

Friendship Centre

PRIMETIME

January & February 2023



Stay active & involved with the Friendship Centre this winter!



New Zumba Session

Jan 10

Winter Blues Party

Jan 18

New Line Dancing Session

Jan 20

New Choir Session

Feb 1

New Ballroom Dancing Session

Feb 7

Valentine's Day Jamboree

Feb 14

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. Starting March 1st, 2023 the Friendship Centre membership cost will be \$45 plus tax.



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/grants or ask us for more information.

Volunteer Information



Volunteer Impact - it makes the community a better place!

Volunteering has endless positive impacts. It can affect an individual and their quality of life, but also positively impact the organization they volunteer for. The Friendship Centre has over 125 volunteers who donate their time to the betterment of the St. Marys community. In 2022 alone, our volunteers helped to raise \$18,000 which went towards helping keep program and membership fees low for all. Last year, volunteers gave 8000 hours of their time to provide programs and services at the Friendship Centre that directly contributed to community wellness and the quality of life of the St. Marys citizens. Volunteers are the key to our success. Your contributions of skill, talent, and time are what make the Friendship Centre great! If you are interested in volunteer opportunities in 2023, please reach out to Friendship Centre staff.

Thank you to our vendors, volunteers and patrons who helped make the 2022 Craft Show a huge success!

**Our Knitting Table raised over \$1000 for Friendship Centre programs and services.
See some of our knitting volunteers pictured below.**





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 24 - January 2, and February 20 for Family Day.

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, Jan 5 (afternoon appointments)
- Tuesday, Jan 17 (morning appointments)
- Thursday, Feb 2 (afternoon appointments)
- Tuesday, Feb 21 (morning appointments)
- Wednesday Jan 18 and Feb 15 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, Jan 11 - Supper from the Cheese Shop

Menu: Chicken Parmesan

Cost: \$10

Register and pay by: Jan 6

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

Wednesday, Feb 8 - Supper from Sunset Diner

Menu: Burger & Fries

Cost: \$10

Register and pay by: Feb 3

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

Wednesday, Jan 25 - Supper from Joe's Diner

Menu: Ham and Scalloped Potatoes

Cost: \$10

Register and pay by: Jan 20

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

Wednesday, Feb 22 - Supper from 4 Happy

Menu: Chinese Platter

Cost: \$10

Register and pay by: Feb 17

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

In person Breakfast

We are 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 at the Friendship Centre. Here are the breakfast dates and times with the registration deadlines:

- Monday, January 9 at 8:00 am (register by Jan 5)
- Monday, February 6 at 8:00 am (register by Feb 2)

Meal prices will be increasing slightly to \$12 starting March 1. If this is a barrier for you, please see the Friendship Centre about financial subsidy

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 Programs of Perth are 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.

Dates are to be determined. Please sign your name to the interest list at our front desk.



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 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre		9:00 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre	9:00 a.m. 60 min Lvl 4 - Cardio CORE Friendship Centre M/P room	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 - Moderate Fitness Rotary Apartments	10:00 a.m. 60 mins Lvl 4 - Men's Strength Friendship Centre
10:00 a.m. 45 mins Lvl 3 - Moderate Fitness Thames Valley			10:00 a.m. 30 mins Lvl 1 - HSEP Jones St. Apt	
10:00 a.m. 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall		10:00 a.m. 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall	10:00 a.m. 30 mins Lvl 1 - HSEP Mens Seated Strength Friendship Centre	
11:15 a.m. 60 mins Lvl 3 - Moderate Fitness Friendship Centre	11:00 a.m. 30 mins Lvl 1 - Light Gentle Friendship Centre	11:15 a.m. 60 mins Lvl 3 - Moderate Fitness Friendship Centre	11:00 a.m. 30 mins Lvl 2 - Light Gentle Friendship Centre	11:15 a.m. 60 mins Lvl 3 - Moderate 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	11:00 a.m. 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. Mary
- YMCA- 269 Maiden Lane, St. Marys

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 10 am

Jones St. Apartments: HSEP Thursdays at 10 am

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 am

Kingsway Lodge Thursdays at 11 am

FREE Falls Prevention Membership required

Level 2 – Light Fitness 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 pm

Stone Ridge Apt: Tuesdays at 10 am

Friendship Centre: Thursday at 11 am (30 mins)

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 am

Friendship Centre: Mondays, Wednesdays and Fridays at 11:15 am

Rotary Apartments: Thursdays at 10 am (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 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

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

FREE Falls Prevention Membership required



Wellness Program Information

Free Fitness and Falls Prevention Classes Please register

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



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 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 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.
- 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



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 to between Monday to Thursday evenings.

Mon-Thurs Nov to Apr 2023 5 - 8 pm

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

Education- Healthy Brain

FREE

Optimizing our Brain Health. There are things we do for our physical and heart health. But what can we do to support our brain health? Join Christy, one of two Public Education Coordinators from the Alzheimer Society Huron Perth to learn more about how to boost your brain function!

Monday, Jan 16 10:15 am

Registration required

Chair Yoga

\$64

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 keep you safe. Drop in option also available for \$10 per class

Tuesday, Jan 10 -Feb 28 1:30 pm
(8 weeks)

Registration required

Education

FREE

Dr Kate Walker teaches us how to improve health and wellness.

Monday, Jan 30 10:15 am

Registration required

Meditation

\$20

Let's meditate, together. Join Denise with this mindful practice to help with resting the mind, 30 mins of growth in a comfortable setting.

Monday, Feb 6 - Mar 6 10:30 am
Excluding Feb 20 (4 weeks)

Registration required

Education - Scams

FREE

Join Cst Darren Fischer Community Resource Officer of the Stratford Police Service. This educational workshop is an information discussion regarding the most common scams, what to look out for and how we can help one another.

February 3 at 10:15 am, OR February 28 at 1pm

Registration required



Wellness Information

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. We hope everyone feels at home in our space. Please help us do that by not wearing perfumes/cologne.

International Women's Day

It's what we believe in unconditionally.
Equity means creating a fair and equal world.
We can all truly embrace equity.

It's not just something we say.
It's not just something we write about.

It's something we need to think about, know
about, and embrace.

Save the date

Wednesday, March 8 at 1pm
Please register online or call us.



New year, new you?

Is this the year you put yourself first to do all the self care tasks? Do you want to be involved in activities you enjoy?

Research, doctors, dietitians, government organizations send the same message generally. Physical health, mental health and lifestyle affect your quality of life. Choices you make for yourself have outcomes. What outcome do you want?

Physical Health

- Feel stronger and more energetic
- Prevent and manage many health problems that may come with age
- Maintain and improve health and healthy weight
- Attend FREE fitness and falls prevention classes

Mental Health

- Improve the amount and quality of your sleep
- Manage stress
- Improve feeling of wellbeing
- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html#a3>

Lifestyle

- Maintain your mobility and independence
- Reduce your risk of falling by improving balance
- Enjoy your leisure activities
- <https://www.fallsloop.com/>

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

Fridays: 1-3 pm (January 6 - March 10)

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 6:30 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, 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, January 12 at 12:30pm

Thursday, February 9 at 12:30pm

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

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.

Fridays at 1:30 pm

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

ROMEIO 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

Genealogy M: Free, NM: \$2

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

Tuesday, Jan 31 & Feb 28 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! We meet in the Friendship Centre Main Hall.

Friday, Jan 20 & Friday, Feb 17 at 9am

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, Jan 12

5-9 pm

Thursday, Feb 9

5-9 pm

Register in advance. Registration opens Dec 19

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.

Dates & Times in the Jan & Feb TBD

Registration required.

Picture Preserving M: \$20, NM: \$26

Do you have photos trapped in your phone, computer or boxes in a closet? Are you wondering how you’ll ever organize that stack of “stuff” for the future? What about all the family stories you remember and would like to share with your future family? Join us for this 4 week course learn how to organize and share your photos and family stories in meaningful ways using archival safe methods.

Monday, Jan 30- Feb 27

1- 2:30 pm

excluding Feb 20 (4 weeks)

Register required. Registration opens Dec 19

Social & Leisure



Zumba M:\$ 110, NM: \$137.5

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

Two times available:
Tuesdays at 10 am & 6:45 pm
Jan 10-Mar 21, No class Feb 7 (11 Weeks)

Registration required.

Choir Fee TBD

The Friendship Centre Choir program will be conducted by Lanny Hoare and has an end goal of hosting a spring concert to Celebrate Seniors Month . Please see Hillary to find out more details.

Wednesdays at 9:30am
February 1 - May 31 (18 weeks)

Registration required. Registration opens Jan 4

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.

Jan 20-Feb 24 (6 weeks)

Absolute Beginner Class: Fridays 10:15-11:15 am
Intermediate Class: Tuesdays 11:30 am-12:30 pm

Registration required. Registration opens Dec 19

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 1pm, Returns January 3.

Drop in

There will be a Special Jamboree to Celebrate Valentines Day on Tuesday, February 14. Punch and festive snacks included in the price of M:\$ 7, NM \$10. See more event details on Page 15.

Ballroom Dancing M: \$25, NM: \$32.50

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

Open Dance Nights: on January 10 and 17 our ballroom dancing instructors will host "Open Dance Nights" for anyone who has participated in Ballroom Dancing before. This is just for fun and FREE!

Free Open Dance Nights: January 10 & 17 at 6:30pm

Next session: February 7- March 7 (5 weeks)

Beginner Ballroom Dancing 6:30 pm
Intermediate Ballroom Dancing 7:30 pm

Registration required. Registration opens Dec 19

Throwback to Halloween Fun with Gabby & Erica!



Learn to Play Mahjong

Mahjong is a game of skill, strategy, and luck. Are you interested in knowing more? Please tell Hillary. Email hbennett@town.stmarys.on.ca.



Trips

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

Fine Dining to The Bruce

M: \$22
NM: \$25

Join us in trying The Restaurant at the Bruce Hotel. We will depart at 4:30 pm and return by 8 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Tuesday, January 24. Depart at 4:30pm.

Registration required. Registration opens Dec 19

On the Road Again to Gateway Casino London

M: \$33
NM: \$36

Join us on the Mobility Bus for a trip to Gateway Casinos in London, located at the Western Fair District. Bus departs at 9:30 am and returns to the Friendship Centre at 3pm. You will be at the casino from 10:15am-2:15 pm, during which time you can have lunch at your leisure.

Friday, February 3. Depart at 9:30 am.

Registration required. Registration opens Dec 19

Fine Dining to Eddingtons

M: \$25
NM: \$28

Join us in trying Eddintons in Exeter. We will depart at 4:15pm and return at 8:30 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Wednesday, Febraury 15. Depart at 4:15pm.

Registration required. Registration opens Dec 19

Volunteer Trip Host

We are looking for upbeat, responsible individuals who are able to host coach bus trips for the Friendship Centre for 2023.

The Trip Hosts will:

- Welcome all travelers at the beginning of the trips and thank them for coming
- Take passenger attendance before the bus departs and at any location throughout the trip
- Explain the day's events to the participants
- Communicate with the bus driver as needed throughtout the day
- Advertise to travelers any upcoming trips with the Friendship Centre
- Consider passenger safety at all times.
- Seek appropriate professional medical assistance in the event of accident, illness, or injury



Success Stories



Thank you Volunteer Bakers

Our Craft Show Bake Table was a HUGE success! All items were sold out. Thank you to our volunteer bakers who donated their treats and raised money for St. Marys Senior Services.

2022 Craft Show a huge success! Over \$3500 raised for Friendship Centre programs & services.

Choir Returns

In the fall of 2022, the Friendship Centre started a free Introduction to Choir program. Participants shared their love for music and singing for 10 weeks. We look forward to starting the Friendship Centre Choir program as of February 1, 2023. If you are interested in registering for this program, please register on ActiveNet or call us.





Events

WINTER BLUES PARTY

WEDNESDAY, JANUARY 18TH

MEMBERS: \$13, NON-MEMBERS: \$17

LUNCH AT NOON FOLLOWED

BY ENTERTAINMENT

Let's beat the Winter Blues together! Join us for lunch followed by entertainment from Randy Satchell. Our menu includes a homemade soup, sandwich and a delicious dessert. Wear blue and join the fun theme of the day. Register on Active Net, by calling 519-284-3272, or email friends@town.stmarys.on.ca before Wednesday, January 11.

VALENTINES DAY JAMBOREE

TUESDAY, FEBRUARY 14TH

MEMBERS: \$7, NON-MEMBERS: \$10

1 PM START

SNACKS AT INTERMISSION

Enjoy the Friendship Centre's Jamboree Program with a Valentine's Day twist! Music you can joyfully listen to, or perhaps you will even get up and have a dance. Valentine's Day treats will be served at intermission. Register on Active Net, by calling 519-284-3272, or email friends@town.stmarys.on.ca by Tuesday, February 7.



Friendship Centre Program Calendar

January 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	2 No in person programs Home Support Services will continue as usual. We look forward to seeing you soon! Walking at DCVI opens again on January 9. Register to walk Monday-Thursday 5-8pm.	3 9am Quilting 9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Jamboree No Evening Programs	4 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	5 Blood Pressure Clinic by Appt 9 am Pickleball 9 am L4 Cardio & Core 10 am L1 @ Jones St Apt 10 am L2 @ Rotary Apt 10am L1 Seated Men's Strength 10:30 am ROMEO 11 am L1 Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	6 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Pickleball 1:30 pm Duplicate Bridge	7
8	9 Blood Donor Clinic 8 am Breakfast at Joe's Diner 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton Pickleball Cancelled 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	10 9am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga First Day 6:30pm DCVI Pickleball 6:30 pm Open Dance 6:45 pm Zumba	11 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 4:30 pm Supper	12 9 am Pickleball 9 am L4 Cardio & Core 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 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	13 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Pickleball 1:30 pm Duplicate Bridge	14
15	16 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:15 am Education- Healthy Brain 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA	17 Blood Pressure Clinic by Appt 9am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm DCVI Pickleball 6:30 pm Open Dance 6:45 pm Zumba	18 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 12 pm Winter Blues Party 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	19 9 am Pickleball 9 am L4 Cardio & Core 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 1 pm Shuffleboard 1:30 pm Knit & Chat	20 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Beginner Line Dancing 11:15 am L3 Moderate Fitness 11:30 am Intermediate Line Dancing 1 pm Carpet Bowling 1 pm Pickleball 1:30 pm Duplicate Bridge	21
22	23 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	24 9 am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Jamboree 1:30 pm Chair Yoga 4:30pm Fine Dining to The Bruce 6:30pm DCVI Pickleball 6:45 pm Zumba	25 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 4:30 pm Supper	26 9 am Pickleball 9 am L4 Cardio & Core 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 1 pm Shuffleboard 1:30 pm Knit & Chat	27 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Beginner Line Dancing 11:15 am L3 Moderate Fitness 11:30 am Intermediate Line Dancing 1 pm Carpet Bowling 1 pm Pickleball 1:30 pm Duplicate Bridge	28
29	30 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:15 am Education with Dr. Kate Walker 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1 pm Picture Preserving 1:30 pm L2 Light Fitness @ YMCA	31 9 am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Genealogy 6:30 pm DCVI Pickleball 6:45 pm Zumba				

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.



Friendship Centre Program Calendar

February 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>Have you registered to walk inside at DCVI yet? If not, call us or online,. Walking is open Monday-Thursday 5-8pm.</p>		<p>1</p> <p>9 am L4 Vigorous Fitness 9:30 am Choir Starts 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</p>	<p>2</p> <p>Blood Pressure Clinic @ FC appt. 9 am Pickleball 9 am L4 Cardio & Core 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 1 pm Shuffleboard 1:30 pm Knit & Chat</p>	<p>3</p> <p>9 am L4 Vigorous Fitness 9:30 am On the Road to Gateway Casino 10 am L4 Men's Strength 10:15 am Education- Startford Police 10:15am Beginner Line Dancing 11:15 am L3 Moderate Fitness 11:30 am Intermediate Line Dancing 1 pm Carpet Bowling 1 pm Pickleball 1:30 pm Duplicate Bridge</p>	<p>4</p>
5	<p>6</p> <p>Blood Donor Clinic 8 am 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 Pickleball Cancelled 10:30 am Meditation 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1pm Picture Preserving 1:30 pm L2 Light Fitness @ YMCA</p>	<p>7</p> <p>9 am Quilting 9:30 am Creative Minds No Zumba Today 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom</p>	<p>8</p> <p>9 am L4 Vigorous Fitness 9:30 am Choir 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 Supper</p>	<p>9</p> <p>9 am Pickleball 9 am L4 Cardio & Core 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 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop</p>	<p>10</p> <p>9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Beginner Line Dancing 11:15 am L3 Moderate Fitness 11:30 am Intermediate Line Dancing 1 pm Carpet Bowling 1 pm Pickleball 1:30 pm Duplicate Bridge</p>	<p>11</p>
12	<p>13</p> <p>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 10:30 am Meditation 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1 pm Picture Preserving 1:30 pm L2 Light Fitness @ YMCA</p>	<p>14</p> <p>9 am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Valentines Day Jamboree 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom</p>	<p>15</p> <p>Blood Pressure @ Rotary 9 am L4 Vigorous Fitness 9:30 am Choir 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 4:15 pm Fine Dining to Eddington's</p>	<p>16</p> <p>9 am Pickleball 9 am L4 Cardio & Core 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 1 pm Shuffleboard 1:30 pm Knit & Chat</p>	<p>17</p> <p>9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Beginner Line Dancing 11:15 am L3 Moderate Fitness 11:30 am Intermediate Line Dancing 1 pm Carpet Bowling 1 pm Pickleball 1:30 pm Duplicate Bridge</p>	<p>18</p>
19	<p>20</p> <p>Happy Family Day!</p> <p>No in person programs.</p> <p>Home Support Services will continue as usual.</p>	<p>21</p> <p>9 am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom</p>	<p>22</p> <p>9 am L4 Vigorous Fitness 9:30 am Choir 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 Supper</p>	<p>23</p> <p>9 am Pickleball 9 am L4 Cardio & Core 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 1 pm Shuffleboard 1:30 pm Knit & Chat</p>	<p>24</p> <p>9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15am Beginner Line Dancing 11:15 am L3 Moderate Fitness 11:30 am Intermediate Line Dancing 1 pm Carpet Bowling 1 pm Pickleball 1:30 pm Duplicate Bridge</p>	<p>25</p>
26	<p>27</p> <p>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 10:30 am Meditation 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1 pm Picture Preserving 1:30 pm L2 Light Fitness @ YMCA</p>	<p>28</p> <p>9 am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1pm Education- Startford Police 1:30 pm Chair Yoga Last Day 6:30 pm Genealogy 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom</p>	<p>Mar 1</p> <p>9 am L4 Vigorous Fitness 9:30 am Choir 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</p>	<p>2</p> <p>9 am Pickleball 9 am L4 Cardio & Core 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 1 pm Shuffleboard 1:30 pm Knit & Chat</p>	<p>3</p> <p>9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Pickleball 1:30 pm Duplicate Bridge</p>	<p>4</p>

Legend

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Off-site fitness and falls prevention classes

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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.