

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3 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 Caregiver Support Group 10:30 Friendship Circle-MFPC 3:15 SMART exercises-VON Mount Forest—392 Main Street N</p>	<p>4 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 9:30 SMART Exercises-DRC 7p.m. Bereavement Group- Birmingham Retirement Community Mount</p>	<p>5 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- CNRA Building with Fran 11:00 Exercises-Harriston Knox 3:15 VON Smart Exercises- Mt Forest</p>	<p>6 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 Church 10:00 SMART Exercises-Palmerston United Church</p>
<p>9 9:00 Palmerston Walking 9:00 Harriston Walking-Arena 9:00 Friendship Club-MFFB 9:00 SMART Exercise-CUC 9:00 Euchre-Drayton United 9:30 SMART Exercises-DRC 10:00 Palmerston Exercise-CNRA with Fran Dawson 10:00 Line Dancing-Harriston Arena</p>	<p>10 Good Food Box Drop-off 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 10:30 Friendship Circle-MFPC 3:15 SMART exercises-VON Mount Forest—392 Main Street N 11:00 Exercises-Harriston Knox</p>	<p>11 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 9:30 SMART Exercises-DRC 1:00 Games- Mount Forest Complex 12:00 pm Palmerston Dining-Sharing Short Stories</p>	<p>12 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 10:00 Palmerston Light Exercise with Fran Dawson- CNRA Building 11:00 Exercises-Harriston Knox 3:15 Smart Exercise- VON office 392 Main Street Mount Forest</p>	<p>13 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 10:00 SMART Exercises-PUC 12:00 pm Drayton Dining- Navigating Homecare in Mapleton</p>
<p>16 9:00 Palmerston Walking 9:00 Harriston Walking-Arena 9:00 SMART Exercise-CUC 9:00 Euchre-Drayton United 9:30 SMART Exercises-DRC 10:00 Palmerton- CNRA 10:00 Line Dancing- Harriston Arena</p>	<p>17 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 10:30 Golden Hearts Luncheon-MFPC 3:15 SMART exercises-VON Mount Forest—392 Main Street N 11:00 Exercises-Harriston Knox</p>	<p>18 9:00 Harriston Walking-Arena 9:00 Palmerston Walking-Arena 9:00 Coffee Hour- Moorefield United 9:30 SMART Exercises-DRC 1:00 Games- Mount Forest Complex 2:00 Art Workshop With Donna Hirtle—Palmerton Library all welcome</p>	<p>19 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 with Fran Dawson- CNRA Building 11:00 Exercises-Harriston Knox 2:00 Cards & Games at CNRA Building Palmerston \$2</p>	<p>20 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- Ask the Pharmacist</p>
<p>23 9:00 Palmerston Walking 9:00 Harriston Walking-Arena 9:00 SMART Exercise-CUC 9:00 Euchre-DUC 9:30 SMART Exercises-DRC 10:00 Line Dancing- Harriston Arena 10:00 Palmerston Exercise CNRA</p>	<p>24 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 10:30 Friendship Circle-MFPC 3:15 SMART exercises-VON Mount Forest—392 Main Street N 11:00 Exercises-Harriston Knox</p>	<p>25 9:00 Harriston Walking-Arena 9:00 Palmerston Walking-Arena 9:00 Coffee Hour- Moorefield United 9:30 SMART Exercises-DRC 1:00 Games- Mount Forest Complex 10:00 Friendship Circle-PUC 12:00 Harriston Dining- Keep your spirits high as the temperature plummets</p>	<p>26 9:00 Palmerston Walking 9:00 Drayton Walking-PMD 9:00 Arthur Exercise-ASH 9:30 Walking Group- Arthur Arena 10:00 Palmerston Light Exercise with Fran Dawson- CNRA Building 11:00 Exercises-Harriston Knox 12:00 Arthur Dining- Beyond the Challenges</p>	<p>27 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 10:00 SMART Exercises- Palmerston</p>
<p>30 9:00 Palmerston Walking 9:00 Harriston Walking-Arena 9:00 SMART Exercise-CUC 9:00 Euchre-DUC 9:30 SMART Exercises-DRC 10:00 Line Dancing- Harriston Arena 10:00 Palmerston Exercise CNRA With Fran Dawson</p>	<p>31 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 10:30 Friendship Circle-MFPC 3:15 SMART exercises-VON Mount Forest—392 Main Street N 11:00 Exercises-Harriston Knox</p>	<p>DRC- Drayton Reformed Church PUC- Palmerston United Church CUC-Clifford United Church MFPC- Mount Forest Pentecostal Church CMHA-Canadian Mental Health Association- 392 Main Street N Mount Forest ASH- Arthur Seniors Hall</p>	<p>SENIORS' CENTRE for EXCELLENCE</p>  	