

Mon	Tue	Wed	Thu	Fri
August 2017 SENIORS' CENTRE for EXCELLENCE 	1 9:00 SMART Exercise - PUC 9:00 Drayton Walking - PMD 10:00 SMART Exercise - Palmerston United Church 10:30 Friendship Circle - Mount Forest Pentecostal Church 3:15 Smart Exercises -VON office Mount Forest 7:00 Pickleball—Harriston Arena \$2. all skill levels welcome	2 9:00 Palmerston Walking Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 1:00 Games Afternoon - Mt Forest & District Sportsplex 2:00 Hooks & Needles - Arthur Library 7:00 Bereavement Group— BHR	3 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking—PMD 10:00 Coffee Morning-Clifford Community Hall 3:15 Smart Exercises—VON 7:00 Pickleball—Harriston Arena \$2. all skill levels welcome	4 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 - DRC 10:00 SMART Exercise - Palmerston United Church 1:00 Bridge - Arthur Seniors Hall
7 AUGUST CIVIC HOLIDAY	8 9:00 SMART Exercise - PUC 9:00 Drayton Walking -PMD Arena 10:00 SMART Exercise - Palmerston United Church 10:15 Book Club— Palmerston Public Library 10:30 Friendship Circle —Mount Forest Pentecostal Church 3:15 Smart Exercises—VON 7:00 Pickleball—Harriston Arena \$2.all skill levels welcome	9 9:00 Palmerston Walking -Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 12:00 Palmerston Dining Alpacas—see what they produce & meet the cuddliest livestock 1:00 Games Afternoon - Mt Forest DSP 2:00 Art Workshop— Harriston Library simple wind charms -\$5	10 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking—PMD 10:00 Coffee Morning-Clifford Community Hall 11:00 Tastes for Life -Mt Forest Pentecostal Church 3:15 Smart Exercises—VON 7:00 Pickleball—Harriston Arena \$2. all skill levels welcome	11 9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 Drayton Walking - PMD 9:00 SMART Exercise - PUC 9:30 SMART Exercise - Drayton Reformed Church 10:00 SMART Exercise - PUC 12:00 Drayton Dining: Musical Entertainment - Tonia-Joy Skipper
14 9:00 Palmerston Arena Walking 9:00 Harriston Arena—Walking 9:00 SMART Exercises—CUC 9:00 Euchre—Drayton United Church 9:30 SMART Exercise—DRC 1:00 Social Bridge— Mt Forest Legion 1:30 Euchre Harriston Senior Bldg	15 9:00 SMART Exercise - PUC 9:00 Drayton Walking - PMD 10:00 SMART Exercise - Palmerston United Church 10:30 Golden Hearts Lunch —MFPC 3:15 Smart Exercises—VON 7:00 Pickleball—Harriston Arena \$2. per person	16 9:00 Palmerston Walking -Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - Clifford United 9:30 SMART Exercises - DRC 1:00 Games Afternoon - Mt Forest & District Sportsplex 2:00 Hooks & Needles - Arthur Public Library	17 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking—PMD 10:00 Coffee Morning-Clifford Community Hall 2:00 Cards & Games Palmerston CNRA Building 3:15 Smart Exercises VON 7:00 Pickleball—Harriston Arena \$2.	18 9:00 Palm 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 12:00 Clifford Dining—Arabian Horses—Doris shares her experiences with these beautiful animals
21 9:00 Palmerston Arena Walking 9:00 Harriston Arena—Walking 9:00 SMART Exercises—CUC 9:00 Euchre—Drayton United Church 9:30 SMART Exercise—DRC 1:00 Social Bridge— Mt Forest Legion 1:30 Euchre Harriston Senior Bldg	22 9:00 SMART Exercise - Palmerston United Church 9:00 Drayton Walking - PMD 10:00 SMART Exercise —Palmerston United Church 10:30 Friendship Circle - Mount Forest Pentecostal Church 3:15 Smart Exercises—VON 7:00 Pickleball—Harriston Arena \$2. per person all skill levels welcome	23 9:00 Palmerston Walking -Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 1:00 Games Afternoon - Mt Forest DSP 2:00 Hooks & Needles - Arthur Library 2:00 Art Workshop— Studio Factor in Drayton make simple wind chimes \$5.00	24 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking—PMD 10:00 Coffee Morning-Clifford Hall 2:00 Seniors Tea—celebration Drayton Reformed Church—all welcome 3:15 Smart Exercises—VON 7:00 Pickleball—Harriston Arena \$2.	25 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 - Palmerston United Church
28 9:00 Palmerston Arena Walking 9:00 Harriston Arena—Walking 9:00 SMART Exercises—CUC 9:00 Euchre—Drayton United Church 9:30 SMART Exercise—DRC 1:00 Social Bridge— Mt Forest Legion 1:30 Euchre Harriston Senior Bldg	29 9:00 SMART Exercise - PUC 9:00 Drayton Walking - PMD 10:00 SMART Exercise - Palmerston United Church 10:30 Friendship Circle - MFPC 3:15 Smart Exercises—VON 7:00 Pickleball—Harriston Arena \$2. per person all skill levels welcome	30 9:00 Palmerston Walking -Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 1:00 Games Afternoon - Mt Forest DSP 10:00 Friendship Circle—PUC 12:00 Harriston Dining Crochet Corner—Kathy Conrad will share how she turned her talent into a business	31 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking—PMD 10:00 Coffee Morning-Clifford Hall 12:00 Arthur Dining Barns: A Disappearing Landscape photographer Elske deGroot 7:00 Pickleball— Harriston Arena \$2.	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 St N Mt Forest BHR Birmingham Retirement Mt Forest