

# Friendship Centre

# PRIMETIME

March & April 2025



 Coming Soon:

**International Women's Day Celebration**

Friday  
March 7th

**Meatball Sub Dine In Lunch**

Friday  
April 11th

**Easter Lunch Drive Thru**

Wednesday  
April 16th

**Volunteer Appreciation Brunch**

Wednesday  
April 30th

**A Sentimental Journey Lunch & Concert Bus Trip**

Thursday  
May 15th

**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.**

## 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 5 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.



### HOLIDAY CLOSURE NOTICE



**Please note that the Friendship Centre will be closed Friday April 18th and Monday April 21st.**

**Meals on Wheels will continue as regularly scheduled**



# 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: Tuesday March 25th (Registration will open Wednesday March 5th)**

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

**Menu: Smoked Pork Chop**

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

**Please note that there will be no April 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 March 3rd (Register by Feb 26th)**

**Monday April 7th (Register by April 2nd)**

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

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

**Cost: \$12**

## Meatball Sub Lunch

**There will be no Dine in with Friends supper in April, instead join us for lunch!**

**Date: Friday April 11 (Registration will open Thursday March 20th)**

**Time/location: 12:00 pm, Friendship Centre**

**Menu: Homemade Meatball Sub with a side and sweet treat**

**Cost: \$15 & a canned food item for donation to the local pantry.**

## Drive Thru Easter Lunch

**Date: Wednesday April 16th**

**Menu: Roast Turkey dinner with all the fixings and dessert**

**Cost: \$25**

**Register and pay by: Friday April 4th**

**Time of Friendship Centre Drive-Thru Pickup:**

Between 12:15 & 1:15 pm

**Time of Delivery: Between 11:30 am & 12:30 pm**

## 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, March 12th: Supper from Four Happy

**Menu: Chinese Platter**

**Cost: \$12**

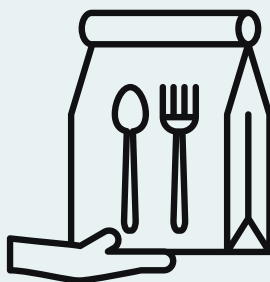
**Register and pay by Wed, March 5th**

### Wednesday, March 26th: Supper from Joe's Diner

**Menu: Fish & Chips**

**Cost: \$12**

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



### Wednesday, April 9th: Supper from Sunset Diner

**Menu: Burger & Fries**

**Cost: \$12**

**Register and pay by Wed, April 2nd**

### Wednesday, April 23rd: Supper from the Friendship Centre!

**Menu: Beef Shepherd's Pie**

**Cost: \$12**

**Register and pay by Wed, April 16th**





# 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.





# Health Screening and Workshops



## 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

1st Thursday afternoon - March 6th & April 3rd  
 3rd Tuesday morning - March 18th & April 15th  
 4th Wednesday - March 26th & April 23rd

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

3rd Wednesday of the month. Starts at 9:30 am.  
 March 19th & April 16th

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

Wednesday morning  
 March 5th & April 2nd

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

## Living a Healthy Life Workshop Series | Free

Are you living with heart disease, diabetes, high blood pressure, arthritis, osteoporosis or other chronic conditions? Are you caring for someone with chronic conditions?

Join us for this free program developed and tested at Stanford University and used around the world. Studies have shown that people who learn more about self-management are more likely to access the right care at the right time, and are more confident about managing on their own.

### Topics include:

- Dealing with difficult emotions
- Healthy eating
- Communicating with your health care providers
- Getting active safely
- Breathing better
- Managing pain and fatigue
- Positive thinking and visualization
- Goal setting and problem solving
- And more

Dates: Friday mornings from May 16th to June 20th

Time: 9 am - 12 pm

Location: Friendship Centre

ActiveNet Registration required

## Education Lifeline | Free

Join Sandra Shields from Lifeline, who will be here to share tips with us for preventing falls at home. She will also be discussing new products and services being offered with Lifeline, and educate us on how the program works for providing immediate assistance should a fall happen and help be required.

Date: Monday April 7th

Time: 10:15 - 11:00 am

Location: Friendship Centre

ActiveNet Registration required





## 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.

# 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





# Social, Leisure and Fitness Programs



## International Women's Day Celebration | Free

Join us for an afternoon of celebrating women!

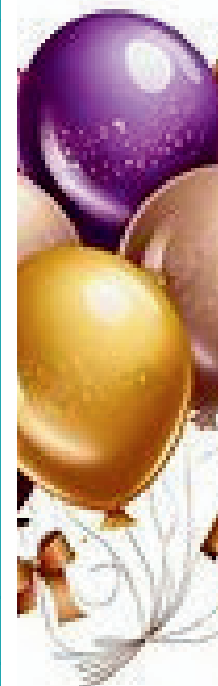
The 2025 theme is #Accelerating Action

### Guest speakers will include:

- Aileen Burgin, speaking to us about her involvement with healthy aging research projects.
- Myrna Fisk, presenting on the efforts of the Philanthropic Education Organization as it works to provide University scholarships for women in Canada and abroad.
- Keynote speaker: Best selling author Julie Sawchuck will be discussing the need of being proactive in planning for accessibility and increased independence before it's needed.

Friday March 7th: 1 pm to 3 pm

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.

## 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





# Social, Leisure and Fitness Programs



## Basic Step Aerobics | \$50 + HST

This six-week intro to step session will use a platform to add some fun variety to your cardio session. Each class is 45 minutes and will include a warm up, cardio, cool down and stretch.

**Tuesday mornings:** March 11th - April 15th (6 weeks)

9:00 am - 9:45 am

For Ages 18+

ActiveNet registration required.

## 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 evenings:** 6 week sessions

March 25th - April 29th & May 13th - June 17th

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For Ages 18+

ActiveNet registration required.

## Line Dancing | M: \$50 + HST / NM: \$62.50 + 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:** March 25th - April 22nd (5 weeks)

6:30 - 8:00 pm

**Friday mornings:** March 21st - April 25th (5 weeks)

10:15 - 11:45 am

For Ages 18+

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

ActiveNet registration required.

## Zumba | M: \$40 + HST / NM: \$50 + 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. Program requires minimum number of participants to run.

**Tuesday mornings:** March 4th - March 25th (4 weeks)

10:00 am - 11:00 am

For Ages 18+

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

ActiveNet registration required.

## Chair Yoga | \$80.00 + HST

This 8 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: March 5th - April 23rd

Time: 1:30 pm - 2:30 pm

**Drop in classes available:**

\$15 per class (HST included)

Please note that there is no class on April 30th

ActiveNet Registration required





# 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 be healthy and social.

***We are extending Monday and Thursday Pickleball play by an hour while the outdoor courts are closed: regular hours will resume at the start of 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, March 13th at 12:30 pm

Thursday, April 10th at 12:30 pm

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





## Legacy Writing

My mother is 90. She doesn't care to tell her story. She says she doesn't remember much anyway, and who would be interested?

My answer to her is, you came from a different time. Your kids, grandchildren and great grandchildren cannot even imagine the world the way it was when you were growing up. Maybe they don't ask about it because they don't have an opportunity or maybe you don't talk to them about it because you don't remember but, they are interested. How many times do I wish that I had spent more time writing down the stories of my grandmother.

Your families will thank you for spending some time poking around in your past thinking about what was important to you then, how you made things happen and how you saw the world.

Even if you don't remember everything, writing while prompted in a group will open surprising doors in your memory. There is something magical about the process.

Don't just do it for the future generations, also do it for yourself. Many people report a shift in perspective when they think about how their past reflects the values and purpose they came to represent. Your life was no accident. You navigated the road and there is so much to be gained as you reflect upon your passage.

The Friendship Centre is pleased to offer Write your Life this spring. Honor your life and story by spending six weeks writing in a small group, unlocking your memories and getting them down on paper in a safe and supportive environment. Its easy. Its fun and so rewarding.

**- Vicki Pinkerton, Write Your Life program facilitator**

### Write Your Life - Part One

**M: \$50 + HST / NM: \$62.50 + HST**

Honour your life and your stories by getting them on paper.

Your story is worth telling and will be appreciated by those who know and love you. Whether you choose to present it as an autobiography, a memoir, in essay style, or through poetry or fiction, your story is important and only you can tell it.

Don't know how to get started? Vicki Pinkerton, writer, life coach and Amherst Writers and Artists (AWA) facilitator will take you through a series of prompts designed to unlock your memories. Then you get prompts and exercises to get you started and there will be supportive feedback on your work. You will hear examples of writing done by others and will come away with a good start for your own work.

This workshop is suitable for beginners and experienced writers alike.

Tuesday March 25th - April 22nd (5 weeks)  
1:30 - 3:30 pm

ActiveNet registration required.

### Write Your Life - Part Two

**M: \$50 + HST / NM: \$62.50 + HST**

For those who have started Writing Their Life: open more memories, keep motivated and keep writing.

In this group we also talk about how to put your memories together for your family: do you want to publish or simply create a gallery of stories to share?

Tuesday April 29th - May 27th (5 weeks)  
1:30 - 3:30 pm

ActiveNet 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 pm & Tuesdays at 9 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, March 13, 5-9 pm & Wed, March 26, 1-5 pm  
Thurs, April 10, 5-9 pm & Wed April 23, 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 registration deadlines for each session.

Thursday, March 20th, 7 pm (Register by March 6)  
Wednesday, April 16th, 7 pm (Register by April 2)  
Wednesday, May 21st, 7 pm (Register by May 7)

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 March 25th, 6:30pm

Tuesday April 29th, 6:30 pm

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

Now a regular Friendship Centre program! Join us for the fun group dominoes game Mexican Train.

Mondays at 1:00 pm

Drop-in. Annual registration required.





# Day Trips - On The Road



## On the Road to Demetre's Family Eatery & the Stratford Mall

M: \$21 + HST / NM: \$24 + HST

Join us for a Mobility Bus road trip to Demetre's Family Eatery in Stratford, followed by a browse around the Stratford Mall! Meal not included in price. Price is for transportation only.

Thursday, March 27th.

Depart at 11:30 am. Return at 3:30 pm.

ActiveNet registration required.



## On the Road to Anna Mae's Bakery & Restaurant, and Hawkesville Len's Mill

M: \$24 + HST / NM: \$26.5 + HST

Join us for a Mobility Bus road trip to Anna Mae's Bakery & Restaurant, followed by a browse around the Hawkesville Len's Mill store! Meal not included in price. Price is for transportation only.

Thursday, April 24th

Depart at 11 am. Return at 4:30 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.

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





# Fine Dining



## Fine Dining to Tempo Restaurant in Woodstock M: \$21 + HST / NM: \$24 + HST

Join us as we try out Tempo Restaurant in Woodstock. The company and food will not disappoint. Meal is not included in price. Price is for transportation only. **Please note that there are 2 steps at the restaurant entrance.**

Tuesday March 18th.  
Depart at 4:15 pm. Return at 8:15 pm  
ActiveNet registration required.



## Fine Dining to the Masonville Keg Steakhouse in London M: \$21 + HST / NM: \$24 + HST

Join us as we try out the Masonville Keg Steakhouse in London. The company and food will not disappoint. Meal is not included in price. Price is for transportation only.

Tuesday April 8th  
Depart at 4:15 pm. Return at 8:15 pm.

ActiveNet registration required.

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





# SAVE THE DATE

## CARING FOR THE SOUL

A community grief and wellness event for health professionals and those with an interest in palliative and bereavement care



**FREE**

**Wednesday, March 19 2025 - 8:30am-3:00pm**

Please note this is a virtual event hosted on-site at the Friendship Centre

**Lunch is Included**

### Event Locations:

- Listowel, ON - Trillium Mutual Insurance - 495 Mitchel Rd. S
- St. Marys, ON - Friendship Centre - 317 James St. S

### Keynote Speakers:



**Dr. Alan Wolfelt**

*The Art of "Companioning" the Mourner:  
Caring Versus Curing*



**Rami Shami**

*Building Resilience and Maintaining Wellbeing*

Spaces are limited!



Registration is required



Join us for a meaningful, educational and uplifting event!

Get access to information on grief and bereavement care, while emphasizing wellness and connection.

FOR MORE INFORMATION  
CALL 519-291-5898 Opt. 4

# Let Us Know Your Thoughts:

We want to hear your thoughts about our programs at the Friendship Centre!

The Friendship Centre is funded through the Senior Active Living Centre grant to provide programs and services for older adults, including those with varying abilities. The Friendship Centre operates as Community Hub offering a diverse range of resources, supports and activities which improve the quality of life of individuals as well as supporting safety, health and overall wellbeing.

As part of funding requirements, the Friendship Centre is required to assess Member and Participant feedback. Please keep an eye on your inbox for a survey coming from Friendship Centre. Paper copies will also be available at the Friendship Centre front desk and can be returned to the Friendship Centre upon completion.



## Upcoming Day Trips



### 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**

**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)**





## 13 Grandmother Moons Learning Circle Tuesday March 11th 6 - 8 pm at the Friendship Centre



Join educator and facilitator  
**Patsy Day: Turtle Clan, Oneida  
Nation, at the Friendship Centre,  
and learn about the Thirteen  
Grandmother Moons teachings  
and ceremonies!**

This first session will engage with  
the theme of Maple, and will also  
feature a birch box activity

- Free
- All ages welcome!
- Please get in touch to register



## 'Fields of Lavender' Painting Session with Sue

Thursday April 3rd, 1 pm

- All skill levels welcome
- Mixed methods, brush-free painting!



**Cost: M: \$30 + HST, NM: 35 + HST**  
Space is limited, register by March 31st

## 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!







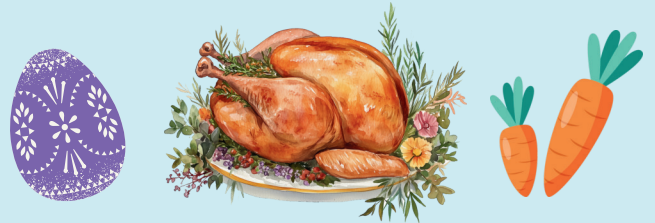
Join us on Monday March 17th for St. Patrick's Day Fun Bingo!



Cost: M \$6, NM \$8

Monday March 17th, 1-3pm  
at the Friendship Centre  
Registration Required

Enjoy a Delicious Easter Lunch on Wednesday April 16th!



Cost: \$25 includes roast turkey dinner with all the fixings & dessert

Deadline to Register: Friday April 4th

Options:

- Friendship Centre Drive Thru
- Home Delivery within St. Marys
- Purchase a gifted lunch we will donate to someone in need in the community

Sign up via ActiveNet or call 519-284-3272 to register

## SCRAPBOOKING GARAGE sale

- Drop-in and shop gently used supplies tax free!
- Over 30 tables of products
- Free admission

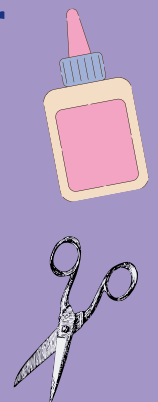


Saturday, April 5th, 2025  
9 AM - 1 PM

St. Marys Friendship Centre: 317 James St. S.,  
St. Marys (Please use Entrance C)  
519-284-3272  
Cash Only

The Friendship Centre is Looking for Donations:

- Gently used and/or new scrapbooking and card-making supplies for the Friendship Centre fundraising tables



Interested in donating? Please give us a call to chat before dropping by.

Thank you! All proceeds support St. Marys Senior Services



# 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, debit, cheque, or credit card by phone. Unfortunately we are unable to accept e-transfers.

## 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.



# Volunteer Appreciation



## National Volunteer Week 2025 – April 27 to May 3

During National Volunteer Week 2025, we come together to recognize and celebrate all the ways volunteers make waves from coast to coast to coast. Together we create ripples of change. And through the power of our amplified impact, Volunteers Make Waves.

The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our communities. By coming together, committing support, and increasing our collective efforts and impact, volunteers contribute exponentially to the quality of life we all strive for.

National Volunteer Week is a chance to highlight the value of volunteers and their positive impact on society.

**Thank a volunteer, they make all the difference in our communities!**

## Volunteer Information

### Donations of Baked Goods

Calling all bakers! The Friendship Centre will be hosting a bake table alongside our Scrapbooking Garage Sale, which will be held on Saturday April 5th.

If you enjoy baking and are interested in donating an item towards our bake table, please reach out to Jenny or Sarah.

Last year our Scrapbooking Garage Sale bake table raised over \$600! Funds raised through any Friendship Centre fundraiser support operations, programs, services and subsidies.

### 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!

**Did you know that the Friendship Centre is a registered charitable organization that accepts donations?**

**Please reach out to us if you are interested in making a donation.**

**Thank you!**

## 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**





# 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 - March 2025



MON	TUES	WED	THURS	FRI
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</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> 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>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>11:30</b> On the Road to New Hamburg Reschedule</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>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.</p> <p><b>11 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 pm International Women's Day Celebration</b></p> 
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</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>10:30 am</b> Pickleball</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 am</b> Basic Step Aerobics</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 pm Thirteen Grandmother Moons Education Session with Patsy Day</b></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>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>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> L4 at Thames Valley</p> <p><b>10 am</b> L3 Fitness at Stoneridge</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>12:30 pm</b> Pepperama</p> <p><b>1 pm</b> Blood pressure @ FC</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1:30 pm</b> Knit &amp; Chat</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>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.</p> <p><b>11 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 - March 2025



MON	TUES	WED	THURS	FRI
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</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>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm St. Patrick's Day Fun Bingo</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 am</b> Basic Step Aerobics</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>4:15 pm</b> Fine Dining to Tempo Restaurant in Woodstock</p>	<p><b>8:30 am</b> Caring for the Soul Education Session</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 @ Rotary</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 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>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10:15 am</b> New Session: Morning 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 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>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</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>11:15 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 am</b> Basic Step Aerobics</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>1:30 pm</b> New Session: Write Your Life Part One</p> <p><b>5 pm</b> Dine in With Friends</p> <p><b>6:30</b> Genealogy</p> <p><b>6:30 pm</b> New Session: Evening Line Dancing</p> <p><b>6:30 pm</b> New Session: Beginner Ballroom Dancing</p> <p><b>7:30 pm</b> New Session: 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> 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 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 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 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>11:30 am</b> On the Road to Demetre's &amp; Stratford Mall</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1:30 pm</b> Knit &amp; Chat</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 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 - April 2025





MON	TUES	WED	THURS	FRI
<p style="text-align: center;"><b>MARCH 31</b></p> <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>10:30 am</b> Pickleball  <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC  <b>11 am</b> L1 Tiered Fitness  <b>11 am</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 style="text-align: center;"><b>1</b></p> <p><b>9 am</b> Quilting  <b>9 am</b> Basic Step Aerobics  <b>9:30 am</b> Creative Minds  <b>10 am</b> L3 Fitness at Stoneridge  <b>11 am</b> L2 Light Gentle Fit  <b>1 pm</b> Pepper/Bid Euchre  <b>1 pm</b> Jamboree  <b>1:30 pm</b> Write Your Life Part One  <b>6:30 pm</b> Line Dancing  <b>6:30 pm</b> Beginner Ballroom  <b>7:30 pm</b> Intermediate Ballroom</p>	<p style="text-align: center;"><b>2</b></p> <p><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</p>	<p style="text-align: center;"><b>3</b></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>1 pm</b> Shuffleboard  <b>1 pm</b> Blood pressure @ FC  <b>1 pm</b> Fields of Lavender Painting with Sue  <b>1:30 pm</b> Knit &amp; Chat</p>	<p style="text-align: center;"><b>4</b></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 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>
<p style="text-align: center;"><b>7</b></p> <p><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>10:15 am</b> <b>Education: Lifeline Services</b>  <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>11 am</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 style="text-align: center;"><b>8</b></p> <p><b>9 am</b> Quilting  <b>9 am</b> Basic Step Aerobics  <b>9:30 am</b> Creative Minds  <b>10 am</b> L3 Fitness at Stoneridge  <b>11 am</b> L2 Light Gentle Fit  <b>1 pm</b> Pepper/Bid Euchre  <b>1 pm</b> Jamboree  <b>1:30 pm</b> Write Your Life Part One  <b>4:15 pm</b> Fine Dining to Masonville Keg  <b>6:30 pm</b> Line Dancing  <b>6:30 pm</b> Beginner Ballroom  <b>7:30 pm</b> Intermediate Ballroom</p>	<p style="text-align: center;"><b>9</b></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> 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 Sunset Diner</p>	<p style="text-align: center;"><b>10</b></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>12:30 pm</b> Pepperama  <b>1 pm</b> Shuffleboard  <b>1:30 pm</b> Knit &amp; Chat  <b>5 pm</b> Scrapbooking Open Crop</p>	<p style="text-align: center;"><b>11</b></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> Pickleball  <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.  <b>11 am</b> L1 Tiered Fitness  <b>11:15 am</b> L4 Moderate Fitness  <b>12 pm</b> Meatball Sub Dine In Lunch  <b>1 pm</b> Progressive Euchre  <b>1 pm</b> Carpet Bowling  <b>1:30 pm</b> L3 Light Fitness at the YMCA</p>





# Program Calendar - April 2025



MON	TUES	WED	THURS	FRI
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</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>11:15 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 am</b> Blood Pressure @ FC</p> <p><b>9 am</b> Basic Step Aerobics</p> <p><b>9:30 am</b> Creative Minds</p> <p><b>10 am</b> L3 Fitness at Stoneridge</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>1:30 pm</b> Write Your Life Part One</p> <p><b>6:30 pm</b> Evening Line Dancing</p> <p><b>6:30 pm</b> Beginner Ballroom</p> <p><b>7:30 pm</b> Intermediate Ballroom</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:30 am</b> Blood Pressure @ Rotary</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> Tiered Fitness at Wildwood CC</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p style="text-align: center;"><b>Easter Lunch</b></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>1:30 pm</b> Knit &amp; Chat</p>	<p><b>Friendship Centre Closed</b></p> <p><b>Happy Easter!</b></p> 
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<p><b>Friendship Centre Closed</b></p> <p><b>Happy Easter!</b></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>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>1:30 pm</b> Write Your Life Part One</p> <p><b>6:30 pm</b> Evening Line Dancing</p> <p><b>6:30 pm</b> Beginner Ballroom</p> <p><b>7:30 pm</b> Intermediate 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> L1 Tiered Fitness at Wildwood C.C.</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> Blood Pressure @ FC</p> <p><b>11:15 am</b> L4 Moderate Fitness</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 the Friendship Centre</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> On the Road to Anna Mae's &amp; Len's Mill</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>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>11 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 - April 2025



MON	TUES	WED		
<b>28</b>	<b>29</b>	<b>30</b>		
<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <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>11 am</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>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>1:30 pm</b> New Session: Write Your Life Part Two <b>6:30</b> Genealogy <b>6:30 pm</b> Beginner Ballroom <b>7:30 pm</b> Intermediate Ballroom	<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 Volunteer Appreciation Brunch</b> <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> L3 Light Fitness at the YMCA		

## 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