

# Friendship Centre

# PRIMETIME

March / April 2024



**International Women's Day**  
**Friday, March 8 at 1pm**  
**All are welcome**  
**Please register for this FREE event**



**Coming Soon:**

**Erick Traplin  
Concert**

Tuesday,  
March 12

**St. Patrick's  
Day Bingo**

Friday,  
March 15

**Easter Lunch  
Drive thru-Delivery**

Friday,  
March 22

**Scrapbooking  
Garage Sale**

Saturday,  
April 6

**Scrapathon  
Fundraiser**

Saturday,  
April 27

## 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 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. 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. 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 10 for blood pressure clinic times and locations.



### HOLIDAY CLOSURE NOTICE



The Friendship Centre will be closed on Friday, March 29th & Monday, April 1st for Easter.

Meals on Wheels will continue as regularly scheduled.



## 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.

**Date:** March 26 (register by March 19)  
**Time/location:** 5:00 pm, Friendship Centre  
**Menu:** Lasagna  
**Cost:** \$17



## 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:**  
March 4 (register by Feb 28)  
April 8 (register by April 3)  
**Time/location:** 8:00 am, Joe's Diner  
**Menu:** Anyway eggs, bacon or sausage, hashbrowns, toast, coffee/tea  
**Cost:** \$12



## 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, Mar 6 - Supper from Joe's Diner

**Menu:** Schnitzel, mashed potatoes & veg  
**Cost:** \$12  
**Time of delivery:** Between 4:30 & 5:30 pm  
**Register and pay by Wed, Feb 28**

### Wed, Mar 20 - Supper from Sunset

**Menu:** Meatloaf, mashed potatoes & veg  
**Cost:** \$12  
**Time of delivery:** Between 4:30 & 5:30 pm  
**Register and pay by Wed, Mar 13**

### Wed, Apr 3 - Supper from Naina's Indian Kitchen

**Menu:** Mango chicken & rice  
**Cost:** \$12  
**Time of delivery:** Between 4:30 & 5:30 pm  
**Register and pay by Wed, Mar 27**

### Wed, Apr 17- Supper from Cheese Shoppe

**Menu:** Salad Plate  
**Cost:** \$12  
**Time of delivery:** Between 4:30 & 5:30 pm  
**Register and pay by Wed, Apr 10**



# 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 and other Home Support Services.

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

## Education and Health Screening

- 1) Call Friendship Centre 519-284-3272 or online [www.activecommunities.com/townofstmarys](http://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

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

## Mens 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](http://townofstmarys.com/fallsprevention).

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 class) 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 <small>(2nd class starting in April)</small>	10 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room
10 am Lvl 4 Moderate Kirkton Hall 60 mins		10 am Lvl 4 Moderate Kirkton Hall 60 mins	10am Lvl 1 HSEP Mens Strength Friendship Centre 30 mins MP room	
10 am Lvl 4 Moderate Thames Valley 60 mins			10 am Lvl 4 Moderate Thames Valley 60 mins	
			10 am Lvl 3 Light Rotary Apartments Hall 45 mins	10:30 am Lvl 1 Tiered at Wildwood Care Centre 30 mins
11 am Lvl 1 Tiered Friendship Centre 30 mins	11 am Lvl 2 Light Gentle Friendship Centre 30 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		11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room	11 am Lvl 1 Tiered Kingsway/Fairhill 30 mins	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



# Virtual Fitness Classes



## JOIN US FOR OUR FALLS PREVENTION PROGRAM

This exercise class focuses on cardio, strength, balance, stretching, and falls prevention education.

Join us on Zoom from the comfort of your own home!



- Level 3: Monday, Wednesday & Friday | 9:00 AM
- Level 2: Tuesday and Thursday | 9:00 AM
- Level 1: Monday-Friday | 10:30 AM

“

ONE CARE has been a life saver for me. I enjoy the social program and exercise classes through Zoom, it keeps me stay connected with others. I do the classes two times a week and I feel stronger and less likely to fall.

-ONE CARE Client

”

Call ONE CARE today to register!

1-844-482-7800



www.onecaresupport.ca | Follow us on social media



Can't make it to an in-person class at the Friendship Centre? Check out the virtual options offered by neighbouring communities.



MITCHELL & AREA COMMUNITY OUTREACH



## Virtual Group Exercise Classes

Interested in joining a Senior's fitness class from the comfort of your own home?

**What:** Level-3 Senior Fitness Class

\*Includes cardio, balance, strengthening, and stretching components. Led by a SFIC-certified instructor!

**When:** Mondays, Tuesdays, Wednesdays & Fridays

@ 9:30-10:30AM

**Where:** Zoom

**Cost: FREE!**



Call Intake at 1-844-482-7800 to register **TODAY!**

Mitchell & Area Community Outreach  
519-348-9765

Keep up to date by signing up for our newsletter!

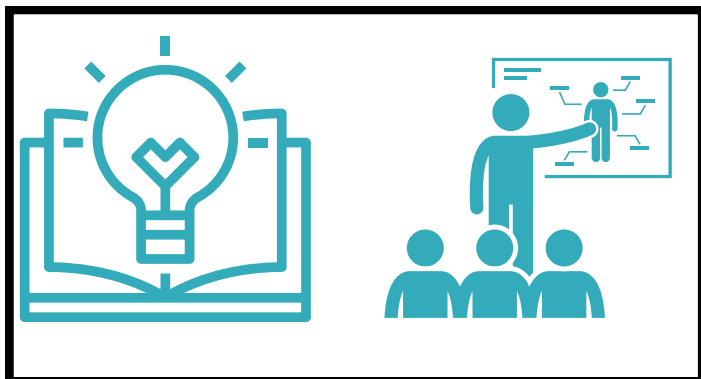


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# Wellness Education Sessions



## Education Session | Free

### 10 Warning signs of Dementia

Learn to identify common early signs of dementia and explore the difference between early signs of dementia and common age-related memory changes with Alzheimer Society Public Education Coordinator: Christy Bannerman.

Wed, March 20 - 10:15 am

Friendship Centre- 1/3 hall

Wed, March 27 - 10:30 am

Thames Valley Community hall 30 Ann St. #77

ActiveNet Registration required

## Education Session | Free

### Clutter

Have you ever thought of clutter affecting your mental health? Have you ever walked into a room and just felt overwhelmed? Have you ever said "I just need to tip this house of its belongs and start over!" Join Pauline Hoffman, Certified Professional Organizer to discuss how to deal with clutter.

Wed, April 3th - 10:15 am

Friendship Centre -1/3 hall

ActiveNet Registration required

## Education Session | Free

### What's Eating You?

*What's Eating You?* is a 4 week program facilitated by Registered Dietitian Teresa Fowler and Registered Social Work Alex McAlpine, from Happy Valley Family Health Team. The intent of this workshop series is to have participants reflect on why it's difficult to eat in healthy ways. Determine environmental, physical and personal behavioural factors regarding your eating habits. Learn a variety of strategies for positive, long term behaviour change.

Mon, April 8th - April 29 - 5:30 pm (4 weeks)

Friendship Centre- meeting room AB

ActiveNet Registration required

## Education Session | Free

### Seniors Mental Health

Join Frances Taylor, RN, MN Enhanced Psychogeriatric Resource Consultant with Huron Perth Seniors Mental Health and Addictions Response Team Mental Health Services to discuss mental health resources for Seniors.

Wed, April 10th - 10:15 am

Friendship Centre- 1/3 hall

ActiveNet Registration required

## Education Session | \$25

### Time for Me

Time for Me is an 8 week discussion and personal growth group for older adults. The purpose of the group is to get to know oneself and become more aware of personal strengths, skills, and values. Learn more effective ways of communicating relating to others and expanding participant's awareness of the options open to them, while increasing self-esteem. We will make new friends and connect with others to reduce isolation. \$25 cost is to cover manual and snacks.

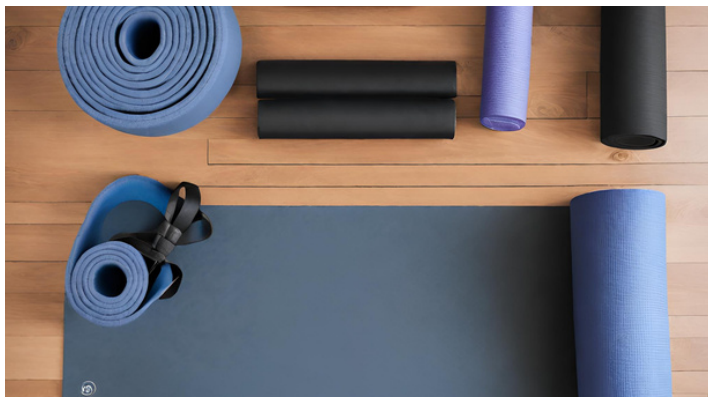
Thursday 1:00 pm, May 9 to June 27 (8 weeks)

Friendship Centre- Meeting Room AB

ActiveNet Registration required



# Wellness Programs



## YIN Yoga | \$80 returns in May

Yin yoga is a restorative practice involving supported long holds of traditional postures. Space is limited. Please bring props for your comfort such as blankets, small pillows, large pillows, yoga blocks, towels etc. to enhance your experience. Drop in option available.

Fri at 1:30 pm- *new time!*  
May 10 - June 28 (8 weeks)

ActiveNet Registration required

## Chair Yoga | \$88

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.

Tues at 1:30 pm  
April 2 - May 28th (9 weeks)

ActiveNet Registration required



## Indoor Walking at St. Marys DCVI | FREE

Looking to get some steps in? 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.

Mon-Thurs 5-8pm

**Ends April 30th**

ActiveNet Registration required

## Meditation for the peaceful mind | \$20

Join Denise with this mindful proactive that guides you through breathing affirmation to improve your peaceful mind. 30 mins of practice, please wear comfortable clothes and dress in layers.

Wednesday at 10:15 am  
Apr 24 - May 15 (4 weeks)

ActiveNet Registration required



## More fitness and falls prevention classes in St. Marys

Another Level 3 class starting April 4 at Stoneridge Apts on Thursdays at 10 am for 45 mins. Building located at 50 Stoneridge Blvd., St. Marys.





# Fitness and Falls Prevention Wellness Program



How hard do you work to maintain or improve your health?

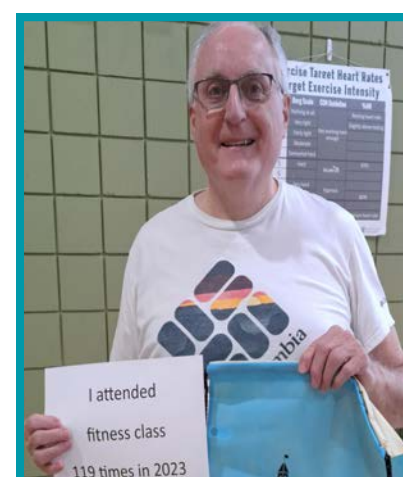
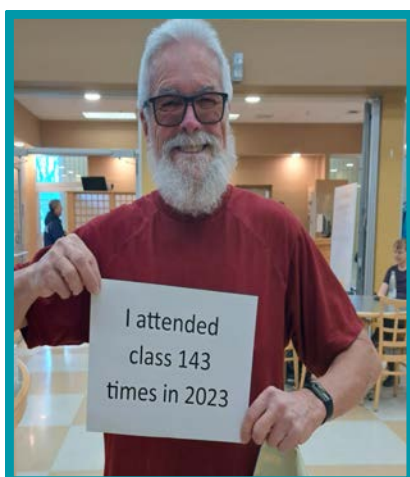
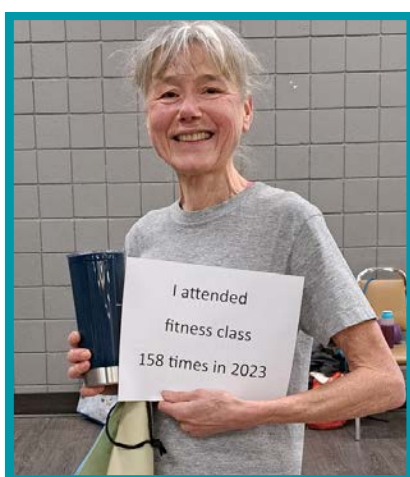
All of our fitness and falls prevention participants work very hard!

Improve your bone health, cognition, quality of life and physical function by:

- moderate to vigorous aerobic physical activities accumulation of at least 150 mins per week
- muscle strengthening using major muscles at least twice per week

Congrats to our “Top 3” Female & Male Falls Prevention Participants

You're dedication does not go unnoticed!



We recognize the hard work and effort put in by ALL Fitness & Falls Prevention participants. We hope everyone strives to meet their personal goals for 2024!



## Wellness- "Heard Around Here"



Shirley is a regular participant to Level 4 Fitness and Falls Prevention classes. Recently, her doctor told her her bone density was improving! Great job - your hard work is paying off!

"Today I participated in exercise, pickleball, then came back in the afternoon for cards. I absolutely love it here." Said by a dedicated Friendship Centre member.

"I'm newly retired and I don't know what I would do if I didn't have this place to come to." Heard in our main hall from a participant enjoying a coffee after exercise.

"Having a healthy snack available in the main hall after exercise has been a nice treat."  
Thank you, Library Pantry!

## Blood Pressure Clinics - Health Screening

- 1) Call Friendship Centre 519-284-3272 to register an appointment
- 2) Once at the clinic appointment 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

March 7 and April 4

3rd Tuesday of the month. AM

March 19 and April 16

4th Wednesday of the month, AM

March 27 and April 24

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

3rd Wednesday of the month, 9:30 am

Drop in to the Community Room

March 20 and April 17

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

1st Wednesday of the month, AM

March 6 and April 3 in the Community Hall

Call Friendship Centre to book appointment. 519-284-3272



# 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. All levels welcome!

April 5- May 31 (8 weeks) No class April 12.  
Fri at 10:15 am

ActiveNet registration required.



## Zumba | M: \$44 - NM \$50 +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. Program requires minimum number of participants to run.

4 week session- April 2 - 23  
Tues at 10 am

**DROP IN OPTION STILL AVAILABLE**  
**Tuesday at 10 am and 6:45 pm March 5 to 26th**

ActiveNet registration required.



## Ballroom Dancing | M: \$30 / NM: \$37.50 +HST

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

Mar. 5 - Apr. 30 (8 weeks) No class April 9.  
Tues at 6:30 pm (Beginner) OR 7:30 pm (Intermediate)

Next session May 7- June 25 (8 weeks)

ActiveNet registration required.

### NEW Program Alert: "Write Your Life"

Honour your life and story by getting them on paper.

Taught by Vicki Pinkerton, writer & life coach.

Wednesday afternoons in May & June.

More details to come! Get your name on the interest list at our front desk or email [friends@town.stmarys.on.ca](mailto:friends@town.stmarys.on.ca)





# 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

## 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

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

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 get healthy and be social. Yearly fee renews in September.

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

## Please Register for your Program

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 just how many people and how often programs are utilized.



## 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

## 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, Mar. 14 at 12:30 pm

Thurs, Apr. 11 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.

Wed 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.

Fri at 1 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

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.

Thurs, 1:30 pm

Drop in. Volunteer 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

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, Mar 14, 5 - 9 pm & Wed, Mar 27, 1-5 pm

Thurs, Apr 11, 5 - 9 pm & Wed, Apr 24, 1-5 pm

Monthly registration required.

## Virtual Open Crop | \$20

A virtual space with an experienced instructor to help you with your creation. Please ensure you have reliable internet connection and Zoom.

Wed, March 20

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, March 26, 6:30 pm

Tues, April 30, 6:30 pm

Drop in. Annual registration required.

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

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

Thurs, 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.

Tues at 1 - 4 pm - No Jamboree March 12

Drop in. Annual 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 at 9:30 am

Annual registration required.

## Community Allotment Garden | \$30

Did you know the Friendship Centre Coordinates the Community Allotment Gardens located at the St. Marys Cemetery? If you would like a 15x20 foot garden for annual flowers and produce, let us know!

Garden season runs May - October

Annual registration required.



# Day Trips



## On the Road to the Elmhurst Inn

**M: \$21 / NM: \$24**

Join us on the Mobility Bus when we head to the Elmhurst Inn Restaurant. We will be attending their weekly buffet lunch where ages 55+ get a discount. Meal not included in price. Price is for transportation only, tax is included.

Tues, Mar 12. Depart 11:15 am. Return 2:30 pm.

ActiveNet registration required.

## Fine Dining to David's Bistro

**M: \$24 / NM: \$27**

Join us as we try out David's Bistro in London. We will depart at 4:30 pm and return around 8:45 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Wed, Mar 27. Depart 4:30 pm. Return 8:45 pm.

ActiveNet registration required.

## Fine Dining to Six Thirty Nine

**M: \$24 / NM: \$27**

Join us as we try out Six Thirty Nine in Woodstock. We will depart at 4:30 pm and will return at 8:45 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Thurs, Apr 25. Depart 4:30 pm. Return 8:45pm.

ActiveNet registration required.



## Upcoming Coach



## Bus Trips



### Ripley's Aquarium

**M: \$145 / NM: \$160**

Following a delicious lunch at Hothouse Restaurant in Toronto, we will spend the afternoon at Ripley's Aquarium. Immerse yourself among thousands of awe-inspiring aquatic animals and get closer than ever before with interactive, hands-on experiences and unique animal encounters.

Thurs, Apr 18. Depart at 9:15 am. Return at 6 pm.

ActiveNet registration required.

### Rock of Ages

**M: \$155 / NM: \$170**

Fans of '80s music will dig this awesomely hilarious musical comedy that wails with big chords, big hair ... and an even bigger heart. Lunch at Anna Mae's restaurant, followed by the afternoon at St. Jacobs Country Playhouse.

Thurs, May 16. Depart at 10:30 am. Return at 5 pm

ActiveNet registration required.

### Grand River Boat Cruise

**M: \$145 / NM: \$160**

Enjoy a boat cruise this summer on the beautiful Grand River. Before setting sail you will enjoy a performance by the Blazing Fiddles. You will then have a delicious lunch while you cruise the Grand.

Wed, July 17. Depart at 9:15 am. Return at 4:30pm.

ActiveNet registration required.



# 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 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.

### Fitness Instructors

Do you enjoy attending fitness class and have a skill set as a leader? We are looking for volunteer fitness instructors for all levels. You need to successfully complete online course and tests, practical evaluation, this volunteer role requires a long term commitment.

### Volunteer Visiting

Friendships and connection with others is vitally important to maintaining our health as we age. If you are interested in giving an hour a week to visit with a fellow community member it might just be the best hour of your week! Volunteers are match with like minded seniors in the community for in-home visits. No experience necessary.





# Volunteer Information



## National Volunteer Week is April 14 - 20, 2024

National Volunteer Week highlights the importance of every volunteer and each contribution they make at a moment when we need support. Sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength and well-being of our communities.

Help celebrate the volunteers who make the Friendship Centre a great place to be!

The Friendship Centre is planning something special for our volunteers during National Volunteer Week. If you attend programs or access services that are supported by any of our over 200 volunteers and want to show your appreciation by helping out please reach out to Jenny Mikita at [jmikita@town.stmarys.on.ca](mailto:jmikita@town.stmarys.on.ca) or by calling the Friendship Centre.



### Four Ways Volunteering Improves YOU!

- Improves self-esteem
- Develops new skills
- Supports your mental health and well-being
- Establishes better routines

### Meet the St. Marys & Area Mobility Service

St. Marys is lucky to have accessible transportation offered by St. Marys & Area Mobility Service. Did you know that they rent office space in the Friendship Centre? Their office is open Monday-Friday 8am-4pm. If you would like to book a ride on the Mobility Bus please call EasyRide at 519-272-9875. St. Marys & Area Mobility Service can be reached at 519-284-4010.



Pictured left to right include: Amber, Mobility Manager; Ashley, Program Assistant; and Diane, Driver.

The Mobility team also includes drivers in their agency vehicles: Irene, Rhonda, Marg, Aaron and Phil.

They would also like to recognize their volunteer drivers: Allen, Doug, Adrian, Brian, Don, Gord, Josh and Reg.





# General Information



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

## Contact Us

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

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

**Phone:** 519-284-3272

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

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

**Friendship Centre email:**

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

**Home Support email:**

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

## Friendship Centre Memberships

**Membership Benefits:** 25% savings on most programs and trips, access to free or low fee programs. Fees help offset operating costs including utilities, equipment, and supplies. Individuals aged 50+ and/or persons of varying abilities are eligible. The cost is \$50 per year and expires one year from the date of purchase. Memberships can be purchased online. Visit [townofstmarys.com/friendshipcentre](http://townofstmarys.com/friendshipcentre) for details. We accept cash, 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, martial 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](http://www.veterans.gc.ca/eng).





# 2023 Year in Review



The Senior Services department offers two core programs. the Friendship Centre and St. Marys Home Support Services. The Friendship Centre strives to reduce social isolation, improve mental health outcomes and help the 50+ community to stay active, independent, and engaged. St. Marys Home Support Services provides programs and services for people 50 years and older, people recovering from illness or injury and people with varying abilities. Home Support Services' goal is to reduce social isolation, improve health outcomes and help older adults to remain independent and age in place.

Senior Services relies heavily on the support of our 210 volunteers to offer the high volume and quality of programs and services and all fundraising efforts offered by the department. With the support of volunteers and our community partners we are successful!

2022 Memberships	2023 Memberships	Clients Served in 2022	Clients Served in 2023
441	519	635	719

Program	2023 Unique Individuals Served	2022 Unique Individuals Served	Programs Accessed in 2023	Programs Accessed in 2022
Ballroom Dancing	29	29	640	640
Carpet Bowling	24	15	295	155
Contract Bridge	27	22	630	419
Creative Minds	10	8	280	229
Choir	28	28	577	189 (program only ran from ) Oct - Dec in 2022



# 2023 Year in Review



Program	2023 Unique Individuals Served	2022 Unique Individuals Served	Programs Accessed in 2023	Programs Accessed in 2022
Euchre	40	Program did not start until August 2023	131	Program did not start until August 2023
Genealogy	19	12	81	79
Jamboree	199	169	2,512	800
Knit & Chat	14	13	412	280
Line Dancing	48	36	330	387
Pepper	36	24	598	412
Pickleball	73	96	2,100	1,800
Quilting	14	12	481	425
Scrapbooking	31	14	216	121
ROMEO	21	14	437	271
Zumba	49	41	636	477

## 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.



# 2023 Year in Review



Program	2023 Unique Individuals Served	2022 Unique Individuals Served	Programs Accessed in 2023	Programs Accessed in 2022
Hot Meals On Wheels	58 Individuals Served	33 Individuals Served	2, 931 Meals Served	1, 929 Meals Served
Frozen Meals on Wheels	61 Individuals Served	48 Individuals Served	2, 303 Meals Served	1, 754 Meals Served
Community Dining (Dine In and Dine out)	220 Individuals Served	218 Individuals Served	2, 087 Meals Served	2, 298 Meals Served
Footcare	199 Individuals Served	200 Individuals Served	861 Appointments	1, 028 Appointments
Volunteer Visiting/Telephone Reassurance	22 Individuals Served	19 Individuals Served	980 Visits	1, 079 Visits
Education	193 Individuals Served	79 Individuals Served	545 Programs Accessed	166 Programs Accessed
Blood Pressure Clinics	66 Clients Served	44 Clients Served	418 Blood Pressures Taken	279 Blood Pressures Taken
Shopping Services	40 Clients Served	51 Clients Served	564 Shopping Trips	614 Shopping Trips
Group Fitness/ Falls Prevention Classes	312 Individuals Served	263 Individuals Served	10, 794 fitness classes attended	7, 892 fitness classes attended

In 2023 volunteers supported the Senior Services department to raise over **\$54, 500** to support the programs and services offered at the Friendship Centre. Events such as our bi-annual Scrapathon's and Garage Sales, The Friendship Centre Craft Show, Knitting Table, Bake Table, Quilting program, Festive Holiday Drive Thru Meals all contribute to high quality programs and services. Fundraising events keep program cost attainable and assist the department to subsidize when required. Together we hosted over 140 Scrapbookers at our Fundraising events, welcomed over 2, 000 people through our doors at the annual Craft Show and served over 900 meals through fundraising events.





## Upcoming Events



### St. Patrick's Day Bingo

Will you have the luck of the Irish? Join us for our "just for fun" St. Patrick's Day Bingo to find out! Limited Space available

**Friday, March 15 at 1:30 pm**

**Cost: Members \$6, non-members \$8**

Prizes will be St. Patrick's Day surprises!

Register by calling 519-284-3272 or on ActiveNet



### Erick Traplin Concert



Enjoy an intergenerational performance from Erick Chaplin hosted by EarlyOn & the Friendship Centre.

**Tuesday, March 12  
10am in the 2/3 hall**

**This event is FREE and ALL ages are welcome!!  
Register on ActiveNet or call 519-284-3272**

EarlyON Families: Please register via your KeyON Account.





## Upcoming Events



# Easter Lunch Drive-thru/ Delivery

Order a yummy Easter Lunch to celebrate the Easter season. Sign up for drive-thru, or you can get it delivered to your home. Would you like to give back? Gift a meal to someone in need.

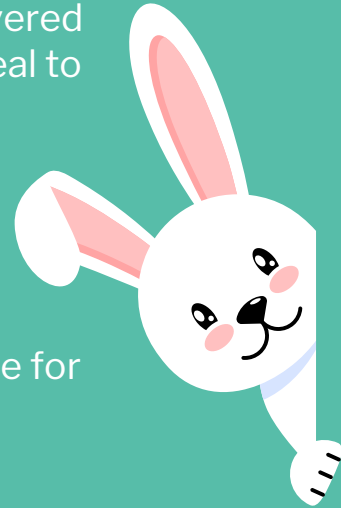
**Friday, March 22**

Delivery will be between 11:30am-12:30pm  
Drive-thru time will be communicated to you beforehand

Menu: Turkey dinner with all the fixings & carrot cake for dessert

**Cost: \$25**

Register by calling 519-284-3272 or on ActiveNet



# Scrapbooking Garage Sale

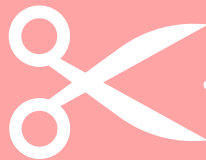
**Saturday, April 6, 2024**

**9am - 1pm**

**St. Marys Friendship Centre**

**317 James St. S**

Find gently used or unwanted scrapbooking and card making supplies. Deal after deal! Cash only.



Register to become a vendor!  
Email [friends@town.stmarys.on.ca](mailto:friends@town.stmarys.on.ca),  
call 519-284-3272 or on ActiveNet



# Program Calendar - March 2024



MON	TUES	WED	THURS	FRI
				<p><b>1</b></p> <p>9 am L5 Vigorous Fitness  10 am L5 Men's Strength  10:15 am Line Dancing  10:15 am YIN yoga  10:30 am Pickleball  10:30 am L1 Tiered Fitness at Wildwood Care Centre  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><b>4</b></p> <p>8 am Breakfast at Joe's Diner  9 am L5 Vigorous Fitness  10 am L5 Men's Strength  10 am L4 Fitness in Kirkton  10 am L4 Fitness at Thames Valley  10:30 am Pickleball  11:00 am L1 Tiered Fitness  1 pm Shuffleboard  1 pm Quilting  1:30 pm L3 Light Fitness at the YMCA</p>	<p><b>5</b></p> <p>9 am Quilting  9:30 am Creative Minds  10 am Zumba  10 am L2 Fitness at Stoneridge  11 am L2 Light Gentle Fit  1 pm Pepper/Bid Euchre  1 pm Jamboree  1:30 pm Chair Yoga  6:30 pm Beg. Ballroom  7:30 pm Int. Ballroom</p>	<p><b>6</b></p> <p>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  11:15 am L4 Moderate Fitness  1 pm Contract Bridge  1:30 pm L3 Light Fitness at the YMCA  4:30 pm Supper from Joe's Diner</p>	<p><b>7</b></p> <p>9 am L5 Vigorous Fitness  9 am Pickleball  10 am L3 Light Fitness at Rotary Apts.  10 am L4 Moderate Fitness at Thames Valley  10 am L1 Men's Fitness  10:30 am ROMEO  11 am L2 Light Gentle Fit  11 am L1 Tiered Fitness at Kingsway  1 pm Shuffleboard  1 pm Blood Pressure at FC  1:30 pm Knit &amp; Chat</p>	<p><b>8</b></p> <p>9 am L5 Vigorous Fitness  10 am L5 Men's Strength  <b>Pickleball Cancelled</b>  10:30 am L1 Tiered Fitness at Wildwood Care Centre  11:15 am L4 Moderate Fitness  1 pm Progressive Euchre  1 pm Carpet Bowling  <b>1 pm International Women's Day</b></p>
<p><b>11</b></p> <p>9 am L5 Vigorous Fitness  10 am L5 Men's Strength  10 am L4 Fitness in Kirkton  10 am L4 Fitness at Thames Valley  10:30 am Pickleball  11 am L1 Tiered Fitness  1 pm Quilting  1 pm Shuffleboard  1:30 pm L3 Light Fitness at the YMCA</p>	<p><b>12</b></p> <p>9 am Quilting  9:30 am Creative Minds  <b>10 am FREE Erick Traplin Concert</b>  10 am Zumba (in 1/3)  10 am L2 Fitness at Stoneridge  11 am On the Road to the Elmhurst Inn Restaurant  11 am L2 Light Gentle Fit  1 pm Pepper/Bid Euchre  <b>Jamboree CANCELLED</b>  1:30 pm Chair Yoga</p>	<p><b>13</b></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 Pickleball  11:15 am L4 Moderate Fitness  1 pm Contract Bridge  1:30 pm L3 Light Fitness at the YMCA</p>	<p><b>14</b></p> <p>9 am L5 Vigorous Fitness  9 am Pickleball  10 am L3 Light Fitness at Rotary Apts.  10 am L4 Moderate Fitness at Thames Valley  10 am L1 Men's Fitness  10:30 am ROMEO  11 am L2 Light Gentle Fit  11 am L1 Tiered Fitness at Kingsway  12:30 pm Pepperama</p>	<p><b>15</b></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 Care Centre  11:15 am L4 Moderate Fitness  1 pm Progressive Euchre  1 pm Carpet Bowling  1:30 pm L3 Light Fitness at the YMCA  <b>1:30 pm St. Patrick's Day Bingo</b></p>

MON	TUES	WED	THURS	FRI
<b>March Continued</b> 11	12	13	14	15
	6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom		1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	
18	19	20	21	22
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley <b>Pickleball Cancelled</b> 11 am L1 Tiered Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9 am Blood Pressure at FC 9 am Quilting 9:30 am Creative Minds 10 am Zumba 10 am L2 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 6:30 pm Beg. Ballroom 7:30 pm Int. Ballroom	9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am Blood Pressure at Rotary 10:15 am Alzheimer's Education at FC 10 am L5 Men's Strength 10 am L4 Fitness at Kirkton 10:30 am Pickleball 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Sunset Diner 7 pm Virtual Scrapbooking Class	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L4 Moderate Fitness at Thames Valley 10 am L1 Men's Fitness 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 Care Centre 11:15 am L4 Moderate Fitness 12 pm <b>Easter Lunch Drive Thru/Delivery</b> 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
				
25	26	27	28	29
9 am L5 Vigorous Fitness 10 am L5 Men's Strength 10 am L4 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 11 am L1 Tiered Fitness 1 pm Quilting 1 pm Shuffleboard 1:30 pm L3 Light Fitness at the YMCA	9 am Quilting 9:30 am Creative Minds 10 am Zumba last day 10 am L2 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga 5 pm Dine in with Friends 6:30 pm Genealogy 6:30 pm Beg. Ballroom 7:30 pm Int. 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 Blood Pressure FC 10:30 am Pickleball 10:30 Alzheimer's Education at Thames Valley 11:15 am L4 Fitness 1 pm Contract Bridge 1 pm Open Crop 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Fine Dining to David's Bistro	9 am L5 Vigorous Fitness 9 am Pickleball 10 am L3 Light Fitness at Rotary Apts. 10 am L4 Moderate Fitness at Thames Valley 10 am L1 Men's Fitness 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	<b>No Programs Good Friday</b> <b>Home Support Services will continue as usual</b> 

## Legend

### Off-site Fitness and Falls Prevention Classes

- Thames Valley Community Hall, 30 Ann Street, Unit #77
- YMCA at 268 Maiden Lane (at rear of the hospital)
- Kirkton Community Centre, 70497 Road 164, Kirkton
- Rotary Apartments, 22 St. Andrews St N, Parkview East Hall

### Off-site Fitness and Falls Prevention Classes

- Stoneridge Apartments, 50 Stoneridge Boulevard
- Kingsway Nursing Home, 310 Queen St E
- Wildwood Care Centre, 100 Ann St

\*\*Please note the Friendship Centre runs a FREE indoor walking program October-April at DCVI high school located at 338 Elizabeth St





# Program Calendar - April 2024



MON	TUES	WED	THURS	FRI
<p><b>1</b></p> <p><b>Easter Monday</b> <b>No programs</b></p> <p><b>Home Support Services will continue as usual</b></p> <p><b>HAPPY EASTER</b></p>	<p><b>2</b></p> <p><b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> L2 Fitness at Stoneridge <b>10am</b> Zumba - <i>New Session!</i> <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>1:30 pm</b> Chair Yoga- <i>New Session!</i> <b>6:30 pm</b> Beg. Ballroom <b>7:30 pm</b> Int. Ballroom</p>	<p><b>3</b></p> <p><b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> Choir <b>9:30 am</b> Blood Pressure at Thames Valley <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:15 am</b> Clutter Education <b>10:30 am</b> Pickleball <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>4:30 pm</b> Supper from Naina's Kitchen</p>	<p><b>4</b></p> <p><b>9 am</b> L5 Vigorous Fitness <b>9 am</b> Pickleball <b>10 am</b> L3 Light Fitness at Rotary Apts. <b>10 am</b> L2 Fitness at Stoneridge- <i>NEW!</i> <b>10 am</b> L4 Moderate Fitness at Thames Valley <b>10 am</b> L1 Men's Fitness <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1 pm</b> Blood pressure @ FC <b>1:30 pm</b> Knit &amp; Chat</p>	<p><b>5</b></p> <p><b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:15 am</b> Line Dancing- <i>New Session!</i> <b>10:30 am</b> L1 Tiered Fitness at Wildwood Care Centre <b>Pickleball Cancelled</b> <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Carpet Bowling <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>SATURDAY, APR 6</b> <b>9 am- 1 pm</b> Scrapbooking Garage Sale</p>
<p><b>8</b></p> <p><b>8 am</b> Breakfast at Joe's Diner <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>11 am</b> L1 Tiered Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>5:30 pm</b> What's Eating You? - <i>New Program!</i></p>	<p><b>9</b></p> <p><b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> Zumba <b>10 am</b> L2 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>1:30 pm</b> Chair Yoga <b>Ballroom Dancing Cancelled</b></p>	<p><b>10</b></p> <p><b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> Choir <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:15 am</b> Seniors Mental Health Education <b>10:30 am</b> Pickleball <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1:30 pm</b> L3 Light Fitness at the YMCA</p>	<p><b>11</b></p> <p><b>9 am</b> L5 Vigorous Fitness <b>9 am</b> Pickleball <b>10 am</b> L3 Light Fitness at Rotary Apts. <b>10 am</b> L2 Fitness at Stoneridge <b>10 am</b> L4 Moderate Fitness at Thames Valley <b>10 am</b> L1 Men's Fitness <b>10:30 am</b> ROMEO <b>11am</b> L2 Light Gentle Fit <b>11am</b> L1 Tiered Fitness at Kingsway <b>12:30 pm</b> Pepperama <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit &amp; Chat <b>5 pm</b> Open Crop</p>	<p><b>12</b></p> <p><b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:15 am</b> Line Dancing <b>10:30 am</b> Pickleball <b>10:30 am</b> L1 Tiered Fitness at Wildwood Care Centre <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Carpet Bowling <b>1:30 pm</b> L3 Light Fitness at the YMCA</p>
<p><b>15</b></p> <p><b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>11 am</b> L1 Tiered Fitness <b>1 pm</b> Quilting</p>	<p><b>16</b></p> <p><b>9 am</b> Quilting <b>9 am</b> Blood pressure FC <b>9:30 am</b> Creative Minds <b>10 am</b> L2 Fitness at Stoneridge <b>10 am</b> Zumba <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre</p>	<p><b>17</b></p> <p><b>Today we are appreciating our wonderful Volunteers!</b></p> <p><b>1 pm</b> Contract Bridge <b>4:30 pm</b> Supper from the Cheese Shoppe</p>	<p><b>18</b></p> <p><b>9 am</b> L5 Vigorous Fitness <b>9 am</b> Pickleball <b>9:15 am</b> Ripley's Aquarium Coach Bus Trip <b>10 am</b> L3 Light Fitness at Rotary Apts. <b>10 am</b> L2 Fitness at Stoneridge</p>	<p><b>19</b></p> <p><b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:15 am</b> Line Dancing <b>Pickleball Cancelled</b> <b>10:30 am</b> L1 Tiered Fitness at Wildwood Care Centre <b>11:15 am</b> L4 Moderate Fitness</p>

MON	TUES	WED	THURS	FRI
<b>April Continued</b> 15 <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>5:30 pm</b> Whats Eating You?	16 <b>1 pm</b> Jamboree <b>1:30 pm</b> Chair Yoga <b>6:30 pm</b> Beg. Ballroom <b>7:30 pm</b> Int. Ballroom	17 	18 <b>10 am</b> L4 Moderate Fitness at Thames Valley <b>10 am</b> L1 Men's Fitness <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat	19 <b>1 pm</b> Progressive Euchre <b>1 pm</b> Carpet Bowling <b>1:30 pm</b> L3 Light Fitness at the YMCA
22 <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>11 am</b> L1 Tiered Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>5:30 pm</b> What's Eating You?	23 <b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> Zumba <b>10 am</b> L2 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>1:30 pm</b> Chair Yoga <b>6:30 pm</b> Beg. Ballroom <b>7:30 pm</b> Int. Ballroom	24 <b>9 am</b> L5 Vigorous Fitness <b>9:30 am</b> Choir <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness at Kirkton <b>10:15 am</b> Meditation Peaceful Mind- <i>NEW!</i> <b>10:30 am</b> Pickleball <b>10:30 am</b> Blood pressure FC <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Contract Bridge <b>1 pm</b> Scrapbooking Open Crop <b>1:30 pm</b> L3 Light Fitness at the YMCA	25 <b>9 am</b> L5 Vigorous Fitness <b>9 am</b> Pickleball <b>10 am</b> L3 Light Fitness at Rotary Apts. <b>10 am</b> L2 Fitness Stoneridge <b>10 am</b> L4 Moderate Fitness at Thames Valley <b>10 am</b> L1 Men's Fitness <b>10:30 am</b> ROMEO <b>11 am</b> L2 Light Gentle Fit <b>11 am</b> L1 Tiered Fitness at Kingsway <b>1 pm</b> Shuffleboard <b>1:30 pm</b> Knit & Chat <b>4:30 pm</b> Fine Dining to Six Thirty Nine Restaurant	26 <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10:15 am</b> Line Dancing <b>Pickleball Cancelled</b> <b>10:30 am</b> L1 Tiered Fitness at Wildwood Care Centre <b>11:15 am</b> L4 Moderate Fitness <b>1 pm</b> Progressive Euchre <b>1 pm</b> Carpet Bowling <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>SATURDAY, APR 27</b> <b>9 am- 7 pm</b> Scrapathon
29 <b>9 am</b> L5 Vigorous Fitness <b>10 am</b> L5 Men's Strength <b>10 am</b> L4 Fitness in Kirkton <b>10 am</b> L4 Fitness at Thames Valley <b>10:30 am</b> Pickleball <b>11 am</b> L1 Tiered Fitness <b>1 pm</b> Quilting <b>1 pm</b> Shuffleboard <b>1:30 pm</b> L3 Light Fitness at the YMCA <b>5:30 pm</b> What's Eating You?	30 <b>9 am</b> Quilting <b>9:30 am</b> Creative Minds <b>10 am</b> Zumba <b>10 am</b> L2 Fitness at Stoneridge <b>11 am</b> L2 Light Gentle Fit <b>1 pm</b> Pepper/Bid Euchre <b>1 pm</b> Jamboree <b>1:30 pm</b> Chair Yoga <b>6:30 pm</b> Genealogy <b>6:30 pm</b> Beg. Ballroom <b>7:30 pm</b> Int. Ballroom			

## Legend

### Off-site Fitness and Falls Prevention Classes

- Thames Valley Community Hall, 30 Ann Street, Unit #77
- YMCA at 268 Maiden Lane (at rear of the hospital)
- Kirkton Community Centre, 70497 Road 164, Kirkton
- Rotary Apartments, 22 St. Andrews St N, Parkview East Hall

### Off-site Fitness and Falls Prevention Classes

- Stoneridge Apartments, 50 Stoneridge Boulevard
- Kingsway Nursing Home, 310 Queen St E
- Wildwood Care Centre, 100 Ann St

\*\*Please note the Friendship Centre runs a FREE indoor walking program October- April at DCVI high school located at 338 Elizabeth St