

Mon	Tue	Wed	Thu	Fri
2 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	3 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 10:00 Care Partner Support Group Alzheimer Society—1st Tuesday 10:15 Book Club- Palmerston Library 11:00 Harriston Exercise-KCPC 10:30 Friendship Circle-MFPC 3:15 Smart Exercises VON Mt Forest 7:00 Pickleball—Harriston Arena \$2.	4 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 1:00 Shuffleboard- Arthur Seniors Hall 2:00 Hooks & Needles - Arthur Library 7:00 Bereavement Group- Birmingham Retirement Community	5 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking- PMD Arena 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 Writer's Group*NEW* Arthur Library	6 9:00 Palmerston Walking Group - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise - Palmerston United Church 9:30 SMART Exercise - DRC 10:00 SMART Exercise - PUC 1:00 Bridge - Arthur Seniors Hall
9 	10 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 3:15 SMART Exercises—VON Mt Forest	11 9:00 Palmerston Walking -Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 12:00 Palmerston Dining -"More Than Just Books" Free services 1:00 Games Afternoon - Mt Forest DSP 1:00 Shuffleboard- Arthur Seniors Hall 2:00 Art Workshop- Harriston Library with Donna Hirtle Quilling with leaves \$5.00	12 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 1:00 Bid Euchre- ASH 3:15 SMART Exercises—VON Mt Forest	13 9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercise - PUC 9:30 SMART Exercise - DRC 10:00 SMART Exercise - PUC 12:00 Drayton Dining: "Is The Number 13 Lucky For You?" It will be if you attend our dining program! Wellington Museum 1:00 Bridge- Arthur Seniors Hall
16 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 10:00 *Returning Line Dancing Harriston arena drop in class \$3 per session	17 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 2:00 Safe Medication Tips-A Basic Guide for Patients— see details at back of calendar 3:15 SMART Exercises—VON Mt Forest 7:00 Pickleball—Harriston Arena \$2.	18 9:00 Palmerston Walking -Arena 9:00 SMART Exercises- CUC 9:30 SMART Exercises - DRC 1:00 Games Afternoon - Mt Forest DSP 1:00 Shuffleboard- Arthur Seniors Hall 1:30 Low Back Pain Workshop— Please see details on back of calendar 2:00 Cards & Games \$2 CNRA 2:00 Art Workshop- Palmerston Library with Donna Hirtle Quilling with leaves \$5	19 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 1:00 Bid Euchre- ASH 1:30 Low Back Pain Workshop- please see details at back of calendar 3:15 SMART Exercises VON Mt Forest	20 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—"Navigating Home Care, Patients First Strategy" 1:00 Bridge- Arthur Seniors Hall 7:30 Euchre Drayton Legion \$2.
23 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 10:00 Returning Line Dancing Harriston Arena drop in \$3	24 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 Mount	25 9:00 Palmerston Walking -Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 10:00 Friendship Circle-PUC 1:00 Games Afternoon - Mt Forest DSP 1:00 Shuffleboard-Arthur Seniors Hall 12:00 Harriston Dining :Ghost Stories and Halloween" Wellington Museum 1:15 Manage Your Fibromyalgia register at 519 638 2110	26 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 12:00 Arthur Dining: "Musical Entertainment" Tonia-Joy Skipper 1:00 Bid Euchre- ASH 3:15 SMART Exercises VON Mt Forest	27 9:00 Palmerston Walking 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
30 9:00 Palm Walking - Arena 9:00 Harriston Arena—Walking 9:00 SMART Exercises—CUC 9:00 Euchre Drayton United Church 10:00 Yoga- Palmerston United Church registration required 10:00 *Returning Line Dancing Harriston arena drop in \$3 1:00 Gatekeeper Workshop- Drayton Reformed Church	31 9:00 SMART Exercise - PUC 10:00 SMART Exercise - PUC 10:00 Friendship Circle-MFPC 11:00 Harriston Exercise-KCPC 3:15 SMART Exercises—VON Mt Forest	October 2017 	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 KCPC Knox Presbyterian Church	