

Opportunity to Participate in Research on Home Care: Your Help is Needed!

Justine Giosa is a PhD student at the University of Waterloo who is researching ways to improve care planning in Ontario home care. She is looking for individuals age 65+ who are receiving health care services at home AND/OR their family members/friends who support them to participate in a 30-60 minute interview about their experiences. Participants will receive a \$25 visa gift card. Please refer to the flyer included in this month's mail out for more information about how you can get involved!

Drayton Fall Fair Friday August 11th to Sunday August 13th – This is an event to bring your grandchildren along for lots of fun. Saturday includes a bubble zone, pet and baby show as well as face painting and tattoo on Sunday you can watch or participate in a pie eating contest, yum! Livestock, baking and flower displays just to name a few!

Palmerston Fall Fair Friday August 25th to Sunday August 27th – Theme is "Planes, Trains and Grains" again lots of stuff for all ages to do! New this year pony rides and a bouncy castle. Come and see the livestock baking and flower displays, just to name a few!

New programs coming in September!

Arthur Writers Group Thursday September 7th 6 p.m. Arthur Public Library, lower level; Doris Cassan will facilitate this writing group that will meet the first Thursday of the month. If you like to write fiction, short stories, poems or memoirs this is the group for you. Please email Arthur.writers@outlook.com to register or call 519.638.1000

Gentle Yoga Monday September 11th 10 a.m. Palmerston United Church 8 week session ; - Join local instructor Kerry Ammerman as she leads you through a series of gentle stretching that may increase your range of motion and overall strength. Please register as space is limited. Cost per class is \$5.

Living with Loss: Wednesday, August 2nd 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 August 10th 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**

Art Workshop: Wednesday, August 9th Harriston Library @ 2:00pm- Donna Hirtle will bring out your artistic flair by working with clay participants will make the elements of a simple wind chime. \$5

Cards and Games Afternoon Thursday, August 17th at CRNA building Palmerston @ 2p.m. - Cost is \$2 and all playing abilities are invited to attend.

Euchre; Friday, August 18th Drayton Legion @ 7:30 p.m. – Cost is \$5 and everyone is welcome!

Art Workshop Wednesday August 23rd Studio Factor in Drayton @2 p.m. - Working with clay and producing the elements to make a simple wind chime is the theme of this workshop. Cost is \$5 please call to register at 519.638.0888

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.

Seniors' Month Tea on Thursday, August 24th 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 provided. Come and go or stay for the whole event.

Friendship Circle Wednesday August 30th 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 or toll free 1-866-446-4546

Palmerston United Church Wednesday August 9th 12 p.m. "Al What? Alpacas" Join Suelaine Poot from Pootcorners, who raises alpacas, the producers of the softest, warmest, natural, hypo-allergenic, animal fibre in the world. See what they produce and meet the cuddliest livestock on the farm. Wool products will be available for purchase.

Drayton Reformed Church Friday August 11th 12 p.m. "Musical Entertainment"; back by popular demand, Tonia-Joy Skipper as she performs your favourite songs. Enjoy a wonderful hot catered meal and then sit back and relax. Guaranteed to get your toes tapping and hands clapping.

Clifford United Church Friday August 18th 12 p.m. "Arabian Horses?" Join local horsewoman Doris Woolner of Woolhaven Farm as she shares her lifelong love of horses and her experiences breeding, raising and entering her Arabians into competitions, and why they are known as the foundation breed.

Harriston Legion Wednesday August 30th 12 p.m. "Crochet Corner" -join local Harriston resident Kathy Carter as she shares her story; how after being unable to work she used her crochet talents to start her own business. Kathy will have some items for purchase for those who are interested.

Arthur United Church Thursday August 31st 12 p.m. "Barns: A Disappearing Landscape" join local photographer Elske deGroot as she shares her slide show presentation and try to see if you can spot the local barns – This meal is catered by the Arthur United Church Women for only \$6.00 per person.

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!