

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 call Justine @ 519 888 4567 ext 33160 or email jgiosa@uwaterloo.ca

October Leaf Clean up – for seniors in North Wellington – please call for details at 519.638.1000

***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 or Doris at 519.848.2019 for more information or to register

***Gentle Yoga Monday September 18th @10 a.m. Palmerston United Church 8 week session;** - Join local instructor Kerry Ammerman as she leads you through some gentle stretching that may increase your range of motion and overall strength. Please register - 519.638.1000 as space is limited. Cost per class \$5.

***Silver Mats starting Thursday September 21st 10:15-11:15 Drayton Masonic Lodge** Gentle yoga for those 50+ this low and gentle yoga will promote flexibility and strength. 10 sessions \$100 call Kristina at 519.400.9755 or email to Kristina at kristina@getmovingfitness.ca 10 people needed to run the session.

Care Partner Support Group: For family (and Friends) of people living with Alzheimer's disease and other dementias Tuesday Sept 5th @ 10 a.m. Via Telemedicine –Please register 519 742 1422 ext. 2090 Limited space available

Living with Loss: Wednesday, Sept 6th @ 7 p.m. 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 September 7th @ 11a.m. Mount Forest Pentecostal Church@ 11-1—this cooking program offers an opportunity to try different recipes, with ingredients you may have not cooked with before. Held the second Thursday of each month, has a different theme, with a healthy twist, facilitated by Mount Forest Family Health Team dietitian, Gwen Simms .Please call 519.323.0255 ext.5085 to register **FREE**

Art Workshop: Wednesday, September 13th @ 2:00p.m. Harriston Library- Donna Hirtle will bring out your artistic flair by working with pastels. \$5 per person. Please call 519 638 0888 to register.

Better Sleep Workshop Tuesday, Sept 19th @ 6:30 p.m. at Minto Rural Health Centre – Please register 519 638 2110 or 519 323 0255 space is limited.

Cards and Games Afternoon Wednesday, September 20th CRNA building Palmerston @ 2p.m. - Cost is \$2 all playing abilities are invited. – **Note: change—now 3rd Wednesday of the month**

Asthma Education Wednesday, September 20th 1:15 please register 519 638 2110 or 519 323 0255

Euchre; every third Friday, Drayton Legion @ 7:30 p.m. – Cost is \$5 everyone welcome!

Art Workshop Wednesday, September 20th Palmerston Library @2 p.m. - Donna Hirtle will bring out your artistic flair by working with pastels. 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.

Friendship Circle Wednesday September 27th 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.

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

Friday, September 8th 12 p.m. Drayton Reformed Church; "More Than Just Books"-Have you visited your local library lately? Did you know that libraries have more to offer than just signing out books? Learn about monthly programs and specialty workshops available in your community; all free of charge.

Wednesday, September 13th 12 p.m. Palmerston United Church; "Navigating Homecare" –Right at Home Canada will join us to discuss the changing face of home care in Ontario, the Health Ministers "Patients First Strategy" and how to navigate the current health care system.

Friday, September 15th 12 p.m. Clifford United Church ; "Dulcet Tones" Paul Haslem CMP will share his musical talents and his experiences providing live therapeutic acoustic music to people in long term care facilities and those on palliative care.

NEWFriday, September 22nd 12 p.m. Moorefield United Church "My Trip to Churchill Manitoba"** Join Kay as she shares her experiences during her trip to Churchill, Manitoba. Travelling in a float plane to fighting off mammoth sized bugs to close encounters with Polar Bears, this interesting presentation is sure to entertain.

Wednesday, September 27th 12 p.m. Harriston Legion; "Out of Africa" Local author, Donna Michalek, will discuss her children's book, based on her experiences travelling to Africa, the impact the journey has had on her life and her desire to highlight the benefits of child sponsorship. Her book will be available for purchase.

Thursday, September 28th 12 p.m. Arthur United Church. "History of the Railroads" Kyle Smith, from the Wellington County Museum & Archives, will share the history of the railroads in Wellington County, including photos from the area. A must for those who enjoy reminiscing about days gone by.

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!