

Friendship Centre

PRIMETIME

May & June 2024

Celebrating 50 Years of the Friendship Centre

Fifty Friendship Centre Facts Inside!



 Coming Soon:

Choir Concert

Wed, May 29

**50th Anniversary
Celebration**

Wed, June 19

**Canada Day Fun
Bingo**

Friday, June 28

Senior Services Department
317 James Street S., St. Marys
friends@town.stmarys.on.ca
townofstmarys.com/seniorservices
facebook.com/stmarysfriendshipcentre

Scan with your
phone to view
the newsletter
online!



519-284-3272



50 Years of the Friendship Centre



50 Fun Facts

1. The Friendship Centre first opened it's doors on February 26, 1974.
2. The first Friendship Centre location was at what is now Cadzow Park.
3. Did you know that the Friendship Centre original address was 217 Park Street and the current FC address is 317 James Street?
4. Upon opening in 1974, it was officially named "Stonetown Friendship Centre"
5. Did you know that the original Friendship Centre building on Park St was an assembly factory for grenades during WW2?
6. The original Friendship Centre building (pictured on our front page) was also a shoe making company.
7. The Friendship Centre operated for 30 years in the original building, before moving to the PRC.
8. The current Friendship Centre location opened June 18, 2004.
9. A superbuid grant was received to build the current Centre. It was a grant designed to revitalize infrastructure to prepare for the large Baby Boomer Generation.
10. While the Friendship Centre was operating on Park St. all 4 walls were painted with murals (see right).
11. When the Friendship Centre turned 25 in 1999, we serviced 450 people.
12. In 2024 turning 50 years old, the Friendship Centre now services over 1000 people.
13. After 50 years, the Friendship Centre still holds the same phone number (519) 284-3272.
14. In 1984, the Friendship Centre Membership fee was \$5
15. In 2004, the Friendship Centre Membership fee was \$28
16. The current cost of a Friendship Centre membership is \$50.
17. Shuffleboard, card games, bus trips, quilting and footcare were a few of the programs offered from the Friendship Centre in 1974 and continue today (see right).

Activity Advertisement from 1974

ACTIVITIES

QUILTING
skill, sociability and a great fund raiser.



CARD GAME
why go to Las Vegas?

SERVICES
"Oh, tired feet begone!"



SHUFFLEBOARD

TRAVEL
Not Disneyland but how about Haliburton for the Fall?





50 Years of the Friendship Centre



Quilting at the original Friendship Centre



Dining at the original Friendship Centre



A Place of Fellowship!

50 Fun Facts continued

18. For many years, the Friendship Centre had a weekly news column in the Journal Argus that would publish shuffleboard, euchre, pepper scores and more!

19. The first Director of the Friendship Centre was Elizabeth Pearson.

20. In 1974 Elizabeth told the Newspaper “We are concerned about people who could remain in their own homes with a little extra help from our programs”

21. To this day, Friendship Centre staff continue to work hard to provide programs and services that will help community members stay in their homes for longer.

22. Elizabeth was also a driving force behind a choir program at the Friendship Centre. 50 years later, the Friendship Centre is pleased to continue to offer choir.

23. In 1984, the Friendship Centre slogan was “A Place of Fellowship”.

24. Jenny, Ally & Kim all worked at the original Friendship Centre location.

25. Stephanie Ische, Director of Community Services, started her career with the Town in the Friendship Centre.

26. Did you know? Fitness and Falls Prevention Classes cost \$1.00 in 2000 and \$3.00 in 2013.

27. In 2014, the Friendship Centre received extra funding from the Southwest LHIN to support new FREE Fitness and Falls Prevention Classes.

28. Did you know Fitness & Falls Prevention Classes used to be called SWIFT (Staying, Well, Independent, Fit, Together).

29. When the Friendship Centre Turned 40 years old we operated 8 weekly Fitness Classes. We currently operate 26 weekly Fitness and Falls Prevention classes thanks to additional funding.

30. Did you know we currently offer Free Fitness and Falls Prevention classes at 8 locations in St. Marys and Area? At the Friendship Centre, Thames Valley Community Hall, YMCA, Kirkton Community Hall, Rotary Apartments, Stoneridge Apartments, Kingsway Nursing Home and Wildwood Care Centre.



50 Years of the Friendship Centre



50 Fun Facts continued

- 31.** Pickleball in St. Marys first started at the Friendship Centre 10 years ago. The Friendship Centre pickleball program is now busy with over 70 people registered and runs 8 hours a week in the 2/3 hall.
- 32.** Did you know that Friendship Centre fundraises annually to keep program costs and membership rates attainable.
- 33.** Did you know the Friendship Centre runs 4 fundraising events a year that revolve around scrapbooking, with the support of volunteers. The first one started in 2013!
- 34.** The St. Marys Craft Show has been an annual Fundraiser for the Friendship Centre for over 25 years.
- 35.** The first St. Marys Craft Show had 8 vendors, and now it has over 60.
- 36.** Our 2024 Craft Show date is Saturday, November 16. Make sure you visit our knitting and bake table!
- 37.** Did you know that the Friendship Centre was the hub for Community Wellness during the Covid 19 Pandemic?
- 38.** We offered support services to all ages, virtual programming for the community, and still support many aspects of Community Wellness today.
- 39.** The Friendship Centre hosted our first International Women's Day event in 2018 with 60 people in attendance.
- 40.** Our attendance for the 2024 International Women's Day event was 210 people.
- 41.** To celebrate Canada Day 150 in 2017, the Friendship Centre hosted a free Fitness and Falls Prevention class that over 150 people took part in.
- 42.** The Friendship Centre and Home Support Services currently has 220 amazing volunteers.
- 43.** Meals on Wheels started in St. Marys in 1975 with the first meal being delivered on April 15.
- 44.** The ages of our current Volunteer Fitness Instructors range from age 44 to 89; proving that age is only a number.
- 45.** We are lucky to have so many dedicated volunteers. Our longest running Volunteer Fitness Instructor is Susan M who has been teaching since 2006.



Fitness Class in the old Friendship Centre



A place to play cards and be social for decades

- 46.** The Friendship Centre services people ages 50+. On multiple occasions we have provided programs and services to multiple generations of family.
- 47.** Our current registration system called ActiveNet was introduced in May 2021, which allow participants to self register Online.
- 48.** The Friendship Centre Facebook Page was created in June 2022 and has over 1000 followers.
- 49.** The Friendship Centre is celebrating 50 years with a drop in Social on Wednesday, June 19.
- 50.** Why do the Friendship Centre Staff enjoy their jobs? Because of the amazing patrons and volunteers they see everyday !



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 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

The Friendship Centre will be closed on Monday, May 20 for the Victoria Day Stat Holiday and Monday, July 1st for Canada Day.

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 9 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.



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.

Date: Tuesday, May 28
Time/location: 5:00 pm, Friendship Centre
Menu: BBQ Chicken
Cost: \$17

Date: Tuesday, June 25
Time/location: 5:00 pm, Friendship Centre
Menu: Hamburger and a Strawberry Surprise.
Cost: \$17



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.

Dates:
May 6 (register by May 1)
June 3 (register by May 29)
Time/location: 8:00 am, Joe's Diner
Menu: Anyway eggs, bacon or sausage, hashbrowns, toast, coffee/tea
Cost: \$12



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.

Wed, May 1- Supper from Sunset Diner

Menu: Shepherd's Pie & Salad
Cost: \$12

Time of delivery: Between 4:30 & 5:30 pm
Register and pay by Wed, Apr 24

Wed, June 5 - Supper from Four Happy

Menu: Chinese Platter
Cost: \$12

Time of delivery: Between 4:30 & 5:30 pm
Register and pay by Wed, May 29

Wed, May 15 - Supper from Joe's Diner

Menu: 1 piece Fish & Chips with Coleslaw
Cost: \$12

Time of delivery: Between 4:30 & 5:30 pm
Register and pay by Wed, May 8

Wed, June 19- Supper from Cheese Shoppe

Menu: Cabbage Rolls
Cost: \$12

Time of delivery: Between 4:30 & 5:30 pm
Register and pay by Wed, June 12



Registering for Home Support Services



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

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

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

Education and Health Screening

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

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

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

Fitness and Falls Prevention locations

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

Level 1 - Tiered Exercise Program

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

Level 2 - Light Gentle Fitness Class

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

Level 3 - Light Fitness Class

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

Level 4 - Moderate Fitness Class

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

Level 5 - Vigorous Fitness Class

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

Mens Strength

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

Fitness & Falls Prevention Classes

You will need to register for a FREE fitness and falls prevention membership annually.
For details call 519-284-3272 or visit townofstmarys.com/fallsprevention.

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 class) 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 3 Light Stone Ridge Apt 45 mins	10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room
10 am Lvl 4 Moderate Kirkton Hall 60 mins		10 am Lvl 4 Moderate Kirkton Hall 60 mins	10am Lvl 1 HSEP Mens Strength Friendship Centre 30 mins MP room	
10 am Lvl 4 Moderate Thames Valley 60 mins			10 am Lvl 4 Moderate Thames Valley 60 mins	
11 am Lvl 1 Tiered Friendship Centre 30 mins AB room			10 am Lvl 3 Light Rotary Apartments Hall 45 mins	10:30 am Lvl 1 Tiered at Wildwood Care Centre 30 mins
11 am Lvl 1 Tiered Kingsway/Fairhill 30 mins New start May 27	11 am Lvl 2 Light Gentle Friendship Centre 30 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		11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room	11 am Lvl 1 Tiered Kingsway/Fairhill 30 mins	11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room
1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins



Fitness and Falls Prevention



Blood Pressure Clinics - Health Screening

- 1) Call 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

Locations:

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

1st Thursday afternoon - May 2
 3rd Tuesday morning - May 21
 4th Wednesday - May 29

Rotary Apt - 22 St. Andrew St. N., St. Marys drop in

3rd Wednesday of the month. Starts at 9:30 am.
 May 15 and June 19

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

1st Wednesday morning of the month
 May 1 and June 5

Call Friendship Centre to book appointment. 519-284-3272

Registration for Fitness and Falls Prevention class July- December session

It's exciting to know that we have 571 participants that need to register for the up coming July to December session of Fitness and Falls prevention classes. Because that's a lot of people, please register online if you're able. Registration is now open on ActiveNet.

ONLINE

1) Go to ActiveNet

<https://www.townofstmarys.com/en/recreation-and-culture/register-for-programs.aspx>

TIP if you don't meet the criteria it's because your Fitness and Falls Prevention membership has expired (you need to renew every year).

Update your Fitness and Falls Prevention membership , under the membership tab which is located between calendars and sport (free)

2) Add "fitness" to activity search

3) Select location and level of class you wish to attend, and proceed to check out and finish

IN-PERSON

Complete hard copy paper at any site

PHONE

519-284-3272



Rating of Perceived Exertion RPE



	Exertion	RPE	Activity Examples
	None	0	
	Very Light	1	
	Light	2-3	
	Moderate/ Somewhat Hard	4-5	
	Hard	6-7	
	Very Hard	8-9	
	Maximum Effort	10	



Wellness



Yin Yoga | \$80

Yin yoga is a restorative practice involving supported long holds of traditional postures. Space is limited. Please bring props for your comfort such as blankets, small pillows, large pillows, yoga blocks, towels etc. to enhance your experience. Drop in option available.

Fri at 1:30 pm
May 10 - June 28 (8 weeks)
Ages 18+

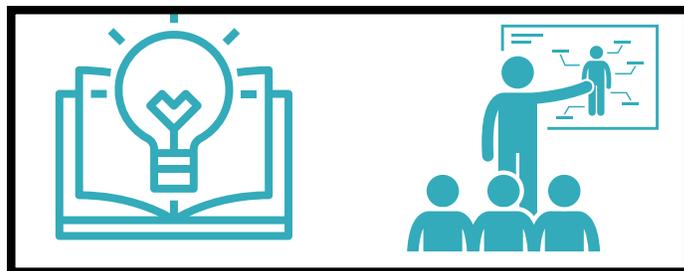
ActiveNet Registration required

Chair Yoga | \$ 116

This yoga class will guide you through strengthening and standing postures using flow yoga style and a chair. We incorporate the chair to challenge your balance and core strength and keeping you safe. Drop in option also available for \$10 per class registration for drop in opens one week before the date.

Tues at 1:30 pm
June 4 - Aug 20 (12 weeks)

ActiveNet Registration required



Education Session | \$25

It's Time for Me

Time for Me is an 8 week discussion and personal growth group for older adults. The purpose of the group is to get to know oneself and become more aware of personal strengths, skills, and values. Learn more effective ways of communicating relating to others and expanding participant's awareness of the options open to them, while increasing self-esteem. We will make new friends and connect with others to reduce isolation. \$25 cost is to cover manual and snacks. Facilitated by Family Service Perth Huron.

Thurs at 1 pm
May 9 to June 27 (8 weeks)
Friendship Centre- Meeting Room AB

ActiveNet Registration required

Education Session | FREE

Diabetes 101 - Understanding the Basics

Join a Registered Dietitian for this 90 min session for people with prediabetes and Type 2 diabetes. You will learn:

- What pre diabetes/diabetes means
- Signs and symptoms
- Complications of the disease
- What your lab results for blood sugar control mean
- How meal timing affects your blood sugar
- Which foods affect your blood sugar and which ones don't
- How to meal plan for diabetes and prediabetes
- What other factors affect blood sugar

Wed, Jun 12 at Friendship Centre at 10:15 am
Wed, Jun 19 at Thames Valley Hall at 10:30 am

ActiveNet Registration required



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.	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.



Social and Leisure Programs



Ballroom Dancing | M: \$30 / NM: \$37.50 +HST

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

May 7 - June 25 (8 weeks)
Tues at 6:30 pm (Beginner)
OR 7:30 pm (Intermediate)
For ages 18+

ActiveNet registration required.

Line Dancing | M: \$80 + HST / NM: \$100 +HST

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!

May 7- June 25 (8 weeks)
Tues at 6:30pm
For Ages 18+

ActiveNet registration required.

Write Your Life | M: \$60 - NM \$75

Honour your life and story by getting them on paper. Your story is worth telling whether you do it as a memoir, poem or fiction.

Don't know how to get started? Vicki Pinkerton, writer, life coach, and Amherst Writers and Artists facilitator will take you through a series of prompts designed to unlock your memories. Then you get prompts and exercises to help you start writing. This workshop will also give you an opportunity for a manuscript review.

This workshop will honour the beginner writer but will also help the experienced writer move forward with their project.

May 15- June 19 (6 weeks)
Wed from 1:30-3:30pm

ActiveNet registration required.

Please Register for your Program

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.

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 and how often programs are utilized.



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.

Mon & Thurs, 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.

Wed at 9:30 am starting May 15

Drop in. Seasonal registration required

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

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

Fri at 1 pm

Drop in. Annual registration required

Pickleball | Yearly M: \$60/ NM:\$85 or

Drop In M:\$2/NM: \$4 per play

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 get healthy and be social. Yearly fee renews in September.

Mon: 10:30 am -12:30 pm

Wed: 10:30 am - 12:30 pm

Thurs: 9 - 11 am

Fri: 10:30 am - 12:30 pm

Drop in. Annual registration required



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.

Tues 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.

Thurs, May 9 at 12:30 pm

Thurs, June 13 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.

Wed 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.

Fri at 1 pm

Drop in. Annual registration required



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".

Tues 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.

Thurs at 1:30 pm

Drop in. Volunteer registration required.

Quilting

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

Mon at 1 pm & Tues, 9 am

Drop in. Volunteer registration required.

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

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

Thurs, May 9, 5 - 9 pm & Wed, May 29, 1-5 pm

Thurs, June 13, 5 - 9 pm & Wed, June 26, 1-5 pm

Monthly registration 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.

Wed, May 15 at 7 pm

Wed, June 19 at 7 pm

Registration required.



Genealogy | M: Free/NM: \$2

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

Tues, May 28 at 6:30 pm

Tues, June 25 at 6:30 pm

Drop in. Annual registration required.

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

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

Thurs 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.

Tues at 1 - 4 pm

Drop-in. Annual registration required.

Choir | M: \$65/NM: \$95

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. Our end of year choir performance is May 29! Register by calling 519-284-3272 or on ActiveNet. Choir will return in September.

Wed at 9:30 am

Annual registration required.

Community Allotment Garden | \$30

Did you know the Friendship Centre Coordinates the Community Allotment Gardens located at the St. Marys Cemetery? If you would like a 15x20 foot garden for annual flowers and produce, let us know!

Garden season runs May - October

Annual registration required.



Day Trips



On the Road to Cowbell Brewery & Dublin Mercantile M: \$26 / NM: \$29

Join us on the Mobility Bus when we head to Cowbell Brewery for lunch followed by Dublin Mercantile. Meal not included in price. Price is for transportation only, tax is included.

Wed, May 8. Depart 11 am. Return at 4 pm.

ActiveNet registration required.

On the Road to Anna Mae's Restaurant & Lens Mills M: \$27 / NM: \$30

Come for a road trip on the Mobility Bus to Anna Mae's Restaurant in Millbank, followed by shopping at Lens Mills. Meal not included in price. Price is for transportation only, tax is included.

Thurs, June 13. Depart 11 am. Return 4:30 pm.

ActiveNet registration required.

Fine Dining to the Olde School Restaurant M: \$25 / NM: \$28

Join us as we try out the Olde School Restaurant in Paris. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Wed, May 22. Depart 4 pm. Return 8:30 pm.

ActiveNet registration required.

Fine Dining to Golf's Steakhouse and Seafood M: \$25 / NM: \$28

Join us as we try out Golf's Steakhouse and Seafood in Kitchener. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Thurs, June 20. Depart 4 pm. Return 8:30 pm.

ActiveNet registration required.

Upcoming Coach



Bus Trips



Grand River Boat Cruise

M: \$145 / NM: \$160

Enjoy a boat cruise this summer on the beautiful Grand River. Before setting sail you will enjoy a performance by the Blazing Fiddles. You will then have a delicious lunch while you cruise the Grand.

Wed, July 17. Depart at 9:15 am. Return at 4:30 pm.

ActiveNet registration required.

Book trips with Great Canadian Holidays and be sure to mention the Friendship Centre! Great Canadian will then give the Friendship Centre credits to make our day trips more affordable.

See what they offer at

<https://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

Social: facebook.com/stmarysfriendshipcentre

Friendship Centre email:

friends@town.stmarys.on.ca

Home Support email:

homesupport@town.stmarys.on.ca

Friendship Centre Memberships

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

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, martial 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 visit www.veterans.gc.ca/eng.





Volunteer Information



Volunteers Needed!

The Friendship Centre cannot operate without the support of volunteers. We are currently looking for volunteers in the following programs:

Telephone Reassurance

Our Volunteer Visiting and Telephone Reassurance program provides weekly/daily telephone calls and/or security checks to seniors and adults with disabilities who may be isolated and not have access to social programs within the community. We currently have a waitlist for this program. If you are interested in bringing the community back into a fellow community members life please reach out. Calls taking place weekly or daily based on a mutually agreed upon schedule. The volunteer's role is to provide social companionship, a listening ear, and to engage in friendly and casual conversation

Volunteer Visiting

Friendships and connection with others is vitally important to maintaining our health as we age. If you are interested in giving an hour a week to visit with a fellow community member it might just be the best hour of your week! Volunteers are match with like minded seniors in the community for in-home visits. No experience necessary.



Upcoming Events



The Friendship Centre Choir Presents "Music Sweet Music"

Enjoy the an evening of music as the Friendship Centre Choir showcases their hard work. Sweet treats and light refreshments will be provided.



Wednesday, May 29



6:30 pm

\$12



Register by calling 519-284-3272 or on ActiveNet



50TH ANNIVERSARY CELEBRATION



Can you believe the Friendship Centre has been operating for 50 years? Join our drop in social to celebrate the past, present and future of the St. Marys Friendship Centre with a good old fashion piece of anniversary cake.

Wednesday, June 19

Drop in between 11 am and 1 pm

FREE

No pre-registration required.

CANADA DAY FUN BINGO

Time to get festive and wear your red and white to our Canada Day Fun Bingo!

Friday, June 28

1pm

Cost: M \$6, NM \$8

**Register on ActiveNet or
call 519-284-3272**





Program Calendar - May 2024



MON	TUES	WED	THURS	FRI
		1	2	3
		9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am Blood Pressure at Thames Valley 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:15 am Meditation 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Sunset Diner	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L4 Moderate Fitness at Thames Valley 10 am L3 Fitness at Stoneridge 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1 pm Blood Pressure @ FC 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
6	7	8	9	10
8 am Breakfast at Joe's Diner 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Line Dancing - <i>New Session!</i> 6:30 pm Beg. Ballroom - <i>New Session!</i> 7:30 pm Int. Ballroom - <i>New Session!</i>	9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 10:15 am Meditation 11am Trip to Cowbell Brewery & Dublin Mercantile 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L4 Moderate Fitness at Thames Valley 10 am L3 Fitness at Stoneridge 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5pm Open Crop	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Line Dancing 10:30 am L1 Tiered Fitness at Wildwood Care Centre 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA 1:30 pm Yin Yoga
13	14	15	16	17
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness	9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree	9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:15 am Meditation 10:30 am Pickleball	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L4 Moderate Fitness at Thames Valley	9am Vigorous Fitness 10 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre



Program Calendar - May 2024



MON	TUES	WED	THURS	FRI
May Continued 13 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	14 1:30 pm Chair Yoga 6:30 pm Line Dancing 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	15 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Joe's Diner 7pm Virtual Scrapbooking Class	16 10 am L3 Fitness at Stoneridge 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	17 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA 1:30 pm Yin Yoga
20 Happy Victoria Day No Programs Home Support Services continue as usual  HAPPY VICTORIA DAY	21 9 am Blood Pressure @ FC 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Line Dancing 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	22 9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am LIND Shuffleboard 9:30 am Blood Pressure at Rotary 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA 4pm Fine Dining to Olde School Restaurant	23 9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L4 Moderate Fitness at Thames Valley 10 am L3 Fitness at Stoneridge 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	24 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA 1:30 pm Yin Yoga
27 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11:15am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	28 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 5pm Dine in With Friends 6:30 pm Genealogy 6:30 pm Line Dancing 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	29 9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Blood Pressure @ FC 10:30 am Pickleball 1 pm Scrapbooking Open Crop 1:30 pm L3 Light Fitness at the YMCA 6:30pm Choir Performance	30 9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L4 Moderate Fitness at Thames Valley 10 am L3 Fitness at Stoneridge 10 am L1 Men's Fitness 10 am L2 Fitness at Stoneridge 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	31 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA 1:30 pm Yin Yoga



Program Calendar - June 2024



MON	TUES	WED	THURS	FRI
3	4	5	6	7
8 am Breakfast at Joe's Diner 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 10am Zumba - <i>New Session!</i> 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga- <i>New Session!</i> 6:30 pm Line Dancing 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	9 am L5 Vigorous Fitness 9:30 am Blood Pressure at Thames Valley 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Four Happy	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L3 Fitness at Stoneridge apt 10 am L4 Moderate Fitness at Thames Valley 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1 pm Blood pressure @ FC 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am L1 Tiered Fitness at Wildwood Care Centre 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA 1:30 pm Yin Yoga
10	11	12	13	14
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Line Dancing 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	9 am L5 Vigorous Fitness 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:15 am Diabetes Education FC 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L3 Fitness at Stoneridge 10 am L4 Moderate Fitness at Thames Valley 10 am L1 Men's Fitness 10:30 am ROMEO 11am L2 Light Gentle Fit 11am L1 Tiered Fitness at Kingsway 11am Anna Mae's and Len's Mills Store 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA 1:30 pm Yin Yoga



Program Calendar - June 2024



MON	TUES	WED	THURS	FRI
17	18	19	20	21
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball Cancelled 11 am L1 Tiered Fitness 11am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 9 am Blood pressure @ FC 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 10 am Zumba 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Line Dancing 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	9 am L5 Vigorous Fitness 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:15 am Diabetes Education Thames Valley 10:30 am Pickleball 11:15 am L4 Moderate Fitness 11 am-1 pm 50th Anniversary Drop-In Social 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Cheese Shoppe 7pm Virtual Scrapbooking Class	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L2 Fitness at Stoneridge 10 am L4 Moderate Fitness at Thames Valley 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 4pm Fine Dining to Golf's Steakhouse	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am L1 Tiered Fitness at Wildwood Care Centre 10:30am Pickleball 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA 1:30 pm Yin Yoga
24	25	26	27	28
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 5pm Dine in With Friends 6:30 pm Line Dancing 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	9 am L5 Vigorous Fitness 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 10:30 am Blood pressure @ FC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1 pm Scrapbooking Open Crop 1:30 pm L3 Light Fitness at the YMCA	9 am L5 Vigorous Fitness 9 am Pickleball Cancelled 10 am L3 Light Fitness at Rotary Apts. 10 am L3 Fitness Stoneridge 10 am L4 Moderate Fitness at Thames Valley 10 am L1 Men's Fitness 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 10 am L5 Men's Strength Pickleball 10:30 am L1 Tiered Fitness at Wildwood Care Centre 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA 1:30 pm Yin Yoga 1:30 pm Canada Day Fun Bingo 

Legend

Off-site Fitness and 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
- Rotary Apartments, 22 St. Andrews St N, Parkview East Hall

Off-site Fitness and Falls Prevention Classes

- Stoneridge Apartments, 50 Stoneridge Boulevard
- Kingsway Nursing Home, 310 Queen St E
- Wildwood Care Centre, 100 Ann St