marys and Area Mobility Service

St. Marys is lucky to have accessible transportation offered by St. Marys & Area Mobility Service. Did you know that they rent office space in the Friendship Centre? Their office is open Monday to Friday, 8am-4pm. If you would like to book a ride on the Mobility Bus please call EasyRide at 519-272-9875.

### Frequently Asked Questions:



Amber Miners: Mobility Services Manager

#### Who can access St. Marys Mobility Service?

Anyone over the age of 55, and individuals over the age of 18 requiring accessible transportation.

**What is EasyRide?** EasyRide is our central scheduling service. They are not transportation providers but do arrange all bookings for 5 agencies across Huron and Perth. Please call them directly at 519-272-9875 to book your ride, and plan to call a week in advance for best availability. If you are asked to leave a voicemail, you will receive a call back from an EasyRide scheduler.

**Registration:** All riders must first be registered with Community Support Services Central Intake. They can be reached at 1-844-482-7800



## St Marys and Area Mobility Service

# Monthly Stratford Shopping Charter

**When: 1st Monday of every month**

**Cost: \$20.00/ round trip**

**Stops include: Festival**

**Marketplace Mall**



**Call 519-272-9875 to book your spot!**



# Program Calendar - January 2025



MON	TUES	WED	THURS	FRI
		<b>Friendship Centre Closed</b>	<b>Friendship Centre Closed</b>	<b>Friendship Centre Closed</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>10:30 am</b> Pickleball <b>11 am</b> L1 Tiered Fitness <b>11am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> L3 Fitness at Stoneridge <b>10 am</b> Zumba <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>6:30 pm</b> <i>New Session:</i> Evening Line Dancing	<b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> Choir <b>9:30 am</b> Blood pressure at Thames Valley <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> L5 Vigorous Fitness <b>9 am</b> Pickleball <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 Fitness at Stoneridge <b>10 am</b> L3 at Rotary <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>12:30 pm</b> Pepperama <b>1 pm</b> Blood pressure @ FC <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat <b>5 pm</b> Scrapbooking Open Crop	<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:15 am</b> <i>New Session:</i> Morning Line Dancing <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11:00</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Carpet Bowling <b>1:30 pm</b> L3 Light Fitness at the YMCA
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>8 am</b> Breakfast at Joe's Diner <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11 am</b> L1 Tiered Fitness <b>11am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1 pm</b> Mexican Train Dominoes <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> L3 Fitness at Stoneridge <b>10 am</b> Zumba <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>6:30 pm</b> Line Dancing	<b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> Choir <b>9:30 am</b> Blood Pressure @ Rotary <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Supper from the Cheese Shoppe	<b>9 am</b> L5 Vigorous Fitness <b>9 am</b> Pickleball <b>10 am</b> L3 Fitness at Stoneridge <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 at Rotary <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat <b>4:30 pm</b> Fine Dining to Cafe Bouffon	<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:15 am</b> Line Dancing <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11:00 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Carpet Bowling <b>1:30 pm</b> L3 Light Fitness at the YMCA



# Program Calendar - January 2025



MON	TUES	WED	THURS	FRI
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10 am</b> L4 Fitness in Kirkton</p> <p><b>10 am</b> L4 Fitness at Thames Valley</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood CC</p> <p><b>11 am</b> L1 Tiered Fitness</p> <p><b>11am</b> L1 Tiered Fitness at Kingsway</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>Beat the Blues Lunch</b></p> <p><b>1 pm</b> Quilting</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1 pm</b> Mexican Train Dominoes</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>9 am</b> Blood Pressure @ FC</p> <p><b>9 am</b> Quilting</p> <p><b>9:30 am</b> Creative Minds</p> <p><b>10 am</b> L3 Fitness at Stoneridge</p> <p><b>10 am</b> Zumba</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>1 pm</b> Pepper/Bid Euchre</p> <p><b>1 pm</b> Jamboree</p> <p><b>6:30 pm</b> Line Dancing</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:30 am</b> Choir</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10 am</b> L4 Fitness at Kirkton</p> <p><b>10:30 am</b> Blood Pressure @ FC</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood CC</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Contract Bridge</p> <p><b>1:30 pm</b> Chair Yoga</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9 am</b> Pickleball</p> <p><b>10 am</b> L3 Fitness at Stoneridge</p> <p><b>10 am</b> L4 at Thames Valley</p> <p><b>10 am</b> L3 at Rotary</p> <p><b>10 am</b> L1 Men's Strength</p> <p><b>10:30 am</b> ROMEO</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>11 am</b> L1 Tiered Fitness at Kingsway</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1:30 pm</b> Knit &amp; Chat</p> <p><b>1:30 pm</b> Let's Talk Workshop Series</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10:15 am</b> Line Dancing</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.</p> <p><b>11:00 am</b> L1 Tiered Fitness</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Progressive Euchre</p> <p><b>1 pm</b> Carpet Bowling</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10 am</b> L4 Fitness in Kirkton</p> <p><b>10 am</b> L4 Fitness at Thames Valley</p> <p><b>10:15 am Education: Safe Winter Driving</b></p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood CC</p> <p><b>11 am</b> L1 Tiered Fitness</p> <p><b>11am</b> L1 Tiered Fitness at Kingsway</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Quilting</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1 pm</b> Mexican Train Dominoes</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>9 am</b> Quilting</p> <p><b>9:30 am</b> Creative Minds</p> <p><b>10 am</b> L3 Fitness at Stoneridge</p> <p><b>10 am</b> Zumba</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>1 pm</b> Pepper/Bid Euchre</p> <p><b>1 pm</b> Jamboree</p> <p><b>6:30 pm</b> Genealogy</p> <p><b>6:30 pm</b> Line Dancing</p> <p><b>6:30 pm</b> <i>New Session:</i> Beginner Ballroom Dancing</p> <p><b>7:30 pm</b> <i>New Session:</i> Intermediate Ballroom Dancing</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:30 am</b> Choir</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10 am</b> L4 Fitness at Kirkton</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood CC</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>11:30 am</b> On the Road to Scran + Dram Pub &amp; MCC Thrift</p> <p><b>1 pm</b> Contract Bridge</p> <p><b>1 pm</b> Scrapbooking Open Crop</p> <p><b>1:30 pm</b> Chair Yoga</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p> <p><b>4:30 pm</b> Supper from Four Happy</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9 am</b> Pickleball</p> <p><b>10 am</b> L3 Fitness at Stoneridge</p> <p><b>10 am</b> L4 at Thames Valley</p> <p><b>10 am</b> L3 at Rotary</p> <p><b>10 am</b> L1 Men's Strength</p> <p><b>10:30 am</b> ROMEO</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>11 am</b> L1 Tiered Fitness at Kingsway</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1:30 pm</b> Knit &amp; Chat</p> <p><b>1:30 pm</b> Let's Talk Workshop Series</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10:15 am</b> Line Dancing</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.</p> <p><b>11:00 am</b> L1 Tiered Fitness</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Progressive Euchre</p> <p><b>1 pm</b> Carpet Bowling</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>



# Program Calendar - February 2025



MON	TUES	WED	THURS	FRI
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10 am</b> L4 Fitness in Kirkton</p> <p><b>10 am</b> L4 Fitness at Thames Valley</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood CC</p> <p><b>11 am</b> L1 Tiered Fitness</p> <p><b>11 am</b> L1 Tiered Fitness at Kingsway</p> <p><b>11:15am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Quilting</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1 pm</b> Mexican Train Dominoes</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>9 am</b> Quilting</p> <p><b>9:30 am</b> Creative Minds</p> <p><b>10 am</b> L3 Fitness at Stoneridge</p> <p><b>10 am</b> Zumba</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>1 pm</b> Pepper/Bid Euchre</p> <p><b>1 pm</b> Jamboree</p> <p><b>6:30 pm</b> Line Dancing</p> <p><b>6:30 pm</b> Beg. Ballroom</p> <p><b>7:30 pm</b> Int. Ballroom</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:30 am</b> Choir</p> <p><b>9:30 am</b> Blood pressure at Thames Valley</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10 am</b> L4 Fitness at Kirkton</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood CC</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Contract Bridge</p> <p><b>1:30 pm</b> Chair Yoga</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9 am</b> Pickleball</p> <p><b>10 am</b> L3 at Rotary</p> <p><b>10 am</b> L3 at Stoneridge</p> <p><b>10 am</b> L4 at Thames Valley</p> <p><b>10 am</b> L1 Men's Strength</p> <p><b>10:30 am</b> ROMEO</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>11 am</b> L1 Tiered Fitness at Kingsway</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1 pm</b> Blood pressure @ FC</p> <p><b>1:30 pm</b> Knit &amp; Chat</p> <p><b>1:30 pm</b> Let's Talk Workshop Series</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10:15 am</b> Line Dancing</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.</p> <p><b>10:30 am</b> Pickleball</p> <p><b>11:00 am</b> L1 Tiered Fitness</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Progressive Euchre</p> <p><b>1 pm</b> Carpet Bowling</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>8 am</b> Breakfast at Joe's Diner</p> <p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10 am</b> L4 Fitness in Kirkton</p> <p><b>10 am</b> L4 Fitness at Thames Valley</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood CC</p> <p><b>11 am</b> L1 Tiered Fitness</p> <p><b>11 am</b> L1 Tiered Fitness at Kingsway</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Quilting</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1 pm</b> Mexican Train Dominoes</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>9 am</b> Quilting</p> <p><b>9:30 am</b> Creative Minds</p> <p><b>10 am</b> L3 Fitness at Stoneridge</p> <p><b>10 am</b> Zumba</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>1 pm</b> Pepper/Bid Euchre</p> <p><b>1 pm</b> Jamboree</p> <p><b>6:30 pm</b> Line Dancing</p> <p><b>6:30 pm</b> Beg. Ballroom</p> <p><b>7:30 pm</b> Int. Ballroom</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:30 am</b> Choir</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10 am</b> L4 Fitness at Kirkton</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10 am</b> L1 Tiered Fitness at Wildwood CC</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Contract Bridge</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p> <p><b>4:30 pm</b> Fine Dining to Foster's Inn</p> <p><b>4:30 pm</b> Supper from Joe's Diner</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9 am</b> Pickleball</p> <p><b>10 am</b> L3 at Rotary</p> <p><b>10 am</b> L3 at Stoneridge</p> <p><b>10 am</b> L4 at Thames Valley</p> <p><b>10 am</b> L1 Men's Strength</p> <p><b>10:30 am</b> ROMEO</p> <p><b>11am</b> L2 Light Gentle Fit</p> <p><b>11am</b> L1 Tiered Fitness at Kingsway</p> <p><b>12:30 pm</b> Pepperama</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1:30 pm</b> Knit &amp; Chat</p> <p><b>1:30 pm</b> Let's Talk Workshop Series</p> <p><b>5 pm</b> Scrapbooking Open Crop</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10:15 am</b> Line Dancing</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.</p> <p><b>11:00 am</b> L1 Tiered Fitness</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>Valentines Lunch</b></p> <p><b>1 pm</b> Progressive Euchre</p> <p><b>1 pm</b> Carpet Bowling</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>



# Program Calendar - February 2025



MON	TUES	WED	THURS	FRI
17	18	19	20	21
<p><b>Happy Family Day!</b></p>  <p><b>Friendship Centre Closed</b></p>	<p><b>9 am</b> Quilting  <b>9 am</b> Blood Pressure @ FC  <b>9:30 am</b> Creative Minds  <b>10 am</b> L3 Fitness at Stoneridge  <b>10 am</b> Zumba  <b>11 am</b> L2 Light Gentle Fit  <b>1 pm</b> Pepper/Bid Euchre  <b>1 pm</b> Jamboree  <b>6:30 pm</b> Line Dancing  <b>6:30 pm</b> Beg. Ballroom  <b>7:30 pm</b> Int. Ballroom</p>	<p><b>9 am</b> L5 Vigorous Fitness  <b>9:30 am</b> Blood Pressure @ Rotary  <b>9:30 am</b> Choir  <b>10 am</b> L5 Men's Strength  <b>10 am</b> L4 Fitness at Kirkton  <b>10:30 am</b> Pickleball  <b>10:30 am</b> Tiered Fitness at Wildwood CC  <b>11:15 am</b> L4 Moderate Fitness  <b>1 pm</b> Contract Bridge  <b>1:30 pm</b> Chair Yoga  <b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>9 am</b> L5 Vigorous Fitness  <b>9 am</b> Pickleball  <b>10 am</b> L3 at Rotary  <b>10 am</b> L3 at Stoneridge  <b>10 am</b> L4 at Thames Valley  <b>10 am</b> L1 Men's Strength  <b>10:30 am</b> ROMEO  <b>11 am</b> L2 Light Gentle Fit  <b>11 am</b> L1 Tiered Fitness at Kingsway  <b>11:15 am Education: Fire Safety and Prevention at Thames Valley</b>  <b>1 pm</b> Shuffleboard  <b>1:30 pm</b> Knit &amp; Chat  <b>1:30 pm</b> Let's Talk Workshop Series</p>	<p><b>9 am</b> L5 Vigorous Fitness  <b>10 am</b> L5 Men's Strength  <b>10:15 am</b> Line Dancing  <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.  <b>10:30am</b> Pickleball  <b>11:00 am</b> L1 Tiered Fitness  <b>11:15 am</b> L4 Moderate Fitness  <b>1 pm</b> Progressive Euchre  <b>1 pm</b> Carpet Bowling  <b>1:30 pm</b> L3 Light Fitness at the YMCA  <b>2 pm</b> Succulent Dish Workshop at Klomps Home &amp; Garden</p>
24	25	26	27	28
<p><b>9 am</b> L5 Vigorous Fitness  <b>10 am</b> L5 Men's Strength  <b>10 am</b> L4 Fitness in Kirkton  <b>10 am</b> L4 Fitness at Thames Valley  <b>10:15 am Education: Fire Safety and Prevention at the Friendship Centre</b>  <b>10:30 am</b> Pickleball  <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.  <b>11 am</b> L1 Tiered Fitness at Kingsway  <b>11am</b> L1 Tiered Fitness at Kingsway  <b>11:15 am</b> L4 Moderate Fitness  <b>1 pm</b> Quilting  <b>1 pm</b> Shuffleboard  <b>1 pm</b> Mexican Train Dominoes  <b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>9 am</b> Blood Pressure @ FC  <b>9 am</b> Quilting  <b>9:30 am</b> Creative Minds  <b>10 am</b> L3 Fitness at Stoneridge  <b>10 am</b> Zumba  <b>11 am</b> L2 Light Gentle Fit  <b>1 pm</b> Pepper/Bid Euchre  <b>1 pm</b> Jamboree  <b>5 pm</b> Dine in with Friends  <b>6:30 pm</b> Line Dancing  <b>6:30 pm</b> Beg. Ballroom  <b>7:30 pm</b> Int. Ballroom</p>	<p><b>9 am</b> L5 Vigorous Fitness  <b>9:30 am</b> Choir  <b>10 am</b> L5 Men's Strength  <b>10 am</b> L4 Fitness at Kirkton  <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.  <b>10:30 am</b> Pickleball  <b>10:30 am</b> Blood Pressure @ FC  <b>11:15 am</b> L4 Moderate Fitness  <b>11:15 am</b> On the Road to Schmidtsville Restaurant &amp; Gift Shop  <b>1 pm</b> Contract Bridge  <b>1 pm</b> Scrapbooking Open Crop  <b>1:30 pm</b> Chair Yoga  <b>1:30 pm</b> L3 Light Fitness at the YMCA  <b>4:30 pm</b> Supper from Sunset Diner</p>	<p><b>9 am</b> L5 Vigorous Fitness  <b>9 am</b> Pickleball  <b>10 am</b> L3 Fitness at Stoneridge  <b>10 am</b> L4 at Thames Valley  <b>10 am</b> L3 at Rotary  <b>10 am</b> L1 Men's Strength  <b>10:30 am</b> ROMEO  <b>11 am</b> L2 Light Gentle Fit  <b>11 am</b> L1 Tiered Fitness at Kingsway  <b>1 pm</b> Shuffleboard  <b>1:30 pm</b> Knit &amp; Chat  <b>1:30 pm</b> Let's Talk Workshop Series</p>	<p><b>9 am</b> L5 Vigorous Fitness  <b>10 am</b> L5 Men's Strength  <b>10:15 am</b> Line Dancing  <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.  <b>11:00 am</b> L1 Tiered Fitness  <b>11:15 am</b> L4 Moderate Fitness  <b>1 pm</b> Progressive Euchre  <b>1 pm</b> Carpet Bowling  <b>1:30 pm</b> L3 Light Fitness at the YMCA</p>

## Legend: Off-Site Fitness & Falls Prevention Classes

- Thames Valley Community Hall, 30 Ann Street, Unit #77
- YMCA at 268 Maiden Lane (at rear of the hospital)
- Kirkton Community Centre, 70497 Road 164, Kirkton
- Rotary Apartments, 22 St. Andrews St N, Parkview East Hall
- Stoneridge Apartments, 50 Stoneridge Boulevard
- Kingsway Nursing Home, 310 Queen St E
- Wildwood Care Centre, 100 Ann St