

Happy New Year; It is hard to believe that 2016 has come and gone! We look back on it fondly, we had many fantastic speakers at our dining programs, as well as the addition of Donna Gingrich to provide those lovely meals we have been enjoying now for almost one full year! Our Good Food Box program ran smoothly with our wonderful group of volunteers and our coffee groups and art workshops continued to be well received. If you are receiving this newsletter, we are asking that you provide us with feedback about programs that you would like to see in your community. If it is at all possible we would like to facilitate them. In 2016 we had our largest dining program ever and started cards in Palmerston at the suggestion of guests at our programs. Please don't hesitate to get in touch. Also, if you could help spread the word to your friends about activities that you attend and enjoy we would really appreciate it. A huge thank you to everyone that contributed to another successful year.

Caregiver Support Group Tuesday January 3rd from 10:00- 11:30am Via Telemedicine at Mount Forest Family Health Team and Minto Mapleton and the Minto Rural Health Centre. This support group is for family and friends of people living with Alzheimer's and other dementias. Build a strong connection with people who are going through a similar experience and enhance your understanding of the diseases. If you are interested in attending this support group call 519.836.7672 Ext 2015

Caution Winter Weather Ahead! In an effort to keep everyone safe 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; what a perfect way to achieve your New Year's Resolution to stay active and healthy this winter. Please check the calendar for the times and locations of a walking group in your community. Winter, has made its presence known in North Wellington, navigating those sidewalks can be treacherous and why bother when the community arenas are warm, safe and dry! We know that exercise 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 only requirement to participate is that you have a clean pair of walking shoes and a desire to improve your fitness level. Start the year off by making exercise a priority, 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

Living with Loss: Wednesday Jan 4th 7-9p.m Birmingham Retirement Community, Mount Forest. This free peer-support group is for adults grieving the death of a loved one, meetings will be held on the first Wednesday evening of each month. Come and connect with other people who are grieving, have an opportunity to share your thoughts and feelings and hear new perspectives and coping strategies. Registration is suggested but not required. For more information please call 519.603.0196. This program is offered by Bereaved Families of Ontario.

***Returning- Line Dancing Monday January 9th 10-11 a.m. Harriston Arena-** Please join Barb and Mary Lou 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. A great way to keep your New Year's Resolution to become more active!

Art Workshop Wednesday January 18th 2 p.m. Palmerston Library- Donna Hirtle will bring out your artistic flair Make something beautiful out of your "Resolution Rants" plus a Valentine! The cost is \$5 please call to register 519.638.1000

Cards and Games Afternoon Thursday January 19th-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 as well as seasoned card players who take cards too seriously.

Euchre; Friday January 20th 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. On the 3rd Tuesday is the Golden Hearts Luncheon, with speaker and delicious hot lunch. Good will offering is appreciated.

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

Palmerston United Church Wednesday Jan 11th "Sharing Short Stories"-Minto and surrounding area is lucky to have a bevy of talented writers, join us for this presentation where local authors will share their favourite short stories.

Drayton Reformed Church Friday Jan 13th- Navigating Homecare in Mapleton- Right at Home Canada will join us to discuss the changing face of home care in Ontario, the Health Ministers "Patients First Strategy" and will answer how to navigate the current health care system.

Clifford United Church Friday Jan 20th- "Ask the Pharmacist" join Robin Brown Minto-Mapleton FHT pharmacist as he updates us about vaccinations, best practices to keep yourself healthy as you age and answers your medication questions.

Harriston Legion Wednesday Jan 25th –" Keep Your Spirits High as the Temperatures Plummet"- join a social worker from the Minto-Mapleton FHT as she shares tools and tips to starve off the winter blues and when you should seek additional help.

Arthur United Church- "Beyond the Challenges"- Join Glynis and Mark as they discuss their collaboration on a children's book called Hopeful Homer. Mark will share his inspiring story of how he began to speak first through his illustrations and then developed his language skills. Glynis will have a selection of her books available for purchase

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**

