

Friendship Centre

PRIMETIME

November / December 2023

Join us as we celebrate the season! Our afternoon will begin with a festive performance by our Friendship Centre Choir, followed by snacks, refreshments and a variety of exciting performances.



SAVE THE DATE
**Friendship Centre
Holiday Social**
Friday, December 15
at 1 pm
Admission by
Donation

Do you want to be a part of the show? Sign up your group with Tom!

Be sure to RSVP by signing up at the front desk or on active net.



Coming Soon:

Trip to Walters Family Christmas
Nov. 15

St. Marys Craft Show
Nov. 18

New Program: Building Connections
Starts: Nov. 30

Christmas Drive-thru/Delivered Lunch
Dec. 6

Christmas Social
Dec. 15

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



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



We are currently recruiting for these volunteer positions:

Shopping Services
Telephone Reassurance
Volunteer Visitor
Travel Club



Baked Goods Needed!



The Friendship Centre will be hosting a bake table at our annual Craft Show on November 18th.

If you are interested in donating baking please connect with the front desk. Baking can be dropped off Thursday November 16th or Friday November 17th in the morning. All proceeds support Friendship Centre programs.



As we come to the end of 2023, we would like to take the opportunity to thank you all for your support in 2023. Thank you for renewing your membership, for giving your time and for showing up to support the programs and services we offer.

May your holiday season be filled with all the things you love and may your year ahead be full of good health, and an abundance of happiness.

Cheers to another great year!

Your Friendship Centre Staff

Jenny, Pauline, Kim, Allyson, Tom, Louise and Hillary

Help the Friendship Centre Support our Community!

The Friendship Centre will be supporting our local Food Bank this holiday season in the following ways and we need your help

Connect with Jenny about volunteering with the Friendship Centre for the following events

**Nov 14
8am to 4pm**

Decorate Smile Cookies at Tim Hortons

**Dec 8
10am - 6pm**

Ring the Kettle Bell with us in support of our Food Bank.

Team Work Makes the Dream Work!



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.

****No Meals On Wheels delivery on December 25 & 26. Meal delivery resumes on December 27****

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.**

****There will be no shopping services available for December 26th. Weekly shopping will be done on December 28th**

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 exercise 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



Are you looking for an organization to make a charitable donation to this holiday season?

Donations support the Friendship Centre in offering subsidy for those in need. Your donation of \$10 or more is eligible for a tax receipt. If you are interested in learning more, please reach out to a staff member.



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. **Please note there will be no Dine in with Friends in December.**

Tue, Nov. 28 - Ham Dinner

Menu: Ham Dinner, with sides and dessert
Cost: \$17
Register and pay by: Friday, Nov. 24

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

Breakfast at Joes

Breakfast at Joe's Diner is Back! A minimum number of 15 is required for this programs so please be sure to sign up well in advance of the deadline.

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

Cost: \$12

Time: 8:00 am at Joe's Diner

**Monday November 6th
(register by November 3)**

**Monday December 4 (register
by December 1)**

"Souper Wednesday!"

Be a super hero! Help fill our local foodbanks shelves.

Date: Wednesday December 13

Time: Drop in between 11am and 1pm

Cost: A generous donation of non perishable or house hold items to the our local Food Bank

Menu: Split Pea & Ham Soup with a home baked treat

Please note this is first come first serve and take out only.

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. We appreciate your support in our dining ventures!

Wed, Nov. 1 - Supper from Four Happy

Menu: Chinese Platter
Cost: \$12
Register and pay by: Friday, October 27
Time of delivery: Between 4:30 - 5:30 pm

Wed, Nov. 15 - Supper from the Cheese Shoppe

Menu: Lasagna, & side salad
Cost: \$12
Register and pay by: Friday, November 10
Time of delivery: Between 4:30 pm -5:30 pm

Wed, Nov. 29 - Supper from Joes Dinner

Menu: Roast Beef, Mashed Potato, Veggies
Cost: \$12
Register and pay by: Friday, Nov. 24
Time of delivery: Between 4:30 - 5:30 pm

Wed, Dec. 20 - Supper from New Orleans Pizza

Menu: Personal Pepperoni Panzerotti, & side salad
Cost: \$12
Register and pay by: Friday, Dec. 15
Time of delivery: Between 4:30 - 5:30 pm



Wellness Programs



Level 1 - Home Support Exercise (30 Mins) | Free

This falls prevention exercise class is designed for functional movement which is used for everyday tasks around your home. Primarily focuses on muscles involved with mobility, seated option is available and use of a gait aid, if you require one.

Friendship Centre: Men's Seated Strength Thurs at 10 am
Jones St. Apt: Tuesday at 10 am

FREE Falls Prevention Membership required

Level 1 - Light Gentle Fitness (Chair) (30 min) | Free

Our gentle class is primarily seated with light intensity and weight-bearing exercises. These exercises will help you complete common tasks that vary in intensity. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Tues/Thurs at 11 am
Kingsway Lodge: Thurs at 11:15 am
Wildwood Care Centre: Fri at 10:30 am

FREE Falls Prevention Membership required

Level 2 - Light Fitness (45min) | Free

This gentle class includes a seated option with light intensity and weight-bearing exercises. These exercises will help you complete common tasks that vary in intensity. Our leader is SFIC (Senior Fitness Instructor Course) certified.

St. Marys YMCA: Mon / Wed / Fri at 1:30 pm
Stone Ridge Apt: Tues at 10 am
Rotary Apt: Thurs at 10 am

FREE Falls Prevention Membership required

Level 3 - Moderate (45 or 60 mins) | Free

Our moderate class includes medium intensity, weight-bearing and resistance exercises. These exercises will help you to complete tasks with improved mobility and performance. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Thames Valley Community Hall: Mon at 10 am
Kirkton: Mon & Wed at 10 am
Friendship Centre: Mon / Wed / Fri at 11:15 am

FREE Falls Prevention Membership required

Level 4 - Men's Strength (60 mins) | Free

This class focuses on building muscle endurance through cardiovascular, endurance and muscle strengthening exercises with the guys. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Mon / Wed / Fri at 10 am

FREE Falls Prevention Membership required

Level 4 - Vigorous Fitness (60 mins) | Free

Our most vigorous class includes higher intensity exercises. These exercises will help you to achieve greater state of physical fitness conditioning. Our leader is SFIC (Senior Fitness Instructor Course) certified.

Friendship Centre: Mon / Wed / Thurs / Fri at 9 am
Thursday classes use a mat for floor work

FREE Falls Prevention Membership 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.

Please refrain from wearing perfume or cologne.

Reminder: There will be NO classes from December 22 through to January 2. Classes will resume on January 3.





Health and Wellness Information



Town of St. Marys 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.

When you register for Home Support Services including fitness class and falls prevention, a Huron Perth Community Intake Coordinator will phone you to complete the process. Information is kept confidential and only used to provide organized support services for you. This service will allow you to call one phone number for multiple supports: 1-844-482-7800.

How to prepare

- 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, etc.)

If Huron Perth Intake calls you, the agency name will appear on your call display

Why do fitness class participants and clients have to do these steps?

You complete this process so that moving forward Home Support Services will have all of your health and contact information in advance. As an agency we are then able to provide all home support services that we offer.

Interested in becoming CPR certified?

This is the last call to put your name on our interest list. The Friendship Centre is planning on offering a course in the winter.

Visit the front desk to get your name on the list.

Our **FREE** Falls Prevention Fitness Classes progressively enhance your physical ability in **six key areas:**

- Balance
- Range of motion
- Cardio-respiratory
- Weight bearing
- Resistance
- Stretching



Our Certified Fitness Instructors will show you how to alter the intensity of your workout to suit your abilities. Each class uses a variety of equipment.

How to prepare

- Ask your doctor about the risks
- Bring a water bottle
- Wear supportive running shoes
- Help us keep the Friendship Centre scent free by avoiding perfume or cologne

How to register by phone:

Call 519-284-3272 Monday to Friday between 8 am and 4:30 pm.

How to register online:

Visit: townofstmarys.com/fallsprevention

1. Open account on Activenet
2. Add the Falls Prevention Membership to your cart and check out. Give your up-to-date health and emergency contact information.
3. Select the location and level of class you wish to attend, add to cart and finish. All classes are drop in. We do not need to be notified of cancellation.
4. Register for the class listed under your desired site location. This will need to be done annually. You can register for multiple sites.
5. Speak with Huron Perth Community Support Services Intake Coordinator.



November is Falls Prevention Month

Reduce your risk of falling by increasing your awareness of prevention. Join Senior Services Wellness Coordinator, Pauline in a falls prevention workshop. See below for more information.

Do you know how to get up from a fall? Pick up an educational hand out during a fitness class, hand out will also be emailed to Falls prevention members.

Do you want to stay living independently? Complete check list, during a fitness class, hand out will also be emailed to Falls prevention members.

What to do to stay on your feet and reduce the risk of falls.

- Nutrition
- Stay hydrated
- Move more
- Build strength
- Practice balance and do specific exercises
 - (attend FREE fitness classes)
- Check medications
- Safer environment in your home
- Safe footwear even in your home
- Medical check for incontinence
- Education

Falls In Ontario

Falls in our province have a large financial impact on health care. In 2019, Ontario alone recorded 3832 emergency department visits for injuries due to falls among adults aged 65 - 74. Nearly 149 000 individuals aged 80 and above attended emergency departments, and falls are the highest contributor of emergency room visits and causes of injury across these age groups.



Looking for More Info?

Want to read more about falls prevention strategies, and Falls Prevention Month itself? Check out the website for plenty of additional resources:

<https://www.fallpreventionmonth.ca/>

Education Session - Falls Prevention | Free

Join Senior Services Wellness Coordinator Pauline, to learn strategies to reduce falls. If you use a gait aid or use furniture to lean on this workshop will teach you some tools to prevent a fall. Attend and reduce your risk. Please bring your gait aid if you use one.

Wed, Nov. 15 at 10 am at Kingsway
Wed, Nov. 22 at 10:15 am at Rotary Apts.
Mon, Nov. 27 at 10:15 am at the Friendship Centre

Registration required



Wellness Programs

Free Fitness and Falls Prevention Classes

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

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM 60 mins Lvl 4 - Vigorous Friendship Centre		9:00 AM 60 mins Lvl 4 -Vigorous Friendship Centre	9:00 AM 60 mins Lvl 4 - Vigorous Friendship Centre Floor work	9:00 AM 60 mins Lvl 4 - Vigorous Friendship Centre
10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre	10:00 AM 45 mins Lvl 2 - Light Fitness Stone Ridge Apt	10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre	10:00 AM 45 mins Lvl 2 - Light Rotary Apartments	10:00 AM 60 mins Lvl 4 - Men's Strength Friendship Centre
10:00 AM 60 mins Lvl 3 - Moderate Thames Valley	10:00 AM 30 mins Lvl 1 - HSEP Jones St Apt			10:30 AM 30 mins Lvl 1 - Light Gentle Wildwood Care Centre
10:00 AM 60 mins Lvl 3 - Moderate Kirkton Community Hall		10:00 AM 60 mins Lvl3- Moderate Kirkton Community Hall	10:00 AM 30 mins Lvl 1 - HSEP Mens Seated Strength Friendship Centre	
11:15 AM 60 mins Lvl 3 - Moderate Friendship Centre	11:00 AM 30 mins Lvl 1 - Light Gentle Friendship Centre	11:15 AM 60 mins Lvl 3 - Moderate Friendship Centre	11:00 AM 30 mins Lvl 1 - Light Gentle Friendship Centre	11:15 AM 60 mins Lvl 3 - Moderate Friendship Centre
		1:30 PM 45 mins Lvl 2 - Light St. Marys YMCA	11:00 AM 30 mins Lvl 1 - Light Gentle Kingsway Lodge	1:30 PM 45 mins Lvl 2 - Light Friendship Centre

Offsite Fitness Class Locations

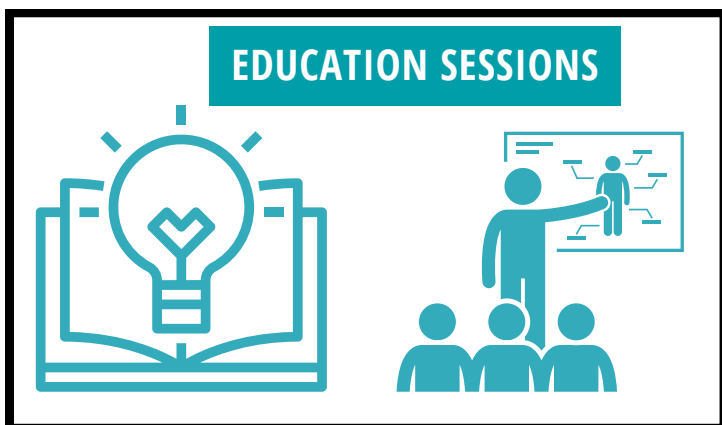
- Jones Street Apt.- 329 Jones St, St. Marys
- Kirkton Hall - 70497 Rd 164, Kirkton
- Rotary Apt. - 22 St Andrew St N, St. Marys

Offsite Fitness Class Locations

- Stoneridge Apt. - 50 Stoneridge BLVD, St.
- Marys Thames Valley Centre - 30 Ann St #77,
- St. Marys YMCA- 269 Maiden Lane, St. Marys
- Wildwood Care Centre - 100 Ann St, St.
- Marys Kingsway - 310 Queen St, St. Marys



Education Programs



Education Session - What's Eating You | Free

Join us for this 4 week session where Registered Dietitian Teresa from Happy Valley Medical team and Alex McAlpine RSW will come together to offer strategies for healthier eating. Reflect on why its difficult to eat in healthy ways. Determine environmental factors and personal eating triggers. Learn a variety of strategies for positive, long-term behaviour change.

Wed, Nov. 8 - Nov. 29, 10:15 am - 12 pm

Registration required

Education Session - Estate Planning & Wills | Free

Join Meridian branch manager Megan Feeney to learn about succession planning for your personal estate.

Mon, Nov 13, at 10:15 am

Registration required



Education Session - Bone Health | Free

Bone Health 101. Learn about Osteoporosis & Fracture Prevention with Judy from Ontario Osteoporosis Strategy. Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture.

Wed, Nov 29, at 10:30 am

Registration required

NEW Program; Building Connections | Free

New to the Friendship Centre or new to St. Marys? Are you a Friendship Centre regular looking to socialize in an informal group setting? Join us for coffee and start making connections in our community!

Nov 30, at 11 am

Drop in



HOLIDAY CLOSURE NOTICE

Our office will be closed for the holidays from Dec. 25 to Jan. 2. Reopening on Jan. 3.
Hot Meals on Wheels will be delivered as usual



Social and Leisure Programs



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.

11 week session - Jan 9 - Mar 26 (No class on Jan 23)
Tues at 10 am
Tues at 6:45 pm

Registration required

Chair Yoga | \$64

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

Tues at 1:30 pm
Nov 7 to Dec 12 (6 weeks)

Registration required



Ballroom Dancing

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

Resuming in January

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 highschool. 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.

Ends April 30, 2024

ActiveNet Registration required





Social and Leisure Programs



Shuffleboard | M: Free/NM: \$2

In this game, players use cues to push weighted discs, sending them gliding down a narrow court.

Mon & Thurs, 1 pm at the Friendship Centre.

Drop in | No Shuffleboard Dec. 26 & 28

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 | Last play of the year on Dec. 21

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

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

Fri: 1 pm

Drop in | No Carpet Bowling Dec. 29



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 | No Pepper Dec. 26 & Jan 2

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 | No Euchre Dec. 29

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 | No Bridge Dec. 27

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, Nov. 9 at 12:30 pm

Thurs, Dec. 14 at 12:30 pm

Registration required

Program Registration
Are you writing your name at the bottom of a program sign-in sheet? That probably means you aren't registered for the program.

We can fix that! Stop by the front desk to get signed up, it only takes a minute or two.



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 Dec. 26 or Jan. 2

Drop in. Yearly Registration Required.

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

Retired Outstanding Men Enjoying Ourselves. Shoot the breeze with like-minded men.

Thurs, 10 am - No Program Dec. 28

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 - No Program Dec. 28

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, Nov. 9, 5 - 9 pm

Thurs, Dec. 14, 5 - 9 pm

Registration required



Card Making | M: \$16/NM: \$20

A friendly space that fosters creativity and experimentation. Receive instructions for card making creations. All card supplies are provided by the instructor. Please bring your basic toolkit.

Thurs, Nov 30, 1 pm - 3:30 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 Dec 26 or 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 Dec. 19, 20, 25, 26 or Jan 2.

The Friendship Centre Quilting Group is quickly running out of quilts to hand quilt. If you have a quilt that you would like to have made please connect with Jenny.

Genealogy | M: Free/NM: \$2

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

Tues, Nov 28, 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

Holiday break begins Dec. 15, Choir resumes Jan. 24

Registration required



Trips



On the Road to Masonville Mall

M: \$27/NM: \$31

Join us on the Mobility Bus as we head to Masonville Mall, followed by lunch at Swiss Chalet. Bus departs at 9:45 am and returns to the Friendship Centre at 2:45 pm. Meal not included in price. Price is for transportation only.

Tues, Nov. 7. Depart at 9:45 am

Registration required



On the Road Bingemans: Drive-Thru Festive Lights

M: \$19/NM: \$22

Join us on the Mobility Bus when we travel to the "Gift of Lights" at Bingemans in Kitchener. Bus departs at 5:45 pm and returns to the Friendship Centre at 8:45 pm. Price is for transportation only, your ticket for the Festive Lights display is included in the cost.

Tues, Dec 12. Depart at 5:45 pm.

Registration required

Fine Dining to One on York (Fine Dining Caravan Available)

M: \$25/NM: \$28

Join us as we return to One on York in London. We will depart at 4:15 pm and return at 8:15 pm. The company and food will not disappoint! Meal not included in price. Price is for transportation only, tax is included.

Thu, Nov. 23. Depart at 4:15 pm.

Registration required

Festive Fine Dining in St. Marys

Join us as we round off the year with a special St. Marys edition of our Fine Dining Trips. We will meet at our surprise location for 6 pm. Be sure to register in advance to be included in the reservation! Transportation is available if needed. Reach out to Tom for further information

Fri, Dec. 15. Dinner at 6 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 next year and hope to have information available soon!



Sucess Stories



Scrapathon

On September 30, the Friendship Centre hosted our biannual Scrapathon fundraiser. Our scrapbooking volunteers spent many hours making sure the event went off without a hitch. The day was a massive success and we want to say a huge 'thank you' to our volunteers for all that they do.



Education Session - Bone Health

On September 11, we were visited by Judy from Ontario Osteoporosis Strategy. Judy shared important information about bone health and fracture prevention. It was an incredibly informative session and we were grateful to have been able to host over 30 attendees!

Thanksgiving Lunch

On October 4, we served a total of 250 hearty Thanksgiving lunches to our wonderful community. This would not have been possible without the dedication and hard work of our amazing volunteers. We are so thankful for their support and commitment.





Events

St. Marys Craft Show



Saturday,
November 18, 2023
9:00 am - 3:00 pm

Shop for treasures from local and regional artisans



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

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

Contact: 519-284-2340, ext. 621 or tredman@town.stmarys.on.ca



CHRISTMAS LUNCH FUNDRAISER

Wednesday, December 6

Sign up for drive-thru, delivery or "gift a meal"
Turkey with fixings and pie
Cost is \$25 (please register and pay by Nov. 24)



Drive-thru / Delivered / Gift a Christmas Lunch on Wednesday, December 6th. Drive-Thru lunch-ers will be contacted with their pick-up time. If you sign up for a delivered meal, please make sure your address is up to date. Register on ActiveNet, in person, or by calling 519-284-3272, before Nov. 24.



Friendship Centre Program Calendar

November 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
			1	2	3	4	
			9 am L4 Vigorous Fitness 9:30 am Choir 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 4:30pm Dine out at Home - Four Happy	Vaccine Clinic in Community Centre 9 am L4 Vigorous Fitness (Mat) Pickleball Cancelled 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 1 pm Shuffleboard 1:30 pm Knit & Chat 1 pm Blood Pressure Clinic	9 am L4 Vigorous Fitness 10 am Yin Yoga 10 am L4 Men's Strength 10:30 am L1 Wildwood CC 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1pm Progressive Euchre 1:30 pm L2 Light Fitness @ YMCA		
5	6	7	8	9	10	11	
	8 am Breakfast at Joes 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	9:30 am Creative Minds 9:45 am On the Road to Masonville Mall 10 am Zumba 10 am L1 @ Jones St. Apt 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 6:45 pm Zumba 7:30 pm Intermediate Ballroom Dancing	Vaccine Clinic in Community Centre 9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:15 am Education - What's Eating You? Pickleball Cancelled 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	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 Kingsway 11 am L1 Light Gentle Fitness 12:30 pm Pepperama 1:30 pm Knit & Chat 5 pm Open Croq	9 am L4 Vigorous Fitness 10 am Yin Yoga 10 am L4 Men's Strength 10:30 am L1 Wildwood CC 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1:30 pm L2 Light Fitness @ YMCA		
12	13	14	15	16	17	18	
	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:30 am Education - Estate Planning & Wills 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	Help Decorate Smile Cookies 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	9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am Walters' Family Christmas Trip 10 am L3 Fitness @ Kirkton 10 am Education - Falls Prevention (@ Kingsway) 10:15 am Education - What's Eating You? 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30pm Dine out at Home - Cheese Shoppe	Drop Off Baking for Craft Show 9 am L4 Vigorous Fitness (Mat) 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 1 pm Shuffleboard 1:30 pm Knit & Chat	Drop Off Baking for Craft Show 9 am L4 Vigorous Fitness 10:30 am L1 Wildwood CC 10 am L4 Men's Strength Pickleball Cancelled 11:15 am L3 Moderate Fitness Carpet Bowling Cancelled 1:30 pm L2 Light Fitness @ YMCA Craft Show Nov. 18: 9 am to 3 pm -->		
19	20	21	22	23	24	25	
	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	9 am Blood Pressure Clinic 9:30 am Creative Minds 10 am L1 @ Jones St. Apt 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:15 am Education - What's Eating You? 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	9 am L4 Vigorous Fitness (Mat) 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 1 pm Shuffleboard 1:30 pm Knit & Chat 4:30 pm Fine Dining to One on York	9 am L4 Vigorous Fitness 10:30 am L1 Wildwood CC 10 am L4 Men's Strength 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1:30 pm L2 Light Fitness @ YMCA Christmas Lunch Registration Deadline		
26	27	28	29	30			
	9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 Fitness Thames Valley 10:15 am Education - Falls Prevention (@ FC) 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	9:30 am Creative Minds 10 am L1 @ Jones St. Apt 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	9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:15 am Education - What's Eating You? 10:30 am Education - Bone Health 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA 4:30pm Dine out at Home - Joe's	9 am L4 Vigorous Fitness (Mat) 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 1 pm Shuffleboard 1pm Card Making 1:30 pm Knit & Chat			

Legend

Off-site fitness and falls prevention classes

- Thames Valley Community Hall, 30 Ann St Unit #77
- Stoneridge Apartments at 50 Stoneridge Boulevard.
- YMCA at 268 Maiden Lane (at rear of the hospital).
- Kirkton Community Centre at 70497 Road 164, Kirkton.
- Rotary Apartments at 22 St. Andrews St N, parkview east hall.
- Jones St. Apartments- 329 Jones St. W, St. Marys
- Wildwood Care Centre - 100 Ann St. St. Marys
- Friendship Centre - 317 James St. S, St. Marys



Friendship Centre Program Calendar

December 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 2 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am L1 Wildwood CC 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1pm Euchre 1:30 pm L2 Light Fitness @ YMCA	
3	4 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	5 9:30 am Creative Minds 10 am L1 @ Jones St. Apt 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 9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11:15 am L3 Moderate Fitness 12 pm Drive-Thru Christmas Lunch 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	7 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	8 9 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am L1 Wildwood CC 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1pm Euchre 1:30 pm L2 Light Fitness @ YMCA Ring the Salvation Army Bell	
10	11 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	12 Blood Pressure Clinic @ the FC 9:30 am Creative Minds 10 am L1 @ Jones St. Apt 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree Christmas Social 1:30 pm Chair Yoga 5:45 pm On the Road to Bingemans - Festive Lights Drive-Thru	13 Blood Pressure Clinic @ Rotary 9 am L4 Vigorous Fitness 9:30 am Choir 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10:30 am Pickleball 11 am 'Souper Wednesday' 11:15 am L3 Moderate Fitness 1 pm Contract Bridge 1:30 pm L2 Light Fitness @ YMCA	14 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	15 16 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10:30 am L1 Wildwood CC 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Carpet Bowling 1pm Euchre 1 pm Christmas Social 6 pm Festive Fine Dining in St. Marys	
17	18 9 am L4 Vigorous Fitness 10 am L4 Men's Strength 10 am L3 Fitness @ Kirkton 10 am L3 @ Thames Valley 10:30 am Pickleball 11:15 am L3 Moderate Fitness 1 pm Shuffleboard 1:30 pm L2 Light Fitness @ YMCA	19 9:30 am Creative Minds 10 am L1 @ Jones St. Apt 10 am L2 Fitness @ Stoneridge 11 am L1 Light Gentle Fitness 1 pm Pepper/ Bid Euchre 1 pm Jamboree 1:30 pm Chair Yoga	20 Blood Pressure Clinic @ the FC 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 4:30pm Dine out at Home	21 9 am Pickleball 10:30 am ROMEO 1:30 pm Knit & Chat	22 23 1 pm Carpet Bowling 1pm Euchre	
24	25 26 	27 28 29 30				

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