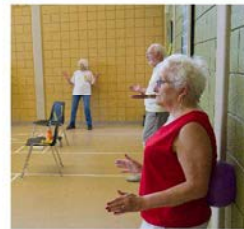


Friendship Centre

PRIMETIME

July & August 2023



*Join our Community Hub
The St. Marys Friendship Centre*



COMING SOON

**Register for Fitness
& Falls Prevention**
July- Dec classes

Chair Yoga
Tues July 4

On the Road Trips
July 6 & Aug 22

Campfires
July 11 & Aug 15

Fine Dining Trips
July 20 & Aug 10

**NEW Euchre
Program**
Aug 4

Senior Services Department

317 James Street S., St. Marys

friends@town.stmarys.on.ca

townofstmarys.com/seniorservices

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

Social: facebook.com/StMarysFriendshipCentre

Friendship Centre email:

friends@town.stmarys.on.ca

Home Support email:

homesupport@town.stmarys.on.ca

Friendship Centre Memberships

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



RZone: Respect and Responsibility

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

To report an incident, speak with staff.

Inclusiveness

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

Friendship Centre Code of Conduct

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

Are you interested in Volunteering?

Visit <https://forms.townofstmarys.com/Volunteer-Registration> to fill out a volunteer application!

Volunteer & Staff Information



Volunteer Position Highlight: Volunteer Visiting

What is this service?

A volunteer and client will visit on a regular basis.

When is this service delivered?

You can meet weekly or a few times a month, depending on what works best for the client and volunteer.

What is included in this service?

Regular visits usually take place in client's home but they can also include telephone conversations or enjoying activities outside the home.

The Volunteer Can:

- Provide visits in clients home
- Provide visits over the phone
- Provide visits in a mutually agreeable place (coffee shop, park, library, Friendship Centre etc.)

Benefits of Volunteering for this service:

- Provide you with a sense of purpose, community and new connection
- Improves your social skills and self-esteem
- Positively impacts your quality of life

How to start:

Call us at 519-284-3272 or
email homesupport@town.stmarys.on.ca



Meet Tom!

We welcome Thomas Redman as our Senior Services Program Coordinator covering Hillary's maternity leave. Tom is very familiar with recreation and leisure in St. Marys. He has worked several summers at Camp PRC and in summer 2022 he was the Senior Services Volunteer Assistant at the Friendship Centre. Tom is excited to be in his new role as the Program Coordinator and is eager to meet our Friendship Centre patrons.





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. See page 7 for more details.**

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. We are happy to be able to offer two types of shopping services:

Option 1- You can call us with your shopping list and a volunteer will go shopping for you and drop the items off at your door. This service is recommended for people who are unable to go to the store.

Option 2- Our personal shopping service. If you are interested in going out to the grocery store but need some assistance. A Volunteer will assist you with getting items in the store, and getting your bags back home. This service is \$10.00. If these services sound like something you could benefit from – give us a call. Staff will work with you to determine the best service for you, and arrange payment options. You can also give us a call if this sounds like something you might like volunteer for.

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

Health and Wellness programs consist of Fitness and falls prevention classes, educational presentations and workshops and health screening.

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.

- Friendship Centre: 1st Thurs & 3rd Tues of month
- Thames Valley Community Hall (30 Ann St #77) 1st Wednesday of the month
- Rotary site cancelled for the summer
Appointment times vary, please contact us at 519-284-3272 to book your appointment.



HOLIDAY CLOSURE NOTICE

Our office is closed on Friday, June 30 for Canada Day and Monday, August 7 for the Civic Holiday. Hot Meals on Wheels will be delivered as usual.



Dine in with Friends

Register for Dine in with Friends. This dining program takes place at the Friendship Centre. Gather and dine with old friends, or meet new ones! Menu, prices, and dates vary, see below.

Date: Tuesday, July 25 "Greek Night"

Starts: 5pm in the Friendship Centre

Cost: \$17

Menu: Chicken Kabob, Rice, Greek Salad, Hummus & Pita

Register and pay by: July 21

Date: Tuesday, August 29

Starts: 5pm in the Friendship Centre

Cost: \$17

Menu: Turkey Burger, Baked Potato, Seasonal Vegetable, Salad

Register and pay by: August 25

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, July 12 - Supper from Joe's Diner

Menu: Hearty Taco Salad

Cost: \$12

Register and pay by: Friday, July 7

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

Wednesday, Aug 9- Supper from Cheese Shoppe

Menu: Salad Plate

Cost: \$12

Register and pay by: Friday, Aug 4

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

Wednesday, July 26 - 4 Happy

Menu: Chinese Platter

Cost: \$12

Register and pay by: Friday, July 21

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

Wednesday, Aug 23- Supper from Sunset Diner

Menu: Hamburger & Fries

Cost: \$12

Register and pay by: Friday, Aug 18

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

If cost of meals is a barrier, please see the Friendship Centre about financial subsidy



Wellness Programs

Free Fitness and Falls Prevention Classes

For details call 519-284-3272 or visit
townofstmarys.com/fallsprevention

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM 60 mins Lvl 4 - Vigorous Fit Friendship Centre		9:00 AM 60 mins Lvl 4 - Vigorous Fit Friendship Centre	L4 class at 9 am cancelled for the summer and will return in Sept	9:00 AM 60 mins Lvl 4 - Vigorous Fit Friendship Centre
10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre	10:00 AM 45 mins Lvl 2 - Light Fitness Stone Ridge Apt	10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre	10:00 AM 45 mins Lvl 2 - Light Fitness Rotary Apartments	L4 class Mens Strength cancelled for the summer and will return in September
10:00 AM 60 mins Lvl 3 - Moderate Fitness Thames Valley			10:00 AM 30 mins Lvl 1 - HSEP Jones St. Apt	
10:00 AM 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall		10:00 AM 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall	10:00 AM 30 mins Lvl 1 - HSEP Mens Seated Strength Friendship Centre	
11:15 AM 60 mins Lvl 3 - Moderate Fitness Friendship Centre	11:00 AM 30 mins Lvl 1 - Light Gentle Friendship Centre	11:15 AM 60 mins Lvl 3 - Moderate Fitness Friendship Centre	11:00 AM 30 mins Lvl 1 - Light Gentle Friendship Centre	11:15 AM 60 mins Lvl 3 - Moderate Fitness Friendship Centre
1:30 PM 45 mins Lvl 2 - Light Fitness St. Marys YMCA		1:30 PM 45 mins Lvl 2 - Light Fitness St. Marys YMCA	11:00 AM 30 mins Lvl 1 - Light Gentle Kingsway Lodge	

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 Programs



Level 1 - Home Support Exercise (30 mins) Free

This falls prevention exercise class is designed for functional movement which is used for everyday tasks around your home. Primarily focuses on muscles involved with mobility, seated option is available and use of a gait aid, if you require one.

Friendship Centre: Men's Seated Strength Thurs at 10 am
Jones St. Apartments: Thursdays at 10 am

FREE Falls Prevention Membership required

Level 1 - Light Gentle Fitness (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: Tues & Thurs at 11 am
Kingsway Lodge Thursdays at 11 am

FREE Falls Prevention Membership required

Level 2 - Light Fitness (45 min) 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: Mon & Wed at 1:30 pm (45 mins)
Stoneridge Apt: Tuesdays at 10 am (45 mins)
Rotary Apt: Thursdays 10 am (45 mins)

FREE Falls Prevention Membership required

Level 3 - Moderate (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.

Thames Valley Community Hall: Mondays at 10 am
Kirkton: Mondays & Wednesdays at 10 am
Friendship Centre: Mon, Wed and Fri at 11:15 am

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 at 10 am

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 am

FREE Falls Prevention Membership required

Do you attend programs at Friendship Centre or any of our sites?

Please wear indoor shoes, stay home if sick, and bring your own water. Please refrain from wearing perfume or cologne.

Alzheimer's Society drop in hours are:

Thursdays July 6th, 13th, 27th at 10-12pm

Thursday August 3rd, 24th, 31st at 10-12pm



Health & Wellness Information

Free Fitness and Falls Prevention Classes

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. Or you can call them at 1844-482-7800. Information is kept confidential and only used to provide community support services for you.

How to prepare for Huron Perth Intake Coordinator:

- ✓ Call 1-844-482-7800
- ✓ Have your Health Card ready
- ✓ Plan for the process to take about 10 - 15 mins
- ✓ Have emergency contact names and phone numbers available
- ✓ Advise Huron Perth Intake which program you are registering for (falls prevention, footcare, etc.)

If Huron Perth Intake calls you, their name will show on call display

Why is this necessary for clients and fitness class participants?

Completing this process ensures Home Support Services will have all of your health and contact information in advance, for any services and support you may need.

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

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



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 register by phone:

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

How to register online:

Please visit:

www.townofstmarys.com/fallsprevention

- 1) Open account on Activenet
- 2) Register annually for the FREE Fitness and Falls Prevention Membership
- 3) Select the location and level of class you wish to attend, add to cart and finish. All classes are drop in. Session dates vary, please maintain registration as needed.
- 4) You can register for multiple sites.
- 5) Speak with Huron Perth Support Intake Coordinator. You can either call them or wait until they contact you: 1-844-482-7800

How to prepare for Fitness and Falls Prevention Classes:

- ✓ Ask your doctor about the risks
- ✓ Bring a filled water bottle, scent FREE
- ✓ Wear supportive running shoes

Wellness Programs



Did you know? We offer Level 2 Light Fitness on Mondays & Wednesdays @ 1:30 pm at the YMCA



Home Support Exercise Program

FREE

Do you use a gait aid? Do you have a fear of falling? These exercises are for you. You will be matched with a volunteer in your home to learn 10 exercises that focus on your mobility.

Call Pauline to schedule 519-284-3272

Registration required

Chair Yoga

\$72

This class will guide you through strengthening and modified postures using while seated. We incorporate the chair to challenge your balance and core strength and to keep you safe. A drop in option is also available for \$10 per class.

Tuesday, July 4 - Aug 29 (9 weeks)
1:30 pm - 2:30 pm

Registration required

Education - Lifeline Medical Alert Service

FREE

Do you have a fear of falling? Attend this workshop and learn about medical alert service, and the tools to contact your family and emergency services which will keep you safe sooner. Sandra from Lifeline will speak about services and options. This workshop will take place in the multi-purpose-room right before the 11 am Level One Light Gentle Fitness class.

Tuesday, July 11

10:15 - 10:55 am

Registration required

Fitness & Falls Prevention Class Registration

Registration is now open for the next 6 months of FREE Fitness and Falls Prevention classes July to December.

Any class you attend requires registration.

How to register? Online on Activenet, call 519-284-3272 or in person.

Why do we register? To confirm participants are signed up, to confirm participant emergency details are up to date, to confirm health history, to confirm the classes are successful, to confirm participant needs are met, to confirm accurate reporting to funding provider and to get to know you. Please register!

Tips to register online:

- 1) confirm your Fitness and Falls Prevention membership is up-to-date.
- 2) decide what site or sites you will attend classes
- 3) decide what level or levels of class you want
- 4) login to Active Net and reset password if needed
- 5) activity search add "Fitness" *all classes will be listed*
- 6) scroll down past in progress classes
- 7) select the class & add to cart
- 8) select participant
- 9) select more classes and finish



Health & Wellness Information

Poor quality of sleep causing you to feel tired?

Check out this resource for healthy aging: <https://www.mcmasteroptimalaging.org>

Advice from Dr Trica Woo, Geriatrician associate professor at McMaster University. She reports there are several things that you can do to improve the quality of your sleep including:

- ✓ Have a sleep schedule that includes going to bed at a set time each evening.
- ✓ Create a soothing environment that is quiet, dark and relatively cool.
- ✓ Exercise during the day. Exercise, or excessive exercise, late in the evening can be counterproductive.
- ✓ Get adequate amounts of sunshine to help regulate your sleep cycle.
- ✓ Check your medications to look for side effects. Some may be stimulating, and other medications, such as diuretics, may cause you to wake up to use the bathroom during the night.
- ✓ Consider cognitive behavioural therapy for insomnia (iCBT) if you have ongoing issues.

Did you know 1/4 women and 1/8 men have Osteoporosis?

Osteoporosis can cause fragility fractures. The bone breaks easily because it is weak.

A person might break a bone when they cough, sneeze, reach, lift or bend. Or a person might break a bone when they trip and fall.

Focusing on strength, posture, balance and aerobic physical activity for best results.

- ✓ **Strength** exercises twice per week will keep you strong and fit.
- ✓ **Posture** exercises every day keeps you standing tall and not stooped.
- ✓ **Balance** exercises help you be more stable on your feet. You can walk more easily. Good balance helps prevent falls.
- ✓ **Aerobic physical activity** (moderate to vigorous intensity) improves your overall health. It can reduce your risk of disease. It may improve your bone strength.

Our amazing Fitness Instructors need to complete education credits every year to stay certified. This is some of the group that attended Canadian Centre for Activity and Aging, this year. THANK-YOU to all of you for hours of learning and volunteering for us.



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. Mark your calendars, shuffleboard at the LIND Sportsplex returns in May!

Mondays at 1 pm

LIND Sportsplex Wednesdays at 9:30 am

Drop in

Carpet Bowling

M: Free, NM: \$2

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

Fridays at 1 pm

Drop in

Friendship Centre Pickleball

Yearly fee: Renews Sept 1
Daily 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 for ages 50 + in our community hall. Our program is ideal for people who are looking to get exercise and be social. Please renew your enrollment in this program and choose between paying the yearly fee (Sept 2023-Aug 2024) or you can pay per play. A Friendship Centre membership (\$50 annually.) entitles you to a reduced rate on your daily or yearly fee.

Mondays: 10:30 am - 12:30 pm

Wednesdays: 10:30 am - 12:30 pm

Thursdays: 9 am - 11 am

Fridays: 10:30 am - 12:30 pm

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, and water will be available. Please register with your team of three people. If you are in need of a spare player, or would like to be a spare, please let us know.

Thursday, July 13 at 12:30 pm

Thursday, Aug 10 at 12:30 pm

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

Euchre

M: \$1, NM: \$2

Love Euchre? Looking for fun and casual drop-in play? Registration is now open for this new weekly drop-in cards program.

Fridays at 1pm starting August 4

Drop in



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. Join the seated men's strength class at 10 am before coffee.

Thursdays at 10:30 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

Scrapbooking - Papercrafter's Workshop M \$55, NM \$60

Join the everpopular Papercrafter's Workshop for a full day of scrapbooking fun! Participants will be supplied with all materials needed to create five beautiful hand made creations. Participants are encouraged to bring a packed lunch if they would like to network with other scrapbookers over the lunch hour. Coffee/Tea and light snacks will be provided. Lunch is not provided.

Thursday, July 27: 10 am - 4 pm

Registration required.

Programs on Pause

Some of our regularly scheduled programs are taking a break for the summertime- but don't worry, they will be back!

- Ballroom Dancing returns in September
- Line Dancing returns in October
- Zumba returns in September
- Quilting returns in September
- Genealogy returns in September
- Scrapbooking Open Crop returns in September
- Choir returns in September
- Breakfast program at Joe's Diner returns in September
- Blood pressure clinic at the Rotary Apartment building returns in September
- 9:00 am Thursday L4 Vigorous Fitness Class
- 10:00 am Friday L4 Mens Strength

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 at 1 pm

Drop in

Campfires

M \$5, NM \$7

Join us for an evening of food and fun. Please dress accordingly. Outdoor location is by the PRC splash pad. Rain location is inside the Friendship Centre main hall.

Tuesday, July 11

Tuesday, August 15

Registration required.

Get to know your FC staff!



Fast Facts:

Get to know your Friendship Centre staff by matching the 'Fast Facts' with the staff member. Can you match all six staff correctly? Answers are upside-down at the bottom of the page!



Jenny, Kim, Pauline, Ally, Louise or Tom?

Mystery Staff #1:

- Favourite Movie: A League of Their Own
- Favourite Song: Everything is Awesome - Lego Movie
- Favourite Food: anything cheese
- Dream Vacation: Europe

Mystery Staff #3:

- Favourite Movie: Fried Green Tomatoes
- Favourite Song: Flowers by Miley Cyrus
- Favourite Food: ice cream
- Dream Vacation: Ireland

Mystery Staff #5:

- Favourite Movie: Blade Runner
- Favourite Song: My Best Friend by Weezer
- Favourite Food: anything with garlic
- Dream Vacation: Canoe Trip on the Nahanni River

Mystery Staff #2:

- Favourite Movie: National Lampoon's Christmas Vacation
- Favourite Song: Here Comes the Sun by The Beatles
- Favourite Food: anything italian
- Dream Vacation: Turks & Caicos

Mystery Staff #4:

- Favourite Movie: Pitch Perfect
- Favourite Song: Dancing Queen by Abba
- Favourite Food: anything pasta
- Dream Vacation: South Africa

Mystery Staff #6:

- Favourite Movie: Once Upon a Time in Hollywood
- Favourite Song: First Date by Blink182
- Favourite Food: surf and turf
- Dream Vacation: Ibiza, Spain



Trips

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

On the Road to Green Frog Tea Room & Heeman's

**M: \$27
NM: \$31**

Join us on the Mobility Bus for a lunch date at the Green Frog Tea Room in Aylmer followed by a stop at Heemans during strawberry season! The bus will depart at 10:30am and return at 3:30 pm. Price is for transportation only, your meal is an additional cost.

Thursday, July 6. Bus departs at 10:30 am.

Registration required.

Fine Dining to Aberfoyle Mill

**M: \$27
NM: \$31**

Join us as we return to Aberfoyle Mill in Puslinch for a delicious dinner. We will depart at 3:45pm and return by 8:45 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only.

Thursday, July 20. Depart at 3:45 pm.

Registration required.

Want to join us on a Fine Dining trip, but would prefer to drive yourself? Starting in July, we will be offering up to 3 additional spots on our upcoming Fine Dining trips (when possible). Our "Fine Dining Caravan" program will offer participants the opportunity to join our bus trip crew for dinner, while providing their own transportation. The cost is \$3 for members, and \$5 for non-members. Please contact the Friendship Centre for more info.

Fine Dining Solé Restaurant and Wine Bar

**M: \$27
NM: \$31**

Join us in trying Solé Restaurant and Wine Bar in Waterloo. We will depart at 3:45pm and return at 8:15 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only.

Thursday, August 10. Bus departs at 3:45 pm.

Registration required.

On the Road GT's on the Beach Port Stanley

**M: \$27
NM: \$31**

Join us on the Mobility Bus for a patio lunch at GT's on the Beach in Port Stanley, followed by ice cream at Broderick's. The bus will depart at 11:30 am and return at 4:30 pm. Price is for transportation only, your meal is an additional cost.

Tuesday, August 22. Bus departs at 11:30 am.

Registration required.

Travel Club

Start spreading the news! Our travel club is back. We are taking suggestions as we look ahead to planning for 2024. Trip possibilities include a casino trip, Ripley's Aquarium, a mystery tour, and a christmas trip. See Tom to get your name on an interest list.

Our Charter Bus Trips will return this fall.

Registration required.

Success Stories



On May 31 the Friendship Centre hosted a Senior's Month Kickoff Event. The event included 150 people who came to watch the Friendship Centre's Choir perform followed by a delicious meal. Special thanks to our Choir members and volunteers who made this event a huge success!



The Community Allotment Garden has returned for a third year under the support of the Friendship Centre. When we took over this program in 2020 it had 20 plots. It has more than doubled in size to 45 plots since, and it is sold out for the year once again. Thank you to our happy gardeners for keeping the garden plots a welcoming community program!



Welcome Baby Cruickshank!

Join us as we welcome Hartlee to the Friendship Centre! Come congratulate Hillary and enjoy a sweet treat!
Monday, July 24. 1:30pm - 3:30pm. FC Main Hall
Please RSVP to the Front Desk by July 17!

Save the Date!

**Scrapbooking Garage Sale is
Saturday, September 16**

Registration is now open for vendors!

**Scrapathon Fundraiser, is Saturday,
September 30**

Registration is now open to participants!



Events

TUESDAY NIGHT CAMPFIRE

Join us monthly for a social campfire! This is an excellent opportunity to enjoy beautiful summer nights with friends. Classic campfire snacks are provided. Please bring your own lawn chair if possible.

Location: Leisure Park, beside splash pad
Members: \$5, Non-Members: \$7
(Fee includes refreshments)



July 11
August 15
6:00pm to 7:30pm

Call the Friendship Centre to register at 519-284-3272





Friendship Centre Program Calendar

July 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3	4	5	6	7	8
	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm NEW session Chair Yoga	9 am L4 Vigorous Fitness 9:30 Blood Pressure @ Thames Valley 9:30 am Shuffleboard at the LIND 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	Blood Pressure Clinic @ the FC 9 am Pickleball 10 am L1 @ Jones St Apt 10 am L2 @ Rotary Apt 10am L1 Seated Men's Strength 10:30 am ROMEO 10:30am "On the Road" to Green Frog Tea room & Heeman's 11 am L1 Kingsway 11 am L1 Light Gentle Fitness 1:30 pm Knit & Chat	9 am L4 Vigorous Fitness 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	
9	10	11	12	13	14	15
	9 am L4 Vigorous Fitness 10 am L2 Fitness @ Stoneridge 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 10:15 am Education on Lifeline Medical Alert Service 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6pm Campfire	9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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 4:30 pm Dine Out at Home Supper	9 am Pickleball 10 am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10:30 am ROMEO 11 am L1 Kingsway 11 am L1 Light GentleFitness 12:30 pm Pepperama 1:30 pm Knit & Chat	9 am L4 Vigorous Fitness 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	
15	17	18	19	20	21	22
	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	Blood Pressure Clinic @ the FC 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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	9 am Pickleball 10 am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10:30 am ROMEO 11 am L1 Kingsway 11 am L1 Light Gentle Fitness 1:30 pm Knit & Chat 3:45 pm Fine Dining to Aberfoyle Mill	9 am L4 Vigorous Fitness 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	
23	24	25	26	27	28	29
	Blood Donor Clinic 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley Pickleball Cancelled 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA 1:30 pm Hillary's Baby Meet & Greet	9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 5pm Dine in with Friends	9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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 4:30 pm Dine Out at Home Supper	9 am Pickleball 10 am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10:30 am ROMEO 11 am L1 Kingsway 11 am L1 Light Gentle Fitness 1:30 pm Knit & Chat	9 am L4 Vigorous Fitness 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	
30	31					
	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA					

Legend

LIND Sportsplex- We play Shuffleboard at the LIND Sportsplex every Wednesday from 9:30am-11:30am. It is located at 425 Water St. S, St. Marys.


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.
 Jones St. Apartments- 329 Jones St. W, St. Marys



Friendship Centre Program Calendar

August 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	2 9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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	3 Blood Pressure Clinic @ the FC 9 am Pickleball 10 am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10:30 am ROMEO 11 am L1 Light Gentle Fitness 11 am L1 Kingsway 1:30 pm Knit & Chat	4 9 am L4 Vigorous Fitness 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Euchre	5
6	7 The Friendship Centre is closed. Programs are cancelled and Home Support Service will continue as usual. 	8 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	9 9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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 4:30 pm Dine out at Home	10 9 am Pickleball 10 am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10:30 am ROMEO 11 am L1 Light Gentle Fitness 11 am L1 Kingsway 12:30 pm Pepperama 1:30 pm Knit & Chat 3:45 pm Fine Dining to Solé Restaurant & Wine Bar	11 9 am L4 Vigorous Fitness 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Euchre	12
13	14 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	15 Blood Pressure Clinic @ the FC 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6 pm Campfire	16 9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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	17 9 am Pickleball 10 am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10:30 am ROMEO 11 am L1 Light Gentle Fitness 11 am L1 Kingsway 12:30 pm Pepperama 1:30 pm Knit & Chat	18 9 am L4 Vigorous Fitness 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Euchre	19
20	21 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	22 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 11:30 am "On the Road" to Port Stanley 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	23 9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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 4:30 pm Dine out at Home	24 9 am Pickleball 10 am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10:30 am ROMEO 11 am L1 Light Gentle Fitness 11 am L1 Kingsway 1:30 pm Knit & Chat	25 9 am L4 Vigorous Fitness 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Euchre	26
27	28 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	29 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Last Day Chair Yoga 5 pm Dine in with Friends	30 9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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	31 9 am Pickleball 10 am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 10:30 am ROMEO 11 am L1 Light Gentle Fitness 11 am L1 Kingsway 1:30 pm Knit & Chat		

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