

Friendship Centre

PRIMETIME

November & December 2024



 **Coming Soon:**

November Craft Show
Saturday
November 16th

Candlelight Choir Performance
Sunday
December 1st

Christmas Lunch Drive-Thru
Wednesday
December 4th

Sounds of Christmas Bus Trip
Friday
December 6th

Come & Go Lunch
Tuesday
December 10th

Friendship Centre Christmas Social
Friday
December 20th

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 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.



HOLIDAY CLOSURE NOTICE



Please note that the Friendship Centre will be closed from noon on December 24th to January 5th, reopening on January 6th. Meals on Wheels will continue as regularly scheduled except on December 25th & 26th



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!

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, November 26th (Registration will open Friday, November 1st)

Time/location: 5:00 pm, Friendship Centre

Menu: Ham

Cost: \$17

Come & Go Lunch

Date: Tuesday December 10, 2024 (Register by Dec 3)

Pickup Time at Friendship Centre: Drop in between 11:30 am and 1:00 pm. Please note this is a take away meal.

Menu: Ham Slider, Minestrone Soup & a sweet treat

Cost: \$5 and donation of a non-perishable food item for the Food Bank

Christmas Lunch

Date: Wednesday, December 4th

Menu: Roast Turkey dinner with all the fixings and dessert

Cost: \$25

Register and pay by: Friday November 22nd

Time of Friendship Centre Drive-Thru

Pickup: Between 12:15 & 1:15 pm

Time of Delivery: Between 11:30 am & 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 November 4th (Register by Oct 30)

Monday December 2nd (Register by Nov 27)

Time/location: 8:00 am, 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, November 13: Supper from Four Happy

Menu:

Cost: \$12

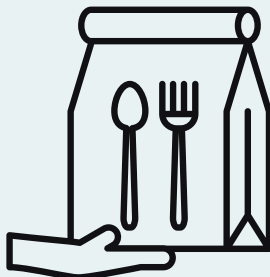
Register and pay by Wed, Nov. 6

Wednesday, November 27: Supper from Sunset Diner

Menu: Burger & Fries

Cost: \$12

Register and pay by Wed, Nov. 20



Wednesday, December 11th: Supper from Joe's Diner

Menu: Roast Beef

Cost: \$12

Register and pay by Wed, Dec. 4

Please note that due to high demand, the delivery window for this meal will be between 4:30 - 6:00 pm



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 or Show up to the fitness and falls prevention site and complete paper work.
- 2) Register for Fitness and Falls Prevention Membership - FREE
- 3) Register for site and level you plan on attending
- 4) Then expect a call from 1-844-482-7800 Huron Perth Community Intake Coordinator, or call them. (CSS central intake)

Education and Health Screening

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

How to prepare for Fitness class

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

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

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

Fitness and Falls Prevention locations

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

Level 1 - Tiered Exercise Program

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

Level 2 - Light Gentle Fitness Class

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

Level 3 - Light Fitness Class

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

Level 4 - Moderate Fitness Class

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

Level 5 - Vigorous Fitness Class

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

Mens Strength

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

Fitness & Falls Prevention Class Schedule 2024

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

For details call 519-284-3272 or visit townofstmarys.com/fallsprevention or attend the site before class

Monday	Tuesday	Wednesday	Thursday	Friday
9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall		9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall	9 am Lvl 5 Vigorous Friendship Centre mat during strength 60 mins MP Room	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 - Nov. 7 & Dec. 5
 3rd Tuesday morning - Nov. 19 & Dec. 17
 4th Wednesday - Nov. 27

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

3rd Wednesday of the month. Starts at 9:30 am.
 November 20 & December 18

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

1st Wednesday morning of the month
 November 6 & December 4

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

Chair Yoga *new day and location* | \$70.00

This 7 week session of yoga classes will guide you through a yoga flow style class geared to improve your strength, balance and flexibility. A short meditation is also offered at the end. This program is a blend of seated postures and standing postures using a chair for additional support.

Registration opens Thursday December 12th.

Classes will run on Wednesdays in the 2/3 Hall from:

January 8th - February 25th

1:30 pm - 2:30 pm

Please note that there is no class on Feb 12th

ActiveNet Registration required

Education - CPR Awareness | FREE

In this presentation, our PRC Aquatics team will be discussing how to recognize an emergency, what exactly CPR is, the importance of calling for help, and what you can expect to be asked by 911 operators.

Monday, November 25th
 10:15 am - 11:15 am

ActiveNet Registration required

Dietician - Healthy Food Demonstration | \$5

November is Diabetes Awareness Month! Come join Registered Dietitians Victoria Zimmer and Teresa Fowler for a food demonstration and education session. Meet us in the Friendship Centre dining area. We will be preparing and tasting two simple recipes, as well as discussing how to eat well and spend less to help you get the most from your grocery budget. Cost: \$5

Wednesday, November 20th
 1:30 pm - 3:00 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
 January 2024 to April 30, 2025

ActiveNet Registration required





Fun Fitness Challenge: Healthy for the Holidays



Healthy for the Holidays

4-Week Challenge



Pick up your "Healthy for the Holidays" challenge card at the Friendship Centre desk or ask to have one emailed to you. It's as easy as 1,2,3.

1. Have fun with the daily challenges in December.
 2. Initial each square when you've completed the task.
 3. Return the challenge card to us by January 15th.
- Completed cards will be entered into a draw for a fun gift basket.

Let's Talk St. Marys Workshop Series | Free

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

Week 1: Mental Health and Wellness

Week 2: What's your Vision?

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

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

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

Week 6: Building a Toolbox for Success!

Thursdays from January 23rd to February 27th
1:30 - 3:00 pm

ActiveNet Registration required

Education: Walking with Proper Alignment | \$10

Join Eliza Reid R.Kin to review what an ideal gait (walking pattern) looks like. Being in proper alignment when walking helps to reduce strain, pain and fatigue throughout the body. We will look at our own walking patterns, compare that to the ideal and review some exercises that can help bring us each closer to proper alignment.

Tuesday December 3rd at DCVI
6:30 - 8:00 pm

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.



Social and Leisure Programs



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

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

Tuesday November 5th - December 17th (7 weeks)

New Year Tuesday evenings: Tuesday January 21st -

March 4th (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

New Year Tuesday evenings: Tues Jan 7th - Feb 25th

Friday mornings: October 4th - November 29th (No

session on November 8th) 10:15 - 11:45 am

New Year Friday mornings: Jan 10th - Feb 28th

For Ages 18+

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

ActiveNet registration required.

Zumba Drop In Classes | \$15

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.

Drop-in dates available: October 22th & 29th

November 5th, 19th, & 26th (No session Nov 12th)

& December 10th (No session Dec 3rd or 17th)

Tuesdays at 10 am

For Ages 18+

Upcoming 8-week session will be starting

January 7th - Feb. 25th. Cost: \$80

ActiveNet registration required.

Write Your Life | M: \$60 + HST / NM \$75 + HST (6 week session) M: \$40 + HST / NM \$50 + HST (4 week session)

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

New session for new WYL participants:

Tuesday November 5 - December 10 (6 weeks)

1:30 - 3:30 pm

Part 2 session for returning WYL participants:

Wednesday November 20 - December 11 (4 weeks)

1:30 - 3:30 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.





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

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

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.

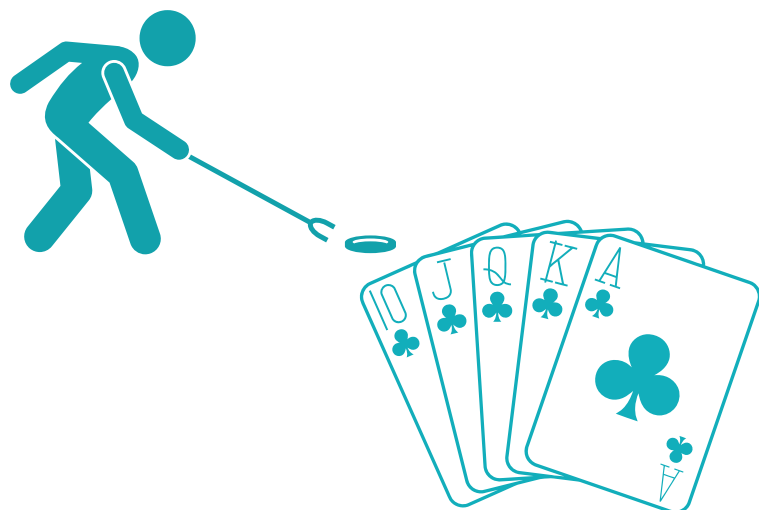
Mondays: 10:30 am - 12:30 pm

Wednesdays: 10:30 am - 12:30 pm

Thursdays: 9:00 am - 11:00 am

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, November 14th at 12:30pm

Thursday, December 12th at 12:30pm

Monthly registration required

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

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

Wednesdays at 1 pm

Drop in. Annual registration is required

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

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

Fridays at 1 pm

Drop in. Annual registration required



Social and Leisure Programs



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

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

Tuesdays at 9:30 am

Drop in. Annual registration required.

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

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

Thursdays at 1:30 pm

Drop in. Volunteer registration required.

Quilting

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

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

Drop in. Volunteer registration required.

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

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

Thurs, Nov 14, 5-9 pm & Wed, Nov 27, 1-5 pm
Thurs, Dec 5, 5-9 pm: Open Crop Holiday Potluck!

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

Virtual Scrapbooking Class | \$20

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

Wed, Nov 20 at 7:00 pm (Reg deadline: Fri Nov 1)

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 November 26, 6:30pm

Stay tuned for New Year Genealogy dates

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

Stay tuned - more information to come in the New Year! Let us know if you'd like to be added to the interest list.



Day Trips - On The Road



On the Road to the Green Frog Tea Room & Gift Shop in Aylmer

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

Join us for a Mobility Bus road trip to the charming Green Frog Tea Room in Aylmer, followed by a browse around their Gallery & Gift Shop. You never know what treasures you might find there! Meal not included in price. Price is for transportation only.

Tuesday, November 19. Depart 11:00 am. Return at 3:30 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.



On the Road to Bingemans Festive Gift of Lights Drive Through

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

Join us for a Mobility Bus road trip to Bingemans for the Festive Gift of Lights Holiday Drive Through! Enjoy the stunning lights and holiday displays from the cozy comfort of our beloved bus. There will be a stop at Tim Horton's before the lights - why not enjoy a hot drink and a sweet treat while taking in the display? Price is for transportation and tour only.

Tuesday, December 10th. Depart 5:45 pm. Return 8:45 pm.

ActiveNet registration required.

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



Fine Dining



Fine Dining to the Parlour Inn in Stratford

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

Join us as we try out the Parlour Inn in Stratford. The company and food will not disappoint. Make sure you save some room for their renowned pavlova for dessert! Meal is not included in price. Price is for transportation only.

Thursday November 7th. Depart 4:30 pm. Return 8:00 pm.

ActiveNet registration required.



Festive Fine Dining to Gilly's Pubhouse

Join us as we visit our local classic Gilly's Pubhouse for a festive meal with friends! There is no charge to register, but all participants will be responsible for paying for their meal. Note that this is not a Mobility Bus trip - please coordinate your own travel arrangements, and feel free to get in touch with Easy Ride if you need to book a ride.

Tuesday December 17th, 6:00 pm - 8:30 pm

ActiveNet registration required.

Deadline to Register: Mon Dec 9th

**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

The Sounds of Christmas

Conceived & Directed by Nicole Guse

A Heartwarming Musical Celebration

In support of
KidsAbility
Foundation

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

Deadline to Register:
Friday November 15

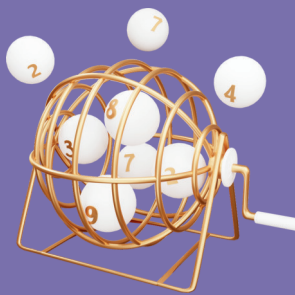
Call us or sign up on ActiveNet

Six Nations Bingo Hall Bus Trip

Date: Tuesday March 25, 2025

Time: 8:30 am - 3:30 pm

Register by March 14th



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

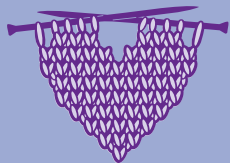


Upcoming Events



The Friendship Centre is looking for Donations:

- Knitted items and baked goods for the November Friendship Centre Craft Show Fundraising Tables



Thank you!
All proceeds support St. Marys Senior Services

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

St. Marys Craft Show



Shop for treasures from local and regional artisans



Saturday,
November 16, 2024
9 AM - 3 PM

Pyramid Recreation Centre
317 James St. S, St. Marys

- Admission by donation
- Non-perishable food items for the Salvation Army welcome
- Lunch available to purchase
- No ATM available

Friendship Centre Choir Candlelight Concert



- Sunday December 1st, at 2 pm
- St. Marys Presbyterian Church (147 Widder St E, St. Marys)
- Cost: \$10

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

Friendship Centre Christmas Social

Friday December 20th, 1pm

Join us as we celebrate the season!

- Light refreshments and a variety of exciting performances
- Want to perform with your group? Give us a call to sign up!
- Please also be sure to register as a guest



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



Creative Sessions & Upcoming Events



November Holiday Card-Making Session

Tuesday November 12th, 1:00 pm

Join Jackie this November for a holiday card-making session!

Jackie's class will include making 3 cards in different styles.



Price:
M: \$15 + HST
NM: 18.75 + HST

Space is limited, registration is required.

December Festive Sign Painting with Stone Home Creatives

Monday December 2nd, 1:00 pm



Make a beautiful festive sign that can be transformed for all seasons!

Did you participate in Sue's October Fall Sign Painting? Reach out to Sarah for more details.

Price:
M: \$65 + HST
NM: \$75 + HST

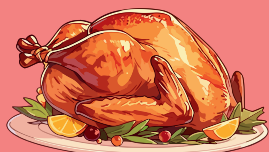
Space is limited, registration required by Thursday November 21st.

Enjoy a Delicious Christmas Lunch on Wednesday December 4th!

Cost: \$25 (Roast turkey dinner with all the fixings & dessert)

Deadline to Register:

Friday November 22nd



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

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

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

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

Are you a quilter, and interested in learning more?

Let us know!





General Information



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

Contact Us

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

Address: 317 James St. South, St. Marys

Phone: 519-284-3272

Website: townofstmarys.com/seniorservices **Social:** facebook.com/stmarysfriendshipcentre **Friendship**

Centre email: friends@town.stmarys.on.ca

Home Support email:

homesupport@town.stmarys.on.ca

Friendship Centre Memberships

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

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.

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.

Happy Holidays



As another year's end draws near, we would like to take the opportunity to thank you all for your support in 2024.

Thank you for renewing your membership, for volunteering your time, and for showing up to support the programs and services we offer. The Friendship Centre is a special place because of you!

May your holiday season be filled with all the things you love, and may your year ahead be full of good health and an abundance of happiness.

Cheers to another great year!

Your Friendship Centre Staff:

Jenny, Kim, Allyson, Sarah, Louise and Eliza



Volunteer Information

Shopping Volunteers Needed

Did you know that the Friendship Centre offers grocery shopping services for older adults and those recovering from an illness or injury?

Grocery shopping services are possible with the generous support of volunteers!



We are currently in need of more support with the Grocery Shopping program. Volunteers pick up grocery lists at the Friendship Centre, shop at one of our local stores, and deliver grocery items. If you have an hour to spare on a Tuesday and are interested in learning more, please reach out.

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.

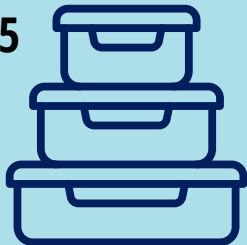
If you are interested in learning more about becoming a volunteer visitor, please reach out to Jenny at jmikita@town.stmarys.on.ca or connect with the Friendship Centre front desk.

Updates & Reminders

Frozen Meal Update

Please note that there will be a small increase in the price of frozen meals starting November 1, 2024:

- Single entrée: \$7.25
- Soup: \$2.75
- Dessert: \$2.75
- Package of 7 entrees: \$48.00



Please contact the Friendship Centre for further details, or to place an order

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!

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! 😊

Holiday Meals on Wheels Dates

Please note that there will be no Meals on Wheels deliveries on Wednesday December 25th, or Thursday December 26th.



Apart from these dates, Meals on Wheels services will continue as usual



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 - November 2024



MON	TUES	WED	THURS	FRI
				1
				9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA
4	5	6	7	8
8 am Breakfast at Joe's Diner 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 10 am Zumba 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 1:30 pm Write Your Life: for New Participants 6:30 pm <i>New Session:</i> Beginner Ballroom Dancing 7:30 pm <i>New Session:</i> Intermediate Ballroom Dancing	9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am Blood pressure at Thames Valley 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Write Your Life 1:30 pm L3 Light Fitness at the YMCA	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L4 at Thames Valley 10 am L3 Fitness at Stoneridge 10 am L3 at Rotary 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Blood pressure @ FC 1 pm Shuffleboard 1:30 pm Knit & Chat 4:30 pm Fine Dining to The Parlour Inn	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am L1 Tiered Fitness at Wildwood C.C. 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
11	12	13	14	15
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness	9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1 pm Holiday Card-Making Session 1:30 pm Chair Yoga 1:30 pm Write Your Life: for New Participants	9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Write Your Life	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Fitness at Stoneridge 10 am L4 at Thames Valley 10 am L3 at Rotary 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre



Program Calendar - November 2024



MON	TUES	WED	THURS	FRI
Nov. Continued 11 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	12 6:30 pm Line Dancing 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	13 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Four Happy	14 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	15 1:30 pm L3 Light Fitness at the YMCA SATURDAY, NOV. 16: St. Marys Craft Show 9 am - 3 pm
18 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	19 9 am Blood Pressure @ FC 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 10 am Zumba 11 am On The Road to the Green Frog Tea Room 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 1:30 pm Write Your Life: for New Participants 6:30 pm Line Dancing 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	20 9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am Blood Pressure @ Rotary 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Dietician Healthy Food Demonstration 1:30 pm Write Your Life: Part Two 1:30 pm L3 Light Fitness at the YMCA 7 pm Virtual Scrapbooking Class	21 9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Fitness at Stoneridge 10 am L4 at Thames Valley 10 am L3 at Rotary 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	22 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Line Dancing 10:30 am L1 Tiered Fitness at Wildwood C.C. 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
25 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:15 am CPR Awareness Education 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	26 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 10 am Zumba 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 1:30 pm Write Your Life: for New Participants 5:00 pm Dine in With Friends 6:30 pm Genealogy 6:30 pm Line Dancing 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	27 9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Blood Pressure @ FC 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1 pm Scrapbooking Open Crop 1:30 pm Write Your Life: Part Two 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Sunset Diner	28 9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Fitness at Stoneridge 10 am L4 at Thames Valley 10 am L3 at Rotary 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	29 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA SUNDAY, DEC. 1: Friendship Centre Choir Candlelight Concert 2 pm: St. Marys Presbyterian Church



Program Calendar - December 2024



MON	TUES	WED	THURS	FRI
2	3	4	5	6
8 am Breakfast at Joe's Diner 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15am L4 Moderate Fitness 1 pm Festive Sign Painting with Stone Home Creatives 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 1:30 pm Write Your Life: for New Participants 6:30 pm Walking with Proper Alignment at DCVI 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am Blood pressure at Thames Valley 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness Christmas Lunch 1 pm Contract Bridge 1:30 pm Write Your Life: Part Two 1:30 pm L3 Light Fitness at the YMCA	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 at Rotary 10 am L3 at Stoneridge 10 am L4 at Thames Valley 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1 pm Blood pressure @ FC 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am The Sounds of Christmas Bus Trip 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling
9	10	11	12	13
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 10 am Zumba 11 am L2 Light Gentle Fit 11:30 am - 1 pm: Come & Go Lunch 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 1:30 pm Write Your Life: for New Participants 4:30 pm Supper from Joe's Diner 5:45 pm On The Road to Bingemans Festive Gift of Lights Drive-Through 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Write Your Life: Part Two 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Joe's Diner	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 at Rotary 10 am L3 at Stoneridge 10 am L4 at Thames Valley 10 am L1 Men's Strength 10:30 am ROMEO 11am L2 Light Gentle Fit 11am L1 Tiered Fitness at Kingsway 12:30 pm Pepperama 1 pm Shuffleboard 1 pm Memory & Aging 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - December 2024



MON	TUES	WED	THURS	FRI
<p style="text-align: right;">16</p> <p>9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA</p>	<p style="text-align: right;">17</p> <p>9 am Quilting 9 am Blood Pressure @ FC 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:00 pm Festive Fine Dining at Gilly's Pubhouse 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom</p>	<p style="text-align: right;">18</p> <p>9 am L5 Vigorous Fitness 9:30 am Blood Pressure @ Rotary 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:15 am Vertigo Education 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA</p>	<p style="text-align: right;">19</p> <p>9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 at Rotary 10 am L3 at Stoneridge 10 am L4 at Thames Valley 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1 pm Memory & Aging 1:30 pm Knit & Chat</p>	<p style="text-align: right;">20</p> <p>9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:30am Pickleball 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1 pm Friendship Centre Christmas Social</p> 
<p style="text-align: right;">23</p> <p>10:30 am Pickleball 1 pm Quilting 1 pm Shuffleboard</p> <p>Please note that all regularly scheduled fitness is cancelled today</p>	<p style="text-align: right;">24</p> <p>9 am Quilting 9:30 am Creative Minds</p> <p>Please note that all regularly scheduled fitness is cancelled today</p> <p>Friendship Centre Closes at 12pm</p>	<p style="text-align: right;">25</p> <p style="text-align: center;"><i>Merry Christmas</i></p>  <p>Friendship Centre Closed</p>	<p style="text-align: right;">26</p> <p>Friendship Centre Closed</p>	<p style="text-align: right;">27</p> <p>Friendship Centre Closed</p>
<p style="text-align: right;">30</p> <p>Friendship Centre Closed</p>	<p style="text-align: right;">31</p> <p>Friendship Centre Closed</p>	<p style="text-align: right;">Jan 1</p> <p style="text-align: center;">HAPPY new YEAR</p>	<p style="text-align: right;">Jan 2</p> <p>Friendship Centre Closed</p>	<p style="text-align: right;">Jan 3</p> <p>Friendship Centre Closed</p>

Legend: Off-Site Fitness & Falls Prevention Classes

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