

Friendship Centre

PRIMETIME

May & June 2025



 Coming Soon:

Fraud Prevention & Scams Education

Wednesday
May 14th

A Sentimental Journey Lunch & Concert Bus Trip

Thursday
May 15th

Erick Traplin Concert with EarlyON

Friday
June 6th

Friendship Centre Year End Choir Concert

Wednesday
June 11th

Canada Day Bingo

Monday
June 30th

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



Home Support Services



Home Support Services strives to enhance the quality of life of seniors, people recovering from illness or injury, and people with varying abilities by providing services to assist them in living independently. Call 519-284-3272 to start any of these programs. No referral or paid membership needed.

When you register, a Huron Perth Community Services Coordinator (CSS central intake) will call you to complete the process. This service will allow you to call one number for multiple supports: 1-844-482-7800.

Foot Care Clinics

Improper foot and toenail care can have many effects on your overall health. Consider foot care provided by a registered professional. Please register for this service. \$35 per appointment. Foot care gift cards are available.

Meals on Wheels

Hot and nutritious full course meals are delivered to your door by local volunteers five days a week. Meals consist of a main course, soup or salad and dessert. For convenience, frozen entrées, soups and desserts are available for pick up or delivery.

Shopping Services

Staff and volunteers are available to help you complete your shopping and weekly errands.

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

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



HOLIDAY CLOSURE NOTICE



Please note that the Friendship Centre will be closed on Monday May 19th for the Victoria Day Holiday.

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 5 for blood pressure clinic times and locations.

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

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



Community Dining



Dine in with Friends

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

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

May

Date: Tuesday May 27th (Registration will open Wednesday May 7th)

Time/location: 5:00 pm, Friendship Centre

Menu: Shrimp with yummy sides

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

June

Date: Tuesday June 24th (Registration will open Wednesday June 4th)

Time/location: 5:00 pm, Friendship Centre

Menu: Chicken with some fantastic sides

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

Breakfast at Joe's

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



Dates:

Monday May 5th (Register by May 2nd)

Time/location: 8:00 am, Joe's Diner

Menu: Anyway eggs, bacon or sausage, hash browns, toast, and coffee/tea

Cost: \$12

Breakfast will be on summer vacation following the May breakfast. See you in September!

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. Unfortunately we are not able to accommodate allergies in this dining program. **Please note that we are not able to offer refunds for meals cancelled after the registration deadline.**

Wednesday, May 7th: Supper from the Cheese Shoppe

Menu: Salad Plate

Cost: \$12

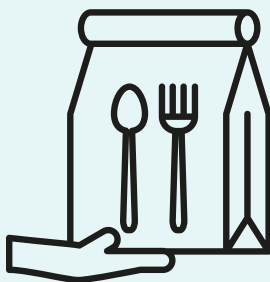
Register and pay by Wed, April 30

Wednesday, May 21st: Supper from Four Happy

Menu: Chinese Platter

Cost: \$12

Register and pay by Wed, May 14



Wednesday, June 4th: Supper from Joe's Diner

Menu: Hot Beef Sandwich

Cost: \$12

Register and pay by Wed, May 28

Wednesday, June 18th: Supper from Sunset Diner

Menu: Pasta with Meat Sauce & Salad

Cost: \$12

Register and pay by Wed, June 11



Registering for ALL Wellness Home Support Services



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

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

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

Education and Health Screening

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

How to prepare for Fitness class

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

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

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

Fitness and Falls Prevention locations

- Friendship Centre - 317 James St. S, St. Marys
- Kirkton Hall - 70497 Rd. 164, Kirkton
- 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. Our leader is Tiered Exercise Program or Senior Fitness Instructor certified. Please bring a gait aid if you use one. Seated options available if you have limited functional mobility.

Level 3 - Light Fitness Class

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

Level 4 - Moderate Fitness Class

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

Level 5 - Vigorous Fitness Class

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

Men's Strength

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

Please note: The next session of Fitness and Falls Prevention classes (July - December) will be open for registration on June 1st, 2025



Best practices for your fitness class success

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

Fitness & Falls Prevention Class Schedule 2025

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall		9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall	9 am Lvl 5 Vigorous Friendship Centre mat during strength 60 mins MP Room	9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall
10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room	10 am Lvl 3 Light Stone Ridge Apt 45 mins	10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room	10 am Lvl 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 Thames Valley 60 mins			10 am Lvl 4 Moderate Thames Valley 60 mins	
10 am Lvl 4 Moderate Kirkton Hall 60 mins		10 am Lvl 4 Moderate Kirkton Hall 60 mins	10am Lvl 1 HSEP Men's Strength Friendship Centre 30 mins MP room	
Wildwood Lvl 1 10:30 40 minutes		Wildwood Lvl 1 10:30 40 minutes	10 am Lvl 3 Light Rotary Apartments Hall 45 mins	Wildwood Lvl 1 10:30 40 minutes
11 am Lvl 1 Tiered Friendship Centre 30 mins AB room				11 am Lvl 1 Tiered Friendship Centre 30 mins AB room
11 am Lvl 1 Tiered Kingsway/Fairhill 40 mins			11 am Lvl 1 Tiered Kingsway/Fairhill 40 mins	
11:15 Lvl 4 Friendship Centre 60 minutes	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room
1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins



Health Screening, Education and Workshops



Blood Pressure Clinics - Health Screening

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

Locations:

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

1st Thursday afternoon - May 1st & June 5th
3rd Tuesday morning - May 20th & June 17th
4th Wednesday - May 28th & June 25th

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

3rd Wednesday of the month. Starts at 9:30 am.
May 21st & June 18th

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

1st Wednesday morning
May 7th & June 4th

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

Education: Rotary Hospice | Free

Join Louise Lepp and Lucie Stuart to learn about the Rotary Hospice in Stratford.

Topics will include: services offered, referral information, fundraising initiatives, volunteer opportunities and more.

Please register for this education through Activenet or at the Friendship Centre desk.

Date: Wednesday, June 4th

Time: 10:15 - 11:15 am

Location: Friendship Centre

ActiveNet Registration required

Living a Healthy Life with Chronic Pain Workshop Series | Free

Are you living with heart disease, diabetes, high blood pressure, arthritis, osteoporosis or other chronic conditions? Are you caring for someone with chronic conditions?

Join us for this free program developed and tested at Stanford University and used around the world. Studies have shown that people who learn more about self-management are more likely to access the right care at the right time, and are more confident about managing on their own.

Topics include:

- Dealing with difficult emotions
- Healthy eating
- Communicating with your health care providers
- Getting active safely
- Breathing better
- Managing pain and fatigue
- Positive thinking and visualization
- Goal setting and problem solving
- And more

Dates: Friday mornings from May 16th to June 20th

Time: 9:30 am - 12:00 pm

Location: Friendship Centre

ActiveNet Registration required

Education: Fraud Prevention and Scams | Free

Join the St. Marys Police Department to learn more about what we can do to help ourselves with fraud prevention and scams.

Date: Wednesday May 14th

Time: 10:15 - 11:15 am

Location: Friendship Centre

ActiveNet Registration required





Social, Leisure and Fitness Programs



Chair Yoga Wednesdays | \$80.00 + HST

This 8 week session will combine soft music with static poses and flows. The classes are geared to improve your strength, balance and flexibility. This program is a mix of both seated and standing postures using a chair for additional support. A short meditation is included at the end of each session.

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

Date: May 7th - June 25th

Time: 1:30 pm - 2:30 pm

Drop in classes available:

\$15 per class (HST included)

ActiveNet Registration required



Chair Yoga Fridays | \$80.00 + HST

This 8 week session of yoga classes will guide you through a variety of yoga poses geared to improve your strength, balance and flexibility. A short meditation is also offered at the end. This program is a blend of seated postures and standing postures using a chair for additional support.

Classes will run on Fridays **in the 1/3 Hall**

Date: May 2nd - June 27th

Time: 1:00 pm - 2:00 pm

Drop in classes available:

\$15 per class (HST included)

Please note that there is no class on June 6th.

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, and helps us a great deal.

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

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

Zumba | M: \$80 + HST / NM: \$100 + HST

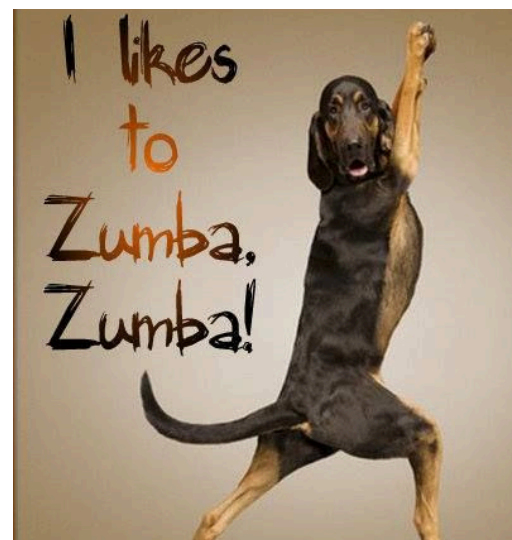
Zumba fitness is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance party. Together the laughs are many and the steps are more. 60 minutes of dancing. Program requires minimum number of participants to run.

Tuesday mornings: May 6th - June 24th (8 weeks)
10:00 am - 11:00 am

For Ages 18+

Drop-in available: \$15 per class (HST included)

ActiveNet registration required.





Social, Leisure and Fitness Programs



Meditation 4 week Series | \$20.00 + HST

Meditation for a peaceful mind. Join Denise with this mindful practice that guides you through breathing affirmations, that help with your peaceful mind. 30 mins of practice each session, please wear comfortable clothes and dress in layers.

Classes will run **in the 1/3 Hall**

Date: Thursday May 8th - Thursday May 29th

Time: 10:15 am - 10:45 am

ActiveNet Registration required

Ballroom Dancing | M: \$23 + HST / NM: \$29 + HST

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

Tuesday evenings: May 13th - June 17th (6 week session)

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For Ages 18+

Ballroom Dancing will pause for the summer after this session - stay tuned for fall dates

ActiveNet registration required.



Tuesday Night Line Dancing

M: \$60 + HST / NM: \$75 + HST

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

Tuesday evenings: May 20th - June 24th (6 weeks)

6:30 - 8:00 pm

Drop-in available: \$15 per class (HST included)

For Ages 18+

Line Dancing will pause for the summer after this session - stay tuned for fall dates

ActiveNet registration required.



Social and Leisure Programs



Shuffleboard | M: Free/NM: \$2

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

Monday & Thursday at 1 pm

Drop in. Annual registration required

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

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

Wednesdays at 9:30 am - begins May 14th

Drop in. Annual registration required

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

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

Fridays at 1 pm

Drop in. Annual registration required

Pickleball

Activity Fees:

Yearly Fee (Sept - Aug):

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

OR

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

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

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

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

Wednesdays: 10:30 am - 12:30 pm

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

Fridays: 10:30 am - 12:30 pm

Drop in. Annual registration required

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

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

Pepper/Bid Euchre | M: \$1/NM: \$2

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

Tuesdays at 1 pm

Drop in- Annual registration required

Pepperama | M: \$6/NM: \$8

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

Thursday, May 8th at 12:30 pm

Thursday, June 12th at 12:30 pm

Monthly registration required

Contract Bridge | M: \$2/NM: \$3

If you enjoy a good game of bridge then you have come to the right place! Contract bridge is the standard form of the card game bridge, in which only tricks bid and won count toward the game.

Wednesdays at 1 pm

Drop in. Annual registration is required

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

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

Fridays at 1 pm

Drop in. Annual registration required



Social and Leisure Programs



Quilting

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

Mondays at 1 pm & Tuesdays at 9 am

Drop in. Volunteer registration required.

Creative Minds | M: Free/NM: \$2

A fun, social group. Learn how to knit or work on your "do it yourself designs".

Tuesdays at 9:30 am

Drop in. Annual registration required.

Knit & Chat | M: Free/NM: \$2

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

Thursdays at 1:30 pm

Drop in. Volunteer registration required.

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

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

Thurs, May 8, 5-9 pm & Wed, May 28, 1-5 pm

Thurs, June 12, 5-9 pm & Wed June 25, 1-5 pm

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

Virtual Scrapbooking Class | \$20

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

Wednesday, May 21st, 7 pm (Register by May 7)

Wednesday, June 18th, 7 pm (Register by June 4)

Registration required.



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

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

Thursdays at 10:30 am

Drop in. Annual registration required.

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

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

Tuesdays from 1 - 4 pm

Drop-in. Annual registration required.





Social and Leisure Programs



13 Grandmother Moons Learning Circle with Patsy Day

Suggested donation: \$5

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

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

Tuesday May 20th, 6pm - Latiy^thos: Planting Moon

Tuesday June 17th, 6pm - Aw^hihte: Strawberry Moon

ActiveNet registration required.

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

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

Wednesdays at 9:30 am

Annual registration required.

Write Your Life - Part Two

M: \$50 + HST / NM: \$62.50 + HST

For those who have started Writing Their Life: open more memories, keep motivated and keep writing.

In this group we also talk about how to put your memories together for your family: do you want to publish or simply create a gallery of stories to share?

Tuesday April 29th - May 27th (5 weeks)

1:30 - 3:30 pm

ActiveNet registration required.



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

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

Mondays at 1:00 pm

Drop-in. Annual registration required.



Genealogy | M: Free/NM: \$2

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

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

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

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

Tuesday May 27th, 6:30pm

Tuesday June 24th, 6:30 pm

Drop in. Annual registration required.

Are You Interested in Playing Board Games?

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



Fine Dining



Fine Dining to the Clock Tower Bistro & Pub

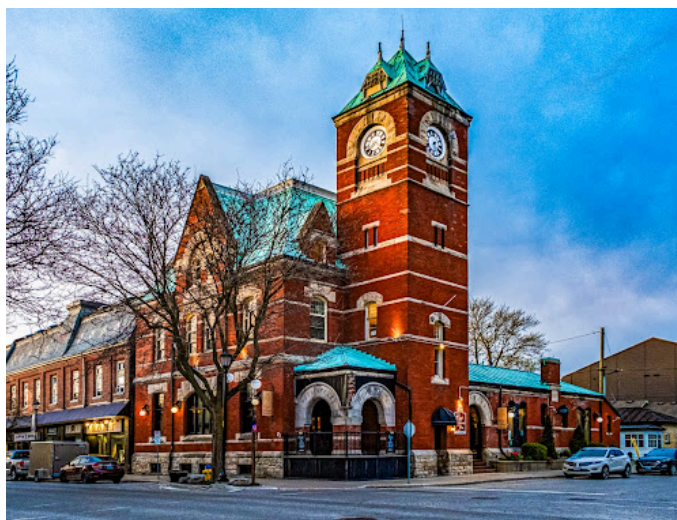
M: \$22 + HST / NM: \$25 + HST

Join us as we try out the beautiful Clock Tower Bistro & Pub in Strathroy. The company and food will not disappoint. Meal is not included in price. Price is for transportation only.

Tuesday May 6th

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

ActiveNet registration required.



Fine Dining to The Imperial Restaurant

M: \$21 + HST / NM: \$24 + HST

Join us as we try out the new Imperial Restaurant in New Hamburg. The company and food will not disappoint. Meal is not included in price. Price is for transportation only.

Tuesday June 10th

Depart at 4:15 pm. Return at 8:15 pm.

ActiveNet registration required.

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



Day Trips - On The Road



On the Road to North Star Restaurant & Devizes Cheese Factory & Store

M: \$20 + HST / NM: \$23 + HST

Join us for a Mobility Bus road trip to the North Star Restaurant in Lucan, followed by a browse around Devizes Cheese Factory & Store! Meal not included in price. Price is for transportation only.

Thursday May 29th

Depart at 11:30 am. Return at 3:00 pm.

ActiveNet registration required.



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

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

On the Road to Quehl's Restaurant & Shakespeare

M: \$22 + HST / NM: \$25 + HST

Join us for a Mobility Bus road trip to Quehl's Restaurant in Tavistock, followed by a browse around the shops and sights of Shakespeare! Meal not included in price. Price is for transportation only.

Wednesday June 25th

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

ActiveNet registration required.

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



Upcoming Events



Erick Traplin Concert Friday June 6th, 10am

Join us and our pals at EarlyON
for a great all-ages concert!



Free and open to all ages.
**Come and celebrate with
your family!**

**Please register through
ActiveNet or KEyON**

Friendship Centre Choir

End of Season Concert
Wednesday June 11th, 6:30 pm



**Come and enjoy an evening
of beautiful music and
sweet treats as the
Friendship Centre Choir
showcases their season!**



Cost: \$12
**Registration
is required**



Spring Scrapbooking Garage Sale Success

**Thank you for your generous
donations of baking and
scrapbooking supplies for our
April 5th Garage Sale!**

- Bake table: \$1330.40**
- Friendship Centre
Scrapbooking table: \$786.15**

**Combined with vendor table
rentals, a grand total of
\$4299.05 was raised for St.
Marys Senior Services! WOW!**

**A HUGE thank you to all who
contributed donations!**

**Join us on Monday June
30th for Canada Day
Fun Bingo!**



Cost: M \$6, NM \$8
Monday June 30th, 1pm
at the Friendship Centre
Registration Required



Upcoming Events



13 Grandmother Moons Learning Circle

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

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



Tuesday May 20th
6pm:

Latiy[^]thos: Planting Moon

Tuesday June 17th
6pm:

Aw[^]hihte: Strawberry Moon



CPR-A Course

Tuesday May 6th,
8:30 am - 12:30 pm at the
Friendship Centre

**This CPR-A Course is for
Friendship Centre Volunteers**

If you are interested in
participating in this course
and are not a volunteer with
us, come by our front desk
for more information
Registration is required

Handmade Ceramic Bird Feeder Workshop with Zenfire Pottery



June 19 afternoon workshop
in their downtown studio

Enjoy a 2 hour workshop where you will
build your own one-of-a-kind bird feeder!



- Beginner friendly
- Use slabs of clay, templates and textures to create your unique piece!
- Piece will be fired in the colour of your choice

Cost:

M: \$85 + HST

NM: \$90 + HST

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

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

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

Are you a quilter, and interested in learning more?

Let us know!



Stratford Festival: Annie the Musical



Do you want to see Annie at the Stratford Festival this Fall?
Let us know! If enough people are interested, we will be
running a trip on our Mobility Bus.

Add your name to our interest list at the front desk, and we
will keep you posted with price and timing details!



Upcoming Day Trips



A Sentimental Musical Journey: Lunch & Concert

Date: Thursday May 15, 2025

Time: 10:30 am – 5:00 pm

Registration has closed: let us
know if you'd like to be added to
the waitlist in case of any
cancellations

Ticket Includes:

- 3-Course Lunch at Golf's Steakhouse, Kitchener
- A Sentimental Journey Musical Concert at WMB Church, Waterloo

Cost:

M: \$140 + HST

NM: \$153 + HST

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



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



See what they offer at
www.greatcanadianholidays.com

Thank you for welcoming photographer Sean to the Friendship Centre!





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, debit, cheque, or credit card by phone. Unfortunately we are unable to accept e-transfers.

Land Acknowledgement

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



RZone: Respect and Responsibility

Rzone promotes respect for yourself and others, and responsibility for your actions. The strategy applies to all organizations and individuals using the Town's facilities, and enforces consequences for inappropriate behaviour, violence and vandalism. To report an incident, speak with staff.

Inclusiveness

Participants recovering from injuries, those with chronic conditions and varying mental or physical abilities have equal access to programs, services, opportunities and resources.

Friendship Centre Code of Conduct

The Senior Services Department adheres to the Human Rights Code which states that "every person has the right to equal treatment with respect to services, goods and facilities, without discrimination because of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, age, marital status, family status or varying ability".

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

Calling all Canadian Veterans

Those that served even for a short period of time, may be eligible for benefits. Those benefits can support independent living. For more information please reach out to a staff member, or visit www.veterans.gc.ca/eng.

HST

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

Volunteer Information

Thank A Volunteer!

Volunteers are the backbone of the Friendship Centre! Did you know that the Friendship Centre supports the work of over 200 volunteers who are involved in virtually every program offered and service provided! On behalf of our the community we service, we thank our volunteers for everything they do to make St. Marys a great place to live!

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

Thank You

Wow, what a great Scrapbooking Garage Sale! Thank you to everyone who supported the Scrapbooking Garage sale through your volunteer efforts, through your donations of gently used scrapbooking and craft items as well as all of the wonderful baking that was donated. In total the Friendship Centre raised \$4299.05. All money raised through fundraisers such as the Scrapbooking Garage Sale are reinvested into the programs and services offered by the Senior Services department.



June is Seniors Month

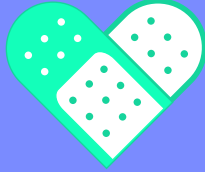
Did you know that June is Seniors Month in Ontario? Seniors Month is a time to recognize and celebrate older adults in our community, and their many contributions and achievements.

Find information on resources available for seniors in Ontario including tax credits, health, caregiving, housing, transportation and staying safe by visiting www.ontario.ca/document/guide-programs-and-services-seniors

Updates & Reminders

Please Remember to:

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



THANK YOU! 😊

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

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

Thank you!

Hot & Frozen Meals

- Don't forget we offer hot and frozen meals that can be delivered right to your door if you are unable to get out during the winter
- Hot Meals are delivered Monday through Friday at about 12 pm
- If we have to cancel a meal due to inclement weather, we will call you before 12 pm
- Please remember to keep all walkways clear of snow for everyone's safety

Questions? Call us at 519-284-3272

Books & Puzzles Lending Library

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



Feel free to help yourself!



St. Marys & Area Mobility Service



Meet the St. Marys and Area Mobility Service

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

Frequently Asked Questions:



Amber Miners: Mobility Services Manager

Who can access St. Marys Mobility Service?

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

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

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



St. Marys and Area
MOBILITY SERVICE

easyride[™]
door to door service

St Marys and Area Mobility Service Monthly Stratford Shopping Charter

When: 1st Monday of every month

Cost: \$20.00/ round trip

Stops include: Festival Marketplace Mall



Call 519-272-9875 to book your spot!



Program Calendar - May 2025




MON	TUES	WED	THURS	FRI
			1	2
			9 am L5 Vigorous Mat 9 am Pickleball 10 am L3 at Rotary 10 am L3 at Stoneridge 10 am L4 at Thames Valley 10 am L1 Men's Strength 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 Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Chair Yoga 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
5	6	7	8	9
8 am Breakfast at Joe's Diner 9 am Basic Step Aerobics 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton Valley 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train Dominoes 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 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 Write Your Life Part Two	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 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from the Cheese Shoppe	9 am L5 Vigorous Mat 9 am Pickleball 10 am L4 at Thames Valley 10 am L3 Fitness at Stoneridge 10 am L3 at Rotary 10 am L1 Men's Strength 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 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 C.C. 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - May 2025



MON	TUES	WED	THURS	FRI
<p>12</p> <p>9 am L5 Vigorous Fitness 9 am Basic Step Aerobics 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train Dominoes 1:30 pm L3 Light Fitness at the YMCA</p>	<p>13</p> <p>9 am Quilting 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 Write Your Life Part Two 6:30 pm New Session: Beginner Ballroom Dancing 7:30 pm New Session: Intermediate Ballroom Dancing</p>	<p>14</p> <p>9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am New Session: LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:15 am Fraud Prevention Education 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA</p>	<p>15</p> <p>9 am L5 Vigorous Mat 9 am Pickleball 10 am A Sentimental Musical Journey Bus Trip 10 am L3 Fitness at Stoneridge 10 am L4 at Thames Valley 10 am L3 at Rotary 10 am L1 Men's Strength 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</p>	<p>16</p> <p>9 am L5 Vigorous Fitness 9:30 am Living a Healthy Life Workshop Series 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Chair Yoga 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA</p>
<p>19</p> <p>Friendship Centre Closed</p> <p>Happy Victoria Day!</p> 	<p>20</p> <p>9 am Blood Pressure @ FC 9 am Quilting 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 Write Your Life Part Two 6:30 Genealogy 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom</p>	<p>21</p> <p>9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am Blood Pressure @ Rotary Apartment 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Four Happy 7 pm Virtual Scrapbooking Class</p>	<p>22</p> <p>9 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Fitness at Stoneridge 10 am L4 at Thames Valley 10 am L3 at Rotary 10 am L1 Men's Strength 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</p>	<p>23</p> <p>9 am L5 Vigorous Fitness 9:30 am Living a Healthy Life Workshop Series 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Chair Yoga 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA</p>



Program Calendar - May 2025



MON	TUES	WED	THURS	FRI
26 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 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train Dominoes 1:30 pm L3 Light Fitness at the YMCA	27 9 am Quilting 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 Write Your Life Part Two 5 pm Dine in With Friends 6:30 pm Genealogy 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom	28 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 Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 10:30 am Blood Pressure @ FC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1 pm Scrapbooking Open Crop 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	29 9 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Fitness at Stoneridge 10 am L4 at Thames Valley 10 am L3 at Rotary 10 am L1 Men's Strength 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	30 9 am L5 Vigorous Fitness 9:30 am Living a Healthy Life Workshop Series 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Chair Yoga 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - June 2025



MON	TUES	WED	THURS	FRI
2	3	4	5	6
9 am L5 Vigorous Fitness 9 am Basic Step Aerobics 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train Dominoes 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 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 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom	9 am L5 Vigorous Fitness 9:30 am Choir 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 10:15 am Rotary Hospice Education 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Joe's Diner	9 am L5 Vigorous Mat 9 am Pickleball 10 am L3 at Rotary 10 am L3 at Stoneridge 10 am L4 at Thames Valley 10 am L1 Men's Strength 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 9:30 am Living a Healthy Life Workshop Series 10 am Erick Traplin Concert with EarlyOn 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
9	10	11	12	13
9 am L5 Vigorous Fitness 9 am Basic Step Aerobics 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train Dominoes 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 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 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom	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 Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 6:30 pm Friendship Centre Choir Concert	9 am L5 Vigorous Mat 9 am Pickleball 10 am L3 at Rotary 10 am L3 at Stoneridge 10 am L4 at Thames Valley 10 am L1 Men's Strength 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 5 pm Scrapbooking Open Crop	9 am L5 Vigorous Fitness 9:30 am Living a Healthy Life Workshop Series 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Chair Yoga 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - June 2025



MON	TUES	WED	THURS	FRI
16	17	18	19	20
9 am L5 Vigorous Fitness 9 am Basic Step Aerobics 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train Dominoes 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 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom	9 am L5 Vigorous Fitness 9:30 am Blood Pressure @ Rotary 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 10:30 am Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Sunset Diner 7 pm Virtual Scrapbooking Class	9 am L5 Vigorous Mat 9 am Pickleball 10 am L3 at Rotary 10 am L3 at Stoneridge 10 am L4 at Thames Valley 10 am L1 Men's Strength 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 9:30 am Living a Healthy Life Workshop Series 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Chair Yoga 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
23	24	25	26	27
9 am L5 Vigorous Fitness 9 am Basic Step Aerobics 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train Dominoes 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 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 5 pm Dine in With Friends 6:30 pm Genealogy	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 L1 Tiered Fitness at Wildwood C.C. 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 Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	9 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Fitness at Stoneridge 10 am L4 at Thames Valley 10 am L3 at Rotary 10 am L1 Men's Strength 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 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Chair Yoga 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - June 2025



MON	TUES	WED		
30 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 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train Dominoes 1pm Canada Day Bingo 1:30 pm L3 Light Fitness at the YMCA				

Legend: Off-Site Fitness & Falls Prevention Classes

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