


Friendship Centre

PRIMETIME

May & June 2026



 **Coming Soon:**

Great Canadian Bus Trip

Wednesday
May 6

Education: Memory Hacks

Wednesday
May 13

Education: Spot the Scams

Wednesday
May 13

Spring FC Choir Concert

Wednesday
May 27

Education: Healthy Summer Salads

Thursday
June 11

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. \$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 Monday May 18th for Victoria Day.

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 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.



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.

May

Date: Tuesday May 26 (Registration will open Wednesday May 6th)

Time/location: 5:00 pm, Friendship Centre

Menu: BBQ Chicken

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

June

Date: Tuesday June 30 (Registration will open Wednesday June 3rd)

Time/location: 5:00 pm, Friendship Centre

Menu: Turkey Burger

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

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 May 4th (Register by April 29)

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

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

Cost: \$12

Please note that Breakfast at Joe's is paused for the summer from June and on



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, May 6th: Supper from Joe's Diner

Menu: Open-faced hot beef sandwich with mashed potatoes and veggies

Cost: \$13.50

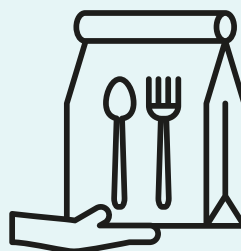
Register and pay by Wed, April 29

Wednesday, May 20th: Supper from Sunset Diner

Menu: Shepherd's pie and garden salad

Cost: \$13.50

Register and pay by Wed, May 13



Wednesday, June 10th Supper from The Cheese Shoppe

Menu: Cabbage rolls with dinner roll

Cost: \$13.50

Register and pay by Wed, June 3

Wednesday, June 24th Supper from Four Happy

Menu: Chinese platter

Cost: \$13.50

Register and pay by Wed, June 17



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 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
- 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 - May 7 & June 4
3rd Tuesday morning - May 19 & June 16
4th Wednesday: May 27 & June 24

Parkview West Apts (Rotary Hall) - 22 St. Andrews St. N., St. Marys Drop in - May 20 & June 17

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

1st Wednesday morning
May 6 & June 3

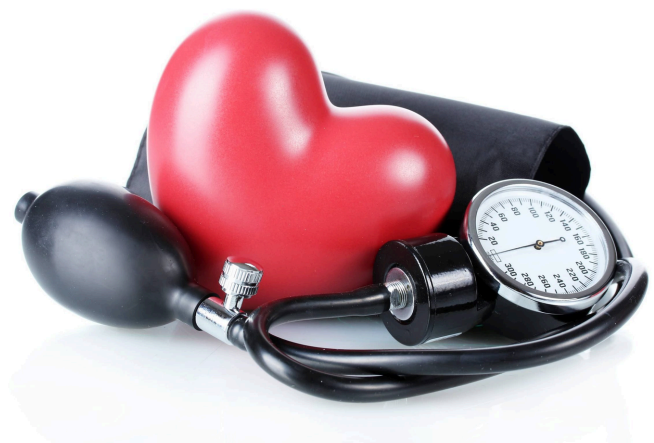
Call the Friendship Centre to book an appointment. Phone: 519-284-3272

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 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 - on hold	
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 Class full 60 minutes		11:15 Lvl 4 Moderate Friendship Centre Class full 60 minutes		11:15 Lvl 4 Moderate Friendship Centre Class full 60 minutes
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: Pelvic Floor



Dr. Kate Walker came to present to the Friendship Centre on the importance of keeping our pelvic floor strong and functioning well. She began by teaching us that the core is like a cylinder with the diaphragm on the top, the abdominals and lower back muscles in the middle, and the pelvic floor at the bottom of the cylinder.

We practiced breathing fully with our lungs and bellies. Dr. Walker gave us tips about avoiding tight-fitting clothes and belts as they restrict the normal expansion of the core outward that occurs with breathing, and instead funnels that pressure downward to the pelvic floor. Pressure of the organs down on the pelvic floor can result in pelvic floor disorders such as prolapse and incontinence.

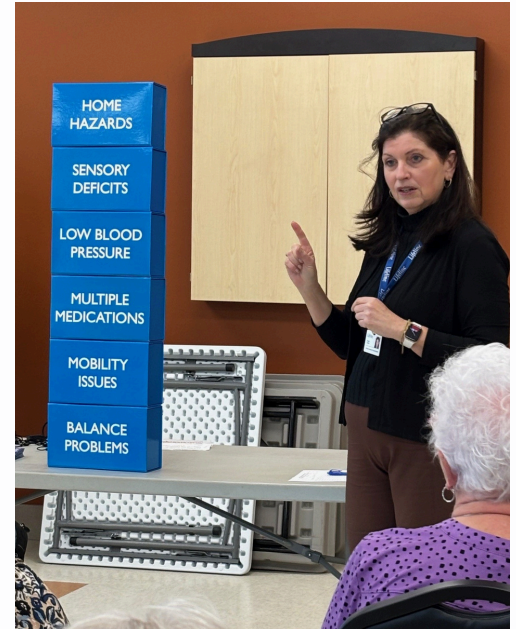
Exercises to improve our pelvic floor include deep breathing and also activating the pelvic floor muscles while in various positions like seated, standing, and while performing exercises like planks, side planks and bridges.



Education Corner: Lifeline

Lifeline representative Sandra Shields came to share some useful information on fall risks as we age, and fall prevention tips. Some tips included:

1. Removing tripping hazards such as cords, clutter and scatter mats on the floors.
2. Work with your doctor to address health and sensory changes as you age.
3. Take time to transition slowly when switching positions from lying to seated or from seated to standing.
4. Use the same pharmacist for each of your prescriptions and have your medications checked annually
5. Have your mobility aids fitted properly to you and re-checked periodically as our height can decrease with time



The Lifeline products discussed included buttons, watches and medication dispensers. Prices for each varied depending on the model, number of users in the home, and features it offered: for example, some devices offered automatic fall detection and GPS location. If you are interested in learning more about Lifeline services feel free to give them a call at 1-800-543-3546



May Education - Memory Hacks

Join Jessica Lawson from the Alzheimer's Society for a practical and engaging session that explores easy strategies to support memory and brain health. Participants will learn how the memory works and identify simple, everyday tools to help with remembering information, staying organized, and building confidence—whether for themselves or someone they support.

Date: Wednesday May 13th
Time: 10:15 - 11:15 am
Location: Friendship Centre
Fee: Free



ActiveNet Registration required

May Education - Spot the Scams

Want more information on how to spot a scam? Join us for a free information session hosted by Stratford Police Services on scams and fraud. Sgt. Jeff McGregor and Cst. Darren Fischer (accompanied by Dusty the facility dog!) will take you through what types of fraud and scams are out there, and how to spot them.

Date: Wednesday May 13th
Time: 6:00 - 8:00 pm
Location: Friendship Centre
Fee: Free

ActiveNet Registration required

June Education - Healthy Summer Salads

Join Dietician Teresa Fowler for a live cooking demo as she puts together a few delicious summer salads for us to try! Teresa will be informing us on the health benefits of each salad ingredient as she puts it all together.

Date: Thursday June 11th
Time: 2:00 - 3:30 pm
Location: Friendship Centre
Fee: \$5

ActiveNet Registration required



Friendship Centre Facility Updates

As many may already know, The Friendship Centre has several capital projects planned for 2026. The first project will begin in May with the replacement of the roof. During this time, an alternative entrance may be used to access the facility. You may also notice increased noise and a temporary tar smell while work is underway. This project is expected to last approximately a few weeks. More detailed information will be shared by email with the program groups directly impacted by this work.

Additional capital projects planned for 2026 include:

- A new coat of paint throughout the Friendship Centre
- Renovations to the front desk
- Replacement of Entrance C's first set of doors
- Removal of the welcome desk area to allow for improved traffic flow and additional seating for shoe and coat changes
- Installation of new tables and chairs

This work is expected to take place during the summer months. During this time, Friendship Centre spaces including the Multi-Purpose Room, meeting spaces, and the Main Hall will be temporarily unavailable.

Staff are actively working on alternative operating and program plans to ensure that all programs and services can continue in alternate locations, with minimal disruption to scheduled program days and times.

Please stay tuned for more information as timelines become clearer. All updates will be communicated to programs and services as soon as they are available.

Welcome Vicki!



Please give new staff member Vicki a warm welcome to the Friendship Centre team!

Vicki is our Senior Services Program Assistant - be sure to come and say hello to her at the Friendship Centre front desk.

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 | 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: May 12th to June 30th (8 weeks)

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For Ages 18+

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 May 6th - June 24th

Time: 1:30 - 2:30 pm

Drop-in classes available:

\$15 per class (HST included)

For Ages 18+

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 5th to June 23rd (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 : \$100 + 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.

Tuesday Nights: April 28 - June 23 (9 weeks)

Time: 6:45 - 7:45 pm

Drop-in classes available:

\$15 per class (HST included)

For Ages 18+

ActiveNet registration required.

Step Aerobics | M: \$67.50 + HST / NM : \$90 + HST

This 9 week session will add some fun variety to your usual cardio routine. A variety of fitness leaders will lead you through a 45-minute class using a step platform for increased challenge. Participants should be confident in their ability to complete a higher intensity 45-minute class and they must be able to step up and down from a 4-6" platform independently without balance concerns.

Dates: Tuesdays May 5th - June 30th

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.

Mondays & Thursdays at 1 pm

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.

Mondays & Wednesdays at 9:30 am

Begins Wed. May 13th & runs to Wed. Sept 16th

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, May 14th at 12:30 pm

Thursday, June 11th 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, May 14, 5-9 pm & Wed, May 27, 1-5 pm
Thurs, June 11, 5-9 pm (*no afternoon crop in June*)

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 May 20th at 7 pm
(Register by May 4th)
Wednesday June 17th at 7 pm
(Register by June 1st)

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 May 26, 6:30pm
Tuesday June 30, 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



May Fine Dining to The Clock Tower Restaurant

M: \$ 34 + HST / NM: \$ 43 + HST

Join us for a Mobility Bus road trip to the beautiful and historic Clock Tower Restaurant in Strathroy! Meal not included in price. Price is for transportation only.

Date: Thursday May 7th
Depart at 4 pm. Return at 8:30 pm.

ActiveNet registration required.



May On the Road to Elmhurst Inn & Coyle's Country Store

M: \$ 34 + HST / NM: \$ 43 + HST

Join us for a Mobility Bus road trip to the Elmhurst Inn for lunch, followed by a roam around Coyle's Country Store! You never know what treasures you might find. Meal not included in price. Price is for transportation only.

Date: Tuesday May 19th
Depart at 11:15 am. Return at 3:45 pm.

ActiveNet registration required.

June Fine Dining to Puddicombe House

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

Join us for a Mobility Bus road trip to the beautiful Puddicombe House, for supper on the patio! Meal not included in price. Price is for transportation only. **Please note that our group will be dining outside on the patio, under the tent.**

Date: Tuesday June 9th
Depart at 4:15 pm. Return at 8:15 pm.

ActiveNet registration required.



June On the Road to The Green Frog Tearoom & Gift Shop

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

Join us for a Mobility Bus road trip to the charming Green Frog restaurant and gift shop! Meal not included in price. Price is for transportation only.

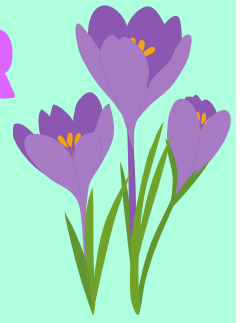
Date: Thursday June 25th
Depart at 11 am. Return at 3 pm.

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.



FRIENDSHIP CENTRE CHOIR SPRING CONCERT



WEDNESDAY MAY 27, 6:30 PM

Join us for a night of beautiful music and sweet treats, as the Friendship Centre Choir showcases their musical season!

COST: \$12

REGISTER AND PAY BY WED. MAY 20TH

June is Seniors' Month!

June is Seniors Month in Ontario, a time to recognize, celebrate, and thank older adults for the many contributions they make to our families, communities, and society as a whole. Seniors Month is an opportunity to acknowledge the wisdom, experience, leadership, and resilience that seniors bring to everyday life. The Friendship Centre is proud to support a community where learning, connection, culture, and well-being continue at every stage of life. Throughout the month of June, we encourage everyone to take time to:

- Celebrate the seniors in your life
- Stay connected and engaged
- Try something new or revisit a favourite activity
- Share stories, laughter, and experiences

Thank you to our clients, members and volunteers who make the Friendship Centre such a welcoming and vibrant place.

Happy Seniors' Month!



Reminders

- Missing something? Be sure to check out our lost & found table outside the Multipurpose Room
- We ask that you kindly keep phones off or muted during programs. If you need to take a call, please come out to the hall to avoid disrupting programming. Thank 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.

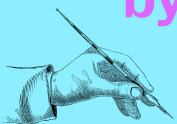


Thank You!



Write Your Life

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



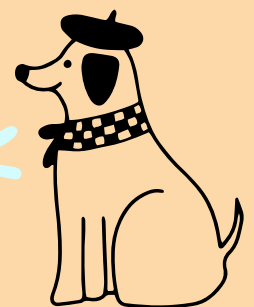
Are you interested in participating in WYL for beginners, or as a returning participant? Let us know at the front desk!

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!

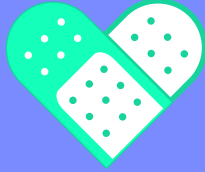
Merci!



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!



Municipal Festival and Event Volunteers Needed.

The Stonetown Triathlon, organized by the **Balance Point Triathlon Club** in partnership with the Town of St. Marys, offers thrilling races for youth aged 8-19, in addition to competitive drafting races for older athletes.

To provide an extra level of safety for the youth that participate in this event, the Town of St. Marys is looking for volunteers to support the road closure by manning barriers during the race. Lots of volunteers are needed to make this event a success. If you are interested and available on Sunday July 5th, please reach out to Allyson or Jenny.

Events such as the Triathlon are only possible with the support of volunteers!



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

**Registration now closed:
Add your name to the waitlist**

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**



Aquatics Centre Schedule

March 23 - June 26, 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
	Water Walking 1:45 - 2:30 pm	EarlyON Play & Swim 1:45 - 2:30 pm	Water Walking 1:45 - 2:30 pm	Swim Lessons 1:45 - 2:15 pm		
	Adult Swim Lessons 2:45 - 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>					



Service Disruption/Important Notes

- Closed: April 3, 6 & May 18
- Water Walking runs until April 30
- Sunday Lanes runs until May 31
- Evening Aquafit and Lanes runs until June 11
- EarlyON Play & Swim runs until June 17

PA Day Swims

- PA Day: April 24 & June 5 | 1:45 - 3:30 pm

Summer Program Registration

(Aquafit, Open Swim, Rentals, Lane Swims)

- June 17, 9:00 am

Spring Swim Lesson Registration

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





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



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!



Program Calendar - May 2026



MON	TUES	WED	THURS	FRI
				1 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
4	5	6	7	8
8 am Breakfast at Joe's 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10 am L5 Fitness in Kirkton Valley 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 Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA	8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am Intermediate Step Class 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 6:30 pm Line Dancing 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 9:30 am Blood Pressure at Thames Valley 10 am A Sentimental Musical Journey Great Canadian Bus Trip 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	8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 10 am Learn the Ukulele 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 1 pm Shuffleboard 1 pm Blood Pressure @ FC 1:30 pm Knit & Chat 4 pm Fine Dining to the Clock Tower Restaurant	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - May 2026



MON	TUES	WED	THURS	FRI
11	12	13	14	15
<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA</p>	<p>8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:30 pm Line Dancing 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom</p>	<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 10 am L5 Fitness at Kirkton 10:15 am Education: Memory Hacks 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 6 pm Education: Spot the Scams</p>	<p>8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 10 am Learn the Ukulele 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop</p>	<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA</p>
18	19	20	21	22
<p style="text-align: center;">Friendship Centre Closed Happy Victoria Day!</p> 	<p>8:45 am L5 Vigorous Mat 9 am Quilting 9 am Blood Pressure @ FC 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 11:15 am On the Road to Elmhurst Inn & Coyle's Country Store 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:30 pm Line Dancing 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom</p>	<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 10 am L5 Fitness at Kirkton 10 am Blood Pressure at Parkview West Apts - Rotary Hall 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 4:30 pm Supper from Sunset Diner 7 pm Virtual Scrapbooking Class</p>	<p>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 Shuffleboard 1:30 pm Knit & Chat</p>	<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA</p>



Program Calendar - May / June 2026



MON	TUES	WED	THURS	FRI
MAY 25	MAY 26	MAY 27	MAY 28	MAY 29
9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA	8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 5:30 pm Dine in With Friends 6:30 pm Line Dancing 6:30 pm Genealogy 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Men's Strength 10:30 am Blood Pressure @ FC 11 am ROMEO 10:30 am L1 Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Scrapbooking Open Crop 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 6:30 pm Friendship Centre Choir Spring Concert 	8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 10 am Learn the Ukulele 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
JUNE 1	2	3	4	5
9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA	8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:30 pm Line Dancing 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 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	8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 10 am Learn the Ukulele 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 1 pm Shuffleboard 1 pm Blood Pressure @ FC 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - June 2026



MON	TUES	WED	THURS	FRI
8	9	10	11	12
<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA</p>	<p>8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 4:15 pm Fine Dining to Puddicombe House 6:30 pm Line Dancing 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom</p>	<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 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 The Cheese Shoppe</p>	<p>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 pm Shuffleboard 1:30 pm Knit & Chat 2 pm Education: Healthy Summer Salads 5 pm Scrapbooking Open Crop</p>	<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA</p>
15	16	17	18	19
<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA</p>	<p>8:45 am L5 Vigorous Mat 9 am Quilting 9 am Blood Pressure @ FC 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 10 am Intermediate Step Class 10 am L3 Light Fitness 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:30 pm Line Dancing 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom</p>	<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 10 am Blood Pressure at Parkview West Apts - Rotary Hall 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 7 pm Virtual Scrapbooking Class</p>	<p>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 Shuffleboard 1:30 pm Knit & Chat</p>	<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA</p>



Program Calendar - June 2026



MON	TUES	WED	THURS	FRI
22	23	24	25	26
9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA	8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:30 pm Line Dancing 6:30 pm Beginner Ballroom 6:45 pm Zumba 7:30 pm Intermediate Ballroom	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 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	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 am On the Road to the Green Frog Tearoom 1 pm Shuffleboard 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 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 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
29	30	<div style="background-color: #e91e63; color: white; padding: 5px; text-align: center;">Legend: Off-Site Fitness & Falls Prevention Classes</div> <ul style="list-style-type: none"> • 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 • Rotary Apartments, 22 St. Andrews St N, Parkview East Hall 		
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