

# Friendship Centre

# PRIME TIME

July & August 2025



 Coming Soon:

**Adult Learning  
Centre Cyber  
Security Workshop**

Wednesday  
August 13<sup>th</sup>

**13 Grandmother  
Moons with  
Patsy Day**

Tuesday  
September 16<sup>th</sup>

**How to  
Prepare  
Healthy Grains**

Wednesday  
September 17<sup>th</sup>

**Christmas  
with Elvis &  
Friends**

Wednesday  
December 3<sup>rd</sup>

**Senior Services Department**  
317 James Street S., St. Marys  
[friends@town.stmarys.on.ca](mailto:friends@town.stmarys.on.ca)  
[townofstmarys.com/seniorservices](http://townofstmarys.com/seniorservices)  
[facebook.com/stmarysfriendshipcentre](https://facebook.com/stmarysfriendshipcentre)

Scan with your  
phone to view  
the newsletter  
online!



519-284-3272



# 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 paid membership needed.

**When you register, a Huron Perth Community Services Coordinator (CSS central intake) will call you to complete the process. This service will allow you to call one 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. Please register for this service. \$35 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.

Option 1: Call us for at home grocery delivery! For those who can't make it to the store, our volunteers will shop for you and drop off your items at your door.

Option 2: Need help at the grocery store? Our personal shopping service is here for you. A \$10 fee gets you assistance shopping in-store, and with getting your bags home. **Advanced notice is required.**



### HOLIDAY CLOSURE NOTICE



**Please note that the Friendship Centre will be closed on Tuesday July 1st and Monday August 4th.**

**Meals on Wheels will continue as regularly scheduled**

## 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

Wellness programs consist of Fitness and Falls Prevention Classes, educational presentations and health screening. With the help of volunteers, the Friendship Centre offers 26 fitness classes for all levels at various times and locations. See page 4 and 5 for times and locations of all Fitness and Falls Prevention Classes.

## 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. See page 7 for blood pressure clinic times and locations.

## Your Membership Is Vital to the Success of the Friendship Centre.

Fees help offset operating costs including utilities, equipment, and supplies. The cost is \$50 per year, which works out to under \$1.00 per week and is an investment in yourself or someone you love! Memberships can be purchased online or in person. Check in at the desk to see if you are due for renewal.





# Community Dining



## Dine in with Friends

This dining program takes place at the Friendship Centre. Gather and dine with old friends or meet new ones. Thank you for bringing a reusable takeout container for your leftovers!

*Please note that due to high demand, Dine in registrations are non-transferable and take-out is not available. If you are unable to attend, please contact the Friendship Centre prior to the date for refund consideration.*

### July

**Date:** Tuesday July 29th (Registration will open Wednesday July 2nd)

**Time/location:** 5:00 pm, Friendship Centre

**Menu:** Turkey Burger

**Cost:** \$17 & a canned food item for donation to the local pantry

### August

**Date:** Tuesday August 26th (Registration will open Wednesday August 6th)

**Time/location:** 5:00 pm, Friendship Centre

**Menu:** Chicken Skewers

**Cost:** \$17 & a canned food item for donation to the local pantry



## Breakfast at Joe's

The Friendship Centre is fortunate to partner with Joe's Diner. Joe's opens on their day off to provide an in-house breakfast option. A minimum number is required for this program, so please sign up well in advance of the deadline to avoid program cancellation.



**Breakfast at Joes is on summer vacation - see you in September!**

## Dine out at Home

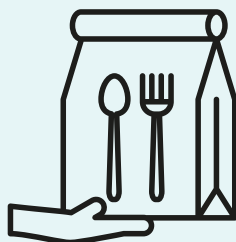
The Friendship Centre partners with local restaurants to offer dining that gets delivered to your home by volunteers between 4:30 - 5:30 pm. You can register online or call the Friendship Centre before the registration deadline. Please make sure we have your current address on file and that you are home during this so your meal is successfully delivered. Unfortunately we are not able to accommodate allergies in this dining program. **Please note that we are not able to offer refunds for meals cancelled after the registration deadline.**

**Wednesday, July 2nd:**  
**Supper from The Cheese Shoppe**

**Menu:** Salad Plate

**Cost:** \$12

**Register and pay by Wed, June 25**



**Wednesday, August 13th:**  
**Supper from Four Happy.**

**Menu:** Chinese Platter

**Cost:** \$12

**Register and pay by Wed, August 6th**

**Wednesday, July 16th:**  
**Supper from Sunset Diner**

**Menu:** Footlong Hotdog and Fries

**Cost:** \$12

**Register and pay by Wed, July 9**

**Wednesday, July 30th:**  
**Supper from The Friendship Centre**

**Menu:** Turkey Shepherd's Pie

**Cost:** \$12

**Register and pay by Wed, July 23**

**Wednesday, August 27th:**  
**Supper from Joe's Diner**

**Menu:** Chicken Bacon Wrap & Potato Salad

**Cost:** \$12

**Register and pay by Wed, August 20th**



# 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. Marys 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](http://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](http://www.activecommunities.com/townofstmarys)
- 2) Then 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
- Parkview West Apts - 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. Our leader is Tiered Exercise Program or Senior Fitness Instructor certified. Please bring a gait aid if you use one. Seated options available 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

## Men's Strength

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





## Best practices for your fitness class success

DO include all participants.	WHY? It's a supportive program that is free from bias.
DO contact Huron Perth Intake Coordinator by calling 1-844-482-7800. Call display will be CSS intake.	WHY? Completes registration process, helps with report writing and you have access to register for more community services in the future.
DO annually update Fitness and Falls Prevention Membership on ActiveNet, or calling us at 519-284-3272, or at our front desk before class.	WHY? We can contact you, contact your emergency contact, informs us of your health condition, contact you to answer any surveys/feedback.
DO register for the level and site you attend.	WHY? Assists with report writing and program planning, we can contact you about class schedule.
DO attend the most correct level of intensity.	WHY? Reduces risk of injury and frustration, ensures your safety and success.
DO inform the instructor of any health concerns before class or during class.	WHY? Keeps you safe, reducing risk of injury during class, important information for EMS.
DO reduce talking during class.	WHY? Interrupts your flow and instructors flow, distracts other participants who might not be able to hear instructor.
DO share equipment and store it safely during class.	WHY? Be aware of participants not having equipment. Keep equipment on your chair and out of way to reduce hazards.
DO place equipment in storage area in proper location/ bin/ shelf.	WHY? For others safety reduce talking in the storage room, put equipment back in the appropriate location. No weights on balls etc.
DO turn off your cell phone during class.	WHY? Disrupts the class while you answer it. Exercise mindfully.
DO be scent free with no perfumes or colognes.	WHY? Benefits others who might have breathing issues or concerns.
DO wear the correct supportive clean indoor shoes.	WHY? Reduces injury and trip hazards, more comfortable for your joints.
DO bring water.	WHY? Staying hydrated before, during and after class for better health.
DO Set realistic personal fitness goals. Keep goals simple, measurable, attainable, realistic over the short-term (1 to 4 months) . Revisit once attained and modify for continual improvement.	WHY? – Goals provide a sense of purpose and focus. Achievement of goals provides a sense of accomplishment and satisfaction as well as recognition of self-improvement. This makes it easier to stay committed to a program and provides a means and motivation for continual improvement.

# Fitness & Falls Prevention Class Schedule 2025

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](http://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	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 5 Vigorous Men's Strength Friendship Centre 60 mins MP room
10 am Lvl 4 Moderate Thames Valley 60 mins			10 am Lvl 4 Moderate Thames Valley 60 mins	
10 am Lvl 4 Moderate Kirkton Hall 60 mins	10am Lvl 1 Men's Strength Friendship Centre 30 mins MP room	10 am Lvl 4 Moderate Kirkton Hall 60 mins	10am Lvl 1 Men's Strength Friendship Centre 30 mins MP room	
Wildwood Lvl 1 10:30 40 minutes		Wildwood Lvl 1 10:30 40 minutes	10 am Lvl 3 Light Parkview West Apts Rotary Hall 45 mins	Wildwood Lvl 1 10:30 40 minutes
11 am Lvl 1 Tiered Friendship Centre 30 mins AB room				11 am Lvl 1 Tiered Friendship Centre 30 mins AB room
11 am Lvl 1 Tiered Kingsway/Fairhill 40 mins			11 am Lvl 1 Tiered Kingsway/Fairhill 40 mins	
11:15 Lvl 4 Friendship Centre 60 minutes	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 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	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





## Blood Pressure Clinics - Health Screening

- 1) Call the Friendship Centre 519-284-3272 to register for an appointment
- 2) Once at the clinic appointment complete registration paper work
- 3) Accept a call from Huron Perth Intake Coordinator (CSS intake)

### Locations:

#### **Friendship Centre - 317 James St. S, St. Marys book appointment**

1st Thursday afternoon - July 3rd & August 7th  
3rd Tuesday morning - July 15<sup>th</sup> & August 19th  
4th Wednesday - July 23<sup>rd</sup> & August 27th

#### **Parkview West Apts (Rotary Hall) - 22 St. Andrew St. N., St. Marys drop in - restarts in September no clinic July or August**

#### **Thames Valley - 30 Ann St. #77, St Marys book appointment**

1st Wednesday morning  
July 2nd & August 6<sup>th</sup>

Call the Friendship Centre to book appointment.  
Phone: 519-284-3272

## Please Register for your Programs

Are you writing your name at the bottom of a program sign-in sheet? Please stop by the front desk to make sure we have you registered in ActiveNet for the program you are participating in. It only takes a minute or two, and helps us a great deal.

Registration is important for us to ensure that we can communicate program cancellations, updates, or changes.

Attendance sheets help the Friendship Centre report to our funders just how many people participate, and how often programs are utilized.





**At our recent Fraud Prevention Education in June, Police officers Wanda Hughes and Rachelle Willows kindly shared information with us on protecting ourselves from scammers.**

Here are a few points that we personally found interesting:

- Scammers can search your social media to find out relative names and then call or message you pretending to be that person. This is often referred to as the **Grandparent Scam**, as scammers will pretend to be grandchildren that are in need of financial help. Protect yourself by calling back family to verify it's really them.
- Some scammers start up **romantic relationships online** by sending a person real gifts and chatting them up for months in order to build trust before asking for that person for money.
- Some scammers may say they are a **bank conducting a behind-the-scenes investigation** on your branch. They will ask you to withdraw money and send it back to them as a test. Banks will never really do this.
- Stocks and Cryptocurrency scams set up **fake websites** to look like legitimate investing groups. They appear to make a person a profit so that they will keep investing, never knowing it's a scam until they try to withdraw their money.
- The Police department, Canada Revenue Agency, insurance companies, and Hospitals will never ask you to **send payment** in gift cards or bitcoin.

**If you suspect that you have been scammed, tell your bank and inform the police to see if help is available.**

**To learn about the latest scams being reported there is a website called The Little Black Book of Scams.**

**Website address:**

<https://competition-bureau.canada.ca/little-black-book-scams-2nd-edition>



## Education Corner: Rotary Hospice

Lucie and Louise from the Rotary Hospice came and shared information with us about the development of the hospice and the current supports and programming being offered for individuals and families. We had a virtual tour of the hospice, discussed a variety of fundraising initiatives as well as volunteer opportunities, and plans for future developments. If you are interested in learning more about the Rotary Hospice in Stratford please visit their website at [www.rotaryhospice.ca](http://www.rotaryhospice.ca) or give them a call at 519-508-4900.

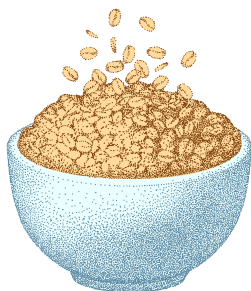
## Education Coming Soon

### September Education | How to Prepare Healthy Grains

Join Registered Dietician Teresa Fowler to learn about the many health benefits associated with different types of grains, how to best prepare them and gain some new fun recipes.

Date: Wednesday September 17th  
Time: 1:30 - 3:00 pm  
Location: Friendship Centre  
Fee: \$5.00

ActiveNet Registration required



### September Education | Meet Your Community Outreach Worker

Join Community Outreach Worker Jade Orquin, M.A as she discusses the realities of housing and homelessness in our community. Through stories from her frontline experience, she will provide insights into the challenges faced by those who are living rough or living on assistance and more importantly how the community can come together to offer meaningful support.

Date: Tuesday September 23rd  
Time: 6:00 pm  
Location: Friendship Centre  
Fee: Free

ActiveNet Registration required



# Social, Leisure and Fitness Programs



## Chair Yoga Wednesdays | \$60.00

This 6 week session will combine soft music with static poses and flows. The classes are geared to improve your strength, balance and flexibility. This program is a mix of both seated and standing postures using a chair for additional support. A short meditation is included at the end of each session.

Classes will run on Wednesdays **in the 2/3 Hall**

Dates: July 2 - August 20

Time: 1:30 pm - 2:30 pm

**Drop in classes available:**

\$15 per class

*Please note there is no class on July 23 or July 30*

ActiveNet Registration required

## Chair Yoga Fridays | \$60.00

This 6 week session of yoga classes will guide you through a variety of yoga poses geared to improve your strength, balance and flexibility. A short meditation is also offered at the end. This program is a blend of seated postures and standing postures using a chair for additional support.

Classes will run on Fridays **in the MP Room**

Dates: July 4 - August 8

Time: 1:00 pm - 2:00 pm

**Drop in classes available:**

\$15 per class

ActiveNet Registration required



## Coming this Fall

### Basic Step | \$60 (taxes included)

This 7 week session of step classes will add some fun and challenge to your cardiovascular routine. These will be 45 minute (beginner to intermediate) classes. Please note there will not be a class on Thanksgiving October 13th.

Classes will run on Mondays **in the MP Room**

Dates: September 8<sup>th</sup> - October 27<sup>th</sup>

Time: 9:00 am - 9:45 am

ActiveNet registration required. Spaces are limited.

### Zumba | M: \$120 + HST / NM: \$150 + HST

Zumba fitness is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance party. Together the laughs are many and the steps are more. 60 minutes of dancing. Program requires minimum number of participants to run.

Tuesday mornings: Sept 9 - December 2 (12 weeks)

*No class September 30<sup>th</sup>*

Times:

10:00 am - 11:00 am

**or** 6:45 pm - 7:45 pm

For Ages 18+

Drop-in available:

**\$15 per class (HST included)**

ActiveNet registration required.







# Social and Leisure Programs



## Shuffleboard | M: Free/NM: \$2

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

Mondays & Thursdays at 1 pm

Drop in. Annual registration required

## LIND Shuffleboard | M: Free/NM: \$2

Join us for our special spring and summer shuffleboard program located at the LIND Sportsplex, by the Quarry.

Wednesdays at 9:30 am until September 24th

Drop in. Annual registration required

## Carpet Bowling | M: Free/NM: \$2

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

*Carpet Bowling will resume in the fall - stay tuned*

Drop in. Annual registration required

## Pickleball

### Activity Fees:

Yearly Fee (Sept - Aug):

M: \$53 + HST / NM: \$75 + HST

OR

Drop In Pay-Per-Play Rate: M: \$2 / NM: \$4

Pickleball is a fun sport that combines many elements of tennis, badminton and ping pong. Our recreational drop-in program is ideal for people who are looking to be healthy and social.

Yearly memberships run from September to August - please note that renewal is due in September for yearly members. Yearly fees are pro-rated: inquire at the front desk

Mondays: 10:30 am - 1:30 pm (**extra hour**)

Wednesdays: 10:30 am - 12:30 pm

Thursdays: 9:00 am - 12:00 pm (**extra hour**)

Fridays: 10:30 am - 12:30 pm

Drop in. Annual registration required

Please note that weekly drop-in programs such as cards and leisure sports are for established levels of play.

To support beginner players in integrating into play, please check in with Friendship Centre program staff prior to joining a program.

## 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- Annual registration required

## 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, July 10th at 12:30 pm

Thursday, August 14th at 12:30 pm

Monthly 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. Annual registration is required

## Progressive Euchre | M: \$1/NM: \$2

Love Euchre? Looking for fun and casual drop-in play? Join us for Progressive Euchre where players rotate partners and earn points based on the number of tricks earned.

Fridays at 1 pm

Drop in. Annual registration required



# Social and Leisure Programs



## Quilting

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

*Quilting will resume in the fall*

Drop in. Volunteer registration required.

## 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. Annual registration required.

## 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. Volunteer registration required.

## Scrapbooking Open Crop | M: \$5/NM: \$7

A scrapbooking space that fosters creativity and shared ideas. Light snacks, coffee, tea, pop, and water will be provided.

Thurs, July 10, 5-9 pm & Wed, July 23, 1-5 pm

Thurs, August 14, 5-9 pm & Wed August 27, 1-5 pm

Monthly registration required. Please sign up in advance - minimum of 5 participants required.

## Virtual Scrapbooking Class | \$20

A virtual space with an experienced instructor to help you with your creation. Please ensure you have reliable internet connection and Zoom. Please note the registration deadlines for each session.

Wednesday July 16th, 7 pm (Register by June 30)

Wednesday August 20th, 7 pm (Register by Aug 4)

Registration required.



## ROMEO Club | M: Free/NM: \$2

Retired Outstanding Men Enjoying Ourselves. Shoot the breeze over a coffee.

Tuesdays 9:30 and Thursdays at 10:30 am

Drop in. Annual registration required.

## Jamboree | M: \$4/NM: \$6

In this weekly program you can't help but dance to the old time jamboree music. Musicians and vocalists welcome.

Tuesdays from 1 - 4 pm

Drop-in. Annual registration required.





# Social and Leisure Programs



## 13 Grandmother Moons Learning Circle with Patsy Day

**Suggested donation: \$5**

Join educator and facilitator Patsy Day: Turtle Clan, Oneida Nation, at the Friendship Centre, and learn about the Thirteen Grandmother Moons teachings and ceremonies! Each session engages with a different Moon, and will feature a story and activity.

Please register in advance, as space is limited to 25 people per session. Donations are appreciated at the door to help cover the cost of supplies - suggested donation is \$5 a person.

**13 Grandmother Moons is paused for the summer and will resume in the fall:**

Tuesday September 16<sup>th</sup>, 6 pm: Corn & Gathering

ActiveNet registration required.

## Genealogy | M: Free/NM: \$2

Are you interested in meeting monthly to discuss family heritage and traditions over coffee? Come and share your experiences, story, background, and more!

Whether you are new or experienced in genealogy and research, come and join like-minded individuals passionate about history and learning.

Meetings often have a speaker, or highlight subjects pertaining to our ancestors' lives that attendees can share about.

Are you interested, but don't know where to start? Our friendly group will be happy to offer suggestions and point you in the right direction.

**Genealogy is paused for the summer and will resume in the fall:**

Tuesday September 30<sup>th</sup>, 6:30pm

Tuesday October 28<sup>th</sup>, 6:30 pm

Drop in. Annual registration required.

## Line Dancing

Shirley from Giddy-up Line Dancing is bringing her talents to the Friendship Centre. Grab your dancing boots and come cut a rug. All levels welcome!

*Line Dancing is paused for the summer - stay tuned for fall dates*

ActiveNet registration required.

## Mexican Train Dominoes | M: \$1/NM: \$2

Now a regular Friendship Centre program! Join us for the fun group dominoes game Mexican Train.

*Mexican Train is paused for July & August, and will resume in September*

Drop-in. Annual registration required.



## Ballroom Dancing | M: \$20 + HST / NM: \$25 + HST

With years of ballroom dancing experience, Stephen and Leonor bring their expertise to the Friendship Centre. Grab your partner or come solo, and join in on the fun!

*Ballroom Dancing will resume in the fall:*

**Tuesday evenings:** September 2<sup>nd</sup> to 30<sup>th</sup>, & October 21<sup>st</sup> – November 18<sup>th</sup> (5 week sessions)

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For Ages 18+

ActiveNet registration required.

## Choir | M: \$58 + HST / NM: \$84 + HST

Conducted by Lanny Hoare, this program is a great way to meet like minded music lovers, sharpen your skills, and sing a variety of pieces. Are you interested in joining the choir? Reach out and let us know!

*Choir will resume in the fall - stay tuned*

Annual registration required.

## Are You Interested in Playing Board Games?

Are you interested in playing board games or card games that aren't part of our regular programming yet? Reach out and let us know what you are interested in!





## Fine Dining



### Fine Dining to Eddington's of Exeter

M: \$26 + HST / NM: \$33 + HST

Join us as we return to the much beloved Eddington's of Exeter! The company and food will not disappoint. Meal is not included in price. Price is for transportation only. **Please note that our reservation is for the patio.**

Date: Tuesday July 8<sup>th</sup>

Depart at 4:30 pm. Return at 8:00 pm.

ActiveNet registration required.



**We want to hear from you!**  
**Where would you like to go?**

Please note that due to increased transportation fees, we have had to adjust the cost of our Fine Dining and On the Road trips accordingly. Thank you for understanding.



### Fine Dining to Revival House

M: \$26 + HST / NM: \$33 + HST

Join us as we return to the beautiful Revival House restaurant in Stratford. Their gorgeous gardens will be in full bloom! The company and food will not disappoint. Meal is not included in price. Price is for transportation only.

Date: Wednesday August 6<sup>th</sup>

Depart at 4:30 pm. Return at 8:00 pm.

ActiveNet registration required.





## Day Trips - On The Road



### On the Road to G.T.'s on the Beach & Shaw's Ice Cream M: \$ 41 + HST / NM: \$ 51 + HST

Join us for a Mobility Bus road trip to beautiful Port Stanley as we return to G.T.'s On The Beach for lunch, followed by delicious ice cream at Shaw's! Meal not included in price. Price is for transportation only.

Date: Wednesday July 23<sup>rd</sup>

Depart at 10:45 am. Return at 4:15 pm.

ActiveNet registration required.



Please note that program and trip refunds are not always guaranteed. When possible, attempts will be made to 're-sell' your registration to the waitlist, as registrations are non-transferable.

If you are unable to join an outing you have signed up for, please reach out to the Friendship Centre as soon as possible.



### On the Road to Harry Ten Shilling & Black Creek Flower Farm

M: \$34 + HST / NM: \$43 + HST

Join us for a Mobility Bus road trip to the charming Harry Ten Shilling teahouse in Shakespeare, followed by a visit to the Black Creek Flower Farm in Sebringville where you can browse the Farm store, and even create your own bouquet in the U-Pick Garden! Meal not included in price. Price is for transportation only. **Please note that there are two steps at the entrance of Harry Ten Shilling.**

Date: Thursday August 28<sup>th</sup>

Depart at 11:30 am. Return at 4:00 pm

ActiveNet registration required.



**We want to hear from you!**  
**Where would you like to go?**



# Upcoming Events



ADULT LEARNING PROGRAMS OF PERTH  
PRESENTS

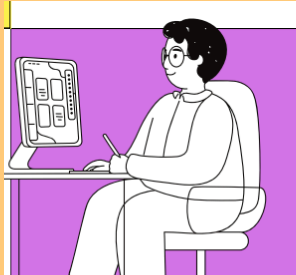
## CYBER SECURITY WORKSHOP

**Wednesday August 13<sup>th</sup>, 10 am**

- Join Stephanie from the Adult Learning Centre to learn the basics on digital threats and cyber security, as well as some great online safety tips!
- This workshop covers common threats to security online such as phishing, malware, ransomware, and password attacks.

**Register by August 4th**

- Stephanie will be reaching out to participants in advance of the session to gather some demographic information, as well as more details about your day-to-day use of technology.



## 13 Grandmother Moons Learning Circle

Join educator and facilitator Patsy Day: Turtle Clan, Oneida Nation, at the Friendship Centre, and learn about the Thirteen Grandmother Moons teachings and ceremonies!

- All ages welcome
- Registration required
- Suggested donation: \$5 for program supplies



**Tuesday  
September 16th,  
6pm**

**Topics:  
Onast<sup>^</sup>se/ Corn  
& Gathering**



## Access to Recreation Grant

**Did you know?**

The Access to Recreation Grant provides residents with financial support so they can participate in recreation, leisure, arts and culture programs.

**Call or visit us at the front desk to learn more, or search 'Access to Recreation Grant' on the Town of St. Marys website for more details**

## Did you know that the Friendship Centre has a Quilting program?

This fundraising program is run by passionate volunteers whose latest project is always on display in the Friendship Centre Main Hall. If you have a Quilt Top that you would like to have quilted we can help!

**Quilting Fees: Flat Rate: \$75, plus \$1 per hour per quilter. Marking and binding not included.**

Are you a quilter, and interested in learning more?

Let us know!







## Upcoming Events



# SCRAPBOOKING GARAGE *sale*

- Drop-in and shop gently used supplies tax free!
- Over 50 tables of products
- Free admission
- Great cash deals



**Saturday Sept. 13th, 2025**  
**9 AM - 1 PM**

**St. Marys Friendship Centre: 317 James St. S.,  
St. Marys (Please use Entrance C)**  
**519-284-3272**  
**Cash Only**

## The Friendship Centre is Looking for Donations!

**We are looking for donations of new or gently used items for our Scrapbooking Garage Sale, and for our Scrapathon Fundraiser Silent Auction table!**

**We will gladly accept:**

- Cardmaking/Scrapbooking items
- Notebooks & adult colouring books
- Markers, pens, and pencils
- Items for birthday, self-care, Thanksgiving, and Christmas baskets



**Thank you! All proceeds support St. Marys Senior Services**

## FALL SCRAPATHON FUNDRAISER



**SATURDAY**  
**SEPT 27TH**  
**9AM - 7PM**



**317 JAMES ST, ST. MARYS, ONTARIO**

**EARLY BIRD  
RATE: \$80**

**TICKET  
INCLUDES:**

**PRICE IS \$90  
AFTER JULY 25**

**FUNDS RAISED  
SUPPORT ST.  
MARYS SENIOR  
SERVICES**

- Space to scrapbook all day
- Continental Breakfast, Lunch & Dinner
- Great giveaways
- Silent Auction
- Access to amazing vendors

**REGISTRATION REQUIRED: SIGN UP ON  
ACTIVENET OR CALL US AT 519-284-3272**

## Save the Date:

**St. Marys**

**Craft Show**



Shop for treasures from 50+ local and regional artisans



**Saturday**  
**November 16<sup>th</sup>**  
**9AM - 3PM**

Pyramid Recreation Centre  
317 James St. S, St. Marys

- Admission by donation
- Non-perishable food items for the Salvation Army welcome
- Lunch available to purchase
- No ATM available



# Stratford Festival: Annie the Musical



**Wednesday September 3<sup>rd</sup>: 10:30 am - 5 pm**

Our Annie trip on the Mobility Bus is nearly full! We will be stopping for lunch at Romeo's Corner Cafe before the show. Price is for show ticket and transportation only, please note the meal is not included.

**Cost: M: \$106 + HST / NM: \$118 + HST**



## Upcoming Day Trips



### Christmas with Elvis & Friends at Bingemans in Kitchener

**Date: Wed. December 3<sup>rd</sup>**

**Time: 11:00 am – 5:00 pm**

#### Ticket Includes:

- Buffet Luncheon
- Christmas with Elvis Show featuring award-winning Elvis impersonator Jay Zanier



**Register by  
October 31<sup>st</sup>**

**Cost:**

**M: \$140 + HST**

**NM: \$153 + HST**



Book trips with Great Canadian Holidays and be sure to mention the Friendship Centre!



Great Canadian Holidays will then give the Friendship Centre credits to make our day trips more affordable.



**See what they offer at  
[www.greatcanadianholidays.com](http://www.greatcanadianholidays.com)**



## 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 am - 4:30 pm

**Address:** 317 James St. South, St. Marys

**Phone:** 519-284-3272

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

**Social:** [facebook.com/stmarysfriendshipcentre](https://facebook.com/stmarysfriendshipcentre)

**Friendship Centre email:**

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

**Home Support email:**

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

### Friendship Centre Memberships

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

### Land Acknowledgement

The Town of St. Marys acknowledges that we are located on the traditional territory of the Haudenosaunee and Anishinaabe peoples. This area is within the boundaries covered by Treaty 29, known as the Huron Tract Purchase, and is protected by the Dish With One Spoon wampum agreement. Today, many Indigenous peoples continue to call this land home and act as its stewards, and we are grateful to have the opportunity to live and work on this territory.



### 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".

The Town of St. Marys is committed to service excellence. We aim to create safe spaces where people are **respectful** of themselves and others and **responsible** for their actions. Inappropriate behaviour will not be tolerated at any Town-sponsored programs, facilities, parks and trails or any other location where Town staff are present. Anyone engaging in inappropriate behaviour will be asked to leave. Thank you for your cooperation in keeping St. Marys safe.

### 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 visit [www.veterans.gc.ca/eng](http://www.veterans.gc.ca/eng).

### HST

Please note that HST is charged on top of any registered recreation program fee. Weekly drop-in fees are HST inclusive, and Health Service programs are HST exempt.

# Volunteer Information

## Falls Prevention Group Fitness Volunteers

Do you have a special skill or interest you want to share? The Friendship Centre is always looking for new programs and program support volunteers. We are currently recruiting volunteers to support our Falls Prevention Group Fitness program in every level. If you enjoy being active and want to support others with positive motivation and instruction, please reach out to Eliza or Jenny.

## Check out these useful resources:

### Did you know that June was Seniors Month in Ontario?

Seniors month offers an opportunity to celebrate the contributions of older adults and promotes their well-being. Take some time to visit [www.ontario.ca/page/seniors](http://www.ontario.ca/page/seniors) to check out a number of great Provincial programs available.

Well-being means many things including financial well-being. Check out [www.ontario.ca/page/seniors-finances](http://www.ontario.ca/page/seniors-finances) learn more about Tax Credits available for low to moderate income old adults. The Seniors' Home Safety Tax Credit is a refundable personal income tax credit which can help you make your home safer and more accessible. Planning ahead is a great way to help make sure that you can age in place for as long as you want.

## Drive Safe St. Marys

Did you know that St. Marys has pedestrian crossovers located in the following areas?

- James Street South
- Water Street South
- James Street North

To learn more about how to effectively use a pedestrian crossover as a driver, pedestrian or cyclist visit

[www.townofstmarys.com/en/living-here/pedestrian-crossovers](http://www.townofstmarys.com/en/living-here/pedestrian-crossovers)

**Pedestrian Crossovers**

**NEW**

**Drivers**

- Stop behind the yield line when pedestrians want to cross.
- Make eye contact so pedestrian sees you.
- Wait until pedestrian completely crosses road.

**Pedestrians**

- Push button.
- Wait for traffic to stop both ways.
- Make eye contact to ensure driver sees you.

**Cyclists**

- When riding with traffic, follow rules for drivers.
- When crossing, follow rules for pedestrians; dismount and walk your bike across.

**Fines and penalties**  
Up to \$2,000 and 4 demerit points

For more information:  
[townofstmarys.com/crossovers](http://townofstmarys.com/crossovers)

ST. MARYS  
ONTARIO CANADA  
Public District  
Health Unit



# Updates & Reminders

## Please Remember to:

- Stay home if you are sick or not feeling well
- Wear indoor shoes
- Avoid wearing scents/perfume
- Wipe spaces down after you are finished
- Hang up coats and jackets on racks
- Wash hands / sanitize often



**THANK YOU!** 😊

**Did you know that the Friendship Centre is a registered charitable organization that accepts donations?**

**Please reach out to us if you are interested in making a donation.**

**Thank you!**

## Hot & Frozen Meals

- Don't forget we offer hot and frozen meals that can be delivered right to your door
- Hot Meals are delivered Monday through Friday at about 12 pm
- Please remember to keep all walkways clear for everyone's safety
- Please note that you must be at home for your meal to be successfully delivered

**Questions? Call us at 519-284-3272**

## Books & Puzzles Lending Library

**Did you know?  
We have a great  
collection of  
books and puzzles  
behind the front  
welcome desk**



**Feel free to  
help  
yourself!**



# St. Marys & Area Mobility Service



## Meet the St. Marys and Area Mobility Service

St. Marys is lucky to have accessible transportation offered by St. Marys & Area Mobility Service. Did you know that they rent office space in the Friendship Centre? Their office is open Monday to Friday, 8am-4pm. If you would like to book a ride on the Mobility Bus please call EasyRide at 519-272-9875.

### Frequently Asked Questions:



Amber Miners: Mobility Services Manager

#### Who can access St. Marys Mobility Service?

Anyone over the age of 55, and individuals over the age of 18 requiring accessible transportation.

**What is EasyRide?** EasyRide is our central scheduling service. They are not transportation providers but do arrange all bookings for 5 agencies across Huron and Perth. Please call them directly at 519-272-9875 to book your ride, and plan to call a week in advance for best availability. If you are asked to leave a voicemail, you will receive a call back from an EasyRide scheduler.

**Registration:** All riders must first be registered with Community Support Services Central Intake. They can be reached at 1-844-482-7800



St. Marys and Area  
**MOBILITY SERVICE**

**easyride**<sup>™</sup>  
door to door service

## St Marys and Area Mobility Service Monthly Stratford Shopping Charter

**When: 1st Monday of every month**

**Cost: \$20.00/ round trip**

**Stops include: Festival Marketplace Mall**



**Call 519-272-9875 to book your spot!**



# Program Calendar - July 2025



MON	TUES	WED	THURS	FRI
	<b>1</b> <b>Friendship Centre Closed</b>  <b>Happy Canada Day!</b>	<b>2</b> <b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> LIND Shuffleboard <b>9:30 am</b> Blood pressure at Thames Valley <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Supper from The Cheese Shoppe	<b>3</b> <b>9 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L3 at Parkview West Apts - Rotary Hall <b>10 am</b> L4 at Thames Valley <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1 pm</b> Blood pressure @ FC <b>1:30 pm</b> Knit & Chat	<b>4</b> <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA
<b>7</b> <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11 am</b> L1 Tiered Fitness <b>11 am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>8</b> <b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>9:30 am</b> ROMEO <b>10 am</b> L1 Men's Strength <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>4:30 pm</b> Fine Dining to Eddington's of Exeter	<b>9</b> <b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> LIND Shuffleboard <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>10</b> <b>9 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 at Parkview West Apts - Rotary Hall <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>12:30 pm</b> Pepperama <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat <b>5 pm</b> Scrapbooking Open Crop	<b>11</b> <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA





# Program Calendar - July 2025



MON	TUES	WED	THURS	FRI
<b>14</b> <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11 am</b> L1 Tiered Fitness <b>11 am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>15</b> <b>9 am</b> Quilting <b>9 am</b> Blood Pressure @ FC <b>9:30 am</b> Creative Minds <b>9:30 am</b> ROMEO <b>10 am</b> L1 Men's Strength <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree	<b>16</b> <b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> LIND Shuffleboard <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Supper from Sunset Diner <b>7 pm</b> Virtual Scrapbooking Class	<b>17</b> <b>9 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 at Parkview West Apts - Rotary Hall <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat	<b>18</b> <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA
<b>21</b> <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11 am</b> L1 Tiered Fitness <b>11 am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>22</b> <b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>9:30 am</b> ROMEO <b>10 am</b> L1 Men's Strength <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree	<b>23</b> <b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> LIND Shuffleboard <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>10:30 am</b> Blood Pressure @ FC <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>10:45 am</b> On the Road to GT's On the Beach & Shaw's Ice Cream <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1 pm</b> Scrapbooking Open Crop <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>24</b> <b>9 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 at Parkview West Apts - Rotary Hall <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat	<b>25</b> <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA



# Program Calendar - July 2025




MON	TUES	WED	THURS	FRI
28	29	30	31	
<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11 am</b> L1 Tiered Fitness <b>11 am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>9:30 am</b> ROMEO <b>10 am</b> L1 Men's Strength <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>5 pm</b> Dine in With Friends	<b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> LIND Shuffleboard <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Supper from The Friendship Centre	<b>9 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 at Parkview West Apts - Rotary Hall <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat	



# Program Calendar - August 2025



MON	TUES	WED	THURS	FRI
				<b>1</b> <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA
<b>4</b> <b>Friendship Centre Closed</b>  <b>Happy Civic Holiday!</b>	<b>4</b> <b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>9:30 am</b> ROMEO <b>10 am</b> L1 Men's Strength <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree	<b>5</b> <b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> Blood Pressure at Thames Valley <b>9:30 am</b> LIND Shuffleboard <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Fine Dining to Revival House	<b>6</b> <b>9 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L3 at Parkview West Apts - Rotary Hall <b>10 am</b> L4 at Thames Valley <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1 pm</b> Blood pressure @ FC <b>1:30 pm</b> Knit & Chat	<b>7</b> <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA
				<b>8</b> <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA





# Program Calendar - August 2025



MON	TUES	WED	THURS	FRI
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11 am</b> L1 Tiered Fitness <b>11 am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>9:30 am</b> ROMEO <b>10 am</b> L1 Men's Strength <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree	<b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> LIND Shuffleboard <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10 am</b> <b>Cyber Security Workshop with the Adult Learning Centre</b> <b>10:30 am</b> Pickleball <b>10:30 am</b> Tiered Fitness at Wildwood CC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Supper from Four Happy	<b>9 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L3 at Parkview West Apts - Rotary Hall <b>10 am</b> L4 at Thames Valley <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>12:30 pm</b> Pepperama <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat <b>5 pm</b> Scrapbooking Open Crop	<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1:30 pm</b> L3 Light Fitness at the YMCA
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11 am</b> L1 Tiered Fitness <b>11 am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> Quilting <b>9 am</b> Blood Pressure @ FC <b>9:30 am</b> Creative Minds <b>9:30 am</b> ROMEO <b>10 am</b> L1 Men's Strength <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree	<b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> LIND Shuffleboard <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>10:30 am</b> Pickleball <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>7 pm</b> Virtual Scrapbooking Class	<b>9 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 at Parkview West Apts - Rotary Hall <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat	<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1:30 pm</b> L3 Light Fitness at the YMCA



# Program Calendar - August 2025



MON	TUES	WED	THURS	FRI
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood CC <b>11 am</b> L1 Tiered Fitness <b>11 am</b> L1 Tiered Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>9:30 am</b> ROMEO <b>10 am</b> L1 Men's Strength <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>5 pm</b> Dine in With Friends	<b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> LIND Shuffleboard <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Blood Pressure @ FC <b>10 am</b> L4 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>10:30 am</b> Tiered Fitness at Wildwood CC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1 pm</b> Scrapbooking Open Crop <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Supper from Joe's Diner	<b>9 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L3 at Parkview West Apts - Rotary Hall <b>10 am</b> L4 at Thames Valley <b>10 am</b> L1 Men's Strength <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>11:30 am</b> On the Road to Harry Ten Shilling & Black Creek Flower Farm <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat	<b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood C.C. <b>11 am</b> L1 Tiered Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1:30 pm</b> L3 Light Fitness at the YMCA

## Legend: Off-Site Fitness & Falls Prevention Classes

- Thames Valley Community Hall, 30 Ann Street, Unit #77
- YMCA at 268 Maiden Lane (at rear of the hospital)
- Kirkton Community Centre, 70497 Road 164, Kirkton
- Parkview West Apartments- Rotary Hall, 22 St. Andrews St N,
- Stoneridge Apartments, 50 Stoneridge Boulevard
- Kingsway Nursing Home, 310 Queen St E
- Wildwood Care Centre, 100 Ann St