

Friendship Centre

PRIMETIME

Sept & Oct 2022

Did you know?

The Friendship Centre is an inclusive space that welcomes participants with varying mental and physical abilities.



**New Session:
Ballroom Dancing**

Sept 6

**New Session:
Line Dancing**

TBA

**New Session:
Zumba**

Sept 13 & 15

**Thanksgiving
Drive-thru/ Delivered
Lunch**

Oct 5

**Halloween Fun
Bingo**

Oct 31

Senior Services Department

317 James Street S., St. Marys

friends@town.stmarys.on.ca

townofstmarys.com/seniorservices

facebook.com/StMarysFriendshipCentre



519-284-3272



General Information

The Senior Services Department of the Town of St. Marys encompasses Home Support Services and The Friendship Centre. Home Support Services promotes wellness and quality of life among seniors, people recovering from illness or injury and people with varying abilities. The Friendship Centre serves the needs of adults through various social, educational and recreational programs. These programs are funded in part by Ontario Health, Ontario Seniors' Secretariat, Town of St. Marys, client fees, membership fees, fundraising and donations.

Contact Us

Hours: Monday to Friday, 8 a.m. - 4:30 p.m.

Address: 317 James St. South, St. Marys

Phone: 519-284-3272

Website: townofstmarys.com/seniorservices

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 \$45 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, marital status, family status or varying ability".

Calling all Canadian Veterans

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



Volunteer Information



Volunteer for us!

What truly makes St. Marys so special are the people who give back to the community, every single day. Here at the Friendship Centre, we are so grateful for our volunteers, and we're committed to fostering a positive environment that offers equal opportunities. Our core values include: respect, integrity, collaboration, optimism, and accountability. This fall, the Friendship Centre is planning on resuming a large portion of its pre-pandemic programming. To continue to provide high quality service, we rely on volunteer support for several programs. No matter your skill set, or area of interest, we have a volunteer role for you. For more information about volunteer opportunities, call 519-284-3272, or email friends@town.stmarys.on.ca to get started.

We are currently recruiting for these volunteer positions:

**Shopping Services
Telephone Reassurance
Volunteer Visitor
Travel Club**



**Thank you to our volunteer Mady!
Mady was one of our awesome
students who spent the summer
volunteering with the us.**

Adult Learning - Free

Do you want to use your laptop, iPad or Smart Phone features correctly or smarter? The Friendship Centre and Adult Learning will be teaming up to offer technology support, to teach you all you need to know. This one on one learning takes place at the Friendship Centre. Registration is required for this FREE program.

Date: September 12 - by appointment between 9 am to 12 pm

Contact the Friendship Centre to book an appointment.



Home Support Services

Home Support Services strives to enhance the quality of life of seniors, people recovering from illness or injury, and people with varying abilities by providing services to assist them in living independently. Call 519-284-3272 to start any of these programs. No referral or membership needed. **When you register, a Huron Perth Community Services Coordinator will phone you to complete the process. This service will allow you to call one phone number for multiple supports: 1-844-482-7800.**

Foot Care Clinics

Improper foot and toenail care can have many effects on your overall health. Consider foot care provided by a registered professional. Clinics are offered on a weekly basis. Please register for this service. \$30 per appointment. Foot care gift cards are available.

Meals on Wheels

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

Shopping Services

Staff and volunteers are available to help you complete your shopping and weekly errands. The shopping program has been modified during COVID-19 to help you stay safe from the comfort of your own home. Volunteers complete weekly grocery shops. Staff offers support for online ordering and arranges for grocery pick up and drop off. Staff work with each individual to determine the best service and arrange payment options.

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.



HOLIDAY CLOSURE NOTICE

The Friendship Centre office will be closed

Monday, Sept. 5 & Monday, Oct. 10

Hot Meals on Wheels will be delivered as usual.

Wellness Programs

Wellness programs consist of exercise and falls prevention classes, educational presentations and health screening. Falls prevention classes are a free program funded by Ontario Health. All physical fitness programs should be approved by your doctor.

Blood Pressure Clinics

Home Support Services will be offering free blood pressure checks at the Friendship Centre.

- Thursday, Sept 8 (afternoon appointments)
- Tuesday, Sept 20 (morning appointments)
- Thursday, Oct 6 (afternoon appointments)
- Tuesday, Oct 18 (morning appointments)
- Wednesday Sept 21 and Oct 19 at Rotary Apt

Blood Pressure Clinics will be offered by appointment only. Call us to book your spot.

Dine out at home!



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

Wednesday, Sept. 7 - Supper from Joe's Diner

Menu: Meatloaf, Mashed Potatoes, Veggie

Cost: \$10

Register and pay by: Sept 2

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

Wed, Oct 5 - Thanksgiving Lunch Fundraiser

Menu: Turkey Dinner with all the fixings!

Cost: \$20

Register and pay by: Sept 23

Time of delivery: Between 11:30am-12:30pm

Wednesday, Sept 21 - Supper from Sunset

Menu: Ham, Scalloped Potatoes Veggies

Cost: \$10

Register and pay by: Sept 16

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

Wednesday, Oct 19 - Cheese Shope

Menu: Salad Plate

Cost: \$10

Register and pay by: Oct 14

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

In person Breakfast

We will be partnering with Joe's Diner for breakfast! The set menu is two eggs, hashbrowns, one choice of meat, toast and coffee/tea for \$10. Spaces are limited! All COVID-19 protocols for restaurants will be followed. Please register and pay with the Friendship Centre.

Here are the breakfast dates and times with the registration deadlines:

- Monday, Sept 12 at 8:00 am (Register by Sept 8)
- Monday, Oct 3 at 8:00 am (Register by Sept 29)



Thank- you Thomas!

Tom was our fantastic summer student! During his time at the Friendship Centre he helped with Volunteer Coordination and served our patrons in any way he could help.

All the best to Tom as he prepares to write his LAST exam.



Wellness Programs

Free Fitness and Falls Prevention Classes

For details call 519-284-3272 or visit
townofstmarys.com/fallsprevention.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre ♥♥♥♥		9:00 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre ♥♥♥♥		9:00 a.m. 60 mins Lvl 4 - Vigorous Fit Friendship Centre ♥♥♥♥
10:00 a.m. 60 mins Lvl 4 - Men's Strength Friendship Centre ♥♥♥♥	10:00 a.m. 30 mins Lvl 2 - Light Fitness Stone Ridge Apt ♥♥♥♥	10:00 a.m. 60 mins Lvl 4 - Men's Strength Friendship Centre ♥♥♥♥	10:00 a.m. 45 mins Lvl 2 - Light Fitness Rotary Apartments ♥♥♥♥	10:00 a.m. 60 mins Lvl 4 - Men's Strength Friendship Centre ♥♥♥♥
11:15 a.m. 60 mins Lvl 3 - Moderate Fitness Friendship Centre ♥♥♥♥	11:00 a.m. 30 mins Lvl 1 - Light Gentle Friendship Centre ♥♥♥♥	11:15 a.m. 60 mins Lvl 3 - Moderate Fitness Friendship Centre ♥♥♥♥	11:15 a.m. 30 mins Lvl 1 - Light Gentle Kingsway Lodge ♥♥♥♥	11:15 a.m. 60 mins Lvl 3 - Moderate Fitness Friendship Centre ♥♥♥♥
10:00 a.m. 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall ♥♥♥♥		10:00 a.m. 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall ♥♥♥♥		
10:00 a.m. 45 mins Lvl 3 - Moderate Fitness Thames Valley ♥♥♥♥			Schedule - Effective Sept 19, 2022* Unless otherwise noted* All these classes are FREE	
1:30 p.m. 45 mins Lvl 2 - Light Fitness St. Marys YMCA ♥♥♥♥		1:30 p.m. 45 mins Lvl 2 - Light Fitness St. Marys YMCA ♥♥♥♥		

Wellness Programs



Level 1 - Light Gentle Fitness (Chair) (30 min) Free

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

Friendship Centre: Tuesdays at 11:00 a.m.

Kingsway Lodge Thursday at 11:15 a.m.

FREE Falls Prevention Membership required

Level 2 – Light Fitness (45min) Free

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

St. Marys YMCA: Mondays and Wednesdays at 1:30 p.m.

Stone Ridge Apt: Tuesdays at 10 a.m.

FREE Falls Prevention Membership required

Level 3 – Moderate (45 or 60 mins) Free

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

Kirkton: Mondays & Wednesdays at 10:00 a.m.

Friendship Centre: Mondays, Wednesdays and Fridays at 11:15 a.m.

Rotary Apartments: Thurs at 10:00 a.m. 45 mins

FREE Falls Prevention Membership required

Level 4– Men's Strength (60 mins) Free

This class focuses on building muscle endurance through cardiovascular, endurance and muscle strengthening exercises with the guys. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Mondays, Wednesdays and Fridays at 10:00 a.m.

FREE Falls Prevention Membership required

Level 4– Vigorous Fitness (60 mins) Free

Our most vigorous class includes higher intensity exercises. These exercises will help you to achieve greater state of physical fitness conditioning. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Mondays, Wednesdays, Fridays at 9 a.m.

FREE Falls Prevention Membership required

New classes added to the schedule:

- Stoneridge Apartment offering L2 class on Tuesdays at 10 am for 45 mins. Starts September 6th
- Kingsway Lodge offering L1 on Thursdays at 11:15 am for 30 mins. Starts September 15th.

See Page 7 for class registration process. Please sign the attendance sheet once you arrive at a class, as stats are important for funding.



Wellness Program Information

Town of St. Marys Home Support Services strives to enhance the quality of life of seniors, people recovering from illness or injury, and people with varying abilities by providing services to assist them in living independently.

When you register for any of these services including fitness class and falls prevention, a Huron Perth Community Intake Coordinator will phone you to complete the process. Information is kept confidential and only used to provide organized support services for you. This service will allow you to call one phone number for multiple supports: 1-844-482-7800.

How to prepare

- ✓ Have your Health Card ready
- ✓ Plan for the process to take about 10-15 mins
- ✓ Have updated health records handy
- ✓ Have emergency contact names and phone numbers available
- ✓ Check for HuronPerth Intake on call display

Why do fitness class participants and clients have to do these steps?

You complete this process so that moving forward Home Support Services will have all of your health and contact information in advance.

As an agency we are then able to provide all home support services that we offer.

Loss and Loneliness Workshop

FREE

Join Ericca Wascher, social work inter/psychotherapist qualifying, as we have an engaging presentation and discussion about living with change, transition and loss. Attendees will also learn coping skills for dealing with loss.

Thursday Oct 6 and 13 at 1:00 pm

Registration required

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

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

Funded by
Ontario
Health

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

How to prepare

- ✓ Ask your doctor about the risks
- ✓ Bring a filled water bottle
- ✓ Wear supportive running shoes
- ✓ Scent free programs

How to register by phone:

Call 519-284-3272 Monday to Friday between 8:00 a.m. and 4:30 pm.

How to register online:

Please visit:

www.townofstmarys.com/fallsprevention

- 1) Open account on Activenet
- 2) Add the Falls Prevention Membership to your cart and check out. Give your up to date health and emergency contact information.
- 3) Select the location and level of class you wish to attend, add to cart and finish. All classes are now drop in. No date specific registration required. We do not need to be notified of cancellation.
- 4) Register for the class listed under the site location with the start date of July 4. This will need to be done annually. You can register for multiple sites.
- 6) Speak with Huron Perth Community Support Services Intake Coordinator. You can either call them or wait until they contact you:
1-844-482-7800

Wellness Information



Chair Yoga

\$54

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

Tuesday at 1:30 pm

Sept 13 to Oct 25 (7 weeks)

Registration required

Education

FREE

Have you started walking with a gait aid? Do you have a fear of falling? The Home Support Exercise Program is for you. Join our Pauline our Senior Services Wellness Coordinator to learn 10 very important exercises

Thursday Sept 22 at 10:00 am OR

Friday Oct 14 at 2:00 pm

Registration required

Minds in Motion (R)

\$40

Minds in Motion® combines physical activity and mental stimulation in a community based setting. The program runs once a week for 2 hours over an 8 week period. Persons in the early to middle stages of Alzheimer's disease and other dementias are invited to participate with their care partners

Thursday at 1:00 pm (2 hours)

Registration is required by contacting Pamela Balfour at 519-271-1910 or pamelab@alzhp.ca

Rethinking AGING !

FREE

Rethinking Aging! Six part online educational workshop series to dispel the negative myths of growing old. Learn to build hope and confidence in aging as an exciting stage of growth and learning, with your peers at the Friendship Centre

Wednesday 1:00 to 2:30 pm

Sept 28 to Nov 2

Registration required

Education

FREE

Experiencing problems with KNEES and HIPS? Join us along with Dr Kate Walker to learn about your joints. Explore strategies to help with joint pain, inflammation and what exercises could help maintain mobility.

Monday Sept 26 at 10:15 am

Registration required

Next education date is Monday Nov 14 (SPINE)



Do you attend programs at the Friendship Centre? Please wear indoor shoes, stay home if sick, and bring your own water. We hope everyone feels at home at our centre. Please help us do that by not wearing perfumes.



Social and Leisure Programs

Zumba

M: \$100, NM \$125

Come and dance, dance, dance! These classes are 60 minutes of music, movement and laughs. Drop in option also available for \$15 per class. Special holiday dance party Dec 13 and 15.

No classes, Sept 20, 22 (10 Weeks)

Tuesdays at 6:45 pm Sept 13 - Nov 15 & Dec 13

Thursday at 10:00 am Sept 15 - Nov 17 & Dec 15

Registration required



Join Zumba Tish and the group to move more and smile often in this dance party. Starts Sept 13 & 15.

Ballroom Dancing

M: \$40, NM: \$50

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

Tuesday, Sept 6 - Oct 25 (8 weeks)

6:30pm Beginner Ballroom Dancing

7:30pm Intermediate Ballroom Dancing

Registration required.



Ballroom dancing instructors Stephen & Leonor provide a fun welcoming environment for participants of all levels. Next session starts Sept 6.

Line Dancing

TBA

Shirley from Giddy-up Line Dancing is bringing her Talents to the Friendship Centre. Learn how to line dance to a variety of musical hits. Register for the class that suits your skill level.

Absolute Beginner Class

Wednesdays, 10:15 - 11:15 am

Start dates to be announced shortly

Beginner Plus Class

Wednesdays, 11:30 am - 12:30

Registration required.

Join Shirley in this exciting coreographed dance class. Shirley is amazing at cueing and will teach to your level! Next session dates...

coming soon.



Jamboree

M: \$4, NM: \$6

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

Tuesdays at 1:00 - 4:00 pm

Drop in

cancelled Oct 18th

Choir

TBA

Would you be interested in joining a senior's choir? Please email friends@town.stmarys.on.ca or call 519-284-3272 if you want to sing with us.

coming soon

Registration required.

Social and Leisure Programs



Shuffleboard

M: Free, NM: \$2

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

Mondays at 1pm at the Friendship Centre

Thursdays at 9:30am at the LIND ends Sept 15

Thursdays at 1pm at the Centre starts Sept 22

Drop in

Carpet Bowling

M: Free, NM: \$2

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

Fridays at 1 pm starts Sept 9th

Drop in

Pickleball

Cost TBD

Pickleball is a fun sport that combines many elements of tennis, badminton and ping pong. The Friendship Centre offers recreational pickleball in our community hall and the DCVI large gym. Our program is ideal for people who are looking to get exercise and be social. Play is now drop-in.

Mondays: 10:45 am -12:45 pm

Wednesdays: 10:45 am - 12:45 pm

Thursdays: 9 am - 11 am

DCVI Pickleball: Tuesdays at 6:30pm starting in October.

Drop In

Contract Bridge

M: \$2, NM: \$3

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

Wednesdays at 1 pm

Drop in

Duplicate Bridge

M: \$2, NM: \$3

Duplicate bridge is a competitive form of bridge in which the same hands are played successively by different partnerships. Partners are required.

day and time TBA

Drop in

Pepper / Bid Euchre

M: \$1, NM: \$2

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

Tuesdays at 1 pm

Drop in

Pepperama

M: \$6, NM: \$8

Enjoy a friendly tournament-style afternoon of cards. Coffee, tea, water and snacks will be available. Please register with your team of three people.

Thursday, September 8 at 1pm.

Thursday, October 13 at 1pm.

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".

Tuesdays at 9:30 am

Drop in

ROMEO Club M: Free, NM: \$2

Retired Outstanding Men Enjoying Ourselves. Shoot the breeze with like-minded men.

Thursdays at 10 am

Drop in

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

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

Thursdays at 1:30 pm

Drop in

Genealogy M: Free, NM: \$2

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

Tuesday, Sept 27 & Oct 25 at 6:30pm

Drop in

Movie TBA

Are you interested in viewing a popular or new release movie with us on a monthly basis? Please let us know if you are!

TBA

Registration required.

New Friends Coffee Free

New to the Friendship Centre or new to St. Marys? Join our monthly coffee group to learn all about the programs and services we have to offer!

Friday, Sept 9 & Friday, Oct 7 at 10:00 am.

Drop in

Quilting

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

Monday at 1 pm & Tuesday at 9 am Starts Sept 12

Drop in program starts

Scrapbooking Open Crop M: \$5, NM: \$7

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

Thursday, September 15 5-10 pm

Thursday, Oct 20 5-10 pm

Register in advance.

Virtual Scrapbooking & Card Making \$15

A friendly space that fosters creativity and experimentation. Receive instructions for scrapbooking and card making creations. We will be meeting virtually on Zoom! All supplies are provided by the teachers.

Friday, September 23 at 1:30pm

- Two page layout and two cards with Dorothy

Wednesday, September 28 at 7:00pm

- Two page layout and two cards with Lise

Wednesday, October 26 at 7:00pm

- Two page layout and two cards with Lise

Registration required.

Trips



On the Road Again to St. Jacobs Farmers Market

M: \$34
NM: \$37

Join us on the Mobility Bus to St. Jacobs' Farmers Market followed by lunch at the Olde Heidleberg Restaurant. Bus departs at 8:30am and returns to the Friendship Centre at 3pm. Meal not included in price. Price is for transportation only, tax is included.

Thursday, September 15th . Depart at 8:30am.

Registration required.

On the Road Again to Cowbell Brewery & Dublin Mercantile

M: \$29
NM: \$32

Join us on the Mobility Bus when we stop at Dublin Mercantile to shop followed by lunch at Cowbell Brewery. Bus departs at 9:30am and returns to the Friendship Centre at 3pm. Meal not included in price. Price is for transportation only, tax is included.

Friday, October 14th. Depart at 9:30am.

Registration required.



Fine Dining to F.I.N.E-a-Restaurant

M: \$26
NM: \$29

Join us in trying F.I.N.E a Restaurant in Grand Bend. We will depart at 4:15pm and return at 9:15pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Wednesday, September 21st. Depart at 4:15pm.

Registration required.

Fine Dining to Charcoal Restaurant

M: \$26
NM: \$29

Join us in trying Charcoal Steakhouse in Kitchener. We will depart at 4pm and return at 9pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Tuesday, October 18th. Depart at 4pm.

Registration required.



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



Success Stories

Summer Campfires

Every summer the Friendship Centre gets excited to host campfires! This summer we had so much fun socializing with our participants and trying new campfire treats!



Lind Shuffleboard

We had a great summer shuffleboard season at the Lind Sportsplex. Thanks to our participants and volunteers who made the program a big success! Shuffleboard will be back to the Friendship Centre Mondays & Thursdays at 1pm starting Sept 22th.

Foodbank Donations

Thank you to our patrons who donated 225 lbs of cereal, pancakes, canned fruit, juice and maple syrup and \$100 cash to the St. Marys Foodbank.

If you would like to make a cash donation to the foodbank please call them at 519-284-2760.





THANKSGIVING LUNCH FUNDRAISER

Wednesday, October 5th

Sign up for drive-thru, delivery or "gift a meal"

Turkey with fixings and pie

Cost is \$20 (please register and pay by Sept 23rd)

Drive-Thru/ delivered/ gift a Thanksgiving Lunch on Wednesday, October 5th. Drive-thru people will be contacted with their drive-thru time. If you sign up for a delivered meal, please make sure your address is up to date. Register on Active Net or by calling 519-284-3272 or email friends@town.stmarys.on.ca before Sept 23rd.

HALLOWEEN BINGO

Monday, Oct 31

2 pm at the
Friendship Centre
Cost: Members \$5
Non-members \$7



Celebrate Halloween with a "just for fun" bingo at the Friendship Centre. Dress up in costume for your chance to win a prize! Bingo prizes will be gift cards to local businesses. Register on Active Net or by calling 519-284-3272 or email friends@town.stmarys.on.ca by Oct 26th.



Events

SCRAPBOOKING GARAGE SALE

Saturday, September 17th

9 am - 1 pm

Lots of crafting deals!

Free admission



Pick-up amazing deals on gently used and/or unwanted crafting supplies.

Items for sale are tax-free and admission is free.

Do you want to be a vendor? Contact 519-284-3272 or email friends@town.stmarys.on.ca for more details.

ST. MARYS CHRISTMAS CRAFT SHOW

Saturday, Nov 19

Open for shoppers

9am-3pm

Free Admission



(Foodbank donaion is encouraged)



Discover treasures from local and regional artisans.

Stop at the Friendship Centre's Cafe for food & beverage. All proceeds go to St. Marys Senior Services.

Do you want to be a vendor? Contact 519-284-3272 or friends@town.stmarys.on.ca for more details.

<div>  <h1>Friendship Centre Program Calendar</h1> <h2>September 2022</h2> </div>						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div>Aug 29</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	<div>Aug 30</div> 9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Jamboree 6:30 pm Last Campfire	<div>Aug 31</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	<div>Sept 1</div> 9am Pickleball 9:30am Lind Shuffleboard 10 am ROMEO 10 am L2 @ Rotary Apt 1 pm Shuffleboard 1:30 pm Knit & Chat	<div>2</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	<div>3</div>
4	<div>5</div> No Programs 	<div>6</div> 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Jamboree 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom	<div>7</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	<div>8</div> Blood Pressure Clinic by Appt. 9 am Pickleball 9:30am Lind Shuffleboard 10 am L2 Fitness @ Rotary Apts 10 am ROMEO 1pm Pepperama 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge 5 pm Scrapbooking Open Crop	<div>9</div> 9 am L4 Vigorous Fitness 10 am New Friends Coffee 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	<div>10</div>
11	<div>12</div> 8am Breakfast at Joe's Diner 9 am L4 Vigorous Fitness 9 am Technology Support by appt 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	<div>13</div> 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Jamboree 1:30 pm Chair Yoga Start 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	<div>14</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1:30 pm L2 Light Fitness @ YMCA 4:30pm Supper	<div>15</div> 8:30am On the road again to St. Jacob's Farmer's Market 9 am Pickleball 9:30am Lind Shuffleboard 10 am Zumba STARTS 10 am L2 Fitness @ Rotary Apts 10 am ROMEO 11:15 am L1 Kingsway 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	<div>16</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling Sept 17 Scrapbooking Garage Sale 9am-1pm	<div>17</div>
18	<div>19</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10am L3 @ Thames Valley 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	<div>20</div> Blood Pressure Clinic by Appt. 9 am Quilting 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom 7:30 pm Intermediate Ballroom	<div>21</div> Blood Pressure @ Rotary 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:15pm Fine Dining to FINE Restaurant	<div>22</div> 9 am Pickleball 10 am L2 Fitness @ Rotary Apts 10 am Home Support workshop 10 am ROMEO 11:15 am L1 Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	<div>23</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	<div>24</div>
25	<div>26</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am Education knee/hips 10 am L3 Fitness @ Kirkton 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	<div>27</div> 9 am Quilting 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Genealogy 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	<div>28</div> 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:00 pm Rethink Aging STARTS 1:30 pm L2 Light Fitness @ YMCA	<div>29</div> 9 am Pickleball 10 am Zumba 10 am L2 Fitness @ Rotary Apts 10 am ROMEO 11:15 am L1 Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	<div>30</div> 9 am L4 Vigorous Fitness 9 am Pickleball 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm L1 HSEP fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	

Legend

Off-site Fitness and falls preventin classes

- DCVI-** The high school is where we play Tuesday evening pickleball. This program will start in October. Enter off James St. S across from Subway.

Thames Valley Community Hall, 30 Ann St Unit #77
YMCA at 268 Maiden Lane (at rear of the hospital).

Kirkton Community Centre at 70497 Road 164, Kirkton.

Rotary Apartments at 22 St. Andrews St N, parkview east hall.

Stoneridge Apartments at 50 Stoneridge Boulevard.

<div>  <h1>Friendship Centre Program Calendar</h1> </div>						
October 2022						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3	4	5	6	7	8
	Blood Donor Clinic 8am Breakfast at Joe's Diner 9 am L4 Vigorous Fitness MP 10 am L4 Men's Strength 10am L3 @ Thames Valley 10 am L3 Fitness @ Kirkton 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	9 am Quilting 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 11:15 am L3 Moderate Fitness Thanksgiving Lunch Fundraiser Drive thru/ Delivery 1 pm Contract Bridge 1 pm Rethink Aging 1:30 pm L2 Light Fitness @ YMCA	Blood Pressure Clinic @ FC appt. 10 am L2 Fitness @ Rotary Apts 10 am ROMEO 10 am Zumba 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	
9	10	11	12	13	14	15
	No Programs 	9 am Quilting 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1 pm Rethink Aging 1:30 pm L2 Light Fitness @ YMCA	9:15 am Pickleball 10 am L2 Fitness @ Rotary Apts 10 am ROMEO 10 am Zumba 1pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	9 am L4 Vigorous Fitness 9:30 am On the road again: Cowbell Brewery 10 am New Friends Coffee 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 2 pm Home Support Exercise Oct 15 Scrapaton Fundraiser 9am-7pm	
16	17	18	19	20	21	22
	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10am L3 @ Thames Valley 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1pm Quilting 1:30 pm L2 Light Fitness @ YMCA	9 am Quilting Blood Pressure @ FC appt 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 1pm Jamboree 4pm Fine Dining Trip 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	Blood Pressure @ Rotary 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1 pm Rethink Aging 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Supper	9:15 am Pickleball 10 am L2 Fitness @ Rotary Apts 10 am ROMEO 10 am Zumba 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge 5 pm Scrapbooking Open Crop	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	
23	24	25	26	27	28	29
	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10am L3 @ Thames Valley 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1 pm Quilting 1:30 pm L2 Light Fitness @ YMCA	Blood Pressure Clinic by Appt. 9 am Quilting 9:30 am Creative Minds 10 am L2 @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Jamboree 1:30 pm Chair Yoga 6:30pm Genealogy 6:30 pm Pickleball (DCVI) 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1 pm Rethink Aging 1:30 pm L2 Light Fitness @ YMCA	9:15 am Pickleball 10 am L2 Fitness @ Rotary Apts 10 am ROMEO 10 am Zumba 1 pm Shuffleboard 1:30 pm Knit & Chat 1:30 pm Duplicate Bridge	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling	
30	31					
	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10am L3 @ Thames Valley 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA 2pm Halloween Fun Bingo!				SAVE THE DATE St. Marys Craft Show Saturday, Nov 19th 9am-3pm	

Legend

Off-site Fitness and falls preventin classes

Thames Valley Community Hall, 30 Ann St Unit #77
 YMCA at 268 Maiden Lane (at rear of the hospital).
 Kirkton Community Centre at 70497 Road 164, Kirkton.

Rotary Apartments at 22 St. Andrews St N, parkview east hall.

Stoneridge Apartments at 50 Stoneridge Boulevard.