

November is Falls Prevention Month in Ontario- We all have a role to play in falls prevention. We all know the things we should do to reduce our risk of a fall so now we need to turn that knowledge into action! Please get a night light for your bathroom, put a non-slip mat in your bath and throw out your scatter rugs. Poor lighting and slippery surfaces are some of the reasons that we can fall and they are so simple to fix. Please plan to attend the Stay Strong Live Long program this month via OTN to learn about other steps you can take to reduce your falls risk.

Walking Groups Are Back! While in some communities the walking has never stopped it is time for the official launch! Please see the dates below so you know when they officially launch in your community;

Arthur- Wednesday November 1st 9:30 a.m. runs each Tuesday, Wednesday & Thursday

Harriston- Monday November 6th at 9 a.m. runs each Monday, Wednesday & Friday

Palmerston- Monday November 6th at 9 a.m. runs each Monday, Wednesday, Thursday & Friday

Drayton- Tuesday November 14th 9 a.m. runs each Tuesday, Thursday & Friday

All of these groups meet at the local arena in the community, all you need is a smile and a clean pair of running shoes.

Living with Loss, Wednesday, November 1st 7 p.m. Birmingham Retirement Community Mt. Forest

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, November 2nd 6 p.m. Arthur Public Library, lower level; Doris Cassan will facilitate this writing group, they 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 or call Doris at 519.848.2016 to register. New members are not only welcomed but encouraged to attend.

Gatekeeper Training Thursday, November 9th 1-3 p.m. Mount Forest Pentecostal Church- this Free training opportunity will teach community members to identify seniors who are at risk or are experiencing any form of abuse. After the training you will not only be able to identify these seniors but will know how to refer to ensure they receive the support they require. The principle Gatekeeper Project is based on the principle **that the care of a vulnerable citizen is everyone’s responsibility** and helping each other contributes to a better society. Please call 226.820.0835 to register.

Tastes for Life Thursday, November 9th, 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.

Yoga Palmerston United Church – Mondays @10am to November 20, 2017 \$5.00 per person

Line Dancing –Harriston Arena- Mondays @ 10 am to December 11, 2017 \$3.00 per person

Offered through the Ontario Telemedicine Network

Stay Strong: Live Long – Falls Prevention Education Event- 5 Part series covering a variety of topics related to falls risk and prevention. Wednesdays at 10 am in November. Presented through the Ontario Telemedicine Network. Each week a health professional will be on hand to answer your questions. These sessions will take place in **Drayton at the Family Health Team** and **Mount Forest at the VON office**. Please register by calling 519.843.3947 ext. 118

November 1st- The Legend of the Fall

November 8th- Nutrition

November 15th-Arthritis

November 22nd- Home Safety

November 29- The Benefits of Exercise

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

Art Workshop: Wednesday, November 8th @ 2:00p.m. Harriston Library- Donna Hirtle will bring out your artistic flair by creating your own “Christmas Ornament” \$5 per person. Please call 519 638 0888 to register.

Cards and Games Afternoon Wednesday, November 15th CRNA building Palmerston @ 2p.m. - Cost is \$2 all playing abilities are invited. – **Note: change–now 3rd Wednesday of the month**

Art Workshop Wednesday, November15th Palmerston Library @2 p.m. - Donna Hirtle will bring out your artistic flair by creating your own “Christmas Ornament” 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 November 29th Palmerston United Church 10-11 a.m. - the coffee and the conversation flow with this group. This friendly group welcomes anyone who enjoys a hot cup of coffee with friends.

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 and begins at noon. Please register by calling 519-638-1000 or toll free 1-866-446-4546

Palmerston United Church Wednesday, November 8th 12 p.m.: “Roundabouts” OPP constable Patrick Mullan presents “Safely Navigating Roundabouts” He will share how to safely enter, drive and exit roundabouts in Wellington County. There are more roundabouts planned in our area so please attend and boost your confidence.

Drayton Reformed Church Friday, November 10th 12 p.m.: “Remembrance Day Memories in Wellington County” Join Kyle Smith from the Wellington Museum and Archives as he shares local stories of how the war impacted Wellington County. Pictures and artifacts will be shared.

Clifford United Church Friday, November 17th 12p.m. “More than Just Books”- join Kaleigh and Emily as they share all of the programs and services that are available to you at the Clifford Public Library. Don’t worry though, with all the other things they offer, they still have a great selection of books!

Harriston Legion Wednesday, November 29th 12 p.m. . “Toe Tapping Favourites” join Tonia-Joy Skipper as she provides some of your favourite songs and hymns; don’t be surprised or shy to sing along, we challenge you not to tap your toes! . Music is a relaxing way to spend some time with friends.

Arthur United Church Thursday November 30th 12 p.m. “Home Safety” Did you know that in 2016 there were 333 visits to Groves Hospital for falls? Many of these taking place in the home. Join Olivia Fischer, Occupational Therapist, Mount Forest FHT as she provides small but practical steps you can take to avoid falling in your home. Catered by Arthur United Church Women for just \$6 per person.

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!