

Friendship Centre

PRIMETIME

May & June 2022



COMING SOON

For more dates, see our enclosed full calendar of events.

**New Session:
Line Dancing**

May 18

**New Session:
Zumba**

May 31 & June 2

**New Session:
Ballroom Dancing**

June 14

**Senior's Month
BBQ Fundraiser**

June 22

**Canada Day
Fun Bingo**

June 30

Senior Services Department
317 James Street S., St. Marys
friends@town.stmarys.on.ca
townofstmarys.com/seniorservices
facebook.com/StMarysFriendshipCentre

PYRAMID
RECREATION CENTRE
Where the community comes together

ONTARIO CANADA
ST. MARYS

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 \$45 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".



Activenet Information



Get moving with Activenet!

The Friendship Centre welcomes you to Activenet, our new online registration system that has replaced Max Galaxy. We have recently moved to this new system to make signing up for programs easier and to keep you better informed about Friendship Centre program details, events and services.

Using Activenet, you can register for the date and time of your choosing and, if required, pay your fee in the same visit by simply adding items to a cart.

Signing up is easy! For step-by-step instructions visit, www.townofstmarys.com/register.

Once you've created your account, be sure to "opt-in" to receive our emails for updates.

You can find Friendship Centre programs listed under:

- Adult 18+ programs
- Adult 50+ programs
- Falls Prevention Classes
- Friendship Centre Dining
- Live Stream Classes
- Recreational Pickleball

If you experience problems, or would like help getting started, feel free to call 519-284-3272.



IMPORTANT

Proof of vaccination and photo ID is mandatory to enter the Pyramid Recreation Centre, Aquatics Centre and Friendship Centre for programs and recreational services.

For details and exemptions visit townofstmarys.com/covid19

Obtain proof of vaccination at covid19.ontariohealth.ca.





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

Monday, May 23rd & Friday, July 1st

Hot Meals on Wheels will be delivered as usual.

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 May 5 (afternoon appointments)
- Tuesday May 17 (morning appointments)
- Thursday June 2 (afternoon appointments)
- Tuesday June 21 (morning appointments)
- Wednesday May 18 & June 22 at Rotary Apt

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

Community Wellness - COVID-19 Support

The Community Wellness Program is continuing for the foreseeable future for all residents of St. Marys and area. It offers resources and services to help people cope with the challenges of living through the COVID-19 (coronavirus) pandemic. Please reach out to friends@town.stmarys.on.ca or call 519-284-3272 so we can help you!

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, May 4 - Supper from Joe's Diner

Menu: Hamburger & Garden Salad

Cost: \$10

Register and pay by: April 29th

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

Wednesday, June 1 - Supper from Cheese Shoppe

Menu: Salad plate (macaroni, potato, garden)

Cost: \$10

Register and pay by: May 27th

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

Wednesday, May 18 - Supper from Sunset Diner

Menu: Liver & Onions

Cost: \$10

Register and pay by: May 13th

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

Wednesday, June 15 - Supper from Four Happy

Menu: Chinese Platter

Cost: \$10

Register and pay by: June 10th

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! All COVID-19 protocols for restaurants will be followed. Please register and pay with the Friendship Centre.

Here are the breakfast dates and times with the registration deadlines:

- Monday, May 9th at 8:00 am (Register by May 5)
- Monday, June 6th at 8:00 am (Register by June 2)



Coffee is Back!

Coffee is available for purchase in our main hall. Please remember to sanitize and wipe your table and chair when you are done.

Members: \$1

Non-members: \$1.50



Wellness Programs

Falls Prevention Fitness Classes

We also offer classes at Kingsway Lodge Fairhill Residence.
For details call 519-284-3272 or visit townofstmarys.com/fallsprevention.

Schedule - Effective Jan 3, 2022*

Unless otherwise noted All these classes are FREE

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. Lvl 4 - Vigorous Fit Friendship Centre & online 		9:00 a.m. Lvl 4 - Vigorous Fit Friendship Centre & online 		9:00 a.m. Lvl 4 - Vigorous Fit Friendship Centre & online
10:00 a.m. Lvl 4 - Men's Strength Friendship Centre 	10:00 a.m. Lvl 3 - Moderate Fitness Rotary Apartments 	10:00 a.m. Lvl 4 - Men's Strength Friendship Centre 	10:00 a.m. Lvl 3 - Moderate Fitness Rotary Apartments 	10:00 a.m. Lvl 4 - Men's Strength Friendship Centre
11:15 a.m. Lvl 3 - Moderate Fitness Friendship Centre 	11:00 a.m. Lvl 1 - Light Gentle Friendship Centre 	11:15 a.m. Lvl 3 - Moderate Fitness Friendship Centre 		11:15 a.m. Lvl 3 - Moderate Fitness Friendship Centre
10:00 a.m. Lvl 3 - Moderate Fitness Kirkton Community Hall 		10:00 a.m. Lvl 3 - Moderate Fitness Kirkton Community Hall 		
1:30 p.m. Lvl 2 - Light Fitness St. Marys YMCA 		1:30 p.m. Lvl 2 - Light Fitness St. Marys YMCA 	1:00 p.m. Lvl 1 - Home Support Exercise Program (HSEP) Friendship Centre 	
2:00 p.m. Lvl 1 - Fit at Home On the phone 		11:00 a.m. Lvl 1 - Fit at Home On the phone 		

Wellness Programs



Level 1 - Fit at Home (30 min)

Free

Our gentlest class is offered over the phone. Our instructors will help you improve your functional mobility with a series of seated exercises. Call Zoom number 1-800-703-8985 meeting ID 5192843272, 5 minutes before the start of class.

Mondays at 2:00 p.m. and Wednesdays at 11:00 a.m.

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.

Registration 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 and Wednesdays at 1:30 p.m.

Registration 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. Co-ed.

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

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

Rotary Apartments: Tues & Thurs at 10:00 a.m.

Registration 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.

Registration 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: Mondays, Wednesdays, Fridays at 9 a.m. in person and on Zoom.

Registration required.





Wellness Programs

Physical Activity for Older Adults

Is it safe for me to be physically active?

Yes, at any age and ability. Customize your plan for your specific health status and abilities.

Get professional advice if you need it.

If you're generally healthy, you can do light to moderate activities on your own.

If any of the following apply, talk to your doctor or health care provider:

- You have not exercised in a long time and plan to start doing strenuous physical activities.
- You are on medications or have any significant health concerns.
- You are still recovering from a recent surgery.
- You have a history of falls or lose your balance easily.
- Have more questions, see your doctor or complete:
<https://store.csep.ca/pages/getactivequestionnaire>

Plan for success

- Get motivated.
- Choose what works for you.
- Set achievable goals.
- Pace yourself.
- Already active? Keep it up!

Start today!

**Staying active is the best medicine
for aging well.**

Information sourced from Canadian Society of
Exercise and Physiology (www.csep.ca)



Wellness Programs



Fitness class videos are still available on PRC Facebook!

Head to Pyramid Recreation Centre Facebook page
Select videos, select see all
Look under "gentle and group fitness" video
select see all

Zumba

M: \$80, NM: \$100

Come and dance, dance, dance! Join Tish and the group to move more and smile often in this dance party. These classes are 60 minutes of music, movement and laughs.

Tuesdays at 6:45 pm

May 31 to July 19, 2022

(8 weeks)

Thursdays at 10 am

June 2 to July 21, 2022

(8 weeks)

Registration required.

Chair Yoga

\$64

Yoga movements adapted for the chair. This class will lead you through a flow of yoga poses that will strengthen body, mind and soul. Offered in person and live stream on Zoom.

Tuesdays at 1:30 pm

April 12 to May 31

(8 weeks)

Registration required.



Ellen was a great help during the pandemic! Now that proof of vaccination is no longer required, she's returned to the set of her show. 😊





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 class and falls prevention, a Huron Perth Community Intake Coordinator will phone you to complete the process. 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.

Falls account for 85% of senior's injury-related hospitalizations.

Reduce your risk: be physically active; check your hearing, vision and medications; and eat a healthy diet.

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 prepare

- ✓ Ask your doctor about the risks
- ✓ Bring a filled water bottle
- ✓ Wear supportive running shoes
- ✓ Follow COVID-19 protocols
(See registration link below for details)

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

- 1) Open account on Activenet
- 2) Add the Falls Prevention Membership to your cart and check out.
- 3) Select the class you wish to attend, add to cart and finish.
- 4) Speak with Huron Perth Community Support Services Intake Coordinator. You can either call them or wait until they contact you:
1-844-482-7800

**Do you attend in person programs at the Friendship Centre?
Please wear indoor shoes!**

Social and Leisure Programs



Shuffleboard M: \$1, 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: \$1, NM: \$2

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

Fridays at 1 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

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

Line Dancing M: \$60, NM: \$75

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. Limited spots available.

May 18-June 22 (6 weeks)

Absolute Beginner Class

Wednesdays, 10:15 - 11:15 am

Beginner Plus Class

Wednesdays, 11:30 am - 12:30 pm

Registration required.

Ballroom Dancing M: \$40, NM: \$50

With years of ballroom dancing experience, Stephen and Leonor are bringing their expertise to the Friendship Centre. Grab your partner and sign up for the skill level that suits you!

June 14-August 16 (10 weeks)

Beginner Class

Tuesdays, 6:30-7:30 pm

Intermediate Class

Tuesdays, 7:30-8:30 pm

Registration required.

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 1:30 pm

Drop in



Social and Leisure Programs

Quilting Free for members

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

Mondays at 1 pm & Tuesdays at 9 am

Drop in

Creative Minds Free for members

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 Free for members

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

Thursdays at 10 am

Drop in

Knit & Chat Free for members

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

Grocery Tape Reminder

We accept grocery tapes from the St. Marys Independent Grocer as a fundraiser. Thanks for your support!



Scrapbooking Open Crop M: \$5, NM: \$7

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

Friday, May 13th	5-10 pm
Friday, June 10th	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, May 6th & June 3rd at 1:30 pm

- Two page layout and two cards with Dorothy

Friday, May 27th & June 24th 1:30 pm

- Two page layout and two cards with Lise

Registration required.

Social and Leisure Programs



Jamboree

The Jamboree is finally set to return to the Friendship Centre soon! In this program you can't help but dance to the old time jamboree music. Musicians and vocalists welcome.

Details TBA

Registration required.

Pickleball

M: \$ 1.50, NM: \$3

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 and the DCVI large gym. Our program is ideal for people who are looking to get exercise and be social. Pay per play. Register online, over the phone or in person.

Mondays: 10:45 a.m. - 12:45 p.m.

Tuesdays: 6:30 - 8:30 p.m. at DCVI (large gym)

Wednesdays: 10:45 a.m. - 12:45 p.m.

Thursdays: 9:15-11:15 a.m.

Play times are subject to change. The most up to date playtimes can be found on Activenet.

Registration required.

Puzzle & Book Exchange

Need a puzzle or book? Want to donate a puzzle or book? Check out our puzzle & book shelf in our welcome desk area.

Fine Dining

Join us in trying Michael on the Thames and the Cambridge Mill. The company and food will not disappoint! Meal not included in price, price is for transportation only. You will be required to self screen before departure and wear a mask on the bus.

May 17th Michael on the Thames. Depart @ 4:30 pm

Transportation cost M\$ 22 or NM \$27

June 21st Cambridge Mill. Depart @ 4:15 pm

Transportation cost M\$24 or NM \$30

Registration required.

Choir

TBA

Would you be interested in joining a senior's choir? Please email friends@town.stmarys.on.ca or call 519-284-3272 for more details.

Set to return September 2022

Registration required.

Genealogy

M FREE NM \$2

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

Tuesday, May 31st & June 28th at 6:30pm

Registration required.





Fun in Pictures



Scrapbooking Garage Sale Success!

On Saturday, March 26th the Friendship Centre had our first in person fundraiser! Thank you to our volunteers, participants and patrons who made this event a huge success.



Wellness Volunteers

In April our Wellness Volunteer team gathered for team building and training. We appreciate everything our Wellness Volunteers do for the Friendship & Home Support Services.

Volunteering



Volunteer for us!

We're committed to fostering a positive, equal opportunity environment for volunteers. Our core values include optimism, accountability, integrity, respect and collaboration. The Friendship Centre and Home Support Services are grateful for our team of volunteers. What truly makes St. Marys so special are the people that give back, every single day. For more information about volunteer opportunities call 519-284-3272 or email friends@town.stmarys.on.ca to get started.

NATIONAL VOLUNTEER WEEK APRIL 24-30

**We may not have told you lately,
But hope you know it's true,
That every day we're grateful for
A volunteer like you!**

**Your caring words,
Your caring deeds,
They mean so very much,
For all you give to others
We can never say "Thank-You"
enough!**



Stephen and Leonor are Ballroom Dancing instructors for the Friendship Centre. Check out beginner or intermediate classes offered on Tuesday evenings.

Joe is new to our Wellness Volunteer team. He also delivers frozen meals for Home Support Services.



Nelda has been a Wellness Volunteer for eight years. She teaches gentle fitness in person and over the phone.



Events

Senior's Month BBQ Lunch Fundraiser

Wednesday, June 22nd at Noon

Drive-Thru/ Delivered/

Gifted a meal

**BBQ Chicken, potato salad,
coleslaw & dessert**

\$17



Home Support Services is celebrating Senior's Month with a BBQ chicken lunch Fundraiser on June 8th. Drive-thru people will be contacted with their drive-thru time by June 6th . If you sign up for a delivered meal, please make sure your address is up to date. Register online, call 519-284-3272 or email friends@town.stmarys.on.ca before May 30th.

Canada Day Fun Bingo



Thursday, June 30th at 2pm

Members \$5

Non-Members \$7

Win gift cards to local businesses!


Celebrate Canada Day early by joining us for a "just for fun" Bingo on June 30th. Dress up in red and white. Bingo prizes will be gift cards to local businesses.

Register online, call 519-284-3272 or email friends@town.stmarys.on.ca by June 24th.



Friendship Centre Program Calendar

May 2022

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA 2 pm L1 Fit at Home (T)	3 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness @ Rotary Apts 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	4 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Line Dancing for Absolute Beginners 10:45 am Pickleball 11 am L1 Fit at Home (T) 11:15 am L3 Moderate Fitness 11:30 am Line Dancing for Beginner Plus 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Supper	5 Blood Pressure Clinic by Appt. 9:15 am Pickleball 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm L1 HSEP fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge Deadline to register for Breakfast	6 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1:30 pm Scrapbooking Class (Z)	7
8	9 8 am Breakfast at Joe's 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA 2 pm L1 Fit at Home (T)	10 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness @ Rotary Apts 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	11 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:45 am Pickleball 11 am L1 Fit at Home (T) 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	12 9:15 am Pickleball 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm L1 HSEP fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	13 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 5pm Scrapbooking Open Crop Deadline to register for Supper on May 18	14
15	16 Blood Donor 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA 2 pm L1 Fit at Home (T)	17 Blood Pressure Clinic by Appt. 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness @ Rotary Apts 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 4:30 pm Fine Dining 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	18 Blood Pressure @ Rotary 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Line Dancing for Absolute Beginners 10:45 am Pickleball 11 am L1 Fit at Home (T) 11:15 am L3 Moderate Fitness 11:30 am Line Dancing for Beginner Plus 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30pm Supper	19 9:15 am Pickleball 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm L1 HSEP fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	20 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	21
22	23 Office Closed 	24 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness @ Rotary Apts 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	25 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Line Dancing for Absolute Beginners 10:45 am Pickleball 11 am L1 Fit at Home (T) 11:15 am L3 Moderate Fitness 11:30 am Line Dancing for Beginner Plus 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	26 9:15 am Pickleball 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm L1 HSEP fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	27 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1:30pm Scrapbooking Class (Z) Deadline to register for Supper on June 1 Deadline to register for Senior Services BBQ Fundraiser June 8	28
29	30 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA 2 pm L1 Fit at Home (T)	31 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness @ Rotary Apts 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom				

Legend

Zoom programs require registration in order for participants to receive the correct Zoom link. L4 Vigorous Fitness on M/W/F and Chair Yoga are offered in person and Zoom. To register please call the Friendship Centre at 519-284-3272, email friends@town.stmarys.on.ca, or use ActiveNet.

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

(T)- Telephone programs are a great way for people to participate in chair exercises from the comfort of their home. Call Zoom -1855-703-8985 meeting ID 5192843272.

Off-site Fitness Classes

The YMCA is located at 268 Maiden Lane (at rear of the hospital).

Kirkton Community Centre is located at 70497 Road 164, Kirkton.



Friendship Centre Program Calendar

June 2022

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Line Dancing for Absolute Beginners 10:45 am Pickleball 11 am L1 Fit at Home (T) 11:15 am L3 Moderate Fitness 11:30 am Line Dancing for Beginner Plus 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Supper	2 Blood Pressure Clinic by Appt. 9:15 am Pickleball 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm L1 HSEP fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge Deadline to register for Breakfast	3 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1:30pm Scrapbooking Class (Z)	4
5	6 8 am Breakfast at Joe's 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA 2 pm L1 Fit at Home (T)	7 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness @ Rotary Apts 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	8 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Line Dancing for Absolute Beginners 10:45 am Pickleball 11 am L1 Fit at Home (T) 11:15 am L3 Moderate Fitness 11:30 am Line Dancing for Beginner Plus 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	9 9:15 am Pickleball 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm L1 HSEP fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	10 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 5 pm Scrapbooking Open Crop Deadline to register for Supper on June 15	11
12	13 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA 2 pm L1 Fit at Home (T)	14 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness @ Rotary Apts 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	15 Blood Pressure @ Rotary 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Line Dancing for Absolute Beginners 10:45 am Pickleball 11 am L1 Fit at Home (T) 11:15 am L3 Moderate Fitness 11:30 am Line Dancing for Beginner Plus 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Supper	16 9:15 am Pickleball 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm L1 HSEP fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	17 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	18
19	20 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA 2 pm L1 Fit at Home (T)	21 Blood Pressure Clinic by Appt. 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness @ Rotary Apts 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 4:15 pm Fine Dining 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	22 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Line Dancing for Absolute Beginners 10:45 am Pickleball 11 am L1 Fit at Home (T) 11:15 am L3 Moderate Fitness 11:30 am Line Dancing for Beginner Plus Senior Services BBQ Lunch Fundraiser 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	23 9:15 am Pickleball 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm L1 HSEP fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	24 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1:30 pm Scrapbooking Class (Z) Deadline to register for Canada Day Fun Bingo	25
26	27 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA 2 pm L1 Fit at Home (T)	28 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness @ Rotary Apts 11 am L1 Light Gentle Fitness 1pm Pepper/ Bid Euchre 6:30 pm Campfire 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	29 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Line Dancing for Absolute Beginners 10:45 am Pickleball 11 am L1 Fit at Home (T) 11:15 am L3 Moderate Fitness 11:30 am Line Dancing for Beginner Plus 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	30 9:15 am Pickleball 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm L1 HSEP fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge 2 pm Canada Day Fun Bingo	July 1 Office Closed Happy Canada Day	July 2

Legend

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