

# Friendship Centre

# PRIMETIME

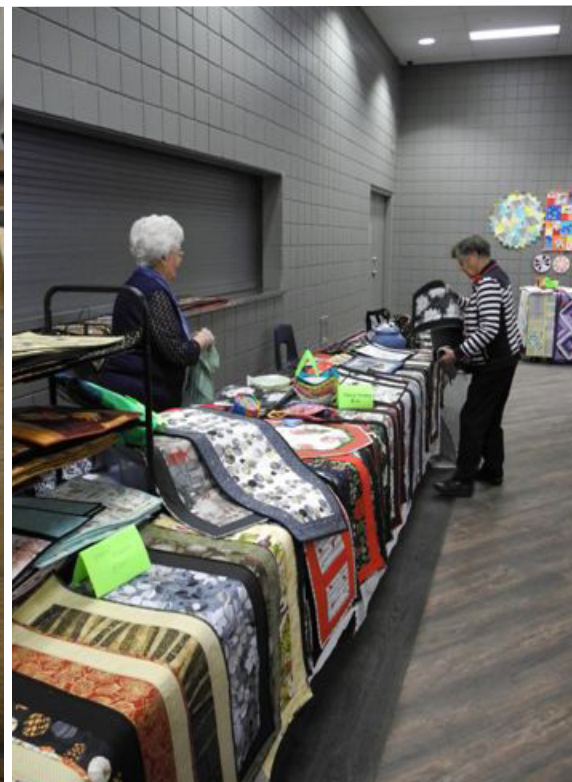
## November & December 2022

### St. Marys Craft Show

Saturday, Nov 19

Open for shoppers 9-3pm

More details on page 14.



### Winter Paint Night

Nov 23

### Starbright Christmas Bus Trip

Dec 6

### Christmas Drive-thru/ Delivered Lunch

Dec 7

### Holiday Social

Dec 16

### Senior Services Department

317 James Street S., St. Marys

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

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

[facebook.com/StMarysFriendshipCentre](https://facebook.com/StMarysFriendshipCentre)



519-284-3272



# 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 a.m. - 4:30 p.m.

**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 \$45 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.

## 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

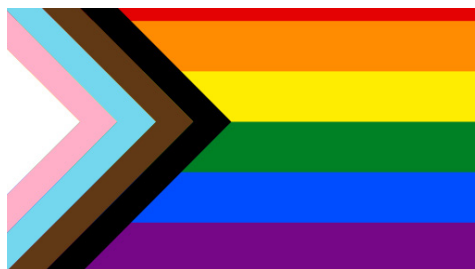
Participants recovering from injuries, those with chronic conditions and varying mental or physical abilities have equal access to programs, services, opportunities and resources.

## 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".

## 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 check out <https://www.veterans.gc.ca/eng>



Have you heard of the Access to Recreation Grant?

Visit [www.townofstmarys.com](http://www.townofstmarys.com) or ask us for more information

# Volunteer Information



## Volunteer for us!

We are currently recruiting for the volunteer positions below. For more information about all volunteer opportunities, call 519-284-3272, or email [friends@town.stmarys.on.ca](mailto:friends@town.stmarys.on.ca) to get started.

- **Shopping Services.** This home support services volunteer position is a great way to help people who are unable to do their own shopping or get out of their home.
- **Telephone Reassurance.** Make a meaningful connection by providing social interaction to someone in need. Calls can be made daily or weekly.
- **Volunteer Visitor.** Make a meaningful connection with someone by visiting them in their home weekly. Enjoy pleasant conversation or simple games with them.
- **Travel Club Hosts.** Help facilitate the Friendship Centre's coach bus trips in 2023.
- **Home Support Exercise.** Visit the home of someone in need to facilitate and demonstrate 10 basic exercises to keep them independent.
- **Quilter.** Did you know that the Friendship Centre's quilting program is an ongoing fundraiser? If you are a quilter, or would like to learn to hand quilt and contribute your time, please let us know!
- **Baking.** We are looking for donated baked goods for the cafe at the St. Marys Craft Show. Please connect with Louise at the front desk to see what items we need.

## Happy Holidays from the Friendship Centre

As the Holiday Season approaches we would like to take the opportunity to thank all of our volunteers, members and patrons for your support. We are grateful for the people who have been by our side before the pandemic, during the pandemic and now. We are also grateful for our several new supporters who are either new to St. Marys or new to the Friendship Centre. Thank you for making the Friendship Centre the place you choose to connect with your community.

May your holiday season and the new year be filled with joy and love for the ones you hold dear. We wish you health, happy moments and cherished memories surrounded by family and friends.

Your Friendship Centre Staff

Jenny, Pauline, Hillary, Kim, Allyson & Louise



# 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 membership needed. **When you register, a Huron Perth Community Services Coordinator will phone you to complete the process. This service will allow you to call one phone 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. Clinics are offered on a weekly basis. Please register for this service. \$30 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. The shopping program has been modified during COVID-19 to help you stay safe from the comfort of your own home. Volunteers complete weekly grocery shops. Staff offers support for online ordering and arranges for grocery pick up and drop off. Staff work with each individual to determine the best service and arrange payment options.

## 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.



## HOLIDAY CLOSURE NOTICE

The Friendship Centre office will be closed  
December 24th- January 2nd

Hot Meals on Wheels will be delivered as usual. Grocery clients will be contacted to make alternative arrangements.

## Wellness Programs

Wellness programs consist of exercise and falls prevention classes, educational presentations and health screening. Falls prevention classes are a free program funded by Ontario Health. All physical fitness programs should be approved by your doctor.

## Blood Pressure Clinics

Home Support Services will be offering free blood pressure checks at the Friendship Centre.

- Thursday, Nov 6 (afternoon appointments)
- Tuesday, Nov 15 (morning appointments)
- Thursday, Dec 1 (afternoon appointments)
- Tuesday, Dec 13 (morning appointments)
- Wednesday Nov 16 and Dec 14 at Rotary Apt

Blood Pressure Clinics will be offered by appointment only. Call us to book your spot.

# 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. We appreciate your support in our dining ventures!

## **Wednesday, Nov 2 - Supper from Joe's Diner**

Menu: Lasagna & Ceaser Salad

Cost: \$10

Register and pay by: Oct 28

Time of delivery: Between 4:30 - 5:30 pm

## **Wednesday, Nov 30 - Supper from Joe's Diner**

Menu: Roast Beef, Mashed Potato & Veg

Cost: \$10

Register and pay by: Nov 25

Time of delivery: Between 4:30-5:30pm

## **Wednesday, Nov 16 - Supper from 4 Happy**

Menu: Chinese Platter

Cost: \$10

Register and pay by: Nov 11

Time of delivery: Between 4:30 - 5:30 pm

## **Wednesday, Dec 21-Supper from Sunset Diner**

Menu: Liver & Onions

Cost: \$10

Register and pay by: Dec 9

Time of delivery: Between 4:30 - 5:30 pm

## In person Breakfast

We will be partnering with Joe's Diner for breakfast! The set menu is two eggs, hashbrowns, one choice of meat, toast and coffee/tea for \$10. Spaces are limited! Please register and pay with the Friendship Centre. Here are the breakfast dates and times with the registration deadlines:

- Monday, Nov 7 at 8:00 am (Register by Nov 3)
- Monday Dec 5 at 8:00 am (Register by Dec 1)

## Free Adult Learning Programs

Do you want to use your laptop, iPad or Smart Phone features correctly or smarter? The Friendship Centre and Adult Learning Perth-Huron will be teaming up to offer technology support, to teach you all you need to know. This one-on-one learning takes place at the Friendship Centre. Registration is required for this FREE program.

November 1, November 22 and December 6 at 1-4pm.

**Contact the Friendship Centre to book an appointment.**


























# Wellness Programs

## Free Fitness and Falls Prevention Classes

For details call 519-284-3272 or visit  
[townofstmarys.com/fallsprevention](https://townofstmarys.com/fallsprevention).

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre 	9:00 a.m. 60 min Lvl 4 - Cardio CORE Friendship Centre 	9:00 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre 	930 a.m. 30 mins Lvl 1 - HSEP Mens Seated Strength Friendship Centre 	9:00 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre 
10:00 a.m. 60 mins Lvl 4 - Men's Strength Friendship Centre 	10:00 a.m. 45 mins Lvl 2 - Light Fitness Stone Ridge Apt 	10:00 a.m. 60 mins Lvl 4 - Men's Strength Friendship Centre 	10:00 a.m. 45 mins Lvl 3 - Mod Fitness Rotary Apartments 	10:00 a.m. 60 mins Lvl 4 - Men's Strength Friendship Centre 
10:00 a.m. 60 mins Lvl 3 - Mod Fitness Kirkton Community Hall 		10:00 a.m. 60 mins Lvl 3 - Mod Fitness Kirkton Community Hall 	10:00 a.m. 30 mins Lvl 1 - HSEP Jones St Apt. 	
10:00 a.m. 45 mins Lvl 3 - Moderate Fitness Thames Valley 			11:15 a.m. 30 mins Lvl 1 - Light Gentle Kingsway Lodge 	
11:15 a.m. 60 mins Lvl 3 - Mod Fitness Friendship Centre 	11:00 a.m. 30 mins Lvl 1 - Light Gentle Friendship Centre 	11:15 a.m. 60 mins Lvl 3 - Mod Fitness Friendship Centre 		11:15 a.m. 60 mins Lvl 3 - Mod Fitness Friendship Centre 
1:30 p.m. 45 mins Lvl 2 - Light Fitness St. Marys YMCA 		1:30 p.m. 45 mins Lvl 2 - Light Fitness St. Marys YMCA 	See page 7 for registration details. This schedule is for Nov- Dec 16, 2022. NO fitness and falls prevention classes Dec 19 to Jan 2, 2023. Classes return Tues, Jan 3.	

# Wellness Programs



## Level 1 NEW Home Support Exercise Free

The class will help you with everyday tasks around your home, especially if you have limited functional mobility. They are our gentlest classes, primarily seated exercises. Some classes may be small groups (five and under).

Friendship Centre: HSEP Men's Seated Strength, Thursdays at 9:30 a.m.  
Jones St. Apartments: HSEP Thursdays at 10:00 a.m.

FREE Falls Prevention Membership required

## Level 1 - Light Gentle Fitness (Chair) (30 min) Free

Our gentle class is primarily seated with light intensity and weight-bearing exercises. These exercises will help you complete common tasks that vary in intensity. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Tuesdays at 11:00 a.m.  
Kingsway Lodge Thursday at 11:15 a.m.

FREE Falls Prevention Membership required

## Level 2 – Light Fitness (45min) Free

This gentle class includes a seated option with light intensity and weight-bearing exercises. These exercises will help you complete common tasks that vary in intensity. Our leader is SFIC (Senior Fitness Instructor Course) certified.

St. Marys YMCA: Mondays & Wednesdays at 1:30 p.m.  
Stone Ridge Apt: Tuesdays at 10:00 a.m.

FREE Falls Prevention Membership required

## Level 3 – Moderate (45 or 60 mins) Free

Our moderate class includes medium intensity, weight-bearing and resistance exercises. These exercises will help you to complete tasks with improved mobility and performance. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Kirkton: Mondays & Wednesdays at 10:00 a.m.

Friendship Centre: Mondays, Wednesdays and Fridays at 11:15 a.m.

Rotary Apartments: Thursdays at 10:00 a.m. 45 mins

FREE Falls Prevention Membership required

## Level 4– Men's Strength (60 mins) Free

This class focuses on building muscle endurance through cardiovascular, endurance and muscle strengthening exercises with the guys. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Mondays, Wednesdays and Fridays at 10:00 a.m.

FREE Falls Prevention Membership required

## Level 4– Vigorous Fitness (60 mins) Free

Our most vigorous class includes higher intensity exercises. These exercises will help you to achieve greater state of physical fitness conditioning. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Mon, Wed, & Fri at 9:00 a.m.

Friendship Centre: Tuesday at 9:00 a.m. CORE class we will be using a mat. Please feel free to bring your own.

FREE Falls Prevention Membership required

### Offsite Fitness Class Locations

- Jones Street Apt.- 329 Jones St, St. Marys
- Kirkton Hall - 70497 Rd 164, Kirkton
- Rotary Apt. - 22 St Andrew St N, St. Marys

### Offsite Fitness Class Locations

- Stoneridge Apt. - 50 Stoneridge BLVD, St. Marys
- Thames Valley Centre - 30 Ann St #77, St. Marys
- YMCA- 269 Maiden Lane, St. Marys



# Wellness Program Information

Town of St. Marys 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.

**When you register for any of these services including fitness and falls prevention class, a Huron Perth Community Intake Coordinator will phone you to complete the registration. Information is kept confidential and only used to provide organized support services for you. This service will allow you to call one phone number for multiple supports: 1-844-482-7800.**

## How to prepare

- ✓ Have your Health Card ready
- ✓ Plan for the process to take about 10-15 mins
- ✓ Have updated health records handy
- ✓ Have emergency contact names and phone numbers available
- ✓ Check for HuronPerth Intake on call display

## Why do fitness class participants and clients have to do these steps?

You complete this process so that moving forward Home Support Services will have all of your health and contact information in advance.

As an agency we are then able to provide all home support services that we offer.



Our Falls Prevention Fitness Classes progressively enhance your physical ability in **six key areas**:

- ✓ Balance
- ✓ Range of motion
- ✓ Cardio-respiratory
- ✓ Weight bearing
- ✓ Resistance
- ✓ Stretching

Funded by  
Ontario  
Health

Our **Certified Fitness Instructors** will show you how to alter the intensity of your workout to suit your abilities. Each class uses a variety of equipment.

## How to prepare

- ✓ Ask your doctor about the risks
- ✓ Bring a filled water bottle
- ✓ Wear supportive running shoes
- ✓ Scent free programs

## How to register by phone:

Call 519-284-3272 Monday to Friday between 8:00 a.m. and 4:30 pm.

## How to register online:

Please visit:

**[www.townofstmarys.com/fallsprevention](http://www.townofstmarys.com/fallsprevention)**

- 1) Open account on Activenet
- 2) Add the Falls Prevention Membership to your cart and check out. Give your up to date health and emergency contact information.
- 3) Select the location and level of class you wish to attend, add to cart and finish. All classes are now drop in. No date specific registration required. We do not need to be notified of cancellation.
- 4) Register for the class listed under the site location. This will need to be done annually. You can register for multiple sites.
- 6) Speak with Huron Perth Community Support Services Intake Coordinator. You can either call them or wait until they contact you:  
1-844-482-7800



# Wellness Information



## Chair Yoga

\$54

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

Drop in option also available for \$10 per class

Tuesday at 1:30 pm

Nov 1 to Dec 13 (7 weeks)

Registration required

## Yoga

M \$70 NM \$84

This yoga class will guide you through strengthening and standing postures using yoga flow style with mindful movements. We will also explore rest and relaxation at beginning and end of the practice. Please bring your own mat, blanket, block, socks, whatever you need to be comfortable.

Friday at 10:15 am

Nov 4 to Dec 16 (7 weeks)

Registration required

## Home Support Exercise Program

FREE

Started walking with a gait aid? Do you have a fear of falling? These exercises are for you. You will be matched with a volunteer at your home to learn 10 very important exercises. Please wear supportive comfortable indoor shoes and use your gait aid.

Call Pauline to schedule your volunteer

Registration required

## Walking inside DCVI

FREE

Want to walk more but don't enjoy cold weather? Register for this indoor walking program at St. Marys High School. Use the space whenever you want too between Monday to Thursday evenings.

Mon-Thurs

Nov to Apr 2023

5:00 to 8:00 pm

Registration required

## Education - Healthy Spine

FREE

Experiencing problems with your back? Join us along with Janieka Droog Physiotherapy Assistant with Stonetown Physiotherapy Sports and Injury Clinic. We will learn about your joints, nerves and neuromobility. Explore different strategies to help with joint pain, inflammation and what exercise could help.

Monday Nov 14 at 10:15 am

Registration required

Do you attend programs at the Friendship Centre? Please wear indoor shoes, stay home if sick, and bring your own water. We hope everyone feels at home at our centre. Please help us do that by not wearing perfumes.





# Social and Leisure Programs

## Zumba

M: \$100, NM: \$125

Come and dance, dance, dance! These classes are 60 minutes of music, movement and laughs. Drop in option also available for \$15 per class. Special holiday dance party Dec 13 and 15.

Tuesdays at 6:45 pm      Sept 13 - Nov 15 & Dec 13  
Thursdays at 10:00 am      Sept 15 - Nov 17 & Dec 15  
(10 Weeks)

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.

**Program on pause. Jamboree set to return Tuesday, January 3, 2023**

Drop in

## Introduction to Choir

FREE

The Introduction to Choir program will be conducted by Lanny Hoare and has an end goal of singing a 4 part set at the Friendship Centre's Holiday Social in December. This 10 week program is free for everyone and is funded by the Friendship Centre.

Wednesdays at 9:30am  
Oct 26- Dec 21      (8 weeks)

Registration required.



## Ballroom Dancing

M: \$40, NM: \$50

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

Tuesday, Nov 1- Dec 20      (8 weeks)  
6:30pm Beginner Ballroom Dancing  
7:30pm Intermediate Ballroom Dancing

Registration required.

## Line Dancing

M:\$ 40, NM: \$50

Shirley from Giddy-up Line Dancing is bringing her Talents to the Friendship Centre. Learn how to line dance to a variety of musical hits. Register for the class that suits your skill level.

Nov 22 & 29, Dec 6 & 20      (4 weeks)  
Absolute Beginner Class: Tuesdays 9 am-10 am  
Beginner Plus Class: Tuesdays 10:15am-11:15am

Registration required.

# Social and Leisure Programs



## Shuffleboard M: Free, NM: \$2

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

Mondays & Thursdays at 1pm

Drop in

## Carpet Bowling M: Free, NM: \$2

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

Fridays at 1 pm

Drop in

## Friendship Centre Pickleball Yearly fee: M \$50, NM\$ 75 Drop in Fee: M\$ 2, NM \$4

Pickleball is a fun sport that combines many elements of tennis, badminton and ping pong. The Friendship Centre offers recreational pickleball in our community hall. Our program is ideal for people who are looking to get exercise and be social. Play is now drop-in.

Mondays: 10:45 am -12:45 pm

Wednesdays: 10:45 am - 12:45 pm

Thursdays: 9 am - 11 am

Drop In

## DCVI Pickleball M: \$20, NM: \$35 Drop in Fee: M\$ 2, NM \$4

The Friendship Centre offers recreational pickleball in the DCVI large gym from October-May.

Tuesdays at 6:30pm

Drop in

## 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

## Duplicate Bridge M: \$2, NM: \$3

Duplicate bridge is a competitive form of bridge in which the same hands are played successively by different partnerships. Partners are required.

Thursdays at 7pm

Drop in

## 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

## 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 10 at 12:30pm.

Thursday, December 8 at 12:30pm.

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

## ROMEO Club

M: Free, NM: \$2

Retired Outstanding Men Enjoying Ourselves. Shoot the breeze with like-minded men.

Thursdays at 10 am

Drop in

## 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

## Genealogy

M: Free, NM: \$2

Are you interested in meeting monthly to discuss family heritage and traditions? Sign up and let us know!

Tuesday, Nov 29 at 6:30pm

Drop in

## New Friends Coffee

Free

New to the Friendship Centre or new to St. Marys? Join our monthly coffee group to learn all about the programs and services we have to offer!

Friday, Nov 11 at 9:30am

Drop in

## Quilting

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

Monday at 1 pm & Tuesday at 9 am

Drop in

## Scrapbooking Open Crop

M: \$5, NM: \$7

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

Thursday, Nov 10th

5-10 pm

Thursday, Dec 8th

5-10 pm

Register in advance.

## Virtual Scrapbooking & Card Making

\$15

A friendly space that fosters creativity and experimentation. Receive instructions for scrapbooking and card making creations. We will be meeting virtually on Zoom! All supplies are provided by the teachers.

Friday, Nov 4 at 1:30pm

- Two page layout and two cards with Dorothy

Friday, Dec 2 at 1:30pm

- Two page layout and two cards with Dorothy

Registration required.





# Trips



**You are required to self screen before departure and wear a mask on the bus.**

## On the Road Again to Lens Mills & White Oaks Mall

**M: \$33**

**NM: \$36**

Join us on the Mobility Bus for a holiday shopping trip. Bus departs at 8:30am to go to Lens Mills Store in London. We will then go to White Oaks Mall at 10:15am for more shopping and lunch at your leisure. The bus departs the mall at 1:30pm and will be back to the Friendship Centre at 2:30pm. Price is for transportation only.

Wednesday, November 23. Depart at 8:30am.

Registration required.

## Christmas Trip Starbright Christmas

**M: \$155**

**NM: \$170**

For the 2022 Christmas trip we will be visiting the Victoria Playhouse Theatre in Petrolia to see a Starbright Christmas. The coach bus departs the Friendship Centre at 9:30am and returns to the Friendship Centre around 5:30pm. Lunch is at Actors Restaurant, followed by the show at 2pm. Price includes transportation, lunch and your show ticket. Details also on page 13.

Tuesday, December 6. Depart at 9:30am.

Registration required.

## Fine Dining to Elmhurst Inn

**M: \$26**

**NM: \$29**

Join us in trying Elmhurst Inn in Ingersoll. We will depart at 4:15pm and return at 8:45pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Tuesday, November 15. Depart at 4:15pm.

Registration required.

## Fine Dining to Micheal-on-the-Thames

**M: \$26**

**NM: \$29**

Join us in trying Micheal on the Thames in London for our final Fine Dining for 2022. We will depart at 4pm and return at 9pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Thursday, December 15. Depart at 4pm.

Registration required.







# Holiday Themed Programs

## Winter Paint Night

M: \$40, NM: \$50

The Friendship Centre is partnering with local business, Paint and Palette, to offer you a chance to get creative! Join us to create a masterpiece that will be the perfect gift for someone special or add to your winter home decor.

Wednesday, Nov 23 at 6:30pm

Registration required.

## Christmas Lunch Drive Thru/ Delivery/ Gift a meal

\$22

A delicious Turkey Dinner with all the fixings with locally made pie for dessert. The meal is supported by the Mapleview Mennonite Church. Drive-thru, delivery or gift a meal.

Wednesday, Dec 7

Registration required.

## Movie on the Big Screen

FREE

Get in the Christmas Spirit and watch a festive movie with us. Popcorn, pop, and a big screen. We hope to give you the movie theatre experience! Movie TBD. Please send movie requests to Hillary.

Wednesday, Dec 22 at 1pm.

Registration required.

## Christmas Trip

M: \$155

## Starbright Christmas

NM: \$170

For the 2022 Christmas trip we will be visiting the Victoria Playhouse Theatre in Petrolia to see a Starbright Christmas. The coach bus departs the Friendship Centre at 9:30am and returns to the Friendship Centre around 5:30pm. Lunch is at Actors Restaurant, followed by the show at 2pm. Price includes transportation, lunch and your show ticket. Details also on page 12.

Tuesday, Dec 6. Depart at 9:30am.

Registration required.

## Holiday Social

Donation

Join friends from the Friendship Centre and celebrate the season! Do you want to be part of our lip syncing entrainment contest? Sign up your group with Hillary. Coffee/tea/cider and snacks will be available.

Friday, Dec 16 at 1pm

Registration required.

## Our Knitters are working hard for you!

Stop by the Friendship Centre knitting table at the Craft show on Nov 19th. Proceeds from items sold go towards St. Marys Home Support Services.



## Events



### ST. MARYS CHRISTMAS CRAFT SHOW

**Saturday, Nov 19**

Open for shoppers  
9am-3pm

Free Admission  
(Foodbank donation is encouraged)



Discover treasures from local and regional artisans.  
Stop at the Friendship Centre's Cafe for food & beverage. All proceeds go to St. Marys Senior Services.  
Over 80 tables to shop from!

### WINTER PAINT NIGHT

**Create a Winter Masterpiece!**

**Wednesday, Nov 23 at 6:30pm**

**Members \$40**

**Non-members \$50**



The Friendship Centre is partnering with local business, Paint and Palette, to offer you a chance to get creative! Join us to create a masterpiece that will be the perfect gift for someone special or add to your winter home decor. Register on Active Net or by calling 519-284-3272 or email [friends@town.stmarys.on.ca](mailto:friends@town.stmarys.on.ca).





## Events

### CHRISTMAS DRIVE THRU/ DELIVERED LUNCH

**Wednesday, December 7**

Sign up for drive-thru, delivery or "gift a meal"

Turkey with fixings and pie

Cost is \$22

Drive-Thru/ delivered/ gift a Christmas Lunch on Wednesday, December 7th. Drive-thru people will be contacted with their drive-thru time. If you sign up for a delivered meal, please make sure your address is up to date. Register on Active Net or by calling 519-284-3272 or email [friends@town.stmarys.on.ca](mailto:friends@town.stmarys.on.ca) before Nov 25.


### HOLIDAY SOCIAL

**Friday, December 16 at 1pm**

**Entertainment & Snacks**

**Admission by donation**

Join us to celebrate the season! Our afternoon will start with a few festive songs sang by the Friendship Centre's Choir, followed by snacks, and lip syncing fun. Do you want to be part of our lip syncing entrainment? Sign up your group with Hillary. Coffee/tea/cider and snacks will be available. Register on Active Net or by calling 519-284-3272 or email [friends@town.stmarys.on.ca](mailto:friends@town.stmarys.on.ca).

<div>  <h1>Friendship Centre Program Calendar</h1> <h2>November 2022</h2> </div>						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Oct 31 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA 2pm Bingo	Nov 1 9am Quilting 9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Technology Support by appt 1:30pm Chair Yoga 6:30pm DCVI Pickleball 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	2 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30pm Supper	3 Blood Pressure Clinic by Appt 9am Pickleball 9:30am L1 Seated Men's Strength 10 am ROMEO 10am Zumba 10 am L1 @ Jones St Apt 10 am L2 @ Rotary Apt 11:15 L1 Kingsway 1pm Shuffleboard 1:30 pm Knit & Chat 7pm Duplicate Bridge	4 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Yoga 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1:30pm Virtual Scrapbooking Class	5
6	7 Blood Donor Clinic 8am Breakfast at Joe's Diner 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton <b>Pickleball Cancelled</b> 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	8 9am Quilting 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30pm Chair Yoga 6:30pm DCVI Pickleball 6:30 pm Beginner Ballroom 6:45pm Zumba 7:30 pm Intermediate Ballroom	9 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton <b>Pickleball Cancelled</b> 11:15 am L3 Moderate Fitness 1pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	10 9 am Pickleball 9:30am L1 Seated Men's Strength 10 am ROMEO 10 am Zumba 10 am L1 @ Jones St Apt 10 am L2 Fitness @ Rotary Apts 11:15 L1 Kingsway 1pm Shuffleboard 1pm Pepperama 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop 7pm Duplicate Bridge	11 9 am L4 Vigorous Fitness 9:30 am New Friends Coffee 10 am L4 Men's Strength 10:15am Yoga 10:30am Live Stream of Remembrance Day Service in Ottawa 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	12
13	14 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:15 Healthy Spine Education 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	15 Blood Pressure Clinic by Appt 9am Quilting 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 4:15pm Fine Dining to Elmhurst Inn 6:30pm DCVI Pickleball 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	16 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30pm Supper	17 9 am Pickleball 9:30am L1 Seated Men's Strength 10 am Zumba 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10 am ROMEO 11:15 am L1 Kingsway 1pm Shuffleboard 1:30 pm Knit & Chat 7pm Duplicate Bridge	18 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Yoga 11:15 am L3 Moderate Fitness <b>Carpet Bowling Cancelled</b>  <b>St. Marys Craft Show at the Friendship Centre/ PRC on November 19th 9am-3pm</b>	19
20	21 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10am L3 @ Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	22 9 am Quilting 9am Beginner Line Dancing 9:30 am Creative Minds 10 am L2 @ Stoneridge 10:15am Intermediate Line Dancing 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Technology Support by appt 1:30 pm Chair Yoga 6:30pm DCVI Pickleball 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom	23 Blood Pressure @ Rotary 9am Shopping trip to Lens Mills & White Oaks Mall 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton <b>Pickleball Cancelled</b> 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA <b>6:30pm Winter Paint Night</b>	24 9 am Pickleball 9:30am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am Home Support workshop 10 am ROMEO 10 am L1 @ Jones St Apt 11:15 am L1 Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 7pm Duplicate Bridge	25 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Yoga 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	26
27	28 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Education knee/hips 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	29 9 am Quilting 9am Beginner Line Dancing 9:30 am Creative Minds 10 am L2 @ Stoneridge 10:15am Intermediate Line Dancing 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Genealogy 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom	30 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30pm Supper			

### Legend


**DCVI-** The high school is where we play Tuesday evening pickleball and where we can walk indoors. Enter off James St. S across from Subway.

### Off-site Fitness and falls prevention classes

Thames Valley Community Hall, 30 Ann St Unit #77  
 YMCA at 268 Maiden Lane (at rear of the hospital).  
 Kirkton Community Centre at 70497 Road 164, Kirkton.  
 Rotary Apartments at 22 St. Andrews St N, parkview east hall.  
 Stoneridge Apartments at 50 Stoneridge Boulevard.

519-284-3272 | 317 James Street South, P.O. Box 998, St. Marys | www.townofstmarys.com



<div>  <h1>Friendship Centre Program Calendar</h1> <h2>December 2022</h2> </div>						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<div>1</div> Blood Pressure Clinic @ FC appt. <b>Pickleball Cancelled</b> 9:30am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10 am ROMEO 11:15 L1 Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 7pm Duplicate Bridge	<div>2</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Yoga 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1:30pm Virtual Scrapbooking Class	<div>3</div>
<div>4</div>	<div>5</div> 8am Breakfast at Joe's Diner 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10am L3 @ Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA	<div>6</div> 9 am Quilting 9am Beginner Line Dancing <b>9:30am Starbright Christmas Trip</b> 9:30 am Creative Minds 10 am L2 @ Stoneridge 10:15am Intermediate Line Dancing 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Technology Support by appt 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom	<div>7</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness <b>Christmas Lunch Drive-thru, Delivery or gift a meal</b> 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	<div>8</div> 9am Pickleball 9:30am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10 am ROMEO 11:15 L1 Kingsway 1pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 7pm Duplicate Bridge	<div>9</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Yoga 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 2 pm Home Support Exercise	<div>10</div>
<div>11</div>	<div>12</div> L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10am L3 @ Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	<div>13</div> Blood Pressure Clinic by Appt. 9 am Quilting 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 4pm Fine Dining Trip 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	<div>14</div> Blood Pressure @ Rotary 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	<div>15</div> 9 am Pickleball 9:30am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am ROMEO 10 am L1 @ Jones St Apt 10 am Zumba 11:15 L1 Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 4:15pm Fine Dining to Michael on the Thames 5 pm Scrapbooking Open Crop 7pm Duplicate Bridge	<div>16</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Yoga 11:15 am L3 Moderate Fitness 1pm Carpet Bowling <b>1 pm Christmas Social</b>	<div>17</div>
<div>18</div>	<div>19</div> <b>Exercise classes cancelled</b> 10:30 am Pickleball 1 pm Shuffleboard 1 pm Quilting	<div>20</div> <b>Exercise classes cancelled</b> 9 am Quilting 9am Beginner Line Dancing 9:30 am Creative Minds 10:15am Intermediate Line Dancing 1 pm Pepper/ Bid Euchre 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom	<div>21</div> <b>Exercise classes cancelled</b> 10:30 am Pickleball 1 pm Contract Bridge <b>1pm Christmas Movie on the big screen</b> 4:30 pm Supper	<div>22</div> <b>Exercise classes cancelled</b> 9 am Pickleball 10am Romeo 1 pm Shuffleboard 1:30 pm Knit & Chat 7pm Duplicate Bridge	<div>23</div> <b>Exercise classes cancelled</b> 1 pm Carpet Bowling  The Friendship Centre is closed from Saturday, Dec 24-Monday, Jan 2nd.  Make sure you have our January & February Newsletter before we close for the holidays!	<div>24</div>
<div>25</div>	<div>26</div> 	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div> 	<div>31</div>

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