

Friendship Centre

PRIMETIME

September & October 2025



 Coming Soon:

Dine Out Picnic at the Friendship Centre

Tuesday
September 16th

How to Prepare Healthy Grains Education

Wednesday
September 17th

Thanksgiving Lunch Drive Thru

Wednesday
October 8th

Christmas with Elvis & Friends

Wednesday
December 3rd

Senior Services Department

317 James Street S., St. Marys

friends@town.stmarys.on.ca

townofstmarys.com/seniorservices

facebook.com/stmarysfriendshipcentre

Scan with your
phone to view
the newsletter
online!



519-284-3272



Home Support Services



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

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

Foot Care Clinics

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

Meals on Wheels

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

Shopping Services

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

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

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



HOLIDAY CLOSURE NOTICE



Please note that the Friendship Centre will be closed on Monday September 1st & Monday October 13th

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 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.



September Dine Out Picnic at the FC

Takeout will be delivered to the Friendship Centre - get your food, grab a seat, and enjoy! If you will already be here for programs, why not come early or stick around and enjoy a great lunch! Self serve coffee/tea included.

Date: Tuesday September 16th

Time/location: 12:00 pm, Friendship Centre

Menu: Chinese Platter from Four Happy

Cost: \$12

Register and pay by: Tuesday September 9th

Dine in with Friends

This dining program takes place at the Friendship Centre. Gather and dine with old friends or meet new ones. Thank you for bringing a reusable takeout container for your leftovers! **Please note that due to high demand, Dine in 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.**

October

Date: Tuesday October 28th (Registration will open Wednesday October 1st)

Time/location: 5:00 pm, Friendship Centre

Menu: Salmon

Cost: \$17 & 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 September 8th (Register by Sept 3rd)

Monday October 6th (register by October 1st)

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

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

Cost: \$12

Drive Thru Thanksgiving Lunch

Date: Wednesday October 8th

Menu: Roast turkey dinner with all the fixings and dessert

Cost: \$25

Register and pay by: Friday September 26th

Time of Friendship Centre Drive Thru Pickup:

Between 12:15 and 1:15 pm

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

Dine out at Home

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

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

Wednesday, September 10th: Supper from The Cheese Shoppe

Menu: Salad Plate

Cost: \$12

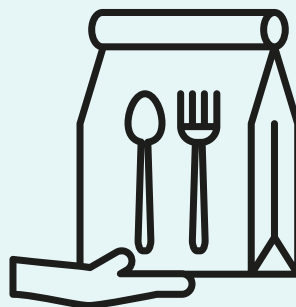
Register and pay by Wed, Sept. 3rd

Wednesday, September 24th: Supper from Sunset Diner

Menu: Hot Hamburger patty served on slice of bread with gravy on side, red skin garlic mash & veggies

Cost: \$12

Register and pay by Wed, Sept. 17th



Wednesday, October 15th: Supper from Joe's Diner

Menu: Fish & Chips

Cost: \$12

Register and pay by Wed, Oct. 8th

Wednesday, October 29th: Supper from The Friendship Centre

Menu: Shakespeare Pies Chicken Pot Pie

Cost: \$12

Register and pay by Wed, Oct. 22



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 4.

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

- 1) Call 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 Friendship Centre 519-284-3272 or online 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 call from 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
- Parkview West Apts - 22 St. Andrew St. N., St. Marys
- Stone Ridge Apt - 50 Stone Ridge, St. Marys
- Thames Valley - 30 Ann St. #77., St Marys
- YMCA - 269 Maiden Ln., 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. Participants must be able to get out of a chair unassisted. Seated option is 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 leader is 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 light intensity class is designed to improve your functional mobility through a combination of cardiovascular, muscle strengthening, flexibility and balance exercises. Seated option available especially if you have limited functional mobility. Our leader is SFIC Senior Fitness Instructor certified.

Level 4 - Moderate Fitness Class

This 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 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. The Thursday class uses a mat during the resistance component of the class, the ability to get off the floor unassisted is required to participate. Thursday class has limited space. Our leader is SFIC Senior Fitness Instructor Certified

Men's Strength

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



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.
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.

Fitness & Falls Prevention Class Schedule 2025

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		9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall	9 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
10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room	10 am Lvl 3 Light Stone Ridge Apt 45 mins	10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room	10 am Lvl 3 Light Stone Ridge Apt 45 mins	10 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 4 Moderate Thames Valley 60 mins	
10 am Lvl 4 Moderate Kirkton Hall 60 mins		10 am Lvl 4 Moderate Kirkton Hall 60 mins	10am Lvl 1 Men's Strength Friendship Centre 30 mins MP room	
Wildwood Lvl 1 10:30 40 minutes		Wildwood Lvl 1 10:30 40 minutes	10 am Lvl 3 Light Parkview West Apts Rotary Hall 45 mins	Wildwood Lvl 1 10:30 40 minutes
11 am Lvl 1 Tiered Friendship Centre 30 mins AB room				11 am Lvl 1 Tiered Friendship Centre 30 mins AB room
11 am Lvl 1 Tiered Kingsway/Fairhill 40 mins			11 am Lvl 1 Tiered Kingsway/Fairhill 40 mins	
11:15 Lvl 4 Friendship Centre 60 minutes	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room
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



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 - Sept 4th & Oct 2nd
3rd Tuesday morning - Sept 16 & Oct 21st
4th Wednesday - Sept 24th & Oct 22nd

Parkview West Apts (Rotary Hall) -
22 St. Andrews St. N., St. Marys
drop in - September 17th & October 15th

Thames Valley - 30 Ann St. #77, St Marys
book appointment
1st Wednesday morning
September 3 & October 1st

Call the Friendship Centre to book 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.





Education and Workshops



September Education | Meet Your Community Outreach Worker

Join Community Outreach Worker Jade Orquin, M.A as she discusses the realities of housing and homelessness in our community. Through stories from her frontline experience, she will provide insights into the challenges faced by those who are living rough or living on assistance and more importantly how the community can come together to offer meaningful support.

Date: Tuesday September 23rd

Time: 6:00 pm

Location: Friendship Centre

Fee: Free



ActiveNet Registration required

October Education | Staying Safe in your Home

Join Constables Wanda Hughes and Rachelle Willows to learn about steps you can take to help deter intruders from entering your home. They will also discuss what to do if you suspect someone has entered your home and how to best handle a confrontation.

Date: Wednesday October 8th

Time: 10:00 -11:00 am

Location: Friendship Centre

Fee: Free

ActiveNet registration required



September Education | How to Prepare Healthy Grains

Join Registered Dietician Teresa Fowler to learn about the many health benefits associated with different types of grains, how to best prepare them and gain some new fun recipes.

Date: Wednesday September 17th

Time: 1:30 - 3:00 pm

Location: Friendship Centre

Fee: \$5

ActiveNet registration required





Education and Workshops



8 Week Education Series | A Time For Me

A Time for Me is an 8-week discussion and personal growth group for older adults (50+). This group will explore topics such as:

- Getting to know oneself better
- Becoming more aware of our own personal strengths, skills, and values
- Improving communication skills and how to better relate to others
- Sharing experiences and gaining new ideas from the group
- Practical strategies on how to boost one's own self-esteem

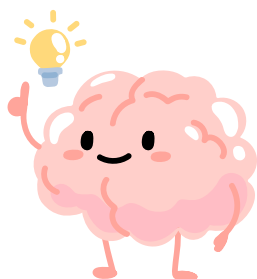
Date: Thursday October 2nd to Thursday November 20th

Time: 9:30 - 11:30 am

Location: Friendship Centre Endzone

Fee: \$25

ActiveNet registration required



4 Week Education Series | Memory and Aging

An education and workshop series about memory change. Research indicates there are effective strategies and skills you can learn in order to help you remember more. Learn how this memory and aging program can help you. Work with Christy from Alzheimer Society Huron Perth with this 4-part workshop. The training manual is included.

Date: Wednesday October 1st to October 22nd (4 weeks)

Time: 1:30 - 3:00 pm

Location: Friendship Centre

Fee: \$25

ActiveNet registration required

Indoor Walking at St. Marys DCVI | Free

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

Monday - Friday 5:00 pm - 8:00 pm
October 2025 to April 30, 2026

ActiveNet Registration required





Social, Leisure and Fitness Programs



Chair Yoga Wednesdays | \$90.00

This 9 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 Sept 3rd - Oct 29th

Time: 1:30 pm - 2:30 pm

Drop in classes available:

\$15 per class

ActiveNet registration required



Ballroom Dancing | M: \$20 + HST / NM: \$25 + 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 evenings: September 2nd to 30th, & October 21st – November 18th (5 week sessions)

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For Ages 18+

ActiveNet registration required.



Basic Step | \$60

This 7 week session of step classes will add some fun and challenge to your cardiovascular routine. These will be 45 minute (beginner to intermediate) classes. Please note there will not be a class on Thanksgiving October 13th.

Dates: September 8th - October 27th

Time: Mondays 9:00 am - 9:45 am

or Thursdays 12:00 - 12:45

ActiveNet registration required.

Zumba | M: \$120 + HST / NM: \$150 + 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.

Tuesday mornings and evenings:

September 9th - December 2nd (12 weeks)

No class September 30th

Times:

10:00 am - 11:00 am

or 6:45 pm - 7:45 pm

For Ages 18+

Drop-in available:

\$15 per class (HST included)

ActiveNet registration required.

Line Dancing | M: \$60 + HST / NM: \$75 + 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!

Friday Mornings: September 12th - October 24th (6 weeks) *No session on October 10th*

Time: 10:45 am - 12:15 pm

Tuesday evenings: October 28th - December 2nd (6 weeks)

Time: 6:30 - 8:00 pm

Drop-in available:

\$15 per class (HST included)

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

Thursday Shuffleboard at the Friendship Centre will resume on September 25th

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 until September 24th

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 (*Begins Friday October 3rd*)

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 (**extra hour**)

Wednesdays: 10:30 am - 12:30 pm

Thursdays: 9:00 am - 12:00 pm (**extra hour**)

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, September 11th at 12:30 pm

Thursday, October 16th 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, Sept 11, 5-9 pm & Wed, Sept 24, 1-5 pm

Thurs, Oct 9, 5-9 pm & Wed Oct 22, 1-5 pm

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

Virtual Scrapbooking Class | \$20

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

Wednesday September 17th at 7 pm

(Register by September 1st)

Wednesday October 15th at 7 pm

(Register by September 29th)

Registration required.



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

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

Thursdays at 10:30 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



13 Grandmother Moons Learning Circle with Patsy Day

Suggested donation: \$5

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 to 25 people per session. Donations are appreciated at the door to help cover the cost of supplies - suggested donation is \$5 a person.

Tuesday September 16th, 6 pm: Corn & Gathering

ActiveNet registration required.

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 September 30th, 6:30pm

Tuesday October 28th, 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.

Mondays at 1 pm - *Resumes September 8th*

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 season begins Wednesday September 17th

Annual 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



Fine Dining to Taverna 1331

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

Join us as we try out Taverna 1331 in London! The company and food will not disappoint. Meal is not included in price. Price is for transportation only.

Please note that our group will be choosing from a fixed price menu that includes an appetizer, main course, and dessert. The cost is \$70 plus tax, and an automatic gratuity of 18% will also be added.

Date: Tuesday September 9th

Depart at 4:15 pm. Return at 8:15 pm.

ActiveNet registration required.



Please note that due to increased transportation fees, we have had to adjust the cost of our Fine Dining and On the Road trips accordingly. Thank you for understanding.



Fine Dining to The Olde School Restaurant

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

Join us as we return to the much beloved Olde School Restaurant in Brantford, where you can dine like royalty! The company and food will not disappoint. Meal is not included in price. Price is for transportation only.

Date: Tuesday October 7th

Depart at 4:00 pm. Return at 8:30 pm.

ActiveNet registration required.



Day Trips - On The Road



On the Road to the Green Frog Tearoom & Gift Shop M: \$34 + HST / NM: \$43 + HST

Join us for a Mobility Bus road trip to the much beloved Green Frog Tearoom & Gift Shop! Meal not included in price. Price is for transportation only.

Date: Thursday September 25th
Depart at 11:00 am. Return at 3:30 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.



On the Road to Dublin's Family Restaurant & The Dublin Mercantile

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

Join us for a Mobility Bus road trip to delightful Dublin! Start with a tasty homecooked meal at Dublin's Family Restaurant, followed by a browse around the treasure-filled Dublin Mercantile. Maybe even get some Christmas shopping done early! Meal not included in price. Price is for transportation only.

Date: Thursday October 23rd
Depart at 11:30 am. Return at 3:30 pm

ActiveNet registration required.



Upcoming Events



GRANDPARENTS' DAY CELEBRATION

Tuesday September 2nd
9 am – 11 am

Friendship Centre 1/3 Hall
317 James Street, St. Marys



Come and enjoy some face painting, story time, crafts, snacks, and a mini magic show!

Open for all: Grandparents, Neighbours, and Friends! If you don't have a little or big person in your life, come and meet a new friend! Free to attend



Register via
ActiveNet or
KEYON



September Flower Arranging Creative Session

Friday September 5th at 2:30 pm

Join Sarah, amateur flower arranger, in a creative flower arranging workshop! Beautiful blooms to be supplied by The Black Creek Flower Farm.



Price: M: \$15 + HST
NM: \$18.75 + HST

Space is limited, registration is required.

Fields of Sunflowers Painting with Sue

Tuesday September 9th at 1 pm

Join Sue for another great creative session, and paint your own field of sunflowers!



Cost: M: \$30 + HST
NM: \$35 + HST

Spaces are limited: Register by September 2nd

Create a Junk Journal with Corrine

Tuesday October 7th - November 11th
1 - 3 pm at the Friendship Centre



Bring your junk papers and create an amazing journal in this fun 6-week creative workshop! Paper will also be supplied by instructor



Cost: M: \$15 + HST
NM: \$20 + HST





Upcoming Events



SCRAPBOOKING GARAGE *sale*

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



Saturday Sept. 13th, 2025
9 AM - 1 PM

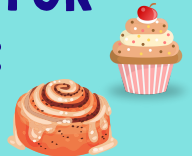
St. Marys Friendship Centre: 317 James St. S.,
St. Marys (Please use Entrance C)
519-284-3272

Cash Only

CALLING ALL BAKERS!

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

WE ARE LOOKING FOR BAKING FOR:



- **SEPTEMBER 13TH**
**SCRAPBOOKING GARAGE
SALE**
- **SATURDAY NOVEMBER 15TH**
CRAFT SHOW

INTERESTED? LET US KNOW!

FALL SCRAPATHON FUNDRAISER



SATURDAY
SEPT 27TH
9AM - 7PM



317 JAMES ST., ST. MARYS, ONTARIO

**EARLY BIRD
RATE: \$80**

**PRICE IS \$90
AFTER JULY 25**

**FUNDS RAISED
SUPPORT ST.
MARYS SENIOR
SERVICES**

TICKET INCLUDES:

- Space to scrapbook all day
- Continental Breakfast, Lunch & Dinner
- Great giveaways
- Silent Auction
- Access to amazing vendors

**REGISTRATION REQUIRED: SIGN UP ON
ACTIVENET OR CALL US AT 519-284-3272**

The Friendship Centre is Looking for Donations!

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

We will gladly accept:

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



**Thank you! All proceeds support St.
Marys Senior Services**



Upcoming Events



Apple Tasting Workshop

Friday October 17th at 1 pm
Friendship Centre Main Hall



Join Shelly for a trip down memory lane, and enjoy a feast for the senses! Sample a variety of lesser-known and uncommon apples, and learn about their interesting history.



Cost:
M: \$5
NM: \$7



Write Your Life



Join us at the Friendship Centre this fall for Write Your Life, and honour your life and your stories by getting them on paper!

Write Your Life: Part One

For new participants

Thursday October 9th - October 30th

1:30 - 3:30 pm

M: \$40 + HST / NM: \$50 + HST

Write Your Life: Part Two

For returning participants

Tuesday November 18th - December 9th

1:30 - 3:30 pm

M: \$40 + HST / NM: \$50 + HST

Registration Required

Halloween Fun Bingo!

Thursday October 31st, 1-3pm
at the Friendship Centre



Costumes and Halloween spirit are highly encouraged!
Cost: M \$6, NM \$8
Registration Required

LEARN THE UKULELE!

4 WEEK SESSION

THURSDAY AFTERNOONS

STARTING:

NOVEMBER 6TH - NOVEMBER 27TH

TIME: 1:30 - 3:00 PM

COST: FREE

**REGISTRATION REQUIRED AS
SPACES ARE LIMITED**

Please plan to bring your own
Ukulele for this session.

A few Ukuleles will be available to
borrow: please speak with Eliza
before registering if you'd like to
borrow one for this session.





Upcoming Events



Support the Friendship Centre Craft Show!

We are in search of donations for our Craft Show Friendship Centre Knitting table!

We will gladly accept:

- Any knitted items
- Socks, adult mitts, & adult hats
- Crafty items



Thank you!

All proceeds support St. Marys Senior Services

Save the Date:

St. Marys

Craft Show



Shop for treasures from 50+ local and regional artisans



Saturday
November 15th
9AM - 3PM

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

- ⊞ Admission by donation
- ⊞ Non-perishable food items for the Salvation Army welcome
- ⊞ Lunch available to purchase
- ⊞ No ATM available

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.



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.

Volunteer Information

Falls Prevention Group Fitness Volunteers

Do you have a special skill or interest you want to share? The Friendship Centre is always looking for new programs and program support volunteers. We are currently recruiting volunteers to support our Falls Prevention Group Fitness program in every level. If you enjoy being active and want to support others with positive motivation and instruction, please reach out to Eliza or Jenny.

Exciting News!

New Horizons for Seniors is a Federal Grant Contribution program. It provides funding for projects that make a difference in the lives of older adults and seniors in their communities.

In the Fall of 2024, Friendship Centre staff submitted a project application for New Horizon funding for a program the department has titled Building Connections. Eligible organizations had the opportunity to apply for up to \$25,000 in funding for a senior-based community project.

We are excited to announce that our Building Connections project was successful. The Building Connections program outcomes include enhanced capacity through minor renovation to support better flow in the main entrance hallway, as well as the purchase of furnishings for our Main Hall space to enhance our ability to accommodate growth in programs including educational opportunities for the older adult community.

You will also see a few other updates over the next few months including some new paint, updates to our front desk office area, and a new accessible sliding door to replace the current exterior accessible doors (please note that only the exterior doors will be replaced at this time to ensure that any modifications do not negatively impact the temperatures in our spaces).

Stay tuned for some more information and timelines as well as the opportunity to provide feedback.

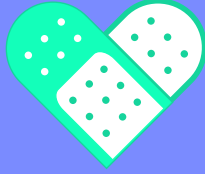
Do you have an topic of education you would like to learn more about? Do you have a organization or speaker you would like to hear more from? Reach out to the Friendship Centre team and let us know!

This project is funded in part by:
The Government of Canada
New Horizons for Seniors Program
Generous Donations from our Community
The Town of St. Marys

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!



Program Calendar - September 2025



MON	TUES	WED	THURS	FRI
<p>1</p> <p>Friendship Centre Closed</p>  <p>Happy Labour Day!</p>	<p>2</p> <p>9 am Grandparents' Day Celebration with EarlyOn!</p> <p>9 am Quilting</p> <p>9:30 am Creative Minds</p> <p>10 am L3 Fitness at Stoneridge</p> <p>11 am L2 Light Gentle Fit</p> <p>1 pm Pepper/Bid Euchre</p> <p>1 pm Jamboree</p> <p>6:30 pm New Session: Beginner Ballroom</p> <p>7:30 pm New Session: Intermediate Ballroom</p>	<p>3</p> <p>9 am L5 Vigorous Fitness</p> <p>9:30 am LIND Shuffleboard</p> <p>9:30 am Blood pressure at Thames Valley</p> <p>10 am L5 Men's Strength</p> <p>10 am L4 Fitness at Kirkton</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Tiered Fitness at Wildwood CC</p> <p>10:30 am Annie the Musical Bus Trip to Stratford</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Contract Bridge</p> <p>1:30 pm Chair Yoga</p> <p>1:30 pm L3 Light Fitness at the YMCA</p>	<p>4</p> <p>9 am L5 Vigorous Mat</p> <p>9 am Pickleball</p> <p>10 am L3 at Parkview West Apts - Rotary Hall</p> <p>10 am L3 Stoneridge Apts</p> <p>10 am L4 at Thames Valley</p> <p>10 am L1 Men's Strength</p> <p>10:30 am ROMEO</p> <p>11 am L2 Light Gentle Fit</p> <p>11 am L1 Tiered Fitness at Kingsway</p> <p>1 pm Blood pressure @ FC</p> <p>1:30 pm Knit & Chat</p>	<p>5</p> <p>9 am L5 Vigorous Fitness</p> <p>10 am L5 Men's Strength</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Tiered Fitness at Wildwood C.C.</p> <p>11 am L1 Tiered Fitness</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Progressive Euchre</p> <p>1:30 pm L3 Light Fitness at the YMCA</p> <p>2:30 pm Flower Arranging Creative Session</p>
<p>8</p> <p>8 am Breakfast at Joe's</p> <p>9 am L5 Vigorous Fitness</p> <p>9 am Basic Step</p> <p>9:30 am LIND Shuffleboard</p> <p>10 am L5 Men's Strength</p> <p>10 am L4 Fitness in Kirkton</p> <p>10 am L4 Fitness at Thames Valley</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Tiered Fitness at Wildwood CC</p> <p>11 am L1 Tiered Fitness at Kingsway</p> <p>11 am L1 Tiered Fitness at Kingsway</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Quilting</p> <p>1 pm Shuffleboard</p> <p>1 pm Mexican Train</p> <p>1:30 pm L3 Light Fitness at the YMCA</p>	<p>9</p> <p>9 am Quilting</p> <p>9:30 am Creative Minds</p> <p>10 am New Session: Morning Zumba</p> <p>10 am L3 Fitness at Stoneridge</p> <p>11 am L2 Light Gentle Fit</p> <p>1 pm Pepper/Bid Euchre</p> <p>1 pm Jamboree</p> <p>1 pm Fields of Sunflower Painting with Sue</p> <p>4:15 pm Fine Dining to Taverna 1331</p> <p>6:30 pm Beginner Ballroom</p> <p>6:45 pm New Session: Evening Zumba</p> <p>7:30 pm Intermediate Ballroom</p>	<p>10</p> <p>9 am L5 Vigorous Fitness</p> <p>9:30 am LIND Shuffleboard</p> <p>10 am L5 Men's Strength</p> <p>10 am L4 Fitness at Kirkton</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Tiered Fitness at Wildwood CC</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Contract Bridge</p> <p>1:30 pm Chair Yoga</p> <p>1:30 pm L3 Light Fitness at the YMCA</p> <p>4:30 pm Supper from the Cheese Shoppe</p>	<p>11</p> <p>9 am L5 Vigorous Mat</p> <p>9 am Pickleball</p> <p>10 am L4 at Thames Valley</p> <p>10 am L3 at Parkview West Apts - Rotary Hall</p> <p>10 am Stoneridge Apts</p> <p>10 am L1 Men's Strength</p> <p>10:30 am ROMEO</p> <p>11 am L2 Light Gentle Fit</p> <p>11 am L1 Tiered Fitness at Kingsway</p> <p>12 pm Basic Step</p> <p>12:30 pm Pepperama</p> <p>1:30 pm Knit & Chat</p> <p>5 pm Scrapbooking Open Crop</p>	<p>12</p> <p>9 am L5 Vigorous Fitness</p> <p>10 am L5 Men's Strength</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Tiered Fitness at Wildwood C.C.</p> <p>10:45 am New Session: Morning Line Dancing</p> <p>11 am L1 Tiered Fitness</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Progressive Euchre</p> <p>1:30 pm L3 Light Fitness at the YMCA</p> <p>SATURDAY SEPT. 13th: SCRAPBOOKING GARAGE SALE: 9 am - 1 pm</p>



Program Calendar - September 2025



MON	TUES	WED	THURS	FRI
15 9 am L5 Vigorous Fitness 9 am Basic Step 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered 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	16 9 am Quilting 9 am Blood Pressure @ FC 9:30 am Creative Minds 10 am Morning Zumba 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 12 pm Dine Out Picnic at the Friendship Centre 1 pm Pepper/Bid Euchre 1 pm Jamboree 6 pm 13 Grandmother Moons Learning Circle 6:30 pm Beginner Ballroom 6:45 pm Evening Zumba 7:30 pm Intermediate Ballroom	17 9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10 am Blood Pressure at Parkview West Apts - Rotary Hall 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm How to Prepare Healthy Grains Education 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 7 pm Virtual Scrapbooking Class	18 9 am L5 Vigorous Mat 9 am Pickleball 10 am L4 at Thames Valley 10 am L3 at Parkview West Apts - Rotary Hall 10 am Stoneridge Apts 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 12 pm Basic Step 1:30 pm Knit & Chat	19 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:45 am Morning Line Dancing 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA
22 9 am L5 Vigorous Fitness 9 am Basic Step 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered 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	23 9 am Quilting 9:30 am Creative Minds 10 am Morning Zumba 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 6 pm Meet Your Community Outreach Worker 6:30 pm Beginner Ballroom 6:45 pm Evening Zumba 7:30 pm Intermediate Ballroom	24 9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am LIND Shuffleboard 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 10:30 am Blood Pressure @ FC 10:30 am L1 Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1 pm Scrapbooking Open Crop 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Sunset Diner	25 9 am L5 Vigorous Mat 9 am Pickleball 10 am L4 at Thames Valley 10 am L3 at Parkview West Apts - Rotary Hall 10 am Stoneridge 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 11 am On the Road to the Green Frog Tearoom & Gift Shop 12 pm Basic Step 1 pm Shuffleboard 1:30 pm Knit & Chat	26 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:45 am Morning Line Dancing 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA SATURDAY SEPT. 13th: SCRAPATHON FUNDRAISER: 9 am - 7 pm



Program Calendar - September 2025



MON	TUES	WED	THURS	FRI
29 9 am L5 Vigorous Fitness 9 am Basic Step 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered 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	30 9 am Quilting 9:30 am Creative Minds 10 am Morning Zumba 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:30 pm Genealogy 6:30 pm Beginner Ballroom 6:45 pm Evening Zumba 7:30 pm Intermediate Ballroom			



Program Calendar - October 2025




MON	TUES	WED	THURS	FRI
		1	2	3
		9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am Blood Pressure at Thames Valley 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 10:30 am Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Memory & Aging Workshop Series 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	9 am L5 Vigorous Mat 9 am Pickleball 9:30 am A Time For Me Workshop Series 10 am L3 at Parkview West Apts - Rotary Hall 10 am L4 at Thames Valley 10 am Stoneridge 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 12 pm Basic Step 1 pm Shuffleboard 1 pm Blood pressure @ FC 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:45 am Morning Line Dancing 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
6	7	8	9	10
8 am Breakfast at Joe's 9 am L5 Vigorous Fitness 9 am Basic Step 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered 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	9 am Quilting 9:30 am Creative Minds 10 am Morning Zumba 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1 pm Junk Journal Creative Series 4 pm Fine Dining to The Olde School Restaurant 6:45 pm Evening Zumba	9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10 am Staying Safe in Your Home Education 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness THANKSGIVING LUNCH 1 pm Contract Bridge 1:30 pm Memory & Aging Workshop Series 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	9 am L5 Vigorous Mat 9 am Pickleball 9:30 am A Time For Me Workshop Series 10 am L3 at Parkview West Apts - Rotary Hall 10 am Stoneridge 10 am L4 at Thames Valley 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 12 pm Basic Step 1 pm Shuffleboard 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11 am L1 Tiered 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 - October 2025



MON	TUES	WED	THURS	FRI
<p>13</p> <p>Friendship Centre Closed</p>  <p>Happy Thanksgiving!</p>	<p>14</p> <p>9 am Quilting 9:30 am Creative Minds 10 am Morning Zumba 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1 pm Junk Journal Creative Series</p>	<p>15</p> <p>9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10 am Blood Pressure at Parkview West Apts - Rotary Hall 10:30 am Pickleball 10:30 am Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Memory & Aging Workshop Series 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Joe's Diner</p>	<p>16</p> <p>9 am L5 Vigorous Mat 9 am Pickleball 9:30 am A Time For Me Workshop Series 10 am L3 at Parkview West Apts - Rotary Hall 10 am L4 at Thames Valley 10 am Stoneridge 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 12 pm Basic Step 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop</p>	<p>17</p> <p>9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:45 am Morning Line Dancing 11 am L1 Tiered 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>
<p>20</p> <p>9 am L5 Vigorous Fitness 9 am Basic Step 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered 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>21</p> <p>9 am Quilting 9 am Blood Pressure @ FC 9:30 am Creative Minds 10 am Morning Zumba 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1 pm Junk Journal Creative Series 6:30 pm <i>New Session:</i> Beginner Ballroom 6:45 pm Evening Zumba 7:30 pm <i>New Session:</i> Intermediate Ballroom</p>	<p>22</p> <p>9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Blood Pressure @ FC 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Memory & Aging Workshop Series 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 7 pm Virtual Scrapbooking Class</p>	<p>23</p> <p>9 am L5 Vigorous Mat 9 am Pickleball 9:30 am A Time For Me Workshop Series 10 am L4 at Thames Valley 10 am L3 at Parkview West Apts - Rotary Hall 10 am Stoneridge 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 11:30 am On the Road to Dublin's Family Restaurant & The Dublin Mercantile 12 pm Basic Step 1 pm Shuffleboard 1:30 pm Knit & Chat</p>	<p>24</p> <p>9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:45 am Morning Line Dancing 11 am L1 Tiered 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 - October 2025



MON	TUES	WED	THURS	FRI
27	28	29	30	31
9 am L5 Vigorous Fitness 9 am Basic Step 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 11 am L1 Tiered Fitness 11 am L1 Tiered 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	9 am Quilting 9:30 am Creative Minds 10 am Morning Zumba 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1 pm Junk Journal Creative Series 5 pm Dine in With Friends 6:30 pm Genealogy 6:30 pm <i>New Session:</i> Evening Line Dancing 6:30 pm Beginner Ballroom 6:45 pm Evening Zumba 7:30 pm Intermediate Ballroom	9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 10:30 am Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1 pm Scrapbooking Open Crop 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from The Friendship Centre	9 am L5 Vigorous Mat 9 am Pickleball 9:30 am A Time For Me Workshop Series 10 am L3 at Parkview West Apts - Rotary Hall 10 am L4 at Thames Valley 10 am Stoneridge 10 am L1 Men's Strength 10:30 am ROMEO 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 11 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Halloween Bingo 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA



Legend: Off-Site Fitness & Falls Prevention Classes

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