

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>
<b>ASH - Arthur Seniors Hall</b> <b>CNRA Clubhouse-Palmerston</b> <b>CUC - Clifford United Church</b> <b>DRC - Drayton Reformed Church</b> <b>KPC - Knox Presbyterian Church</b> <b>Lib - Library</b>	<b>Good Food Box Payment Date</b> 9:00 Drayton Walking - PMD Arena 9:00 Arthur Exercise - ASH 9:00 SMART Exercise PUC 10:15 SMART Exercise PUC 10:30 Friendship Circle - MFPC 11:00 Harriston Exercise - KPC 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC 10:30 Wellington Terrace Focus Group -DRC 1:00 Games Afternoon - Mt Forest DSP 7:00 Bereavement Group - Birmingham Retirement Community-Coping with Special Days	9:00 Palmerston Walking- Arena 9:00 Drayton Walking - PMD Arena 10:00 Coffee Morning - Clifford Hall 11:00 Tastes for Life - MFPC 11:00 Harriston Exercise- KPC 1:00 Shuffleboard - PMD Arena 3:15 SMART Exercise - VON Mt Forest 6:00 Arthur's Writer's group - Arthur Lib 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise PUC & CUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC 2:30 Carnegie Cafe Embroidery Harriston Library Register 519 338 2396
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>
9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise - Clifford United Church 9:00 Euchre Drayton United Church 9:30 SMART Exercise Drayton Reformed Church 10:00 Yoga-Palmerston United Church \$5.class 10:00 Line Dancing - Harriston Arena -\$3.class	<b>Good Food Box Drop Off Date</b> 9:00 Drayton Walking - PMD 9:00 Arthur Exercise - ASH 9:00 SMART Exercise PUC 10:15 SMART Exercise PUC 10:30 Friendship Circle - MFPC 11:00 Harriston Exercise - KPC 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC <b>12:00 Palmerston Dining- I Can't Draw and Why it Doesn't Matter-Kim Kool</b> 1:00 Games Afternoon - Mt Forest DSP 2:00 Cholesterol /Chronic Pain -Palmerston office of MMFHT register call 519-638-2110	9:00 Palmerston Walking- Arena 9:00 Drayton Walking - PMD Arena 10:00 Coffee Morning - Clifford Hall 11:00 Harriston Exercise- KPC 1:00 Shuffleboard - PMD Arena 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise PUC & CUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC <b>12:00 Drayton Dining - Musical Entertainment with Tonia-Joy Skipper</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise - Clifford United Church 9:00 Euchre Drayton United Church 9:30 SMART Exercise Drayton Reformed Church 10:00 Yoga-Palmerston United Church \$5.class 10:00 Line Dancing - Harriston Arena \$3 class	9:00 Drayton Walking - PMD 9:00 Arthur Exercise - ASH 9:00 SMART Exercise PUC 10:15 SMART Exercise PUC 10:30 Friendship Circle - MFPC 11:00 Harriston Exercise - KPC 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking-Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC 1:00 Games Afternoon Mt Forest DSP 2:00 Cards & Games \$2 - CNRA 2:00 Art Workshop - Palmerston Library \$5.00 class Paper crafting and stamping	9:00 Palmerston Walking- Arena 9:00 Drayton Walking - PMD Arena 10:00 Coffee Morning - Clifford Hall 11:00 Harriston Exercise- KPC 2:00 Hooks & Needles - Arthur Library <b>3:00 Shuffleboard Showdown - PMD</b> 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking-Arena 9:00 Harriston Walking - Arena 9:00 Drayton Walking - PMD Arena 9:00 SMART Exercise CUC & PUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC <b>12:00 Clifford Dining -Whittling with Wood - Guelph Carving Club - Ken and Ray</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Happy Victoria Day</b> <b>MFPC - Mount Forest Pentecostal Church</b> <b>MFHT - Mt Forest Family Health Team</b> <b>PMD - Drayton Arena</b> <b>PUC - Palmerston United Church</b> <b>VON - SMART 392 Main St North Mount Forest</b>	9:00 Drayton Walking - PMD Arena 9:00 SMART Exercise PUC 9:00 Arthur Exercise - ASH 10:15 SMART Exercise PUC 10:30 Golden Hearts Luncheon - MFPC 11:00 Harriston Exercise - KPC 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:30 Arthur Walking - Arena 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC 1:00 Games Afternoon - Mt Forest DSP	9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD Arena 10:00 Coffee Morning - Clifford Hall 11:00 Harriston Exercise- KPC <b>1:00 Shuffleboard Banquet - Drayton Legion</b> 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Harriston Walking- Arena 9:00 Drayton Walking - PMD Arena 9:00 SMART Exercise PUC & CUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>01</b>
9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise Clifford United Church 9:00 Euchre Drayton United Church 9:30 SMART Exercise DRC 10:00 Yoga - Palm United Church -\$5. class 10:00 Line Dancing - Harriston Arena -\$3. class 2:00 Carnegie Cafe Drayton Library - Watercolour Painting Register 519 638 3788	9:00 Drayton Walking - PMD Arena 9:00 SMART Exercise PUC 9:00 Arthur Exercise - ASH 10:15 SMART Exercise Palmerston United Church 10:30 Friendship Circle - Mount Forest Pentecostal Church 11:00 Harriston Exercise- Knox Presbyterian Church 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC 10:00 Friendship Circle -PUC <b>12:00 Harriston United Church Dining - Top 5 Tips for Planting Seeds for Good Emotional Health - Social Workers-Kathy and Joanne MMFHT</b> 1:00 Games Afternoon - Mt Forest DSP	9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD Arena 10:00 Coffee Morning - Clifford Hall 11:00 Harriston Exercise- KPC <b>12:00 Arthur Dining -10 Warning Signs of Dementia -Alzheimer Society</b> 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	<b>SENIORS' CENTRE for EXCELLENCE</b>   Waterloo Wellington Local Health Integration Network