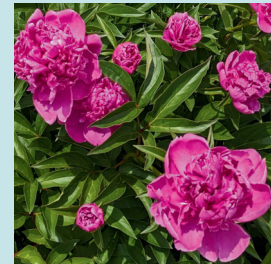


Friendship Centre

PRIMETIME

July & August 2024



 **Coming Soon:**

**Come & Go
Lunch**

Tuesday July
16th

**Scrapbooking Garage
Sale**

Saturday September
14th

**September Scrap-a-thon
Fundraiser**

Saturday September
28th

**November Craft
Show**

Saturday November
16th

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 on Monday July 1 for Canada Day and Monday August 5 for the Civic Holiday. Meals on Wheels will continue as regularly scheduled.

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 9 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! Menu, prices, and dates vary, see below. Advance registration is required. **Please note that due to the demand Dine in registrations are non-transferable and take out is not available. If you are unable to attend please contact the Friendship Centre for a refund**

Date: Tuesday, July 30

Time/location: 5:00 pm, Friendship Centre

Menu: Salmon

Cost: \$17

Date: Tuesday, August 27 (Registration will open August 1st)

Time/location: 5:00 pm, Friendship Centre

Menu: Smoked Pork Chop

Cost: \$17

Come and Go Lunch

Visit the Friendship Centre between 11:30 am and 1:00 pm to pick up a delightful lunch that you can savor at home or with friends in the community. Please note that advanced registration is required and there is no seating available on-site, as this is a take-out only event.

Date: Tuesday, July 16

Time/location: Drop in the Friendship Centre between 11:30 am and 1:00 pm

Menu: Split Pea & Ham Soup, Back Bacon Slider, and a Sweet Treat

Cost: Minimum donation of \$5, as well as a non-perishable snack item for the Food Bank

Breakfast at Joe's

Breakfast at Joe's is on summer vacation - we will see you there again in the fall!

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. We are not able to accommodate allergies in this dining program.

Wed, July 3 - Supper from Sunset Diner

Menu: Hamburger & Fries

Cost: \$12

Register and pay by Wed, June 26

Wed, July 17 - Supper from The Friendship Centre!

Menu: Pulled Pork & Coleslaw

Cost: \$12

Register and pay by Wed, July 10

Wed, July 31 - Supper from Joe's Diner

Menu: Chicken Bacon Ranch Wrap & Fries

Cost: \$12

Register and pay by Wed, July 24

Wed, August 14 - Supper from The Cheese Shoppe

Menu: Salad Plate

Cost: \$12

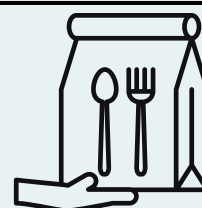
Register and pay by Wed, August 7

Wed, August 28 - Supper from Four Happy

Menu: Chinese Platter

Cost: \$12

Register and pay by Wed, August 21





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. Mary 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 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
- 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. Please bring a gait aid if you use one. Our leader is SFIC Senior Fitness Instructor Certified. Seated option available especially 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.

Summer Fitness & Falls Prevention Class Schedule 2024

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 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 cancelled Aug 1 only	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 Cancelled Aug Thurs only	10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room cancelled for July/Aug
10 am Lvl 4 Moderate Kirkton Hall 60 mins cancelled July 29 to Aug 7		10 am Lvl 4 Moderate Kirkton Hall 60 mins cancelled July 29 to Aug 7	10am Lvl 1 HSEP Men's Strength Friendship Centre 30 mins MP room Cancelled Aug 1 only	
10 am Lvl 4 Moderate Thames Valley 60 mins			10 am Lvl 4 Moderate Thames Valley 60 mins cancelled July 18/25 & Aug 22/29	
11 am Lvl 1 Tiered Friendship Centre 30 mins AB room	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room		10 am Lvl 3 Light Rotary Apartments Hall 45 mins cancelled for July	10:30 am Lvl 1 Tiered at Wildwood Care Centre 30 mins
11 am Lvl 1 Tiered Kingsway/Fairhill 30 mins			11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	
11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room		11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room	11 am Lvl 1 Tiered Kingsway/Fairhill 30 mins	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 cancelled for July



Fitness and Falls Prevention



Blood Pressure Clinics - Health Screening

- 1) Call 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

- 1st Thursday afternoon - July 4 & Aug 1
- 3rd Tuesday morning - July 16 & Aug 21
- 4th Wednesday - July 24 & Aug 28

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

- 3rd Wednesday of the month. Starts at 9:30 am.
- July 17 & August 21

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

- 1st Wednesday morning of the month
- July 3 & August 7

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

Fitness and Falls Prevention Summer Schedule

Below is a list of cancelled classes:

- FC Men's Strength Fridays for July & Aug
- YMCA Fridays for July
- Stone Ridge for August, Thursdays only
- Thames Valley Thursday July 18 and 25, & Thursday August 22 and 29
- Kirkton cancelled for two weeks, Mon July 29 to Wednesday Aug 7
- Rotary in July
- FC L5 Thursday Aug 1, 9 am
- FC L1 Thursday MS Aug 1, 10 am

Registration for Fitness & Falls Prevention Classes:

July to December session

It's exciting to know that we have 595 participants that need to register for the upcoming July to December session of Fitness and Falls prevention classes. Because that's a lot of people, please register online if you're able. Registration is now open on ActiveNet.

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 need to renew every year). Update your Fitness and Falls Prevention membership, under the membership tab which is located between calendars and sport (free)

- 2) Add "fitness" to activity search
- 3) Select location and level of class you wish to attend, and proceed to check out and finish

IN-PERSON

Complete hard copy paper at any site

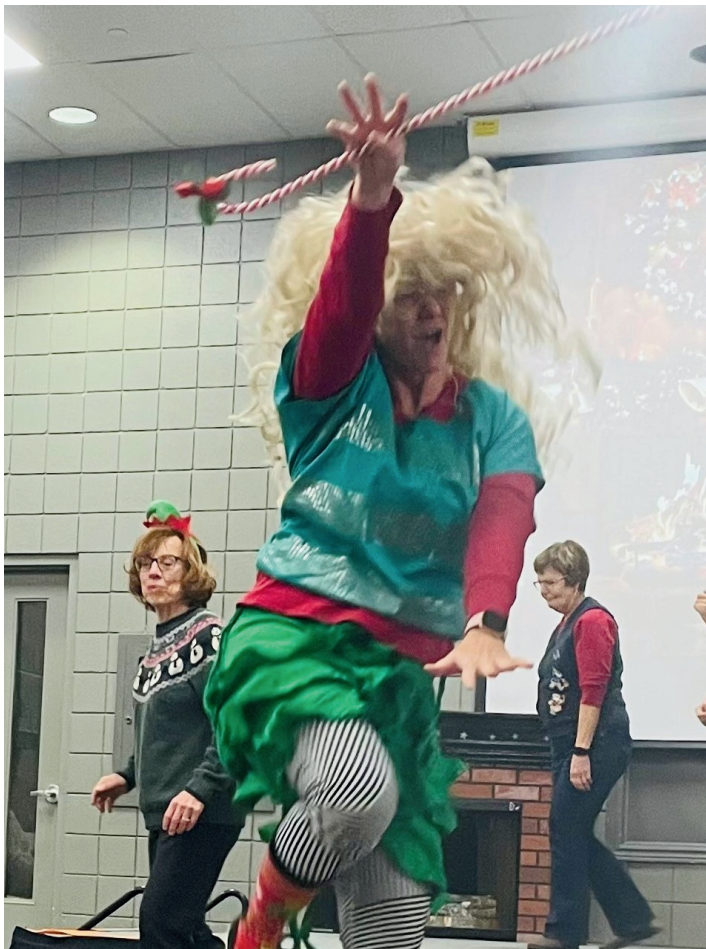
PHONE

519-284-3272





Wellness



Education - Vertigo | FREE

In this presentation, Dr. Walker will discuss the differences between Benign Paroxysmal Positional Vertigo (BPPV) and Cervicogenic Vertigo. We will talk about symptoms, how we would assess in the clinic, common treatment considerations, and management techniques.

Wednesday September 11
10:15 am

ActiveNet Registration required

Chair Yoga | \$63.00

This yoga class will guide you through strengthening and standing postures using flow yoga style and a chair. We incorporate the chair to challenge your balance and core strength, and to keep you safe.

Registration opens July 9.

Drop in option also available (\$10 per class): Drop in registration will open August 27.

Tuesdays from Sept 3 to Oct 15 (7 weeks)
1:30 pm

ActiveNet Registration required

What can I say?

Friends, my feelings are many and my words are few. Lets start with thank you, to extraordinary colleagues, who really care about you. Super volunteers who made my career so enjoyable because they work so hard to deliver the best program, for you. Also a thank you to YOU. The participants who shared their stories with me, participants who made memories with me. Remember the Christmas social where Allan was Cher and I was Sonny or when Ally rode her bike in 2/3 hall? Such good times! I was lucky to work in an environment that let me be myself, that when I walked into a class and got "boo'ed" and the next sound was laughing, is priceless.

Now for the serious talk about your health; this is my last attempt to get you moving, no matter what level of ability you are, to increase your education with valid resources and motivate you to complete health screening and use all the tools that are available to you: ready?

Start today for your future self, to be the best you can be - if you don't who will?
The quality of life you have, is yours to have, take it! You deserve it.

Pauline White, retiring Senior Services Wellness Coordinator
PS Eliza Reid, Senior Services Wellness Coordinator is amazing :)



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.	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

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

Ballroom dancing will return in the fall - stay tuned
For ages 18+

ActiveNet registration required.

Line Dancing

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!

Line dancing will return in the fall - stay tuned
For Ages 18+

ActiveNet registration required.

Zumba | M: \$110 - NM &125.00 +HST

Zumba fitness is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance party. Together the laughs are many and the steps are more. 60 minutes of dancing. Drop in option available. Program requires minimum number of participants to run.

Zumba will return in the fall:
Sept 10 - Nov 26, with no classes Oct 1 and Nov 12
(10 weeks)
Tuesdays at 10 am
For Ages 18+

DROP IN OPTION available \$15 (tax included)

ActiveNet registration required.

Write Your Life | M: \$60 - NM \$75

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.

Don't know how to get started? Vicki Pinkerton, writer, life coach, and Amherst Writers and Artists facilitator will take you through a series of prompts designed to unlock your memories. Then you get prompts and exercises to help you start writing. This workshop will also give you an opportunity for a manuscript review.

This workshop will honour the beginner writer but will also help the experienced writer move forward with their project.

Write Your Life will return in the fall:
September 25 - October 30 (6 weeks)
Wed from 1:30-3:30pm

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.

Mon & Thurs, at 1 pm

Drop in. Annual registration required



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

Join us for our special spring and summer shuffleboard program located at the LIND Sportsplex, by the Quarry.

Wednesdays at 9:30 am - Ends September 18

Drop in. Seasonal registration required

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, July 11th at 12:30pm

Thursday, August 8th 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

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

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

Paused for the summer. Resumes Friday Sept 13, 1:00pm

Drop in. Annual registration required

Pickleball | Yearly M: \$60/ NM:\$85 or

Drop In M: \$2/NM: \$4 per play

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. Yearly memberships run from September to August - please note that renewal is due in September for yearly members.

Mon: 10:30 am -12:30 pm

Wed: 10:30 am - 12:30 pm

Thurs: 9 - 11 am

Fri: 10:30 am - 12:30 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.

Paused for the summer - resumes Monday September 16

Drop in. Volunteer registration required.

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

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

Thurs, July 11, 5-9 pm & Wed, July 31, 1-5 pm
Thurs, Aug. 8, 5-9 pm & Wed, Aug. 28, 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.

Virtual Scrapbooking will return in the fall - stay tuned

Registration required.

Genealogy | M: Free/NM: \$2

Are you interested in meeting monthly to discuss family heritage and traditions? Sign up and let us know! Genealogy is paused for the summer but will return in the fall:

Tuesday September 24, 6:30pm

Tuesday October 29, 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

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!

Choir will resume in September - stay tuned

Annual registration required.

Interested in Playing Mexican Train?

Are you interested in learning how to play the fun domino game Mexican Train? Reach out and let us know!





Day Trips - On The Road



On the Road to G.T.'s On The Beach & Shaw's

M: \$30 / NM: \$35

Join us for a Mobility Bus road trip to beautiful Port Stanley as we head to G.T.'s On The Beach for lunch, followed by delicious ice cream at Shaw's! Meal not included in price. Price is for transportation only, tax is included.

Thurs, July 11. Depart 11 am. Return at 4:30 pm.

ActiveNet registration required.



On the Road to Harry Ten Shilling & Black Creek Flower Farm

M: \$25 / NM: \$28

Come for a road trip on the Mobility Bus to Harry Ten Shilling in Shakespeare for High Tea (\$40 per person) followed by a visit to the Black Creek Flower Farm in Sebringville where you can browse the Farm store, and even create your own bouquet in the U-Pick Garden! Meal not included in price. Price is for transportation only, tax is included. **Please note that there are two steps at the entrance of Harry Ten Shilling.**

Thurs, August 8th. Depart 11:30 am. Return 4:00 pm.

ActiveNet registration required.



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



Fine Dining



Fine Dining to Puddicombe House

M: \$24 / NM: \$27

Join us as we try out the charming Puddicombe House in New Hamburg. The company and food will not disappoint! Meal is not included in price. Price is for transportation only, tax is included.

Please note that our group will be dining outside on the patio, under the tent.

Thursday, July 25. Depart 4:15 pm. Return 8:15 pm.

ActiveNet registration required.



Fine Dining to Revival House

M: \$23 / NM: \$26

Join us as we try out Revival House in Stratford. Enjoy a delicious meal in a beautiful historic building with stunning gardens. The company and food will not disappoint! Meal is not included in price. Price is for transportation only, tax is included.

Thurs, August 22. Depart 4:30 pm. Return 8:00 pm.

ActiveNet registration required.



© Haohao Hong

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



Stay tuned for Fall Day Trips



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

Celebrate Grandparents Day with the Friendship Centre & EarlyOn

**Save the Date:
Tuesday September 3rd**

- Bring the little ones in your life to our intergenerational drop-in party!
- Enjoy some fun activities, entertainment, and snacks



Timing and additional details to come in our next newsletter: stay tuned!



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

Social: facebook.com/stmarysfriendshipcentre

Friendship Centre email:

friends@town.stmarys.on.ca

Home Support email:

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 for details. We accept cash, cheque, or credit card by phone.



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, martial 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.



Volunteer Information



Volunteers Needed!

The Friendship Centre cannot operate without the support of volunteers. We are currently looking for volunteers in the following programs:

Telephone Reassurance

Our Volunteer Visiting and Telephone Reassurance program provides weekly/daily telephone calls and/or security checks to seniors and adults with disabilities who may be isolated and not have access to social programs within the community. We currently have a waitlist for this program. If you are interested in bringing the community back into a fellow community members life please reach out. Calls taking place weekly or daily based on a mutually agreed upon schedule. The volunteer's role is to provide social companionship, a listening ear, and to engage in friendly and casual conversation

Volunteer Visiting

Friendships and connection with others is vitally important to maintaining our health as we age. If you are interested in giving an hour a week to visit with a fellow community member it might just be the best hour of your week! Volunteers are match with like minded seniors in the community for in-home visits. No experience necessary.



Save the Date




Scrapbooking Garage Sale

Saturday
September 14th
9 am - 1 pm
Friendship Centre

- Free admission
- Amazing cash deals
- Gently used/unwanted card-making & scrapbooking supplies



St. Marys Craft Show

Saturday
November 16
9 am - 3 pm
Friendship Centre

- Free admission
- Over 60 talented local artisans
- Something special for everyone



Farewell, Pauline!



When you believe you've come to the end of something, you're often just beginning something even better!

No words could be truer for Pauline! On behalf of the Friendship Centre Team we would like to thank Pauline for a great 11 years, 4 months and 8 days!

Pauline's passion is inspiring, and her impact will be felt by those whose lives she has enriched both past, present and future.

Congratulations on your retirement!

Celebrating YOU!

Join us in celebrating Pauline's career in true Pauline style with **FUN and FITNESS.**

Date: Wednesday July 10th

Time: 10:00 am

Location: Whole Hall: Community Centre

All abilities fitness class, followed by a social time.

All fitness levels are welcome to attend, please register in advance on ActiveNet or by calling the Friendship Centre.

Those not able to join us for fitness are welcome to drop in at 11:00 am to wish Pauline all the best

Welcome Back Kaitlynn!

A warm welcome back to Kaitlynn, who is spending her second summer with us at the Friendship Centre! If you haven't already met Kaitlynn at our front desk, be sure to come and say hello. Join us in congratulating Kaitlynn for graduating from Fanshawe College's Event Planning Program!



Learn more about Kaitlynn:

Favourite Part of Event Planning: Meeting new people

Dream Job: Working with concerts and/or sports

Hobbies: Reading (when she has the time), and spending time with friends and family

Dream Travel Destinations: Australia and New Zealand

Meet Sarah

Many of you have already met Sarah, who has joined the Friendship Centre team as Senior Services Program Coordinator while Hillary is on her maternity leave. She looks forward to getting to know everyone during her time here. Come on over and say hello to Sarah if you haven't already!

Learn more about Sarah:

Previous Job: Minds in Motion Coordinator with the Alzheimer Society of Waterloo Wellington

Hobbies: Gardening, reading, podcasts, music, cooking, crochet, & spending time with friends, family, and pets!

Dream Travel Destinations: Portugal, Spain, Korea, and New Zealand





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 - July 2024



MON	TUES	WED	THURS	FRI
<p style="text-align: right;">1</p> <p>Happy Canada Day!</p>  <p>No Programs</p> <p>Home Support Services continue as usual</p>	<p style="text-align: right;">2</p> <p>9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom</p>	<p style="text-align: right;">3</p> <p>9 am L5 Vigorous Fitness 9:30 am Blood Pressure at Thames Valley 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Sunset Diner</p>	<p style="text-align: right;">4</p> <p>9 am L5 Vigorous Fitness 9 am Pickleball 10 am L4 Moderate Fitness at Thames Valley 10 am L3 Fitness at Stoneridge 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1 pm Blood Pressure @ FC 1:30 pm Knit & Chat</p>	<p style="text-align: right;">5</p> <p>9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre</p>
<p style="text-align: right;">8</p> <p>9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA</p>	<p style="text-align: right;">9</p> <p>9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga</p>	<p style="text-align: right;">10</p> <p>9:30 am LIND Shuffleboard 10:00 am Celebrating YOU: All levels Fitness and Falls Prevention Class 1 pm Contract Bridge</p> <p style="text-align: center;">All regularly scheduled fitness is cancelled today.</p> <p style="text-align: center;">Please come and celebrate Pauline with us at 10am!</p>	<p style="text-align: right;">11</p> <p>9 am L5 Vigorous Fitness 9 am Pickleball 10 am L4 Moderate Fitness at Thames Valley 10 am L3 Fitness at Stoneridge 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 11am On the Road to G.T.'s 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5pm Open Crop</p>	<p style="text-align: right;">12</p> <p>9 am L5 Vigorous Fitness 10:30 am L1 Tiered Fitness at Wildwood Care Centre 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre</p>
<p style="text-align: right;">15</p> <p>9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness</p>	<p style="text-align: right;">16</p> <p>9 am Blood Pressure @ FC 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 11:30 am - 1:30 pm Come & Go Lunch Pickup at the Friendship Centre</p>	<p style="text-align: right;">17</p> <p>9 am Grand River Cruise 9 am L5 Vigorous Fitness 9:30 am LIND Shuffleboard 9:30 am Blood Pressure @ Rotary 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball</p>	<p style="text-align: right;">18</p> <p>9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Fitness at Stoneridge 10 am L1 Men's Fitness 10:30 am ROMEO</p>	<p style="text-align: right;">19</p> <p>9am Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre</p>



Program Calendar - July 2024




MON	TUES	WED	THURS	FRI
July Continued 15 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	16 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	17 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from The Friendship Centre	18 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	19 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre
22 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	23 9 am Blood Pressure @ FC 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	24 9 am L5 Vigorous Fitness 9:30 am LIND Shuffleboard 10:30 am Blood Pressure @ FC 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA	25 9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Fitness at Stoneridge 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 4:15 pm Fine Dining to Puddicombe House	26 9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre
29 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11:15am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	30 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 5pm Dine in With Friends	31 9 am L5 Vigorous Fitness 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10:30 am Blood Pressure @ FC 10:30 am Pickleball 1 pm Scrapbooking Open Crop 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Joe's Diner		



Program Calendar - August 2024



MON	TUES	WED	THURS	FRI
			1 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L4 Moderate Fitness at Thames Valley 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1 pm Blood pressure @ FC 1:30 pm Knit & Chat	2 9 am L5 Vigorous Fitness 10:30 am L1 Tiered Fitness at Wildwood Care Centre 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA
5 Happy Civic Holiday!  No Programs Home Support Services continue as usual	6 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	7 9 am L5 Vigorous Fitness 9:30 am LIND Shuffleboard 9:30 am Blood pressure at Thames Valley 10 am L5 Men's Strength 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA	8 9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L4 Moderate Fitness at Thames Valley 10 am L1 Men's Fitness 10:30 am ROMEO 11am L2 Light Gentle Fit 11am L1 Tiered Fitness at Kingsway 11:30 am On The Road to Harry Ten Shilling & Black Creek Flower Farm 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	9 9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - August 2024



MON	TUES	WED	THURS	FRI
12	13	14	15	16
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9 am Blood pressure @ FC 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	9 am L5 Vigorous Fitness 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from the Cheese Shoppe	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L4 Moderate Fitness at Thames Valley 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 10:30 am L1 Tiered Fitness at Wildwood Care Centre 10:30am Pickleball 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA
19	20	21	22	23
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9:00 am Blood pressure @ FC 9:30 am Creative Minds 10 am Zumba 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	9:30 am Blood pressure @ Rotary 9 am L5 Vigorous Fitness 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 4:30 pm Fine Dining to Revival House	9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - August 2024



MON	TUES	WED	THURS	FRI
26	27	28	29	30
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 10 am Zumba 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 5 pm Dine in With Friends	9 am L5 Vigorous Fitness 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 10:30 am Blood pressure @ FC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1 pm Scrapbooking Open Crop 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Four Happy	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 10:30 am L1 Tiered Fitness at Wildwood Care Centre 10:30am Pickleball 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA

Legend

Off-site Fitness and 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

Off-site Fitness and Falls Prevention Classes

- Stoneridge Apartments, 50 Stoneridge Boulevard
- Kingsway Nursing Home, 310 Queen St E
- Wildwood Care Centre, 100 Ann St