



Registering for ALL Wellness Home Support Services



For any Town of St. Marys Home Support Services programs you will need to register. For example Fitness and Falls prevention classes, educational workshops and health screening with Town of St. Mary Home Support Services. See more services on page 4.

How to register for Fitness and Falls Prevention Classes and other Home Support Services.

- 1) Call Friendship Centre 519-284-3272 or online on ActiveNet www.activecommunities.com/townofstmarys or Show up to the fitness and falls prevention site and complete paper work.
- 2) Register for Fitness and Falls Prevention Membership - FREE
- 3) Register for site and level you plan on attending
- 4) Then expect a call from 1-844-482-7800 Huron Perth Community Intake Coordinator, or call them. (CSS central intake)

Education and Health Screening

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

How to prepare for Fitness class

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

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

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

Fitness and Falls Prevention locations

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

Level 1 - Tiered Exercise Program

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

Level 2 - Light Gentle Fitness Class

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

Level 3 - Light Fitness Class

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

Level 4 - Moderate Fitness Class

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

Level 5 - Vigorous Fitness Class

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

Mens Strength

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

Summer Fitness & Falls Prevention Class Schedule 2024

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall		9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall	9 am Lvl 5 Vigorous Friendship Centre mat during strength 60 mins MP Room cancelled Aug 1 only	9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall
10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room	10 am Lvl 3 Light Stone Ridge Apt 45 mins	10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room	10 am Lvl 3 Light Stone Ridge Apt 45 mins Cancelled Aug Thurs only	10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room cancelled for July/Aug
10 am Lvl 4 Moderate Kirkton Hall 60 mins cancelled July 29 to Aug 7		10 am Lvl 4 Moderate Kirkton Hall 60 mins cancelled July 29 to Aug 7	10am Lvl 1 HSEP Men's Strength Friendship Centre 30 mins MP room Cancelled Aug 1 only	
10 am Lvl 4 Moderate Thames Valley 60 mins			10 am Lvl 4 Moderate Thames Valley 60 mins cancelled July 18/25 & Aug 22/29	
11 am Lvl 1 Tiered Friendship Centre 30 mins AB room	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room		10 am Lvl 3 Light Rotary Apartments Hall 45 mins cancelled for July	10:30 am Lvl 1 Tiered at Wildwood Care Centre 30 mins
11 am Lvl 1 Tiered Kingsway/Fairhill 30 mins			11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	
11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room		11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room	11 am Lvl 1 Tiered Kingsway/Fairhill 30 mins	11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room
1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins cancelled for July