

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 Seniors’ Centre for Excellence programs scheduled for that day.

Check Out Your Local Library- We have included some activities that are scheduled at your local libraries this month, from book clubs, computer basic workshops, scrabble clubs and Carnegie Halls, your library is so much more than a place to check out books, of course you are welcome to do that also! Please check with your local library to see what it has on offer that you might enjoy.

Caregiver Support Group Tuesday March 7th from 10:00- 11:30am Via Telemedicine at Mount Forest Family Health Team, Minto Mapleton Family Health Team 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

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 7:00 p.m. the cost is \$2

Living with Loss: Wednesday March 1st 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 by not required. For more information please call 519.603.0196. This program is offered by Bereaved Families of Ontario.

Art Workshop Wednesday March 15th 2 p.m. Palmerston Library- Donna Hirtle will bring out your artistic flair. “Run Away to the Circus” and learn to draw like Alex Calder. The cost is \$5 please call to register 519.638.1000

Cards and Games Afternoon Thursday March 16th 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 to enjoy some social time together.

Euchre; Friday March 17th 7:30 p.m. Drayton Legion \$5- everyone is welcome!

Patient and Family Cancer Care Wednesday, March 29th 1:30 p.m. Claire Stewart Medical Centre- while all cancers are different, and every case is unique and distinct, many of the feelings, concerns and fears that people have are very much alike. Whatever you are feeling, this meeting with a cancer support group, will convince you that you are not alone. Please call Carol Armstrong, Cancer Care Coordinator at 519.323.0255 ext. 5014 to register or for additional information.

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. A good will offering is appreciated for the luncheon but the weekly coffee group is free of charge.

Friendship Circle Wednesday March 29th 10- 11 a.m. Palmerston United Church; the coffee and the conversation flow with this group. This friendly group welcomes anyone who is interested in chatting while enjoying a cup of hot coffee or tea and a delicious cookie or two. There is no registration required or cost to attending.

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. If you don’t have a ride give us a call, we will do our best to find you a way to the program.

Palmerston United Church Wednesday March 8th “Living with Purpose”; join Helen Murray as she shares her presentation on how we can bring more purpose into everything we do simply by being aware of what we are doing, and why. Living with purpose will bring more joy to all aspects of our lives. Copies of Helen’s book “I Just Want to Be Happy” will be available for purchase at \$24.95.

Drayton Reformed Church Friday March 10th “My Trip to Churchill Manitoba”; Join Kay Ayres as she shares her experiences during her trip to Churchill, Manitoba. The trip Included travelling in a float plane, fighting off mammoth sized bugs, and close encounters with polar bears.

Clifford United Church Friday March 17th O.P.P .- “Navigating Roundabouts Safely”; join Constable Patrick Mullen as he shares tips on navigating roundabouts, have you noticed they are everywhere and are harder and harder to avoid. Gain confidence in navigating roundabouts as well as tips to assist you to remain a safe driver as you age.

Moorefield United Church Friday March 24th “Living with Purpose”; join Helen Murray as she shares her presentation on how we can bring more purpose into everything we do simply by being aware of what we are doing, and why. Living with purpose will bring more joy to all aspects of our lives. Copies of Helen’s book “I Just Want to Be Happy” will be available for \$24.95.

Harriston Legion Wednesday March 29th “Good Grief People”; join local author, Glynis Belec, as she discusses her new book on grief. The book is a collaborative effort by of local authors who share their grief journey through short stories and poems. Copies of Glynis’s books including “Good Grief People” will be available for purchase.

Arthur United Church Thursday March 30“Birch Syrup Production”; join Kathy Beilke as shares her presentation on her farm, Wagram Springs in Moorefield, Kathy will share how Birch syrup is made and will have some of her product to try.

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!

Volunteer Corner- Mount Forest Position Available

Dog Walker Needed! Do you live in Mount Forest and wish you had a dog to take with you on your walks? We have just the volunteer position for you. A friendly and very enthusiastic beagle needs you, currently her owners are having some issues with their mobility. Please call the Seniors’ Centre for Excellence at 519.638.1000 or email hedwards@mapleton.ca for more information.