

Happy Holidays! It's hard to believe that we have come to the end of another year, Hayley and I want to take a moment to wish you a Happy Holiday and all of the very best in 2017! We encourage you during this busy time of year to connect with someone you may have lost touch with. Perhaps give them a call or drop a card into the mail to let them know you are thinking about them, or even better encourage them to attend a dining program or other activity with you. If you would like to come to one of our programs, but transportation is a concern, please give the office a call. We will do our very best to connect you with a neighbour who is coming to the event and doesn't mind some company.

CAUTION; WINTER WEATHER AHEAD!

In an effort to keep everyone safe and sound through the winter season and avoid those "white knuckle" car rides, 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.

Walking Groups; with the caution for winter weather announcement being place in the calendar, slippery walking conditions cannot be far behind. Please check the calendar for the times and locations of a walking group in your community. The nice weather encourages us to stay active, whether through gardening or walking, you just feel better. As these grey, cool days start, followed by the inevitable howling winds, blowing snow and ice it is important that we stay active. It is good for our joints and our mental health. As Sandy Turner would say "motion is lotion" for our joints, don't allow Mother Nature to make your joints sore just because of the weather. The walking groups provide a warm, safe, slip free environment and are provided free of charge. The only requirement to participate is that you have a clean pair of walking shoes and a desire to improve your fitness level. Stop those additional Christmas pounds by increasing your activity levels in a fun, safe environment, you will be glad that you did.

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 December 8th 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. Each month a different batch of recipes are shared. Healthy recipes that don't taste "Healthy". Please register by Monday December 5th by calling Sarah at 519.323.0255 ext. 5085.

Line Dancing Monday Dec 5th 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. Cost \$3 per class. Please call 519.638.1000 if you require more information.

Cards and Games Afternoon Thursday December 15th-2 p.m. CRNA building Palmerston, cost is \$2 per person everyone is welcome! This group is for fun and allows for beginners to learn to play the game.

Cooking on a Budget; Monday December 19th 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 December 2 p.m. Palmerston Library- Donna Hirtle returns to bring out your artistic flair. This month you will make Paper Luminaries and learn how to make beautiful ice candles in your own home. Please join Donna for this fun-filled workshop. The cost is \$5 please call to register 519.638.1000

Euchre; Friday December 16th 7:30 p.m. Drayton Legion \$5- everyone is welcome!

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. A great venue to learn about other community events and health programs available in Mount Forest and surrounding area. A special Christmas treat this year, on the 3rd Tuesday, rather than the traditional meal with speaker, you can bring a sample of your favourite Christmas baking. The more that come to the event, the wider variety of treats!

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 December 2nd Out of Africa-** this program begins with as special performance of Christmas music by children from Maranatha Christian School followed by 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.

Palmerston United Church Wednesday December 14th- Christmas Concert- Please join us for a wonderful afternoon of singing provided by children from the Arthur Christian School. This event is sure to bring back memories of attending Christmas concerts. Good food, good entertainment, good times!

Clifford United Church, Friday December 16th- O.P.P Barry Reid- Join Constable Barry Reid as he discusses what it's like to have a partner with four legs and the training required. A must attend event for dog lovers

Harriston Legion; Not Running Due to Christmas Break

Arthur United Church; Not Running Due to Christmas Break

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!

***please note that starting January 2017 Drayton Dining will be held on the 2nd Friday of each month**