


# Friendship Centre

# PRIMETIME

September & October 2024



 **Coming Soon:**

**Scrapbooking  
Garage Sale**

Saturday  
September 14th

**Scrapathon  
Fundraiser**

Saturday  
September 28th

**Thanksgiving  
Lunch**

Wednesday  
October 9th

**Halloween  
Fun Bingo**

Thursday  
October 31st

**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 September 2 for Labour Day, and Monday October 14 for Thanksgiving. 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 6 for blood pressure clinic times and locations.

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

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



# Community Dining



## Dine in with Friends

This dining program takes place at the Friendship Centre. Gather and dine with old friends or meet new ones! Menu, prices, and dates vary, see below. Advance registration is required.

*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, September 24th  
**(Registration will open September 3rd)**  
**Time/location:** 5:00 pm, Friendship Centre  
**Menu:** Garlic Shrimp  
**Cost:** \$17

**Date:** Tuesday, October 29 (Registration will open October 1st)  
**Time/location:** 5:00 pm, Friendship Centre  
**Menu:** Chicken Marsala  
**Cost:** \$17

## Thanksgiving Lunch

**Date:** Wednesday, October 9th  
**Menu:** Roast Turkey Dinner with all the fixings & dessert  
**Cost:** \$25  
**Register and pay by:** Friday, September 27th  
**Time of Friendship Centre Drive-Thru Pickup:** Between 12:15 & 1:15 pm  
**Time of Delivery:** Between 11:30 & 12:30 pm

## 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 September 9th (Register by Sept 4)**  
**Monday October 7th (Register by October 2)**  
**Time/location:** 8:00am, Joe's Diner  
**Menu:** Anyway eggs, bacon or sausage, hash browns, toast, and coffee/tea  
**Cost:** \$12

## Dine out at Home

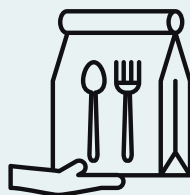
The Friendship Centre is lucky to partner with local restaurants to offer dining that gets delivered right to your home. You can register online or call the Friendship Centre before the registration deadline. Please make sure we have your current address in ActiveNet so your meal is successfully delivered.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

### Wednesday, September 11: Supper from Sunset Diner

**Menu:** Lasagna & Caesar Salad  
**Cost:** \$12  
**Register and pay by Wed, Sept. 4**

### Wednesday, September 25: Supper from Joe's Diner

**Menu:** Fish & Chips  
**Cost:** \$12  
**Register and pay by Wed, Sept 18**



### Wednesday, October 16: Supper from The Cheese Shoppe

**Menu:** Chicken Parmesan  
**Cost:** \$12  
**Register and pay by Wed, Oct 9**

### Wednesday, October 30: Supper from The Friendship Centre!

**Menu:** Beef Shepherd's Pie  
**Cost:** \$12  
**Register and pay by Wed, Oct 23**



# 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. 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.

# 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](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 Kirkton Hall 60 mins		10 am Lvl 4 Moderate Kirkton Hall 60 mins	10 am Lvl 3 Light Rotary Apartments Hall 45 mins	Wildwood Lvl 1 10:30 30 minutes
10 am Lvl 4 Moderate Thames Valley 60 mins			10am Lvl 1 HSEP Men's Strength Friendship Centre 30 mins MP room	
11 am Lvl 1 Tiered Friendship Centre 30 mins AB room			10 am Lvl 4 Moderate Thames Valley 60 mins	
11 am Lvl 1 Tiered Kingsway/Fairhill 30 mins	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room		11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	
11:15 Lvl 4 Friendship Centre 60 minutes		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



# Fitness and Falls Prevention



## Blood Pressure Clinics - Health Screening

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

### Locations:

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

1st Thursday afternoon - Sept. 5 & Oct. 3  
 3rd Tuesday morning - Sept. 17 & Oct. 15  
 4th Wednesday - Sept. 25 & Oct. 23

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

3rd Wednesday of the month. Starts at 9:30 am.  
 September 18 & October 16

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

1st Wednesday morning of the month  
 September 4 & October 2

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

## 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, October 16th  
 10:15 am

ActiveNet Registration required

## Memory and Aging Education | \$25

Join us Thursday afternoons in October for a 4 week workshop series on memory change. Christy from the Alzheimer Society will help you to better understand what memory is, how it changes with age, and factors that can impact memory for the better or for the worse. Research indicates there are effective strategies and skills you can learn in order to help you improve your memory. The fee for this course is \$25 and includes your training manual.

Sessions run on Thursdays from:  
 October 10th to 31st, 1:00 - 3:00 pm

ActiveNet Registration required

## Chair Yoga | \$80.00

This 8 week session of yoga classes will guide you through a variety of strengthening, balance and flexibility postures either in seated or in standing with a chair for support.

### Registration opens September 3rd.

Classes run on Tuesdays from:  
 October 22nd - December 10th, 1:30 pm

ActiveNet Registration required

## 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  
 Oct 2024 to April 30, 2025

ActiveNet Registration required





## Meet Eliza



Eliza has recently joined our Friendship Centre team in the role of Wellness Program Coordinator.

Eliza is a Kinesiologist who enjoys teaching a variety of fitness classes especially low impact aerobics, yoga and boxing.

Hobbies include: cooking spicy foods and hiking with her dog Todd.

Favourite Staycation: Camping with her husband Andrew and daughter Lily.



## Farewell Kaitlynn

We are sad to say goodbye to Kaitlynn, our wonderful student who has joined us here at the Friendship Centre for the past two summers. She has been integral in supporting the Friendship Centre during her time here, and we will miss her very much.



We wish Kaitlynn all the best in her very bright future, and hope that our paths will cross again before long!

## Alzheimer Society Fundraiser

From September 23rd - 27th, all Friendship Centre coffee/tea proceeds will be donated to the Huron Perth Alzheimer Society!



Simply place your coffee money in the Alzheimer Society box at the beverage counter. Additional donations welcome!



## Best practices for your fitness class success

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





# Social and Leisure Programs



## Ballroom Dancing | M: \$26 + HST / NM: \$33 + HST (Sept/Oct Session) M: \$23 + HST / NM: \$29 + HST (Nov/Dec Session)

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

Tuesday September 10th - October 29th (8 weeks)  
& Tuesday November 5th - December 17th (7 weeks)

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For ages 18+

ActiveNet registration required.

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

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

Tuesday evenings: October 1st - November 26th (No session on November 5) 6:30 - 8:00 pm

Friday mornings: October 4th - November 29th (No session on November 8th) 10:15 - 11:45 am

For Ages 18+

ActiveNet registration required.

## Zumba | M: \$110 + HST / 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: \$53 + HST / NM \$66 + HST

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)  
Wednesdays 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

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

Enjoy this variation on traditional lawn bowling, while socializing with others. Are you new to the game and interested in learning more? Join us on Friday September 13th for our Learn To Play Open House!

Resumes Friday Sept 13

Fridays at 1 pm

Drop in. Annual registration required

## Pickleball

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

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: 9:00 am - 11:00 am

Fri: 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, the Friendship Centre encourages you to check in with the 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, September 12th at 12:30pm

Thursday, October 10th at 12:30pm

Monthly registration required

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

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

Wednesdays at 1 pm

Drop in. Annual registration is required

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

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

Fridays at 1 pm

Drop in. Annual registration required





# Social and Leisure Programs



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

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

Tuesdays at 9:30 am

Drop in. Annual registration required.

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

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

Thursdays at 1:30 pm

Drop in. Volunteer registration required.

## Quilting

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

Resumes Monday September 16th  
Mondays at 1:00 pm & Tuesdays at 9:00 am

Drop in. Volunteer registration required.

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

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

Thurs, Sept 12, 5-9 pm & Wed, Sept 25, 1-5 pm  
Thurs, Oct 10, 5-9 pm & Wed, Oct 30, 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. Registration deadline is 2 weeks prior.

Wed, Oct 16 at 7:00 pm (Reg deadline: Wed Oct 2)  
Wed, Nov 20 at 7:00 pm (Reg deadline: Wed Nov 6)

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 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 | 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 (Season begins Sept 25)

Annual registration required.

## Interested in Playing Mexican Train?

We are still trying to build a list of interested players of the fun domino game Mexican Train. Are you interested in being a program volunteer for this activity? Reach out and let us know!



## Day Trips - On The Road



### On the Road to Elmhurst Inn and Woodstock Lens Mill

M: \$23 + HST / NM: \$26 + HST

Join us for a Mobility Bus road trip to the Elmhurst Inn for the always amazing Senior Lunch Buffet, followed by a visit to the Woodstock Lens Mill. You never know what treasures you might find there! Meal not included in price. Price is for transportation only.

Tues, Sept 24. Depart 11:15 am. Return at 4:15 pm.

ActiveNet registration required.



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

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



### On the Road to the Stratford 'Festival Treasures' Archives Tour, and Annie's Seafood

M: \$40 + HST / NM: \$43 + HST (Cost includes Archives Tour ticket)

Join us for a Mobility Bus road trip to Stratford! Our trip will begin at the Stratford Festival Archives & Warehouse for the 'Festival Treasures Tour', where you will be able to explore the hidden gems of the costume and prop warehouse, as well as the archives! Then enjoy a delicious lunch at Annie's Seafood. Meal not included in price. Price is for transportation and tour only. **Please note that the Festival Treasures tour is an hour long: the first 5-10 minutes of the tour is in an area with seating, and the remainder of the tour is on foot. Due to the nature of this outing, all sales are final.**

Wed, Oct 23rd. Depart 10:20 am. Return 2:45 pm.

ActiveNet registration required.

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



# Fine Dining



## Fine Dining to Waldo's on King Bistro & Wine Bar in London

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

Join us as we try out Waldo's on King Bistro & Wine Bar in London's market district. The company and food will not disappoint! Meal is not included in price. Price is for transportation only.

Thursday, September 12. Depart 4:15 pm. Return 8:15 pm.

ActiveNet registration required.



## Fine Dining to Eddington's of Exeter

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

Join us as we visit the much beloved Eddington's of Exeter. The company and food will not disappoint! Meal is not included in price. Price is for transportation only.

Thursday, October 10. Depart 4:30 pm. Return 8:00 pm.

ActiveNet registration required.



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



# Upcoming Day Trips



## Holiday Bus Trip

### Friday December 6th

Lunch at Golf's Steakhouse (Kitchener)  
& an afternoon at 'The Sounds of  
Christmas' Show (WMB Church, Waterloo)  
(Trip is from 10:30 am - 5 pm)

SWIFTSPACE  
proudly presents



Conceived & Directed by Nicole Guse

A Heartwarming Musical Celebration



A multi-performer musical journey through the  
many styles of Christmas Music from Traditional  
to Country to Gospel featuring Harmony Singing,  
Toe-tapping Instrumentals & Various Styles of Dance.

Cost:

M: \$137 + HST, NM: \$150 + HST

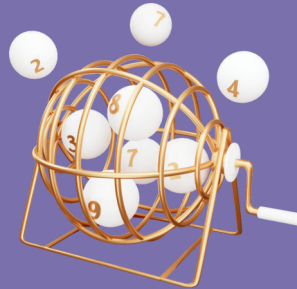
Registration required:

Call us or sign up on ActiveNet

## Six Nations Bingo Hall Bus Trip

Date: Tues. March 25, 2025

Time: 8:30 am - 3:30 pm



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

### Ticket Includes:

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

Cost:

M: \$49 + HST

NM: \$59 + HST



## Did You Know?

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



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

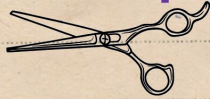


See what they offer at [www.greatcanadianholidays.com](http://www.greatcanadianholidays.com)



## Scrapbooking Garage Sale

**Saturday  
September 14th  
9am - 1pm**



- Free admission
- Great cash deals
- Over 30 vendors
- Tons of gently used scrapbooking supplies!

**Friendship Centre:  
317 James St S, St. Marys**

**Vendor Registration  
Required:  
Call 519-284-3272**

## FALL SCRAPATHON FUNDRAISER

**SATURDAY SEPTEMBER  
28TH**

**9AM - 7PM**  
317 JAMES ST, ST. MARYS, ONTARIO

**COST:  
\$90**

**FUNDS RAISED  
SUPPORT ST.  
MARYS SENIOR  
SERVICES**

**TICKET  
INCLUDES:**

- Space to scrapbook all day
- Continental Breakfast, Lunch & Dinner
- Great new & gently used giveaways
- Silent Auction

**REGISTRATION REQUIRED: SIGN UP ON  
ACTIVENET OR CALL US AT 519-284-3272**

## The Friendship Centre is looking for Donations:

- Scrapbooking paper, cardstock, stickers, embellishments, ribbon, die-cuts, punches, and candles for our September Scrapbooking events
- Knitted items and baked goods for the November Friendship Centre Craft Show Fundraising Tables

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

**Thank you! All proceeds support St. Marys Senior Services**

## St. Marys Craft Show

**Saturday**

**November 16**

**9 am - 3 pm**

**Friendship Centre**

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





# Creative Sessions & Upcoming Events



## September Flower Arranging Creative Session

Tuesday September 10th, 2:30 pm

Join Sarah, amateur flower arranger (but serious flower lover) in a creative flower arranging workshop!

Beautiful blooms to be supplied by The Black Creek Flower Farm.



Space is limited, registration is required.

Price:

M: \$15 + HST

NM: \$18.75 + HST

## Fall Sign Painting with Stone Home Creatives

Choice between two designs:



Date: Tuesday  
October 1st, 10am

Price:  
M \$53 + HST  
NM \$62 + HST

Space is limited:  
register online or  
call us to sign up

Registration Deadline:  
Friday September 20th

## JOIN EARLYON AND THE FRIENDSHIP CENTRE AS WE CELEBRATE GRANDPARENTS' DAY

Tuesday September 3rd

9 am - 11 am

Friendship Centre 1/3 Hall

317 James Street, St. Marys

519-284-3272



Come and enjoy some face painting, story time, crafts, snacks, and a mini magic show!

Open for all: Grandparents, Neighbours, and Friends! If you don't have a little or big person in your life, come and meet a new friend! Free to attend



Register via  
ActiveNet or  
KeyON



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

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

### Quilting Fees

Flat Rate: \$75, plus \$1 per hour per quilter.

Marking and binding not included.

Are you a quilter, and interested in learning more? Let us know!







# General Information



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

## Contact Us

**Hours:** Monday to Friday, 8 am - 4:30 pm **Address:** 317 James St. South, St. Marys

**Phone:** 519-284-3272

**Website:** [townofstmarys.com/seniorservices](http://townofstmarys.com/seniorservices) **Social:** [facebook.com/stmarysfriendshipcentre](https://facebook.com/stmarysfriendshipcentre) **Friendship**

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

**Home Support email:** [homesupport@town.stmarys.on.ca](mailto:homesupport@town.stmarys.on.ca)

## Friendship Centre Memberships

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

## Land Acknowledgement

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



## RZone: Respect and Responsibility

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

## Inclusiveness

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

## Friendship Centre Code of Conduct

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

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

## Calling all Canadian Veterans

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

## HST

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



# Volunteer Information



## Volunteers Needed!

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

### Travel Volunteers

The Friendship Centre is seeking individuals interested in volunteering to host day trips. Friendship Centre Day trips are larger bus excursions travelling with upward of 50 individuals to pre-arranged locations such as museums, theatres, attractions, and restaurants. Volunteer hosts will be a liaison between the bus and the destination, will be required to check all participants in at each stop, support the needs of the travelers as required, and be a liaison between the bus trip and the Friendship Centre as needed. Inquire about travel host perks. Volunteers should have access to a cell phone, be willing to be trained in first aid, and have the ability to stand for a prolonged amount of time and lift up to 20kg as needed.

### Telephone Reassurance

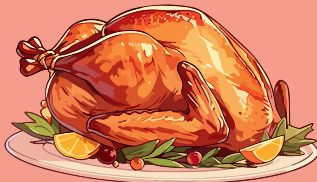
Our Volunteer Visiting and Telephone Reassurance program provides weekly/daily telephone calls and/or security checks to seniors and adults with disabilities who may be isolated and not have access to social programs within the community. We currently have a waitlist for this program. If you are interested 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 matched with like minded seniors in the community for in-home visits. No experience necessary.

## Upcoming Events

### Gift a Thanksgiving Dinner this October!



Would you like to give back to the community this fall? Purchase a gifted Thanksgiving Lunch that the Friendship Centre will distribute to someone in need on October 9th.



Cost: \$25



Deadline to Register:  
Friday September 27th

### Join us on October 31st for Halloween Fun

Bingo  
Costumes and Halloween spirit are highly encouraged!



Cost: M \$6, NM \$8

Thursday October 31st, 1-3pm  
at the Friendship Centre  
Registration Required



# 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 - September 2024



MON	TUES	WED	THURS	FRI
<p style="text-align: right;"><b>2</b></p> <p><b>Happy Labour Day!</b></p>  <p><b>No Programs</b></p> <p><b>Home Support Services continue as usual</b></p>	<p style="text-align: right;"><b>3</b></p> <p><b>9:00 am</b> Grandparents' Day Celebration with EarlyOn</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> Chair Yoga</p>	<p style="text-align: right;"><b>4</b></p> <p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:30 am</b> Blood Pressure at Thames Valley</p> <p><b>9:30 am</b> LIND Shuffleboard</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>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Contract Bridge</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p style="text-align: right;"><b>5</b></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>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 style="text-align: right;"><b>6</b></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>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Progressive Euchre</p> <p><b>1:30 pm</b> Yin Yoga</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>
<p style="text-align: right;"><b>9</b></p> <p><b>8 am</b> Breakfast at Joe's Diner</p> <p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>10 am</b> L5 Men's Strength</p> <p><b>10 am</b> L4 Fitness in Kirkton</p> <p><b>10 am</b> L4 Fitness at Thames Valley</p> <p><b>10:30 am</b> Pickleball</p> <p><b>11 am</b> L1 Tiered Fitness</p> <p><b>11am</b> L1 Tiered Fitness at Kingsway</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p style="text-align: right;"><b>10</b></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> Chair Yoga</p> <p><b>2:30 pm</b> Flower Arranging Creative Session</p> <p><b>6:30 pm</b> Beg. Ballroom</p> <p><b>7:30 pm</b> Int. Ballroom</p>	<p style="text-align: right;"><b>11</b></p> <p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:30 am</b> LIND Shuffleboard</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>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Contract Bridge</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p> <p><b>4:30 pm</b> Supper from Sunset Diner</p>	<p style="text-align: right;"><b>12</b></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> Shuffleboard</p> <p><b>1:30 pm</b> Knit &amp; Chat</p> <p><b>4:15 pm</b> Fine Dining to Waldo's on King</p> <p><b>5 pm</b> Scrapbooking Open Crop</p>	<p style="text-align: right;"><b>13</b></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>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Progressive Euchre</p> <p><b>1 pm</b> Carpet Bowling: Learn to Play Open House</p> <p><b>1:30 pm</b> Yin Yoga</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p> <p><b>SATURDAY, SEPT. 14:</b> 9 am - 1 pm Scrapbooking Garage Sale</p>



# Program Calendar - September 2024



MON	TUES	WED	THURS	FRI
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>11 am</b> L1 Tiered Fitness <b>11am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> Quilting <b>9 am</b> Blood Pressure @ FC <b>9:30 am</b> Creative Minds <b>10 am</b> L3 Fitness at Stoneridge <b>10 am</b> Zumba <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>1:30 pm</b> Chair Yoga <b>6:30 pm</b> Beg. Ballroom <b>7:30 pm</b> Int. Ballroom	<b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> LIND Shuffleboard <b>9:30 am</b> Blood Pressure @ Rotary <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> L5 Vigorous Fitness <b>9 am</b> Pickleball <b>10 am</b> L3 Fitness at Stoneridge <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 at Rotary <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat	<b>9 am</b> Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <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> Yin Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>11 am</b> L1 Tiered Fitness <b>11am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> L3 Fitness at Stoneridge <b>10 am</b> Zumba <b>11 am</b> L2 Light Gentle Fit <b>11:15 am</b> On the Road to Elmhurst Inn & Woodstock Lens Mill <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>1:30 pm</b> Chair Yoga <b>5:00 pm</b> Dine in With Friends <b>6:30 pm</b> Genealogy <b>6:30 pm</b> Beg. Ballroom <b>7:30 pm</b> Int. Ballroom	<b>9 am</b> Grand River Cruise <b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> Choir <b>10:30 am</b> Blood Pressure @ FC <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1 pm</b> Scrapbooking Open Crop <b>1:30 pm</b> Write Your Life <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Supper from Joe's Diner	<b>9 am</b> L5 Vigorous Fitness <b>9 am</b> Pickleball <b>10 am</b> L3 Fitness at Stoneridge <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 at Rotary <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat	<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <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> Yin Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA  <b>SATURDAY, SEPT. 28:</b> <b>9 am - 7 pm</b> Scrapathon Fundraiser
<b>30</b>				
<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>11 am</b> L1 Tiered Fitness <b>11 am</b> L1 Tiered Fitness at Kingsway				



# Program Calendar - October 2024



MON	TUES	WED	THURS	FRI
<b>Sept. Continued: 30</b> <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Shuffleboard <b>1 pm</b> Quilting <b>1:30 pm</b> L3 Light Fitness at the YMCA				
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> Sign Painting with Stone Home Creatives <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> Chair Yoga <b>6:30 pm</b> Line Dancing <b>6:30 pm</b> Beg. Ballroom <b>7:30 pm</b> Int. Ballroom	<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>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>1:30 pm</b> Write Your Life	<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>1:30 pm</b> Knit & Chat	<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:15 am</b> Line Dancing <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>10:30 am</b> Pickleball <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> Yin Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>8 am</b> Breakfast at Joe's Diner <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>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>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> L3 Fitness at Stoneridge <b>10 am</b> Zumba <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>1:30 pm</b> Chair Yoga <b>6:30 pm</b> Line Dancing <b>6:30 pm</b> Beg. Ballroom <b>7:30 pm</b> Int. Ballroom	<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>11:15 am</b> L4 Moderate Fitness <b>Thanksgiving Lunch</b> <b>1 pm</b> Contract Bridge <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>1:30 pm</b> Write Your Life	<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>11am</b> L2 Light Gentle Fit <b>11am</b> L1 Tiered Fitness at Kingsway <b>12:30 pm</b> Pepperama <b>1 pm</b> Shuffleboard <b>1 pm</b> Memory & Aging <b>1:30 pm</b> Knit & Chat <b>4:30 pm</b> Fine Dining to Eddington's of Exeter <b>5 pm</b> Scrapbooking Open Crop	<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:15 am</b> Line Dancing <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <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> Yin Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA



# Program Calendar - October 2024



MON	TUES	WED	THURS	FRI
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p><b>Happy Thanksgiving!</b></p>  <p><b>No Programs</b></p> <p><b>Home Support Services continue as usual</b></p>	<p><b>9 am</b> Quilting  <b>9 am</b> Blood pressure @ FC  <b>9:30 am</b> Creative Minds  <b>10 am</b> L3 Fitness at Stoneridge  <b>10 am</b> Zumba  <b>11 am</b> L2 Light Gentle Fit  <b>1 pm</b> Pepper/Bid Euchre  <b>1 pm</b> Jamboree  <b>1:30 pm</b> Chair Yoga  <b>6:30 pm</b> Line Dancing  <b>6:30 pm</b> Beg. Ballroom  <b>7:30 pm</b> Int. Ballroom</p>	<p><b>9 am</b> L5 Vigorous Fitness  <b>9:30 am</b> Blood Pressure @ Rotary  <b>9:30 am</b> Choir  <b>10 am</b> L5 Men's Strength  <b>10 am</b> L4 Fitness at Kirkton  <b>10:15 am</b> Vertigo Education  <b>10:30 am</b> Pickleball  <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  <b>1:30 pm</b> Write Your Life  <b>4:30 pm</b> Supper from the Cheese Shoppe  <b>7 pm</b> Virtual Scrapbooking Class</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> Memory &amp; Aging  <b>1:30 pm</b> Knit &amp; Chat</p>	<p><b>9 am</b> L5 Vigorous Fitness  <b>10 am</b> L5 Men's Strength  <b>10:15 am</b> Line Dancing  <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C.  <b>10:30am</b> Pickleball  <b>11:15 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>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<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>11 am</b> L1 Tiered Fitness  <b>11 am</b> L1 Tiered Fitness at Kingsway  <b>11:15am</b> L4 Moderate Fitness  <b>1 pm</b> Quilting  <b>1 pm</b> Shuffleboard  <b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>9 am</b> Quilting  <b>9:30 am</b> Creative Minds  <b>10 am</b> Zumba  <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> Chair Yoga  <b>6:30 pm</b> Line Dancing  <b>6:30 pm</b> Beg. Ballroom  <b>7:30 pm</b> Int. Ballroom</p>	<p><b>9 am</b> L5 Vigorous Fitness  <b>9:30 am</b> Choir  <b>10:30 am</b> Blood pressure @ FC  <b>10 am</b> L5 Men's Strength  <b>10 am</b> L4 Fitness at Kirkton  <b>10:20 am</b> On the Road to Stratford Festival Treasures Tour &amp; Annie's Seafood  <b>10:30 am</b> Pickleball  <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  <b>1:30 pm</b> Write Your Life</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> L4 at Thames Valley  <b>10 am</b> L3 at Stoneridge  <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> Memory &amp; Aging  <b>1:30 pm</b> Knit &amp; Chat</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>11:15 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>



# Program Calendar - October 2024



MON	TUES	WED	THURS	FRI
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>11 am</b> L1 Tiered Fitness <b>11am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> L3 Fitness at Stoneridge <b>10 am</b> Zumba <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>1:30 pm</b> Chair Yoga <b>5 pm</b> Dine in With Friends <b>6:30 pm</b> Genealogy <b>6:30 pm</b> Line Dancing <b>6:30 pm</b> Beg. Ballroom <b>7:30 pm</b> Int. 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</b> Pickleball <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1 pm</b> Scrapbooking Open Crop <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>1:30 pm</b> Write Your Life <b>4:30 pm</b> Supper from The Friendship Centre	<b>9 am</b> L5 Vigorous Fitness <b>9 am</b> Pickleball <b>10 am</b> L3 at Rotary <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 at Stoneridge <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 Halloween Fun Bingo</b> <b>1 pm</b> Shuffleboard <b>1 pm</b> Memory & Aging <b>1:30 pm</b> Knit & Chat  <b>HAPPY HALLOWEEN!</b> 	

## 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