

Mon	Tue	Wed	Thu	Fri
 June 2017 SENIORS' CENTRE for EXCELLENCE 				
5 9:00Palmerston Walking –Arena 9:00 Harriston Walking—Arena 9:00 SMART Exercise - CUC 9:00 Euchre -DUC 9:30 SMART Exercise - DRC 10:00 Line Dancing- Harriston Arena 10:00 Palmerston –CNRA Building 2:00Making the most of online Library Resources Drayton Library 6:30 Better Sleep Palmerston	6 Good Food Box Payment Due 9:00 Drayton Walking –PMD 9:00 SMART Exercise - PUC 10:00 SMART Exercise - PUC 10:00 Caregiver Support Group 10:30 Friendship Circle - MFPC 2:00 Tech Talk by appointment – Arthur Library—bring questions 3:15 SMART exercises-VON Mount Forest 7pm Pickleball—Harriston Arena \$2 per	7 9:00Palmerston Walking–Arena 9:00 Harriston Walking—Arena 9:00 SMART Exercise - CUC 9:30 SMART Exercise - DRC 1:00 Games Afternoon- Mount Forest & District Sports Complex 2:00 Hooks & Needles Arthur Library 7:00 Bereavement Group– Birmingham Retirement Community	1 9:00 Palmerston Walking –Arena 10:00 Palmerston light Exercise CNRA bldg. with Fran 10:00 Coffee Morning Clifford Community Hall 1:30 Senior Euchre-Palmerston Legion 340 Daly Street 3:15 SMART exercises-Mount Forest	2 9:00 Palmerston Walking –Arena 9:00 Drayton Walking –PMD 9:00 Harriston Walking—Arena 9:00 SMART Exercise - PUC 9:30 Smart Exercises DRC 10:00 Smart Exercises –PUC 1:00 Bridge ASH 2:30 Carnegie Café: Canadian Trivia Challenge—Harriston Library
12 9:00Palmerston Walking –Arena 9:00 Harriston Walking—Arena 9:00 SMART Exercise - CUC 9:00 Euchre -DUC 9:30 SMART Exercise - DRC 10:00 Line Dancing- Harriston Arena 11:30 Cooking Harriston Legion—Jenny 1:30 Scrabble Club Mt. Forest Library 6:30 Anxiety—Drug Free Tips to Decrease Anxiety—Drayton Clinic	13 Good Food Box Pick Up Day 9:00 Drayton Walking –PMD 9:00 SMART Exercise - PUC 10:00 SMART Exercise - PUC 10:30 Friendship Circle - Mount Forest Pentecostal—Church 3:15 SMART exercises-VON Mount Forest office 7pm Pickleball—Harriston Arena \$2 per person	14 9:00 Palmerston Walking Arena 9:00 Harriston Walking—Arena 9:00 SMART Exercise - CUC 9:30 SMART Exercise - DRC 12:00 Palmerston Dining - Entertainment with Tonia– Joy 1:00 Games Afternoon—Mount Forest @ District Sports Complex 2:00 Art Workshop - Harriston Library with Donna– Oil Painting	15 9:00 Palmerston Walking 9:00 Drayton Walking –PMD 2:00 Cards and Games Afternoon- Palmerston CNRA Building 3:15 SMART exercises-VON Mount Forest 7pm Pickleball—Harriston Arena \$2 per person	16 9:00 Palmerston Walking –Arena 9:00 Harriston Walking—Arena 9:00 SMART Exercise - PUC 9:30 SMART Exercise - DRC 10:00 SMART Exercise - PUC 12:00 Clifford Dining - Peter Buhrow Local Historian 2:00 Computer Basics Harriston Library—please register
19 9:00 Palmerston Walking 9:00 Harriston Walking—Arena 9:00 SMART Exercise - CUC 9:00 Euchre– Drayton United Church 9:30 SMART Exercise - DRC 1:00 Social Bridge-Mount Forest Legion 1:30 Euchre– Harriston Senior Building	20 9:00 Drayton Walking –PMD 9:00 SMART Exercise - PUC 10:00 SMART Exercise - PUC 10:30 Friendship Circle - MFPC 10:30 Golden Hearts Lunch - MFPC 2:00 Seniors' Month Tea celebration Drayton Reformed Church—all are welcome to attend 3:15 SMART exercises-VON SMART 7pm Pickleball—Harriston Arena \$2 per person	21 9:00 Palmerston Walking 9:00 Harriston Walking—Arena 9:00 SMART Exercise - CUC 9:30 SMART Exercise - DRC 1:00 Games Afternoon— Mount Forest & District Sports Complex 2:00 Art Workshop - Palmerston Library with Donna Hirtle— oil painting	22 9:00 Palmerston Walking - 9:00 Drayton Walking –PMD 10:00 Coffee Morning Clifford Community Hall all welcome 3:15 SMART exercises-VON Mount Forest 7pm Pickleball—Harriston Arena \$2 per 7:30 Euchre– St Mary Hall Mount Forest \$2.50 per person	23 9:00 Palmerston Walking –Arena 9:00 Harriston Walking—Arena 9:00 Drayton Walking –PMD 9:00 SMART Exercise - Palmerston United Church 9:30 SMART Exercise - Drayton Reformed Church 10:00 SMART Exercise - PUC 2:00 3D Printer Demonstration—Palmerston Library Special for Seniors
26 9:00Palmerston Walking –Arena 9:00 Harriston Walking—Arena 9:00 SMART Exercise - CUC 9:30 SMART Exercise - DRC 1:00 Social Bridge-Mount Forest Legion 1:30 Euchre– Harriston Senior Building	27 9:00 Drayton Walking –PMD 9:00 SMART Exercise - Palmerston United Church 10:00 SMART Exercise - PUC 10:30 Friendship Circle –Mount Forest Pentecostal Church 3:15 SMART exercises-VON SMART Mount Forest office 7pm Pickleball—Harriston Arena \$2	28 9:00Palmerston Walking–Arena 9:00 Harriston Walking—Arena 9:00 SMART Exercise - CUC 9:30 SMART Exercise - DRC 10:00 Friendship Circle - PUC 12:00 Harriston Dining Sharing Short Stories with local authors 1:00 Games Afternoon Mount Forest & District Sports Complex	29 9:00 Palmerston Walking –Arena 9:00 Drayton Walking –PMD 3:15 SMART exercises-VON SMART 10:00 Coffee Morning Clifford Hall 12:00 Arthur Dining– Arthur United Church "Living with Purpose" with Helen Murray 7pm Pickleball—Harriston Arena \$2. per person	30 9:00 Palmerston Walking –Arena 9:00 Harriston Walking—Arena 9:00 Drayton Walking –PMD 9:00 SMART Exercise - PUC 9:30 SMART Exercise - DRC 10:00 SMART Exercise - PUC