

# Friendship Centre

# PRIMETIME

May & June 2023



**June is Senior's Month!**  
*Stay Safe, Active & Connected*



**COMING SOON**

**New Session  
of Ballroom**

Mon, May 8

**Shuffleboard at  
the LIND**

Wed, May 10

**Senior's Month  
Kickoff Event**

Wed, May 31

**Senior Safety  
Session**

Wed, June 28

**Canada Day  
Bingo**

Thu, June 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)

**PYRAMID**  
RECREATION CENTRE  
Where the community comes together



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>

**Reminder:** The Friendship Centre does not accept grocery tapes, as our local grocery stores no longer run this fundraising program.

# Volunteer & Staff Information



The Town of St. Marys Council proclaimed April 16 to 22 as Volunteer week in the Town of St. Marys. National Volunteer Week is a time to place the spotlight on our volunteers who support the betterment of the community and our world in general. It is through volunteering we experience interconnectedness, making our lives more meaningful. Knowing our volunteer contributions are valued and meaningful creates a greater sense of purpose and dedication.

Thank you to all our volunteers for supporting the success of the Friendship Centre, many hands make light work!



## Meet Hillary!

Hillary has worked for the Friendship Centre for 5 and a 1/2 years as the Senior Services Program Coordinator. You can find her in many places around the Friendship Centre; from taping pickleball lines to working evening and weekend events and fundraisers.

As part of the Friendship Centre team she supports many customer service aspects, and helps out with Wellness Programs and Home Support Services as needed. She also takes the lead on publishing the Friendship centre Primetime and managing the Friendship Centre Facebook page.

Please join us in wishing Hillary well as she prepares for her first maternity leave this spring. We welcome Tom to our team as our Program Coordinator in her absence.







# 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.

Frozen meal prices have increased, please see us for further details.

## 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:

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. 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

We are pleased to offer free blood pressure readings. Blood pressure clinics will be offered by appointment only. Several times and locations are available.

- Friendship Centre: May 4, May 16, June 1 & 20
- Thames Valley Community Hall (30 Ann St #77) May 3 & June 7
- Rotary Apartments (22 St. Andrew St N) May 17, June 21

Appointment times vary, please contact us at 519-284-3272 to book your appointment.



## HOLIDAY CLOSURE NOTICE

Our office is closed on May 22, for the Victoria Day Holiday and June 30, for Canada Day. Hot Meals on Wheels will be delivered as usual.

# Dining Options



## Dine in with Friends

Register for Dine in with Friends. This dining program takes place at the Friendship Centre. Gather and dine with old friends, or meet new ones! Menu, prices, and dates vary, see below.

- **Wednesday, May 31.** Menu: Roasted Chicken, Roasted Potatoes, Vegetables, & dessert. Dine in with friends in May will be paired with our **Senior's Month Kickoff** Event. It will be a great evening of food and music from the Friendship Centre's Choir starting at 4pm. Cost is \$25 for Dinner & the Show.
- **Tuesday, June 27 at 5 pm.** Celebrating Canada Menu: Tourtiere, Salad & Dessert. Cost \$17.

## Dine out at Home

The Friendship Centre is lucky to partner with local restaurants to offer dining that gets delivered right to your home. You can register online or call the Friendship Centre before the registration deadline. Please make sure we have your current address in ActiveNet so your meal is successfully delivered. We are not able to accommodate allergies in this dining program. We appreciate your support in our dining ventures!

### Wednesday, May 3 - Supper from Four Happy

Menu: Chinese Platter

Cost: \$12

Register and pay by: April 28

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

### Wednesday, June 14- Supper from Cheese Shoppe

Menu: Chicken Cordon Bleu Casserole

Cost: \$12

Register and pay by: June 9

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

### Wednesday, May 17 - Supper from Joe's Diner

Menu: Sausage on a bun with fries

Cost: \$12

Register and pay by: May 12

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

### Wednesday, June 28 - Supper from Sunset Diner

Menu: 1 piece fish and chips

Cost: \$12

Register and pay by: June 23

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, May 1 at 8:00 am (register by April 27)
- Monday, June 5 at 8:00 am (register by June 1)

**\*If cost of meals is a barrier, 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 AM 60 mins Lvl 4 - Vigorous Fit Friendship Centre		9:00 AM 60 mins Lvl 4 - Vigorous Fit Friendship Centre	9:00 AM 60 min Lvl 4 - Cardio CORE Friendship Centre M/P room	9:00 AM 60 mins Lvl 4 - Vigorous Fit Friendship Centre
10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre	10:00 AM 45 mins Lvl 2 - Light Fitness Stone Ridge Apt	10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre	10:00 AM 45 mins Lvl 2 - Light Fitness Rotary Apartments	10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre
10:00 AM 60 mins Lvl 3 - Moderate Fitness Thames Valley			10:00 AM 30 mins Lvl 1 - HSEP Jones St. Apt	
10:00 AM 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall		10:00 AM 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall	10:00 AM 30 mins Lvl 1 - HSEP Mens Seated Strength Friendship Centre	
11:15 AM 60 mins Lvl 3 - Moderate Fitness Friendship Centre	11:00 AM 30 mins Lvl 1 - Light Gentle Friendship Centre	11:15 AM 60 mins Lvl 3 - Moderate Fitness Friendship Centre	11:00 AM 30 mins Lvl 1 - Light Gentle Friendship Centre	11:15 AM 60 mins Lvl 3 - Moderate Fitness Friendship Centre
1:30 PM 45 mins Lvl 2 - Light Fitness St. Marys YMCA		1:30 PM 45 mins Lvl 2 - Light Fitness St. Marys YMCA	11:00 AM 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 (30 mins) Free

The class will help you with everyday tasks around your home, especially if you have limited functional mobility. This is our gentlest class, with exclusively seated exercises.

Friendship Centre: Men's Seated Strength

Thursdays at 10 am

Jones St. Apartments: Thursdays at 10 am

FREE Falls Prevention Membership required

## Level 1 - Light Gentle Chair Fitness (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

Kingsway Lodge Thursdays at 11 am

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 (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.

Thames Valley Community Hall: Mondays at 10 am

Kirkton: Mondays & Wednesdays at 10 am

Friendship Centre: Mon, Wed and Fri at 11:15 am

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 using a mat. Multi-purpose room limited space 25 participants.

FREE Falls Prevention Membership required

### Alzheimer Society Walk-in Office hours

May 4 & 11. June 1, 8, 22, & 29: 10 am- 12 pm

May 18 & June 15: 1-3pm

Located in Meeting Room A & B

### 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. Please refrain from wearing perfume or cologne.



# 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 or you can call them. 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 and services.**

#### How to prepare:

- ✓ Call 1-844-482-7800
- ✓ Have your Health Card ready
- ✓ Plan for the process to take about 10 - 15 mins
- ✓ Have emergency contact names and phone numbers available
- ✓ Advise Huron Perth Intake which program you are registering for (falls prevention, footcare, etc.)

**\*If Huron Perth Intake calls you, their name will show on call display\***

#### Why is this necessary for clients and fitness class participants?

Completing this process ensures 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

#### 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**

Do you use 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

Registration required

## Education on Living a Healthy Life

**FREE**

These workshops provide participants living with chronic disease with the tools and confidence to better manage their conditions. This program is located in the Endzone. Please note the Thursday, May 18 class will take place in meeting room AB.

Thursday May 11 - June 15

(6 weeks)

1:00 pm - 3:30 pm

Registration required

## Chair Yoga

**\$72**

This class will guide you through strengthening and modified postures using while seated. We incorporate the chair to challenge your balance and core strength and to keep you safe. A drop in option is also available for \$10 per class.

Tuesday, May 2 - June 27

(9 weeks)

1:30 pm - 2:30 pm

Registration required

## Senior Safety Session

**FREE**

Join Christy from the Alzheimer's Society, as she hosts a variety of guest speakers. We will hear from Stratford Police Department as they educate us on scam prevention. St. Marys Fire Department will educate us on fire safety. We will also hear from an Occupational Therapist who specializes in driving. This free workshop will aim to educate you, and increase your safety.

Wednesday June 28

9:45 am - 12:00 pm

Registration required

## Education Spinal Pain

**FREE**

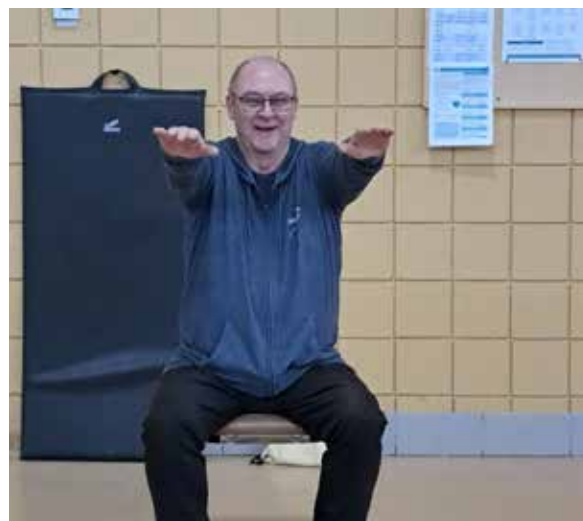
Breast weight and spinal pain: an exploration of what we already know and what we still need to learn. Come join Dorota for a presentation about her research looking at the relationship between breast weight and spinal pain.

Monday, May 29: 10:15 am - 11:00 am

Registration required

**John is a volunteer for our  
Home Support Exercise Program.**

**Men are invited to join John and the guys,  
Thursdays at 10:00 am for our Seated Strength Class.**





# Wellness Information

**Top participants who attended the most fitness classes in 2022.  
They are taking charge of their own health.**



**243 Classes**  
**Congrats Lorrie & Charlie!**  
They attend L4 Vigorous  
and L4 Men's Strength.



**158 Classes**  
**Congrats Gerri & Peter!**  
They attend L2 Light Gentle  
and L3 Moderate.



**155 Classes**  
**Congrats Roger & Vicki!**  
They attend L3 Moderate  
and L4 Men's Strength.



**134 Classes**  
**Congrats Barb!**  
She attends L3 Moderate  
and L4 Vigorous Fitness.



**131 Classes**  
**Congrats Jan!**  
She attends L4 Vigorous  
Fitness.



**130 Classes**  
**Congrats Kathy!**  
She attends L4 Vigorous  
Fitness.

# 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 1 pm  
LIND Sportsplex Wednesdays at 9:30 am

Drop in

## Carpet Bowling

M: Free, NM: \$2

Enjoy this variation on traditional lawn bowling, while socializing with others. We will also be hosting the Senior Games Carpet Bowling competition on June 9th.

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: 10:30 am- 12:30 pm

Drop In

## Pepper / Bid Euchre

M: \$1, NM: \$2

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

Tuesdays at 1 pm

Drop in

## Pepperama

M: \$ 6, NM: \$8

Enjoy a friendly tournament-style afternoon of cards. Coffee, tea, 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, May 11 at 12:30 pm  
Thursday, June 8 at 12:30 pm

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

## Euchre

Fee TBD

Love Euchre? Want to be a part of a new and exciting program at the Friendship Centre? See Tom to add your name to an interest list.

Day and Time TBD

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, May 30 & June 27 at 6:30 pm

Drop in

## Community Allotment Garden

\$25

Did you know the Friendship Centre coordinates the Community Allotment Gardens at the St. Marys Cemetery? There are 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. Snacks and refreshments will be provided.

Thursday, May 11

5-9 pm

Thursday, June 8

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, May 24 at 7 pm

Wednesday, June 21 at 7 pm

Registration required.

## Campfires

M \$5, NM \$7

Summer campfires are back! Join us for an evening of food and fun. Please dress accordingly. Outdoor location is by the PRC splash pad. Rain location is inside the Friendship Centre main hall.

Tuesday, June 13 at 6 pm

July & August dates TBD

Registration required.



# Social & Leisure Programs



## Ballroom Dancing

M: \$24, NM: \$33

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: Monday, May 8- Monday, June 19  
Excluding Monday, May 22 (6 weeks)

Beginner Ballroom Dancing 1 pm  
Intermediate Ballroom Dancing 2 pm

Registration required.



## Choir

The Friendship Centre Choir program is conducted by Lanny Hoare and will be performing at the Friendship Centre's Seniors Month Kickoff event. See page 15 for event details.

Returns in September!

Tell the Friendship Centre if you are interested in the fall session

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 1 pm

Drop in



**Our weekly Jamboree program will continue throughout the summer months.  
Musicians, dancers & audience members are welcome!**



# Trips

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

## On the Road to Anna Mae's

**M: \$27  
NM: \$31**

Join us on the Mobility Bus for a lunch date at Anna Mae's Restaurant in Millbank, followed by shopping at Cozyn's in Stratford. The bus will depart at 10:45am and return at 3:45pm. Price is for transportation only, your meal is an additional cost.

Wednesday, May 10th. Bus departs at 10:45 am.

Registration required.

## Fine Dining to Golf's Sreakhouse

**M: \$27  
NM: \$31**

Join us as we return to Golf's Steakhouse in Kitchener for a delicious dinner. We will depart at 4:00pm and return by 9:00pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only.

Thursday, May 18. Depart at 4:00 pm.

Registration required.



## On the Road to Grand Bend

**M: \$26  
NM: \$29**

Join us on the Mobility Bus for lunch date at the Lake Hound Restaurant in Grand Bend, followed by some Ice Cream on the strip. The bus will depart at 10:15am and return at 3:15pm. Price is for transportation only, your meal is an additional cost.

Wednesday, June 7. Bus departs at 10:15 am.

Registration required.

## Fine Dining to Sixthirtynine

**M: \$25  
NM: \$28**

Join us in trying Sixthirtynine Restaurant in Woodstock. We will depart at 4:30pm and return at 8:30pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only.

Thursday, June 22. Bus departs at 4:30 pm.

Registration required.



# Success Stories



**On Saturday, March 25 we hosted the Scrapathon Fundraiser and had over 100 participants that came to the Friendship Centre and scrapbooked for 10 hours.**

**A big thank you goes to our Scrapathon Fundraiser volunteers who dedicated a lot of their time and energy into making this event a huge success!**



**On April 5, the Friendship Centre hosted and sold out our annual Easter Lunch Fundraiser providing 260 meals to the community. Thank you to our participants who ordered a meal for drive thru, delivery, and those who gifted a meal to a community member in need. Also, a thank you goes to the volunteers who helped deliver meals, serve in the kitchen, and direct traffic in the pouring rain for the event.**



**Did you know we offer free blood pressure clinics? Did you know that every 6 months we send blood pressure readings to the client's doctor? Recently, this health service resulted in a client's health care team making a positive change to the client's medication. See page 3 for clinic dates, times & locations.**





## Events

# Senior's Month Kickoff

*Featuring the Friendship  
Centre's Choir*



Wednesday, May 31

Entertainment at 4pm followed by a  
delicious meal

\$25



Appreciate the talents of local senior's and their contributions to our community. Join us for great entertainment followed by a delicious meal.

Menu is roasted chicken, roasted potatoes, vegetables, & dessert.

Register by calling 519-284-3272 or on Active Net.

# CANADA DAY FUN BINGO!

THURSDAY, JUNE 29

1:30 PM

**MEMBERS \$5**

**NON- MEMBERS \$7**

Join our festive fun bingo and wear red!

Register on Active Net or call us at

519-284-3272.







# Friendship Centre Program Calendar

## May 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 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 <b>Pickleball Cancelled</b> 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	2 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 New session Chair Yoga 6 pm DCVI Pickleball	3 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 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Dine Out at Home Supper	4 Blood Pressure @ FC 9 am Pickleball 9 am L4 Cardio & Core 10 am L1 @ Jones St Apt 10 am L2 @ Rotary Apt 10am L1 Seated Men's Strength 10:30 am ROMEO 11 am L1 Kingsway 11 am L1 Light Gentle Fitness 1 pm Shuffleboard 1:30 pm Knit & Chat	5 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	6
7	8 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 1pm Quilting 1 pm Beginner Ballroom 1:30 pm L2 Light Fitness @ YMCA 2 pm Intermediate Ballroom	9 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	10 9 am L4 Vigorous Fitness 9:30 am Choir 9:30 am Shuffleboard at the LIND 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am On the Road to Anna Mae's 11:15 am L3 Moderate Fitness 1 pm Contract Bridge	11 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 GentleFitness 12:30 pm Pepperama 1 pm Shuffleboard 1 pm Living Healthy Life 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	12 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	13
14	15 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 pm Beginner Ballroom	16 Blood Pressure @ FC 9am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	17 Blood Pressure @ Rotary 9 am L4 Vigorous Fitness 9:30 am Choir 9:30 am Shuffleboard at the LIND 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	18 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 Living Healthy Life	19 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	20

	1:30 pm L2 Light Fitness @ YMCA 2 pm Intermediate Ballroom	6pm Pickleball at DCVI	1:30 pm L2 Light Fitness @ YMCA 4:30 pm Dine Out at Home Supper	1 pm Shuffleboard 1:30 pm Knit & Chat 4 pm Fine Dining to Golf's		
21	22 Happy Victoria Day! Office is Closed and programs will not be running. Home support services will continue as usual. 	23 9 am Quilting 9:30 am Creative Minds 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	24 9 am L4 Vigorous Fitness 9:30 am Choir 9:30 am Shuffleboard at the LIND 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	25 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 Living Healthy Life 1 pm Shuffleboard 1:30 pm Knit & Chat	26 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	27
28	29 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:15 am Education Spinal Pain 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1 pm Beginner Ballroom 1:30 pm L2 Light Fitness @ YMCA 2 pm Intermediate Ballroom	30 9 am Quilting 9:30 am Creative Minds 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 Genealogy	31 9 am L4 Vigorous Fitness 9:30 am Choir 9:30 am Shuffleboard at the LIND 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 <b>4 pm Senior's Month Kickoff</b> <b>Featuring the Friendship Centre Choir</b>			

## Legend

### **LIND Sportsplex -**

Offsite Shuffleboard located at 425 Water St. S.

Parking is located across the street at the tennis courts.

### **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

June 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<sup>1</sup> Blood Pressure Clinic @ FC 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 Living Healthy Life 1 pm Shuffleboard	<sup>2</sup> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	<sup>3</sup>
<sup>4</sup>	<sup>5</sup> 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 Beginner Ballroom 1:30 pm L2 Light Fitness @ YMCA 2 pm Intermediate Ballroom	<sup>6</sup> 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	<sup>7</sup> Blood Press Thames Valley 9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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	<sup>8</sup> 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 Living Healthy Life 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	<sup>9</sup> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Senior Games Carpet Bowling	<sup>10</sup>
<sup>11</sup>	<sup>12</sup> 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	<sup>13</sup> Blood Pressure @FC 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	<sup>14</sup> 9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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	<sup>15</sup> 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	<sup>16</sup> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	<sup>17</sup>

	1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA 2 pm Intermediate Ballroom	1:30 pm Chair Yoga 6 pm Campfire	1:30 pm Dine Out at Home Supper	12:30 pm Appetizers 1 pm Living Healthy Life 1 pm Shuffleboard 1:30 pm Knit & Chat		
18	19 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 Beginner Ballroom 1:30 pm L2 Light Fitness @ YMCA 2 pm Intermediate Ballroom	20 Blood Pressure @ FC 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	21 Blood Pressure @ Rotary 9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 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	22 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 4:30 pm Fine Dining to Sixthirty-nine	23 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	24
25	26 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 <b>Pickleball Cancelled</b> 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	27 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 Last Day Chair Yoga 5 pm Dine in With Friends 6:30 pm Genealogy	28 9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 9:45 am Senior Safety Session 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	29 <b>Pickleball Cancelled</b> 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 <b>1:30 pm Canada Day Fun Bingo!</b>	30 Happy Canada Day! Office is Closed and programs will not be running. Home Support services will continue as usual. 	

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**519-284-3272 | 317 James Street South, P.O. Box 998, St. Marys | [www.townofstmarys.com](http://www.townofstmarys.com)**