

Friendship Centre

PRIMETIME

July & August 2022



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".



Activenet Information



Get moving with Activenet!

The Friendship Centre welcomes you to Activenet, our new online registration system that has replaced Max Galaxy. We have recently moved to this new system to make signing up for programs easier and to keep you better informed about Friendship Centre program details, events and services.

Using Activenet, you can register for the date and time of your choosing and, if required, pay your fee in the same visit by simply adding items to a cart.

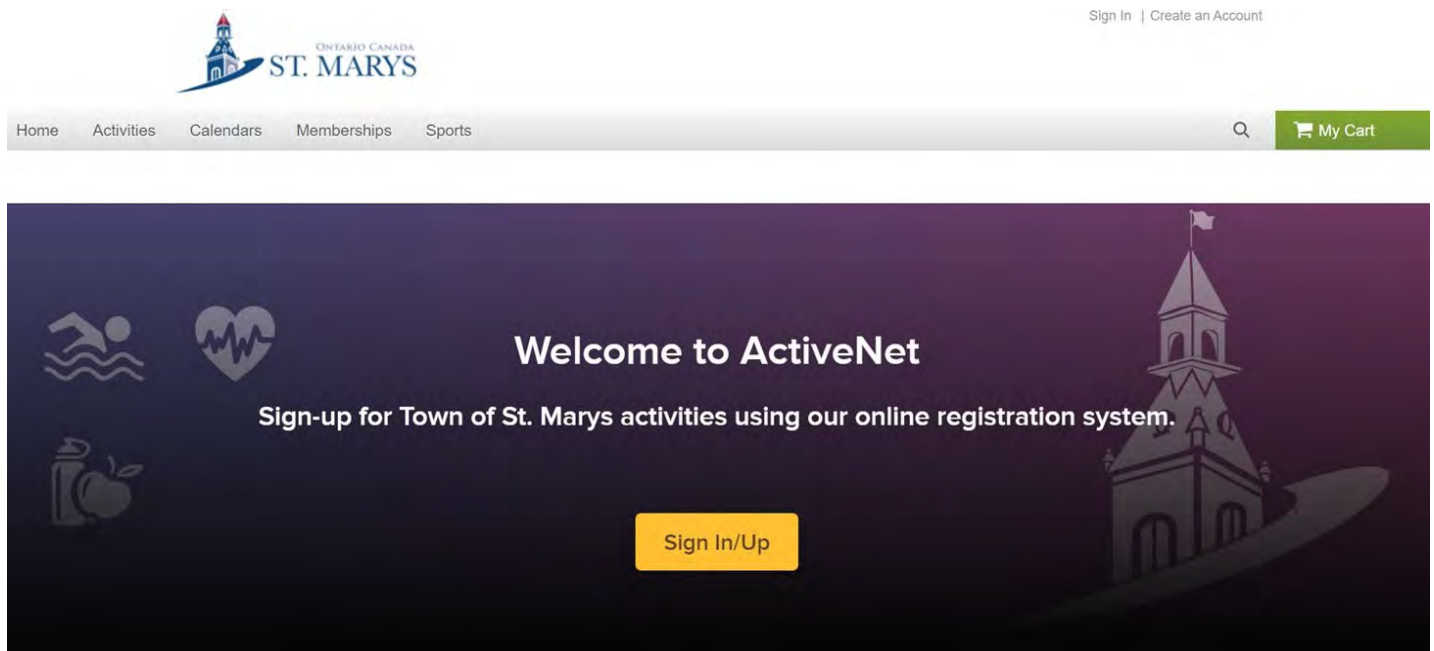
Signing up is easy! For step-by-step instructions visit, [**www.townofstmarys.com/register**](http://www.townofstmarys.com/register).

Once you've created your account, be sure to "opt-in" to receive our emails for updates.

You can find Friendship Centre programs listed under:

- Adult 18+ programs
- Adult 50+ programs
- Falls Prevention Classes
- Friendship Centre Dining
- Live Stream Classes
- Recreational Pickleball

If you experience problems, or would like help getting started, feel free to call 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 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
Friday, July 1st; Monday August 1st; and
Monday, September 5th

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, July 7 (afternoon appointments)
- Tuesday, July 19 (morning appointments)
- Thursday August 4 (afternoon appointments)
- Tuesday August 16 (morning appointments)
- Wednesday July 20 & Aug 17 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, July 6- Supper from Sunset Diner

Menu: Hamburger and Fries

Cost: \$10

Register and pay by: June 30

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

Wednesday, Aug 3 - Supper from Cheese Shoppe

Menu: Cold salad plate

Cost: \$10

Register and pay by: July 29

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

Wednesday, July 20 - Supper from Joe's Diner

Menu: Crispy chicken sandwich and salad

Cost: \$10

Register and pay by: July 15

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

Wednesday, Aug 17 - Supper from Four Happy

Menu: Chinese Platter

Cost: \$10

Register and pay by: Aug 12

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, July 11 at 8:00 am (Register by July 7)
- Monday, Aug 8 at 8:00 am (Register by Aug 4)



Welcome Louise!

Louise started working at the Friendship Centre in May as a part-time program assistant. In her spare time she enjoys cycling, camping, cooking, and walking her dog, Otis. Welcome to the team, Louise!


















Wellness Programs

Free Falls Prevention Fitness Classes

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

Schedule - Effective July 4, 2022*

Unless otherwise noted All these classes are FREE

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. Lvl 4 - Vigorous Fit Friendship Centre 		9:00 a.m. Lvl 4 - Vigorous Fit Friendship Centre 		9:00 a.m. Lvl 4 - Vigorous Fit Friendship Centre 
10:00 a.m. Lvl 4 - Men's Strength Friendship Centre 		10:00 a.m. Lvl 4 - Men's Strength Friendship Centre 	10:00 a.m. Lvl 3 - Moderate Fitness Rotary Apartments 	10:00 a.m. Lvl 4 - Men's Strength Friendship Centre 
11:15 a.m. Lvl 3 - Moderate Fitness Friendship Centre 	11:00 a.m. Lvl 1 - Light Gentle Friendship Centre 	11:15 a.m. Lvl 3 - Moderate Fitness Friendship Centre 		11:15 a.m. Lvl 3 - Moderate Fitness Friendship Centre 
10:00 a.m. Lvl 3 - Moderate Fitness Kirkton Community Hall 		10:00 a.m. Lvl 3 - Moderate Fitness Kirkton Community Hall 		
1:30 p.m. Lvl 2 - Light Fitness St. Marys YMCA 		1:30 p.m. 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.

Registration 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.

Registration 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

Registration 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.

Registration 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.

Registration required.

Chair Yoga \$48

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.

Tuesdays at 1:30 pm

July 5 - Aug 9

(6 weeks)

Registration required.



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.

Do you have an expertise in a Health and Wellness topic? Would you like to volunteer to offer an educational workshop?

Please contact Pauline, Senior Services Wellness Coordinator

pwhite@town.stmarys.on.ca

519-284-3272

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
- ✓ Follow COVID-19 protocols
(See registration link below for details)

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.
- 3) Select the class you wish to attend, add to cart and finish.
- 4) Speak with Huron Perth Community Support Services Intake Coordinator. You can either call them or wait until they contact you:
1-844-482-7800

Do you attend in person programs at the
Friendship Centre?

Please wear indoor shoes, stay home if sick, and bring your own water. We hope you feel at home at our centre.

Wellness Information



Change to the schedule for the summer months.

- Rotary's Tuesday class is cancelled. Only one fitness class per week on Thursdays at 10am.
- Thursday HSEP class is cancelled.
- Fit at home is cancelled.
- Virtual live streamed Fitness Class M/W/F cancelled, see PRC Facebook for workout videos, last class Wednesday June 29

All wellness programs will be evaluated over the summer months to assess needs, staffing, and volunteer availability for the fall schedule.

Reduce Dementia

Three behaviours you can do to reduce your chances of getting dementia are:

1. EXERCISE

When exercising your muscles release different signals to the brain, one signal helps the brain remember and store information.

2. HEALTHY FOOD

Mediterranean diet rich in green, leafy vegetables like broccoli, kale and cabbage, as well as berries, whole grains, walnuts and fatty fish such as salmon, mackerel and tuna rich in omega-3 fatty acids.

3. SOCIAL GAMES

Play mentally challenging games with your friends.

Sourced from: <https://www.cbc.ca/radio/whitecoat/the-does-memory-1.6480493>

These three behaviours are something you can do for yourself by yourself!

New registration process for fitness class. It's good news!!

- All classes are drop in, no pre registration required
- Register for the class listed under the site location start date July 4 (Friendship Centre, Kirkton, YMCA. Rotary) ONE TIME per year, activenet open to do that now (you can register for multi sites)
- Select the level you wish to attend (Level one very light, Level 2 light, Level 3 Moderate, Level 4 Vig or Mens strength) - start date is July 4
- Maintain your Falls Prevention membership, so we have up to date medical and contact information
- Sign the attendance sheets once you arrive at class, as stats are important for funding.

Happy Canada Day from Friendship Centre staff & volunteers





Volunteering

We are currently recruiting for these volunteer positions:

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

Volunteer for us!

We're committed to fostering a positive, equal opportunity environment for volunteers. Our core values include optimism, accountability, integrity, respect and collaboration. The Friendship Centre and Home Support Services are grateful for our team of volunteers. What truly makes St. Marys so special are the people who give back, every single day. For more information about volunteer opportunities call 519-284-3272 or email friends@town.stmarys.on.ca to get started.



**St. Marys Friendship
Centre**

@StMarysFriendshipCentre

**Celebrating 1 year
on Facebook!**

**Follow the St. Marys
Friendship Centre
on Facebook.**

Social and Leisure Programs



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

\$10

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

Wednesday, August 11th at 1pm.

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

Pickleball

M: \$ 1.50, NM: \$3

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. Pay per play. Register online, over the phone or in person.

Mondays: 10:45 a.m. - 12:45 p.m.

Wednesdays: 10:45 a.m. - 12:45 p.m.

Thursdays: 9:15-11:15 a.m.

Play times are subject to change. The most up to date playtimes can be found on Activenet.

Registration required.

Shuffleboard

Free for members

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 Sportsplex

Drop in

Programs on Pause

Don't worry, they will be back in September!

- Line Dancing
- Zumba
- Genealogy
- Pickleball at DCVI
- Carpet Bowling
- Duplicate Bridge
- Fit at home (phone program)
- Thursday HSEP exercise class
- Tuesday Fitness at Rotary Apts.
- Online live streamed classes

Email friends@town.stmarys.on.ca to be added to an interest list.



Social and Leisure Programs

Creative Minds Free for members

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 Free for members

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

Thursdays at 10 am

Drop in

Knit & Chat Free for members

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

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 1pm

Registration required.

Choir TBA

Would you be interested in joining a senior's choir? Please email friends@town.stmarys.on.ca or call 519-284-3272 for more details.

Set to return in September

Registration required.

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

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

Thursday, July 14

5-10 pm

Thursday, Aug 11

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, July 8th at 1:30pm

- Two page layout and two cards with Dorothy

Wednesday, July 27th at 7pm

- Two page layout and two cards with Lise

Wednesday, August 24th at 7pm

- Two page layout and two cards with Lise

Registration required.

Ballroom Dancing M: \$40, NM: \$50

With years of ballroom dancing experience, Stephen and Leonor are bringing their expertise to the Friendship Centre. Grab your partner and join the fun. Interested in joining our next Ballroom session in September? Let us know by emailing friends@town.stmarys.on.ca.

Tuesday, June 14-August 16

6:30pm Ballroom Dancing

New session starts in September!

Registration required.

Trips



Fine Dining to Golf's Steakhouse

M: \$25
NM: \$27.5

Join us in trying Golf's Steakhouse in Kitchener. We will depart at 4pm and return at 9:30pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only.

Tuesday, July 26th. Depart at 4pm.

Registration required.

Fine Dining to Kettle Creek Inn

M: \$25
NM: \$27.5

Join us in trying Kettle Creek Inn in Port Stanley. We will depart at 4pm and return at 9:30pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only.

Wednesday, August 24th. Depart at 4pm.

Registration required.

On the Road Again to Bayfield

M: \$30
NM: \$32.5

Join us on the Mobility Bus to go to Bayfield for the day! We will depart at 9:30am and return at 4pm. The bus will drop you off downtown Bayfield for you to explore the shops and get lunch at your leisure. Price is for transportation only.

Friday, July 8th. Depart at 9:30am.

Registration required.

On the Road Again to Anna Mae's

M: \$23
NM: \$25.5

Join us on the Mobility Bus to go to Millbank! Bus departs at 10am and returns to the Friendship Centre at 3pm. We will be stopping at Millbank Cheese & Butter and Anna Mae's Restaurant for lunch. Meal not included in price. Price is for transportation only.

Thursday, July 21st. Depart at 10 am.

Registration required.

On the Road Again "Say CHEESE!"

M: \$41.5
NM: \$44

Join us on the Mobility Bus to explore all things cheese. Bus departs at 9:30 am and returns to the Friendship Centre at 4 pm. We will be stopping at the Ingersol Cheese Museum, Elmhurst Inn for lunch, followed by a tour of Gunn's Hill Artisan Cheese. Meal not included in price. Price is for tours and transportation only.

Wednesday, August 17th . Depart at 9:30am.

Registration required.



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



Success Stories

Friendship Centre's Community Allotment Garden

The Friendship Centre has grown the community allotment gardens from 20 plots in 2020, to 45 plots in 2022. Special thanks to our volunteer and gardeners who helped make this program so successful!



Return of Jamboree

The Friendship Centre's Jamboree program has returned! This program takes place weekly on Tuesday at 1pm. Musicians and vocalists are welcome. Audience members and dancers pay at the door. The cost is \$4 for members, or \$6 for non-members.

Don't miss this musical and fun afternoon!



A Community "Hub" once again!

The Friendship Centre's main hall is once again open to the community. We are proud to offer a comfortable, safe space for people to gather and socialize. Coffee & tea are available for purchase.

Pictured is our ROMEO coffee club and Aquafit participants enjoying their coffee and company.

Community Events



Homecoming-Heritage 2022 June 30 - July 3

This event encompasses Canada Day activities at Cadzow Park; a parade, street dance and fireworks the evening of July 1; the Heritage Festival street fair on Saturday, July 2; a licensed concert on Saturday evening and closing ceremonies at the Front Porch Show on Sunday, July 3.

The Front Porch Show Sundays in July and August

Enjoy a live and very local variety show in Cadzow Park every Sunday at 7:00 p.m. Free to enjoy. Please bring a lawn chair.

Kin Summerfest July 21 - 23

Enjoy midway rides and nightly refreshments and entertainment in scenic Milt Dunnell Field.

Melodies at the Museum Wednesdays in August

Enjoy an outdoor concert by donation to our museum at 7 p.m. Bring a lawn chair or blanket! Concerts will be moved indoors if required by weather.

**The Town-wide party worth
waiting **12** years for!**



HOMEcoming • HERITAGE • JULY 1, 2 & 3, 2022

**Come home to St. Marys...
or just pretend you're from here as
we celebrate our town and its people
with fun and many free activities!**

Friday, July 1 — Canada Day activities, parade,
street dance and Rotary fireworks

Saturday, July 2 — Farmers' market breakfast,
high school reunion, street festival and licensed concert

Sunday, July 3 — Closing ceremonies

**Visit www.discoverstmarys.ca/homecoming
for details on this incredible weekend!**

For more community events, visit discoverstmarys.ca.





Events

Canada Day Fun Bingo



Thursday, June 30th at 2pm

Members \$5

Non-Members \$7

Win gift cards to local businesses!

Celebrate Canada Day early by joining us for a "just for fun" Bingo on June 30th. Dress up in red and white. Bingo prizes will be gift cards to local businesses.

Register online, call 519-284-3272 or email friends@town.stmarys.on.ca by June 24th.

Summer Campfires



Dates:

July 5, 19, August 2, 16 & 30

6:30pm

Members \$5, Non-members \$7


An evening of food & fun.

Summer campfires are back! Join us for an evening of food and fun.

Please dress accordingly. Outdoor location is by the PRC splash pad.

Rain location is inside the Friendship Centre.

Register online, call 519-284-3272, email friends@town.stmarys.on.ca or on Active Net.

<div><div></div><div>Friendship Centre Program Calendar</div></div>						
July 2022						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
3	4	5	6	7	8	9
	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	9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1:30 pm Chair Yoga 6:30 pm Campfire 6:30 pm Ballroom Dancing	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Supper	Blood Pressure Clinic by Appt. 9:15 am Pickleball 9:30am Shuffleboard @ LIND 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1:30 pm Knit & Chat Deadline to register for Breakfast on July 11	9 am L4 Vigorous Fitness 9:30am On the Road to Bayfield 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness 1:30 pm Scrapbooking Class (Z)	
10	11	12	13	14	15	16
	Blood Donor 8 am Breakfast at Joe's 9 am L4 Vigorous Fitness 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	9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Ballroom Dancing	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	9:15 am Pickleball 9:30 am Shuffleboard @ LIND 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1:30 pm Knit & Chat 5pm Scrapbooking Open Crop	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness Deadline to register for Supper on July 20	
17	18	19	20	21	22	23
	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	Blood Pressure Clinic by Appt. 9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Campfire 6:30 pm Ballroom Dancing	Blood Pressure @ Rotary 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30pm Supper	9:15 am Pickleball 9:30am Shuffleboard @ LIND 10am On the Road to Anna Mae's 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1:30 pm Knit & Chat	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness	
24	25	26	27	28	29	30
	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	9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 4 pm Fine Dining to Golf's Steakhouse 6:30 pm Ballroom Dancing	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 7 pm Scrapbooking Class (Z)	9:15 am Pickleball 9:30 am Shuffleboard @ LIND 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1:30 pm Knit & Chat	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness Deadline to register for Supper on Aug 3	
Legend						

Zoom programs require registration in order for participants to receive the correct Zoom link. To register please call the Friendship Centre at 519-284-3272, email friends@town.stmarys.on.ca, or use ActiveNet.

LIND Sportsplex is located at 425 Water S South. Shuffleboard will be located there on Thursday mornings.

Off-site Fitness Classes
The YMCA is located at 268 Maiden Lane (at rear of the hospital).
Kirkton Community Centre is located at 70497 Road 164, Kirkton.

Summer Campfires are back in July & August!





Friendship Centre Program Calendar

August 2022

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 CLOSED No programs 	2 9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Jamboree 1:30 pm Chair Yoga 6:30 pm Campfire 6:30 pm Ballroom Dancing	3 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Supper	4 Blood Pressure Clinic by Appt. 9:15am Pickleball 9:30am Shuffleboard @ LIND 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1:30 pm Knit & Chat Deadline to register for Breakfast on Aug 8	5 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness	6
7	8 8 am Breakfast at Joe's 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	9 9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Jamboree 1:30 pm Last Chair Yoga 6:30 pm Ballroom Dancing	10 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	11 9:15 am Pickleball 9:30 am Shuffleboard @ LIND 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1 pm Pepperama 1:30 pm Knit & Chat 5pm Scrapbooking Open Crop	12 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness Deadline to register for Supper on Aug 17	13
14	15 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	16 9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Jamboree 6:30pm Campfire 6:30 pm Last Ballroom Dancing	17 Blood Pressure @ Rotary 9 am L4 Vigorous Fitness 9:30 am On the Road Cheese trip & Emlhurt Inn 10 am L4 Men's Strength 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30 pm Supper	18 9:15 am Pickleball 9:30 am Shuffleboard @ LIND 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1:30 pm Knit & Chat	19 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness	20
21	22 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	23 Blood Pressure Clinic by Appt. 9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1pm Jamboree	24 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4pm Fine Dining to Kettle Creek Inn 7pm Scrapbooking Class (Z)	25 9:15 am Pickleball 9:30 am Shuffleboard @ LIND 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1:30 pm Knit & Chat	26 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness	27
28	29 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	30 9:30 am Creative Minds 11 am L1 Light Gentle Fitness 1pm Pepper/ Bid Euchre 1pm Jamboree 6:30 pm Campfire	31 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:45 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	Sept 1 9:15 am Pickleball 9:30am Shuffleboard @ LIND 10 am L3 Fitness @ Rotary Apts 10 am ROMEO 1:30 pm Knit & Chat	2 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 11:15 am L3 Moderate Fitness	3

Legend

Zoom programs require registration in order for participants to receive the correct Zoom link. L4 Vigorous Fitness on M/W/F are offered in person and Zoom. To register please call the Friendship Centre at 519-284-3272, email friends@town.stmarys.on.ca, or use ActiveNet.

LIND Sportsplex is located at 425 Water S South. Shuffleboard will be located there on Thursday mornings.

Off-site Fitness Classes

The YMCA is located at 268 Maiden Lane (at rear of the hospital). Kirkton Community Centre is at 70497 Road 164, Kirkton.