

Monday	Tuesday	Wednesday	Thursday	Friday
26  Ontario Waterloo Wellington Local Health Integration Network  SENIORS' CENTRE for EXCELLENCE	27 ASH - Arthur Seniors Hall CUC - Clifford United Church DRC - Drayton Reformed Church KPC - Knox Presbyterian Church CNRA Clubhouse-Palmerston Lib - Library	28 MFPC - Mount Forest Pentecostal Church PUC - Palmerston United Church VON - SMART 392 Main St North Mount Forest PMD - Drayton Arena	01 9:00 Palmerston & Drayton Walking - Arena 9:30 Arthur Walking - Arena 10:00 Coffee Morning - Clifford Hall 11:00 Harriston Exercise- KPC 1:00 Shuffleboard - PMD 2:00 Hooks & Needles- Arthur Library 3:15 SMART Exercise - VON Mt Forest 6:00 Arthur Writer's Group - Arthur Library	02 9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD 9:00 Harriston Walking - Arena 9:00 SMART Exercise PUC 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC 1:00 Bridge - Arthur Seniors Hall
05 9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise Clifford United Church 9:00 Euchre Drayton United Church 9:30 SMART Exercise Drayton Reformed Church 10:00 Yoga - PUC -\$5. per class 10:00 Line Dancing - Harriston Arena -\$3. per class	06 Good Food Box Payment Date 9:00 Drayton Walking - PMD 9:00 Arthur Exercise - ASH 9:30 Arthur Walking - Arena 9:00 SMART Exercise PUC 10:15 SMART Exercise PUC 10:30 Friendship Circle - MFPC 11:00 Harriston Exercise - KPC	07 9:00 Palmerston & Harriston Walking - Arena 9:30 Arthur Walking - Arena 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC 1:00 Games Afternoon - Mt Forest DSP 7:00 Bereavement Group - Birmingham Retirement Community - Coping with Guilt	08 9:00 Palmerston & Drayton Walking - Arena 9:30 Arthur Walking - Arena 10:00 Coffee Morning - Clifford Hall 11:00 International Women's Day - Palmerston United Church 11:00 Harriston Exercise- KPC 1:00 Shuffleboard - PMD 3:15 SMART Exercise - VON Mt Forest	09 9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD 9:00 Harriston Walking - Arena 9:00 SMART Exercise PUC & CUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC 12:00 Drayton Dining-Home Safety 2:30 Carnegie Cafe - Harriston Lib-Mercy Ships
12 9:00 SMART Exercise Clifford United Church 9:00 Euchre Drayton United Church 9:30 SMART Exercise Drayton Reformed Church 10:00 Yoga - Palmerston United Church - \$5. per class	13 Good Food Box Drop Off Date 9:00 Arthur Exercise - ASH 9:30 Arthur Walking - Arena 9:00 SMART Exercise PUC 10:15 SMART Exercise PUC 10:30 Friendship Circle - MFPC 11:00 Harriston Exercise - KPC 3:15 SMART Exercise - VON Mt Forest	14 9:30 Palmerston Shuffleboard-Arena 9:30 Arthur Walking - Arena 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC 12:00 Palmerston Dining-Lyndsay Thomas Morgan - Irish and other music 1:00 Games Afternoon Mt Forest DSP 2:00 Art Workshop - Harriston Library \$5.00	15 9:30 Arthur Walking - Arena 10:00 Coffee Morning - Clifford Hall 11:00 Harriston Exercise- KPC 2:00 Hooks & Needles - Arthur Library 3:15 SMART Exercise - VON Mt Forest	16 9:00 SMART Exercise Clifford United Church 9:00 Drayton Walking - PMD 9:00 SMART Exercise PUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC 12:00 Clifford Dining-Hardy Lee Funeral Home - Are you Ready? 1:00 Shuffleboard - PMD
19 9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise Clifford United Church 9:00 Euchre Drayton United Church 9:30 SMART Exercise Drayton Reformed Church 10:00 Yoga - Palmerston United Church -\$5. per class	20 9:00 Drayton Walking - PMD 9:00 SMART Exercise PUC 9:30 Arthur Walking - Arena 10:15 SMART Exercise PUC 10:30 Golden Hearts Luncheon - MFPC 11:00 Harriston Exercise - KPC 3:15 SMART Exercise - VON Mt Forest	21 9:00 Palmerston & Harriston Walking - Arena 9:30 Arthur Walking - Arena 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC 1:00 Games Afternoon - Mt Forest DSP 2:00 Art Workshop - Palm Lib \$5.00 per class 2:00 Cards & Games \$2 - CNRA	22 9:00 Palmerston Walking - Arena 9:30 Arthur Walking - Arena 9:00 Drayton Walking - PMD 10:00 Coffee Morning - Clifford Hall 11:00 Harriston Exercise- KPC 1:00 Shuffleboard - PMD 3:15 SMART Exercise - VON Mt Forest	23 9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 Drayton Walking - PMD 9:00 SMART Exercise PUC & CUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC
26 9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise Clifford United Church 9:00 Euchre Drayton United Church 9:30 SMART Exercise Drayton Reformed Church 10:00 Yoga - Palmerston United Church -\$5. per class 2:00 Carnegie Cafe -Drayton Lib - Armchair Travel	27 9:00 SMART Exercise Palmerston United Church 10:15 SMART Exercise Palmerston United Church 10:30 Friendship Circle - Mount Forest Pentecostal Church 11:00 Harriston Exercise- Knox Presbyterian Church 3:15 SMART Exercise - VON Mt Forest	28 9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise CUC 9:30 Arthur Walking - Arena 10:00 Friendship Circle -PUC 1:00 Games Afternoon - Mt Forest & DSC 12:00 Harriston Dining- OPP Bicycle Unit - OPP Laura Gromeder	29 9:00 Palmerston Walking - Arena 9:30 Arthur Walking - Arena 10:00 Coffee Morning - Clifford Hall 11:00 Harriston Exercise- Knox Presbyterian Church 12:00 Arthur Dining - Jack Financial - Income Tax Tips and more 3:15 SMART Exercise - VON Mt Forest	30 