

Friendship Centre PRIMETIME

July & August 2026



 Coming Soon:

Please see page 2
for important
facility and
programming
updates

Ukulele
Jam Session

Thursday
July 30

August Picnic
in the Park

Thursday
August 27

Starbright
Christmas Great
Canadian Trip

Tuesday
November 17

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

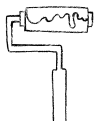
Important Friendship Centre Facility Updates

Exciting news: for those who may not be aware, the Friendship Centre facility is receiving a full interior repaint with updated colours. We are also renovating the main desk to better accommodate a functional workstation and improve how we serve our members and clients (as many of you know, Allyson is currently working out of a very tight space!). In addition, we are planning to remove the desk in the front hall to allow for better movement during high-traffic times, as well as install additional coat racks and benches to provide more space and comfort for visitors. The final major project is the installation of sliding doors at the main entrance.

It is anticipated that the Friendship Centre facility will be closed for approximately 4–6 weeks to complete this work. This will impact several programs, and we are doing our best to avoid cancellations by adjusting schedules and relocating programs inside and outside of the facility where possible. Programs and services will continue to operate during this time. Please see below for the service continuity plan for the Friendship Centre throughout the closure.

Please continue to watch for updates and information via email and social media. Any questions? Give us a call at 519-284-3272, or email us at friends@town.stmarys.on.ca

- Customer service - such as program registration/accounts payable and in-person transactions will continue to be accessible Monday through Friday between the hours of 8:30 am and 4:30 pm. Please enter through Entrance A, B or D of the Pyramid Recreation Centre. The Friendship Centre and Mobility Services staff will be set up to service our community in both the Endzone and Arena Lobby.
- Group Fitness & Falls Prevention - All fitness classes will take place between the 1/3 & 2/3 Community Centre halls. Entry will be through the Pyramid Recreation Centre. Staff and volunteers will communicate directly to each class. There is no impact to class times or days. Please note that on Tuesday the 2/3 hall will be set up for the Jamboree program, and classes will take place on the open section of the floor.
- Pickleball - Pickleball will take place at St. Marys DCVI in the double gym. Entry will be through the West parking lot off of James Street. Play on Monday, Wednesday, and Thursday runs from 10am - 1pm, and Friday play will run from 9am - 12pm. Please note that the building is not unlocked earlier than the listed times.
- Friendship Centre Shuffleboard - Play will be available at the LIND Sportsplex Monday and Wednesday from 9:30 am to 12:00 pm. Please note the change in time and location.



Important Friendship Centre Facility Updates

- Creative Minds - Cancelled
- Jamboree - No changes to the programming. Doors will open at 11:45am
- Pepper - Pepper will be held in the 1/3 Community Centre Hall. Enter through entrance D. There is no impact to play time or day.
- ROMEO Coffee - Coffee time will be held in the 1/3 Community Centre Hall or our outdoor cafe. Enter through entrance D. There is no impact to time or day. Please note that class will be held in the 2/3 hall.
- Contract Bridge - Play will be held in the 1/3 Community Centre Hall and the United Church. Bridge will be located in the 1/3 Hall July 29, August 5 & August 19 with Mahjong. Bridge will be located at the United Church on July 20, August 12 & August 26 with Mahjong.
- Knit & Chat - August 13th will be held in the 1/3 hall - Please enter through door D. July 30th & August 6th, 20th & 27th will be held in the 2/3 hall - Please enter through the 2/3 Community Centre doors.
- Minds in Motion - Please enter through door D. No changes to program time or day
- Alzheimer's Caregiver Support Group - Please enter through door D. This program will be held in the 1/3 Community Centre hall.
- Pepperama - No change to time, day, or location. Please enter through the 2/3 Community Centre doors.
- Euchre - Euchre will be held in the 1/3 Community Centre hall. Enter through door D.
- Fine Dining & On the Road Bus Trips - Trips will depart from entrance D of the Pyramid Recreation Centre.
- Footcare - Footcare will be held in dressing room #1 of the Pyramid Recreation Centre. Staff will be in the Lobby to assist with directions. Please enter through door B.
- Blood Pressure - Clinics will be held in Dressing Room #2. Please enter through door B.
- Dine in with Friends - Dine in with Friends will be on hold for the summer months. Please join us for a Picnic in the Park on August 27. See page 6 for details.
- Coffee Time - An important part of the Friendship Centre is the drop in social and "coffee time" that occurs before and after programs. Coffee time locations will vary during this time. Weather-permitting, tables and chairs will be set up outside with hot and cold beverages available before and after programs.

We encourage everyone to be mindful of their arrival time. Due to the limited time available for transitions between programs we are encouraging that participants wait until the programming space is empty before entering. Please do not show up too much before your program start time.



Get to Know Your Doors!



These Friendship Centre doors will be closed beginning July 20th for the duration of the “Refresh” project



Are you attending a program which is located in the $\frac{2}{3}$ Community Centre Hall?
Please enter through either door below:



Are you attending a program in the $\frac{1}{3}$ Community Centre Hall?
Please enter through Door D:





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- Please enter through Entrance B - Clinics will be held in dressing room #1

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. \$40 per appointment. Foot care gift cards are available.

Meals on Wheels

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

Shopping Services

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

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

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



HOLIDAY CLOSURE NOTICE



Please note that the Friendship Centre will be closed on Wednesday July 1 & Monday August 3.

Meals on Wheels will continue as regularly scheduled

Telephone Reassurance

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

Health and Wellness Programs

Wellness programs consist of Fitness and Falls Prevention Classes, educational presentations and health screening. With the help of volunteers, the Friendship Centre offers 26 fitness classes for all levels at various times and locations. See page 9 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 7 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.



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.

Please note that there will be no July or August Dine in with Friends



August Picnic in the Park

Date: Thursday August 27th
Time/location: 12 pm, Milt Dunnell Field (The Flats)
Menu: Egg or Salmon Salad Sandwich, Side, Sweet Treat & a Cold Drink
Cost: \$12
Register and pay by Thursday August 20th

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.



**Breakfast at Joes is on summer vacation
See you in the fall!**



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.

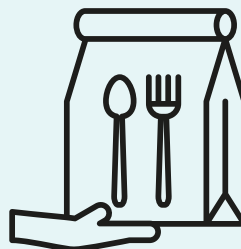
Please note that we are not able to offer refunds for meals cancelled after the registration deadline.

Wednesday, July 8th: Supper from Joe's Diner

Menu: Chicken bacon ranch wrap with potato salad
Cost: \$13.50
Register and pay by Wed, July 1

Wednesday, July 22nd: Supper from The Cheese Shoppe

Menu: Salad Plate
Cost: \$13.50
Register and pay by Wed, July 15



Wednesday, August 12th: Supper from Sunset Diner

Menu: Footlong hotdog and fries
Cost: \$13.50
Register and pay by Wed, August 5

Wednesday, August 26 Supper from Four Happy

Menu: Chinese platter
Cost: \$13.50
Register and pay by Wed, August 19



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 to register for the site and level you plan on attending.
- 3) Then either expect a call from 1-844-482-7800 the Huron Perth Community Intake Coordinator, or call them first to complete your registration. (CSS Central Intake)

Education and Health Screening

- 1) Call the Friendship Centre at 519-284-3272 or go online to 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 minutes
- 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, education)

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
- 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.

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

Advance booking required:

1st Thursday afternoon - July 2 & Aug 6

3rd Tuesday morning - **Aug 18: Located in dressing room #2: please enter through entrance B of the Pyramid Centre.**

4th Wednesday: **Aug 26:**

Located in dressing room #2: please enter through entrance B of the Pyramid Centre.

Parkview West Apts (Rotary Hall) -

22 St. Andrews St. N., St. Marys

Drop in - on hold until September

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

Advance booking required:

1st Wednesday morning
July 8 & Aug 5

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

Customer Service & Bill Payments during Friendship Centre Closure

Accounts payable and in-person transactions will continue to be accessible Monday through Friday between the hours of 8:30 am and 4:30 pm.

Staff will be set up to service our community in the Arena Lobby.

Please enter through Entrance A, B or D of the Pyramid Recreation Centre.

Phones will be answered as usual

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 keep us informed on address changes, or changes to your emergency contact by calling us at 519-284-3272.	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 plan to attend every June and December either online or by calling the Friendship Centre .	WHY? Assists us with report writing and program planning, we also can contact you about class cancellations 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. Please avoid bringing glass bottles.
DO Set realistic personal fitness goals. Keep goals simple, measurable, attainable, realistic over the short-term (1 to 4 months) . Revisit once attained and modify for continual improvement.	WHY? – Goals provide a sense of purpose and focus. Achievement of goals provides a sense of accomplishment and satisfaction as well as recognition of self-improvement. This makes it easier to stay committed to a program and provides a means and motivation for continual improvement.

Fitness & Falls Prevention Class Schedule 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 or attend the site before class

SUMMER UPDATE: All fitness classes will take place between the 1/3 & 2/3 Community Centre halls. Entry will be through the Pyramid Recreation Centre Door B, or the side entrance to the left of Door B (signage is posted)

Questions? Call us at 519-284-3272

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: On hold for the summer
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 On hold for the summer	
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 Lvl 4 Moderate Friendship Centre 60 minutes		11:15 Lvl 4 Moderate Friendship Centre 60 minutes
1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins

Education Corner: Memory Hacks



We were joined by Jessica Lawson from the Alzheimer Society as she talked about the different types of memory we use, how the brain stores information, and various ways we can keep our brains healthy. Here are a few useful tips that we learned for improving memory storage and our ability to recall information:

1. Limit distractions in the space around you when you need to remember something important
2. The act of simply writing something down helps us remember, by using multiple senses
3. Chunking information (like remembering phone numbers in groups of numbers "519" "284")
4. Associations can be helpful: an example was given with the name " Fred Green" - imagine Fred dressed all in green
5. Staying organized - try to put things back in the same place every time
6. "Stop, See and Say" - when you do something important like lock a door, stop, give it attention, see it, and say it aloud. " I am locking the door now". You are more likely to recall having done it later.

Keep your brain working at its best by learning new skills, singing, exercising, getting adequate sleep, practicing mindfulness and staying socially connected to others.



Education Corner: Healthy Summer Salads

Family Health Team Dietician Teresa Fowler prepared and shared with us two delicious salad recipes while discussing the benefits of eating a variety of fruits and vegetables as part of our everyday diets. Did you know that we should be aiming to have half of our plates be comprised of fruits and vegetables at each of our meals?

Teresa suggested we check out a website called halfyourplate.ca.

This website allows you to easily get information on how to select, store, and prepare a large variety of fruits and vegetables. The website also lists the seasonality and nutritional benefits of each. Check it out for some new delicious recipe ideas as well.

Teresa also spoke about the importance of having adequate amounts of protein and fiber in our diets. She was excited to share her newest healthy find the canned Lupini Bean which looks to have incredible amounts of both.

Serving Size Per 1.0 /2 cup (125 ml)

% Daily Value*

Calories 140 cal

Fat 4.5 g 6 %

Saturates 0.5 g 3 %

+ Trans 0.0 g

Carbohydrate 18 g

Sugars 0 g 0 %

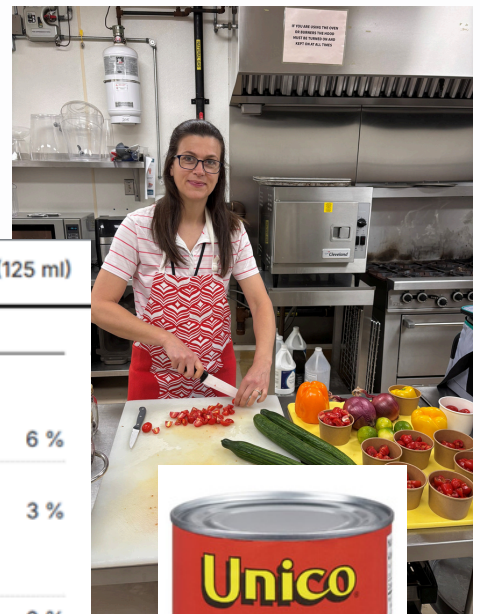
Fiber 18 g 64 %

Protein 16 g

Cholesterol 0 mg

Sodium 780 mg 34 %

Potassium 0 mg 0 %





September Education - What I Need to Know

Dementia: What Do I Need to Know? is an informative session that introduces the basics of dementia, including signs, types, and how it affects individuals and families. Participants will gain practical knowledge and simple strategies to support people living with dementia in their communities.

Date: Wednesday September 23rd
Time: 10:15 - 11:15 am
Location: Friendship Centre
Fee: Free

ActiveNet Registration required

September Education - Using the B.R.A.I.N tool to make decisions

Join Andrea Martin from the Southwest Management Team as she leads us through a helpful tool called B.R.A.I.N (Benefits, Risks, Alternatives, Personal Intuition, Next Steps) which we can use when making health related or life altering decisions.

Date: Monday September 28
Time: 10:00 - 11:30 am
Location: Friendship Centre
Fee: Free



ActiveNet Registration required

October Education - End of Life and Taxes

Join local accountant and tax expert Franklin H. Famme, FCPA, FCA to improve your knowledge on retirement and end-of-life tax planning. Franklin will also be speaking to us about how tax-efficient charitable donations can enhance your overall estate plan.

Date: Wednesday October 21st
Time: 10:15 - 11:15 am
Location: Friendship Centre
Fee: Free

ActiveNet Registration required

Reminder: Friendship Centre Entrance



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



Ballroom Dancing

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:

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For Ages 18+

Ballroom Dancing will resume in the fall - stay tuned!

ActiveNet registration required.



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 July 8th - August 26

Time: 1:30 - 2:30 pm

Drop-in classes available:

\$15 per class (HST included)

For Ages 18+

ActiveNet registration required

Zumba

Tuesday nights: will resume in the fall - stay tuned!

ActiveNet registration required.

Line Dancing

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:

Time: 6:30 - 8:00 pm

Drop-in classes available:

\$15 per class (HST included)

For Ages 18+

Line Dancing will resume in the fall - stay tuned!

ActiveNet registration required.

Water Walking

Walk in water for improved functional fitness, muscle conditioning, balance, and flexibility. Suitable for all fitness levels.

This class takes place in shallow water only. It uses a variety of equipment and a variety of movements in combination with walking that can assist with everyday land mobility and function.

This program runs from June 30-August 20, 2026.

Tuesday and Thursday

Time: 1:15 - 2:00 pm

Drop-in classes available:

Under 64 years: \$6.15

Over 65 years: \$5.90

For Ages 18+

ActiveNet registration required.

Step Aerobics | M: \$45 + HST / NM : \$60 + HST

This 6 week session will add some fun variety to your usual cardio routine.

Dates: Tuesdays: September 8 - October 22nd

Please note: No classes Sept 15th or Oct 20th

Time: 10:00 -10:45 am

Location: Endzone

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.

Please note that Shuffleboard at the Friendship Centre is paused for the summer, resuming in fall

Drop in. Annual registration required

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

Join us for our special spring and summer shuffleboard program located at the LIND Sportsplex, by the Quarry. **Runs until Sept 16th**

Mondays & Wednesdays at 9:30 am

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 - **Paused for the summer**

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

Pickleball will be played at the DCVI High School double gym beginning July 20th for the duration of the "Refresh" project.

DCVI Summer Schedule:

Mondays: 10:00 am - 1:00 pm

Wednesdays: 10:00 am - 1:00 pm

Thursdays: 10:00 am - 1:00 pm

Fridays: 9:00 am - 12:00 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 - **Located in the ½ Community Centre Hall. Use door D**

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, August 13th at 12:30 pm - **enter through ½ Hall double doors that lead to the parking lot**

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: **Bridge will be located in the ½ July 29, August 5 & August 19 with Mahjong. Bridge will be located at the United Church on August 12 & August 26 with Mahjong**

Drop in- Annual registration 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 - **Located in the ½ Community Centre Hall. Use door D**

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. **Paused for the summer**

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 - **Cancelled for the summer**

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 - **1/3 on August 13th - Please enter through door D. 2/3 on July 30th & August 6th, 20th & 27th - Please enter through the 2/3 Community Centre doors.**

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. July 9, 4:30-8:30 pm & Thurs. July 30, 1-5 pm
Thurs. Aug. 13, 4:30-8:30 pm & Thurs. Aug. 27, 1-5 pm - **in the 1/3 Community Centre. Please use door D**

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.

Virtual Scrapbooking Class will return in the fall - stay tuned!



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

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

Wednesdays at 11 am in the 1/3 Community Centre Hall or our outdoor cafe. Fitness class will be held in the 2/3 Community Centre. Please use door B. There is no impact to time or day.

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

Please use the 2/3 Community Centre doors and do not arrive before 11:45 am

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.

Genealogy is paused for the summer, resuming in fall

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 - **paused for the summer**

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

Choir will resume in fall - stay tuned!

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



July On the Road to Anna Maes

M: \$26 + HST / NM: \$33 + HST

Join us for a Mobility Bus road trip to Anna Mae's Bakery & Restaurant for lunch! Meal not included in price. Price is for transportation only.

Date: Rescheduled to Thursday July 30th
Depart at 11:15 am. Return at 2:45 pm.

ActiveNet registration required.



July Fine Dining to Taverna 1331 in London

M: \$30 + HST / NM: \$38 + HST

Join us for a Mobility Bus road trip to the Taverna 1331 restaurant in London! Meal not included in price. Price is for transportation only.

Date: Tuesday July 21st
Depart at 4:15 pm. Return at 8:15 pm.

ActiveNet registration required.

August Fine Dining to Eddington's of Exeter

M: \$26 + HST / NM: \$33 + HST

Join us for a Mobility Bus road trip to fan favourite Eddington's of Exeter, for supper on their lovely patio! Meal not included in price. Price is for transportation only. **Please note that our group will be dining outside on the patio**

Date: Tuesday August 11th
Depart at 4:30 pm. Return at 8 pm.

ActiveNet registration required.



August On the Road to GT's on the Beach & Shaw's Ice Cream

M: \$41 + HST / NM: \$51 + HST

Join us for a Mobility Bus road trip to beautiful Port Stanley as we head to G.T.'s On The Beach for lunch, followed by delicious ice cream at Shaw's! Meal not included in price. Price is for transportation only.

Date: Thursday August 27th
Depart at 10:45 am. Return at 3:45 pm.

ActiveNet registration required.

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

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

Save the Dates

Friendship Centre Scrapbooking Events

Save
the
Dates!

Saturday September 12th, 2026

Fall Scrapbooking Garage Sale

9 am - 1 pm

Vendor registration now open

Call us to register: \$45 per table

Saturday September 26th, 2026

Fall Scrapathon Fundraiser

9 am - 7 pm

Participant registration now open

\$85 Early Bird Rate until July 24, \$95 after

Proceeds support St. Marys Senior Services

St. Marys Craft Show



Shop for treasures from 60+ local & regional artisans!



**Saturday,
November 21, 2026
9 AM - 3 PM**

Pyramid Recreation Centre
317 James St. S, St. Marys

- Admission by donation
- Non-perishable food items for the Food Bank welcome
- Lunch available to purchase
- No ATM available

Contact: 519-284-3272 or friends@town.stmarys.on.ca



Upcoming Day Trips



Starbright Christmas in Petrolia

**Tuesday November 17, 2026
10:30 am - 6:00 pm**

Ticket Includes:

- Lunch at Actor's Restaurant
- Starbright Christmas show at the Victoria Playhouse in Petrolia

Cost:

M: \$142 + HST

NM: \$155 + HST

Register and pay by September 23

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.



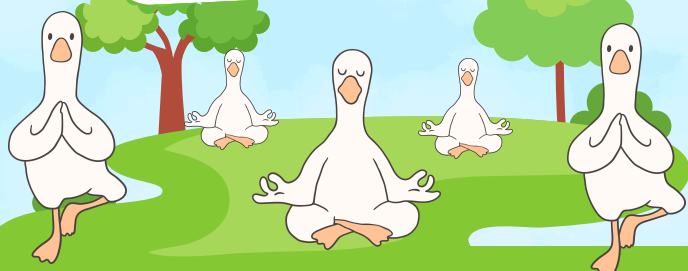
**See what they offer at
www.greatcanadianholidays.com**



Upcoming Events



Yoga In The Park



This 6-week session of Yoga classes will be a blend of both standing and mat yoga poses.

Where: Kin Park (39 James St. N)

When: Friday from July 3rd – August 7th

Time: 3 – 4 pm

Cost: \$60

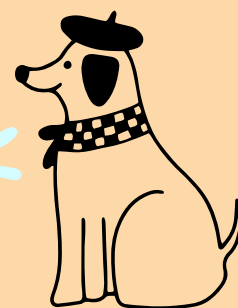
Registration Required

Bring water, sunscreen, yoga mat, block and towel with 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!



MEDITATION WORKSHOP SERIES WITH DENISE

11:15 – 11:45 AM

COMING SOON

Join Denise on a 4-week meditative journey with a focus on restoring the mind body connection within. Preparing us to bring our improved focus, connection and concentration from the meditation space into our everyday lives.

- ✦ Guided meditation session
- ✦ Simple mindfulness practices
- ✦ Breathing and grounding exercises



**\$20 FULL
SESSION**

**4-WEEK SESSION: TUESDAYS
SEPTEMBER 22 – OCTOBER 13**

Please register on Activenet or
at the Friendship Centre Desk
519-284-3272

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!**





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!

UKULELE

**SUMMER JAM SESSION
UNDER THE PAVILLION
IN PARTNERSHIP WITH THE
ALZHEIMERS SOCIETY**



DATE: JULY 30TH

TIME 10:30 - 11:30

COST: FREE

**PLEASE REGISTER ON ACTIVENET OR AT
THE FRIENDSHIP CENTRE DESK**

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?

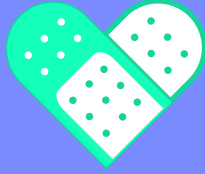
Let us know!



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!**



General Information



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

Contact Us

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

Address: 317 James St. South, St. Marys

Phone: 519-284-3272

Website: townofstmarys.com/seniorservices

Social: facebook.com/stmarysfriendshipcentre

Friendship Centre email:

friends@town.stmarys.on.ca

Home Support email:

homesupport@town.stmarys.on.ca

Friendship Centre Memberships

Membership Benefits: 25% savings on most programs and trips, access to free or low fee programs. Fees help offset operating costs including utilities, equipment, and supplies. Individuals aged 50+ and/or persons of varying abilities are eligible. The cost is \$50 per year and expires one year from the date of purchase. Memberships can be purchased online. Visit townofstmarys.com/friendshipcentre for details. We accept cash, debit, cheque, or credit card by phone. Unfortunately we are unable to accept e-transfers.

Land Acknowledgement

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



RZone: Respect and Responsibility

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

Inclusiveness

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

Friendship Centre Code of Conduct

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

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

Calling all Canadian Veterans

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

HST

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



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

How to connect with St. Marys & Area Mobility Service during the Friendship Centre closure:

For ride bookings please contact EasyRide:
1-877-500-9875 or 519-272-9875

To speak to someone in the Mobility Services office please call **519-284-4010** or email transportation@town.stmarys.on.ca

For in-person visits please call ahead when possible to ensure staff is in the facility and not offsite in the community providing service



St. Marys and Area
MOBILITY SERVICE



St Marys and Area Mobility Service

Monthly Stratford Shopping Charter

Call 519-272-9875 to book your spot!

When: 1st Monday of every month

Cost: \$20.00/ round trip

Stops include: Festival Marketplace Mall



Aquatics Centre Schedule

June 29 to August 23, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Aquafit 8:00 - 8:45 am	Aquafit 8:00 - 8:45 am	Aquafit 8:00 - 8:45 am	Aquafit 8:00 - 8:45 am	Aquafit 8:00 - 8:45 am
Aquafit 9:00 - 9:45 am	Aquafit 9:00 - 9:45 am	Aquafit 9:00 - 9:45 am	Aquafit 9:00 - 9:45 am	Aquafit 9:00 - 9:45 am
Swim Lessons 10:00 am - 12:00 pm	Swim Lessons 10:00 am - 12:00 pm	Swim Lessons 10:00 am - 12:00 pm	Swim Lessons 10:00 am - 12:00 pm	Swim Lessons 10:00 am - 12:00 pm
Lanes 12:00 - 1:00 pm	Lanes 12:00 - 1:00 pm	Lanes 12:00 - 1:00 pm	Lanes 12:00 - 1:00 pm	Lanes 12:00 - 1:00 pm
Camp PRC 1:15 - 2:00 pm	Water Walking 1:15 - 2:00 pm	Camp PRC 1:15 - 2:00 pm	Water Walking 1:15 - 2:00 pm	Camp PRC 1:15 - 2:00 pm
	Open Swim 2:15 - 3:15 pm		Open Swim 2:15 - 3:15 pm	

The Aquatic Centre is closed:

- Wednesday, July 1, 2026
- Monday, August 3, 2026
- Monday, September 7, 2026

Summer Program Registration

(Aquafit, Open Swim, Lane Swims)

- Wednesday, June 17, 2026 at 9:00 am

Note:

- Weekend closures begin on Saturday, June 27, 2026 until September 7, 2026

Spring Swim Lesson Registration

- Monday, June 15, 9:00 am (residents)
- Tuesday, June 16, 9:00 am (non-residents)



317 James Street South | 519-284-2160 | prcsr@town.stmarys.on.ca | townofstmarys.com/aquaticscentre

2026 Rates (includes HST)

Single admission:

Child/Youth (3-18): \$4.40

Adult (19-64): \$6.15

Older Adult (65+): \$5.90

2026 Admission rates (includes HST)

Number of passes	Child/youth (3 - 18 yrs)	Adult (19 - 64 yrs)	Older adult (65+ yrs)
15 passes	\$59.34	\$82.99	\$79.63
30 passes	\$116.05	\$162.29	\$155.73
60 passes	\$226.81	\$317.19	\$304.37





Program Calendar - July 2026



MON	TUES	WED	THURS	FRI
		1 Friendship Centre Closed  Happy Canada Day!	2 8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 1 pm Blood Pressure @ FC 1:30 pm Knit & Chat	3 9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA 3 pm Yoga in the Park
6 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	7 8:45 am L5 Vigorous Mat 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree	8 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 9:30 am Blood Pressure at Thames Valley 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Men's Strength 11 am ROMEO 11:15 am L4 Moderate Fitness 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Joe's Diner	9 8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 11:15 am On the Road to Anna Mae's Bakery & Restaurant 12:30 pm Pepperama 1:30 pm Knit & Chat 4:30 pm Scrapbooking Open Crop	10 9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA 3 pm Yoga in the Park



Program Calendar - July 2026



MON	TUES	WED	THURS	FRI
13 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	14 8:45 am L5 Vigorous Mat 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree	15 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Men's Strength 10:30 am L1 Fitness at Wildwood CC 11 am ROMEO 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	16 8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 1:30 pm Knit & Chat	17 9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA 3 pm Yoga in the Park
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Program Calendar - July / August 2026



MON	TUES	WED	THURS	FRI
27 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Fitness at Kingsway 11:15 am L4 Moderate Fitness 1:30 pm L3 Light Fitness at the YMCA	28 8:45 am L5 Vigorous Mat 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree	29 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Men's Strength 11 am ROMEO 10:30 am L1 Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	30 8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 10:30 am Ukulele Jam Session 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 1 pm Scrapbooking Open Crop 1:30 pm Knit & Chat	31 9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA 3 pm Yoga in the Park
AUGUST 3 Friendship Centre Closed  Happy Civic Holiday!	AUGUST 4 8:45 am L5 Vigorous Mat 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree	AUGUST 5 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 9:30 am Blood Pressure at Thames Valley 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Men's Strength 10:30 am L1 Fitness at Wildwood CC 11 am ROMEO 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	AUGUST 6 8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 1 pm Blood Pressure @ FC 1:30 pm Knit & Chat	AUGUST 7 9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA 3 pm Yoga in the Park



Program Calendar - August 2026



MON	TUES	WED	THURS	FRI
10 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Fitness at Kingsway 11:15 am L4 Moderate Fitness 1:30 pm L3 Light Fitness at the YMCA	11 8:45 am L5 Vigorous Mat 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 4:30 pm Fine Dining to Eddington's of Exeter	12 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness at Kirkton 10:30 am L1 Men's Strength 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 11 am ROMEO 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Sunset Diner	13 8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 12:30 pm Pepperama 1:30 pm Knit & Chat 4:30 pm Scrapbooking Open Crop	14 9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA
17 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Fitness at Kingsway 11:15 am L4 Moderate Fitness 1:30 pm L3 Light Fitness at the YMCA	18 8:45 am L5 Vigorous Mat 9 am Blood Pressure @ FC 10 am L3 Fitness at Stoneridge 10 am L3 Light Fitness 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree	19 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Men's Strength 11 am ROMEO 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	20 8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 1:30 pm Knit & Chat	21 9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - August 2026



MON	TUES	WED	THURS	FRI
24 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Fitness at Kingsway 11:15 am L4 Moderate Fitness 1:30 pm L3 Light Fitness at the YMCA	25 8:45 am L5 Vigorous Mat 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree	26 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Men's Strength 10:30 am Blood Pressure @ FC 11 am ROMEO 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Four Happy	27 8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 10:45 am On the Road to GT's on the Beach 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 12 pm Picnic in the Park 1 pm Scrapbooking Open Crop 1:30 pm Knit & Chat	28 9 am L5 Vigorous Fitness 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA
31 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Fitness at Kingsway 11:15 am L4 Moderate Fitness 1:30 pm L3 Light Fitness at the YMCA	Legend: Off-Site Fitness & Falls Prevention Classes • Stoneridge Apartments, 50 Stoneridge Boulevard • Kingsway Nursing Home, 310 Queen St E • Wildwood Care Centre, 100 Ann St • 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			