

Mon	Tue	Wed	Thu	Fri
September 2017 	SENIORS' CENTRE for EXCELLENCE If you would like this e-mailed or mailed to you directly please call 519 638 1000	DRC Drayton Reformed Church PUC Palmerston United Church CNRA Palmerston CNRA Building CUC Clifford United Church MFPC Mt Forest Pentecostal Church ASH Arthur Seniors Hall VON SMART 392 Main St N Mt Forest BHR Birmingham Retirement Community Mt Forest	Coming in October Leaf cleanup for seniors living in North Wellington. Please call 519 638 1000 or email cieropoli@mapleton.ca for details and to register. 	1 9:00 Palmerston Walking Group - 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 - PUC
4 	5 Good Food Box Payment Date 9:00 SMART Exercise - PUC 9:00 Drayton Walking -PMD Arena 9:00 Arthur Exercise- ASH 10:00 SMART Exercise - PUC 10:15 Book Club- Palmerston Library 10:00 Care Partner Support Group Alzheimer Society 11:00 Harriston Exercise-KCPC 10:30 Friendship Circle -MFPC	6 9:00 Palmerston Walking Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 1:00 Games Afternoon - Mount Forest & District Sports Complex 2:00 Hooks & Needles - Arthur Library 7:00 Bereavement Group- Birmingham Retirement Community	7 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking -PMD 10:00 Coffee Morning-Clifford Hall 11:00 Exercises-Knox Harriston 11:00 Tastes for Life -MFPC 3:15 SMART Exercises-Mt. Forest 6:00 Writing Group*NEW* Arthur Library	8 9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 Drayton Walking - PMD Arena 9:00 SMART Exercise - PUC 9:30 SMART Exercise - DRC 10:00 SMART Exercise - PUC 2:00 Drayton Dining: "More Than Just Books" Drayton Library 2:30 Carnegie Café-Harriston Library - Libraries Past, present and future
11 9:00 Palm Walking Arena 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- Mount Forest Legion 1:30 Euchre Harriston Senior	12 Good Food Box Drop-Off Date 9:00 SMART Exercise - PUC 9:00 Drayton Walking -PMD Arena 9:00 Arthur Exercise-ASH 10:00 SMART Exercise - PUC 10:15 Book Club- Palmerston Public Library 10:30 Friendship Circle -MFPC 11:00 Harriston Exercise-KCPC	13 9:00 Palmerston Walking -Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 12:00 Palmerston Dining - "Navigating Home Care" 1:00 Games Afternoon - Mt Forest DSP 2:00 Art Workshop- Harriston Li-	14 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking -PMD 10:00 Coffee Morning-Clifford Hall 11:00 Harriston Exercise-KCPC 3:15 SMART Exercises-VON Mt	15 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-"Dulcet Tones"-Join Paul Haslem as he provides live acoustic music
18 9:00 Palm Walking - Arena 9:00 Harriston Arena-Walking 9:00 SMART Exercises-CUC 9:00 Euchre-Drayton United Church 9:30 SMART Exercise-DRC 10:00 Yoga -Palmerston United Church- NEW-for 8 weeks	19 9:00 SMART Exercise - PUC 9:00 Drayton Walking - PMD 10:00 SMART Exercise - PUC 10:00 Friendship Circle-MFPC 11:00 Harriston Exercise-KCPC 3:15 SMART Exercises-VON Mt Forest 6:30 Better Sleep please register 519 .638 .2110	20 9:00 Palmerston Walking -Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 1:15 Asthma Education call 5196382110 1:00 Games Afternoon - Mt Forest DSP 2:00 Cards & Games \$2 CNRA	21 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking -PMD 10:00 Coffee Morning-Clifford Hall 10:15- Silver Mats- Yoga Drayton 11:00 Harriston Exercise-KCPC 3:15 SMART Exercises VON Mt Forest	22 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 Moorefield Dining-"My Trip to Churchill, Manitoba"- Kay
25 9:00 Palm Walking - Arena 9:00 Harriston Arena-Walking 9:00 SMART Exercises-CUC 9:00 Euchre-Drayton United Church 9:30 SMART Exercise-DRC 10:00 Yoga -Palmerston United Church Registration Required 2:00 Carnegie Café: Drayton Backroads of Ontario-register pls.	26 9:00 SMART Exercise - PUC 9:00 Drayton Walking -PMD Arena 9:00 Arthur Exercise-ASH 10:00 SMART Exercise PUC 10:15 Book Club- Palmerston Library 10:30 Friendship Circle -Mount Forest Pentecostal Church 11:00 Harriston Exercise-KCPC 3:15 SMART Exercises-VON Mt Forest 7:00 Pickleball-Harriston Arena \$2	27 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 :Author Donna Michalek "Out of Africa" 2:00 Carnegie Café-Learn the Ukele-	28 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking -PMD 10:00 Coffee Morning-Clifford Hall 10:15 Silver Mats-Yoga Drayton 11:00 Harriston Exercise-KCPC 12:00 Arthur Dining: "History of the Railroads". Wellington Museum 3:15 SMART Exercises VON Mt Forest	29 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 3:00 Ancestry Genealogy-Clifford Public Library- please register