

**Gatekeeper Workshop Monday October 30<sup>th</sup> Drayton Reformed Church 1-3 p.m.** This workshop is designed for those who have regular contact with elderly adults and/or those at risk of elder abuse or neglect. The 2 hour workshop not only helps to identify those at risk, it ensures that those who come across these types of situations know where to turn to for help. A great opportunity to take care of those in your community. Please call the Seniors' Centre for Excellence to register. 519.638.1000.

**October Leaf Clean Up-** Are you a senior or older adult with a disability in the communities of Mount Forest, Drayton or Palmerston? Would you like assistance with raking and removal of your leaves from your property? The Seniors' Centre for Excellence is working with local youth and Gabby Ieropoli, Youth Resiliency Worker, to offer this service. You provide the paper bags and we will provide the muscle (if you wish the leaves removed from your property, dump charges may be applicable). We have yet to establish dates, we are unsure of when Mother Nature will decide that the leaves are going to fall, but will be in touch with those who register once the date is set. First come, first serve. Call the Seniors' Centre for Excellence at 519.638.1000 or toll free 1.866.446.4546.

**Care Partner Support Group: For family (and Friends) of people living with Alzheimer's disease and other dementias Tuesday October 2nd @ 10 a.m. Via Telemedicine** –Please register 519. 742. 1422 ext. 2090 Limited space available.

**Living with Loss, Thursday October 3rd, 7 p.m. Birmingham Retirement Community Mt. Forest @ 7 p.m.** This free peer-support group is for adults of all ages grieving the death of a loved one, meetings are 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

**Arthur Writers Group, Thursday October 4th, 6 p.m. Arthur Public Library, lower level;** Doris Cassan will facilitate this writing group, that will meet the first Thursday of every month. If you like to write fiction, short stories, poems or memoirs this group is for you. Please email [Arthur.writers@outlook.com](mailto:Arthur.writers@outlook.com) or call Doris at 519.848.2016 to register. New members are not only welcomed but encouraged to attend.

**Tastes for Life Thursday October 4th, 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. Each month brings a different theme, with a healthy twist, facilitated by Gwen Simms, Mount Forest Family Health Team dietitian. Please call 519.323.0255 ext. 5085 to register. Free of charge please bring containers for leftovers.

**Offered through the Ontario Telemedicine Network**

**Safe Medications Tips a Basic Guide for Patients Tuesday October 17th 2 p.m.** This workshop is facilitated by Pharmacist, Gina Di Vizio, it will cover tips for safe use, storage and disposal of medications, medications and falls and herbal supplements. A question and answer period to follow. Registration is required please call 519.638.2110

**Wondering What to Do About Your Low Back Pain? Wednesday October 18th AND Thursday October 19th 1:30-3p.m.** Minto Mapleton Family Health Team Drayton Office and the Claire Stewart Medical Centre in Mount Forest. The first workshop covers pain management strategies to improve your quality of life, the second will focus on techniques that will make everyday tasks less painful to complete. To register call reception; Drayton 519.638.2110 or Mt. Forest 519.323.0255. For more information please call Karin McEachern at 519.275.7797.

**Manage your Fibromyalgia** – Wednesdays 1:15 to 3:15 register at 519 638 2110 – Telemedicine Workshop

**Art Workshop: Wednesday, October 11<sup>th</sup> @ 2:00p.m. Harriston Library-** Donna Hirtle will bring out your artistic flair by "Quilling with Leaves" \$5 per person. Please call 519 638 0888 to register.

**Cards and Games Afternoon Wednesday, October 18<sup>th</sup> CRNA building Palmerston @ 2p.m.** - Cost is \$2 all playing abilities are invited. – **Note: change–now 3<sup>rd</sup> Wednesday of the month**

**Art Workshop Wednesday, October 18<sup>th</sup> Palmerston Library @2 p.m.** - Donna Hirtle will bring out your artistic flair by "Quilling with Leaves" 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 October 25<sup>th</sup> 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

**Palmerston United Church Wednesday October 11th 12 p.m.: "More Than Just Books"** Have you visited your library lately? Did you know that libraries offer a lot more services than just signing out books? Rosie will tell you about the monthly programs and specialty workshops available in your community; all Free of charge.

**Drayton Reformed Church Friday October 13th 12 p.m.: "Is the Number 13 Lucky For You?"** It will be if you attend our dining program! Join Kyle Smith from the Wellington Museum and Archives as he shares common superstitions and their origins on this Friday the 13th, the luckiest of days.

**Clifford United Church Friday, October 20th 12p.m. ""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 will answer how to navigate the current health care system. This presentation has received great reviews at other venues so please don't miss it!

**Harriston Legion Wednesday, October 25th 12 p.m. " Ghost Stories and Halloween"** Kyle Smith from the Wellington Museum and archives will share some light hearted ghost stories, guaranteed to make you smile rather than raise your heart beat. Feel free to share stories or experiences at this event.

**Arthur United Church Thursday October 26th 12 p.m. "Musical Entertainment"** join Tonia-Joy Skipper as she performs your favourite songs. Music is a relaxing way to spend some time with friends. Catered by Arthur United Women \$6.

**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!**