

Monday	Tuesday	Wednesday	Thursday	Friday
DRC– Drayton Reformed Church PUC– Palmerston United Church CUC –Clifford United Church MFPC– Mt. Forest Pentecostal Church ASH– Arthur Seniors Hall VON -392 Main Street N Mt Forest- SMART exercises each Tues/Thurs	   March 2017	1 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 Hook & Needles– Arthur Library 7p.m. Bereavement Group– Birming- ham Retirement Community MtForest	2 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:30 Walking Group– Arthur Arena 10:00 Coffee Morning-Clifford Hall 10:00 Palmerston Light Exercise– CNRA 11:00 Exercises-Harriston Knox 3:15 SMART Exercises-VON Mount Forest 392 Main Street North	3 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-DRC 10:00 SMART Exercises-Palmerston United Church 4:00 Computer Basics– Fergus Library
6 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 Palmerston Exercise– CNRA with your instructor Fran Dawson 10:00 Line Dancing-Harriston Arena 1:00 Quilting Club– PUC	7 Good Food Box Payment Date 9:00 SMART Exercise-Palmerston United Church 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 Mt. Forest 392 Main Street North	8 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–Helen Murray– Personal Life Coach	9 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	10 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-PUC 12:00 pm Drayton Dining– Kay Ayres– Church Hill, Manitoba
13 9:00 Palmerston Walking- Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercise-CUC 9:00 Euchre-DUC 9:30 SMART Exercises-DRC 10:00 Palmerston Light Exercise-CNRA 1:00 Quilting Club-PUC 3:30 Scrabble– Mt. Forest Library	14 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 11:00 Exercises-Harriston Knox 3:15 SMART exercises-VON Mount Forest	15 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 Palmerston Library	16 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	17 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– OPP Presents Roundabout Safety
20 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 Palmerston Exercise CNRA- With Fran Dawson 1:00 Quilting Club-Palmerston United	21 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 11:00 Exercises-Harriston Knox 3:15 SMART exercises-VON Mount 3:30 I-Pad Basics– Clifford Library	22 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 Hooks & Needles– Arthur Library 3:30 Carnegie Café– Palmerston Library	23 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 Hall 10:00 Palmerston Light Exercise with Fran Dawson– CNRA Building 11:00 Exercises– Harriston Knox	24 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– DRC 10:00 SMART Exercises– Palmerston 12:00 Moorefield Dining –Living Life with Purpose-Helen Murray 2:00 Computer Basics– Harriston Branch
27 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 Palmerston Light Exercise-CNRA 1:00 Quilting Club– Palmerston United	28 9:00 SMART Exercise-PUC 9:00 Arthur Exercise-ASH 9:30 Walking Group– Arthur Arena 10:00 SMART Exercises-PUC 10:30 Friendship Circle-MFPC 11:00 Exercises-Harriston Knox 3:15 SMART exercises-VON Mount For- est–392 Main Street N	29 9:00 Harriston Walking-Arena 9:00 Palmerston Walking-Arena 9:00 Coffee Hour– Moorefield United 9:30 SMART Exercises-DRC 10:00 Friendship Circle-PUC 12:00 Harriston Dining– Good Grief People with author Glynis Belec 1:30 Cancer Care Group– Mt Forest	30 9:00 Palmerston Walking 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– Kathy Beilke Birch Syrup Production	31 9:00 Palmerston Walking-Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercises–Palmerston United Church 9:30 SMART Exercises– Drayton Reformed Church 10:00 SMART Exercises– Palmerston United Church