

June is Seniors Month in Ontario—It is the 33rd Annual Seniors Month in Ontario and this year's theme is "Living Your Best Life" we want to take a moment to acknowledge the countless way in which seniors contribute to their communities. Thank you to each and every one of you for all the ways that you make a positive difference

Harriston and District Horticultural Society—16th Annual Garden Festival June 3, 2017 8am to 2pm—held at the Harriston Community Centre Pavilion join in the fun at the largest garden festival with everything you need to make your garden the talk of the neighborhood. Master Gardeners will also be in attendance to provide advice. There will also be food and a terrific raffle

Congregate Dining Price Increase: The cost of the meal at the congregate dining programs has increased from \$10 to \$12 per person. Donna was so successful with her catering last year that she is now required to collect HST on her services. This increase covers the cost of the tax as well as allowing for an increase in food costs.

We hope that you feel, as we do, that the meal is still good value for money.

Caregiver Support Group Tuesday, June 6 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

Living with Loss: Wednesday, June 7th 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 but not required. For more information please call 519.603.0196.

Tastes for Life: Thursday June 8th Mount Forest Pentecostal Church@ 11:30-1:30p.m.—this cooking program offers an opportunity to try different recipes, with ingredients you may have not cooked with before. Each month has a different theme, with a healthy twist, facilitated by Mount Forest Family Health Team dietitian, Sarah Pink. Please call 519.323.0255 ext. 5085. **FREE**

Cooking Class; Monday, June 12th, 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. This month's theme is "Meatless Mondays". Find out how to use plant-based proteins in everyday meals. Please ensure you register by calling the Family Health Team at 519.638.2110. **FREE**

Anxiety Dial it Down, Drayton Clinic Lower Level 6:30-8:30 pm- learn how to manage your anxiety and how to decrease your anxiety and panic attacks.

Art Workshop: Wednesday, June 14th Harriston Library @ 2:00pm- Donna Hirtle will bring out your artistic flair by helping in the painting of a large tulip on 8" X 10" canvas, cost is \$5.

Art Workshop: Wednesday, June 21st Palmerston Library @ 2:00pm- Donna Hirtle will bring out your artistic flair by helping in the painting of a large tulip on 8" X 10" canvas, the cost is \$5.

Cards and Games Afternoon Thursday, June 15th at CRNA building Palmerston @ 2p.m. - Cost is \$2

Euchre; Friday, June 16th Drayton Legion @ 7:30 p.m. – Cost is \$5 and everyone is welcome!

Computer Basics Friday June 16th Harriston Library 2pm - Never used a computer before and want to learn how? Join us for a basic introduction to computers and learn the skills you will need to operate a computer and navigate the internet. Please register for your one-on-one session. 519 338-2396

Friendship Circle; each Tuesday Mount Forest Pentecostal Church @ 10:30-11:30 a.m. -this coffee group takes place each Tuesday morning @ 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, June 20, 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.

Seniors' Month Tea on Tuesday June 20th Drayton Reformed Church at 2 pm- all are welcome at this tea honouring the ongoing contributions that seniors make to their communities. Light refreshments will be served as well as entertainment

3D Printer Demonstration for seniors – June 23rd at 2pm at the Palmerston Library— Join Rosie and learn how to operate a 3D printer and all the things you can make. **Special Demonstration just for seniors**

Friendship Circle Wednesday June 28th, 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 \$12. Please register by calling 519-638-1000

Drayton Reformed Church Friday June 9th 12 p.m.: "Good Grief People"; join local author, Glynis Belec. Her new book is a collaborative effort by 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.

Palmerston United Church Wednesday June 14th 12 p.m "Musical Entertainment"; join Tonia-Joy Skipper as she performs your favourite songs. Enjoy a wonderful hot catered meal and then sit back and relax.

Clifford United Church Friday June 16th 12 p.m.: "What's 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 will be shared along with amusing stories.

Harriston Legion Wednesday June 28th 12 p.m "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.

Arthur United Church Thursday June 29th 12 p.m.: "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 will be 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!