

Happy New Year

Today is the first calendar of 2018 and we look forward to seeing you at your community programs. If your resolution was to exercise regularly, there is no end of opportunities for you to increase your activity level, and all safely indoors. Check out the dates and times for the SMART program or the walking groups in your area. We know that exercise is key to maintaining independence, all these programs are completely free, so there is no excuse not to participate. If you have ideas for programs that you would like to see in your community please don't hesitate to get in touch. We always appreciate ideas for our dining programs too! Wishing you all the best in 2018.

CAUTION; WINTER WEATHER AHEAD!

In an effort to keep everyone safe and sound through the winter season and avoid those "white knuckle" car rides, our programs will not run if the school buses in North Wellington have been cancelled. Please check your local radio station, call Norwell District High School at 519.343.3107 and push 600 to hear the status of school buses in North Wellington, or if you're online visit www.stwdsts.ca. This cancellation policy will apply to all programs scheduled for that day.

Walking Groups Are Up and Running; all you need is a pair of indoor shoes, a bottle of water and the desire to improve your fitness level. All are held at your local arena. Check your calendar to see the times and days the group runs in your community. Keep your money in your pocket, these are all free!

Living with Loss: Wednesday, January 3rd @ 7 p.m. Birmingham Retirement Community, Mount Forest @ 7-9 p.m. This free peer-support group is for adults grieving the death of a loved one, meetings will be held on the first Wednesday evening of each month. Come and connect with other people who are grieving, have an opportunity to share your thoughts and feelings and hear new perspectives and coping strategies. Registration is suggested but not required. For more information please call 519.603.0196.

Arthur Writers Group Thursday, January 4th @ 6 p.m. Arthur Public Library, lower level; Doris Cassan will facilitate this writing group that will meet the first Thursday of the month. If you like to write fiction, short stories, poems or memoirs, this is the group for you. Please email Arthur.writers@outlook.com or call Doris at 519.848.2019 for more information or to register.

Tastes for Life: Thursday January 4th @ 11a.m. Mount Forest Pentecostal Church@ 11-1—this cooking program offers an opportunity to try different recipes, with ingredients you may have not cooked with before. Held the First Thursday of each month, has a different theme, with a healthy twist, facilitated by Mount Forest Family Health Team dietitian, Gwen Simms .Please call 519.323.0255 ext.5085 to register FREE

***Gentle Yoga Mondays @10 a.m. Palmerston United Church 8 week session Dec 4 to Feb 5** Join local instructor Kerry Ammerman as she leads you through some gentle stretching that may increase your range of motion and overall strength. Please register - 519.638.1000 as space is limited. \$5 per class.

Line Dancing - Mondays @ Harriston Arena @ 10 am. Starting on January 8. Kick up your heels and join this group that has successfully combined fun and fitness at the same time. No coordination required. \$3.00 per class

Art Workshop: Wednesday, January 10th @ 2:00p.m. Harriston Library- Donna Hirtle will bring out your artistic flair by stenciling. \$5 per person. Please call 519 638 0888 to register.

Cards and Games Afternoon Wednesday, January 17th CRNA building Palmerston @ 2p.m. - Cost is \$2 - all playing abilities are invited. – **Note: change—now 3rd Wednesday of the month.**

Art Workshop Wednesday, January 17th Palmerston Library @2 p.m. - Donna Hirtle will bring out your artistic flair by stenciling. Cost is \$5 please call to register at 519.638.0888

Friendship Circle; each Tuesday Mount Forest Pentecostal Church 10:30-11:30 a.m. -this coffee group takes place each Tuesday morning @ 259 Fergus Street South. A great venue to learn about other community events and health programs available in Mount Forest and surrounding area.

Friendship Circle Wednesday January 31st, Palmerston United Church @ 10:00-11:00 a.m. - the coffee and the conversation flow with this group. This friendly group welcomes anyone who is interested in chatting while enjoying a cup of hot coffee or tea and a delicious cookie or two. **FREE**

CONGREGATE DINING PROGRAMS 12:00pm – 2:00pm

CONGREGATE DINING PROGRAMS 12:00pm – 2:00pm. People of all faiths welcome! Presentations are free and begin at 12:30pm; if you would like to stay for lunch the cost is \$12. Please register by calling 519-638-1000 or toll free 1-866-446-4546. **For the winter months if the buses in North Wellington don't run our programs are cancelled.**

Wednesday, January 10th 12 p.m. Palmerston United Church; Karen Armstrong will be gathering your input as she completes a community needs assessment. Please come and share what services you feel are needed to improve health outcomes in our area.

Friday, January 12th 12p.m. Drayton Reformed Church- Tonia-Joy Skipper will be joining us to provide a musical afternoon of your favourite songs and hymns. Please plan to attend and bring your singing voices.

Thursday, January 25th 12p.m. Arthur United Church; Jeopardy- One of the ways to maintain brain health is to challenge it! Come out for this lighthearted version of Jeopardy where everyone is a winner. We guarantee you will come out with a bit of knowledge that you didn't have before. Meals are \$6.00 each and are catered by the Arthur United Church Women.

Friday January 26th 12p.m. *note date change* Clifford United Church; Join Paula Trinier, dietitian with the Minto-Mapleton Family Health Team as she discusses the latest research into the effects of sugar and saturated fats on your overall health.

Wednesday, January 31st 12 p.m. Harriston Legion; Join Laura Greenaway from Right at Home Canada as she shares tips on how to keep you safe in your home.

Do you need information about the services available to support you in your home? Please call us at 519.638.1000, Toll Free 1-866.446.4546 – we'd be happy to help!