

Mon	Tue	Wed	Thu	Fri
November 2017 	DRC Drayton Reformed Church PUC Palmerston United Church CNRA Palmerston CNRA Building CUC Clifford United Church HTL Harriston Home Town Living MFPC Mt Forest Pentecostal Church ASH Arthur Seniors Hall VON SMART 392 Main St N Mt Forest	1 9:00 Palmerston Walking Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 9:30 Arthur Walking Group Launch 10:00 Falls Prevention: OTN 1:00 Games Afternoon - Mt Forest DSP 1:00 Shuffleboard-Arthur Seniors Hall 1:15 Manage Your Fibromyalgia 519 638 2110	2 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking- PMD Arena 9:30 Arthur Walking Group- Arena 10:00 Coffee Morning-Clifford Hall 11:00 Exercises-Knox Harriston 1:00 Bid Euchre- ASH 3:15 SMART Exercises-Mt. Forest	3 9:00 Palmerston Walking Group -Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise - PUC 9:00 SMART Exercises - CUC. 9:30 SMART Exercise - DRC 10:15 SMART Exercise - PUC 10:30 SMART Exercise- Mt Forest Legion 1:00 Bridge- ASH
6 9:00 Palmerston Walking Launch 9:00 Harriston Walking Launch 9:00 SMART Exercises-CUC 9:00 Euchre Drayton United Church 9:30 SMART Exercise-DRC 10:00 Line Dancing \$3. per person 1:00 Social Bridge- Mt Forest Legion 1:00 Bridge-ASH 1:30 Euchre Harriston Senior Bldg	7 <u>Good Food Box Payment Date</u> 9:00 SMART Exercise - PUC 9:00 Drayton Walking -PMD Arena 9:00 Arthur Exercise- ASH 9:30 Arthur Walking Group- Arena 10:15 SMART Exercise - PUC 10:00 Care Partner Support Group Alzheimer Society-1st Tuesday 10:15 Book Club- Palmerston Library 10:30 Friendship Circle- MFPC	8 9:00 Palmerston Walking -Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 9:30 Arthur Walking Group 10:00 Falls Prevention: Nutrition 12:00 PUC Dining -Roundabouts OPP 1:00 Shuffleboard- Arthur Seniors Hall 2:00 Art Workshop- Harriston Library- Hat decoration for Christmas \$5	9 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking -PMD 9:30 Arthur Walking Group- Arena 10:00 Coffee Morning-Clifford Hall 11:00 Tastes for Life -MFPC 11:00 Harriston Exercise-KCPC 1:00 Gatekeeper Training- MFPC 1:00 Bid Euchre- ASH	10 9:00 Palmerston Walking - Arena 9:00 Harriston Walking-Arena 9:00 SMART Exercise - PUC 9:00 SMART Exercises - CUC 9:30 SMART Exercise - DRC 10:15 SMART Exercise - PUC 10:30 SMART exercise-Mt Forest Legion 12:00 Drayton Dining: "Remembrance Day Memories in Wellington County" Kyle Smith
13 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 10:00 Line Dancing Harriston Arena \$3. per person-drop in 10:00 Yoga -Palmerston United Church- \$5. per person please register 1:00 Social Bridge- Mt Forest Legion 1:30 Euchre Harriston Senior Bldg	14 <u>Good Food Box Drop Arrival</u> 9:00 Drayton Walk Launch PMD 9:00 Arthur Walking Group- Arena 9:00 Arthur Exercise-ASH 9:30 Arthur Walking Group- Arena 10:15 SMART Exercise - PUC 10:15 Book Club- Palmerston Library 10:30 Friendship Circle -MFPC 10:30 SMART EXERCISE-Harriston HTL 11:00 Harriston Exercise-KCPC 3:15 SMART EXERCISE- Mt Forest VON	15 9:00 Palmerston Walking -Arena 9:00 Harriston Walking 9:00 SMART Exercises- CUC 9:30 SMART Exercises - DRC 9:30 Arthur Walking Group- Arena 10:00 Falls Prevention: Arthritis 1:00 Games Afternoon - Mt Forest DSP 1:00 Shuffleboard- Arthur Seniors Hall 2:00 Cards & Games \$2 CNRA Palmerston 2:00 Art Workshop- Palmerston Library Hat decoration for Christmas \$5	16 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking -PMD 9:30 Arthur Walking Group-arena 10:00 Coffee Morning-Clifford Community Hall 10:30 SMART EXERCISE- Harriston HTL 11:00 Harriston Exercise-KCPC 1:00 Bid Euchre- ASH 3:15 SMART EXERCISE- Mt Forest VON	17 9:00 Palmerston Walking-Arena 9:00 Harriston Walking - Arena 9:00 Drayton Walking - PMD 9:00 SMART Exercise - PUC 9:00 SMART Exercises - CUC 10:15 SMART Exercise - PUC 10:30 SMART Exercise- Mt Forest Legion 12:00 Clifford Dining- "More than Just Books" Join Kaleigh and Emily 1:00 Bridge- ASH 7:30 Euchre- Drayton Legion \$2
20 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 10:00 Line Dancing Harriston Arena \$3. per person-drop in 10:00 Yoga -Palmerston United Church- \$5. per person register 1:00 Social Bridge- Mt Forest Legion	21 9:00 SMART Exercise - PUC 9:00 Drayton Walking -PMD Arena 9:00 Arthur Exercise-ASH 9:30 Arthur Walking Group- Arena 10:15 SMART Exercise - PUC 10:15 Book Club- Palmerston Public Library 10:30 SMART EXERCISE-Harriston HTL 10:30 Golden Hearts Luncheon-MFPC 11:00 Harriston Exercise-KCPC	22 9:00 Palmerston Walking -Arena 9:00 Harriston Walking 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 9:30 Arthur Walking Group- Arena 10:00 Falls Prevention: Home Safety 1:00 Games Afternoon - Mt Forest DSP 1:00 Shuffleboard-Arthur Seniors Hall 1:15 Manage Your Fibromyalgia- please call 519 638 2110	23 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking -PMD 9:30 Arthur Walking Group- Arena 10:00 Coffee Morning-Clifford Hall 10:30 SMART EXERCISE- Harriston HTL 11:00 Harriston Exercise-KCPC 1:00 Bid Euchre- ASH 3:15 SMART Exercises VON Mt Forest	24 9:00 Palmerston Walking-Arena 9:00 Harriston Walking - Arena 9:00 Drayton Walking - PMD 9:00 SMART Exercise - PUC 9:00 SMART Exercises - CUC 9:30 SMART Exercise - DRC 10:15 SMART Exercise - PUC 10:30 SMART Exercise- Mt Forest Legion 1:00 Bridge- ASH
27 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 10:00 Line Dancing Harriston Arena \$3. per person-drop in 1:00 Social Bridge- Mt Forest Legion 1:30 Euchre Harriston Senior Bldg	28 9:00 SMART Exercise - PUC 9:00 Drayton Walking -PMD Arena 9:00 Arthur Exercise-ASH 9:30 Arthur Walking Group 10:15 SMART Exercise - PUC 10:15 Book Club- Palmerston Library 10:30 Friendship Circle -MFPC 10:30 SMART EXERCISE- Harriston HTL 11:00 Harriston Exercise-KCPC 3:15 SMART EXERCISE- Mt Forest VON	29 9:00 Palmerston Walking -Arena 9:00 SMART Exercises - CUC 9:30 SMART Exercises - DRC 9:30 Arthur Walking Group- Arena 10:00 Friendship Circle-PUC 10:00 Falls Prevention: Exercise 12:00 Harriston Dining : "Toe Tapping Favourites" join Tonia-JoySkipper 1:00 Games Afternoon - Mt Forest DSP	30 9:00 Palmerston Walking-Arena 9:00 Arthur Exercise-ASH 9:00 Drayton Walking -PMD 9:30 Arthur Walking Group 10:00 Coffee Morning-Clifford Hall 11:00 Harriston Exercise-KCPC 12:00 Arthur Dining: "Home Safety" 1:00 Bid Euchre- ASH 3:15 SMART Exercises VON Mt Forest	 