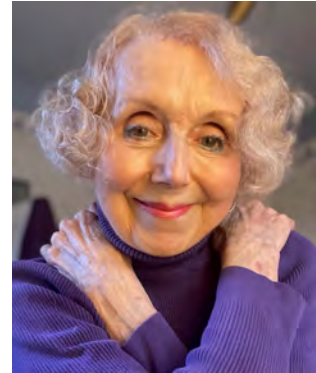


# Friendship Centre

# PRIMETIME

March & April 2023



## COMING SOON

**International Women's Day**

Mar 8

**St. Patrick's Day Fun Bingo**

Mar 17

**Scrapathon**

Mar 25

**Easter Lunch Drive thru/ Delivery**

Apr 5

**Scrapbooking Garage Sale**

Apr 29

**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)



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](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 \$45 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, 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>

The free low income tax clinic will be facilitated by the Salvation Army this year.

If you are in need of this service, reach out to them at 519-284-2760 or email [st.marys@salvationarmy.ca](mailto:st.marys@salvationarmy.ca).

# Volunteer & Staff Information



The Senior Services department relies heavily on the support of volunteers and the community to be able to offer programs 58 different times throughout the week at the following locations:

Stoneridge Apartment Complex  
Rotary Apartment Complex  
Kingsway Lodge & Fairhill Residence  
Kirkton Community Centre  
Jones Street Apartment Complex  
Thames Valley Retirement Centre  
LIND Sportsplex  
YMCA St. Marys  
DCVI

Thank you to the 143 individual volunteers who support the Senior Services department. In 2022 over 15,000 volunteer hours supported Friendship Centre and Home Support programs and services. Here are some examples:

Dine Out at Home volunteers helped to deliver 2,474 meals to 245 individuals.

Meals on Wheels volunteers helped deliver 3,683 meals to 63 individuals.

Blood Pressure Clinic volunteers took 1,630 Blood Pressure readings from 51 individuals.

Fitness Class Instructors and program assistants supported 325 individuals to participate in 7,332 Fitness classes.

Welcome Desk volunteers reminded 201 individuals to attend 1,029 Footcare Appointments.

Program volunteers supported 49 individuals to participate in Shuffleboard.

Pickleball volunteers supported 149 individuals to participate in Pickleball.

12 Knitting Volunteers donated 700 hours of their time to the Friendship Centre.

14 Quilting Volunteers donated 847 hours of their time to the Friendship Centre.

Jamboree volunteers supported 30 volunteer musicians who played 70 hours of music for 150 individuals.

Telephone Reassurance volunteers made 1,079 phone calls to 22 individuals.

Ballroom Dancing volunteers donated 160 hours to teach 43 individuals.

Shopping volunteers made 498 grocery shopping trips for 35 individuals.

Volunteers supported the 363 individuals who purchased a Friendship Centre membership in 2022.

Volunteers supported 723 Home Support Clients in 2022.

Services Services Volunteers helped to fundraise \$42,310 for the Friendship Centre in 2022.

## Meet Allyson!

Allyson has worked for the Friendship Centre for 20 years, and currently holds the role of Program Assistant and front desk super-star.

Allyson supports the Friendship Centre as a lead in customer service, supporting the registration needs of our community and providing administrative support to the Friendship Centre. When Allyson is not at the Front Desk she can be found in the Centre and around the community supporting the needs of many programs and volunteers including the Frozen Meals, Meals on Wheels, Footcare, and any of the health and wellness programs. She is also a certified Senior Fitness Instructor and teaches Falls Prevention Fitness Classes.







# 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.

We are happy to be able to offer two types of shopping services again: Option 1- You can call us with your shopping list and a volunteer will go shopping for you and drop the items off at your door. This service is recommended for people who are unable to go to the store.

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

## Telephone Reassurance

Staying connected is extremely important to one's health and wellbeing. Sign up for daily or weekly social or check-in calls provided by volunteers.



## HOLIDAY CLOSURE NOTICE

The Friendship Centre office will be closed April 7 & 10 due to Easter Stat holidays.

Our facility is pleased to host the Stonetown Quilters Guild April 19, 20 & 21. Our office will not be open, but we will be answering voicemails and emails as needed. No in person programs will happen April 19-21, only offsite programs.

Hot Meals on Wheels will be delivered as usual.

Telephone reassurance offers a great opportunity to make a new friend and stay connected with others.

## 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, March 2 (afternoon appointments)
- Tuesday, March 21 (morning appointments)
- Thursday, April 6 (afternoon appointments)
- Tuesday, April 18 (morning appointments)
- NEW! Wed. Apr. 5 at Thames Valley @ 9:30 am
- Wed. Mar 15 & Apr 19 at Rotary Apt @ 9:30 am

# Dining Options



## NEW: "Dine with Friends"

Register for our NEW dining program "Dine with Friends"! This dining program will take place at the Friendship Centre on the dates listed below. We will eat a delicious meal in the Friendship Centre's main hall where you can gather and dine with old friends, or meet new ones! Menu and prices vary, see below.

- Tuesday March 21 at 5:30 pm. Chicken parmesan with alfredo sauce, garlic bread & dessert. \$17  
Register by March 10.
- Tuesday, April 25 at 5:30 pm. Bacon wrapped pork tenderloin, scalloped potato, veg & dessert. \$17  
Register by April 14.

## 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, Mar 8 - Supper from Joe's Diner

Menu: Hot beef on a bun, potato & coleslaw

Cost: \$12

Register and pay by: Mar 3

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

### Wednesday, Apr 5 - Easter Lunch

Menu: Turkey & all the fixings

Cost: \$24

Register and pay by: Mar 24

Time of delivery: Between 11:30-12:15

### Wednesday, Mar 22 - Supper from Sunset Diner

Menu: Sheperd's Pie

Cost: \$12

Register and pay by: Mar 17

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

### Wednesday, Apr 19- Supper from Cheese Shoppe

Menu: Salad Plate

Cost: \$12

Register and pay by: April 14

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 \$12. Spaces are limited! Please register and pay at the Friendship Centre. Here are the breakfast dates and times with the registration deadlines:

- Monday, March 6 at 8:00 am (register by Mar 2)
- Monday, April 3 at 8:00 am (register by Mar 30)

**\*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\***



# Wellness Programs

## Free Fitness and Falls Prevention Classes

For details call 519-284-3272 or visit [townofstmarys.com/fallsprevention](http://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 2 - Light 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 1 - 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 - 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 class, 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: Tues & Thurs at 11 am (30 mins)

Kingsway Lodge Thursdays at 11 am (30 mins)

FREE Falls Prevention Membership required

## Level 2 - Light Fitness (45 min) Free

This gentle class includes a seated option with light intensity and weight-bearing exercises. These exercises will help you complete common tasks that vary in intensity. Our leader is SFIC (Senior Fitness Instructor Course) certified.

St. Marys YMCA: Mon & Wed at 1:30 pm (45 mins)

Stone Ridge Apt: Tuesdays at 10 am (45 mins)

Rotary Apt: Thursdays 10 am (45 mins)

FREE Falls Prevention Membership required

## Level 3 - Moderate (45 or 60 mins) Free

Our moderate class includes medium intensity, weight-bearing and resistance exercises. These exercises will help you to complete tasks with improved mobility and performance. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Kirkton: Mondays & Wednesdays at 10 am (60 mins)

Friendship Centre: Mon, Wed and Fri at 11:15 am (60 min)

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: Thursday at 9 am is a core class with a mat. Multi-purpose room limited space 25 participants.

FREE Falls Prevention Membership required



# Wellness 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 community support services for you. This service will allow you to call one phone number for multiple resources:**

**1-844-482-7800.**

#### How to prepare call 1844-482-7800

- ✓ Have your Health Card ready
- ✓ Plan for the process to take about 10 - 15 mins
- ✓ Have emergency contact names and phone numbers available
- ✓ If HuronPerth Intake calls you, their name is on call display
- ✓ Advise them on what program you are registering for (falls prevention, footcare, etc.)

#### 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, for any services and support you may need.

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

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



Our **Certified Fitness Instructors** will show you how to alter the intensity of your workout to suit your abilities. Each class uses a variety of equipment.

#### How to 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](http://www.townofstmarys.com/fallsprevention)**

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



# Wellness Programs



## 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 in your home to learn 10 very important exercises.

Call Pauline to schedule 519-284-3272

## Chair Yoga **\$40**

This yoga class will guide you through strengthening and standing postures using flow yoga style using 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, March 28 - April 25 5 weeks  
1:30 pm - 2:30 pm

Registration required

## Walking inside DCVI **FREE**

Register for this indoor walking program at St. Marys High School. Use the space whenever you want to between Monday to Thursday evenings. ENDS April 27.

Mon-Thurs Ends Apr 27, 2023 5 - 8 pm

Registration required

## Personal Training Assessment **\$20**

Are you exercising correctly? Want to prevent injuries while you workout? Meet privately with our Wellness Coordinator for a 30 minute Personal Training assessment.

You will be contacted when you register with your appointment time.

Registration required

## Loss and Loneliness Education **FREE**

Join Erica Wascher as we have an engaging presentation and discussion about living with change, transition and loss. Attendees will also learn coping skills for dealing with loss. This is a two part workshop.

Monday, March 13 & 27  
10:15 am - 11:30 am

Registration required

## Memory & Aging Education **\$25**

Many strategies and skills can be learned to prevent memory loss. Program goals; understand memory, identify & implement changes with lifestyle to improve, practice memory. Manual included.

Monday, Apr 17, 24, May 1, 8 4 weeks  
10:15 am - 12:15 pm

Registration required

## Mobile Health Education **FREE**

Learn how Community Paramedics provide assessments, referrals, and system navigation for individuals. Mobile Intergrated Health team advocates and connects support for clients in their home, while promoting health and wellness.

Friday April 28  
10:15 am - 11:15 am

Registration required

### **Alzheimer Society Walk-in Office hours for March**

Thursday, March 9: 9:30 am - 12 pm

Thursday, March 16: 1:30 pm - 4 pm

Thursday, March 23: 9:30 am - 12 pm

Thursday, March 30: 9:30 am - 12 pm

**Located in Meeting Room A & B**



# 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.



### HUGE CONGRATS TO AILEEN!

Aileen recently broke the Ontario record for 60m dash for her age group. Inspired by her coach and husband Harold (notice his medal as well) he placed 2nd in the 200m and shot put, and 3rd in the 60m.

Aileen and Harold participate in the Friendship Centre's free Falls Prevention Classes that take place at the Kirkton Community Hall on Mondays and Wednesdays at 10am.

Both are examples of healthy living at any age.

## Why does loneliness happen for Older Adults?

- disability
- decline in health and mobility
- transportation barriers
- changes to family status, housing and income
- smoking
- lack of exercise

## Loss and loneliness

- social isolation in older adults is a public health concern globally
- you're not alone, talk about your concerns with friends, family, and healthcare team

## Strategies for loss and loneliness

- animal therapy
- cognitive behaviour therapy
- psychotherapy
- social therapy
- physical exercise
- music therapy
- reminiscence therapy

## How the Friendship Centre Can Help?

- social opportunity, stay and chat after programs
- specific programs with a range of leisure activities
- access to Alzheimer Society on Thursdays
- free exercise classes, 5 different levels at 6 different sites
- music and choir programs
- free educational workshops
- trips and group experiences
- volunteer opportunities
- recreational programs

# Social and Leisure Programs



## Shuffleboard M: Free, NM: \$2

In this game players use cues to push weighted discs, sending them gliding down a narrow court. Mark your calendars, shuffleboard at the LIND Sportsplex returns in May!

Mondays & 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.

Mondays: 10:30 am -12:30 pm  
Wednesdays: 10:30 am - 12:30 pm  
Thursdays: 9 am - 11 am  
Fridays: 1-3 pm (March 3, 10, 31 & April 14)

Drop In

## DCVI Pickleball Drop in Fee: M\$ 2, NM \$4

The Friendship Centre offers recreational pickleball in the DCVI large gym from October-May.

Tuesdays 6- 8:45 pm until May 30.

Drop in

## Pepper / Bid Euchre M: \$1, NM: \$2

Enjoy social, "just for fun" Pepper! Based on the game of Euchre, Pepper introduces an element of bidding in which the trump suit is decided by which player can bid to take the most tricks.

Tuesdays at 1 pm

Drop in

## Pepperama M: \$ 6, NM: \$8

Enjoy a friendly tournament-style afternoon of cards. Coffee, tea, and water will be available. Please register with your team of three people. If you are in need of a spare player, or would like to be a spare, please let us know.

Thursday, March 9 at 12:30pm  
Thursday, April 13 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

## ROMEO Club M: Free, NM: \$2

Retired Outstanding Men Enjoying Ourselves. Shoot the breeze with like-minded men. Join the seated men’s strength class at 10 am before coffee.

Thursdays at 10:30 am

Drop in

## Knit & Chat M: Free, NM: \$2

A social group to work on hand knitted creations. Members of Knit & Chat generously donate items to a Friendship Centre fundraiser.

Thursdays at 1:30 pm

Drop in

## Genealogy M: Free, NM: \$2

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

Tuesday, March 28 & April 25 at 6:30pm

Drop in

## Community Allotment Garden \$25

Did you know the Friendship Centre coordinates the Community Allotment Gardens at the St. Marys Cemetery? There a few plots remaining for the 2023 season. Register for your 10x15 garden ASAP.

May- October.

Registration required.

## 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, March 9

5-9 pm

Thursday, April 13

5-9 pm

Drop in

## 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.

Wednesday, April 19 at 7pm

Wednesday, May 24 at 7pm

Wednesday, June 21 at 7pm

Registration required.

### Free Adult Learning Programs

Do you want to use your laptop, iPad or Smart Phone features correctly? 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.

**Please see our front desk to sign up for Technology Support on March 1 or 15**



# Social & Leisure Programs



## Zumba Fees Vary

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

Tuesdays at 10 am (11 weeks) M: \$110 NM \$137.50  
April 4 to May 16 & June 6 to 27

Tuesday at 6:45 pm (7 weeks) M: \$70 NM: \$87.50  
April 4 to May 16

Drop in rate is \$15 per class.

Registration required.

## Ballroom Dancing M: \$30, NM: \$37.50

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

Next session: March 21- April 25 (6 weeks)

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

Registration required.

## Choir M: \$45, NM: \$65

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.

Wednesdays at 9:30am

February 1 - May 31 (18 weeks)

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 at 1pm

Drop in

### NATIONAL VOLUNTEER WEEK APRIL 24-30

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

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





# Trips

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

## On the Road to Quehls

M: \$19  
NM: \$22

Join us on the Mobility Bus for a lunch date at Quehls Restaurant in Tavistock. The bus will depart at 11am and return at 2pm. Price is for transportation only, your meal is an additional cost.

Wednesday, March 15. Bus departs at 11 am.

Registration required.



## Fine Dining to One on York

M: \$25  
NM: \$28

Join us in trying the NEW "One on York" Restaurant in London (previously Michael's-on-the-Thames). We will depart at 4:15 pm and return by 8:45 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only.

Thursday, March 23. Depart at 4:15 pm.

Registration required.

## On the Road to Schmidtville

M: \$26  
NM: \$29

Join us on the Mobility Bus for shopping at the New Hamburg Thrift Store, followed by a lunch date at Schmidtville Restaurant in Wellesley. The bus will depart at 9:45 am and return at 2:45 pm. Price is for transportation only, your meal is an additional cost.

Wednesday, April 12. Bus departs at 9:45 am.

Registration required.

## Fine Dining to Blackshop

M: \$26  
NM: \$29

Join us in trying Blackshop Restaurant in Cambridge. We will depart at 4pm and return at 9 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only.

Tuesday, April 18. Bus departs at 4 pm.

Registration required.









# Events



## International Women's Day

Wednesday, March 8

1pm

Equity is something we need to think about, know about, and embrace. Join our free International Women's Day Celebration on Wednesday, March 8 at 1pm. Guest speakers include Jill Simpson & Brittany Petrie. Register on Active Net, or call 519-284-3272 by Friday, March 3.

## ST. PATRICK'S DAY FUN BINGO

**FRIDAY, MARCH 17**

**MEMBERS: \$5, NON-MEMBERS: \$7**

**1:30 PM START**


Will you have the luck of the Irish? Join our just for fun St. Patricks Day themed bingo on Friday, March 17 at 1:30pm. Don't forget to wear your green!  
Register on Active Net, or by calling 519-284-3272 by Friday, March 10.





# Friendship Centre Program Calendar

## March 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 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 1:30 pm Technology Support	2 Blood Pressure Clinic by Appt 9 am Pickleball 9 am L4 Cardio & Core 10 am L1 @ Jones St Apt 10 am L2 @ Rotary Apt 10 am L1 Seated Men's Strength 10:30 am ROMEO 11 am L1 Kingsway 11 am L1 Light Gentle Fitness 1 pm Shuffleboard 1:30 pm Knit & Chat	3 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	4
5	6 8 am Breakfast at Joe's Diner 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:30 am Pickleball 10:30 am Meditation 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA	7 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 pm DCVI Pickleball 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	8 9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton Pickleball Cancelled 11:15 am L3 Moderate Fitness <b>1 pm International Women's Day</b> 1 pm Contract Bridge 4:30 pm Dine Out at Home Supper	9 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 11 am L1 Light Gentle Fitness 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	10 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  <b>Walking at DCVI is Cancelled March 13-17</b>	11
12	13 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:15 am Loss & Loneliness 10:30 am Pickleball 10:30 am last day Meditation 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA	14 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 <b>Jamboree Cancelled</b> 1:30 pm Chair Yoga <b>Pickleball at DCVI Cancelled</b> 6:45 pm Zumba	15 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 am Bus trip to Quehl's Restaurant 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 1:30 pm Technology Support	16 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 11 am L1 Light Gentle Fitness 1 pm Shuffleboard 1:30 pm Knit & Chat	17 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling <b>Pickleball Cancelled</b> 1:30 pm Duplicate Bridge <b>1:30 pm St. Patrick's Day Fun Bingo</b>	18
19	20 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA	21 Blood Pressure Clinic by Appt 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 5:30 pm NEW! Dine with Friends 6 pm DCVI Pickleball 6:30 pm New Beginner Ballroom 6:45 pm Zumba 7:30 pm New Intermediate Ballroom	22 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 Dine Out at Home Supper	23 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 11 am L1 Light Gentle Fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 4:15 pm Fine Dining to One on York Restaurant	24 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling <b>Pickleball Cancelled</b> 1:30 pm Duplicate Bridge  <b>Scrapathon Fundraiser on Saturday, March 25 9am - 7pm</b>	25
26	27 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:15 am Loss & Loneliness 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA	28 9 am Quilting 9:30 am Creative Minds 10 am Zumba last day 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm New Chair Yoga Session 6 pm DCVI Pickleball 6:30 pm Genealogy 6:30 pm Beginner Ballroom 6:45 pm Zumba last day 7:30 pm Intermediate Ballroom	29 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	30 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 11 am L1 Light Gentle Fitness 1 pm Shuffleboard 1:30 pm Knit & Chat	31 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	1

### 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

April 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 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 10 am L3 @ Thames Valley <b>Pickleball Cancelled</b> 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA	4 9 am Quilting 9:30 am Creative Minds 10 am New Zumba Session 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm New Zumba Session 7:30 pm Intermediate Ballroom	5 Blood Pressure @ Thames Valley 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 <b>Easter Lunch Drive Thru/ Delivery</b> 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	6 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 Light Gentle Fitness 11 am L1 Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	7 <b>Good Friday</b> <b>No Programs</b> 	8
9	10 <b>Easter Monday</b> <b>No Programs</b>  	11 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 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	12 9 am L4 Vigorous Fitness 9:30 am Choir 9:45 am Bus trip to Schmidtsville Restaurant 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	13 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 Light Gentle Fitness 11 am L1 Kingsway 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	14 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	15
16	17 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:15 am Memory & Aging 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA	18 Blood Pressure by App 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 4 pm Fine Dining to Blackshop Restaurant 6 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba EndZone 7:30 pm Intermediate Ballroom	19 Quilt show <b>No in Person Programs at the Friendship Centre.</b> <b>Office closed</b>  Offsite programs will operate  Blood Pressure Rotary Apt 9:30 am Choir at the Presbyterian Church 10 am L3 Fitness @ Kirkton 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Dine Out at Home Supper 7 pm Virtual Scrapbooking Class	20 Quilt show <b>No in Person Programs at the Friendship Centre.</b> <b>Office Closed</b>  Offsite programs will operate  10 am L2 Fitness @ Rotary Apts 10 am L1 @ Jones St Apt 11 am L1 Kingsway	21 Quilt show <b>No in Person Programs at Friendship Centre.</b> <b>Office Closed</b>  What can your goal be today?  Go for a walk on one of St. Marys' awesome trails  Pick-up litter in your neighbourhood  Start a new book	22
23	24 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:15 am Memory & Aging 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA	25 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 Last Day Chair Yoga 5:30 pm Dine with Friends 6 pm Pickleball (DCVI) 6:30 pm Genealogy 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	26 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	27 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 Light Gentle Fitness 11 am L1 Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat  <b>Last day of Walking at DCVI</b>	28 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Mobile Health Unit Education 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling <b>Pickleball Cancelled</b> 1:30 pm Duplicate Bridge  <b>Scrapbooking Garage Sale</b> <b>Saturday, April 29</b> <b>9am - 1pm</b>	29

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