

March 2018 Seniors' Centre for Excellence

Shuffleboard Try It and Registration Thursday, March 1st 1-3 PMD Arena –Come on out and try your luck at this fun and social sport. This afternoon is for you to try out the four brand new shuffleboard courts and to register to play in the league. This is the first year for the league, so all fees are waived. League play will begin the following Thursday from 1-4 p.m. If you have any questions please contact the Mapleton Shuffleboard Coordinator, Donna at 519.638.0888 or donnahirtle@gmail.com.

Arthur Writers Group Thursday, March 1st @ 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. **FREE!**

International Women's Day Luncheon, Thursday, March 8th 11-1 p.m. Palmerston United Church Please join us on International Women's Day Luncheon. Learn about two different female-led charitable organizations that have made positive changes in their communities. Speakers are Sharon Lewis from 100 Women Who Care and Janice Benson & Brenda Rawlins from The Raw Carrot. A delicious soup and sandwich luncheon will follow the presentations. The lunch is free of charge but we are asking that you consider making a goodwill donation to the Guelph-Wellington Women in Crisis Rural Support Program. Please register by calling 519 638 1000

Walking Groups 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 for your community. Keep your money in your pocket, these are all free!

Living with Loss: Wednesday, March 7th @ 7 p.m. Birmingham Retirement Community, Mount Forest @ 7-9 p.m. This month's topic is "Coping with Guilt". 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.

Art Workshop: Wednesday, March 14th @ 2 p.m. Harriston Library- Donna Hirtle will bring out your artistic flair. Crepe Paper Products. \$5 per person. 2nd Wed of each month. Please call 519 638 0888

Cards and Games Afternoon Wednesday, March 21st CRNA building Palmerston @ 2p.m. - Cost is \$2 - all playing abilities are invited.

Art Workshop Wednesday, March 21st Palmerston Library @2 p.m. - Donna will bring out your artistic flair. Crepe Paper Products. Cost is \$5. 3rd Wednesday of each month Please 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. On the 3rd Tuesday the Golden Hearts host a wonderful luncheon with speaker. A great venue to learn about other community events and health programs available in Mount Forest and surrounding area.

Friendship Circle Wednesday March 28th, Palmerston United Church @ 10:00-11:00 a.m.–Last Wednesday of the month, 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.

People of all faiths welcome! Presentations are free and begin at 12:30pm; Come for lunch for just \$12.

Please register by calling 519-638-1000 or toll free 1-866-446-4546.

If the buses in North Wellington don't run our programs are cancelled.

Drayton Reformed Church, Friday, March 9th 12 p.m. "Home Safety" Laura Greenway from Right at Home Canada shares some easy and effective ways to make your homes as safe as possible.

Palmerston United Church, Wednesday, March 14th 12 p.m. " Irish Eyes are Smiling" join Lyndsay Thomas Morgan as he provides some of your favourite songs, a selection of Irish songs and he takes requests. Please feel free to wear Green to celebrate St Patrick's Day

Clifford United Church, Friday, March 16th 12p.m. "Are You Ready?" Join Hardy Lee Funeral Home Directors Wendy and Allan, Wendy Smith, Rev. Jessica Cotrell from the Harriston United Church, Mark TarBrush a lawyer and a representative from the Advanced Care Planning project for an informative discussion on preparedness for end of life. Bring your questions and the experts will have the answers.

Harriston Legion, Wednesday, March 28th 12 p.m. "OPP Bicycle Unit"-join officer Laura Gromeder from the OPP Bicycle Unit. Learn about the training required to join the bicycle unit and how these bikes are used at community events to increase visibility and allow the police to access public parks and trails that police cruisers cannot access.

Arthur United Church, Thursday, March 29th 12 p.m. "Income Tax Tips and Estate Planning" Jason from Jack Financial will explain the pros and cons of reverse mortgages, share tax tips, as well as estate planning decisions and the potential financial implications to your beneficiaries.

CAUTION; WINTER WEATHER AHEAD! Just a reminder, 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.

**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!**