



AGENDA
Senior Services Advisory Committee

March 25, 2019

3:30 pm

Pyramid Recreation Centre - Meeting Room B
317 James Street South, St. Marys

Pages

1. CALL TO ORDER

2. DECLARATION OF PECUNIARY INTEREST

3. AMENDMENTS AND APPROVAL OF AGENDA

RECOMMENDATION

THAT the March 25, 2019 Senior Services Advisory Committee agenda be accepted as presented.

4. ACCEPTANCE OF MINUTES

3

RECOMMENDATION

THAT the Senior Services Advisory Committee minutes dates January 15, 2019 be approved and signed by the Chair and staff liaison.

5. BUSINESS ARISING FROM MINUTES

5.1 Senior Services 2019 Meeting Schedule

7

RECOMMENDATION

THAT the Senior Services Advisory Committee 2019 Meeting Schedule be received and accepted as presented.

6. REPORTS

6.1 February Program Report

8

RECOMMENDATION

THAT this Senior Services Advisory Committee February Program Report be received.

6.2 March Program Report

10

RECOMMENDATION

THAT this Senior Services Advisory Committee February Program Report be received

6.3 Senior Services Fundraising Account

7. OTHER BUSINESS

7.1 Proposed Changes to Healthcare

7.2 Senior Services Newsletter

12

8. UPCOMING MEETINGS

Next Meeting Date: Monday April 29, 2019

Next Meeting Time: 3:30pm

Meeting Location: Friendship Centre Meeting Room A

9. ADJOURNMENT

RECOMMENDATION

THAT this regular meeting of the Senior Services Advisory Committee adjourn at_____



MINUTES

Senior Services Advisory Committee

January 15, 2019

3:30 pm

Pyramid Recreation Centre

317 James Street South, St. Marys

Members Present: Candice Harris
Donna Simmons
Rick Lyons
Owen O'Brien
Joyce Vivian
Marie Ballantyne
Councillor Winter
Mayor Strathdee

Members Absent: Donna Kurchak

1. CALL TO ORDER

Jenny Mikita, Senior Services Supervisor called the meeting to order at 3:30pm.

2. DECLARATION OF INTEREST

Jenny Mikita gave a description of what Declaration of Interest is and explained the process for declaring.

None were declared.

3. AMENDMENTS AND APPROVAL OF AGENDA

Resolution 2019-01-15-01

Moved By Rick Lyons

Seconded By Joyce Vivian

THAT the January 15, 2019 Senior Service Advisory Committee agenda be accepted as presented.

CARRIED

4. COMMITTEE ORIENTATION

4.1 Senior Services Binder

The Senior Services Advisory Committee Terms of Reference was received. The committee structure was discussed and it was determined that 9 members is not required and recommended the Terms of Reference could outline 7 or more members welcome.

Jenny Mikita gave an overview of the Senior Services binder, highlighting the Code of Conduct section and the Procedural By-law. An overview was given on both documents and members of the committee were asked to review more in depth and come back to the next meeting with questions.

Resolution 2019-01-15-02
Moved By Rick Lyons
Seconded By Owen O'Brien

THAT the Senior Services Advisory Committee Terms of Reference Committee Structure be changed from 9 members of the public appointed by Council to 7 or members of the public appointed by Council.

CARRIED

6. REPORTS

6.1 DCS 02-2019 Appoint Chair and Vice Chair for year 1 of Senior Services

Jenny Mikita in the role of Chair open the floor for nominations. The following nomination were received;

Joyce Vivian was nominated by Donna Simmons- Declined
Owen O'Brien was nominated by Joyce Vivian- Declined
Donna Simmons was nominated by Rick Lyons - Declined
Rick Lyons was nominated by Councillor Winter - Accepted.

Jenny Mikita in role of chair closed the nominations

Jenny Mikita in the role of Chair opened the floor for nominations for Vice Chair. The following nominations were received;

Donna Simmons was nominated by Councillor Winter - Accepted.

Resolution 2019-01-15-03
Moved By Marie Ballantyne
Seconded By Owen O'Brien

THAT DCS 02-2019 regarding the appointment of Chair and Vice Chair be received; and

THAT Committee Member Rick Lyons be appointed as Chair of the Senior Services Committee and Committee Member Donna Simmons be appointed as Vice- Chair of the Senior Services Committee effective January 15, 2019.

4. COMMITTEE ORIENTATION

4.2 Senior Service Overview

Jenny Mikita gave an overview of the Senior Service department, the philosophy and core services.

5. ACCEPTANCE OF MINUTES

Resolution 2019-01-15-04
Moved By Rick Lyons
Seconded By Donna Simmons

THAT the November 20, 2018 Senior Services meeting minutes be approved and signed by the Chair and staff liaison.

CARRIED

7. UPCOMING MEETINGS

7.1 DCS 03-2019 2019 Senior Services Meeting Schedule

Committee members discussed options for meeting dates. It was determined that the meetings will be held on the forth Monday monthly at 3:30pm. Staff liaison Jenny Mikita will bring a schedule of the meeting dates to the February 25th meeting.

Resolution 2019-01-15-05
Moved By Rick Lyons
Seconded By Donna Simmons

THAT DCS 03-2019 Senior Services Meeting Schedule report be received; and

THAT the Senior Services Advisory Committee resolve to meet on the forth Monday of each month at 3:30pm for the 2018-2022 term of the Committee.

8. ADJOURNMENT

**Resolution 2019-01-15-06
Moved By Donna Simmons
Seconded By Candice Harris**

THAT this regular meeting of Senior Services Advisory adjourn at 5:05p.m.

Chair

Committee Secretary



Senior Services Advisory Committee

2019 Meeting Dates and Times

| Meeting Date | Meeting Time | Meeting Location |
|--------------------|--------------|------------------------------------|
| January 15, 2019 | 3:30pm | Meeting Room A- Friendship Centre |
| February 25, 2019 | 3:30pm | Meeting Room A- Friendship Centre |
| March 25, 2019 | 3:30pm | Meeting Room A- Friendship Centre |
| April 29, 2019 | 3:30pm | Meeting Room A- Friendship Centre |
| May 27, 2019 | 3:30pm | Meeting Room A- Friendship Centre |
| June 24, 2019 | 3:30pm | Meeting Room A- Friendship Centre |
| September 23, 2019 | 3:30pm | Meeting Room A- Friendship Centre |
| October 28, 2019 | 3:30pm | Meeting Room A – Friendship Centre |
| November 25, 2019 | 3:30pm | Meeting Room A- Friendship Centre |
| December 16, 2019 | 3:30pm | Meeting Room A – Friendship Centre |

**Town of St. Marys Senior Services
Advisory Committee Meeting
Staff Report
February 25, 2019**

Programming Updates

Upcoming trips include:

- Fine Dining at Keystone Alley - February 27, 2019
- Take the Bus with Us to Dublin Mercantile- March 12, 2019
- Fine Dining at Earls – March 26, 2019
- Fallsview Casino Trip – April 2, 2019
- Over fifty community members attended the annual Travel Night at the Friendship Centre. The 2019 trips were presented and many trips are filling up fast.

Program Updates:

- The Friendship Centre Pickleball program continues to see growth. The Friendship Centre is working with the Pickleball program advisory group to work through some challenges with varied levels of play. The Friendship Centre Pickleball program will be trialing different levels of play on assigned days for the month of March. Anyone is welcome to attend any day of play, however, the Friendship Centre will be promoting level 2.0 to 2.5 players to play at the Friendship Centre on Monday's and Wednesday's. Level 3.0 to 3.5 players will be assigned Tuesday evening play at DCVI and Thursday play at the Friendship Centre.
- The following programs were cancelled in the months of January and February due to inclement weather: Euchreama, Pepperama, Exercise More, Group Fitness, Chair Yoga, Bridge, Creative Minds, March Birthday Supper
- Due to lack of enrollment in the Exercise More Winter Session, the Friendship Centre will not be offering a session in the spring. This program will be re-evaluated for the fall session.
- Zumba enrollment continues to remain strong. The Fall and Winter sessions were well attended. A new session will start March 19th.
- The Friendship Centre will be hosting a Living Well with Arthritis series starting March 1st. This series will focus on emotional management, exercise and diet.

Special Events/Fundraising Updates

- The Not So Newly Wed Game which was originally scheduled for February 13 was postponed to February 20 due to weather. This event sold 90 tickets and featured a meal followed by the Not So Newly Wed Game. Five Friendship Centre couples participated in this interactive game show hosted by Friendship Centre Staff. Many positive comments were received about the entire event.
- The Friendship Centre will be hosting International Women's Day on March 8th at 1:00pm. This event is by donation and everyone is welcome to attend. The afternoon will feature various speakers.
- Luck O' The Irish Lunch will be held March 15th. Registration is required.
- The Bi-Annual Scrap-a-thon will be held April 6th. This event is sold out at ninety participants.
- The Bi-Annual Scrapbooking Garage Sale will be held April 13th. Vendor registrations are currently being accepted. This event raises approximately

**Town of St. Marys Senior Services
Advisory Committee Meeting
Staff Report
February 25, 2019**

\$1000 for the Friendship Centre programs.

A Month at a Glance

February 26- Euchreama
February 26 - Genealogy
February 27- Fine Dining to Keystone Alley
March 1 – Movie Afternoon
March 5 – Pepperama
March 5 – New session of Chair Yoga starts
March 6 – March Birthday Supper
March 8 – International Women's Day Celebration
March 8 – Scrapbooking Open Crop
March 12 – Take the Bus with Us to Dublin Mercantile
March 15 – Luck O' The Irish Lunch
March 20 – Supper at the Friendship Centre & Maplelane Park
March 21 – Exploring the Hip Joint with Kinesiologist Renee
March 22 – Lunch and Learn with Dr. Emily Kelly
March 26 – Euchreama
March 26 – Fine Dining at Earls
March 26 - Genealogy

Operations & Useful Information

- No information has been received from the Ministry of Health regarding any changes to the Healthcare system.
- March Break is March 11 – 15. The Community Centre is booked sporadically throughout the week for hockey programming. Pepperama has been moved to the first Tuesday in the month, Pickleball days of play have been shifted and Group Fitness will be moved to the 1/3 and Multipurpose room. When the Community Centre is not available the Group Fitness program requires two rooms due to the volume of participants in the classes.

**Town of St. Marys Senior Services
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March 25, 2019**

Programming Updates

Upcoming trips include:

Fine Dining at Earls in London – March 26, 2019
Fallsview Casino Trip – April 2, 2019
Travel to Coyle's in Tillsonburg and stop for lunch at Louie's in Ingersoll- April 26, 2019
Fine Dining to David's Bistro in London- April 30, 2019
Mystery Trip – May 2, 2019

Program Updates:

- The Friendship Centre is offering joint specific workshop in the upcoming months. Exploring the Hip Joint was offered on March 21st and was extremely popular with over 35 attending. Upcoming: Exploring the shoulder joint and spinal health.
- Meditation will be offered again in the Spring. This program is offered by Friendship Centre volunteer.
- District 29 will be hosting the following Senior Games in St. Marys in 2019; Bocce Ball, Lawn Bowling, Swimming, Carpet Bowling and the Triathlon
- The Stonetown Entertainers are in the process of planning their annual Spring Concert. The date for this event is May 31

Special Events/Fundraising Updates

- The Friendship Centre will be hosted International Women's Day on March 8th. Over 125 people women and men were in attendance. The event received very positive feedback and was picked up by the St. Marys Independent Newspaper and received front page coverage in the Stratford Beacon Harold.
- Luck O' The Irish Lunch will be held March 15th. This was held during March Break and was capped at 50 participants due to the lack of space in the facility.
- The Bi-Annual Scrap-a-thon will be held April 6th. This event is sold out at ninety participants.
- Easter Lunch will be held on April 12th. Tickets are on sale for \$17 in advance.
- The Bi-Annual Scrapbooking Garage Sale will be held April 13th. Vendor registrations are currently being accepted. This event raises approximately \$1000 for the Friendship Centre programs.

A Month at a Glance

March 26 – Euchreama
March 26 – Fine Dining at Earls
March 26 – Genealogy
March 29 - Lunch and Learn with Dr. Emily on Medical Marijuana
April 2 – Meditation Starts
April 2 – Fallsview Casino Trip
April 3 – Birthday Supper
April 6 – Scrap-a-thon
April 9 – Pepperama
April 12 – Easter Lunch

**Town of St. Marys Senior Services
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April 16 – Take the Bus with us to Coyle's and Louie's

Operations & Useful Information

- The Friendship Centre will be closed on Friday April 19th and Monday April 22

Friendship Centre NEWS & NOTES



COMING EVENTS

FRI, MARCH 8

International
Women's day
1:00 pm

FRI, MARCH 15

St. Patricks Day
Lunch & Bingo

FRI, APRIL 12

Easter Lunch

SAT, APRIL 13

Scrapbooking
Garage Sale

For more dates, see our enclosed full calendar of events.

Senior Services Department

317 James Street South, St. Marys

friends@town.stmarys.on.ca

www.townofstmarys.com/seniorservices

www.facebook.com/pyramidcentre





General Information

About this newsletter

Friendship Centre News and Notes is a bi-monthly publication that includes details about Town of St. Marys Senior Services programs and events. It also highlights the accomplishment of our team members and volunteers. Anyone can pick-up a copy at the Friendship Centre or read it online at www.townofstmarys.com/seniorservices.

Who we are

Senior Services is a department of the Town of St. Marys which offers two programs: The Friendship Centre and Home Support Services. The Home Support Services program strives to promote wellness and quality of life among seniors, people recovering from illness or injury and people with varying abilities. The Friendship Centre embraces a holistic approach in serving the needs of adults through various social, education and recreational programs. These programs are funded in part by the Southwest LHIN, Ontario Seniors' Secretariat, Town of St. Marys, client fees, membership fees, fundraising and donation.

Office hours

Administration:

Monday to Friday 8:00 a.m. to 4:30 p.m.

Programs daily: 8:00 a.m. to 10:00 p.m.

Offices closed: Fri April 19 and Mon Apr 22

Contact us

519-284-3272

Friendship Centre:

friends@town.stmarys.on.ca

Home Support:

homesupport@town.stmarys.on.ca

Find Us Online

townofstmarys.com

facebook.com/stmarysontario

Friendship Centre Memberships

Membership fees help to offset some of the cost of running the centre such as heat, hydro, equipment, and program supplies. A member of the Friendship Centre may benefit in the following ways:

- A place to feel like you belong
- A place to meet new people, see old friends
- An opportunity to learn new skills, talents and expand your leisure activity
- 25% savings on most programs and trips
- Coupons to get you started at the Centre
- Access to free or low fee programs

Who can become a member?

Individuals ages 50+ and persons of varying abilities.

What does it cost?

\$40 per year

When does my membership expire?

Memberships expire one year from the date of purchase. Notification letters will be sent one month prior to expiration. Stop by the front desk to check your expiration date.

How to register

Register at the Friendship Centre desk or Guest Services. You can also contact **519-284-3272** or friends@town.stmarys.on.ca. We accept cash, debt, credit card and by phone.

Refunds

Full refunds will be made for classes or trips cancelled by the Town of St. Marys. Refunds may be subject to a minimal administration fee for cancellation requests prior to the start of the program.

Rent the Friendship Centre

The Friendship Centre makes a great venue for all of your small meeting or special functions. With many great rooms to choose from why go anywhere else? Inquire at the front desk for more information.

Trips and Excursions



Dublin Mercantile

M: \$25 NM: \$28

Visit the always enjoyed Dublin Mercantile in Dublin. After, the bus will stop in Mitchell for lunch at the well reviewed Jenn's Kitchen & Café. Time permitting we will end the day steps away at Jillian's in Mitchell. There is something for everyone on this shopping excursion!

Tue, March 12 Depart: 9:45 am Return: 2:45 pm
18+ (R)

Tillsonburg and Ingersoll

M: \$25 NM: \$28

Have you ever been to Coyle's in Tillsonburg? It is a must stop to shop for items of all kinds. As seen on TV, we will stop at the famous Louie's in Ingersoll.

Tue, April 16 Depart: 9:45 am Return: 2:45 pm
18+ (R)

Fine Dining- Earls

M: 23 NM: \$26

Sign up at the Friendship Centre and meet the Fine Dining Gang at Earls in London Ontario.

March 26 Depart: 4:15 pm Return: 8 pm
Registration is required

Fine Dining to David's Bristos

M: \$23 NM: \$26

Dine with us at Davids Bristos. Meet the gang at the Friendship Centre and ride with us!

April 30 Depart: 4:15 pm Return: 8:00 pm
Registration is required

Fallsview Casino

M: \$12 NM: \$15

We head to Fallsview Casino for some gaming excitement! Whether your game is slots or tables, you'll find something that suits your fancy!

Tue, April 2 Depart: 8:30 am Return: 6:30 pm
18+ (R) Register by Friday, March 22

Mystery Trip

M: \$90 NM: \$95

Come with us as we head off on a day of fun-filled surprises! You never know where the coach is going to stop next! Looking for more clues? You'll just have to come along to find out more!

Thu, May 2 Depart: 9:00 am Return: 5:45 pm
18+ (R) Register by Friday, April 5

Walters Dinner Theatre

M: \$97 NM: \$102

The Walters Family is a dynamic group of entertainers who have made country music their lives. Performing around the world in Theatres, Concert Halls and Cruise Ships, they have enjoyed success as television and recording artists highlighted with their own recent performance at The Ryman Auditorium in Nashville! If you love smooth harmonies, great country music and lots of laughs, you'll love this show! It's a true Family experience like no other!

Fri, June 7 Depart: 10:00 am Return: 5:00 pm
18+ (R) Register by Friday, May 3



Health and Wellness

Zumba M: \$88 NM \$110

Zumba is an exhilarating, effective, easy to follow Latin inspired dance fitness party. 11 classes.

Tue, 7:15 to 8:15 PM Mar 19 to May 28

18+ (R) register in advance

Walking, the best medicine FREE

Walk the halls at DCVI, after school hours, for free. Adding more steps to your day could add years of quality to your life.

Mon - Fri, 4:00 to 9:00 PM Now until May

18+ Please register at the PRC or FC

Meditation M:\$25 NM: \$32

You will be guided through a four week program that will help increase relaxation, reduce the effects of stress and improve sleep quality, while learning different meditation techniques.

Monday, Apr 1 to 29 (excludes Apr 21) 10:15 to 11:15 AM

50+ (R) register in advance

Minds in Motion \$20

Persons in the early to middle stages of Alzheimer's disease or other dementias are invited to participate with their care partner, in physical and mentally stimulating activities.

Monday, May 27 to July 29 1:30 to 3:30 PM

Call Azheimers to register 271-1910

Chair Yoga \$55

Exercise and relax, using traditional yoga movements adapted for the chair. Classes can strengthen muscles and also be uplifting. Drop in for \$12 or pre register.

Tuesday, 1:30 PM Mar 5 to Apr 30

50+ register in advance

Exploring HIP joint \$10

Join Registered kinesiologist Renee to learn about the hip joint. Prevent common injuries, chronic conditions and learn about relevant anatomy and what movements to avoid and exercises to do.

Thursday, Mar 21 2:00 to 3:00 PM (R)

50+ register in advance

Exploring Shoulder joint w/ Renee \$10

Join Registered kinesiologist Renee to learn about the shoulder joint. Prevent common injuries, chronic conditions and learn about relevant anatomy and movements to avoid and exercises to do.

Thursday, Apr 18 2:00 to 3:00 PM (R)

50+ register in advance

Spinal health w/ Joanne Pineau \$35

Shoulder, neck, lower back pain? Restore your health with Viniyoga approach to the whole spine. Use education and practical application, movement and exercise.

Friday, April 26 1:00 to 4:00 PM (R)

50+ register in advance

Health and Wellness



Living well w/Arthritis

\$15

This educational and practical program will help you to live well with Arthritis. Session include information on emotional management, exercise, and diet. Please register.

Friday, March 1 to March 29 1:30 to 2:30 PM

Excluding March 15

Wellness Educational Sessions - free

Kirkton Community Centre 11:00 am

Wednesday March 13, St. Marys Fire Department

Rotary Community Room 10:30

Wednesday April 17, Communications

Thames Valley Community Room 10:30

Wed March 27 Communication with relations.

Wed April 24, Coping with loss

Friendship Centre 12:30pm

Friday March 29, Dr Emily Medical Marijuana
what we know and what we are still learning

Blood Pressure Clinics - free

The cardiovascular health awareness program (CHAP) offers free, drop-in blood pressure clinics throughout St. Marys and area. All clinics are drop in.

Jackson Pharmacy,

last Thursday of the month 10-3pm

Rotary apt community room

3rd Wed of the month 9:30 –10:30

Friendship Centre,

weekly Mon/Tues 9:00 to 11:30 am

Thames Valley community room

last Wednesday of the month 9:30–10:30 am

Maple Lane community room

1st Wed of the month 8:45—9:30 am

Types of exercise classes offered by Home Support Services.

level one - participants exercise with lower level of intensity, a very gentle exercise class that is mostly seated, gait aids welcome

level two - participants exercise with a moderate level of intensity, a gentle version of exercise, gait aids welcome.

level three -participants exercise with moderate to vigorous level of intensity.

Exercise and falls prevention classes

Stop the fall before it starts. Do an activity now that will positively affect the rest of your life.

You will need to register, which can be done at the site of each class. Wear comfortable clothes, indoor running shoes and water.

No membership is required as the program is provincially funded by the LHIN. Please check with your doctor before you start an exercise program.

Make the change your body is looking for.

See montly schedule for days and times



Leisure and social programs

Congregate Dining Changes and Additions

Supper: Join us for a delicious, hot, home-cooked meal the 1st & 3rd Wednesday monthly. Monthly birthday celebrations are the first Wednesday of the month. **Time:** 5:00pm
Fee: \$9 register in advance

Breakfast: Your choice of freshly prepared eggs, bacon, sausage, fruit, pancakes, coffee, tea, juice, toast and home fries.

Date and Time: Thursdays at 8:00am

Fee: \$7.50 register in advance

Tuck Shop: The Friendship Centre offers a weekly soup and sandwich lunch. Menus change weekly and can be found on the calendar located in the newsletter.

Date and Time: Every Friday from 11:30am -12:30 pm (The 1st Friday will serve later for Men's Strength)

Fee: \$6.50 drop in

Pair your Lunch with an Activity

**ACTIVITY
FREE**

MOVIE AFTERNOON: What better to do on the 1st Friday afternoon than enjoy a movie with friends. Movies start at 12:30pm and are free for members or \$5 for non-members. Admission includes popcorn and a beverage.

TUCK SHOP TRAVEL PRESENTATION: Experience travel from your chair the last Friday of the month. Experienced travelers are welcome to sign-up to be a presenter. Check out the calendar to see where we will travel next.

LUNCH AND LEARN: Join us on the third Friday of the month at 12:30pm. Topics and speakers changes monthly. See the calendar for this month topic.

Social Opportunities

FREE (.50 coffee)

Creative Minds: Wednesday at 10:00am
Fun, social group. Learn how to knit or work on your "do it yourself designs".

Knit and Chat: Thursday at 1:30pm
Fun, social group to work on hand knitted creations.

ROMEO

FREE (.50 coffee)

Retired, Outstanding, Men, Enjoying , Ourselves. This weekly coffee group offers a great opportunity for men to connect and shoot the breeze.

Thursdays at 10:00 am

Drop in, no registration required.

Monday Music Jamboree

\$5.00

Tap your toes every Monday afternoon with some old time jamboree music. Bring a partner for dancing. Musicians and vocalists welcome. Light snacks and beverages provided.

Mondays from 1 to 4pm

Drop in, no registration required.

Stonetown Entertainers

M: \$45

The Stonetown Entertainers have been performing for over 40 years! If you desire to have fun with music and enjoy singing, while volunteering to provide entertainment for others in community then this is the group for you! Practices are held weekly

Thursdays from 9:30-11am

50+, pre-registration is required. Must be a member to participate.

Leisure and Social Programs



Pickleball

FEES VARY

A combination of ping-pong, tennis and badminton, pickleball is North America's fastest growing sport. The Friendship Centre is proud to offer inclusive recreational pickleball for ages 50+.

For the month of March we will be trialing pickleball skill levels on specific days. Mondays and Wednesday 10:30am-12:30am will be played at beginner level, 2-2.5. Tuesdays 6-8:30 at DCVI and Thursdays 10:30am-12:30pm will be played at level 3-3.5. Want to know more of what this means? Ask Hillary for details.

Carpet Bowling

M:\$0 NM:\$5

Enjoy this variation on traditional lawn bowling. This program is drop in.

Date and Time: Friday from 1 to 3:30pm

Bridge, Bridge and Bridge

M:\$2NM:\$3

If you enjoy a good game of Bridge than you have come to the right place! Contract Bridge, Duplicate Bridge and a good game of men's only Bridge are available all year round. see the calander for days and times.

Date and Time:

Contract Bridge: Wednesday from 1 to 3:30pm

Duplicate Bridge: Thursdays from 7 to 10:30pm

Men's Bridge: 3rd Monday monthly at 7 to 10pm

Euchreama

\$8

Join us for lunch and a friendly trounament-style day of cards! All are welcome! No registration necessary

Date and Time: March 25 & April 30 10-3 pm

Shuffleboard

M: \$0 NM: \$5

In this game, players use cues to push weighted discs, sending them gliding down a narrow court. This low impact game is great for strategy and socialization. The Friendship Centre offers inclusive, recreational shuffleboard 3 days a week. Become a member and play for free!

Date and Time: Mondays, Tuesdays, Thursdays at 1pm

LIND Sportsplex Shuffleboard run May to September

Scrapbooking

M: \$13 NM: \$15

You supply the pictures and we will supply the materials and instruction you need to preserve your memories. Learn from our experienced instructor and create a beautiful two-page layout every week

Date and Time: Thursdays 9-11am September to June

Card Making

M:\$10 NM:\$13

Join us monthly to learn card marking from Diva Jackie. Put your creative flare to use and create cards for all occasions.

Date and Time: March 29th from 12:30 to 3:30 pm

Open Crop

M: \$10 NM: \$13

A scrapbooking space that fosters creativity, experiment, and shared ideas. Snacks and refreshments are provided.

2nd Friday from 5-10pm

Please sign up in advance

Pepperama

\$8

Join us for lunch and a friendly tournament-style day of cards. All are welcome. Regisration is required

Date and Time: March 5 & April 9, 10-3 pm



Special Events

MARCH 8 INTERNATIONAL WOMEN'S ♀ DAY

Please join us at our annual International Women's Day Celebration with Guest Speakers:

Carol Robinson Todd as Agnes McPhail

Denise Fergusson as Nellie McClung

Patsy Day — Indigenous press for change

Friday, March 8th, 2019 at 1pm

St Marys Friendship Centre

Fee by donation

Please RSVP to the Friendship Centre at 519-284-3272

LUCK O' THE IRISH LUNCH

St. Patty's Day is all about fun at the Friendship Centre. Dress your best in green! Enjoy a Fun Bingo following lunch among friends.

MENU:

Green Salad

Corned Beef

Cabbage & Boiled Potato

Mint Chocolate Chip Brownie & Vanilla Ice Cream.

May the luck of the Irish
be with you!



Happy St Patrick's Day!

FRIDAY MARCH 15

12pm

PLEASE SIGN UP IN
ADVANCE

\$12

SCRAPBOOKING GARAGE VENDORS NEEDED

Save the Date

Saturday April 13th
9:00am-12:00pm

St. Marys Friendship Centre
317 James Street South, St. Marys

For more information or to register
please call Hillary 519-284-3272
or email

hbennett@town.stmarys.on.ca



Become a vendor

- Selling to a direct target-base of customers
- Ideal for those of you that are looking to sell scrapbooking and crafting products
- Earn CASH!
- Fabulous opportunity to sell what you no longer need/want.
- COST—Only \$25!
8ft. table provided



Easter Luncheon



Enjoy a traditional
Easter meal with
musical entertain-
ment to follow.

Friday, April 12

12 PM

\$17

Friendship Centre

317 James Street, St Marys

For details or to reserve
tickets please call
519-284-3272.



Event Memories



International Women's Day 2018



Scrap-a-thon 2018

Home Support Services



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

Community Dining

Enjoy a hot nutritious meal in the company of others. Hot meals and special events enable residents to gather for good food and companionship. Instead of eating on your own, why not join us for one of many meals offered on a weekly basis at the Friendship Centre and in the community! Check out our calander for menus and dates

Footcare Clinics

Improper foot care can have many affects on your overall health. If nail care is a challenge for you—consider foot care provided by a registered professional. Clinics are offered on a weekly basis. You will need to register for this service.

Home Support Exercise Program

This mild exercise program is designed for people who are struggling to stay on their feet. A trained volunteer comes to your home to exercise with you, at your convenience. We also offer this program in apartment buildings in a small group setting.

Meals on Wheels

Hot and nutritious full course meals are delivered to your door by local volunteers 5 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

Volunteers transport and offer support for community members who are no longer able to independently complete in-town grocery shopping and errands. Referrals for additional grocery shopping options are available upon request.

Telephone Reassurance

Volunteers provide companionship and support by connecting over the phone. Calls are made on a regular basis for various reasons including: health and safety, a daily reminder and social connection.

Volunteer Visiting

Volunteer visitors provide companionship and support by visiting clients on a weekly or monthly basis. The visiting program encourages community connections. Volunteers are screened and matched with clients based on similar interests.

Wellness Programs

Wellness programs consist of exercise classes, falls prevention classes, health screening and educational sessions. Exercise classes include a variety of physical fitness programs such as yoga and Zumba, which are seasonal and have additional fees associated with them. Falls prevention classes are a free program funded by the LHIN, designed to keep seniors healthy and more active while preventing falls. All physical fitness programs should be approved by your doctor. Health screening is fitness assessments during group fitness classes and blood pressure clinics throughout St. Marys (schedule posted pg 4). Educational sessions have a variety of wellness topics at multiple sites. Dates and times change , the presentation is always free. Schedule posted pg 4.

Volunteering

Want to spend your time in meaningful activities and positively impacting senior's lives? The Friendship Centre and Home Support Services offer many different opportunities to become involved in your community. Contact our office for more information.

St. Marys Mobility Services



Need a ride? Get on board! We'll help you get around!

Transportation is available 24 hours a day, 7 days a week.
It must be per-arranged during EasyRide Office hours.

Weekend Service -St Marys Mobility is excited to remind all users that we provide service 7 days a week! No matter where you need to go, one of our staff or volunteer drivers are happy to get you there, 365 days a year!

Stratford Shopping Shuttle:

When: First Monday of the month (March 4 & April 1)

Where to: The Festival Market Place Mall and area stores.

Time: Pick up at your home at 9:00am and return by 4:00pm. (Shopping time from 10:00am to 3:00pm)

Cost: ONLY \$12.00 round trip.

Contact Us:

St. Marys Mobility: 519-284-4010,
Mon- Fri: 8am to 4pm

EasyRide: 519-272-9875, Mon to Fri: 8:30am-4:00pm

In-Town Shopping Shuttle's

When: Every Wednesday morning

Where: The Independent and Downtown

Time: Pick up at your home between 9:30-10 and return home by noon.

Cost: ONLY \$5.00 round trip
AND

When: Every Friday morning

Where: To the Foodland plaza

Time: Pick up at your home between 9:30am-10:00am, and return home between 11:00am and 11:30am.



St. Marys and Area
MOBILITY SERVICE

More to see and do



20 on the Trestle

May - Oct (dates TBA)
Grand Trunk Trail
519-284-2340, ext. 249

Toonie Swimming Day

June 28
1:00 - 4:00 pm
Aquatics Centre and Quarry
\$2 admission

Canada Day Party

July 1
11 am - 4 pm
Cadzow Park
519-284-2340, ext. 249

Stonetown Heritage Festival

July 12 and 13
Downtown St. Marys
519-284-2340, ext. 249
Free admission

Melodies at the Museum

Wednesdays, July 17 - August 28
7:00 - 8:00 pm
St. Marys Museum
519-284-3556
Admission by donation

St. Marys Car Show

August 17, 12:00 – 3:00 pm
Milt Dunnell Field
519-284-2340, ext. 249
Car registration: \$10
Free admission for spectators

**Watch for our Spring & Summer Recreation
& Leisure Program Guide this March!**

Copies will be available soon at the front desk or www.townofstmarys.com/townguide



Success Stories



the NOT-SO- NEWLY-WED game

The event was a huge success thanks to volunteers, facilities, and YOU.

Bev and Carol
Joanne and Wayne
Rose and Darren
Pauline and Bob
Jean and Gord

The food was fantastic and the laughs were even better.

Paint the Town Red

On February 14th the Friendship Centre joined the United way initiative to "Paint the Town Red".

Friendship centre members showed their support by wearing red and donating to the United Way.

Thank you to all who contributed!

