


Friendship Centre

PRIMETIME

November & December 2025



 Coming Soon:

St. Marys Craft Show

Saturday
November 15th

Education: Recognizing Addictions

Wednesday
November 19th

Christmas with Elvis & Friends

Wednesday
December 3rd

Christmas Lunch Drive Thru

Wednesday
December 10th

Friendship Centre Holiday Social

Friday
December 19th

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

Scan with your phone to view the newsletter online!



519-284-3272



Home Support Services



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

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

Foot Care Clinics

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

Meals on Wheels

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

Shopping Services

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

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

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

HOLIDAY CLOSURE NOTICE

Please note that the Friendship Centre will be closed from December 24th to January 4th

Meals on Wheels will continue as regularly scheduled

Telephone Reassurance

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

Health and Wellness Programs

Wellness programs consist of Fitness and Falls Prevention Classes, educational presentations and health screening. With the help of volunteers, the Friendship Centre offers 26 fitness classes for all levels at various times and locations. See page 4 and 5 for times and locations of all Fitness and Falls Prevention Classes.

Blood Pressure Clinics

Health screening is an effective tool to assist you and your healthcare team in keeping you healthy. Taking your blood pressure regularly can help diagnose any future health problems. Blood Pressure clinics will be offered by appointment only. Several times and locations are available. See page 5 for blood pressure clinic times and locations.

Your Membership Is Vital to the Success of the Friendship Centre.

Fees help offset operating costs including utilities, equipment, and supplies. The cost is \$50 per year, which works out to under \$1.00 per week and is an investment in yourself or someone you love! Memberships can be purchased online or in person. Check in at the desk to see if you are due for renewal.



Dine in with Friends

This dining program takes place at the Friendship Centre. Gather and dine with old friends or meet new ones. Thank you for bringing a reusable takeout container for your leftovers! **Please note that due to high demand, Dine in registrations are non-transferable and take-out is not available. If you are unable to attend, please contact the Friendship Centre prior to the date for refund consideration.**

November

Date: Tuesday November 25th (Registration will open Wednesday November 5th)

Time/location: 5:00 pm, Friendship Centre

Menu:

Cost: \$17 & a canned food item for donation to the local pantry

Breakfast at Joe's

The Friendship Centre is fortunate to partner with Joe's Diner. Joe's opens on their day off to provide an in-house breakfast option. A minimum number is required for this program, so please sign up well in advance of the deadline to avoid program cancellation.



Dates:

Monday November 3rd (Register by Oct. 29)

Monday December 1st (Register by Nov. 26)

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

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

Cost: \$12

Come & Go Lunch

Date: December - date to be announced shortly

Pickup Time at Friendship Centre: Drop in between 11:30 am and 1:00 pm. Please note this is a take away meal.

Menu: Coming soon!

Cost: \$5 and donation of a non-perishable food item for the Food Bank

Drive Thru Christmas Lunch

Date: Wednesday December 10th

Menu: Roast turkey dinner with all the fixings and dessert

Cost: \$25

Register and pay by: Friday November 28th

Time of Friendship Centre Drive Thru Pickup:

Between 12:00 and 1:00 pm

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

Dine out at Home

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

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

Wednesday, November 12th: Supper from Four Happy

Menu: Chinese Platter

Cost: \$12

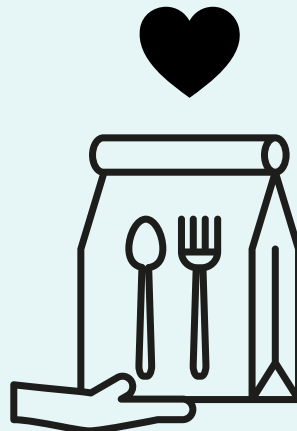
Register and pay by Wed, Nov. 5th

Wednesday, November 26th: Supper from The Cheese Shoppe

Menu: Cabbage Rolls

Cost: \$12

Register and pay by Wed, Nov. 19th



Wednesday, December 17th: Supper from Joe's Diner

Menu: Roast Beef

Cost: \$12

Register and pay by Wed, Dec. 10th

Please note that due to high demand, the delivery window for this meal will be between 4:30 - 6:00 pm



Registering for ALL Wellness Home Support Services



For any Town of St. Marys Home Support Services programs you will need to register. For example Fitness and Falls prevention classes, educational workshops and health screening with Town of St. Marys Home Support Services. See more services on page 5.

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

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

Education and Health Screening

- 1) Call the Friendship Centre at 519-284-3272 or go online to www.activecommunities.com/townofstmarys
- 2) Then expect a call from Huron Perth Community Intake Coordinator (CSS Central Intake)

How to prepare for Fitness class

- Ask your doctor about the risks
- Bring a water bottle
- Wear supportive running shoes
- Avoiding wearing perfume or cologne

How to prepare for a call from a Huron Perth Community Intake Coordinator (CSS Central Intake)

- Have your health card ready
- Call 1-844-482-7800
- Plan for the process to take about 10 - 15 mins
- Have updated health records handy
- Have emergency contact names and phone numbers available
- Advise Huron Perth Intake as to which program(s) you will be registering for (falls prevention, footcare, blood pressure)

Fitness and Falls Prevention locations

- Friendship Centre - 317 James St. S, St. Marys
- Kirkton Hall - 70497 Rd. 164, Kirkton
- Stone Ridge Apt - 50 Stoneridge Blvd., St. Marys
- Thames Valley - 30 Ann St. #77., St. Marys
- YMCA - 269 Maiden Lane, St. Marys
- Wildwood Care Centre - 100 Ann St., St. Marys
- Kingsway Lodge - 310 Queen St, St. Marys

Level 1 - Tiered Exercise Program

This tiered exercise program focuses on ten exercises which strengthen muscles, functional mobility and balance. Seated options are available, gait aids are welcome. Our leader is Home Support Exercise or Tiered Exercise Program trained. This program is offered in a group format in the community or individually from the comfort of your home.

Level 2 - Light Gentle Fitness Class

This very light, gentle intensity class is designed to improve your functional mobility through a combination of cardiovascular, muscle strengthening, flexibility and balance exercises. Our leaders are Tiered Exercise Program or Senior Fitness Instructor certified. Please bring a gait aid if you use one. Seated options available if you have limited functional mobility.

Level 3 - Light Fitness Class

This 45 minute light intensity class is designed to improve your functional mobility through a combination of cardiovascular, muscle strengthening, flexibility and balance exercises. Seated option available especially if you have limited functional mobility. Our leader is SFIC Senior Fitness Instructor certified.

Level 4 - Moderate Fitness Class

This 60 minute moderate intensity class is designed for those who are currently engaged in regular light to moderate physical activity or have progressed through levels 1-3. The program will continue to challenge your functional fitness through a combination of cardiovascular, muscle strengthening, flexibility and balance exercises. Our leader is SFIC Senior Fitness Instructor Certified.

Level 5 - Vigorous Fitness Class

This 60 minute vigorous intensity class is designed for those who are currently engaged in regular moderate or vigorous physical activity or have progressed through levels 1-4 above. The program continues to challenge and improve your functional fitness through a combination of cardiovascular, muscle strengthening, flexibility, and balance exercises. The Thursday class uses a mat during the resistance component of the class, the ability to get off the floor unassisted is required to participate. Thursday class has limited space. Our leader is SFIC Senior Fitness Instructor Certified

Men's Strength

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



Blood Pressure Clinics - Health Screening

- 1) Call the Friendship Centre 519-284-3272 to register for an appointment
- 2) Once at the clinic appointment complete registration paper work
- 3) Accept a call from Huron Perth Intake Coordinator (CSS intake)

Locations:

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

1st Thursday afternoon - Nov 6 & Dec 4
3rd Tuesday morning - Nov 18 & Dec 16
4th Wednesday: November 26 &
3rd Wednesday: December 17

Parkview West Apts (Rotary Hall) - 22 St. Andrews St. N., St. Marys

Drop in - November 19 & December 10

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

1st Wednesday morning
November 5 & December 3

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

Please Register for your Programs

Are you writing your name at the bottom of a program sign-in sheet? Please stop by the front desk to make sure we have you registered in ActiveNet for the program you are participating in. It only takes a minute or two, and helps us a great deal.

Registration is important for us to ensure that we can communicate program cancellations, updates, or changes.

Attendance sheets help the Friendship Centre report to our funders just how many people participate, and how often programs are utilized.





Best practices for your fitness class success

DO include all participants.	WHY? It's a supportive program that is free from bias.
DO contact Huron Perth Intake Coordinator by calling 1-844-482-7800. Call display will be CSS intake.	WHY? Completes registration process, helps with report writing and you have access to register for more community services in the future.
DO annually update Fitness and Falls Prevention Membership on ActiveNet, or calling us at 519-284-3272, or at our front desk before class.	WHY? We can contact you, contact your emergency contact, allows us to contact you to answer any surveys/feedback.
DO register for the level and site you attend.	WHY? Assists with report writing and program planning, we can contact you about class schedule if needed.
DO attend the most correct level of intensity.	WHY? Reduces risk of injury and frustration, ensures your safety and success.
DO inform the instructor of any health concerns before class or during class.	WHY? Keeps you safe, reducing risk of injury during class, important information for EMS.
DO reduce talking during class.	WHY? Interrupts your flow and instructors flow, distracts other participants who might not be able to hear instructor.
DO share equipment and store it safely during class.	WHY? Be aware of participants not having equipment. Keep equipment on your chair and out of way to reduce hazards.
DO place equipment in storage area in proper location/ bin/ shelf.	WHY? For others safety reduce talking in the storage room, put equipment back in the appropriate location. No weights on balls etc.
DO turn off your cell phone during class.	WHY? Disrupts the class while you answer it. Exercise mindfully.
DO be scent free with no perfumes or colognes.	WHY? Benefits others who might have breathing issues or concerns.
DO wear the correct supportive clean indoor shoes.	WHY? Reduces injury and trip hazards, more comfortable for your joints.
DO bring water.	WHY? Staying hydrated before, during and after class for better health.
DO Set realistic personal fitness goals. Keep goals simple, measurable, attainable, realistic over the short-term (1 to 4 months) . Revisit once attained and modify for continual improvement.	WHY? – Goals provide a sense of purpose and focus. Achievement of goals provides a sense of accomplishment and satisfaction as well as recognition of self-improvement. This makes it easier to stay committed to a program and provides a means and motivation for continual improvement.

New * Fitness & Falls Prevention Class Schedule 2025

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

For details call 519-284-3272 or visit townofstmarys.com/fallsprevention or attend the site before class

Monday	Tuesday	Wednesday	Thursday	Friday
9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall	8:45 am Lvl 5 Vigorous Friendship Centre mat during strength 60 mins MP Room	9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall	8:45 am Lvl 5 Vigorous Friendship Centre mat during strength 60 mins MP Room	9 am Lvl 5 Vigorous Friendship Centre 60 mins 2/3 hall
9:15 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room		9:15 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room		9:15 am Lvl 5 Vigorous Men's Strength Friendship Centre 60 mins MP room
10 am Lvl 4 Moderate Thames Valley 60 mins	10:00 am Lvl 3 Light Friendship Centre 45 mins MP Room		10:00 am Lvl 3 Light Friendship Centre 45 mins MP Room	
10 am Lvl 5 Vigorous Kirkton Hall 60 mins	10:00 am Lvl 3 Light Stoneridge Apts 45 mins	10 am Lvl 5 Vigorous Kirkton Hall 60 mins	10 am Lvl 4 Moderate Thames Valley 60 mins	
10:30 am Lvl 1 Friendship Centre 30 mins MP Room	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	10:30 am Lvl 1 Men's Strength Friendship Centre 30 mins MP room Romeo coffee at 11:00	11 am Lvl 2 Light Gentle Friendship Centre 30 mins MP room	10:30 am Lvl 1 Friendship Centre 30 mins MP Room
Wildwood Lvl 1 10:30 40 minutes		Wildwood Lvl 1 10:30 40 minutes		Wildwood Lvl 1 10:30 40 minutes
11 am Lvl 1 Kingsway/Fairhill 40 mins			11 am Lvl 1 Kingsway/Fairhill 40 mins	
11:15 Lvl 4 Moderate Friendship Centre 60 minutes		11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room		11:15 am Lvl 4 Moderate Friendship Centre 60 mins MP room
1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins



Education Corner: Healthy Grains



Dietician Teresa Fowler shared information with our group on the benefits of eating a variety of grains. She taught us that eating more whole grains is linked with:

- slower cognitive decline
- lower risk of type 2 diabetes
- healthy digestion including both staying regular and having a healthier gut microbiome
- Lowers bad cholesterol
- Decreases risk of stroke and colorectal cancers

The whole grain stamp is now being utilized in packaging to help shoppers identify products that contain a significant amount of whole grains. The different gram amounts on the stamp tell us how many grams of whole grains are in one serving of the product. Seniors 50 + should aim for an overall high fibre diet that has half of their grains coming from whole grains.



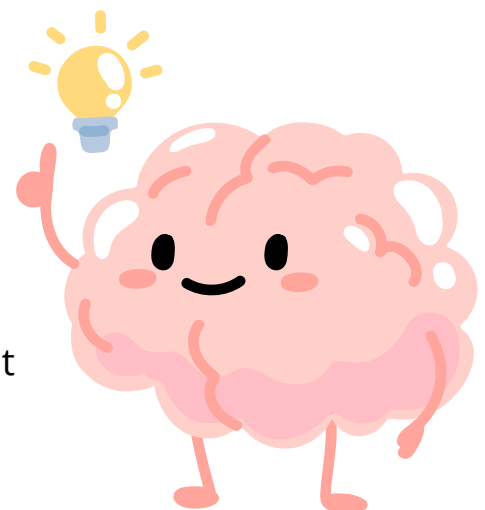
Education Corner: Community Outreach

Jade Orquin shared details about her role in supporting our community including trends and resources available.

Jade shared that part her role is to work directly with residents of St. Marys to improve individual and collective well-being, offering facilitation, referrals, education, short-term support, integration into the community, system navigation, and advocacy.

Local resources available include:

- Stratford Social Services
- CMHA Perth Huron
- Salvation Army St. Marys
- Assertive Community Treatment Teams
- United Way: Nourish Market, Urgent Needs Fund
- Victim Services Perth Huron
- Stratford Police Services: Community Resources Unit
- Library Pantry





November Education: Learn about Recognizing Addiction and Resources

Join addictions counsellor Trevor Matcovich to learn about the different types of addictions, how to recognize addiction in others, coping strategies, and resources available for support.

Date: Wednesday November 19th

Time: 10:15 - 11:15 am

Location: Friendship Centre

Fee: Free

ActiveNet Registration required



Indoor Walking at St. Marys DCVI | Free

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

Monday to Friday, 5:00 pm - 8:00 pm

October 2025 to April 30, 2026

ActiveNet Registration required

LEARNING ABOUT RECOVERY, TOGETHER

December - Wellness Challenge 2025

This December make strides to improve your overall wellbeing by completing each of the daily challenges on the activity card provided on the next page. These daily challenges focus on a variety of healthy habits. When you've finished them all drop off your completed card to the Friendship Centre by January 15th for your chance to be entered into our draw.



SUN		MON		TUE		WED		THU		FRI		SAT														
Practice Mindfulness: 7 Go for a walk and pay attention to your environment. Try using all your senses.	1	Set a timer to break up periods of sitting today. Aim to stand and move about at least every 30 minutes.	2	Take a post dinner walk tonight or complete 5 minutes of seated marching.	3	Posture check. Sit up tall by imagining a string is pulling you up from the top of your head. Try practicing this whenever you see your reflection today.	4	Set a goal this week to get 7 to 8 hours of good-quality sleep, aim for a consistent bed and wake-up time each day.	5	Turn off all electronics at least an hour before you go to bed tonight.	6	Smile at 5 people today. Smiling releases endorphins, serotonin and dopamine. Also known as our happiness hormones.	7	Treat yourself: Do you have a special candle, bath bomb or snack that you're saving for a special day? Break it out - today is the day!												
Complete a body scan. Think of each area of your body individually from head to toe and arm to release any tension you may find there as you go.	8	Visit Canada's Food Guide for a new healthy recipe idea. https://food-guide.canada.ca	9	Upper body range of motion: Reach the arms up high Reach them out wide Rotate your wrists in circles. Bend and extend your elbows. Open your fingers as wide as you can. Repeat 5 times today.	10	Focus on activating your core during household activities like while driving, cooking dinner, or walking upstairs.	11	Slow controlled breathing can help decrease both stress and pain. Give Box Breathing a try: Inhale for a count of 4 Hold for a count of 4 Exhale for a count of 4 Hold for a count of 4 Repeat 3 x	12	Take a power walk today. Try intervals of walking at a little quicker pace mixed in with your usual pace.	13	Practice Mindfulness: Talk with a friend face-to-face without any distractions like phones. Focus on the conversation and really listen without judgments or expectations. Notice how you feel.	14	Practice Mindfulness: 7 Go for a walk and pay attention to your environment. Try using all your senses.	15	Set a timer to break up periods of sitting today. Aim to stand and move about at least every 30 minutes.	16	Make water your drink of choice today.	17	Limit your recreational screen time use to less than 3 hours today.	18	Try a plank. Either against the wall or on the floor. Hold for 10 - 30 seconds.	19	Add an orange vegetable to your dinner tonight.	20	Practice Mindfulness: Do you have a special candle, bath bomb or snack that you're saving for a special day? Break it out - today is the day!
Make a plan to complete 150 minutes or more of moderate to vigorous exercise this week. Track it to see if you can achieve this weekly target	21	Laugh today! Laughter can reduce stress hormones and increase our endorphins.	22	Try bridges. Lying on your back with your knees bent. Press your feet into the floor as you lift your hips up to create a straight line from knees to shoulders. Repeat 10 times.	23	Practice Mindfulness: Eat a meal without distractions like TV or any other devices.	24	Enjoy a treat today.	25	Add a green vegetable to your dinner tonight.	26	Get creative with strength training at home today using household objects. Example: Bicep Curls with grocery bags or calf raises while holding the kitchen counter. Repeat each exercise 8-12 times.	27	Practice Mindfulness: 7 Go for a walk and pay attention to your environment. Try using all your senses.	28	Complete 10 chair stands or seated leg extensions.	29	Add a serving of protein to each meal today.	30	Hug someone today or perform a hug stretch by wrapping your arms around your body. Both will release oxytocin a known mood booster.	31	Happy New Year!!!				

Name:
Phone Number:



Social, Leisure and Fitness Programs



Chair Yoga Wednesdays | \$70.00

This 7 week session will combine soft music with static poses and flows. The classes are geared to improve your strength, balance and flexibility. This program is a mix of both seated and standing postures using a chair for additional support. A short meditation is included at the end of each session.

Classes will run on Wednesdays **in the 2/3 Hall**
Dates: Wednesday November 5th to December 17th
Time: 1:30 - 2:30 pm

Drop in classes available:
\$15 per class

ActiveNet registration required



Ballroom Dancing | M: \$20 + HST / NM: \$25 + HST

With years of ballroom dancing experience, Stephen and Leonor bring their expertise to the Friendship Centre. Grab your partner or come solo, and join in on the fun!

Tuesday evenings: October 21st – November 18th
(5 weeks)

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For Ages 18+

ActiveNet registration required.



Step Classes | M: \$60 / NM: \$70

This 7 week session of step classes will add some fun and challenge to your cardiovascular routine. These will be moderately vigorous 45 minute exercise classes. Classes will be held in the Friendship Centre Endzone.

Dates: November 3rd - December 18th

Time: Mondays 9:00 - 9:45 am

or Thursdays 12:00 - 12:45 pm

ActiveNet registration required.

Zumba | Drop in \$15 per class

Zumba fitness is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance party. Together the laughs are many and the steps are more. 60 minutes of dancing. Program requires minimum number of participants to run.

Tuesday mornings and evenings:

September 9th - December 2nd (12 weeks)

Times:

10:00 - 11:00 am

or 6:45 - 7:45 pm

For Ages 18+

ActiveNet registration required.

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

Shirley from Giddy-up Line Dancing is bringing her talents to the Friendship Centre. Grab your dancing boots and come cut a rug. All levels welcome!

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

Time: 6:30 - 8:00 pm

Drop-in available:

\$15 per class (HST included)

ActiveNet registration required.



Social and Leisure Programs



Shuffleboard | M: Free/NM: \$2

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

Mondays & Thursdays at 1 pm

Drop in. Annual registration required

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

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

Fridays at 1 pm

Drop in. Annual registration required

Pickleball

Activity Fees:

Yearly Fee (Sept - Aug):

M: \$53 + HST / NM: \$75 + HST

OR

Drop In Pay-Per-Play Rate: M: \$2 / NM: \$4

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

Yearly memberships run from September to August: please note that renewal is due in September for yearly members. Yearly fees are pro-rated: inquire at the front desk

Mondays: 10:30 am - 1:30 pm (extra hour)

Wednesdays: 10:30 am - 12:30 pm

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

Fridays: 10:30 am - 12:30 pm

Drop in. Annual registration required



Please note that weekly drop-in programs such as cards and leisure sports are for established levels of play.

To support beginner players in integrating into play, please check in with Friendship Centre program staff prior to joining a program.

Pepper/Bid Euchre | M: \$1/NM: \$2

Enjoy social, "just for fun" Pepper! Based on the game of Euchre, Pepper introduces an element of bidding in which the trump suit is decided by which player can bid to take the most tricks.

Tuesdays at 1 pm

Drop in- Annual registration required

Pepperama | M: \$6/NM: \$8

Enjoy a friendly tournament-style afternoon of cards. Coffee, tea, water and snacks will be available. Please register with your team of three people. If you are in need of a spare player, or would like to be a spare, please let us know.

Thursday, November 13th at 12:30 pm

Thursday, December 11th at 12:30 pm

Monthly registration required

Contract Bridge | M: \$2/NM: \$3

If you enjoy a good game of bridge then you have come to the right place! Contract bridge is the standard form of the card game bridge, in which only tricks bid and won count toward the game.

Wednesdays at 1 pm

Drop in. Annual registration is required

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

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

Fridays at 1 pm

Drop in. Annual registration required



Social and Leisure Programs



Quilting

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

Mondays at 1 pm & Tuesdays at 9 am

Drop in. Volunteer registration required.

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

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

Tuesdays at 9:30 am

Drop in. Annual registration required.

Knit & Chat | M: Free/NM: \$2

A social group to work on hand knitted creations. Members of Knit & Chat generously donate items to a Friendship Centre fundraiser.

Thursdays at 1:30 pm

Drop in. Volunteer registration required.

Scrapbooking Open Crop | M: \$5/NM: \$7

A scrapbooking space that fosters creativity and shared ideas. Light snacks, coffee, tea, pop, and water will be provided.

Thurs, Nov 13, 5-9 pm & Wed, Nov 26, 1-5 pm
Thurs, Dec 4, 5-9 pm: *Open Crop Holiday Potluck*

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

Virtual Scrapbooking Class | \$20

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

Wednesday November 19th at 7 pm
(Register by November 3rd)

Wednesday January 21st at 7 pm
(Register by January 5th)

Registration required.



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

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

Wednesdays at 11 am

Drop in. Annual registration required.

Jamboree | M: \$4/NM: \$6

In this weekly program you can't help but dance to the old time jamboree music. Musicians and vocalists welcome.

Tuesdays from 1 - 4 pm

Drop-in. Annual registration required.





Social and Leisure Programs



13 Grandmother Moons Learning Circle with Patsy Day

Join educator and facilitator Patsy Day: Turtle Clan, Oneida Nation, at the Friendship Centre, and learn about the Thirteen Grandmother Moons teachings and ceremonies! Each session engages with a different Moon, and will feature a story and activity. Please register in advance, as space is limited.

13 Grandmother Moons will resume in the new year

ActiveNet registration required.

Genealogy | M: Free/NM: \$2

Are you interested in meeting monthly to discuss family heritage and traditions over coffee? Come and share your experiences, story, background, and more!

Whether you are new or experienced in genealogy and research, come and join like-minded individuals passionate about history and learning.

Meetings often have a speaker, or highlight subjects pertaining to our ancestors' lives that attendees can share about.

Are you interested, but don't know where to start? Our friendly group will be happy to offer suggestions and point you in the right direction.

Tuesday November 25th, 6:30pm

Please note there will be no session in December

Drop in. Annual registration required.



Mexican Train Dominoes | M: \$1/NM: \$2

Now a regular Friendship Centre program! Join us for the fun group dominoes game Mexican Train. Not sure how to play? Come and learn! Beginners welcome.

Mondays at 1 pm

Drop-in. Annual registration required.



Choir | M: \$58 + HST / NM: \$84 + HST

Conducted by Lanny Hoare, this program is a great way to meet like minded music lovers, sharpen your skills, and sing a variety of pieces. Are you interested in joining the choir? Reach out and let us know!

Wednesdays at 9:30 am

Annual registration required.



Are You Interested in Playing Board Games?

Are you interested in playing board games or card games that aren't part of our regular programming yet? Reach out and let us know what you are interested in!



Fine Dining



Fine Dining to The Charles Dickens Pub M: \$30 + HST / NM: \$38 + HST

Join us as we try out the Charles Dickens Pub in Woodstock! The company and food will not disappoint. Meal is not included in price. Price is for transportation only.

Date: Tuesday November 11th
Depart at 4:15 pm. Return at 8:15 pm.

ActiveNet registration required.

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



Festive Fine Dining to The Hillstone Restaurant

Join us as we try out the local Hillstone Restaurant! There is no charge to register, but all participants will be responsible for paying for their meal at the restaurant.

Note that this is not a Mobility Bus trip - please coordinate your own travel arrangements, and feel free to get in touch with Easy Ride if you need to book a ride.

Date: Tuesday December 16th, 6:00 - 8:30 pm

ActiveNet registration required.

Deadline to register: Tuesday December 9th



Day Trips - On The Road



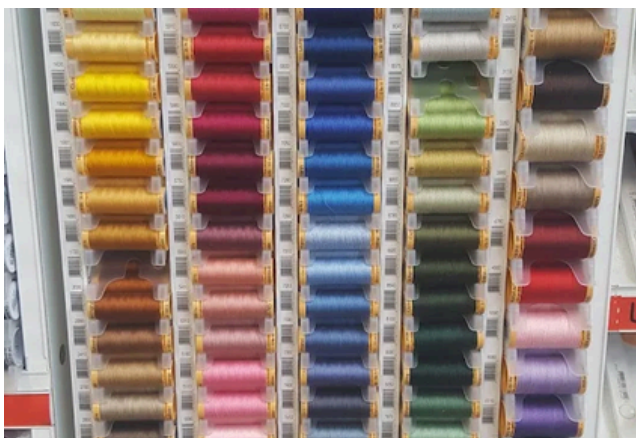
On the Road to Brickhouse Brewpub & Woodstock Lens Mill

M: \$38 + HST / NM: \$48 + HST

Join us for a Mobility Bus road trip to the popular Brickhouse Brewpub, followed by a browse around the Woodstock Lens Mill! Meal not included in price. Price is for transportation only.

Date: Thursday November 27th
Depart at 11:15 am. Return at 4:15 pm.

ActiveNet registration required.



Please note that program and trip refunds are not always guaranteed. When possible, attempts will be made to 're-sell' your registration to the waitlist, as registrations are non-transferable.
If you are unable to join an outing you have signed up for, please reach out to the Friendship Centre as soon as possible.



On the Road to Bingemans Gift of Lights

M: \$28 + HST / NM: \$34 + HST

Join us for a Mobility Bus road trip to Bingemans for the Gift of Lights Holiday Drive Through! Enjoy the stunning lights and displays from the comfort of our beloved bus. There will be a stop at Tim Horton's before the lights - why not enjoy a hot drink and a sweet treat while enjoying the show? Price is for transportation and tour only.

Date: Thursday December 4th
Depart at 5:45 pm. Return at 8:45 pm

ActiveNet registration required.



Upcoming Events



Write Your Life

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

Write Your Life: Part Two *For returning participants*

Tuesday November 18th -
December 9th
1:30 - 3:30 pm

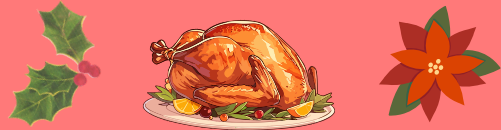
M: \$40 + HST / NM: \$50 + HST

Interested in Part 1?

Let us know and we will keep you
in the loop

Registration Required

Enjoy a Delicious Christmas Lunch on Wednesday December 10th!



Cost: \$25 (Roast turkey dinner with all the fixings & dessert)

**Deadline to Register: Friday
November 28th**

Options:

- Friendship Centre Drive Thru
- Home Delivery within St. Marys
- Purchase a gifted lunch we will donate to someone in need in the community

**Sign up via ActiveNet or call
519-284-3272 to register**



Know the Value of your Collectibles



**Wednesday November 19th
1 - 2 pm at the Friendship Centre**

Join knowledgeable collector
Doug Hamilton and learn more
about identifying the value of
your collectible items.

Not sure where to start?

Join us on November 19th to
learn more!



Cost: Free



**Space is Limited,
Registration Required**

Snowy Cardinal Mason Jars with Sue

Wednesday November 26th, 1 pm



Join Sue for another great creative
session! Decorate a beautiful
crown mason jar with charming
cardinal art, glitter, crystal
accents, and paint. Perfect to hold
a candle, or small Christmas gifts!

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

**Spaces are limited:
Register by Wednesday November 19**



Upcoming Events



Support the Friendship Centre Craft Show!

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

We will gladly accept:

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



Thank you!
All proceeds support St. Marys Senior Services

CALLING ALL BAKERS!

WOULD YOU LIKE TO SUPPORT THE FRIENDSHIP CENTRE BY DONATING BAKING TO OUR NOVEMBER 15 CRAFT SHOW?



ALL BAKE TABLE PROCEEDS RETURN TO ST. MARYS SENIOR SERVICES!



INTERESTED? LET US KNOW AND WE WILL ADD YOU TO OUR LIST!

St. Marys Craft Show 

Shop for treasures from 60+ local & regional artisans!



SPECIAL FEATURE!
One-of-a-kind hand crafted & quilted with love, from the Friendship Centre Quilters!

Saturday, November 15, 2025
9 AM - 3 PM

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: 519-284-3272 or friends@town.stmarys.on.ca

Quilt for Sale at the St. Marys Craft Show

This beautiful XL Queen Size Quilt will be on display and for sale at our November 15 Craft Show. Be sure to check out this one of a kind hand crafted quilt, made with love from the Friendship Centre Quilters



Price:
\$1000

All proceeds from the sale of this quilt directly support St. Marys Senior Services



St. Marys Gives 2025

Won't You Be My Neighbour?



Jump on board the Friendship Centre's Giving Tuesday initiative!

You can help by donating personal care kits for teens! Drop your donation off to the Friendship Centre by December 1st for donation to the Salvation Army on Giving Tuesday and in time for Christmas.

Friendship Centre Holiday Social

Friday December 19th - 1pm
Celebrate the season with us!

- Light refreshments and a variety of fun performances

- Want to perform with your group? Give us a call to sign up!

- Please also be sure to register as a guest

Sign up via ActiveNet or call 519-284-3272 to register



To St. Marys With Love Community Dinner

Sunday December 7
Pyramid Recreation Centre
Doors open at 4:30 pm
Dinner at 5:30

Free tickets available beginning October 31st, at the Friendship Centre, the Library or the Sunset Diner



Cricut Cutter

3D Printer

24" Vinyl Cutter

2" Button Maker

Heat Press

Sewing Machines

Serger Machine

Don't hesitate to contact us if you have a project in mind, but aren't sure where to start. We can help bring your ideas to life!



Reusable Grocery Bags



The Friendship Centre and the Salvation Army are in need of reusable grocery bags.

If you are looking to get rid of any extra bags, please bring them here and we will put them to good use.
Thank you!

Staying Home when Under the Weather



The Friendship Centre community is a diverse population, with many patrons who are immunocompromised. Please make sure to stay home when you are sick.

Access to Recreation Grant

Did you know?

The Access to Recreation Grant provides residents with financial support so they can participate in recreation, leisure, arts and culture programs.

Call or visit us at the front desk to learn more, or search 'Access to Recreation Grant' on the Town of St. Marys website for more details

Did you know that the Friendship Centre has a Quilting program?

This fundraising program is run by passionate volunteers whose latest project is always on display in the Friendship Centre Main Hall. If you have a Quilt Top that you would like to have quilted we can help!

Quilting Fees: Flat Rate: \$75, plus \$1 per hour per quilter. Marking and binding not included.

Are you a quilter, and interested in learning more?

Let us know!





General Information



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

Contact Us

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

Address: 317 James St. South, St. Marys

Phone: 519-284-3272

Website: townofstmarys.com/seniorservices

Social: facebook.com/stmarysfriendshipcentre

Friendship Centre email:

friends@town.stmarys.on.ca

Home Support email:

homesupport@town.stmarys.on.ca

Friendship Centre Memberships

Membership Benefits: 25% savings on most programs and trips, access to free or low fee programs. Fees help offset operating costs including utilities, equipment, and supplies. Individuals aged 50+ and/or persons of varying abilities are eligible. The cost is \$50 per year and expires one year from the date of purchase. Memberships can be purchased online. Visit townofstmarys.com/friendshipcentre for details. We accept cash, debit, cheque, or credit card by phone. Unfortunately we are unable to accept e-transfers.

Land Acknowledgement

The Town of St. Marys acknowledges that we are located on the traditional territory of the Haudenosaunee and Anishinaabe peoples. This area is within the boundaries covered by Treaty 29, known as the Huron Tract Purchase, and is protected by the Dish With One Spoon wampum agreement. Today, many Indigenous peoples continue to call this land home and act as its stewards, and we are grateful to have the opportunity to live and work on this territory.



RZone: Respect and Responsibility

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

Inclusiveness

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

Friendship Centre Code of Conduct

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

The Town of St. Marys is committed to service excellence. We aim to create safe spaces where people are **respectful** of themselves and others and **responsible** for their actions. Inappropriate behaviour will not be tolerated at any Town-sponsored programs, facilities, parks and trails or any other location where Town staff are present. Anyone engaging in inappropriate behaviour will be asked to leave. Thank you for your cooperation in keeping St. Marys safe.

Calling all Canadian Veterans

Those that served even for a short period of time, may be eligible for benefits. Those benefits can support independent living. For more information please reach out to a staff member, or visit www.veterans.gc.ca/eng.

HST

Please note that HST is charged on top of any registered recreation program fee. Weekly drop-in fees are HST inclusive, and Health Service programs are HST exempt.

Volunteer Information



TIME FLIES WHEN YOU'RE HAVING FUN!

How is it possible that another year is already coming to an end? At the Friendship Centre, we want to take a moment to express our heartfelt thanks to each of our incredible volunteers.

Your commitment and the positive energy you bring to our programs truly make a difference in the lives of so many. We are deeply grateful for your dedication—not just to us, but to the entire community we serve.

Wishing you a joyful holiday season filled with peace, warmth, and well-deserved rest. We look forward to another wonderful year together!

**WITH APPRECIATION,
THE FRIENDSHIP CENTRE TEAM**



More Hands Make Light Work

Did you know that the Friendship Centre has over 200 volunteers which support programs and services in St. Marys and surrounding area?

Becoming a volunteer is as easy as 1, 2, 3

1. Chat with Jenny about what volunteer opportunities are available and where your talents can be best utilized.
2. Fill out a volunteer application
3. Complete the screening and orientation process

Bada Bing, Bada Bang, Bada Boom: the next thing you know you are volunteering!

We are currently recruiting for these volunteer positions:

Group Fitness Leaders
Programs Support Volunteers
Volunteer Visitors

Telephone Reassurance

Volunteer applications can be found at the front desk or by

visiting <https://www.townofstmarys.com/town-government/jobs-volunteer-opportunities/>

As we come to the close of 2025, we would like to take this opportunity to extend our heartfelt thanks to each and every one of you for your incredible support throughout the year.

Whether you renewed your membership, donated funds, contributed hand-crafted items or delicious home-baked goods, or simply shared your positive, welcoming, and inclusive spirit – you have helped make the Friendship Centre a welcoming place to be.

Wishing You a Joyful Holiday Season
May your holidays be filled with all things you love, and may the year ahead bring you good health, happiness, and many memorable moments.

With gratitude, Your Friendship Centre Staff
Jenny, Eliza, Sarah, Kim, Louise & Allyson



Upcoming Day Trips



Christmas with Elvis & Friends at Bingemans in Kitchener

Date: Wed. December 3rd
Time: 11:00 am – 5:00 pm

Ticket Includes:

- Buffet Luncheon
- Christmas with Elvis Show featuring award-winning Elvis impersonator Jay Zanier



Registration is now closed.
Add your name to the waitlist today in case space becomes available!



Cost:

M: \$140 + HST
NM: \$153 + HST

Book trips with Great Canadian Holidays and be sure to mention the Friendship Centre!

Great Canadian Holidays will then give the Friendship Centre credits to make our day trips more affordable.

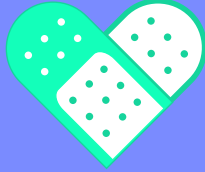


See what they offer at
www.greatcanadianholidays.com

Updates & Reminders

Please Remember to:

- Stay home if you are sick or not feeling well
- Wear indoor shoes
- Avoid wearing scents/perfume
- Wipe spaces down after you are finished
- Hang up coats and jackets on racks
- Wash hands / sanitize often



THANK YOU! 😊

Did you know that the Friendship Centre is a registered charitable organization that accepts donations?

Please reach out to us if you are interested in making a donation.

Thank you!

Hot & Frozen Meals

- Don't forget we offer hot and frozen meals that can be delivered right to your door
- Hot Meals are delivered Monday through Friday at about 12 pm
- Please remember to keep all walkways clear for everyone's safety
- Please note that you must be at home for your meal to be successfully delivered

Questions? Call us at 519-284-3272

Books & Puzzles Lending Library

**Did you know?
We have a great collection of books and puzzles behind the front welcome desk**



Feel free to help yourself!



St. Marys & Area Mobility Service



Meet the St. Marys and Area Mobility Service

St. Marys is lucky to have accessible transportation offered by St. Marys & Area Mobility Service.

Did you know that they rent office space in the Friendship Centre? Their office is open Monday to Friday, 8am-4pm.

If you would like to book a ride on the Mobility Bus please call EasyRide at 519-272-9875.

Frequently Asked Questions:



Amber Miners: Mobility Services Manager

Who can access St. Marys Mobility Service?

Anyone over the age of 55, and individuals over the age of 18 requiring accessible transportation.

What is EasyRide? EasyRide is our central scheduling service. They are not transportation providers but do arrange all bookings for 5 agencies across Huron and Perth. Please call them directly at 519-272-9875 to book your ride, and plan to call a week in advance for best availability. If you are asked to leave a voicemail, you will receive a call back from an EasyRide scheduler.

Registration: All riders must first be registered with Community Support Services Central Intake. They can be reached at 1-844-482-7800



St Marys and Area Mobility Service

Monthly Stratford Shopping Charter

When: 1st Monday of every month

Cost: \$20.00/ round trip

Stops include: Festival

Marketplace Mall



Call 519-272-9875 to book your spot!



Program Calendar - November 2025



MON	TUES	WED	THURS	FRI
3	4	5	6	7
8 am Breakfast at Joe's 9 am L5 Vigorous Fitness 9 am Basic Step 9:15 am L5 Men's Strength 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 10:30 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA	8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1 pm Junk Journal Creative Series 6:30 pm Line Dancing 6:30 pm Beginner Ballroom 6:45 pm Evening Zumba 7:30 pm Intermediate Ballroom	9 am L5 Vigorous Fitness 9:30 am Blood pressure at Thames Valley 9:15 am L5 Men's Strength 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Men's Strength 11 am ROMEO 10:30 am L1 Tiered Fitness at Wildwood CC 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	All Day Vaccine Clinic 8:45 am L5 Vigorous Mat 10 am L3 Light Fitness 10 am L4 at Thames Valley 10:30 am Annie the Musical Bus Trip to Stratford 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 1 pm Blood pressure @ FC 1:30 pm Knit & Chat 1:30 pm Learn the Ukulele	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:30 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA
10	11	12	13	14
9 am L5 Vigorous Fitness 9 am Basic Step 9:15 am L5 Men's Strength 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA	8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am Morning Zumba 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1 pm Junk Journal Creative Series 6:30 pm Line Dancing 6:30 pm Beginner Ballroom 6:45 pm Evening Zumba 7:30 pm Intermediate Ballroom	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 10:30 am L1 Men's Strength 11 am ROMEO 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Four Happy	8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L4 at Thames Valley 10 am L3 Light Fitness 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 12 pm Basic Step 12:30 pm Pepperama 1:30 pm Knit & Chat 1:30 pm Learn the Ukulele 5 pm Scrapbooking Open Crop	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:30 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA SATURDAY, NOV. 15: St. Marys Craft Show 9 AM - 3 PM



Program Calendar - November 2025



MON	TUES	WED	THURS	FRI
17	18	19	20	21
<p>9 am L5 Vigorous Fitness</p> <p>9 am Basic Step</p> <p>9:15am L5 Men's Strength</p> <p>10 am L5 Fitness in Kirkton</p> <p>10 am L4 Fitness at Thames Valley</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Tiered Fitness at Wildwood CC</p> <p>10:30 am L1 Fitness</p> <p>11 am L1 Tiered Fitness at Kingsway</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Quilting</p> <p>1 pm Shuffleboard</p> <p>1 pm Mexican Train</p> <p>1:30 pm L3 Light Fitness at the YMCA</p>	<p>8:45 am L5 Vigorous Mat</p> <p>9 am Quilting</p> <p>9 am Blood Pressure @ FC</p> <p>9:30 am Creative Minds</p> <p>10 am Morning Zumba</p> <p>10 am L3 Light Fitness</p> <p>10 am L3 Fitness at Stoneridge</p> <p>11 am L2 Light Gentle Fit</p> <p>1 pm Pepper/Bid Euchre</p> <p>1 pm Jamboree</p> <p>1:30 pm Write Your Life P2</p> <p>6:30 pm Line Dancing</p> <p>6:30 pm Beginner Ballroom</p> <p>6:45 pm Evening Zumba</p> <p>7:30 pm Intermediate Ballroom</p>	<p>9 am L5 Vigorous Fitness</p> <p>9:30 am Choir</p> <p>9:15 am L5 Men's Strength</p> <p>10 am L5 Fitness at Kirkton</p> <p>10 am Blood Pressure at Parkview West Apts - Rotary Hall</p> <p>10:15 am Addiction Awareness Education</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Men's Strength</p> <p>11 am ROMEO</p> <p>10:30 am L1 Tiered Fitness at Wildwood CC</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Know the Value of your Collectibles Workshop</p> <p>1 pm Contract Bridge</p> <p>1:30 pm Chair Yoga</p> <p>1:30 pm L3 Light Fitness at the YMCA</p> <p>7 pm Virtual Scrapbooking Class</p>	<p>8:45 am L5 Vigorous Mat</p> <p>9 am Pickleball</p> <p>10 am L4 at Thames Valley</p> <p>10 am L3 Light Fitness</p> <p>11 am L2 Light Gentle Fit</p> <p>11 am L1 Tiered Fitness at Kingsway</p> <p>12 pm Basic Step</p> <p>1:30 pm Knit & Chat</p> <p>1:30 pm Learn the Ukulele</p>	<p>9 am L5 Vigorous Fitness</p> <p>9:15am L5 Men's Strength</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Tiered Fitness at Wildwood C.C.</p> <p>10:30 am L1 Tiered Fitness</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Progressive Euchre</p> <p>1:30 pm L3 Light Fitness at the YMCA</p>
24	25	26	27	28
<p>9 am L5 Vigorous Fitness</p> <p>9 am Basic Step</p> <p>9:15 am L5 Men's Strength</p> <p>10 am L5 Fitness in Kirkton</p> <p>10 am L4 Fitness at Thames Valley</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Tiered Fitness at Wildwood CC</p> <p>10:30 am L1 Fitness</p> <p>11 am L1 Tiered Fitness at Kingsway</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Quilting</p> <p>1 pm Shuffleboard</p> <p>1 pm Mexican Train</p> <p>1:30 pm L3 Light Fitness at the YMCA</p>	<p>8:45 am L5 Vigorous Mat</p> <p>9 am Quilting</p> <p>9:30 am Creative Minds</p> <p>10 am Morning Zumba</p> <p>10 am L3 Light Fitness</p> <p>10 am L3 Fitness at Stoneridge</p> <p>11 am L2 Light Gentle Fit</p> <p>1 pm Pepper/Bid Euchre</p> <p>1 pm Jamboree</p> <p>1:30 pm Write Your Life P2</p> <p>5 pm Dine in with Friends</p> <p>6:30 pm Genealogy</p> <p>6:30 pm Line Dancing</p> <p>6:45 pm Evening Zumba</p>	<p>9 am L5 Vigorous Fitness</p> <p>9:30 am Choir</p> <p>9:15am L5 Men's Strength</p> <p>10 am L5 Fitness at Kirkton</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Men's Strength</p> <p>10:30 am Blood Pressure @ FC</p> <p>10:30 am L1 Tiered Fitness at Wildwood CC</p> <p>11 am ROMEO</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Contract Bridge</p> <p>1 pm Scrapbooking Open Crop</p> <p>1 pm Cardinal Jars with Sue</p> <p>1:30 pm Chair Yoga</p> <p>1:30 pm L3 Light Fitness at the YMCA</p> <p>4:30 pm Supper from The Cheese Shoppe</p>	<p>8:45 am L5 Vigorous Mat</p> <p>9 am L5 Vigorous Mat</p> <p>9 am Pickleball</p> <p>10 am L4 at Thames Valley</p> <p>10 am L3 Light Fitness</p> <p>11 am L2 Light Gentle Fit</p> <p>11 am L1 Tiered Fitness at Kingsway</p> <p>12 pm Basic Step</p> <p>1 pm Shuffleboard</p> <p>1:30 pm Knit & Chat</p> <p>1:30 pm Learn the Ukulele</p>	<p>9 am L5 Vigorous Fitness</p> <p>9:15am L5 Men's Strength</p> <p>10:30 am Pickleball</p> <p>10:30 am L1 Tiered Fitness at Wildwood C.C.</p> <p>10:45 am Morning Line Dancing</p> <p>10:30 am L1 Tiered Fitness</p> <p>11:15 am L4 Moderate Fitness</p> <p>1 pm Progressive Euchre</p> <p>1:30 pm L3 Light Fitness at the YMCA</p>



Program Calendar - December 2025



MON	TUES	WED	THURS	FRI
1	2	3	4	5
8 am Breakfast at Joe's 9 am L5 Vigorous Fitness 9 am Basic Step 9:15 am L5 Men's Strength 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA	8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am Morning Zumba 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Write Your Life P2 6:30 pm Line Dancing 6:45 pm Evening Zumba	9 am L5 Vigorous Fitness 9:30 am Choir 9:30 am Blood Pressure at Thames Valley 9:15am L5 Men's Strength 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Men's Strength 10:30 am Tiered Fitness at Wildwood CC 11 am Christmas with Elvis & Friends Bus Trip 11:00 am ROMEO 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 10 am L4 at Thames Valley 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 12 pm Basic Step 1 pm Shuffleboard 1 pm Blood pressure @ FC 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:45 am Morning Line Dancing 10:30 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
8	9	10	11	12
9 am L5 Vigorous Fitness 9 am Basic Step 9:15 am L5 Men's Strength 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 10:30 am L1 Tiered Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA	8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree 1:30 pm Write Your Life P2	9 am L5 Vigorous Fitness 9:30 am Choir 9:15 am L5 Men's Strength 10 am L5 Fitness at Kirkton 10 am Blood Pressure at Parkview West Apts - Rotary Hall 10:30 am Pickleball 10:30 am L1 Men's Strength 10:30 am L1 Tiered Fitness at Wildwood CC 11 am ROMEO 11:15 am L4 Moderate Fitness CHRISTMAS LUNCH 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA	8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 10 am L4 at Thames Valley 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 12 pm Basic Step 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:30 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - December 2025



MON	TUES	WED	THURS	FRI
15	16	17	18	19
<p>9 am L5 Vigorous Fitness 9 am Basic Step 9:15 am L5 Men's Strength 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA</p>	<p>8:45 am L5 Vigorous Mat 9:00 am Quilting 9 am Blood Pressure @ FC 9:30 am Creative Minds 10 am L3 Light Fitness 10 am L3 Fitness at Stoneridge 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre 1 pm Jamboree</p>	<p>9 am L5 Vigorous Fitness 9:30 am Choir 9:15 am L5 Men's Strength 10 am L5 Fitness at Kirkton 10:30 am L1 Men's Strength 10:30 am Pickleball 10:30 am Tiered Fitness at Wildwood CC 10:30 am Blood Pressure @ FC 11 am ROMEO 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Joe's Diner</p>	<p>8:45 am L5 Vigorous Mat 9 am Pickleball 10 am L3 Light Fitness 10 am L4 at Thames Valley 11 am L2 Light Gentle Fit 11 am L1 Tiered Fitness at Kingsway 12 pm Basic Step 1 pm Shuffleboard 1:30 pm Knit & Chat</p>	<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood C.C. 10:30 am L1 Tiered Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling</p> <p style="text-align: center;">1 pm Friendship Centre Holiday Social</p>
22	23	24	25	26
<p>9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Tiered Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Tiered Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Quilting 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA</p>	<p>8:45 am L5 Vigorous Mat 9 am Quilting 9:30 am Creative Minds 10 am L3 Fitness at Stoneridge 10 am L3 Light Fitness 11 am L2 Light Gentle Fit 1 pm Pepper/Bid Euchre</p>	<p>Friendship Centre Closed</p>	 <p>Friendship Centre Closed</p>	<p>Friendship Centre Closed</p>



Program Calendar - December 2025



MON	TUES	WED	THURS	FRI
29	30	31	JANUARY 1	JANUARY 2
Friendship Centre Closed	Friendship Centre Closed	Friendship Centre Closed	Friendship Centre Closed	Friendship Centre Closed

Legend: Off-Site Fitness & Falls Prevention Classes

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