

# Friendship Centre

# PRIMETIME

March & April 2026



 **Coming Soon:**

**Education:  
Pelvic Floor  
Health**

Wednesday  
March 4

**International  
Women's Day  
Celebration**

Monday  
March 9

**St. Patrick's  
Day  
Jamboree**

Tuesday  
March 17

**Friendship  
Centre Easter  
Lunch**

Thursday  
March 26

**Scrapbooking  
Garage  
Sale**

Saturday  
March 28

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

Scan with your  
phone to view  
the newsletter  
online!



519-284-3272



# Home Support Services



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

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

## Foot Care Clinics

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

## Meals on Wheels

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

## Shopping Services

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

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

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

## Telephone Reassurance

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

## Health and Wellness Programs

Wellness programs consist of Fitness and Falls Prevention Classes, educational presentations and health screening. With the help of volunteers, the Friendship Centre offers 26 fitness classes for all levels at various times and locations. See page 4 and 5 for times and locations of all Fitness and Falls Prevention Classes.

## Blood Pressure Clinics

Health screening is an effective tool to assist you and your healthcare team in keeping you healthy. Taking your blood pressure regularly can help diagnose any future health problems. Blood Pressure clinics will be offered by appointment only. Several times and locations are available. See page 5 for blood pressure clinic times and locations.

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

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



### HOLIDAY CLOSURE NOTICE



**Please note that the Friendship Centre will be closed on Friday April 3<sup>rd</sup> and Monday April 6<sup>th</sup>**

**Meals on Wheels will continue as regularly scheduled**



## Dine In with Friends

*Please note that due to increasing food costs, we have made the difficult decision to increase the price of Dine In with Friends and Dine Out at Home meals. If these price increases create a barrier for accessing services, please reach out to Jenny or Kim to discuss options.*

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

## March

**Date:** Tuesday March 31st (Registration will open Wednesday March 4th)

**Time/location:** 5:00 pm, Friendship Centre

**Menu:** Shrimp

**Cost:** \$19 & a canned food item for donation to the local pantry

*Please note there will be no April Dine In meal*



## Breakfast at Joe's

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



**Dates:**

**Monday March 2nd (Register by February 25)**

**Monday April 13th (Register by April 8)**

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

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

**Cost:** \$12

## Drive Thru Easter Lunch

**Date:** Thursday March 26th

**Menu:** Roast Turkey dinner with all the fixings and dessert

**Cost:** \$25

**Register and pay by:** Monday March 9th

**Time of Friendship Centre Drive-Thru Pickup:**

Between 12:15 & 1:15 pm

**Time of Delivery:** Between 11:30 am & 12:30 pm

## Dine out at Home

The Friendship Centre partners with local restaurants to offer dining that gets delivered to your home by volunteers between 4:30 - 5:30 pm. You can register online or call the Friendship Centre before the registration deadline. Please make sure we have your current address on file and that you are home during this time so your meal is successfully delivered. Unfortunately we are not able to accommodate allergies in this dining program.

*Please note that we are not able to offer refunds for meals cancelled after the registration deadline.*

### Wednesday, March 11th: Supper from Sunset Diner

**Menu:** Liver & Onions with Mashed Potato

**Cost:** \$13.50

**Register and pay by Wed, March 4<sup>th</sup>**

### Wednesday, March 25th: Supper from Four Happy.

**Menu:** Chinese Platter

**Cost:** \$13.50

**Register and pay by Wed, March 18<sup>th</sup>**



### Wednesday, April 15th: Supper from Joe's Diner

**Menu:** Fish & Chips

**Cost:** \$13.50

**Register and pay by Wed, April 8<sup>th</sup>**

### Wednesday, April 29th: Supper from The Cheese Shoppe

**Menu:** Salad Plate

**Cost:** \$13.50

**Register and pay by Wed, April 22<sup>nd</sup>**



# Registering for ALL Wellness Home Support Services



For any Town of St. Marys Home Support Services programs you will need to register. For example Fitness and Falls prevention classes, educational workshops and health screening with Town of St. Marys Home Support Services. See more services on page 7.

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

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

## Education and Health Screening

- 1) Call the Friendship Centre at 519-284-3272 or go online to [www.activecommunities.com/townofstmarys](http://www.activecommunities.com/townofstmarys)
- 2) Then expect a call from Huron Perth Community Intake Coordinator (CSS Central Intake)

## How to prepare for Fitness class

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

## How to prepare for a call from a Huron Perth Community Intake Coordinator (CSS Central Intake)

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

## Fitness and Falls Prevention locations

- Friendship Centre - 317 James St. S, St. Marys
- Kirkton Hall - 70497 Rd. 164, Kirkton
- Stone Ridge Apt - 50 Stoneridge Blvd., St. Marys
- Thames Valley - 30 Ann St. #77., St Marys
- YMCA - 269 Maiden Lane, St. Marys - currently full
- Wildwood Care Centre - 100 Ann St., St. Marys
- Kingsway Lodge - 310 Queen St, St. Marys

## Level 1 - Tiered Exercise Program

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

## Level 2 - Light Gentle Fitness Class

This very light, gentle intensity class is designed to improve your functional mobility through a combination of cardiovascular, muscle strengthening, flexibility and balance exercises. Our leaders are Tiered Exercise Program or Senior Fitness Instructor certified. Please bring a gait aid if you use one. Seated options available if you have limited functional mobility.

## Level 3 - Light Fitness Class

This 45 minute light intensity class is designed to improve your functional mobility through a combination of cardiovascular, muscle strengthening, flexibility and balance exercises. This class is taught predominantly in standing. Chairs are available to sit if needed. Our leader is SFIC Senior Fitness Instructor certified.

## Level 4 - Moderate Fitness Class

This 60 minute moderate intensity class is designed for those who are currently engaged in regular light to moderate physical activity or have progressed through levels 1-3. The program will continue to challenge your functional fitness through a combination of cardiovascular, muscle strengthening, flexibility and balance exercises. Our leader is SFIC Senior Fitness Instructor Certified.

## Level 5 - Vigorous Fitness Class

This 60 minute vigorous intensity class is designed for those who are currently engaged in regular moderate or vigorous physical activity or have progressed through levels 1-4 above. The program continues to challenge and improve your functional fitness through a combination of cardiovascular, muscle strengthening, flexibility, and balance exercises.

## Men's Strength

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



## Blood Pressure Clinics - Health Screening

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

### Locations:

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

1st Thursday afternoon - Mar 5 & Apr 2  
3rd Tuesday morning - Mar 17 & Apr 14  
4th Wednesday: Mar 25

#### Parkview West Apts (Rotary Hall) - 22 St. Andrews St. N., St. Marys Drop in - Mar 18<sup>th</sup> & Apr 15

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

1st Wednesday morning  
Mar 4 & Apr 1

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

## Please Register for your Programs

Are you writing your name at the bottom of a program sign-in sheet? Please stop by the front desk to make sure we have you registered in ActiveNet for the program you are participating in. It only takes a minute or two, and helps us a great deal.

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

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





## Best practices for your fitness class success

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

# New \* Fitness & Falls Prevention Class Schedule 2026

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

For details call 519-284-3272 or visit [townofstmarys.com/fallsprevention](http://townofstmarys.com/fallsprevention) or attend the site before class

Monday	Tuesday	Wednesday	Thursday	Friday
9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall	8:45 am Lvl 5 Vigorous Friendship Centre mat during strength 60 mins MP Room	9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall	8:45 am Lvl 5 Vigorous Friendship Centre mat during strength 60 mins MP Room	9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall
9:15 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room		9:15 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room		9:15 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room
10 am Lvl 4 Moderate Thames Valley 60 mins	10 am Lvl 3 Light Friendship Centre 45 mins MP Room		10 am Lvl 3 Light Friendship Centre 45 mins MP Room	
10 am Lvl 5 Vigorous Kirkton Hall 60 mins	10 am Lvl 3 Light Stoneridge Apts 45 mins	10 am Lvl 5 Vigorous Kirkton Hall 60 mins	10 am Lvl 4 Moderate Thames Valley 60 mins	
10:30 am Lvl 1 Friendship Centre 30 mins MP Room	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	10:30 am Lvl 1 Men's Strength Friendship Centre 30 mins MP room Romeo coffee at 11:00	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	10:30 am Lvl 1 Friendship Centre 30 mins MP Room
Wildwood Lvl 1 10:30 40 minutes		Wildwood Lvl 1 10:30 40 minutes		Wildwood Lvl 1 10:30 40 minutes
11 am Lvl 1 Kingsway/Fairhill 40 mins			11 am Lvl 1 Kingsway/Fairhill 40 mins	
11:15 Lvl 4 Moderate Friendship Centre 60 minutes		11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room		11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room
1:30 pm Lvl 3 Light YMCA - class full 45 mins		1:30 pm Lvl 3 Light YMCA- class full 45 mins		1:30 pm Lvl 3 Light YMCA- class full 45 mins

## Education Corner: Ears to You

Audiologist Mable George from the Ears to You mobile hearing clinic came to discuss the benefits of hearing aids for individuals with hearing loss. She mentioned that hearing aids can help reduce the tendency for social isolation, depression, anxiety, stress and frustration.



Hearing aids can improve our relationships, our enjoyment of life, and our functional independence. Improved balance and decreased falls were other positives mentioned. She advised people to have their hearing checked regularly and to start wearing hearing aids sooner rather than later. She mentioned they do take some getting used to, and early use will allow for more years of listening enjoyment. If you are interested in learning more about the Ears to You clinic, visit their website at <https://earstoyou.ca>

## Education Corner: Nourish Market



Julie Docker Johnson came to speak with us about The Local Community Food Centre in Stratford and our very own St. Marys Nourish Market. Programs at The Local were discussed (cooking, growing and community). The Local is not a food bank or soup kitchen but rather a place for everyone to buy fresh local produce, meat and eggs and also to share nourishing meals together.

Food items are all purchased locally at wholesale prices and are sold at wholesale prices to make it accessible to all. The Local and The Nourish Market are for everyone! By supporting the Nourish Market it increases the buying power and also supports local farmers and businesses. The overhead costs for general operations are raised through donations, grants and fundraisers. The Local and its markets operate with 8 staff members and over 200 volunteers.

The Local Community Food Centre is located at 612 Erie Street and the Access Market occurs weekly on Mondays from 4:00 - 6:00 pm and Fridays from 11:00 am - 1:00 pm.

The St. Marys Nourish Market is located at the United Church 85 Church St. S. on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays from 2:00 - 4:00 pm.

Free transportation to the Nourish Market is available through Mobility Services with a grant from the St. Marys Healthcare Foundation. For more information about The Local Community Food Centre and the Nourish Market you can visit their website [thelocalcfc.org](http://thelocalcfc.org) or call them at 519-508-3663.

### The Local CFC's Nourish Market Mobility Bus Schedule

#### WEST SIDE SCHEDULE

Stop Location:	Arrives	Departs
<b>Pick-Up Trip:</b>		
Town Hall		1:45
329 Jones Street West	1:48	1:54
270 Queen Street West	1:55	2:01
30 Ann Street - Community Centre	2:04	2:10
Nourish Market	2:15	2:25
<b>Return Trip:</b>		
Nourish Market		3:22
Town Hall	3:23	3:29
30 Ann Street - Community Centre	3:31	3:37
270 Queen Street West	3:38	3:44
329 Jones Street West	3:45	3:51
Nourish Market	3:55	4:02

#### EAST SIDE SCHEDULE

Stop Location:	Arrives	Departs
<b>Pick-Up Trip:</b>		
5 Southvale Road		2:35
50 Stoneridge Blvd	2:38	2:44
728 Queen Street E	2:50	2:56
275 Water Street S	3:01	3:07
Town Hall	3:09	3:15
Nourish Market	3:16	3:22
<b>Return Trip:</b>		
Nourish Market		4:02
5 Southvale Road	4:06	4:12
50 Stoneridge Blvd	4:13	4:19
728 Queen Street E	4:24	4:30
275 Water Street S	4:36	4:42
Town Hall	4:45	4:50



## March Education - Pelvic Floor

Join Dr. Kate Walker to learn about the musculature of our pelvic floor, and a variety of exercises that you can do to help keep the pelvic floor strong and functioning well.

Date: Wednesday March 4th  
Time: 10:15 - 11:15 am  
Location: Friendship Centre  
Fee: Free

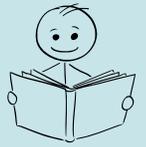


ActiveNet Registration required

## April Education - Lifeline

Join Sandra Shields from Lifeline, who will be sharing tips with us for preventing falls at home. She will also be discussing new products and services being offered with Lifeline, and will educate us on how the program works.

Date: **TBC**  
Time: 10:15 - 11:15 am  
Location: Friendship Centre  
Fee: Free



ActiveNet Registration required

## International Women's Day Celebration

Join us for an afternoon of celebrating women!  
The 2026 theme for International Women's Day this year is  
#BalanceTheScales

Join us for an afternoon of celebration and education as we bring  
in amazing motivational speaker  
and best selling author Rosita Hall.

Rosita will inspire us with a talk about the transforming  
power of resiliency, and will share tips on how we  
can begin to master the art of self care.

Entry Fee: By donation

Join in on the celebration by wearing something purple

Monday March 9th: 1:00 - 3:15 pm

ActiveNet Registration required

## Celebrating Louise

After 4 years of great service and dedication to the Friendship Centre, Louise will be leaving our team for her next excellent adventure.

Please help us in wishing Louise well, and all the best. We will miss you Louise, and look forward to your visits in the future!

### Friendship Centre Entrance: Safety Reminder

**Please note that the loop directly in front of the main Friendship Centre entrance is for loading and unloading only.**

**Please do not park in this space as it impedes the Mobility Services vehicles.**

**Thank you!**





# Social, Leisure and Fitness Programs



## Chair Yoga Wednesdays | \$80.00

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

A short meditation is included at the end of each session.

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

Dates: Wednesday March 4<sup>th</sup> - April 29<sup>th</sup>

Time: 1:30 - 2:30 pm

Please note: There will be no class on April 22nd

**Drop in classes available:**

\$15 per class

ActiveNet registration required

## Indoor Walking at St. Marys DCVI | Free

Looking to get some steps in, but don't enjoy cold weather? Register for our indoor walking program at the high school. Please wear indoor, supportive, non-marking shoes. Please note that the facility is to be left clean and tidy. This program does not run when the school is closed.

Monday to Friday, 5:00 pm - 8:00 pm

October 2025 to April 30, 2026

ActiveNet Registration required

## Ballroom Dancing | M: \$32 + HST / NM: \$40 + HST

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

**Tuesday nights:** March 17 to May 5 (8 weeks)

May 12<sup>th</sup> to June 30<sup>th</sup> (8 weeks)

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For Ages 18+

ActiveNet registration required.

## Learn to Step Series | \$20

Learn to step with Vivian. This four week session will be geared to people who are looking for some additional challenge for their physical fitness routine, but are new to Step aerobics. Vivian will teach you the basics of Step Aerobics at a slightly slower pace with additional instruction and repetitions to practice.

Dates: Tuesday March 31 - April 21

Time: 10:30 - 11:00 am

Location: Endzone

ActiveNet registration required.

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

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

**Tuesday nights:** May 5<sup>th</sup> to June 23<sup>rd</sup> (8 weeks)

Time: 6:30 - 8:00 pm

Drop-in classes available:

**\$15 per class (HST included)**

For Ages 18+

ActiveNet registration required.

## Zumba | M: \$90 + HST / NM: \$108 + HST

Zumba fitness is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance party. Together the laughs are many and the steps are more. 60 minutes of dancing. Program requires minimum number of participants to run. Drop in classes are available at \$15 per class.

Dates: April 28th - June 24th (9 weeks)

Tuesday nights: 6:45 pm - 7:45 pm

or Wednesday mornings 10:00 am - 11:00 am

For Ages 18+

ActiveNet registration required.





# Social and Leisure Programs



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

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

Mondays & Thursdays at 1 pm

Drop in. Annual registration required

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

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

Fridays at 1 pm

Drop in. Annual registration required

## Pickleball

### Activity Fees:

**Yearly Fee (Sept - Aug):**

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

**OR**

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

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

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

Mondays: 10:30 am - 1:30 pm

Wednesdays: 10:30 am - 12:30 pm

Thursdays: 9:00 am - 12:00 pm

Fridays: 10:30 am - 12:30 pm

Drop in. Annual registration required



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

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

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

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

Tuesdays at 1 pm

Drop in- Annual registration required

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

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

Thursday, March 12<sup>th</sup> at 12:30 pm

Thursday, April 9<sup>th</sup> at 12:30 pm

Monthly registration required

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

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

Wednesdays at 1 pm

Drop in. Annual registration is required

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

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

Fridays at 1 pm

Drop in. Annual registration required



# Social and Leisure Programs



## Quilting

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

Mondays at 1 pm & Tuesdays at 9 am

Drop in. Volunteer registration required.

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

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

Tuesdays at 9:30 am

Drop in. Annual registration required.

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

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

Thursdays at 1:30 pm

Drop in. Volunteer registration required.

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

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

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

Thurs, April 16, 5-9 pm & Wed, April 29, 1-5 pm

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

## Virtual Scrapbooking Class | \$20

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

Wednesday March 18<sup>th</sup> at 7 pm

(Register by March 2<sup>nd</sup>)

**Please note there is no virtual session in April**

Registration required.



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

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

Wednesdays at 11 am

Drop in. Annual registration required.

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

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

Tuesdays from 1- 4 pm

Drop-in. Annual registration required.





# Social and Leisure Programs



## Genealogy | M: Free/NM: \$2

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

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

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

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

Tuesday March 31, 6:30pm

Tuesday April 28, 6:30 pm

Drop in. Annual registration required.

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

Now a regular Friendship Centre program! Join us for the fun group dominoes game Mexican Train. Not sure how to play? Come and learn! Beginners welcome.

Mondays at 1 pm

Drop-in. Annual registration required.



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

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

Wednesdays at 9:30 am

Annual registration required.



## 13 Grandmother Moons Learning Circle with Patsy Day

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

Please register in advance, as space is limited.

*This program is paused - stay tuned for more information*

ActiveNet registration required.

## Are You Interested in Playing Board Games?

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



# Fine Dining & On The Road: Mobility Bus Charters



## March Fine Dining to Bentley's Restaurant in Stratford M: \$26 + HST / NM: \$33 + HST

Join us for a Mobility Bus road trip to Bentley's Restaurant in Stratford! Meal not included in price. Price is for transportation only.

Date: Tuesday March 10<sup>th</sup>  
Depart at 4:30 pm. Return at 8:00 pm.

ActiveNet registration required.



## April Fine Dining to Eddington's of Exeter M: \$26 + HST / NM: \$33 + HST

Join us for a Mobility Bus road trip to the crowd favourite Eddington's of Exeter! Meal not included in price. Price is for transportation only.

Date: Tuesday April 14<sup>th</sup>  
Depart at 4:30 pm. Return at 8:00 pm.

ActiveNet registration required.



## March On the Road to Scran & Dram Pub and New Hamburg MCC Thrift Store M: \$34 + HST / NM: \$43 + HST

Join us for a Mobility Bus road trip to the Scran & Dram Scottish Pub in New Hamburg, followed by a browse around the MCC New Hamburg Thrift Store! You never know what treasures you might find. Meal not included in price. Price is for transportation only.

Date: Monday March 23<sup>rd</sup>  
Depart at 11:30 am. Return at 4:00 pm.

ActiveNet registration required.

## April On the Road to Brickhouse Brewpub & Woodstock Lens Mill M: \$38 + HST / NM: \$48 + HST

Join us for a Mobility Bus road trip to the popular Brickhouse Brewpub, followed by a browse around the Woodstock Lens Mill! Meal not included in price. Price is for transportation only.

Date: Thursday April 30<sup>th</sup>  
Depart at 11:15 am. Return at 4:15 pm.

ActiveNet registration required.

**Where would you like to go?  
Let us know!**

Please note that program and trip refunds are not always guaranteed. When possible, attempts will be made to 're-sell' your registration to the waitlist, as registrations are non-transferable. If you are unable to join an outing you have signed up for, please reach out to the Friendship Centre as soon as possible.



# Upcoming Events



## The Friendship Centre is Looking for Donations!

We are looking for donations of new or gently used items for our Scrapbooking Garage Sale, and for our Scrapathon Silent Auction table!

We will gladly accept:

- Cardmaking/Scrapbooking items
- Notebooks & adult colouring books
- Markers, pens, and pencils
- Items for birthday, self-care, Thanksgiving, and Christmas baskets



Thank you! All proceeds support St. Marys Senior Services

## CALLING ALL BAKERS!

WOULD YOU LIKE TO SUPPORT THE FRIENDSHIP CENTRE BY DONATING BAKING? ALL BAKE TABLE PROCEEDS RETURN TO ST. MARYS SENIOR SERVICES!

WE ARE LOOKING FOR BAKING FOR:



- MARCH 28TH SCRAPBOOKING GARAGE SALE
- SATURDAY APRIL 11<sup>TH</sup> SCRAPATHON



INTERESTED? LET US KNOW!

## Enjoy a Delicious Easter Lunch on Thursday March 26<sup>th</sup>



Cost: \$25 includes roast turkey dinner with all the fixings & dessert

Register by Monday March 9<sup>th</sup>

Options:

- Friendship Centre Drive Thru
- Home Delivery within St. Marys
- Purchase a gifted lunch we will donate to someone in need in the community

Sign up via ActiveNet or call 519-284-3272 to register

## SCRAPBOOKING GARAGE sale

- Drop-in and shop gently used supplies tax free!
- Over 50 tables of products
- Free admission



Saturday March 28<sup>th</sup>, 2026  
9 AM - 1 PM

St. Marys Friendship Centre: 317 James St. S.,  
St. Marys (Please use Entrance C)

519-284-3272

Cash Only



## Upcoming Events



### **ConnectMyHealth Information Session** **March date to be determined • 10:30 am**

ConnectMyHealth is a digital health portal that gives you online access to view your hospital health records from many hospitals in the Ontario Health West Region.

Please note: Family Doctor records are not included.

Join us to get registered for your ConnectMyHealth account and learn how the system works.

#### **What You Need to Register:**

Basic technology skills

A cell phone, tablet, or laptop

An active email address

Your valid Ontario Health Card + one government-issued ID

#### **Registration:**

Call the Friendship Centre or register through ACTIVE.Net.

Limited spaces available. Additional sessions may be added.

**If you've never used hospital services, your record will be empty.**

**Those who have may see: lab results, radiology and cardiology reports, clinical summaries, medication info, allergies, pathology reports, and visit history.**



## NATIONAL VOLUNTEER WEEK



### April 19 – April 25

**Celebrating the heart of Senior Services: our volunteers.**

 Your kindness brings comfort.

 Your time brings independence.

 Your service brings warmth.

 Your connection brings joy.

**Every act of compassion you share strengthens our community,  
and supports older adults in meaningful ways.**

**Thank you for making every day brighter.**

**We couldn't do this without you.**



## No Scents at the Friendship Centre Please

We encourage people not to wear scents, perfume, scented lotions, or cologne at the Friendship Centre, as many are sensitive to scents and it can exacerbate existing health issues or chronic conditions.



**Thank You!**



## French Language Conversation Group

Are you interested in joining a French Language group to improve your conversation skills?

Let us know at the front desk!



## Write Your Life

Join Vicki at the Friendship Centre, and honour your life and your stories by getting them on paper!



Are you interested in participating in WYL for beginners, or as a returning participant? Let us know at the front desk!



## Learn the Ukulele

Join Music Teacher Jeanette Sears for a fun filled 4 week session of learn the Ukulele lessons.

No previous experience needed.

May 7, 14, 28, June 4



No Class on May 21

Time: 10:30 - 12:00

Registration opens on March 1<sup>st</sup>

If interested please call us at 519-284-3272 or sign up on Activenet.

# Updates & Reminders

## Please Remember to:

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



**THANK YOU!** 😊

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

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

**Thank you!**

## Hot & Frozen Meals

- Don't forget we offer hot and frozen meals that can be delivered right to your door
- Hot Meals are delivered Monday through Friday at about 12 pm
- Please remember to keep all walkways clear for everyone's safety
- Please note that you must be at home for your meal to be successfully delivered

**Questions? Call us at 519-284-3272**

## Books & Puzzles Lending Library

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



**Feel free to help yourself!**



## Reusable Grocery Bags



The Friendship Centre and the Salvation Army are in need of reusable grocery bags.

If you are looking to get rid of any extra bags, please bring them here and we will put them to good use.

Thank you!

## Staying Home when Under the Weather



**The Friendship Centre community is a diverse population, with many patrons who are immunocompromised. Please make sure to stay home when you are sick.**

## Access to Recreation Grant

### Did you know?

The Access to Recreation Grant provides residents with financial support so they can participate in recreation, leisure, arts and culture programs.

**Call or visit us at the front desk to learn more, or search 'Access to Recreation Grant' on the Town of St. Marys website for more details**

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

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

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

Are you a quilter, and interested in learning more?

Let us know!



# Volunteer Information

## More Hands Make Light Work

Did you know that the Friendship Centre has over 200 volunteers which support programs and services in St. Marys and surrounding area?

Becoming a volunteer is as easy as 1, 2, 3

1. Chat with Jenny or Allyson about what volunteer opportunities are available and where your talents can be best utilized.
2. Fill out a volunteer application
3. Complete the screening and orientation process

**Bada Bing, Bada Bang, Bada Boom: the next thing you know you are volunteering!**

We are currently recruiting for these volunteer positions:

Group Fitness Leaders  
Programs Support Volunteers  
Volunteer Visitors  
Telephone Reassurance

Volunteer applications can be found at the front desk or by visiting:  
<https://www.townofstmarys.com/town-government/jobs-volunteer-opportunities/>



## Upcoming Day Trips



### Back by Popular Demand! A Sentimental Musical Journey: Lunch & Concert

**Date: Wednesday May 6, 2026**

**Time: 10:30 am – 5:00 pm**

**Register and pay by April 1<sup>st</sup>**

#### Ticket Includes:

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

**Cost:**

**M: \$142 + HST**

**NM: \$155 + HST**



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

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



See what they offer at  
[www.greatcanadianholidays.com](http://www.greatcanadianholidays.com)



# Aquatics Centre Schedule

January 5 - March 22, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am		Lanes 8:45 - 10:00 am
Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Swim Lessons 9:00 am - 12:00 pm	Swim Lessons 9:00 am - 12:30 pm
Aquafit 10:45 - 11:30 am	Open Swim 10:45 - 11:30 am	Aquafit 10:45 - 11:30 am	Open Swim 10:45 - 11:30 am	Aquafit 10:45 - 11:30 am		
Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Open Swim 1:00 - 2:45 pm	Open Swim 1:00 - 2:45 pm
	<b>NEW</b> Water Walking 1:45 - 2:30 pm	EarlyON Play & Swim <small>(Note: this program starts January 14)</small> 1:45 - 2:30 pm	<b>NEW</b> Water Walking 1:45 - 2:30 pm	Swim Lessons 1:45 - 3:30 pm		
Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	Pool Rentals 3:00 - 4:00 pm	Pool Rentals 3:00 - 4:00 pm
Middlesex 6:00 - 7:00 pm	Aquafit 7:00 - 7:45 pm	Aquafit 7:00 - 7:45 pm	Aquafit 7:00 - 7:45 pm	Middlesex 5:30 - 7:30 pm	Pool Rentals 4:15 - 5:15 pm	Pool Rentals 4:15 - 5:15 pm
Aquafit 7:00 - 7:45 pm	Lanes 8:00 - 9:00 pm	Lanes 8:00 - 9:00 pm	Lanes 8:00 - 9:00 pm			
Lanes 8:00 - 9:00 pm	<i>*Schedule subject to change</i>					



## PA Day Swims/March Break

- Friday, January 30 - Open Swim 1:45 - 3:30 pm
- Monday, February 16 - Family Day Open Swim 1:00 - 3:30 pm
- Monday, March 16 to Friday March 20 - Open Swims daily 1:45 - 3:30 pm

## Service Disruption

- Monday, February 16 - Regular programming cancelled (Family Day). Free Family Swim Day.
- March 16-20 (March Break) - Regular programming cancelled from 1:00 - 7:00 pm
- Sunday, March 22 - Morning lanes cancelled for lifeguard training



# General Information



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

## Contact Us

**Hours:** Monday to Friday, 8 am - 4:30 pm

**Address:** 317 James St. South, St. Marys

**Phone:** 519-284-3272

**Website:** [townofstmarys.com/seniorservices](http://townofstmarys.com/seniorservices)

**Social:** [facebook.com/stmarysfriendshipcentre](https://facebook.com/stmarysfriendshipcentre)

**Friendship Centre email:**

[friends@town.stmarys.on.ca](mailto:friends@town.stmarys.on.ca)

**Home Support email:**

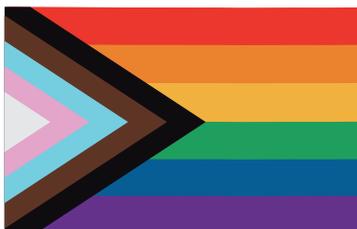
[homesupport@town.stmarys.on.ca](mailto:homesupport@town.stmarys.on.ca)

## 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](http://townofstmarys.com/friendshipcentre) for details. We accept cash, debit, cheque, or credit card by phone. Unfortunately we are unable to accept e-transfers.

## Land Acknowledgement

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



## RZone: Respect and Responsibility

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

## Inclusiveness

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

## Friendship Centre Code of Conduct

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

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

## Calling all Canadian Veterans

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

## HST

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



# St. Marys & Area Mobility Service



## Meet the St. Marys and Area Mobility Service

St. Marys is lucky to have accessible transportation offered by St. Marys & Area Mobility Service.

Did you know that they rent office space in the Friendship Centre? Their office is open Monday to Friday, 8am-4pm.

If you would like to book a ride on the Mobility Bus please call EasyRide at 519-272-9875.

### Frequently Asked Questions:



**Amber Miners: Mobility Services Manager**

#### Who can access St. Marys Mobility Service?

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

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

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



## St Marys and Area Mobility Service

# Monthly Stratford Shopping Charter

**When: 1st Monday of every month**

**Cost: \$20.00/ round trip**

**Stops include: Festival**

**Marketplace Mall**



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



# Are You Interested in Being a Volunteer Driver?



## St Marys and Area Mobility Service is looking for Volunteer Drivers!

We offer door-to-door transportation service for seniors and those who have physical or cognitive limitations. If you enjoy driving and want to make a meaningful difference in helping people to stay healthy and connected in the community then we want to hear from you!

### Requirements

- Own an automobile and have a good driving record
- Physically carry out the essential role functions
- Attend periodic training, development meetings and supervision

### Benefits

- Flexible hours: we offer a range of driving schedules and preference
- Mileage reimbursement
- As little as 1 drive per week or per month
- Show off your excellent driving skills and develop new ones

**Contact St. Marys & Area Mobility Services today at 519-284-4010 or email [ymullings@town.stmarys.on.ca](mailto:ymullings@town.stmarys.on.ca)**



Viewers Choice 2023. Created by Michelle Haber. Colour My World by Wendy Wilkes. Quilted by Dawn Canon.

## PIECEMAKERS 2026

# QUILT SHOW

**New Quilts, Merchants' Mall, Boutique, Lunch Café**

**April 23, 24 and 25, 2026**

Thursday and Friday – 10 am until 5 pm  
Saturday – 10 am until 4 pm



**Please note that the Piecemakers Quilt Show will be taking place at the Friendship Centre on April 23, 24, & 25.**

**Regular Friendship Centre programming on Wed. April 22, Thurs. 23 and Fri. 24 will be cancelled.**



# Program Calendar - March 2026



MON	TUES	WED	THURS	FRI
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p><b>8 am</b> Breakfast at Joe's</p> <p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:15 am</b> L5 Men's Strength</p> <p><b>10 am</b> L5 Fitness in Kirkton</p> <p><b>10 am</b> L4 Fitness at Thames Valley</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Fitness at Wildwood CC</p> <p><b>10:30 am</b> L1 Fitness</p> <p><b>11 am</b> L1 Fitness at Kingsway</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Quilting</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1 pm</b> Mexican Train</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>8:45 am</b> L5 Vigorous Mat</p> <p><b>9 am</b> Quilting</p> <p><b>9:30 am</b> Creative Minds</p> <p><b>10 am</b> L3 Light Fitness</p> <p><b>10 am</b> L3 Fitness at Stoneridge</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>1 pm</b> Pepper/Bid Euchre</p> <p><b>1 pm</b> Jamboree</p> <p><b>6:45 pm</b> Evening Zumba</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:30 am</b> Blood pressure at Thames Valley</p> <p><b>9:15 am</b> L5 Men's Strength</p> <p><b>10 am</b> L5 Fitness at Kirkton</p> <p><b>10:15 am</b> <b>Pelvic Health Education</b></p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Men's Strength</p> <p><b>11 am</b> ROMEO</p> <p><b>10:30 am</b> L1 Fitness at Wildwood CC</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Contract Bridge</p> <p><b>1:30 pm</b> Chair Yoga</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>8:45 am</b> L5 Vigorous Mat</p> <p><b>9 am</b> Pickleball</p> <p><b>10 am</b> L3 Light Fitness</p> <p><b>10 am</b> L4 at Thames Valley</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>11 am</b> L1 Fitness at Kingsway</p> <p><b>1 pm</b> Blood pressure @ FC</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1:30 pm</b> Knit &amp; Chat</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:15 am</b> L5 Men's Strength</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Fitness at Wildwood C.C.</p> <p><b>10:30 am</b> L1 Fitness</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Progressive Euchre</p> <p><b>1 pm</b> Carpet Bowling</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:15 am</b> Basic Step</p> <p><b>9:15 am</b> L5 Men's Strength</p> <p><b>10 am</b> L5 Fitness in Kirkton</p> <p><b>10 am</b> L4 Fitness at Thames Valley</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Fitness at Wildwood CC</p> <p><b>10:30 am</b> L1 Fitness</p> <p><b>11 am</b> L1 Fitness at Kingsway</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Quilting</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1 pm</b> Mexican Train</p> <p><b>1 pm</b> <b>International Women's Day Celebration with Rosita Hall</b></p>	<p><b>8:45 am</b> L5 Vigorous Mat</p> <p><b>9 am</b> Quilting</p> <p><b>9:30 am</b> Creative Minds</p> <p><b>10 am</b> L3 Light Fitness</p> <p><b>10 am</b> L3 Fitness at Stoneridge</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>1 pm</b> Pepper/Bid Euchre</p> <p><b>1 pm</b> Jamboree</p> <p><b>4:30 pm</b> Fine Dining to Bentley's Restaurant</p> <p><b>6:45 pm</b> Evening Zumba</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:15 am</b> L5 Men's Strength</p> <p><b>10 am</b> L5 Fitness at Kirkton</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Fitness at Wildwood CC</p> <p><b>10:30 am</b> L1 Men's Strength</p> <p><b>11 am</b> ROMEO</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1:30 pm</b> Chair Yoga</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p> <p><b>4:30 pm</b> Supper from Sunset Diner</p>	<p><b>8:45 am</b> L5 Vigorous Mat</p> <p><b>9 am</b> Pickleball</p> <p><b>10 am</b> L4 at Thames Valley</p> <p><b>10 am</b> L3 Light Fitness</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>11 am</b> L1 Fitness at Kingsway</p> <p><b>12 pm</b> Basic Step</p> <p><b>12:30 pm</b> Pepperama</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1:30 pm</b> Knit &amp; Chat</p> <p><b>5 pm</b> Scrapbooking Open Crop</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:15 am</b> L5 Men's Strength</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Fitness at Wildwood C.C.</p> <p><b>10:30 am</b> L1 Fitness</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Progressive Euchre</p> <p><b>1 pm</b> Carpet Bowling</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>



# Program Calendar - March 2026



MON	TUES	WED	THURS	FRI
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>9 am</b> L5 Vigorous Fitness <b>9:15 am</b> Basic Step <b>9:15 am</b> L5 Men's Strength <b>10 am</b> L5 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Fitness at Wildwood CC <b>10:30 am</b> L1 Fitness <b>11 am</b> L1 Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1 pm</b> Mexican Train <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>8:45 am</b> L5 Vigorous Mat <b>9 am</b> Quilting <b>9 am</b> Blood Pressure @ FC <b>9:30 am</b> Creative Minds <b>10 am</b> L3 Light Fitness <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> <b>St. Patrick's Day Jamboree</b> <b>6:30 pm</b> Beginner Ballroom <b>6:45 pm</b> Evening Zumba <b>7:30 pm</b> Intermediate Ballroom	<b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> Choir <b>9:15 am</b> L5 Men's Strength <b>10 am</b> L5 Fitness at Kirkton <b>10 am</b> Blood Pressure at Parkview West Apts - Rotary Hall <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Men's Strength <b>11 am</b> ROMEO <b>10:30 am</b> L1 Fitness at Wildwood CC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>7 pm</b> Virtual Scrapbooking Class	<b>8:45 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 Light Fitness <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Fitness at Kingsway <b>12 pm</b> Basic Step <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat	<b>9 am</b> L5 Vigorous Fitness <b>9:15 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Fitness at Wildwood C.C. <b>10:30 am</b> L1 Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Carpet Bowling <b>1:30 pm</b> L3 Light Fitness at the YMCA
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>9 am</b> L5 Vigorous Fitness <b>9:15 am</b> Basic Step <b>9:15 am</b> L5 Men's Strength <b>10 am</b> L5 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Fitness at Wildwood CC <b>10:30 am</b> L1 Fitness <b>11 am</b> L1 Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>11:30 am</b> On the Road to New Hamburg <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1 pm</b> Mexican Train <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>8:45 am</b> L5 Vigorous Mat <b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> L3 Light Fitness <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>6:30 pm</b> Beginner Ballroom <b>6:45 pm</b> Evening Zumba <b>7:30 pm</b> Intermediate Ballroom	<b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> Choir <b>9:15 am</b> L5 Men's Strength <b>10 am</b> L5 Fitness at Kirkton <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Men's Strength <b>10:30 am</b> Blood Pressure @ FC <b>10:30 am</b> L1 Fitness at Wildwood CC <b>11 am</b> ROMEO <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1 pm</b> Scrapbooking Open Crop <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Supper from Four Happy	<b>8:45 am</b> L5 Vigorous Mat <b>9 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L4 at Thames Valley <b>10 am</b> L3 Light Fitness <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Fitness at Kingsway <b>12 pm</b> Basic Step <b>1 pm</b> Shuffleboard <b>EASTER LUNCH</b> <b>1:30 pm</b> Knit & Chat	<b>9 am</b> L5 Vigorous Fitness <b>9:15 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Fitness at Wildwood C.C. <b>10:30 am</b> L1 Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Carpet Bowling <b>1:30 pm</b> L3 Light Fitness at the YMCA  <b>SATURDAY MARCH 28<sup>th</sup>:  Scrapbooking Garage Sale  9 am - 1 pm</b>



# Program Calendar - April 2026



MON	TUES	WED	THURS	FRI
<p><b>MARCH 30</b></p> <p><b>9 am</b> L5 Vigorous Fitness  <b>9:15 am</b> Basic Step  <b>9:15 am</b> L5 Men's Strength  <b>10 am</b> L5 Fitness in Kirkton  <b>10 am</b> L4 Fitness at Thames Valley  <b>10:30 am</b> Pickleball  <b>10:30 am</b> L1 Fitness at Wildwood CC  <b>10:30 am</b> L1 Fitness  <b>11 am</b> L1 Fitness at Kingsway  <b>11:15 am</b> L4 Moderate Fitness  <b>1 pm</b> Quilting  <b>1 pm</b> Shuffleboard  <b>1 pm</b> Mexican Train  <b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>MARCH 31</b></p> <p><b>8:45 am</b> L5 Vigorous Mat  <b>9 am</b> Quilting  <b>9:30 am</b> Creative Minds  <b>10 am</b> L3 Light Fitness  <b>10 am</b> L3 Fitness at Stoneridge  <b>10:30 pm</b> Learn to Step  <b>11 am</b> L2 Light Gentle Fit  <b>1 pm</b> Pepper/Bid Euchre  <b>1 pm</b> Jamboree  <b>5 pm</b> Dine in With Friends  <b>6:30 pm</b> Genealogy  <b>6:30 pm</b> Beginner Ballroom  <b>6:45 pm</b> Evening Zumba  <b>7:30 pm</b> Intermediate Ballroom</p>	<p><b>1</b></p> <p><b>9 am</b> L5 Vigorous Fitness  <b>9:30 am</b> Choir  <b>9:30 am</b> Blood Pressure at Thames Valley  <b>9:15am</b> L5 Men's Strength  <b>10 am</b> L5 Fitness at Kirkton  <b>10:30 am</b> Pickleball  <b>10:30 am</b> L1 Men's Strength  <b>10:30 am</b> L1 Fitness at Wildwood CC  <b>11 am</b> ROMEO  <b>11:15 am</b> L4 Moderate Fitness  <b>1 pm</b> Contract Bridge  <b>1:30 pm</b> Chair Yoga  <b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>2</b></p> <p><b>8:45 am</b> L5 Vigorous Mat  <b>9 am</b> Pickleball  <b>10 am</b> L3 Light Fitness  <b>10 am</b> L4 at Thames Valley  <b>11 am</b> L2 Light Gentle Fit  <b>11 am</b> L1 Fitness at Kingsway  <b>12 pm</b> Basic Step  <b>1 pm</b> Shuffleboard  <b>1 pm</b> Blood pressure @ FC  <b>1:30 pm</b> Knit &amp; Chat</p>	<p><b>3</b></p> <p><b>Friendship Centre Closed</b></p>  <p><b>Happy Easter!</b></p>
<p><b>6</b></p> <p><b>Friendship Centre Closed</b></p>  <p><b>Happy Easter!</b></p>	<p><b>7</b></p> <p><b>8:45 am</b> L5 Vigorous Mat  <b>9 am</b> Quilting  <b>9:30 am</b> Creative Minds  <b>10 am</b> L3 Light Fitness  <b>10 am</b> L3 Fitness at Stoneridge  <b>10:30</b> Learn to Step  <b>11 am</b> L2 Light Gentle Fit  <b>1 pm</b> Pepper/Bid Euchre  <b>1 pm</b> Jamboree  <b>6:30 pm</b> Beginner Ballroom  <b>7:30 pm</b> Intermediate Ballroom</p>	<p><b>8</b></p> <p><b>9 am</b> L5 Vigorous Fitness  <b>9:30 am</b> Choir  <b>9:15 am</b> L5 Men's Strength  <b>10 am</b> L5 Fitness at Kirkton  <b>10:30 am</b> Pickleball  <b>10:30 am</b> L1 Men's Strength  <b>10:30 am</b> L1 Fitness at Wildwood CC  <b>11 am</b> ROMEO  <b>11:15 am</b> L4 Moderate Fitness  <b>1 pm</b> Contract Bridge  <b>1:30 pm</b> Chair Yoga  <b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>9</b></p> <p><b>8:45 am</b> L5 Vigorous Mat  <b>9 am</b> Pickleball  <b>10 am</b> L3 Light Fitness  <b>10 am</b> L4 at Thames Valley  <b>11 am</b> L2 Light Gentle Fit  <b>11 am</b> L1 Fitness at Kingsway  <b>12 pm</b> Basic Step  <b>12:30 pm</b> Pepperama  <b>1 pm</b> Shuffleboard  <b>1:30 pm</b> Knit &amp; Chat</p>	<p><b>10</b></p> <p><b>9 am</b> L5 Vigorous Fitness  <b>9:15 am</b> L5 Men's Strength  <b>10:30 am</b> Pickleball  <b>10:30 am</b> L1 Fitness at Wildwood C.C.  <b>10:30 am</b> L1 Fitness  <b>11:15 am</b> L4 Moderate Fitness  <b>1 pm</b> Progressive Euchre  <b>1 pm</b> Carpet Bowling  <b>1:30 pm</b> L3 Light Fitness at the YMCA</p> <p><b>SATURDAY APRIL 11<sup>th</sup></b>  <b>Scrapathon Fundraiser</b>  <b>9 am - 7 pm</b></p>



# Program Calendar - April 2026



MON	TUES	WED	THURS	FRI
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p><b>8 am</b> Breakfast at Joe's</p> <p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:15 am</b> Basic Step</p> <p><b>9:15 am</b> L5 Men's Strength</p> <p><b>10 am</b> L5 Fitness in Kirkton</p> <p><b>10 am</b> L4 Fitness at Thames Valley</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Fitness at Wildwood CC</p> <p><b>10:30 am</b> L1 Fitness</p> <p><b>11 am</b> L1 Fitness at Kingsway</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Quilting</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1 pm</b> Mexican Train</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>8:45 am</b> L5 Vigorous Mat</p> <p><b>9 am</b> Quilting</p> <p><b>9 am</b> Blood Pressure @ FC</p> <p><b>9:30 am</b> Creative Minds</p> <p><b>10 am</b> L3 Light Fitness</p> <p><b>10 am</b> L3 Fitness at Stoneridge</p> <p><b>10:30</b> Learn to step</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>1 pm</b> Pepper/Bid Euchre</p> <p><b>1 pm</b> Jamboree</p> <p><b>4:30 pm</b> Fine Dining to Eddington's</p> <p><b>6:30 pm</b> Beginner Ballroom</p> <p><b>7:30 pm</b> Intermediate Ballroom</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:30 am</b> Choir</p> <p><b>9:15 am</b> L5 Men's Strength</p> <p><b>10 am</b> L5 Fitness at Kirkton</p> <p><b>10 am</b> Blood Pressure @ Parkview West Apts -Rotary Hall</p> <p><b>10:30 am</b> L1 Men's Strength</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Fitness at Wildwood CC</p> <p><b>11 am</b> ROMEO</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Contract Bridge</p> <p><b>1:30 pm</b> Chair Yoga</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p> <p><b>4:30 pm</b> Supper from Joe's Diner</p>	<p><b>8:45 am</b> L5 Vigorous Mat</p> <p><b>9 am</b> Pickleball</p> <p><b>10 am</b> L3 Light Fitness</p> <p><b>10 am</b> L4 at Thames Valley</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>11 am</b> L1 Fitness at Kingsway</p> <p><b>12 pm</b> Basic Step</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1:30 pm</b> Knit &amp; Chat</p> <p><b>5 pm</b> Scrapbooking Open Crop</p>	<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:15 am</b> L5 Men's Strength</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Fitness at Wildwood C.C.</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Progressive Euchre</p> <p><b>1 pm</b> Carpet Bowling</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p><b>9 am</b> L5 Vigorous Fitness</p> <p><b>9:15 am</b> Basic Step</p> <p><b>9:15 am</b> L5 Men's Strength</p> <p><b>10 am</b> L5 Fitness in Kirkton</p> <p><b>10 am</b> L4 Fitness at Thames Valley</p> <p><b>10:30 am</b> Pickleball</p> <p><b>10:30 am</b> L1 Fitness at Wildwood CC</p> <p><b>10:30 am</b> L1 Fitness</p> <p><b>11 am</b> L1 Fitness at Kingsway</p> <p><b>11:15 am</b> L4 Moderate Fitness</p> <p><b>1 pm</b> Quilting</p> <p><b>1 pm</b> Shuffleboard</p> <p><b>1 pm</b> Mexican Train</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>8:45 am</b> L5 Vigorous Mat</p> <p><b>9 am</b> Quilting</p> <p><b>9:30 am</b> Creative Minds</p> <p><b>10 am</b> L3 Fitness at Stoneridge</p> <p><b>10:30 am</b> - Learn to step</p> <p><b>10 am</b> L3 Light Fitness</p> <p><b>11 am</b> L2 Light Gentle Fit</p> <p><b>1 pm</b> Pepper/Bid Euchre</p> <p><b>1 pm</b> Jamboree</p> <p><b>6:30 pm</b> Beginner Ballroom</p> <p><b>7:30 pm</b> Intermediate Ballroom</p>	<p><b>10 am</b> L5 Fitness at Kirkton</p> <p><b>10:30 am</b> L1 Fitness at Wildwood</p>	<p><b>10 am</b> L4 at Thames Valley</p> <p><b>11 am</b> L1 Fitness at Kingsway</p>	<p><b>10:30 am</b> L1 Fitness at Wildwood C.C.</p> <p><b>1:30 pm</b> L3 Light Fitness at the YMCA</p>
<div style="background-color: #e91e63; color: white; padding: 10px; border-radius: 15px; margin: 10px auto; width: 80%;"> <p><b>Please note that on-site Friendship Centre programming is cancelled for the Piecemakers Quilt Show</b></p> </div>				



# Program Calendar - April 2026



MON	TUES	WED	THURS	FRI
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>MAY 1</b>
<b>9 am</b> L5 Vigorous Fitness <b>9:15 am</b> Basic Step <b>9:15 am</b> L5 Men's Strength <b>10 am</b> L5 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Fitness at Wildwood CC <b>10:30 am</b> L1 Fitness <b>11 am</b> L1 Fitness at Kingsway <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1 pm</b> Mexican Train <b>1:30 pm</b> L3 Light Fitness at the YMCA	<b>8:45 am</b> L5 Vigorous Mat <b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> L3 Light Fitness <b>10 am</b> L3 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>6:30 pm</b> Genealogy <b>6:30 pm</b> Beginner Ballroom <b>6:45 pm</b> Evening Zumba <b>7:30 pm</b> Intermediate Ballroom	<b>10 am</b> Morning Zumba  <p style="text-align: center;">Please note that regular Friendship Centre Programs are cancelled this morning while we celebrate our Volunteers!</p> <p style="text-align: center;"><b>10:30 am Volunteer Appreciation Brunch</b></p> <b>1 pm</b> Contract Bridge <b>1 pm</b> Scrapbooking Open Crop <b>1:30 pm</b> Chair Yoga <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Supper from The Cheese Shoppe	<b>8:45 am</b> L5 Vigorous Mat <b>9 am</b> Pickleball <b>10 am</b> L3 Light Fitness <b>10 am</b> L4 at Thames Valley <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Fitness at Kingsway <b>11:15 am</b> On the Road to Woodstock <b>12 pm</b> Basic Step <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat	<b>9 am</b> L5 Vigorous Fitness <b>9:15 am</b> L5 Men's Strength <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Fitness at Wildwood C.C. <b>10:30 am</b> L1 Fitness <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Carpet Bowling <b>1:30 pm</b> L3 Light Fitness at the YMCA

## Legend: Off-Site Fitness & Falls Prevention Classes

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