

## April 2018 Programs and Events: Seniors' Centre for Excellence

Thank you to everyone who attended the **1st Annual International Women's Day Luncheon!** The event was attended by over 50 women with a wide variety of ages from 20-80+. The speakers were just amazing. The lunch was delicious and featured soup from the Raw Carrot, a social enterprise that employs people on ODSP to produce some fantastic tasting soup. It is run out of the Mount Forest United Church and is the 2<sup>nd</sup> chapter of the group which began in Paris Ontario. The second speaker was Sharon Lewis from 100 Women Who Care, the Guelph chapter. The premise is that 100 women form a group; they commit to donating \$400 per year to local charities. At each quarterly meeting 3 members speak about a local charity, at the end of each meeting, the members vote and whichever organization gets the most votes is the recipient of the donation. Each member writes a cheque for a \$100.00. It is really all about the power of numbers, if we have a 100 members then the total donation is \$10,000, wow! Interested in becoming involved in the new North Wellington chapter? Please contact Kay Ayres at [kayayres@eastlink.ca](mailto:kayayres@eastlink.ca) or 226.445.2116

### Upcoming Programs and Events:

- **After Whys Play: Wednesday April 4<sup>th</sup> 2-3 p.m. Mount Forest Public Library FREE** –Suicide is not just an issue for youth but effects many seniors too. Come and see this play about Seniors' Mental Health and Suicide with a message of Hope & Resiliency. Help reduce the stigma of talking about mental health and learn valuable information about suicide prevention. An event by the H.O.P.E. Committee (Healthy Opportunities Promoting Empowerment).
- **Living with Loss: Wednesday, April 4<sup>th</sup> 7 p.m. Birmingham Retirement Community, Mount Forest @ 7-9 p.m.** This month's topic is "Healing Your Grieving Soul". This free peer-support group is for adults grieving the death of a loved one. This is an opportunity to share your thoughts and feelings, hear new perspectives, and coping strategies. Registration is suggested but not required, please call 519.603.0196.
- **Arthur Writers Group: Thursday, April 5<sup>th</sup> @ 6 p.m. Arthur Public Library, lower level.** Doris Cassan will facilitate this writing group. If you like to write fiction, short stories, poems or memoirs, this is the group for you. Please email [Arthur.writers@outlook.com](mailto:Arthur.writers@outlook.com) or call Doris at 519.848.2019 for more information or to register. **FREE!**
- **Tastes for Life: Thursday April 5<sup>th</sup> @ 11a.m. Mount Forest Pentecostal Church. FREE** Each month will have a different theme with a healthy twist, encouraging you to experiment with quick nutritious recipes. Facilitated by the MFFHT dietitian, Gwen Simms .Please call 519.323.0255 ext.5085 to register **FREE**
- **Yoga: Palmerston United Church starting April 9<sup>th</sup> at 10 am \$5.00 per class.** Kerry Ammerman
- **Line Dancing – Harriston Arena starting Monday April 9<sup>th</sup> to June 25<sup>th</sup> at 10 am.** Drop in fee \$3.00 per class. Join in and challenge your coordination and your fitness level! No previous experience necessary.
- **Lymphedema Cancer: Tuesday April 10<sup>th</sup> Mt Forest Family Health Team at 1:30.** Brought to you by Cancer Care Services. Please call Carol at 519 323 0255 ext. 5014
- **Art Workshop: Wednesday, April 11<sup>th</sup> @ 2 p.m. Harriston Library-** Donna Hirtle will bring out your artistic flair. \$5 per person. Please call Library @ 519 338 2396 to register. Limited space
- **Women's Wellness Wednesday: April 18<sup>th</sup> Mount Forest Family Health Team at 1:30.** Bras Galore and More brought to you by Cancer Care Services. Please call Carol at 519 323 0255 ext. 5014
- **Cards and Games Afternoon: Wednesday, April 18th CRNA building Palmerston @ 2p.m. \$2**
- **Art Workshop: Wednesday, April 18th Palmerston Library @2 p.m. -** Donna will bring out your artistic flair. Cost is \$5. Please register at 519.343.2142 Space is limited.
- **Friendship Circle: each Tuesday at the Mount Forest Pentecostal Church from 10:30-11:30 a.m.** This coffee group takes place each Tuesday morning @ 259 Fergus Street South. On the 3<sup>rd</sup> Tuesday, the Golden Hearts host a wonderful luncheon with speaker. A great way to learn about other community events.
- **Friendship Circle: Wednesday April 25<sup>th</sup>, Palmerston United Church @ 10:00 a.m. FREE**–Last Wednesday of the month; the coffee and the conversation flow with this group, you are welcome to attend.
- **Walking Groups:** 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 for your community. Keep your money in your pocket! **These are all free!** **Arthur Walking to end of April only**

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

People of all faiths welcome! Presentations are free and begin at 12:30 p.m.

Come for lunch @ noon for just \$12. Please register by calling 519-638-1000 or toll free 1-866-446-4546.

- 1) **Palmerston United Church: Wednesday, April 11th 12 p.m. "OPP Timber and OPP Barry Reid"**  
Join Constable Barry Reid as he introduces us to his four- legged partner Timber. He will discuss when and why the canine unit is brought in to assist with investigations and criminal apprehension.
- 2) **Drayton Reformed Church, Friday, April 13th 12 p.m. " Arabian Horses"**  
Join local horsewoman Doris Woolner of Woolhaven Farm as she shares her lifelong love of horses and her experiences breeding, raising and entering her Arabians into competitions, and why they are known as the foundation breed.
- 3) **Clifford United Church, Friday, April 20th 12p.m. "Musical Entertainment"**  
Join Tonia-Joy Skipper as she performs your favourite songs. Enjoy a wonderful hot catered meal and then sit back and relax.
- 4) **Harriston Legion, Wednesday, April 25th 12 p.m. "Cannabis 101"**  
Join Pharmacist Robin Brown as he shares interesting information on medical marijuana and the latest research on this medication. Bring your questions and Robin will have the answers!
- 5) **Arthur United Church, Thursday, April 26th 12 p.m. "A Picture is Worth a Thousand Words"**  
Local Alma Photographer, Sharon Grose, will share a selection of her favourite rural photographs and the stories behind them. Lunch \$6.00 catered by the AUC women's league.

**CAUTION: WINTER WEATHER AHEAD!** Just a reminder, our programs will not run if the school buses in North Wellington have been cancelled. This cancellation policy will apply to all programs scheduled for that day.