

Friendship Centre

PRIMETIME

September & October 2023



Autumn is in the air at the St. Marys
Friendship Centre!



COMING SOON

On the Road Trips

Thursday

Sept. 7 & Oct. 26

Fine Dining Trips

Thursday

Sept. 21 & Oct. 12

Scrapathon

Saturday Sept. 30

Thanksgiving Lunch

Wed Oct. 4

Yin Yoga

Fridays @ 10 am

Oct. 6 - Nov. 10

Halloween Jamboree

Tuesday 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 \$50 per year and expires one year from the date of purchase. Memberships can be purchased online. Visit townofstmarys.com/friendshipcentre for details. We accept cash, cheque or credit card by phone.



RZone: Respect and Responsibility

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

To report an incident, speak with staff.

Inclusiveness

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

Friendship Centre Code of Conduct

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

Are you interested in Volunteering?

Visit <https://forms.townofstmarys.com/Volunteer-Registration> to fill out a volunteer application!

Volunteer & Staff Information



Thank You Volunteers!

The Senior Services department would not succeed without the help of the 206 volunteers who give their time to support the success of the Friendship Centre and Home Support Services programs.

These are a few of the many volunteer roles at the Friendship Centre:

- Meals on Wheels Delivery
- Frozen Meal Delivery
- Grocery Delivery
- Grocery Shopping
- Grocery Escort
- Volunteer Visiting
- Telephone Reassurance
- Program Support
- Program Facilitation (ex. Jamboree, Shuffleboard, Ballroom Dancing)
- Blood Pressure Screening
- In-Home Exercise Fitness Volunteers
- Fitness Instructors
- Fundraising (Craft Show, Scrapathon, Holiday Meals etc.)
- Dining Program Support (Cooking, Planning, Serving, etc.)

Becoming a volunteer is easy! Visit the following link for more information: <https://www.townofstmarys.com/en/town-services/Current-Opportunities.aspx>

Or, visit us at the Friendship Centre to find out how you can become a part of our amazing volunteer team!



It was great to see Hillary and baby Hartlee at the Friendship Centre in July!



Thank You Kaitlynn!

We would like to thank Kaitlynn Barber, who was our Senior Services Volunteer Assistant at the Friendship Centre over the summer. Kaitlynn is excited to return to Fanshawe this fall to continue completing her diploma in Event Planning. Thank you for all your hard work, and best wishes as you return to school this fall!



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. See page 7 for more details.**

Foot Care Clinics

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

Meals on Wheels

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

Shopping Services

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

We are happy to be able to offer two types of shopping services:

Option 1- You can call us with your shopping list and a volunteer will go shopping for you and drop the items off at your door. This service is recommended for people who are unable to go to the store.

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

Telephone Reassurance

Staying connected is extremely important to one's health and wellbeing. Sign up for daily or weekly social or check-in calls provided by volunteers. Telephone reassurance offers a great opportunity to make a new friend and stay connected with others.

Health and Wellness Programs

Health and Wellness programs consist of Fitness and falls prevention classes, educational presentations and workshops and health screening.

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.

- Friendship Centre: 1st Thurs & 3rd Tues, **NEW** 4th Wednesday of month, by appointment
- Thames Valley Community Hall (30 Ann St #77) 1st Wednesday of the month, by appointment
- Rotary Community Hall, 3rd Wed of the month 9:30 am



HOLIDAY CLOSURE NOTICE

Our office is closed on Monday, September 4. for Labour Day and Monday, October 9. for Thanksgiving Monday. Hot Meals on Wheels will be delivered as usual.



Dine in with Friends

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

Date: Tuesday, September 26

Starts: 5pm in the Friendship Centre
Cost: \$17

Menu: Spaghetti and Meatballs, Salad, Bread
Register and pay by: September 22

Date: Tuesday, October 24

Starts: 5pm in the Friendship Centre
Cost: \$17

Menu: Fresh Salmon Fillet, Harvest Soup, 2 sides
Register and pay by: October 20

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.6 - Supper from the Cheese Shoppe

Menu: Chicken Parm and Pasta
Cost: \$12
Register and pay by: Friday, September 1
Time of delivery: Between 4:30 - 5:30 pm

Wednesday, Sept.20 - Supper from Sunset Diner

Menu: Liver and Onions
Cost: \$12
Register and pay by: Friday, September 15
Time of delivery: Between 4:30-5:30pm

Wednesday, Oct. 4 - Thanksgiving Lunch

Menu: Roast Turkey Dinner with all the Trimmings
Cost: \$25
Register and pay by: Friday, September 29
Time of delivery: Between 11:30 - 12:30 pm
Time of drive-through pickup: Between 12 - 1 pm

Wednesday, Oct. 18 - Supper from Joe's Diner

Menu: Open Faced Turkey Sandwich with Mashed Potatoes & Vegetables
Cost: \$12
Register and pay by: Friday, October 13
Time of delivery: Between 4:30 - 5:30 pm

If cost of meals is a barrier, please see the Friendship Centre about financial subsidy



Wellness Programs

Free Fitness and Falls Prevention Classes

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

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM 60 mins Lvl 4 - Vigorous Fit Friendship Centre		9:00 AM 60 mins Lvl 4 - Vigorous Fit Friendship Centre	9:00 AM 60 mins Lvl 4 - Vigorous Fit Friendship Centre Floor work	9:00 AM 60 mins Lvl 4 - Vigorous Fit Friendship Centre
10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre	10:00 AM 45 mins Lvl 2 - Light Fitness Stone Ridge Apt	10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre	10:00 AM 45 mins Lvl 2 - Light Fitness Rotary Apartments	10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre
10:00 AM 60 mins Lvl 3 - Moderate Fitness Thames Valley	10:00 AM 30 mins Lvl 1 - HSEP Jones St Apt			10:00 AM NEW 30 mins Lvl 1 - Light Gentle Wildwood Care Centre
10:00 AM 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall		10:00 AM 60 mins Lvl 3 - Moderate Fitness Kirkton Community Hall	10:00 AM 30 mins Lvl 1 - HSEP Mens Seated Strength Friendship Centre	
11:15 AM 60 mins Lvl 3 - Moderate Fitness Friendship Centre	11:00 AM 30 mins Lvl 1 - Light Gentle Friendship Centre	11:15 AM 60 mins Lvl 3 - Moderate Fitness Friendship Centre	11:00 AM 30 mins Lvl 1 - Light Gentle Friendship Centre	11:15 AM 60 mins Lvl 3 - Moderate Fitness Friendship Centre
1:30 PM 45 mins Lvl 2 - Light Fitness St. Marys YMCA		1:30 PM 45 mins Lvl 2 - Light Fitness St. Marys YMCA	11:00 AM 30 mins Lvl 1 - Light Gentle Kingsway Lodge	1:30 PM NEW 45 mins Lvl 2 - Light Fitness St. Marys YMCA

Offsite Fitness Class Locations

- Jones Street Apt. - 329 Jones St, St. Marys
- Kirkton Hall - 70497 Rd 164, Kirkton
- Rotary Apt. - 22 St Andrew St N, St. Marys

Offsite Fitness Class Locations

- Stoneridge Apt. - 50 Stoneridge BLVD, St. Marys
- Thames Valley Centre - 30 Ann St #77, St. Marys
- YMCA - 269 Maiden Lane, St. Marys
- Wildwood Care Centre - 100 Ann St, St. Marys
- Kingsway - 310 Queen St, St. Marys

Wellness Programs



Level 1 - Home Support Exercise (30 mins) Free

This falls prevention exercise class is designed for functional movement which is used for everyday tasks around your home. Primarily focuses on muscles involved with mobility, seated option is available and use of a gait aid, if you require one.

Friendship Centre: Men's Seated Strength Thurs at 10 am
Jones St. Apt: Tuesday at 10 am

FREE Falls Prevention Membership required

Level 1 - Light Gentle Fitness (30 min) Free

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

Friendship Centre: Tues & Thurs at 11 am
Kingsway Lodge Thursdays at 11 am
Wildwood Care Centre Fridays at 10 am

FREE Falls Prevention Membership required

Level 2 - Light Fitness (45 min) Free

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

St. Marys YMCA: Mon / Wed / Friday at 1:30 pm (45 mins)
Stoneridge Apt: Tuesdays at 10 am (45 mins)
Rotary Apt: Thursdays 10 am (45 mins)

FREE Falls Prevention Membership required

Level 3 - Moderate (60 mins) Free

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

Thames Valley Community Hall: Mondays at 10 am
Kirkton: Mondays & Wednesdays at 10 am
Friendship Centre: Mon, Wed and Fri at 11:15 am

FREE Falls Prevention Membership required

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

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

Friendship Centre: Mon, Wed & Friday at 10 am

FREE Falls Prevention Membership required

Level 4 - Vigorous Fitness (60 mins) Free

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

Friendship Centre: Mon, Wed, Thurs & Friday at 9 am
Thursdays class uses a mat for floor work

FREE Falls Prevention Membership required

Do you attend programs at Friendship Centre or any of our sites?

Please wear indoor shoes, stay home if sick, and bring your own water. Please refrain from wearing perfume or cologne.

Alzheimer's Society drop in hours are:

Thursday Sept. 14 & 28, Oct. 12 & 26 at 10-12pm

Thursday Sept. 21, Oct. 19 at 1:30-3:30pm



Health & Wellness Information

Free Fitness and Falls Prevention Classes

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

When you register for any of these services including fitness and falls prevention class, a Huron Perth Community Intake Coordinator will phone you to complete the registration. Or you can call them at 1844-482-7800. Information is kept confidential and only used to provide community support services for you.

How to prepare for Huron Perth Intake Coordinator:

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

If Huron Perth Intake calls you, the agency name, will appear on your call display

Why is this necessary for clients and fitness class participants?

Completing this process ensures Home Support Services will have all of your health and contact information in advance, for any services and support you may need in the future.

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

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



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 register by phone:

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

Fitness & Falls Prevention Class Registration

Tips to register online:

- 1) confirm your Fitness and Falls Prevention membership is up-to-date. call us or select online under Membership tab
- 2) decide what site or sites you wish to attend classes
- 3) decide what level or levels of class you wish to attend
- 4) login to Active Net and reset password if needed
- 5) activity search add "Fitness" all classes will be listed
- 6) scroll down past in progress classes
- 7) select the class & add to cart
- 8) select participant
- 9) select more classes and finish

How to prepare for Fitness and Falls Prevention Classes:

- ✓ Ask your doctor about the risks
- ✓ Bring a filled water bottle, scent FREE
- ✓ Wear supportive running shoes

Wellness Programs



Education Session - Osteoporosis

FREE

Bone Health 101. Learn about Osteoporosis & Fracture Prevention with Judy from Osteoporosis Strategy. Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture. <https://osteoporosis.ca/>

Monday Sept 11

10:15 - 11:15 am

Registration required

Education Session - Medical Alert

FREE

Do you have a fear of falling? Attend this workshop and learn about medical alert service and tools to contact your family and emergency services to keep you safe sooner. Sandra from Lifeline will speak about services and options.

Wednesday Sept 13

Location - Thames Valley (30 Ann St. Unit. 77)

10:30 - 11:30 am

Registration required

Memory and Aging

\$25

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

Monday Oct 16 - Nov 6

(4 weeks)

10:15 - 11:45 am

Registration required



Ball workout Education

FREE

Want to learn some exercises to do at home, with a small piece of equipment? Join Senior Services Wellness Coordinator for this physical workout to learn movements using a medium sized ball to exercise with at home. We will include cardio moves, strengthening exercises along with some balance practice, all while holding a ball. All abilities welcome. Ball is not included to take home, however you can use our equipment or bring your own ball.

Tuesday Oct 10

9:00 - 10:00 am

Registration required

CPR

Are you interested in becoming CPR Certified? Let us know!

The Friendship Centre is interested in offering a CPR course this winter. See the front desk to register your interest.

CPR is useful because it...

- Saves lives
- Can help those you love
- Is easy to learn
- Can make you feel confident in an emergency





Health & Wellness Information

Smart Tips for Stroke Care

Did you know?

Stroke is the 3rd leading cause of death and a leading cause of disability in Canada 60% of persons with stroke will have a long-term impairment that can affect participation in everyday activities 1 in 5 persons living in Long Term Care have had a stroke. Stroke recovery can be a lifelong process

Signs and Symptoms of Stroke:

Learn to recognize the signs of stroke and act quickly! While FAST is a good way to recognize and remember these signs and symptoms, the sudden onset of other symptoms may also be indicative of stroke:

- loss of balance/coordination
- changes in vision
- sudden severe headache
- numbness in one half of the body

Meaningful activities can provide enjoyment, a sense of purpose and define who a person is. These activities may include engagement in leisure, social, cultural and/or spiritual activities. After a stroke, impairments can make it challenging for a person to engage in meaningful activities. Supporting persons with stroke to participate can help with their recovery and build a sense of belonging.

What you should know:

One is more likely to participate in an activity if it is meaningful/interesting to them. Without meaningful experiences, days can feel long and empty, which leads to social isolation, loneliness and depression. Meaningful activities can contribute to improved recovery, including physical fitness, mood and overall well-being

All resources on this wellness page regarding Stroke Care are from www.corhealthontario.ca.

The guide can be found at the link below:

https://www.corhealthontario.ca/SmartGuideStrokeCare_MeaningfulActivityAfterStroke_2023.pdf



Volunteering

Is active living part of your day and you enjoy sharing your exercise passion? St. Marys Home Support Services are seeking fitness and falls prevention volunteers. Different roles available: fitness class instructors, in-home exercise, support, as well as program support. Please contact Pauline if you are interested.

Call us at 519-284-3272 for more information.

Take care of your health with health screening tools, such as blood pressure in a community setting.

See page 3 for schedule



Wellness Programs

Home Support Exercise Program

FREE

Do you use a gait aid? Do you have a fear of falling? This exercise program is for you. You will be matched with a trained volunteer in your home to learn 10 basic exercises, that focus on your mobility.

Call Friendship Centre to register



Walking DVCI inside

FREE

Want to walk more but don't enjoy cold weather. Register for this indoor walking program at St. Marys DCVI. Please wear indoor supportive non-marking shoes. Facility is to be left clean and tidy. No food or beverages allowed. All user groups and/or individuals utilizing AMDSB property are responsible for understanding and adhering to all rules. This program does not run when the school is closed. This program starts Oct 2 ends April 30, 2024. Registration required.

Chair Yoga

\$72

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

Tuesday, Sept 5 - Oct 31

(9 weeks)

1:30 - 2:30 pm

Registration required



YIN Yoga

\$60

Supportive postures to restore your yoga practice with yin style of yoga, with long holds. Please bring props for your comfort such as blankets, small pillows, large pillows, yoga blocks, towels etc to enhance your experience, dress in layers for your comfort. A drop in option is also available for \$10 per class.

Friday Oct 6 - Nov 10

(6 weeks)

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 & Thursdays at 1 pm

Drop in

Carpet Bowling

M: Free, NM: \$2

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

Fridays at 1 pm

Drop in



Halloween Jamboree

M \$7, NM \$9

Come on out to our special Halloween edition of our weekly jamboree. Register at the front desk for this afternoon of old time song and dance! Tuesday Oct 31 at 1:00 pm

Friendship Centre Pickleball

Yearly fee: M: \$60 NM: \$85
Daily Drop in Fee: M\$ 2, NM \$4

Pickleball combines many elements of tennis, badminton and ping pong. The Friendship Centre offers recreational pickleball for ages 50+. Our program is ideal for people who are looking to get exercise and be social. Please renew your enrollment in this program and choose between paying the yearly fee (Sept 1, 2023-Aug 30, 2024) or you can pay per play. A Friendship Centre membership (\$50 annually.) entitles you to a reduced rate on your daily or yearly fee.

Mon & Wed & Friday 10:30 am -12:30 pm

Thursdays: 9 am - 11 am

Drop In



Social and Leisure Programs



Shopping Shuttles



St. Marys and Area Mobility will resume shopping charters starting in September!

Weekly

Foodland Grocer Shopping Charter

Every Thursday
Time: 10:00am to 11:00am
Stops: Foodland Grocer and Canadian Tire
Cost: \$7.50/round trip

Independent Grocer Shopping Charter

Every Tuesday (Seniors Day)
Time: 9:30am to 12:00pm
Stops: Independent Grocer and Post Office/Downtown
Cost: \$7.50/round trip

Monthly

Stratford Shopping Charter

1st Monday of every month
(If holiday falls on a Monday, charter will move to the following Monday)
Time: 9:00am to 3:00pm
Stops: Festival Marketplace Mall
Cost \$20/round trip

Rides must be booked in advance.

Call 519-272-9875 to book your spot today!

Scrapbooking Open Crop

M \$5, NM \$7

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

Thursday, September 14 5-9 pm

Thursday, October 12 5-9 pm

Registration required.



Pepper / Bid Euchre

M: \$1, NM: \$2

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

Tuesdays at 1 pm

Drop in

Pepperama

M: \$6, NM: \$8

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

Thursday, Sept. 14 at 12:30 pm

Thursday, Oct. 12 at 12:30 pm

Registration required.

Contract Bridge

M: \$2, NM: \$3

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

Wednesdays at 1 pm

Drop in

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 1pm

Drop in



Social and Leisure Programs

Creative Minds

M: Free, NM: \$2

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

Tuesdays at 9:30 am

Drop in. Yearly Registration Required.

ROMEO Club

M: Free, NM: \$2

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

Thursdays at 10:30 am

Drop in. Yearly 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.



Jamboree

M: \$ 4, NM: \$6

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

Tuesdays at 1 pm

Drop in. Yearly Registration Required.

Choir

M \$60 , NM \$95

The Friendship Centre Choir program returns for another session. Conducted by Lanny Hoare, this program is a great way to meet like minded music lovers, sing a variety of pieces, all leading up to an end of season performance! Registration is now open!

Wednesdays, 9:30 am (Starting September 20)

Registration required.

Quilting

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

Starting September 18 & 19

Monday at 1 pm & Tuesday at 9 am

Drop in. Volunteer Registration Required.

Genealogy

M Free , NM \$2

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

Tuesday, September 26 & October 24 at 6:30 pm

Drop in. Yearly Registration Required.

Social and Leisure Programs



Zumba

M: \$121 + HST. NM: \$137 + 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.

Tuesday Sept 5 - Nov 14 (11 weeks)
10:00 am - 11:00 am OR
6:45 pm - 7:45 pm

Registration required by Thursday, August 31.



Ballroom Dancing

M \$30 , NM \$37.50

With years of ballroom dancing experience. Stephen and Leonor will bring their expertise to the Friendship Centre. Register with a partner!

Tuesday Sept. 12 - Nov.13 (8 Weeks)
Beginner Ballroom Dancing: 6:30 pm
Intermediate Ballroom Dancing: 7:30 pm

Registration required.



Line Dancing

M \$60 , NM \$75

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.

Oct. 27 - Dec. 15 (Excl. Nov. 10 & Nov. 17) (6 weeks)
Absolute Beginner Class: Fridays 10:15 am - 11:15 am
Intermediate Class: Fridays 11:30 am - 12:30 pm

Registration required.





Trips

'Fine Dining Caravan' available for both trips
\$3 for members, and \$5 for non-members.
Contact the Friendship Centre for more info.

On the Road to Paris

M: \$27
NM: \$31

Join us on the Mobility Bus for a lunch date at the Olde School Restaurant in Paris followed by a shopping trip to Mary Maxim! The bus will depart at 10:30 am and return at 3:30 pm. Price is for transportation only, your meal is an additional cost.

Thursday, September 7. Bus departs at 10:30 am.

Registration required.

Fine Dining to Eddington's of Exeter

M: \$22
NM: \$25

Join us as we return to Eddington's of Exeter for a delicious dinner. We will depart at 4:30 pm and return by 8:15 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only.

Thursday, September 21. Depart at 4:30 pm.

Registration required.



Fine Dining to Puddicombe House

M: \$27
NM: \$31

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

Thursday, October 12. Bus departs at 4:30 pm.

Registration required.

On the Road to Komoka

M: \$27
NM: \$31

Join us on the Mobility Bus for a brunch at The Little Beaver in Komoka, followed by a tour of the Komoka Railway Museum. The bus will depart at 9:15 am and return by 2:15 pm. Price is for transportation only, your meal is an additional cost. Railway Museum tour will cost an additional \$3.

Thursday, October 26. Bus departs at 9:15 am.

Registration required.

Travel Club - Walters Family Christmas

M: \$162
NM: \$185

Travel Club is back! Join us as we visit the Sanderson Centre in Brantford to take in the Walters Family Christmas. Family harmonies, humour, fiddle-playing and well loved Christmas songs make this an enchanting holiday show. This full day of fun includes round trip coach bus transportation, a buffet lunch at The Sherwood Restaurant, and a ticket to the show! Be sure to register soon as spots are sure to fill quickly!

Wednesday, November 15. Bus departs at 10:00 am.

Registration & Payment due by September 29.

Success Stories



In August, the Friendship Centre put out a request for donations to the St. Marys Public Library Community Pantry. We were overwhelmed by your support, as we recieved over 3 car-loads of donations. Pictured here is Friendship Centre volunteer Phil Dellio dropping off some of the many donations we recieved! Thank you all for your donations and your support!



On June 28, Christy from the Alzheimer Society of Huron Perth hosted a "Senior Safety Session" featuring guest speakers from the Stratford Police Department, St. Marys Fire Department, and an occupational therapist who specializes in driving.

With over 40 attendees, the event was a huge success. Plenty of valuable information was shared, and we even had a few laughs! Thanks again to Christy and all of our guest speakers!



In July, Kirkton Fitness and Falls Prevention participants Aileen and Harold Burgin competed in an Ontario Masters track meet in Toronto. Aileen set an Ontario record for women aged 80-84, in the 200m dash on an outdoor track. Her time was a blazing 52.95 seconds, besting the previous record of 53.01 seconds which was set in 1994.

Harold won 3 silver medals; in the 200m, discus, and javelin, for the men over 80 category. He also won a bronze medal in shotput.

Well done Aileen and Harold! Keep on being amazing! This is another reminder that you can do anything you put your mind to!





Events

Save the Date!

Scrapbooking Garage Sale is Saturday, September 16

Registration is now open for vendors!

Scrapathon Fundraiser, is Saturday, September 30

Registration is now open to participants!

Register in person, on the phone by calling 519-284-3272 or on Active Net.

Save the Date!

**Our Friendship Centre Thanksgiving Lunch
is Wednesday, October 4**

**Registration is now open for delivered, drive-thru, or
gifted meals**

Sign Up Now, Spaces Will Go Quickly!

Stop by the Friendship Centre or call to register.



Save the Date!

St. Marys Friendship Centre Christmas Craft Show, Saturday November 18, 2023

Registration is now open for vendors!

Applications available online, or at the Friendship Centre



<div> <h1>Friendship Centre Program Calendar</h1></div> <div>September 2023</div>						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					<div>1</div> <div>9 am L4 Vigorous Fitness 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre</div>	<div>2</div>
<div>3</div>	<div>4</div> <div>The Friendship Centre is closed. Programs are cancelled and Home Support Service will continue as usual.</div> <div></div>	<div>5</div> <div>9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 10 am L1 @ Jones St Apt 10 am Zumba (starts) 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga (starts) 6:45 pm Zumba (starts)</div>	<div>6</div> <div>Blood Pressure Clinic @ ThamesVLY 9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Dine Out at Home Supper</div>	<div>7</div> <div>Blood Pressure Clinic @ the FC 9 am L4 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 Seated Men's Strength 10:30 am ROMEO 10:30 am On the Road to Paris 11 am L1 Kingsway 11 am L1 Light GentleFitness 1:30 pm Knit & Chat</div>	<div>8</div> <div>9 am L4 Vigorous Fitness 10:30 am Pickleball 10 am L4 Men's Strength 10:15 am L1 Wildwood (NEW) 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L2 Light Fitness @ YMCA (NEW)</div>	<div>9</div>
<div>10</div>	<div>11</div> <div>9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:15 am Osteoporosis Education 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA</div>	<div>12</div> <div>9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 10 am L1 @ Jones St Apt 10 am Zumba 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Inter Ballroom Dancing</div>	<div>13</div> <div>9 am L4 Vigorous Fitness 9:30 am Shuffleboard at the LIND(last day) 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 Medical Alert Thames VLY 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA</div>	<div>14</div> <div>9 am L4 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 Seated Men's Strength 10:30 am ROMEO 11 am L1 Kingsway 11 am L1 Light Gentle Fitness 12:30 pm Pepperama 1:30 pm Knit & Chat 5 pm Open Crop</div>	<div>15</div> <div>9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am L1 Wildwood (NEW) 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L2 Light Fitness @ YMCA (NEW) Sept. 16 Scrapbooking Garage Sale: 9am - 1pm</div>	<div>16</div>
<div>17</div>	<div>18</div> <div>Blood Donor Clinic 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley Pickleball Cancelled 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA</div>	<div>19</div> <div>Blood Pressure Clinic @ the FC 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 10 am L1 @ Jones St Apt 10 am Zumba 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Inter Ballroom Dancing</div>	<div>20</div> <div>Blood Pressure Clinic @ Rotary APT 9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Dine Out at Home Supper</div>	<div>21</div> <div>9 am L4 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 Seated Men's Strength 10:30 am ROMEO 11 am L1 Kingsway 11 am L1 Light Gentle Fitness 1 pm Shuffleboard 1:30 pm Knit & Chat 4:30 pm Fine Dining at Eddington's of Exeter</div>	<div>22</div> <div>9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am L1 Wildwood (NEW) 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L2 Light Fitness @ YMCA (NEW)</div>	<div>23</div>
<div>24</div>	<div>25</div> <div>9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA</div>	<div>26</div> <div>9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 10 am L1 @ Jones St Apt 10 am Zumba 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 5pm Dine in with Friends 6:30 pm Genealogy 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 Inter Ballroom Dancing</div>	<div>27</div> <div>Blood Pressure Clinic @ the FC (NEW) 9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton Blood Pressure @ the FC (NEW) 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA</div>	<div>28</div> <div>9 am L4 Vigorous Fitness (Mat) 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA</div>	<div>29</div> <div>9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am L1 Wildwood (NEW) 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L2 Light Fitness @ YMCA (NEW) Sept. 30 Scrapathon: 9am - 6pm</div>	<div>30</div>

Off-site fitness and falls prevention classes

Thames Valley Community Hall, 30 Ann St Unit #77
YMCA at 268 Maiden Lane (at rear of the hospital).
Kirkton Community Centre at 70497 Road 164, Kirkton.
Rotary Apartments at 22 St. Andrews St N, parkview east hall.

Off-site fitness and falls prevention classes

Jones St. Apartments- 329 Jones St. W, St. Marys
Wildwood Care Centre - 100 Ann St., St. Marys
Kingsway - 310 Queen St, St. Marys
Stoneridge Apartments at 50 Stoneridge Boulevard.

<div> <h1>Friendship Centre Program Calendar</h1></div> <div>October 2023</div>						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 10 am L1 @ Jones St Apt 10 am Zumba 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	4 9 am L4 Vigorous Fitness 9:30 am Blood Pressure @ Thames Valley 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 12 pm Thanksgiving Lunch Drive Thru 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	5 9 am L4 Vigorous Fitness (Mat) Blood Pressure Clinic @ the FC 9 am Pickleball 10 am L1 Seated Men's Strength 10:30 am ROMEO 11 am L1 Light Gentle Fitness 11 am L1 Kingsway Blood Pressure Clinic @ the FC 1:30 pm Knit & Chat	6 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am L1 Wildwood 10:00 am Y/N Yoga (NEW) 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L2 Light Fitness @ YMCA	7
8	9 The Friendship Centre is closed. Programs are cancelled and Home Support Service will continue as usual. 	10 9 am Ball Workout Education Session 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 10 am L1 @ Jones St Apt 10 am Zumba 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	11 9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	12 9 am L4 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 Seated Men's Strength 10:30 am ROMEO 11 am L1 Light Gentle Fitness 11 am L1 Kingsway 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 4:30 pm Fine Dining at Puddicombe House 5 pm Open Crop	13 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am L1 Wildwood 10:00 am Y/N Yoga 10:30 am Pickleball 10:30 am Medical Alert Education 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L2 Light Fitness @ YMCA	14
15	16 Blood Donor Clinic 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:15 am Memory & Aging Education (start) Pickleball Cancelled 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	17 Blood Pressure Clinic @ the FC 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 10 am L1 @ Jones St Apt 10 am Zumba 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	18 Blood Pressure Clinic @ Rotary APT 9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30pm Dine out at Home	19 9 am L4 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 Seated Men's Strength 10:30 am ROMEO 11 am L1 Light Gentle Fitness 11 am L1 Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	20 9 am L4 Vigorous Fitness (1-3 hall) 10 am L4 Men's Strength 10:15 am L1 Wildwood 10:00 am Y/N Yoga 10:30 am Pickleball- Cancelled 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre (Main Hall) 1:30 pm L2 Light Fitness @ YMCA	21
22	23 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:15 am Memory & Aging Education 10:30 am Picklebal 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	24 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 10 am L1 @ Jones St Apt 10 am Zumba 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 5:00 pm Dine In with Friends 6:30 pm Beginner Ballroom Dancing 6:30 pm Genealogy 6:45 pm Zumba 7:30 pm Inter Ballroom Dancing	25 9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton Blood Pressure Clinic @ the FC 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	26 9 am L4 Vigorous Fitness (Mat) 9 am Pickleball 9:15 am "On the Road" to Komoka 10 am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10:30 am ROMEO 11 am L1 Light Gentle Fitness 11 am L1 Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	27 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:15 am L1 Wildwood 10:00 am Y/N Yoga 10:15 am Beginner Line Dancing (Endzone) 11:30 Intermediate Line Dancing (Endzone) 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L2 Light Fitness @	28
29	30 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:15 am Memory & Aging Education 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	31 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 10 am L1 @ Jones St Apt 10 am Zumba 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Halloween Jamboree 1:30 pm Last Day Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Inter Ballroom Dancing				

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