



## February 2018

A little Valentine's trivia: Did you know the earliest known Valentine's message was sent in 1477 in the form of a letter penned by one Margery Brews to a John Paston, who she described as 'my right well beloved Valentine'. February is filled with activities and we would love, pun intended, for you to join us at one or all of them. There are so many to choose from, whether it is the walking groups, dining programs or other activities, being social is good for our health. **We will be visiting our walking groups on the dates below; please wear pink or red to be eligible for fantastic prizes.**

Monday Feb 12<sup>th</sup> Palmerston Walking

Monday Feb 12<sup>th</sup> Harriston Walking

Wed Feb 14<sup>th</sup> Arthur Walking

Thurs Feb 16<sup>th</sup> Drayton Walking

**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](http://www.stwdsts.ca). This cancellation policy will apply to all programs scheduled for that day.

**Walking Groups Are Up and Running and are FREE!** 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, February 7th @ 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, February 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](mailto:Arthur.writers@outlook.com) or call Doris at 519.848.2019 for more information or to register. FREE!

**Gentle Yoga Mondays @10 a.m. Palmerston United Church 8 week session Dec 4 to Feb 12**

Join local instructor Kerry Ammerman as she leads you through some gentle stretching that may increase your range of motion and overall strength. Register at 519.638.1000 as space is limited. \$5 per class.

**Line Dancing - Mondays @ Harriston Arena @ 10 am.** Continues to March 5. Kick up your heels and join this group that has successfully combined fun and fitness at the same time. No coordination required.

No Registration required \$3.00 per class

**Art Workshop: Wednesday, February 14th @ 2:00p.m. Harriston Library-** Donna Hirtle will bring out your artistic flair. Crepe Paper Products. \$5 per person. 2<sup>nd</sup> Wed of each month. Please call 519 638 0888

**Cards and Games Afternoon Wednesday, February 21<sup>st</sup> CRNA building Palmerston @ 2p.m.** - Cost is \$2 - all playing abilities are invited. – **Note: change—now 3<sup>rd</sup> Wednesday of the month.**

**Art Workshop Wednesday, February 21<sup>st</sup> Palmerston Library @2 p.m.** - Donna will bring out your artistic flair. Crepe Paper Products. Cost is \$5. 3<sup>rd</sup> 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 3<sup>rd</sup> Tuesday the Golden Hearts host a wonderful luncheon with speaker. A gre are at venue to learn about other community events and health programs available in Mount Forest and surrounding a.

**Friendship Circle Wednesday February 28<sup>th</sup>, 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.

**Friday, February 9<sup>th</sup> 12 p.m.** Drayton Reformed Church, **"Income Tax Tips and Estate Planning"** Jason from Jack's Financial will explain the pros and cons of reverse mortgages, share tax tips, as well as estate planning decisions and the potential financial implementations to your beneficiaries.

**Wednesday, February 14<sup>th</sup> 12 p.m.** Palmerston United Church, **"Toe Tapping Favourites"** join Tonia-Joy Skipper as she provides some of your favourite songs, many featuring the word "Love" for this Valentine's Day Event. Please brighten up the place by wearing Red or Pink to this event!

**Friday, February 16<sup>th</sup> 12p.m.** Clifford United Church **"Stamp Collecting"** join Clifford resident Jim Measures, who has been stamp collecting for many years, as he shares interesting and amusing stories about the stamps in his extensive collection.

**Thursday, February 22<sup>nd</sup> 12 p.m.** Arthur United Church, **"Wild Wellington Weather"** What is more Canadian than a hearty discussion about the weather? Kyle Smith from the Wellington County Museum & Archives, discusses some of the storms and tornadoes this area has experienced.

**Wednesday, February 28<sup>th</sup> 12 p.m.** Harriston Legion **"Whittling with Wood"** Guelph Carving Club members Ray and Karen will demonstrate their skills of whittling, carving of caricatures, carving in the round etc. You will leave wanting to join the club or form one in your own community.

**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!**

