

April is Volunteer Appreciation Month- a huge thank you to everyone who provides us with their time to ensure that our programs run smoothly. We are always amazed at the number of people who so gladly offer their time and expertise to our organization. We could not run our program without you. Thank you so much for your continued support, it is people like you that make our communities better places to live!

*****Returning Program Line Dancing- Harriston Arena @ 10 a.m.** - After taking a short break it is time to kick up your heels again at Line Dancing with Barb and Mary Lou. The format for this 10 week session remains the same, the cost is \$3 for each class you attend, come out and increase your physical fitness while having fun.

Caregiver Support Group Tuesday, April 4th via Telemedicine at Mount Forest Family Health Team, Minto Mapleton Family Health Team and the Minto Rural Health Centre @ 10-11:30a.m. 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 @7:30 p.m. \$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, April 5th Birmingham Retirement Community, Mount Forest @ 7-9 p.m. 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.

Patient and Family Cancer Care- Relaxation Techniques for Stress Tuesday April 11th 1:30-3 p.m.

At the Claire Stewart Medical Centre join therapist Mike Harloff as he shares relaxation techniques for stress. For more information or to register please call Carol at 519.323.0255 ext. 5014

Stay Strong Live Long- Falls Prevention Series Wednesday April 12th & April 26th from 9-4. Holstein Farm Credit Building-this two day series focuses on healthy aging, prevention of chronic illnesses and promotion of independent living facilitated by Rachel deJonge, VON Kinesiologist. **Day one;** is titled "Legend of the Fall and Chronic Illnesses", **Day Two;** "(Don't) Just Pop a Pill" Please call 519.803.0144 for information or to register. Each session is free and includes lunch and refreshments.

*****Returning Program- Art Workshop Wednesday, April 12th Harriston Library @ 2:00pm-** Donna Hirtle will bring out your artistic flair with her return to the community of Harriston. The theme this month "Singing in the Rain", working with watercolours, the cost is \$5.

*****Returning Program -Tastes for Life: Thursday April 13th Mount Forest Pentecostal Church@ 11:30-1:30p.m.** – returning after its winter hibernation, this cooking program offers an opportunity to try different recipes, with ingredients you may have not cooked with before. Each month a different theme, with a healthy twist, facilitated by Mount Forest Family Health Team dietitian, Sarah Pink. Please call 519.323.0255 ext. 5085. Bring your appetite and containers for leftovers. **FREE**

Art Workshop Wednesday, April 19th p.m. Palmerston Library @ 2:00p.m. - Donna Hirtle will bring out your artistic flair the cost is \$5 please call to register 519.638.1000. The theme this month is "Singing in the Rain", working with watercolours, the cost is \$5.

Cards and Games Afternoon Thursday April 20th CRNA building Palmerston @ 2p.m. - Cost is \$2

Euchre; Friday, April 21st Drayton Legion @ 7:30 p.m. – Cost is \$5 and everyone is welcome!

Cooking Class; Monday, April 24th, Harriston Legion @11:30-1:30 p.m. - Join Minto-Mapleton FHT dietitian, Jenny Harrison, at this hands on workshop, as you prepare healthy, delicious meals. You don't have to be a chef to replicate these meals at home. Due to the overwhelming popularity of this program you must pre-register by calling the Family Health Team at 519.638.2110. **FREE**

Friendship Circle; each Tuesday Mount Forest Pentecostal Church @ 10:30-11:30 a.m. -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 April 26th, Palmerston United Church @ 10-11 a.m. - 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. **FREE**

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 April 7th; Writing your own life story- Join Donna Mann as she shares how therapeutic writing your life story is and how everyone has a story to tell. It took her years to create hers, she will share how her Pastoral ventures provided her the knowledge on how to do so.

Palmerston United Church Wednesday April 12th; Wellington County Railroads- Join Kyle Smith, from the Wellington County Museum & Archives, as he shares the history of the railroads in Wellington County including photos from Palmerston. A must for those who enjoy reminiscing about days gone by.

Clifford United Church Friday April 21st; Fire Safety- Join Fire Chief Chris Harrow from the Minto Fire Department as he talks to us about fire prevention. When is the last time you have changed your batteries in your CO2 or Fire Alarms? Find out the importance of doing these every 6 months!

Harriston Legion Wednesday April 26th; What is all the Shouting About in Clifford? - Join local historian Peter Buhrow, as he shares some of the exciting events happening in Clifford to coincide with Canada's 150th Birthday. Stories and picture boards from days gone by will be shared along with amusing stories. Peter also has some prizes to share.

Arthur United Church Thursday April 27th; Osteoarthritis – Join Susan McAuslan a Physiotherapist from the Arthritis Society. Susan will share her extensive knowledge on how to best manage Osteoarthritis, along with aides designed to minimize the impact that arthritis has on our quality of life.

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!