

Friendship Centre

PRIMETIME

January / February 2024



New Year, New you!
Inspire positive change at
the Friendship Centre

Happy
New Year



 Coming Soon:

**New Jan. to Jun.
Fitness Session**

Sign up today!

**Fine Dining at Café
Bouffon**

Jan. 25

**On the Road
to Stratford**

Feb. 13

**Valentines
Day Lunch**

Feb. 14

**International
Women's Day**

Mar. 8

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

PYRAMID
RECREATION CENTRE
Where the community comes together



519-284-3272

General Information

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

Contact Us

Hours: Monday to Friday, 8 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:

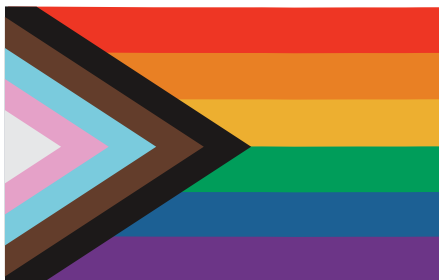
friends@town.stmarys.on.ca

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, cheque, or credit card by phone.



RZone: Respect and Responsibility

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

Inclusiveness

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

Friendship Centre Code of Conduct

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

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.





Volunteer Information



Volunteering has endless positive impacts. It can affect an individual and their quality of life, but also positively impact the organization they volunteer for. The Friendship Centre has over 200 volunteers who donate their time to the betterment of the St. Marys community. The Friendship Centre is so fortunate to have the support of volunteers whose contributions of skills, talent, and time are what make the Friendship Centre successful.

If you are interested in volunteer opportunities in 2024, please reach out to Friendship Centre staff.



Volunteers Needed!

The Friendship Centre cannot operate without the support of volunteers. We are currently looking for volunteers in the following programs:

Dining Programs

We are currently looking for volunteers to support a number of roles in our kitchen, from meal prep, to washing dishes there are many roles that contribute to the success of our meal programs.



Jamboree

We are looking to grow our Jamboree team. Volunteers support set up of equipment, collecting fees and being great hosts. If you are interested in learning more, stop by the Friendship Centre or visit a Jamboree hosted weekly on Tuesdays from 1 - 4pm.



Blood Pressure Clinics

Are you a retired nurse? We need your skill set to assist with our Blood Pressure Clinics.



Meet Kim!

Kim is the Senior Services Coordinator. Kim has been an integral part of the team for the past 23 years! Kim can be found three days a week supporting the needs of many Home Support clients and caregivers. In her role Kim oversees many of the Home Support Service programs including Meals on Wheels, Footcare, as well as supporting our Shopping Services, Volunteer visiting and Telephone Reassurance clients and volunteers. A big part of Kim's role involves maintaining the various funding requirements we complete to maintain Ministry of Health funding. Kim connects regularly with various Community Support Services and health service partners, including the Huron Perth Community Support Network and the Huron Perth and Area Ontario Health Team.





Home Support Services



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

When you register, a Huron Perth Community Services Coordinator will 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. Clinics are offered on a weekly basis. Please register for this service. \$30 per appointment. Foot care gift cards are available.

Meals on Wheels

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

Shopping Services

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

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

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

Telephone Reassurance

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

Health and Wellness Programs

Wellness programs consist of Fitness and falls prevention classes, educational presentations and health screening.

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.

- Friendship Centre: 1st Thurs & 3rd Tues, 4th Wednesday of month, by appointment
- Thames Valley Community Hall (30 Ann St #77) 1st Wednesday of the month, by appointment
- Rotary Community Hall, 3rd Wed of the month 9:30 am



HOLIDAY CLOSURE NOTICE



The Friendship Centre will be closed Jan 1 & 2 for New Year and Staff Training and will re-open Jan 3.
The Friendship Centre will be closed on Monday Feb 19 for Family Day.
Meals on Wheels will continue as regularly scheduled.



Community Dining



Dine in with Friends

Register for Dine in with Friends. This dining program takes place at the Friendship Centre. Gather and dine with old friends, or meet new ones! Menu, prices, and dates vary, see below.



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 be sure to sign up well in advance of the deadline to avoid program cancellation.

Menu: Anyway eggs, bacon or sausage, hashbrowns, toast, coffee/tea

Time: 8:00 am at Joe's Diner

Monday January 8 (register by January 5)

Monday February 5 (register by February 2)

Cost: \$12.00



Tue, Jan 30, 2024

Menu: Chicken Picatta, with sides and dessert

Cost: \$17

Register and pay by: Fri, Jan. 26

Time: **5:00 pm in the Friendship Centre**

**** There will not be a Dine in with Friends in February. Join us for Valentine's Lunch on Wed, Feb. 14**

Dine out at Home

The Friendship Centre is lucky to partner with local restaurants to offer dining that gets delivered right to your home. You can register online or call the Friendship Centre before the registration deadline. Please make sure we have your current address in ActiveNet so your meal is successfully delivered. We are not able to accommodate allergies in this dining program.

Wed, Jan. 10 - Supper from the Sunset Diner

Menu: Fish & Chips

Cost: \$12

Register and pay by: Fri, Jan 5

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

Wed, Jan 24 - Supper from the Cheese Shoppe

Menu: Chicken Parmesan

Cost: \$12

Register and pay by: Fri, Jan 19

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

Wed, Feb. 7- Supper from Joes Diner

Menu: Chicken Burger & French Fries

Cost: \$12

Register and pay by: Fri, Feb. 2

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

Wed, Feb. 21- Supper from Four Happy

Menu: Chinese Platter

Cost: \$12

Register and pay by: Friday, Feb. 16

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



Registering for 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. Mary Home Support Services. See more services on page 4.

How to register for Fitness and Falls Prevention Classes

- 1) Call Friendship Centre 519-284-3272 or online 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
- 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.

Education and Health Screening

- 1) Call Friendship Centre 519-284-3272 or online www.activecommunities.com/townofstmarys
- 2) Than expect a call from Huron Perth community Intake Coordinator

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

- 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
- Rotary Apt - 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 NEW

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. Please bring a gait aid if you use one. Our leader is SFIC Senior Fitness Instructor Certified. Seated option available especially 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.

Fitness & Falls Prevention Classes

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
9 AM Lvl 5 Vig Friendship Centre 60 mins 2/3 hall		9 AM Lvl 5 Vig Friendship Centre 60 mins 2/3 Hall	9 AM Lvl 5 Vig (Mat) Friendship Centre 60 mins M/P room	9 AM Lvl 5 Vig Friendship Centre 60 min 2/3 Hall
10 AM Lvl 5 Vig Friendship Centre Mens Strength 60 mins M/P room	10 AM Lvl 3 Light Stone Ridge Apt 45 mins	10 AM Lvl 5 Vig Friendship Centre Mens Strength 60 mins M/P room	10 AM Lvl 1 HSEP Friendship Centre Mens Strength 30 mins M/P room	10 AM Lvl 5 Vig Friendship Centre Mens Strength 60 mins M/P room
10 AM Lvl 4 Mod Thames Valley 60 mins			<i>NEW</i> 10 AM Lvl 4 Mod Thames Valley 60 mins starts Jan 4	10:30 AM Lvl 1 Tiered Wildwood 30 mins
10 AM Lvl 4 Mod Kirkton Hall 60 mins		10 AM Lvl 4 Mod Kirkton Hall 60 mins	10 AM Lvl 3 Light Rotary Hall 45 mins	
<i>NEW</i> 11 AM Lvl 1 Tiered Friendship Centre 30 mins starts Feb 6 AB	11 AM Lvl 2 Light Gentle Friendship Centre 30 mins M/P room		11 AM Lvl 2 Light Gentle Friendship Centre 30 mins M/P room	
11:15 AM Lvl 4 Mod Friendship Centre 60 mins M/P room		11:15 AM Lvl 4 Mod Friendship Centre 60 mins M/P room	11 AM Lvl 1 Tiered Kingsway/Fairhill 30 mins	11:15 AM Lvl 4 Mod Friendship Centre 60 mins M/P 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



Dementia reduce the Risk

<https://www.mcmasteroptimalaging.org/blog/detail/videos/2023/11/29/dementia-risk-reduction-a-how-to-guide>

From McMaster University

6 ways to promote brain health and reduce your risk of dementia

1) Physical activity, sedentary behavior and sleep 150 mins per week cardio, muscle strengthening twice per week, 7-9 hrs of sleep, reduce sedentary

2) Weight management, diet and nutrition maintain healthy weight, Mediterranean diet

3) Blood vessel health manage high blood pressure, high cholesterol, diabetes

4) Smoking and alcohol use quit smoking avoid heavy drinking (two or more per week)

5) Brain and social activity maintain higher levels of brain activity in mid to late life, activities that provide both cognitive and physical elements

6) Health conditions and drug side effects hearing loss, prevent head injuries, treat depression, manage condition that lower our oxygen levels. Know your medications and the side effects on memory.

Why do I need to register for the January to June session for the fitness and falls prevention classes?

- Senior Services is required to report usage stats to funders to maintain funding agreements.
- As a participant you will receive information specific to the class you are registered for. (eg. cancelled for weather, changes in time, feedback etc.)

Please be sure to register for as many sites as you plan to attend.

Testimonials

"why do I exercise" quotes from participants of the fitness and falls prevention program.

"to maintain my lung function.....to meet people with same interest"

"I feel better than I have in years! Makes me feel good!"

"keeps me healthy! I need to keep fit and active"

"this program covers all the essentials"

Changes to Fitness and Falls Prevention classes starting in January 2024

• **ADDING** a 60 minutes class at Thames Valley. Thursdays at 10 am Level 4. **Beginning Jan. 6**

• **ADDING** a 30 minute class at the Friendship Centre at 11:00 am Level 1. **Beginning Feb. 5th**

• **CANCELLING** Tuesday classes at Jones Street Apt

How to register for Blood Pressure Clinics

1) Call Friendship Centre 519-284-3272 for appointment

2) Once at the clinic complete registration paper work

3) Accept a call from Huron Perth Intake Coordinator

Locations

Friendship Centre - 317 James St. S, St. Marys

1st Thursday of the month. PM

3rd Tuesday of the month. AM

4th Wednesday of the month, AM

Rotary Apt - 22 St. Andrew St. N., St. Marys

3rd Wednesday of the month, 9:30 am drop in

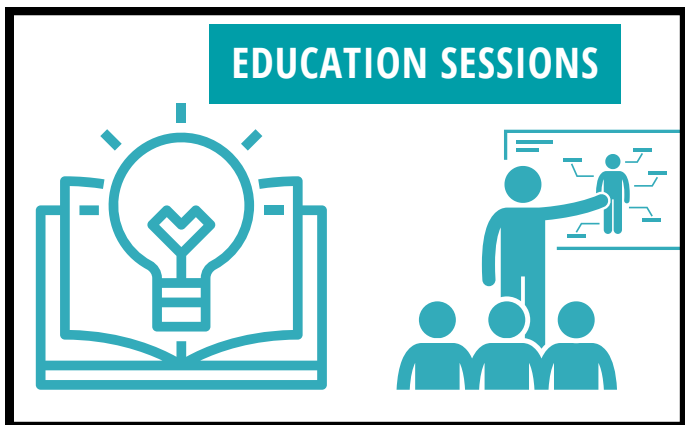
Thames Valley - 30 Ann St. #7., St Marys

1st Wednesday of the month, AM

please attend Thames Valley clinic or call Friendship to book appointment.



Education & Wellness Program



Education Session - Mobile Health Unit

What is the mobile health unit? Join Debbie Hunter Manager to learn how to access this mobile Integrated health service.

Monday Jan 29 - 10:15 am Free

Registration required

Education Session - Elder Abuse

Join Meridian Branch manager Megan Feeney and learn about elder abuse and other important topics. Take control and learn skills to identify key signs, and prevention techniques to deter fraudsters and ensure your financial safety.

Wednesday Feb 21 - 10:15 am Free

Registration required



Education Session - Mobile Health Unit Thames Valley Hall

What is the mobile health unit? Join Debbie Hunter Manager to learn how to access this mobile Integrated health service. 30 Ann #77 behind Sunset dinner.

Monday Jan 24 - 10:15 am Free

Registration required

Education Session - Elder Abuse Thames Valley Hall

Join Meridian Branch manager Megan Feeney and learn about elder abuse and other important topics. Take control and learn skills to identify key signs, and prevention techniques to deter fraudsters and ensure your financial safety. 30 Ann #77 behind Sunset dinner.

Wednesday Feb 14 - 10:30 am Free

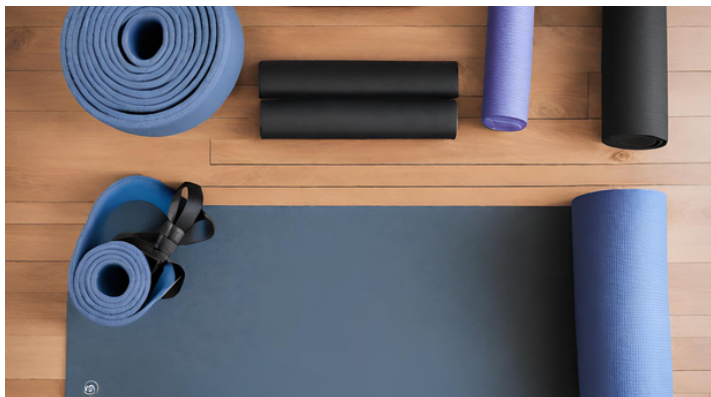
Registration required



Do you attend programs at the Friendship Centre or any of our sites?
Please wear indoor shoes, stay home if sick, and bring your own water.
Hang up your coat on coat racks.
Please refrain from wearing perfume or cologne.



Social and Leisure Programs



YIN Yoga | \$70

Yin yoga is a restorative practice involving supported long holds of traditional postures. Space is limited.

Friday 10:15 am - Jan 12 to Feb 23

Please bring props for your comfort such as blankets, small pillows, large pillows, yoga blocks, towels etc to enhance your experience.

Chair Yoga | \$96

This yoga class will guide you through strengthening and standing postures using flow yoga style and a chair. We incorporate the chair to challenge your balance and core strength and keeping you safe. Drop in option also available for \$10 per class registration for drop in opens one week before the date. Payment due upon registration.

Tues at 1:30 pm

Jan 9th to March 26th (11 weeks)

Registration required



Indoor Walking at St. Marys DCVI

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. Facility is to be left clean and tidy. This program does not run when the school is closed. 5 pm to 8 pm Mon - Thurs.

Ends April 30th.

ActiveNet Registration required

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.

Thank you for your ongoing support.



Social and Leisure Programs



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. Learn how to line dance to a variety of country hits.

8 week session - Jan 12 - Mar 1
Fri at 10:15 am

Registration required



Zumba | M: \$121 + HST. /NM: \$137 + 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. Drop in option available as well. Program requires minimum number of participants to run.

11 week session - Jan 9 - Mar 26 (No class on Jan 30)
Tues at 10 am
Tues at 6:45 pm

Registration required

Ballroom Dancing | M: \$30 / NM: \$37.50

With years of ballroom dancing experience, Stephen and Leonor will bring their expertise to the Friendship Centre. Grab your partner and join the fun.

8 week session - Jan. 9 - Feb. 27
Tues at 6:30 pm (Beginner) OR 7:30 pm (Intermediate)

Registration required



Register Please

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 your register in ActiveNet for the program you are participating in, it only takes a minute or two.

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 how many people and how often programs are utilized.



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.

Mon & Thurs, at 1 pm

Drop in- Annual registration required

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

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

Fri at 1 pm

Drop in- Annual registration required

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

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

Fri at 1 pm

Drop in - Annual 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.

Wed at 1 pm

Drop in - Annual registration is required

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.

Tues at 1 pm

Drop in- Annual registration required | No Pepper Jan 2



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.

Thurs, Jan. 11 at 12:30 pm

Thurs, Feb. 8 at 12:30 pm

Monthly registration required

Pickleball | Yearly M: \$60/NM:\$85 or Drop In M:\$2/NM: \$4

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

Mon: 10:30 am -12:30 pm

Wed: 10:30 am - 12:30 pm

Thurs: 9 - 11 am

Fri: 10:30 am - 12:30 pm

Drop in- Annual registration required





Social and Leisure Programs



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

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

Tues, 9:30 am - No Program Jan. 2

Drop in. Yearly Registration Required.

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

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

Thurs, 10:30 am

Drop in. Yearly 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.

Thurs, 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, pop and water will be provided.

Thurs, Jan. 11, 5 - 9 pm & Wed, Jan. 31, 1-5 pm

Thurs, Feb. 8, 5 - 9 pm & Wed, Feb. 28, 1-5 pm

Monthly registration required



Virtual Open Crop | \$20

A (virtual) space that fosters creativity and experimentation. Please ensure you have reliable internet connection, and access to Zoom.

Wed, Jan. 17 and Feb. 21 at 7 pm

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.

Tues at 1 - 4 pm - No Jamboree Jan 2

Drop in. Yearly registration required.

Quilting

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

Mon, 1 pm & Tues, 9 am

No Quilting Jan 2

Drop in. Volunteer registration required

Genealogy | M: Free/NM: \$2

Are you interested in meeting monthly to discuss family heritage and traditions? Sign up and let us know!

Tues, Jan. 30, 6:30 pm

Tues, Feb. 27, 6:30 pm

Drop in. Yearly Registration Required.

Choir | M: \$65/NM: \$95

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. It all leads up to our end of season performance!

Wed: 9:30 am

Choir resumes **Jan. 17**

Registration required



Trips



Fine Dining to Café Bouffon (Fine Dining Caravan Available)

M: \$22 / NM: \$25

Join us as we try out Café Bouffon in Stratford. We will depart at 4:45 pm and return around 8:15 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Thurs, Jan. 25. Depart at 4:45 pm.

Registration required



On the Road to Stratford

M: \$25 / NM: \$28

Join us on the Mobility Bus as we head to Gallery Stratford, followed by lunch at Features. Bus departs at 10:45 am and returns to the Friendship Centre at 2:45 pm. Meal not included in price. Price is for transportation only.

Tues, Feb. 13. Depart at 10:45 am

Registration required

Fine Dining to Ivy Ristorante (Fine Dining Caravan Available)

M: \$25 / NM: \$28

Join us as we try out Ivy Ristorante in London. We will depart at 4:30 pm and return return at 8:30 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Thurs, Feb. 29. Depart at 4:30 pm.

Registration required



Travel Club



Be on the lookout for new and exciting coach bus trips as we head into 2024! We are planning several trips for this year and plan to have information available very soon!



Success Stories



Craft Show

On November 18, the Friendship Centre hosted the annual St. Marys Craft Show. This event is an annual fundraiser for Friendship Centre programs and services. Over 2000 people enjoyed the event. Thank you to our volunteers who helped make the day a giant success!

Thank you to everyone who donated baking for the Friendship Centre bake table. Not a crumb was left by the end of the day. The Friendship Centre bake table raised \$2200 for Friendship Centre programs!



Friendship Centre Knitting Table

Thank you to our Knit & Chat volunteers along with very generous members who donated items for the Friendship Centre knitting table. The final tally on funds raised is still being calculated at this time!

Stay tuned for an update soon! We anticipate the knitting table surpassed our 2022 total.

The Friendship Centre Gives Back this Holiday Season

Friendship Centre members, clients and volunteers jumped into action in December decorating cookies for the Salvation Army Smile Cookie Campaign, ringing the Kettle Bell, donating food to the Salvation Army and Pantry, and EarlyOn Toy Drive!

The Friendship Centre is truly where community comes together!





Upcoming Events



Valentine's Day Lunch



JOIN US FOR A SPECIAL AFTERNOON EDITION OF OUR DINE IN WITH FRIENDS DINING PROGRAM.

ON WEDNESDAY, FEB. 14, AT 12 PM WE WILL HOST A DELICIOUS SOUP AND SANDWICH LUNCH THAT WILL HAVE YOUR TASTEBUDS FALLING IN LOVE. FOLLOWED BY A MUSICAL PERFORMANCE BY RICK FROOK.

THE PRICE IS \$12 PER PERSON. REGISTER BY FEB. 7 FOR A COMMUNITY MEAL YOU WON'T WANT TO MISS.



INTERNATIONAL WOMEN'S DAY

8 MARCH

Imagine a world of gender equality—free from bias, stereotypes, and discrimination. A world that embraces diversity, equity, and inclusion. Join us to champion women's equality with words from Jenn, representing THE LOCAL community food center, dedicated to tackling poverty and food insecurity through community initiatives. Our keynote speaker, Anne Innes, will share insights from her experience at the United Nations' 67th Commission on the Status of Women. Together, let's #InspireInclusion.



International Women's Day



Register for this FREE event at the front desk, or through AcitveNet

Friday, Mar. 8, 2024
1 pm - 3 pm



Friendship Centre Program Calendar

January 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
	1  Happy New Year!	2 Friendship Centre Closed	3 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness @ YMCA	4 9 am L5 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 HSEP Men's Strength 10 am L3 Light Fitness @ Rotary Apts 10 am Lvl 4 Mod Fitness @ Thames Valley 10:30 am ROMEO 11 am L2 Light Gentle Fitness 11 am Lvl Tiered Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	5 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:30 am L1 Tiered Wildwood CC 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Carpet Bowling 1pm Progressive Euchre 1:30 pm L3 Light Fitness @ YMCA	6	
7	8 8 am Breakfast at Joes 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10 am L4 @ Thames Valley 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness @ YMCA	9 9:30 am Creative Minds 10 am Zumba 10 am L3 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	10 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness @ YMCA 4:30 pm Dine Out at Home - Sunset Diner	11 9 am L5 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 HSEP Men's Strength 10 am L3 Light Fitness @ Rotary Apts 10 am Lvl 4 Mod Fitness @ Thames Valley 10:30 am ROMEO 11 am L2 Light Gentle Fitness 11 am Lvl Tiered Kingsway 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Open Crop	12 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Yin Yoga 10:15 am Line Dancing 10:30 am L1 Tiered Wildwood CC 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Carpet Bowling 1pm Progressive Euchre 1:30 pm L3 Light Fitness @ YMCA	13	
14	15 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10 am L4 @ Thames Valley 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness @ YMCA	16 9:30 am Creative Minds 10 am L1 @ Jones St. Apt 10 am L2 Fitness @ Stoneridge 10 am Zumba 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	17 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 7 pm Virtual Open Crop (Zoom)	18 9 am L5 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 HSEP Men's Strength 10 am L3 Light Fitness @ Rotary Apts 10 am Lvl 4 Mod Fitness @ Thames Valley 10:30 am ROMEO 11 am L2 Light Gentle Fitness 11 am Lvl Tiered Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	19 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Yin Yoga 10:15 am Line Dancing 10:30 am L1 Tiered Wildwood CC 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Carpet Bowling 1pm Progressive Euchre 1:30 pm L3 Light Fitness @ YMCA	20	
21	22 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10 am L4 @ Thames Valley 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness @ YMCA	23 9 am Blood Pressure Clinic 9:30 am Creative Minds 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 7:30 pm Intermediate Ballroom Dancing	24 9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10:15 am Education - Mobile Health @ Thames Valley 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness @ YMCA 4:30 pm Dine Out at Home - Cheese Shoppe	25 9 am L5 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 HSEP Men's Strength 10 am L3 Light Fitness @ Rotary Apts 10 am Lvl 4 Mod Fitness @ Thames Valley 10:30 am ROMEO 11 am L2 Light Gentle Fitness 11 am Lvl Tiered Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 4:45 Fine Dining to Cafe Bouffon	26 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Yin Yoga 10:15 am Line Dancing 10:30 am L1 Tiered Wildwood CC 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Carpet Bowling 1pm Progressive Euchre 1:30 pm L3 Light Fitness @ YMCA	27	
28	29 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10 am L4 @ Thames Valley 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness @ YMCA	30 9:30 am Creative Minds 10 am Zumba 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 5 pm Dine in with Friends 6:30 Genealogy 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	31 9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10:15 am Education - Mobile Health 10 am L4 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1 pm Open Crop 1:30 pm L3 Light Fitness @ YMCA	Blood Pressure Clinic Dates Jan. 3 - Thames Valley Jan. 4 - Friendship Centre Jan. 17 - Rotary Jan. 23 - Friendship Centre Jan. 24 - Friendship Centre			

Off-site fitness and falls prevention classes

- Thames Valley Community Hall, 30 Ann St Unit #77
- YMCA at 268 Maiden Lane (at rear of the hospital).
- Rotary Apartments at 22 St. Andrews St N, parkview east hall.
- Wildwood Care Centre - 100 Ann St. St. Marys
- Stoneridge Apartments at 50 Stoneridge Boulevard.
- Kirkton Community Centre at 70497 Road 164, Kirkton.
- Jones St. Apartments- 329 Jones St. W, St. Marys
- No location beside fitness class = Friendship Centre - 317 James St. S, St. Marys



Friendship Centre Program Calendar

February 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 9 am L5 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 HSEP Men's Strength 10 am L3 Light Fitness @ Rotary Apts 10 am Lvl 4 Mod Fitness @ Thames Valley 10:30 am ROMEO 11 am L2 Light Gentle Fitness 11 am Lvl Tiered Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	2 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Yin Yoga 10:15 am Line Dancing 10:30 am L1 Tiered Wildwood CC 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L3 Light Fitness @ YMCA	3
4	5 Blood Donor Clinic 8 am Breakfast at Joes 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10 am L4 @ Thames Valley Pickleball Cancelled 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness @ YMCA	6 9:30 am Creative Minds 10 am Zumba 10 am L3 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	7 9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness @ YMCA 4:30 pm Dine Out at Home - Joe's Diner	8 9 am L4 Vigorous Fitness (floor) 9 am Pickleball 10 am L1 Seated Men's Strength 10 am L2 Fitness @ Rotary Apts 10:30 am ROMEO 11 am L1 Light Gentle Fitness 11 am L1 Kingsway 12:30 pm Pepperama 1:30 pm Knit & Chat 5 pm Open Crop	9 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Yin Yoga 10:15 am Line Dancing 10:30 am L1 Tiered Wildwood CC 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L3 Light Fitness @ YMCA	10
11	12 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10 am L4 @ Thames Valley 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness @ YMCA	13 9:30 am Creative Minds 10 am Zumba 10 am L3 Fitness @ Stoneridge 10:45 am On the Road to Stratford 11 am L1 Light Gentle Fitness 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	14 9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10:15 am Education - Elder Abuse @ TV 10:30 am Pickleball 11:15 am L4 Moderate Fitness 12 pm Valentines Lunch 1 pm Contract Bridge 1:30 pm L3 Light Fitness @ YMCA 	15 9 am L5 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 HSEP Men's Strength 10 am L3 Light Fitness @ Rotary Apts 10 am Lvl 4 Mod Fitness @ Thames Valley 10:30 am ROMEO 11 am L2 Light Gentle Fitness 11 am Lvl Tiered Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	16 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Yin Yoga 10:15 am Line Dancing 10:30 am L1 Tiered Wildwood CC 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L3 Light Fitness @ YMCA	17
18	19 CLOSED for Family Day Home Support Services will run as regularly scheduled. 	20 9:30 am Creative Minds 10 am Zumba 10 am L3 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	21 9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10:15 am Education - Elder Abuse 10:30 am Pickleball E 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness @ YMCA 7 pm Virtual Crop 4:30 pm Dine Out at Home - Four Happy	22 9 am L5 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 HSEP Men's Strength 10 am L3 Light Fitness @ Rotary Apts 10 am Lvl 4 Mod Fitness @ Thames Valley 10:30 am ROMEO 11 am L2 Light Gentle Fitness 11 am Lvl Tiered Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	23 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10:15 am Yin Yoga 10:15 am Line Dancing 10:30 am L1 Tiered Wildwood CC 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Carpet Bowling 1 pm Progressive Euchre 1:30 pm L3 Light Fitness @ YMCA	24
25	26 9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10 am L4 @ Thames Valley 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1:30 pm L3 Light Fitness @ YMCA	27 9:30 am Creative Minds 10 am Zumba 10 am L3 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beginner Ballroom Dancing 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	28 9 am L5 Vigorous Fitness 9:30 am Choir 10 am L5 Men's Strength 10 am L4 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1 pm Open Crop 1:30 pm L3 Light Fitness @ YMCA	29 9 am L5 Vigorous Fitness (Mat) 9 am Pickleball 10 am L1 HSEP Men's Strength 10 am L3 Light Fitness @ Rotary Apts 10 am Lvl 4 Mod Fitness @ Thames Valley 10:30 am ROMEO 11 am L2 Light Gentle Fitness 11 am Lvl Tiered Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 4:45 Fine Dining to ivy Ristorante	Blood Pressure Clinic Dates Feb. 1 - Friendship Centre Feb. 7 - Thames Valley Feb. 20 - Friendship Centre Feb. 21 - Rotary Feb. 28 - Friendship Centre	

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