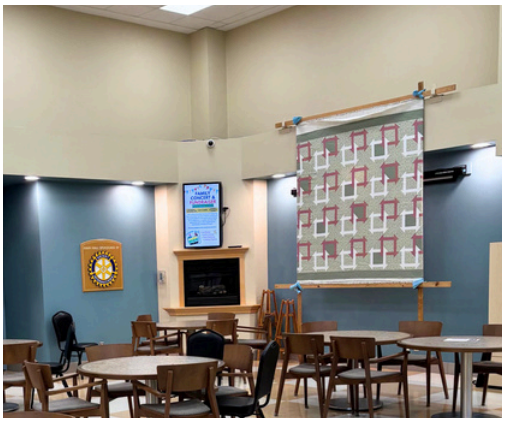
Friendship Centre

PRIMETIME

November & December 2026













Coming Soon:

Friendship Centre Craft Show	Christmas Lunch	Come & Go Lunch	Friendship Centre Holiday Social	Glowga Yoga Session
Saturday November 21st	Thursday December 3rd	Tuesday December 8th	Thursday December 17th	Friday December 18th

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!

ONTARIO CANADA ST. MARYS

519-284-3272



















As 2026 draws to a close, we would like to take a moment to thank each of you for your continued support throughout the year. Whether you renewed your membership, volunteered your time, participated in our programs, or simply showed up to support the Friendship Centre, your involvement helps make our community stronger and more vibrant.

We wish you a holiday season filled with the people, activities, and moments you cherish most. May the year ahead bring you good health, happiness, and many reasons to smile. Thank you for being an important part of the Friendship Centre family.

Cheers to another great year!

Warmest wishes,

Your Friendship Centre Staff

Jenny • Kim • Eliza • Sarah • Allyson • Vicki 🎄

✨

"Together, we create a welcoming community where friendships flourish and memories are made."





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.

HOLIDAY CLOSURE NOTICE

Please note that the Friendship Centre will be closed from Thurs. Dec. 24th to January 3rd, reopening Mon. 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 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 6-8 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 9 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.

Community Dining

This dining program takes place at the Friendship Centre. Gather and dine with old friends and 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.***

Dine in with Friends

Date: **Tuesday November 24th (Registration opens Wednesday November 4th)**
Time/location: 5:00 pm, Friendship Centre
Menu: **Ham**
Cost: $19 & a canned food item for donation to the local pantry

Christmas Lunch

Date: **Thursday December 3rd**
Menu: Roast turkey dinner with all the fixings and dessert
Cost: $25
Register and pay by: Friday November 20th
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 November 2nd (Register by Oct 28th)
Monday December 7th (register by Dec 2nd)
Time/location: 8:00 am, Joe's Diner
Menu: anyway eggs, bacon or sausage, hash browns, toast, and coffee/tea
Cost: $12

Giving Tuesday Come & Go Lunch

Date: **Tuesday December 8th**
Pickup Time at Friendship Centre: Drop in between 11:30 am and 1:00 pm. Please note this is a take away meal. **Register and pay by Tuesday December 1st**
Menu: **Split Pea & Ham Soup, and Quiche**
Cost: $8 and donation of a non-perishable food item for the Food Bank

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.

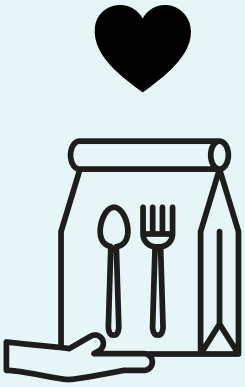
Please note that we are not able to offer refunds for meals cancelled after the registration deadline.

Wednesday, November 11th:
Supper from Sunset Diner

Menu: Meatloaf with Mashed Potatoes & Veggies
Cost: $13.50
Register and pay by Wed, Nov. 4

Wednesday, November 25th:
Supper from Joe's Diner

Menu: Roast Beef and Mashed Potatoes
Cost: $13.50
Register and pay by Wed, Nov. 18



Wednesday, December 9th:
Supper from The Cheese Shoppe

Menu: Chicken Parmesan & Pasta
Cost: $13.50
Register and pay by Wed, Dec. 2

Wednesday, December 23rd:
Supper from Four Happy

Menu: Chinese Platter
Cost: $13.50
Register and pay by Wed, Dec. 16

🎵 VOLUNTEERS WANTED 🎵

Help Keep the Music Playing at the Friendship Centre!

The Friendship Centre is looking for individuals willing to support the weekly setup and take-down of Jamboree music equipment.

This flexible volunteer role can be customized to suit your interests and availability and may include:

🎤 Setting up microphones, speakers, and sound equipment

🔌 Assisting with equipment take-down and storage

🤝 Supporting performers and helping create a welcoming atmosphere

About the Jamboree

The weekly Jamboree takes place every Tuesday from 1:00 p.m. to 4:00 p.m. in the Friendship Centre's 2/3 Hall. While regular volunteers are welcome, a weekly commitment is not required. Any help you can provide is greatly appreciated! This is just one of the many volunteer roles that help make the Jamboree a success. The program provides meaningful opportunities for musicians to perform, while creating a space for community members to come together through music, dancing, and social connection.

Why Volunteer?

✅ Flexible commitment

✅ Meet new people and build community connections

✅ Make a positive impact in the lives of others

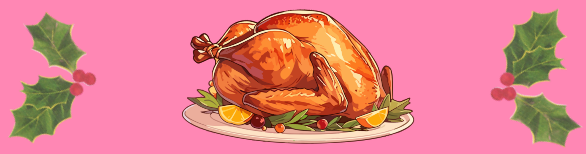
No prior experience is required. Training and support will be provided.

Interested?

Connect with Allyson or Jenny

Volunteer with us and help bring people together through the power of music. 🎶

Christmas Lunch: Thursday December 3rd



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

Register & Pay by:
Friday November 20th

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!

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. Charis 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.

Fitness and Falls Prevention Wellness Program

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 of 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

Health Screening, Education and Workshops

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. 5 & Dec. 3
3rd Tuesday morning - Nov. 17 & Dec. 15
4th Wednesday morning: Nov. 25 & Dec. 23

Parkview West Apts (Rotary Hall) -
22 St. Andrews St. N., St. Marys
Drop in - 3rd Wednesday morning
Nov. 18 & Dec. 16

Thames Valley - 30 Ann St. #77, St Marys
book appointment
1st Wednesday morning - Nov. 4 & Dec. 2

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.





Education Corner: Dementia - What I Need to Know

Jessica Lawson from the Alzheimer Society came and talked to us about the various types of dementia. Although at this time there is no cure for dementia, she mentioned several factors that we can take action on throughout our lives that may help support our brain health and potentially reduce our dementia risk, including:

1. Reducing high blood pressure (hypertension)
2. Quit smoking
3. Manage diabetes
4. Get physically active
5. Reduce obesity
6. Eat healthy
7. Reduce alcohol consumption
8. Increase your cognitive engagement
9. Treat symptoms of depression
10. Check your hearing loss
11. Reduce social isolation
12. Reduce exposure to air pollution



She also mentioned that there are many treatable conditions that can present similarly to dementia, such as depression, medication side effects, hearing and/or vision loss, nutritional deficits, infection, lack of sleep, and/or substance misuse. See your health care provider to find out if symptoms you're experiencing could be treatable.

For more information on the Alzheimer Society visit their website at www.alzheimer.ca

Education Corner: Using the B.R.A.I.N Tool to make decisions

We were joined by Andrea Martin as she talked about how to use a decision-making tool to help us with making big health-related or life-altering decisions. We looked at researching information, talking with friends or family members, including other supports like pharmacists, physiotherapist, dieticians, etc., to help weigh in on decisions depending on the type of decision. She talked about the internet being a helpful resource for finding information, but that we need to be looking at where the information is coming from. Educational resources like universities, government websites or not-for-profits tend to be good sources of information. If they are trying to sell you something, the information may be skewed.



The brain tool itself asks you to look at the benefits, risks, alternatives, your intuition, and next steps for your decision. Looking not only from your perspective, but also from the perspective of others that your decision will influence.

Check out more courses available through the Southwest Self Management Team at www.swselfmanagement.ca

Education Corner: Blue Water Recycling



Jillian Simmons from Blue Water Recycling came and informed us about the recycling sorting process. It was fun to envision the large magnets being used to raise and sort metals, robots scanning and sorting the recyclables from the garbage, and glass arriving already crushed being filtered by falling down through grates into bins below.

We then reviewed a list of items to see if the item was recyclable or not. Many items on the list were surprisingly identified as acceptable to recycle, such as empty aerosol cans, Halloween candy wrappers, toothpaste tubes, and even bubble wrap. The full list of acceptable recyclable items is available on their website at www.bra.org. Jillian mentioned that most product packaging we purchase from the store is recyclable, however if in doubt we should leave it out.

COMING SOON

Education & Wellness

COMING SOON

November Education: Housing and Homelessness

Join us for an information session with community outreach worker Jade Orquin on housing and homelessness. The session will provide residents with information on the realties of housing and homelessness in Perth County, and some of the broader trends within the province. Attendees will also learn about community supports, barriers to housing, and ways in which community members can help those who are experiencing hardship. We encourage community members to attend and ask questions so they can be provided with valuable knowledge about the issues that are affecting their community.

Date: Wednesday November 25th
Time: 10:15 - 11:30 am
Location: Friendship Centre
Fee: Free

ActiveNet Registration required

November Education: Body Mechanics for Exercise

Join Eliza Reid R.Kin for a discussion on alignment and body mechanics as we move through various exercises. We will review the muscles activated, exercise techniques, and how small changes in our body position can alter how the body carries the load.

Date: Friday November 27th
Time: 2 - 3:30 pm
Location: Friendship Centre
Fee: Free

ActiveNet Registration required

12 Days of Fitmas Challenge

Choose to complete one goal a day or build on your good habits by combining them this holiday season.

Day 1: Aim to include a protein at every meal today
Examples: eggs, yogurt, fish, chicken, beans, tofu, nuts

Day 2: Get 30 minutes of exercise. This could be walking, swimming, dancing, yoga, resistance training. Choose whatever feels good for you to do each day.

Day 3. Take a Technology Break Spend at least one hour screen-free today.

Day 4. Stretch for 10 minutes today.

Day 5: Practice Gratitude, write down 5 things you're grateful for.

Day 6: Self Care: Spend 20 minutes doing something you enjoy today.

Day 7: Focus on good sleep. Avoid screens for 30 minutes before bed and create a relaxing bedtime routine

Day 8: Practice 5-10 minutes of balance today.

Day 9: . Fill half your plate each meal with fruits and vegetables.

Day 10: Get Social today. Plan to connect with a friend today or challenge yourself to talk to someone new .

Day 11: Try a healthy recipe this week. Need inspiration? Visit halfmyplate.ca for some new ideas

Day 12: Perform an Act of Kindness: Compliment someone, hold a door, volunteer, or help a neighbor.

Participate and return this page to the Friendship Centre by Friday January 15th to enter the draw for our holiday gift basket.

Name:

Phone:

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:
Fall Session: November 3 - December 15 *(7 weeks)*
Winter session: January 5 - February 23 *(8 weeks)*
6:30 pm - Beginner
OR 7:30 pm - Intermediate
For Ages 18+

ActiveNet registration required.



Chair Yoga Wednesdays | $70.00

Join a variety of Yoga Instructors for an 7 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.

Dates: Wednesday November 4 - December 16
Time: 1:30 - 2:30 pm
Drop-in classes available:
$15 per class (HST included)
For Ages 18+

ActiveNet registration required

December Wellness Challenge: 12 days of Fitmas

Challenge yourself to complete the 12 days of Fitmas playing card on the previous page. Choose to complete one goal a day or build on your good habits by combining them this holiday season. Return the completed card by Jan. 15th to be entered into the draw for our holiday gift basket.

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: November 3 - December 15
Please note: No class on November 17 or Dec. 8th
Time: 10:00 - 10:45 am
Location: Endzone
For Ages 18+

ActiveNet registration required.

Line Dancing

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!

Line Dancing is paused for the time being - stay tuned!

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

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: $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, November 12th at 12:30 pm
Thursday, December 10th 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. 12, 5-9 pm & Wed, Nov. 25, 1-5 pm
Holiday Potluck & Crop: Wednesday Dec. 2, 12-5 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 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
Please note the last Jamboree of 2026 will be Tuesday December 15th

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 November 24th, 6:30 pm

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!

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.



Fine Dining & On The Road: Mobility Bus Charters

November Fine Dining to Bentley's Restaurant in Stratford
M: $26 + HST / NM: $33 + HST

Join us for a Mobility Bus road trip to Bentley's Restaurant in Stratford! Meal not included in price. Price is for transportation only.

Date: Tuesday November 10th
Depart at 4:30 pm. Return at 8 pm

ActiveNet registration required.





November On the Road to Demetre's Restaurant and Stratford Mall
M: $34 + HST / NM: $43 + HST

Join us for a Mobility Bus road trip to Demetre's Restaurant and the Stratford Mall! Meal not included in price. Price is for transportation only.

Date: Wednesday November 25th
Depart at 10:30 am. Return at 3:00 pm.

ActiveNet registration required.

December On the Road to the Magic of Lights in London!
M: $30 + HST / NM: $36 + HST

Join us for a Mobility Bus road trip to the Magic of Lights experience at the Fanshawe Conservation Area! Enjoy the stunning lights and displays from the comfort of the 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: Tuesday December 8th
Depart at 5 pm. Return at 7:30 pm.

ActiveNet registration required.



Festive Fine Dining to Perthstone Kitchen

Join us as we enjoy a festive meal at The Perthstone Kitchen! 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: Wednesday December 16th, 6:00 - 8:30 pm

Deadline to register: Monday December 7th
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

CALLING ALL BAKERS!

WOULD YOU LIKE TO SUPPORT THE FRIENDSHIP CENTRE BY DONATING BAKING TO OUR NOVEMBER 21 CRAFT SHOW?

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

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

Enjoy a Delicious Christmas Lunch on Thursday December 3rd!



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

Deadline to Register: Friday November 20th

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



Friendship Centre Holiday Social

Thursday December 17th: 1pm

Celebrate the season with us!

- Enjoy a performance by our Friendship Centre Choir, light refreshments, interactive fun, and social time!



- Free to attend, registration required

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

Upcoming Events

To St. Marys With Love Community Dinner

Sunday December 6
Pyramid Recreation Centre
Doors open at 4:30 pm
Dinner at 5:30 pm

Free tickets available at the Friendship Centre, the Library or the Sunset Diner

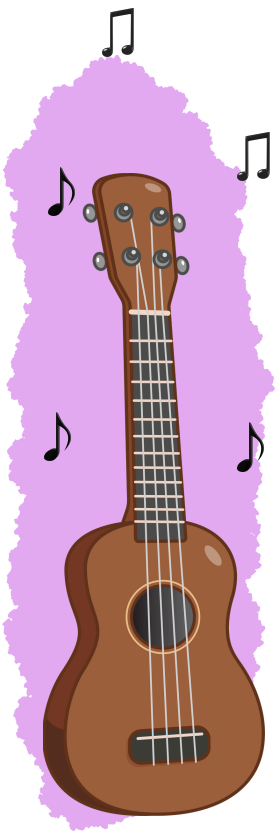
Learn Felting with Cathy

Tuesday December 15, 1pm



Learn all about the art of felting with Cathy, and take home your own cute creation!

Cost:
Members: $30 + HST
Non-members: $37.50 + HST



UKULELE JAM SESSIONS

Come join us for an hour and a half of Ukulele Jamming with Ron Christie as he leads us through a selection of Ukulele tunes.

Please note this is not a lesson but rather a group of individuals who know the basics and are looking to continue their Ukulele practicing.

Program fee is $1 for Friendship Centre members or $2 for non-members and you pay at the door.

Please Register for one or both on Activenet or at the Friendship Centre Desk as spaces are limited.
519-284-3272

TUESDAY NOVEMBER 17TH
AND/ OR
TUESDAY DECEMBER 8TH

TIME: 1:30 - 3:00



Updates & Reminders

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.

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!



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!

Reminders

No Scents at the Friendship Centre Please

We encourage people not to wear scents, perfume, scented lotions, or cologne at the Friendship Centre, as many are sensitive to scents and it can exacerbate existing health issues or chronic conditions.



Thank You!



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!

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

Add your name to the waitlist today!

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

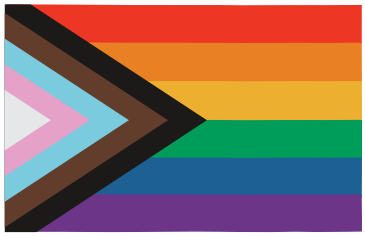
Hours: Monday to Friday, 8 am - 4:30 pm
Address: 317 James St. South, St. Marys
Phone: 519-284-3272
Website: townofstmarys.com/seniorservices
Social: facebook.com/stmarysfriendshipcentre
Friendship Centre email:
friends@town.stmarys.on.ca
Home Support email:
homesupport@town.stmarys.on.ca

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, martial 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

easyride™ door to door service

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!

ST. MARYS

Craft Show

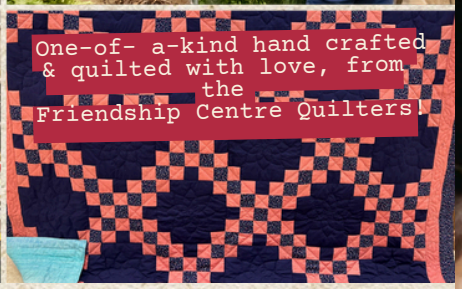
Shop for treasures from 60+ local & regional artisans!











Admission by donation

Non-perishable food items for Salvation Army welcome

Lunch available to purchase

No ATM available

Saturday, November 21, 2026

9:00 AM - 3:00 PM

Pyramid Recreation Centre,
317 James St South

Aquatics Centre Schedule

September 8 - December 20, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lanes 8:45 - 10:00 am	Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am	
Swim Lessons 9:00 am - 12:30 pm	Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Swim Lessons 9:00 am - 12:00 pm
Open Swim 1:00 - 2:45 pm	Open Swim 10:45 - 11:30 am	Water Walking 10:45 - 11:30 am	Open Swim 10:45 - 11:30 am	Water Walking 10:45 - 11:30 am	Open Swim 10:45 - 11:30 am	Open Swim 1:00 - 2:45 pm
Pool Rentals 3:00 - 4:00 pm	Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Pool Rentals 3:00 - 4:00 pm
Pool Rentals 4:15 -5:15 pm	Swim Lessons 4:15 - 7:00 pm	Adult Swim Lessons & Adult Leisure Swim 2:00 - 3:00 pm	EarlyON Play & Swim 2:00 -2:45 pm	Adult Swim Lessons & Adult Leisure Swim 2:00 - 3:00 pm	Parent & Tot Lesson 2:00 - 2:30 pm	Pool Rentals 4:15 -5:15 pm
	Middlesex 6:00 -7:00 pm	Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	
	Aquafit 7:00 -7:45 pm	Aquafit 7:00 -7:45 pm	Aquafit 7:00 - 7:45 pm	Aquafit 7:00 - 7:45 pm	Middlesex 5:30 -7:30 pm	
	Lanes 8:00 - 9:00 pm	Lanes 8:00 - 9:00 pm	Lanes 8:00 - 9:00 pm	Lanes 8:00 - 9:00 pm		

The Aquatic Centre is closed:

- Monday, September 7
- Monday, October 12

Fall Program Registration

(Aquafit, Open Swim, Rentals, Lane Swims)

- Wednesday, September 2, 9:00 am

PA Day Open Swim:

- Friday, November 6, 1:45 - 3:30 pm

Notes:

- Evening aquafit, evening lanes & swimming lessons start the week of Monday September 14
- EarlyON Play & Swim begins Wednesday, September 23 sign up with your KeyON account

Fall Swim Lesson Registration

- Monday, August 30, 9:00 am (residents)
- Tuesday, September 1 , 9:00 am (non-residents)



Program Calendar - November 2026

MON	TUES	WED	THURS	FRI
2 **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 **1:30 pm** L3 Light Fitness at the YMCA	**3** **8:45 am** L5 Vigorous Mat **10 am** L3 Light Fitness **10 am** L3 Fitness at Stoneridge **10 am** Intermediate Step class **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	**4** **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 am** Beginner Ukuele **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	**5** **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	**6** **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
9 **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	**10** **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 **4:30 pm** Fine Dining to Bentley's in Stratford **6:30 pm** Beginner Ballroom Dancing **7:30 pm** Intermediate Ballroom Dancing	**11** **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 **Remembrance Day Ceremony Livestream** **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 Sunset Diner	**12** **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	**13** **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

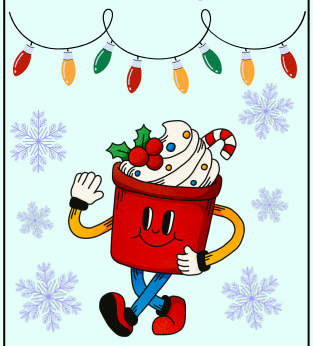
Program Calendar - November 2026

MON	TUES	WED	THURS	FRI
16 **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	**17** **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 **10:30 am** **Great Canadian Starbright Christmas in Petrolia** **11 am** L2 Light Gentle Fit **1 pm** Pepper/Bid Euchre **1 pm** Jamboree **1:30 pm** Ukulele Jam Session **6:30 pm** Beginner Ballroom Dancing **7:30 pm** Intermediate Ballroom Dancing	**18** **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 **7 pm** Virtual Scrapbooking Class	**19** **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	**20** **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 NOVEMBER 21st:** **St. Marys Craft Show 9am - 3pm**
23 **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	**24** **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 **5 pm** Dine in with Friends **6:30 pm** Genealogy **6:30 pm** Beginner Ballroom Dancing **7:30 pm** Intermediate Ballroom Dancing	**25** **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: Housing & Homelessness** **10:30 am** On the Road to Demetre's & Stratford Mall **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 Joe's Diner	**26** **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	**27** **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 **2 pm** **Education: Body Mechanics with Exercise**

Program Calendar - December 2026

MON	TUES	WED	THURS	FRI
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	**December 1** **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	**2** **9 am** L5 Vigorous Fitness **9:15 am** L5 Men's Strength **9:30 am** Choir **9:30** Blood Pressure Thames Valley **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 **12 pm** Festive Open Crop **1 pm** Contract Bridge **1:30 pm** Chair Yoga **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 **CHRISTMAS LUNCH** **1 pm** Shuffleboard **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 pm** Carpet Bowling **1:30 pm** L3 Light Fitness at the YMCA
7 **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	**8** **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 **11:15 am** Meditation Class **COME & GO LUNCH** **1 pm** Pepper/Bid Euchre **1 pm** Jamboree **1:30 pm** Ukulele Jam Session **5 pm** On the Road to The Magic of Lights in London **6:30 pm** Beginner Ballroom Dancing **7:30 pm** Intermediate Ballroom Dancing	**9** **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 **4:30 pm** Supper from the Cheese Shoppe	**10** **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	**11** **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

Program Calendar - December 2026

MON	TUES	WED	THURS	FRI
14 **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	**15** **8:45 am** L5 Vigorous Mat **9 am** Quilting **9 am** Blood Pressure @ FC **9:30 am** Creative Minds **10 am** Intermediate Step Class **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** **Learn Felting with Cathy** **1 pm** Pepper/Bid Euchre **1 pm** Jamboree **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 **10 am** Parkview West Apts - Rotary Room Blood Pressure Clinic **10 am** L5 Fitness at Kirkton **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 **6 pm** Festive Fine Dining to Perthstone Kitchen	**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 **1 pm Friendship Centre Holiday Social** 	**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 pm** Carpet Bowling **1:30 pm** L3 Light Fitness at the YMCA **6:30 pm** **Glow-ga Yoga**
21 **10:30 am** Pickleball **1 pm** Quilting **1 pm** Shuffleboard **1 pm** Mexican Train	**22** **9 am** Quilting **9:30 am** Creative Minds **1 pm** Pepper/Bid Euchre	**23** **10:30 am** Pickleball **10:30 am** Blood Pressure @ FC **1 pm** Contract Bridge **4:30 pm** Supper from Four Happy	**24** **Friendship Centre Closed**	**25** 
28 **Friendship Centre Closed**	**29** **Friendship Centre Closed**	**30** **Friendship Centre Closed**	**31** **Friendship Centre Closed**	**January 1st** **Friendship Centre Closed**