

DECEMBER 2025

# FRIENDS LIKE US

A community that feels like home



A COMMUNITY PROJECT BY

CLub Wellness Niagara



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# ABOUT FRIENDS LIKE US



***Friends Like Us*** began with a simple idea: to capture the joy, personality, and everyday magic our members bring. Each day, our space is filled with laughter, stories, inside jokes, and moments of connection, and we wanted to find a way to celebrate that. So, we picked up our cameras and started photographing the real, unfiltered moments that make our community feel like family.

***Friends Like Us*** became a Club Wellness Niagara community-based initiative created to celebrate the individuality, strengths, and connections within our member community. Over the past several weeks, we captured candid black-and-white photos of members in their everyday moments during our programs. These images highlight who our members are, but also the meaningful relationships they have built with one another.

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# PROJECT BACKGROUND

**Friends Like Us** involved photographing selected participating members and collecting one-word descriptions from peers to accompany the images. These words were chosen by friends to reflect the qualities they value and admire in each other.

Each member's photo has been printed and framed. The framed photos will be gifted to the members during the holiday season as a keepsake that reflects the community that surrounds them. A little reminder of how seen, valued, and appreciated they are in our space.

Along with the framed photos, each member will receive a short written snapshot celebrating their strengths, interests, personality, and the qualities others see in them. Together, the photos and words create a picture of the vibrant, supportive community we are lucky to be part of.

This report showcases their stories, photos, and reflections to share with our members, community partners, and supporters. It's a celebration of friendship, connection, and the everyday moments that make our community feel like home.

## FOCUS AREAS

The goal of *Friends Like Us* is to celebrate our members in a way that helps them feel proud of who they are and connected to the friendships that support them every day. Through heartfelt photos and peer-chosen words, we highlight each member's individuality and the many strengths they bring to our community. By encouraging members to notice and uplift one another, the project builds confidence, strengthens relationships, and captures the joy and sense of belonging that fills our programs. At the same time, this initiative allows us to share with our community the meaningful impact that simple, creative, relationship-focused programs can have on connection, well-being, and overall community pride.



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The name *Friends Like Us* was  
inspired by our dear friend  
Julius, who once said,  
“You must want to be just like us.”

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## THIS IS OUR FRIEND, ALICE

Alice is always dressed to impress. Her fashion matches her personality—expressive, fun, and not afraid to stand out. Lovable and adorable, she's the kind of person you can't help but enjoy spending time with.



## THIS IS OUR FRIEND, BARB (AKA BARBIE)

You'll see (and hear) Barb laughing at everything. Her perfect night at home is eating pizza and watching *Magic Mike*. She's always up for an adventure—and you better believe she'll have her mouth open, laughing the whole time.

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## THIS IS OUR FRIEND, BRAD

**Brad has a heart of gold. His generous spirit is complemented by his playful personality that keeps everyone laughing. His warm, helpful nature is perfectly balanced by a lively and clever sense of humour.**



## THIS IS OUR FRIEND, DAVE (AKA MACGYVER)

Dave has never met a card game he didn't like. Brilliant one liner sarcastic comments with a whole lot of knowledge. Most of the time, he's sneaking around up to something (usually good, sometimes mischievous), but always helping others.



## THIS IS OUR FRIEND, EDNA

Edna is the queen of girl talk. If she's not at the casino, she's making tea or coffee for everyone. She loves when people spend time together and socialize. She probably loves talking about boys even more, though.



## THIS IS OUR FRIEND, GAIL

**When we think of kindness, we think of Gail. She's the friend we all need—the one who makes sure we're taking care of ourselves. Her warm heart and positivity bring joy wherever she goes.**

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## THIS IS OUR FRIEND, GARY

Gary is a master of all things trivia. If you need to know about capital cities, the height of buildings, or the history of last names, he's your guy. His angelic singing voice captured our hearts with his debut song, 'The Bumble Bee Song'.



## THIS IS OUR FRIEND, JO JO

We love that Jo Jo tells it like it is. Her honesty makes her the friend you turn to when you need someone who's straightforward but kind. And just look at that face—doesn't it radiate bright energy?

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## THIS IS OUR FRIEND, JULIUS

Cool, calm, and collected, Julius is always up to date with the latest world news. His stories reflect his worldly experiences, and his handsome grin goes a long way—just like his witty comments. You never know what he's going to say next.

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## THIS IS OUR FRIEND, KAREN

**Karen is the gal you go to when you need someone who will encourage you to use your voice and stand up for yourself. She is a badass with a caring heart. Her delicious food has fed many bellies over the years.**



## THIS IS OUR FRIEND, LEDYS

Ledys is absolutely hilarious—vibrant and full of life. Her fun-loving energy is contagious. You can find her dancing, spending time with her grandkids, or dominating at Dominoes. Don't ever think you'll win.

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## THIS IS OUR FRIEND, MARIA

**Maria is full of love for everyone (with a side of spice). Don't let that beautiful, innocent face fool you—we've seen her edge, and we love it! With her genuine and thoughtful heart, she truly sees the best in people.**

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## THIS IS OUR FRIEND, MICHELLE

What a jokester! Every day with Michelle feels like a party. Her smiling face is sparkling. She's the friend you call on when you need a good laugh, a hangout at the mall, or a splash of Baileys in your coffee.



## THIS IS OUR FRIEND, ROSANNE

If you ever need someone who is loyal and always by your side, you'll find that in Rosanne. She's the perfect mix of her lively Italian roots—passionate, family-oriented, and expressive.

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## **THIS IS OUR FRIEND, TAZA**

**How is it even possible to describe Taza? You really have to experience her to understand. Her strength is tempered by unwavering kindness and generosity, making her truly unforgettable.**

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## THIS IS OUR FRIEND, YEN

Have you ever met someone who is the human version of sunshine? That's definitely Yen. She loves learning new things and is bursting with energy. Her optimism and positive outlook can make even Monday mornings feel exciting.

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# A HEARTFELT THANK YOU

To our friend, Megan, who has been such a bright light in our world, thank you. This project would not have been possible without your support and wonderful attention to details.



## THIS IS OUR FRIEND, MEGAN

Megan is a fireball. She treats everyone like they are the most important person in the world. She is always considerate of others, and makes sure that people feel included and comfortable. Her calm nature combined with her creativity is an unstoppable force. Megan glows with care, kindness and compassion, and we love her.

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# REMEMBERING OUR FRIENDS



**We always remember the friends who have passed on, but continue to mean so much to us. Their presence, laughter, and spirit will forever be part of our community.**

*To our friends, our memories.*

*A tribute we hold close.*

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THIS IS OUR FRIEND, AUDREY



THIS IS OUR FRIEND, ERNIE



THIS IS OUR FRIEND, GEANINE



THIS IS OUR FRIEND, JOY



THIS IS OUR FRIEND, MARILYN

# TO YOU, OUR FRIEND

Thank you for reading through our stories and celebrating our friends. We couldn't imagine this journey without your energy and kindness cheering us on. It must be true, we do get by with a little help from our friends.

Your support means the world to us.

Thank you for being our friend, too.

Peace and love,

Club Wellness Niagara

