

Happy Holidays! Carmela and I want to take this time to thank each and every one of you for your support over the past year. The holiday season gives us pause to reflect on 2017 and how quickly it has passed. Can you think of someone you have not seen at church or out at community events recently? Take the time to give them a call and connect, invite them to attend an event with you. This time of year can be very tough on those who have lost someone they love or are dealing with a serious illness. Let's all take a minute out of our busy schedules to show someone that we care! Carmela and I wish you all a wonderful holiday season and all the very best in 2018.

CAUTION; WINTER WEATHER AHEAD!

In an effort to keep everyone safe and sound through the winter season and avoid those "white knuckle" car rides, our programs will not run if the school buses in North Wellington have been cancelled. Please check your local radio station, call Norwell District High School at 519.343.3107 and push 600 to hear the status of school buses in North Wellington, or if you're online visit www.stwdsts.ca. This cancellation policy will apply to all programs scheduled for that day.

Walking Groups Are Up and Running; all you need is a pair of indoor shoes, a bottle of water and the desire to improve your fitness level. All are held at your local arena. Check your calendar to see the times and days the group runs in your community. Keep your money in your pocket, these are all free! To add to the fun, for December, we are holding a wear your favourite or ugly Christmas Sweater or Outfit day. To be honest, the prizes are unimpressive but the **pride** you feel knowing that you have the ugliest Christmas sweater.....**priceless!** Please see below to see the date of the event in your community.

Drayton; Ugly Sweater Day; Thursday, December 14th

Arthur; Ugly Sweater Day; Wednesday December 13th

Palmerston; Ugly Sweater Day; Monday December 11th

Harriston; Ugly Sweater Day; Friday December 15th

Living with Loss: Wednesday, December 6th @ 7 p.m. Birmingham Retirement Community, Mount Forest @ 7-9 p.m. This free peer-support group is for adults grieving the death of a loved one, meetings will be 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, December 7th @ 6 p.m. Arthur Public Library, lower level; Doris Cassan will facilitate this writing group that will meet the first Thursday of the month. If you like to write fiction, short stories, poems or memoirs, this is the group for you. Please email Arthur.writers@outlook.com or call Doris at 519.848.2019 for more information or to register.

***Gentle Yoga Mondays @10 a.m. Palmerston United Church 8 week session starting December 4** Join local instructor Kerry Ammerman as she leads you through some gentle stretching that may increase your range of motion and overall strength. Please register - 519.638.1000 as space is limited. \$5 per class.

Line Dancing - Mondays @ Harriston Arena @ 10 am \$3.00 per class. Kick up your heels and join this group that has successfully combined fun and fitness at the same time. No coordination required.

Tastes for Life: Thursday December 14th @ 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. Held the second Thursday of each month, has a different theme, with a healthy twist, facilitated by Mount Forest Family Health Team dietitian, Gwen Simms .Please call 519.323.0255 ext.5085 to register **FREE**

Art Workshop: Wednesday, December 13th @ 2:00p.m. Harriston Library- Donna Hirtle will bring out your artistic flair by working with acrylics to make snow angels. \$5 per person. Please call 519 638 0888 to register.

Cards and Games Afternoon Wednesday, December 20th CRNA building Palmerston @ 2p.m. - Cost is \$2 - all playing abilities are invited. – **Note: change—now 3rd Wednesday of the month.**

Art Workshop Wednesday, December 20th Palmerston Library @2 p.m. - Donna Hirtle will bring out your artistic flair by working with acrylic to make snow angels. 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.

CONGREGATE DINING PROGRAMS 12:00pm – 2:00pm

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. **For the winter months if the buses in North Wellington don't run our programs are cancelled.**

Friday, December 8th 12 p.m. Drayton Reformed Church; " Estate Planning " Lawyer Mary-Lou Fletcher" of Woods, Clemens, Fletcher & Cronin Professional Corporation and local Draytonite will be discussing Estate Planning and how to ensure that your end of life wishes are adhered to.

Wednesday, December 13th 12 p.m. Palmerston United Church; "Birch Syrup Production"; join Kathy Beilke as she shares her presentation of her farm, Wagram Springs in Moorefield. Kathy will share how Birch syrup is made and will have some of her product to try. Great gifts will be available for purchase for the Foodie on your list!

Friday, December 15th 12 p.m. Clifford United Church; "Christmas Sing-A-Long" Teresa Dekker will provide an opportunity for you to exercise your lungs by performing your favourite carols and hymns. Please invite someone you have not seen in a while to join you and spread the holiday spirit.

Wednesday, December 27th 12 p.m. Harriston Legion; Not Running Due to Christmas Break.

Thursday, December 28th 12 p.m. Arthur United Church; Not Running Due to Christmas Break.

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!