

Mon	Tue	Wed	Thu	Fri
3 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 Line Dancing- Harriston Arena 10:00 Palmerston Exercise— CNRA 1:00 Quilting Club— PUC	4 Good Food Box Payment Date 9:00 SMART Exercise-PUC 9:00 Arthur Exercise-ASH 9:30 Walking Group-Arthur Arena 10:00 Caregiver Support Group 10:15 Adult Book Club— Palmerston 10:30 Friendship Circle-MFPC 3:15 SMART exercises-Mt Forest 6:30 Spring is Here!-Mt Forest Lib.	5 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 2:00 Tech Talk— Palmerston Library 2:00 Hooks and Needles— Arthur Library 7p.m. Bereavement Group— BHC	6 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:30 Walking- Arthur Arena 10:00 Coffee Morning-Clifford Community Hall 10:00 Palmerston Light Exercise— CNRA building 11:00 Exercises-Harriston Knox	7 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-PUC 12:00 Drayton Dining— Donna Mann— Writing Your Life Story 2:30 Carnegie Café: Support in Africa— Harriston Library
10 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 Line Dancing-Harriston 10:00 Palmerston Exercises— CNRA 1:00 Quilting Club-PUC 1:30 Scrabble Club— Mt. Forest Library	11 Good Food Box Pick Up Day 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 1:30 Patient & Family Cancer Care— Mount Forest Family Health Team 2:00 Ancestry -Arthur Public Library	12 9:00 Palmerston Walking-Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercises-CUC 9:00 Stay Strong Live Long-Holstein 9:30 Walking Group— Arthur Arena 9:30 SMART Exercises-DRC 12:00 pm Palmerston Dining— History of Wellington County Railroads 2:00 Art Workshop -Harriston Library	13 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 Exercise— CNRA 11:00 Exercises-Harriston Knox 11:30 Tastes for Life-MFPC	14 Good Friday 
12 Easter Monday 9:00 Euchre-Drayton United 10:00 Palmerston Exercise CNRA 1:00 Quilting Club-PUC 	18 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 Lunch-MFPC 11:00 Exercises-Harriston Knox 2:00 Ancestry -Clifford Library	19 9:00 Harriston Walking-Arena 9:00 Palmerston Walking-Arena 9:00 Coffee Hour— Moorefield United 9:30 SMART Exercises-DRC 2:00 Art Workshop - Palmerston Library with Donna Hirtle 6:15 Canadian National Film Day: Brooklyn Drayton Library	20 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 Exercise— CNRA 11:00 Exercises-Harriston Knox 2:00 Cards—Palmerston CNRA	21 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 12:00 Clifford Dining- Fire Chief Chris Harrow— Fire Safety 7:30 Euchre— Drayton Legion
24 9:00 Palmerston Walking-Arena 9:00 Harriston Walking-Arena 9:00 Euchre-Drayton United Church 9:00 Palmerston Light Exercise— 10:00 Line Dancing-Harriston 11:30 Cooking— Harriston Legion with Jenny 1:00 Quilting Club —PUC	25 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 Forest—392 Main Street N	26 9:00 Harriston Walking-Arena 9:00 Palmerston Walking-Arena 9:00 Coffee Hour— Moorefield United 9:00 Stay Strong, Live Long-Holstein Credit Union Building 9:30 SMART Exercises-DRC 10:00 Friendship Circle-PUC 12:00 Harriston Dining— Homecoming Committee Peter Buhrow 1:30 Cancer Care Group— Mt Forest	27 9:00 Palmerston Walking 9:00 Arthur Exercise-ASH 9:30 Walking— Arthur Arena 10:00 Palmerston Exercise-CNRA 10:00 Coffee Morning-Clifford 11:00 Exercises-Harriston Knox 12:00 Arthur Dining— Susan McAuslan— Osteoarthritis	28 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
DRC— Drayton Reformed Church PUC— Palmerston United Church CUC —Clifford United Church MFPC— Mt. Forest Pentecostal Church	ASH— Arthur Seniors Hall VON— SMART 392 Main Street N Mt Forest B HR— Birmingham Retirement—Mt Forest	April 2017  Ontario Waterloo Wellington Local Health Integration Network 		