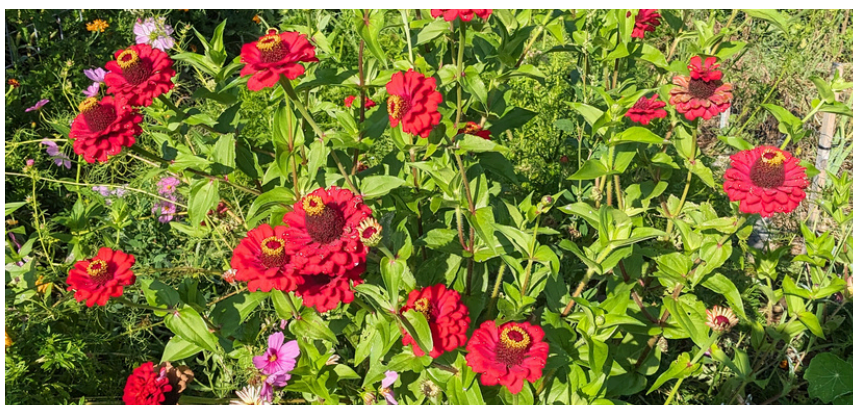


Friendship Centre

PRIME TIME

September & October 2026



 **Coming Soon:**

**Scrapbooking
Garage Sale**

Saturday
September 12th

**Improved
Communication for
Dementia Education**

Wednesday
September 23rd

**B.R.A.I.N. Tool
Education**

Monday
September 28th

**Thanksgiving
Lunch**

Thursday
October 1st

**Let's Do
Lunch**

Tuesday
October 27th

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

Friendship Centre Refresh Updates

We blinked and summer was gone! We want to express our sincere thanks for your support, patience, and understanding throughout Friendship Centre “refresh” project.

Renovations have a way of testing one’s flexibility and patience. During this time, your encouragement and willingness to adapt made the entire process so much easier! An extra special thank you to the many volunteers who jumped in to fill gaps and accommodate as needed.

We are truly grateful for your kindness, cooperation, and positive attitude during the disruptions.

Your support made a meaningful difference and reminded us how fortunate we are to have such understanding people around us.

We are pleased to report that the renovation is almost complete, and our sanity is mostly intact. We anticipate returning to the Friendship Centre September 14 for our official re-opening. To support a quick turn around and to ensure we can hit the ground running on September 14th we will be cancelling all onsite programs on Friday September 11th to allow the facility to be put back together in order to welcome you all back, and boy are we excited to welcome you all back into the Friendship Centre. We understand completely how much you value the programs we offer and hope you will understand.

Please note that Friendship Centre Scrapbooking Garage Sale event will carry on September 12th. We ask that visitors use entrance B or D to visit the Garage Sale. Thank you to everyone who has offered to donate baking for this event. Please bring your baking to the PRC Lobby Thursday September 10th or by noon on Friday September 11th.

As with every project there are always hiccups. Our hiccup has come in the form of new front doors. We anticipate that the our new doors will arrive mid-September. During the installations we will continue to operate in the Friendship Centre. You will notice noise and dust. We will communicate alternative entrances for programming prior to entrance close. Please stay tuned for additional information.

Once again thank for your patience and understanding, we cant wait to see you all again soon in the Friendship Centre Facility.





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. \$40 per appointment. Foot care gift cards are available.

Meals on Wheels

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

Shopping Services

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

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

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

Telephone Reassurance

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

Health and Wellness Programs

Wellness programs consist of Fitness and Falls Prevention Classes, educational presentations and blood pressure clinics. With the help of volunteers, the Friendship Centre offers 30 fitness classes for all levels at various times and locations. See pages 5-7 for more details on the current 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 8 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 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.



HOLIDAY CLOSURE NOTICE



Please note that the Friendship Centre will be closed on Monday September 7th and October 12th

Meals on Wheels will continue as regularly scheduled



Let's Do Lunch

Date: Tuesday October 27th

Menu: Chicken Pot Pie, Salad, Sweet Treat

Cost: \$14.50

Register and pay by: Friday October 16th

Time: 12:00 pm

Location: Friendship Centre Main Hall

Thanksgiving Lunch

Date: Thursday October 1st

Menu: Roast turkey dinner with all the fixings and dessert

Cost: \$25

Register and pay by: Friday September 21st

Time of Friendship Centre Drive Thru Pickup:

Between 12:15 and 1:15 pm

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



Breakfast at Joe's

The Friendship Centre is fortunate to partner with Joe's Diner. Joe's opens on their day off to provide an in-house breakfast option.

A minimum number is required for this program, so please sign up well in advance of the deadline to avoid program cancellation.



Dates:

Monday September 14th (Register by Sept 9th)

Monday October 5th (register by Sept 30th)

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

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

Cost: \$12

Dine out at Home

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

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

Wednesday, September 9th: Supper from Joe's Diner

Menu: Fried chicken, mashed potatoes, & coleslaw

Cost: \$13.50

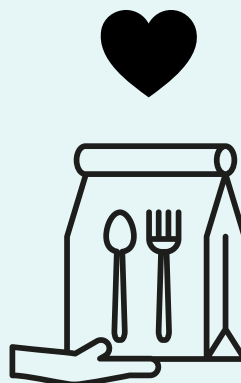
Register and pay by Wed, Sept. 2

Wednesday, September 23rd: Supper from The Cheese Shoppe

Menu: Salad Plate

Cost: \$13.50

Register and pay by Wed, Sept. 16



Wednesday, October 14th: Supper from The Friendship Centre

Menu: Beef Shepherd's Pie

Cost: \$13.50

Register and pay by Wed, Oct. 7

Wednesday, October 28 Supper from Four Happy

Menu: Chinese Platter

Cost: \$13.50

Register and pay by Wed, Oct. 21



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 7.

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 to register for the site and level you plan on attending.
- 3) Then either expect a call from 1-844-482-7800 the Huron Perth Community Intake Coordinator, or call them first to complete your registration. (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 minutes
- 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, education)

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.

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. This class is taught predominantly in standing. Chairs are available to sit if needed. 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.

Men's Strength

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



Best practices for your fitness class success

DO include all participants.	WHY? It's a supportive program that is free from bias.
DO contact Huron Perth Intake Coordinator by calling 1-844-482-7800. Call display will be CSS intake.	WHY? Completes registration process, helps with report writing and you have access to register for more community services in the future.
DO keep us informed on address changes, or changes to your emergency contact by calling us at 519-284-3272.	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 plan to attend every June and December either online or by calling the Friendship Centre .	WHY? Assists us with report writing and program planning, we also can contact you about class cancellations 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.

Fitness & Falls Prevention Class Schedule 2026

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 am Lvl 3 Light Friendship Centre 45 mins MP Room		10 am Lvl 3 Light Friendship Centre 45 mins MP Room	
10 am Lvl 5 Vigorous Kirkton Hall 60 mins	10 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 Lvl 4 Moderate Friendship Centre 60 minutes		11:15 Lvl 4 Moderate Friendship Centre 60 minutes
1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins		1:30 pm Lvl 3 Light YMCA 45 mins



Blood Pressure Clinics - Health Screening

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

Locations:

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

1st Thursday afternoon - Sept 3 & Oct 1
3rd Tuesday morning - Sept 15 & Oct 20
4th Wednesday morning: Sept 23 & Oct 28

Parkview West Apts (Rotary Hall) - 22 St. Andrews St. N., St. Marys Drop in - 3rd Wednesday morning Sept. 16 & Oct. 21

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

1st Wednesday morning - Sept 2 & Oct 7

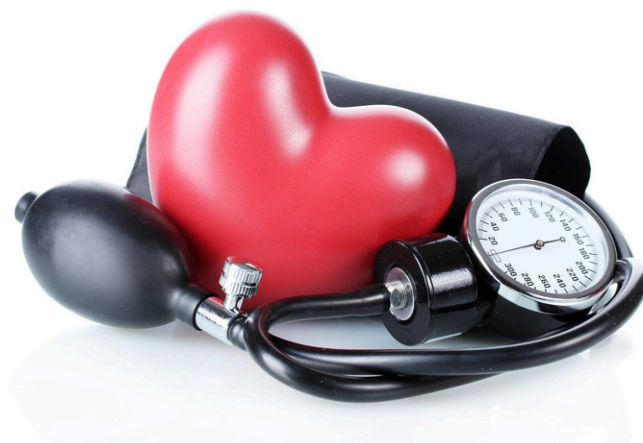
Call the Friendship Centre to book an appointment. Phone: 519-284-3272

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.





September Education - Improved Communication for Dementia

Join Jessica Lawson from the Alzheimer's Society to learn strategies for improving your communication with people living in various stages of dementia.

Date: Wednesday September 23rd

Time: 10:15 - 11:15 am

Location: Friendship Centre

Fee: Free

ActiveNet Registration required

September Education - Using the B.R.A.I.N tool to make decisions

Join Andrea Martin from the Southwest Management Team as she leads us through a helpful tool called B.R.A.I.N (Benefits, Risks, Alternatives, Personal Intuition, Next Steps) which we can use when making health related or life altering decisions.

Date: Monday September 28

Time: 10:00 - 11:30 am

Location: Friendship Centre

Fee: Free



ActiveNet Registration required

October Education - End of Life and Taxes

Join Certified Financial Advisor Franklin H. Famme, FCPA, FCA to gain knowledge on how taxes can impact our end of life planning. Franklin will also be speaking to us about tax-efficient charitable donations and estate planning.

Date: Wednesday October 21st

Time: 10:15 - 11:15 am

Location: Friendship Centre

Fee: Free

ActiveNet Registration required

October Education - Blue Water Recycling

The Friendship Centre will be teaming up with the library to welcome Jillian Simmons from Blue Water Recycling.

Date: Wednesday October 14th

Time: 6:30 pm - 8:30 pm

Location: Friendship Centre

Fee: Free

ActiveNet Registration required

October Municipal Elections: Advance Polls in the Friendship Centre Multipurpose Room

**Please note that the Municipal Elections
advance polls will be located in the
Friendship Centre Multipurpose Room
from Wednesday October 7 to Saturday
October 10, from 10 am - 4 pm.**

**Please stay tuned for details regarding
shifting program locations and updates**

Thank you for understanding!

Thanksgiving Lunch: Thursday October 1st



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

Register & Pay by:

Friday September 18th

Options:

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

Friendship Centre Entrance



**Please note that the loop directly in
front of the main Friendship Centre
entrance is for loading and unloading
only.**

**Please do not park in this space as it
impedes the Mobility Services
vehicles. Thank you!**



Social, Leisure and Fitness Programs



Ballroom Dancing

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 nights:

September 15th - October 27th

(6 weeks, no class Oct. 6th),

& November 3rd to December 15th (7 weeks)

6:30 pm - Beginner

OR 7:30 pm - Intermediate

For Ages 18+

ActiveNet registration required.



Chair Yoga Wednesdays | \$80.00

Join a variety of Yoga Instructors for an 8 week Yoga session that will combine a blend of both static poses and yoga flows. These classes are geared to improve your overall strength, balance and flexibility. This program will be a mix of both seated and standing postures using a chair for additional support. A short meditation will be included at the end of each session.

Classes will run on Wednesdays **in the 2/3 Hall**

Dates: Wednesday September 9 - October 28

Time: 1:30 - 2:30 pm

Drop-in classes available:

\$15 per class (HST included)

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!

Friday mornings: September 18th - October 30th (6 weeks, no class October 2nd)

Time: 10:15 am - 11:45 am

Drop-in classes available:

\$15 per class (HST included)

For Ages 18+

ActiveNet registration required.

DCVI: Indoor Walking

This walking program is available most evenings when school is open. PD days, breaks and holidays excluded.

Date: October 5th-April 30th

Monday - Friday

Time: 5:00 pm - 8:00 pm

Location: DCVI High School

Fee: Free

ActiveNet registration required.

Step Aerobics | M: \$37.50 + HST / NM : \$50 + HST

This 5 week session will add some fun variety to your usual cardio routine.

Dates: Tuesdays: September 22 - October 27th

Please note: No class on October 20

Time: 10:00 - 10:45 am

Location: Endzone

For Ages 18+

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.

Monday & Thursday at 1 pm - **Resumes Sept. 21**

Drop in. Annual registration required

LIND Shuffleboard | M: Free/NM: \$2

Join us for our special spring and summer shuffleboard program located at the LIND Sportsplex, by the Quarry.

Mondays & Wednesdays at 9:30 am

LIND Shuffleboard runs until Wed. Sept 16th

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 - **Resumes October 2nd**

Drop in. Annual registration required

Pickleball

Activity Fees:

Yearly Fee (Sept - Aug):

M: \$55 + 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

Wednesdays: 10:30 am - 12:30 pm

Thursdays: 9:00 am - 12:00 pm

Fridays: 10:30 am - 12:30 pm

Drop in. Annual registration required

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

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

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

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

Tuesdays at 1 pm

Drop in- Annual registration required

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

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

Thursday, September 10th at 12:30 pm

Thursday, October 15th at 12:30 pm (**Note**

October Pepperama is a week later than usual)

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 - **resumes September 21st**

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 - **resumes September 15th**

Drop in. Annual registration required.

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

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

Thursdays at 1:30 pm

Drop in. Volunteer registration required.

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

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

Thurs, Sept. 10, 5-9 pm & Wed, Sept. 23, 1-5 pm
Thurs, Oct. 15, 5-9 pm & Wed, Oct. 28, 1-5 pm

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

Virtual Scrapbooking Class | \$20

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

Wednesday October 21st, 7 pm
(Register and pay by October 5)
Wednesday November 18th, 7 pm
(Register and pay by November 2)

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



Genealogy | M: Free/NM: \$2

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

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

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

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

Tuesday September 29th, 6:30 pm

Tuesday October 27th, 6:30 pm

Drop in. Annual registration required.

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

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

Mondays at 1 pm - **resumes September 14**

Drop-in. 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!

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 - **resumes September 16th**

Annual registration required.





Fine Dining & On The Road: Mobility Bus Charters



September Fine Dining to The Keg in London

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

Join us for a Mobility Bus road trip to The Keg in London! Meal not included in price. Price is for transportation only.

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

ActiveNet registration required.



September On the Road to Quehl's Restaurant and the Wild Hog Country Market

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

Join us for a Mobility Bus road trip to Quehl's Restaurant and the Wild Hog Country Market! Meal not included in price. Price is for transportation only.

Date: Thursday September 24th
Depart at 11:30 am. Return at 3:30 pm.

ActiveNet registration required.

October Fine Dining to Tempo Restaurant in Woodstock

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

Join us for a Mobility Bus road trip to Tempo Restaurant in Woodstock! Meal not included in price. Price is for transportation only.

Date: Tuesday October 6th
Depart at 4:15 pm. Return at 8:15 pm.

ActiveNet registration required.



October On the Road to Anna Mae's

M: \$26 + HST / NM: \$33 + HST

Join us for a Mobility Bus road trip to Anna Mae's for lunch! Meal not included in price. Price is for transportation only.

Date: Thursday October 22nd
Depart at 11:15 am. Return at 2:45 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.



Upcoming Events



SCRAPBOOKING GARAGE *sale*

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



Saturday Sept. 12th, 2026
9 AM - 1 PM

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

CALLING ALL BAKERS!

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

WE ARE LOOKING FOR BAKING FOR:



- **SEPTEMBER 12TH**
**SCRAPBOOKING GARAGE
SALE**
- **SATURDAY NOVEMBER 21ST**
CRAFT SHOW



INTERESTED? LET US KNOW!

Apple Tasting Workshop

Friday October 23rd at 1 pm
Friendship Centre Main Hall



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



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



Halloween Fun Bingo!

Friday October 30th
1:30-3:30pm



**Costumes and Halloween
spirit are highly encouraged!**

Cost: M \$6, NM \$8

Registration Required



Upcoming Events



MEDITATION WORKSHOP SERIES WITH DENISE



Join Denise on a 4 week meditative journey with a focus on restoring the mind body connection within. Preparing us to bring our improved focus, connection and concentration from the meditation space into our everyday lives.

- ✦ Guided meditation session
- ✦ Simple mindfulness practices
- ✦ Breathing and grounding exercises

4 WEEK SESSION: TUESDAY SEPTEMBER 22ND - OCTOBER 13TH
11:15 AM – 11:45 PM

\$20 / FULL SESSION



Please register on Activenet or at the Friendship Centre Desk 519-284-3272

Free to Attend!

4 week Beginner Ukulele Group

Join Jessica Lawson from the **Alzheimers Society** for a fun filled 4 week session of Ukulele lessons.

No previous experience needed.
A limited amount of Ukuleles are available to borrow upon request.
Registration is required.

WEDNESDAYS
OCTOBER 7-28
10:00 - 11:30 AM



Please register on Activenet, In person or by phone at the Friendship Centre Desk
519-284-3272

St. Marys Craft Show



Shop for treasures from 60+ local & regional artisans!



Saturday,
November 21, 2026
9 AM - 3 PM

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

- ⊗ Admission by donation
- ⊗ Non-perishable food items for the Food Bank welcome
- ⊗ Lunch available to purchase
- ⊗ No ATM available

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

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!



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! 😊

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

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

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!

Municipal Election Information

ADVANCED POLLING DATES

The Town of St. Marys will be holding advance polling dates at the Pyramid Recreation Centre in the Multipurpose Room beginning Wednesday, October 7 and running through to Saturday, October 10 from 10:00 am until 4:00 pm.

ELECTION DAY

Not to worry if you can't make the advanced dates: be sure to come out on Election Day in the PRC Community Centre on Monday, October 26 between 10:00 am and 8:00 pm.

UPDATE THE VOTERS LIST

Avoid lengthy line ups by ensuring your information is accurate on the voters list! If you've moved since the last municipal election, visit or call Town Hall prior to casting your vote to update your address on the voters list at 175 Queen Street East, lower-level or (519) 284-2340 ext. 241.

CERTIFIED LIST OF CANDIDATES

The full list of certified municipal and school board candidates is available on the Town's website: <https://www.townofstmarys.com/town-government/elections/>

**Please note that some of our Friendship Centre programs will be shifting at this time.
Please stay tuned for updates!**



Upcoming Day Trips



Starbright Christmas in Petrolia

Tuesday November 17, 2026
10:30 am – 6:00 pm

Ticket Includes:

- Lunch at Actor's Restaurant
- Starbright Christmas show at the Victoria Playhouse in Petrolia



Cost:

M: \$142 + HST

NM: \$155 + HST



Register and pay by September 23

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**



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.



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 - September 2026



MON	TUES	WED	THURS	FRI
AUGUST 31 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Fitness at Kingsway 11:15 am L4 Moderate Fitness 1:30 pm L3 Light Fitness at the YMCA	1 8:45 am L5 Vigorous Mat 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	2 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 9:30 am Blood Pressure at Thames Valley 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 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 L3 Light Fitness at the YMCA	3 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 Fitness at Kingsway 1 pm Blood Pressure @ FC 1:30 pm Knit & Chat	4 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA
7 Friendship Centre Closed  Happy Labour Day!	8 8:45 am L5 Vigorous Mat 10 am Intermediate Step Class 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	9 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 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 Joe's Diner	10 8:45 am L5 Vigorous Mat 10 am L3 Light Fitness 10 am L4 at Thames Valley 11 am L2 Light Gentle Fit 11 am L1 Fitness at Kingsway 12:30 pm Pepperama 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	11 On-site Friendship Centre Programs cancelled today - see you on Monday September 14th! 10:30 am L1 Fitness at Wildwood C.C. 1:30 pm L3 Light Fitness at the YMCA SATURDAY SEPTEMBER 12th: SCRAPBOOKING GARAGE SALE 9 am - 1 pm



Program Calendar - September 2026



MON	TUES	WED	THURS	FRI
14 8 am Breakfast at Joe's 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am LIND Shuffleboard 10 am L5 Fitness in Kirkton 10 am L4 Fitness at Thames Valley 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 Fitness at Kingsway 11:15 am L4 Moderate Fitness 1 pm Shuffleboard 1 pm Mexican Train 1:30 pm L3 Light Fitness at the YMCA	15 8:45 am L5 Vigorous Mat 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 4:15 pm Fine Dining to the Keg 6:30 pm Beginner Ballroom Dancing 7:30 pm Intermediate Ballroom Dancing	16 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 9:30 am LIND Shuffleboard 10 am L5 Fitness at Kirkton 10 am Parkview West Apts-Rotary Room Blood Pressure Clinic 10:30 am Pickleball 10:30 am L1 Men's Strength 10:30 am L1 Fitness at Wildwood CC 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	17 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 Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	18 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA
21 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 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 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	22 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 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 11:15 am Meditation Class 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:30 pm Beginner Ballroom Dancing 7:30 pm Intermediate Ballroom Dancing	23 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 10 am L5 Fitness at Kirkton 10:15 am Education: Improved Communication for Dementia 10:30 am Pickleball 10:30 am Blood Pressure @ FC 10:30 am L1 Men's Strength 10:30 am L1 Fitness at Wildwood CC 11 am ROMEO 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1 pm Scrapbooking Open Crop 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from The Cheese Shoppe	24 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 Fitness at Kingsway 11:30 am On the Road to Quehl's Restaurant & The Wild Hog Country Market 1 pm Shuffleboard 1:30 pm Knit & Chat	25 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1:30 pm L3 Light Fitness at the YMCA SATURDAY SEPTEMBER 26th SCRAPATHON FUNDRAISER 9 am - 7 pm



Program Calendar - October 2026



MON	TUES	WED	THURS	FRI
28 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 am Education: using the B.R.A.I.N tool for decision making 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 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	29 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 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 11:15 am Meditation Class 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:30 pm Genealogy 6:30 pm Beginner Ballroom Dancing 7:30 pm Intermediate Ballroom Dancing	30 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 10 am L5 Fitness at Kirkton 10:30 am Pickleball 10:30 am L1 Men's Strength 10:30 am L1 Fitness at Wildwood CC 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	OCTOBER 1 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 Fitness at Kingsway THANKSGIVING LUNCH 1 pm Shuffleboard 1 pm Blood Pressure @ FC 1:30 pm Knit & Chat	OCTOBER 2 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
5 8 am Breakfast at Joe's 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 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 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	6 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 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 11:15 am Meditation Class 1 pm Pepper/Bid Euchre 1 pm Jamboree 4:15 pm Fine Dining to Tempo Restaurant	7 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 9:30 am Blood Pressure at Thames Valley 10 am L5 Fitness at Kirkton 10 am Beginner Ukulele 10:30 am Pickleball 10:30 am L1 Men's Strength 10:30 am L1 Fitness at Wildwood CC 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 10 am to 4 pm: Advance Polls in the MP Room	8 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 Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat 10 am to 4 pm: Advance Polls in the MP Room	9 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA 10 am to 4 pm: Advance Polls in the MP Room



Program Calendar - October 2026



MON	TUES	WED	THURS	FRI
12 Friendship Centre Closed  Happy Thanksgiving!	13 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 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 11:15 am Meditation Class 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:30 pm Beginner Ballroom Dancing 7:30 pm Intermediate Ballroom Dancing	14 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 10 am L5 Fitness at Kirkton 10 am Beginner Ukulele 10:30 am L1 Men's Strength 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 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 The Friendship Centre 6:30 pm Education: Blue Water Recycling	15 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 Fitness at Kingsway 12:30 pm Pepperama 1 pm Shuffleboard 1:30 pm Knit & Chat 5 pm Scrapbooking Open Crop	16 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA
19 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 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 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	20 8:45 am L5 Vigorous Mat 9 am Quilting 9 am Blood Pressure @ FC 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 1 pm Jamboree 6:30 pm Beginner Ballroom Dancing 7:30 pm Intermediate Ballroom Dancing	21 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 10 am L5 Fitness at Kirkton 10 am Beginner Ukulele 10 am Parkview West Apts - Rotary Room Blood Pressure Clinic 10:15 Education: End of Life and Taxes 10:30 am Pickleball 10:30 am L1 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 7 pm Virtual Scrapbooking Class	22 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 Fitness at Kingsway 11:15 am On the Road to Anna Mae's 1 pm Shuffleboard 1:30 pm Knit & Chat	23 9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Apple Tasting Workshop 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA



Program Calendar - October 2026



MON	TUES	WED	THURS	FRI
26	27	28	29	30
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 Fitness at Wildwood CC 10:30 am L1 Fitness 11 am L1 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 Municipal Election Day Voting from 10am - 8pm in the Community Centre	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 10 am Intermediate Step Class 11 am L2 Light Gentle Fit 12 pm Let's Do Lunch 1 pm Pepper/Bid Euchre 1 pm Jamboree 6:30 pm Genealogy 6:30 pm Beginner Ballroom Dancing 7:30 pm Intermediate Ballroom Dancing	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 9:30 am Choir 10 am L5 Fitness at Kirkton 10 am Beginner Ukulele 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood CC 10:30 am L1 Men's Strength 10:30 am Blood Pressure @ FC 11 am ROMEO 11:15 am L4 Moderate Fitness 1 pm Contract Bridge 1 pm Scrapbooking Open Crop 1:30 pm Chair Yoga 1:30 pm L3 Light Fitness at the YMCA 4:30 pm Supper from Four Happy	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 Fitness at Kingsway 1 pm Shuffleboard 1:30 pm Knit & Chat	9 am L5 Vigorous Fitness 9:15 am L5 Men's Strength 10:15 am Line Dancing 10:30 am Pickleball 10:30 am L1 Fitness at Wildwood C.C. 10:30 am L1 Fitness 11:15 am L4 Moderate Fitness 1 pm Progressive Euchre 1 pm Carpet Bowling 1:30 pm L3 Light Fitness at the YMCA 1:30 pm Halloween Bingo 

Legend: Off-Site Fitness & Falls Prevention Classes

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