

Mon	Tue	Wed	Thu	Fri
DRC- Drayton Reformed Church PUC- Palmerston United Church CUC -Clifford United Church MFPC- Mt. Forest Pentecostal Church ASH- Arthur Seniors Hall CMHA-392 Main Street N Mt Forest	1 Good Food Box Payment Date 9:00 SMART Exercise-PUC 9:00 Drayton Walking-PMD 9:00 Arthur Exercise-ASH 9:30 Walking Group-Arthur Arena Kick Off 10:00 SMART Exercises-PUC 10:00 Manage Your Fibromyalgia	2 9:00 Palmerston Walking-Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercises-CUC 9:00 Coffee Hour- Moorefield United 9:30 Walking Group- Arthur Arena 10:00 Friendly Crafts-Harriston 1:00 Shuffleboard-Arthur Seniors Hall	3 9:00 Palmerston Walking-Arena 9:00 Drayton Walking-PMD 9:00 Arthur Exercise-ASH 9:30 Walking Group- Arthur Arena 10:00 Coffee Morning-Clifford Hall 10:00 Palmerston Light Exercise- 11:00 Exercises-Harriston Knox	4 9:00 Palmerston Walking- Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercises- PUC 9:00 Drayton Walking-PMD Arena 9:30 SMART Exercises-Drayton Reformed 10:00 SMART Exercises-PUC 12:00 pm Drayton Dining-Rick Richardson- Fire Prevention
7 9:00 Palmerston and Harriston Walking Group Kick off-Arena 9:00 Friendship Club-MFFB 9:00 Euchre- Drayton United Church 9:00 SMART Exercise-CUC 10:00 Line Dancing-Harriston Arena 10:00 Palmerston Light Exercise-CNRA	8 Good Food Box Payment Date 9:00 SMART Exercise-PUC 9:00 Drayton Walking-PMD 9:00 Arthur Exercise-ASH 9:30 Walking Group- Arthur Arena 10:00 SMART Exercises-PUC 10:00 Manage Your Fibromyalgia 10:30 Friendship Circle-MFPC	9 9:00 Palmerston Walking-Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercises-CUC 9:00 Coffee Hour- Moorefield United 9:30 Walking Group- Arthur Arena 10:00 Friendly Crafts-Harriston 12:00pm Palmerston Dining- Are you Ready? Ask the Experts	10 9:00 Palmerston Walking-Arena 9:00 Drayton Walking-PMD Arena 9:00 Arthur Exercise-ASH 9:30 Walking Group- Arthur Arena 10:00 Coffee Morning-Clifford 11:00 Exercises-Harriston Knox 10:00 Palmerston Light Exercise with Fran Dawson- CNRA Building	11 Remembrance Day 9:00 Palmerston Walking- Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercises- Palmerston United Church 9:00 Drayton Walking-PMD Arena 9:30 SMART Exercises-Drayton Reformed Church
14 9:00 Palmerston Walking-Arena 9:00 Harriston Walking-Arena 9:00 Friendship Club-MFFB 9:00 SMART Exercise-CUC 9:00 Euchre-Drayton United Church 9:30 SMART Exercises-DRC 10:00 Line Dancing- Harriston Arena 10:00 Palmerston Light Exercise -CNRA 11:30 Cooking on a Budget- Jenny Harrison- Harriston Legion	15 9:00 SMART Exercise-PUC 9:00 Drayton Walking-PMD Arena 9:00 Arthur Exercise-ASH 9:30 Walking Group- Arthur Arena 10:00 SMART exercises-PUC 10:00 Learn To Manage Your Fibromyalgia 10:30 Golden Hearts Luncheon 3:15 SMART exercises-VON Mt,Forest	16 9:00 Palmerston Walking-Arena 9:00 Harriston Walking -Arena 9:00 SMART Exercises-CUC 9:00 Coffee Hour- Moorefield United 9:30 Walking Group- Arthur Arena 10:00 Friendly Crafts-Harriston 1:00 Games-Mount Forest Complex 2:00 Art Workshop with Donna Hirtle Palmerston Library	17 9:00 Palmerston Walking-Arena 9:00 Drayton Walking-PMD 9:00 Arthur Exercise-ASH 9:30 Walking Group- Arthur Arena 10:00 Coffee Morning-Clifford Hall 11:00 Exercises-Harriston Knox 10:00 Palmerston Light Exercise with Fran Dawson- CNRA Building 2:00 Cards & Games at CNRA Building Palmerston \$2	18 9:00 Palmerston Walking 9:00 Harriston Walking-Arena 9:00 SMART Exercises-PUC 9:30 SMART Exercises-DRC 9:00 Drayton Walking-PMD 10:00 SMART Exercises- PUC 7:30 Euchre @ Drayton Legion \$5 12:00 Clifford Dining- Susan McAuslan- Arthritis and Falls
21 9:00 Palmerston Walking 9:00 Harriston Walking-Arena 9:00 SMART Exercise-CUC 9:00 Euchre-Drayton United Church 9:30 SMART Exercises-DRC 10:00 Line Dancing- Harriston Arena 10:00 Light Exercise-CNRA	22 9:00 SMART Exercise-PUC 9:00 Drayton Walking-PMD Arena 9:00 Arthur Exercise-ASH 9:30 Walking Group- Arthur Arena 10:00 SMART exercises-PUC 10:00 Learn To Manage Your Fibromyalgia 10:30 Friendship Circle-MFPC 3:15 SMART exercises-VON Mount Forest	23 9:00 Harriston Walking -Arena 9:00 Palmerston Walking-Arena 9:00 SMART Exercises-CUC 9:00 Coffee Hour- Moorefield United 9:30 Walking Group- Arthur Arena 10:00 Friendly Crafts-Harriston 1:00 Games-Mount Forest & District Sports Complex 1:00 Shuffleboard-Arthur Seniors Hall	24 9:00 Palmerston Walking 9:00 Drayton Walking-PMD 9:00 Arthur Exercise-ASH 9:30 Walking Group- Arthur 10:00 Coffee Morning-Clifford Hall 10:00 Palmerston Light Exercise with Fran Dawson- CNRA Building 12:00 Arthur Dining- Right at Home Canada-Home Care Services and how to access	25 9:00 Palmerston Walking-Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercises-Palmerston United Church 9:00 Drayton Walking-PMD 9:30 SMART Exercises- DRC 10:00 SMART Exercises- PUC
28 9:00 Palmerston Walking-Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercise-CUC 9:00 Euchre-Drayton United Church 9:30 SMART Exercises-DRC 10:00 Line Dancing- Harriston Arena 10:00 Light Exercise - CNRA Building	29 9:00 SMART Exercise-PUC 9:00 Drayton Walking-PMD Arena 9:00 Arthur Exercise-ASH 9:30 Walking Group- Arthur Arena 10:00 SMART exercises-PUC 10:00 Learn To Manage Your Fibromyalgia 10:30 Friendship Circle-MFPC 3:15 SMART exercises-VON Mount Forest	30 9:00 Harriston Walking -Arena 9:00 Palmerston Walking-Arena 9:00 SMART Exercises-CUC 9:00 Coffee Hour- Moorefield United 9:30 Walking Group- Arthur Arena 10:00 Friendly Crafts-Harriston 10:00 Friendship Circle-PUC 12:00 Harriston Dining- Out of Africa	 November 2016	
				