

International Act of Kindness Day; Friday November 4th; did you know that the first Friday of November is International Act of Kindness Day? Take the time to do something nice, perhaps share some of your fabulous baking with a friend or neighbor, call someone who you know is having a tough month or introduce yourself to someone you recognize from your neighbourhood, but don't know. Even sharing a smile with a stranger can lift the spirits of someone who is having a bad day. Take the time to show your community that you care about them.

Walking Groups are Back! All through the summer a small but mighty group of walkers continued to walk in many communities. Now that the winds are getting brisk, after a long and wonderful summer, it's time to get into the routine of walking regularly at the arena's again! Safe and dry with no cost to participate! Please note that all that is required is a clean pair of indoor walking shoes to participate in this group. Kick off dates are as follows;

Arthur- Tuesday November 1st 9:30 a.m. – Tuesday Wednesday, Thursday

Harriston-Monday November 7th 9:00 a.m. - Monday, Wednesday, Friday

Palmerston- Monday November 7th 9:00 a.m.- Monday, Wednesday, Friday

Drayton- Monday November 15th 9:30 a.m.- Tuesday, Thursday, Friday

Euchre; 1st Monday of the month 7:30p.m. Palmerston Legion \$5 –light lunch provided, please bring your own partner. Every other Monday during the month Euchre starts at 7:00pm and is \$2

Taste for Life; Thursday November 10th 11:30-1:30 p.m. Mount Forest Pentecostal Church- Join Mount Forest Family Health Team Dietitian Sarah Pink as she provides quick and easy recipes for one. Breakfast of Champions is the topic this month. Please register by Monday November 7th by calling Sarah at 519.323.0255 ext. 5085.

Returning- Line Dancing Mondays 10-11 a.m. Harriston Arena- Please join Barb and Mary-Ann as they teach fun and easy line dancing routines that are sure to provide you with your daily exercise. Coordination is not required; just a desire to try something new and the ability to laugh along as you learn something new. Cost \$3 per class. Please call 519.638.1000 if you require more information.

Cooking on a Budget; Monday November 14th 11:30-1:30p.m.; Harriston Legion- Join Minto-Mapleton Family Health Team Dietitian, Jenny Harrison, as she shares easy and nutritious recipes that won't break the bank. All ingredients required for the recipes are available in your local grocery store. Please register by calling 519.638.2110

Art Workshop Wednesday November 16th 2 p.m. Palmerston Library- Christmas Ornament- Donna Hirtle returns to bring out your artistic flair. Please join Donna for this fun-filled workshop. The cost is \$5 please call to register 519.638.1000

Cards and Games Afternoon - Thursday November 17th 2 p.m. CRNA building Palmerston , cost is \$2 per person everyone is welcome!

Euchre; Friday November 18th 7:30 p.m. Drayton Legion \$5- everyone is welcome!

Learn To Manage Your Fibromyalgia Tuesday October 25th to Tuesday November 29th- via the Ontario Telemedicine Network. This six week program will assist you to manage your Fibromyalgia. Each week a different allied health professional will provide their expertise to assist you manage your illness, as effectively as possible. Offered at the Minto Rural Health Centre in Palmerston 519.638.2110 or the Claire Stewart Medical Centre at 519.323.0255. Please call to register as space is limited.

Friendship Circle; each Tuesday 10:30-11:30 a.m. Mount Forest Pentecostal Church; This coffee group takes place each Tuesday morning in Mount Forest at 259 Fergus Street South. The third Tuesday of the month is a luncheon hosted by the Golden Hearts. A great venue to learn about other community events and health programs available in Mount Forest and surrounding area.

Friendship Circle; Wednesday November 30th 10-11 a.m. Palmerston United Church-Please feel free to join us for conversation, free coffee and treats; there is never a shortage of things to discuss. Topics last month included favourite authors and the Shaker Community amongst other assorted things!

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 \$10

Drayton Reformed Church; Friday November 4th-Fire Prevention Join Rick Richardson Mapleton's Fire Chief as he discusses the importance of fire prevention in the home and why it is more important than ever to have fire escape plan and to ensure that your smoke and carbon monoxide detectors are in good working order.

Palmerston United Church Wednesday November 9th Are you ready? Join Allan Lee, Hardy Lee Funeral Home Director, Wendy Smith, Lay Minister at Palmerston United Church and Ernie Macmillan, a Lawyer for an informative discussion on preparedness for end of life. Bring your questions and the experts will have the answers.

Clifford United Church, Friday November 18th – Falls and Arthritis -Susan, a physiotherapist from the Arthritis Society, will share practical tips on how to avoid falls, a leading cause of injury amongst older adults. Susan will bring tools that have been designed to make everyday tasks easier to complete.

Arthur United Church; Thursday November 24th Out of Africa- Join local author, Donna Michalek, as she discusses her children's book, based on her experiences travelling to Africa, the impact the journey has had on her life and her desire to highlight the benefits of child sponsorship. Her book will be available for purchase.

Harriston Legion; Wednesday November 30th Navigating Home Care in Minto- Join Right at Home Canada Lynda Prior as she shares information on home care services, how to access them and what is available in our communities to supplement CCAC services.

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!