

## SENIORS' CENTRE *for* EXCELLENCE

519 638 1000 or 1 866 446 4546

### May 2018 Programs and Events

**Wellington Terrace Expansion Focus Group Wednesday, May 2<sup>nd</sup> 10:30 Drayton Reformed Church.** The County of Wellington is investigating the possibility of creating a senior's community, adjacent to the Wellington Terrace. You are invited to participate in a discussion as part of the planning process. Refreshments will be served and you will be home by noon! This is an opportunity for Mapleton residents to have their say on this potential development.

**Living with Loss: Wednesday, May 2<sup>nd</sup> 7 p.m. Birmingham Retirement Community, Mount Forest** This month's topic is "Coping with Special Days". 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.

**Pickle ball: Harriston Arena every Tuesday and Thursday, at 7:00 pm, in the Curling Club area.** \$2 per game night, per person. Equipment: Clean indoor shoes. Contact Matt Lubbers 519-338-2511 ext. 240 for more information.

**Arthur Writers Group: Thursday, May 3<sup>rd</sup> @ 6 p.m. Arthur Public Library, lower level.** Doris Cassan will facilitate this writing group. If you would like to write fiction, short stories, poems or memoirs and don't know how to start, 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!**

**Harriston Library - Carnegie Café Friday, May 4<sup>th</sup> @ 2:30 pm Embroidery Workshop** – call 519.338.2396 to register

**Tastes for Life: Thursday, May 3<sup>rd</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, Mondays, 10 am \$5.00 per class.** Kerry Ammerman

**Line Dancing – Harriston Arena on Mondays until 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.

**Chronic Pain Self-Management Group Minto Rural Health Clinic Palmerston Wednesday, May 9<sup>th</sup> 2-4:30** This six week course will help participants learn ways to better manage their pain and improve quality of life. Learn about exercise, nutrition, better breathing, medications and ways to manage stress and emotions. Registration is required, call 519-638-2110.

**Cancelled Art Workshop: Wednesday, May 9<sup>th</sup> @ 2 p.m. Harriston Library- Cancelled for this month** - Donna Hirtle not available please register for workshop at the Palmerston Library May 16<sup>th</sup>.

**Cards and Games Afternoon: 3<sup>rd</sup> Wednesday, May 16<sup>th</sup> CRNA building Palmerston @ 2p.m. \$2**

**Art Workshop: Wednesday, May 16<sup>th</sup> Palmerston Library @2 p.m.** - Donna will bring out your artistic flair. Paper crafting and stamping 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. This month the last Tuesday is a "Pot Luck" as the Golden Hearts host a wonderful luncheon with speaker. A great way to learn about other community events.

**Friendship Circle: Wednesday May 30<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, please plan to attend

#### **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, May 9<sup>th</sup> @ 12 p.m. "I can't draw and why it doesn't matter"** Join local artist Kim Kool as she shares her path to becoming an artist and why we should embrace creativity at any age, even if we were told "we are bad at it".
- 2) Drayton Reformed Church, Friday, May 11<sup>th</sup> @ 12 p.m. "Musical Entertainment"** please join Tonia – Joy Skipper as she performs some of your favourite Christian music and old time favourites.
- 3) Clifford United Church, Friday, May 18<sup>th</sup> @ 12 p.m. "Whittling with Wood"** Guelph Carving Club members Ray Lang and Ken Fulger will demonstrate their skills, whittling, carving of caricatures and carving in the round etc.
- 4) Harriston United Church \*\*\*\*Change in Location\*\*\*\*Wednesday, May 30<sup>th</sup> @12 p.m. "Top 5 Tips for Planting Seeds for Good Emotional Health"** Join Joanne and Kathy, Social Workers from the MMFHT, as they discuss tips for growing and maintaining positive feelings such as happiness, joy and appreciation.
- 5) Arthur United Church, Thursday, May 31<sup>st</sup>@12 p.m. "10 Warning Signs of Dementia"** Join Robin Smart, Education Coordinator, Alzheimer Society Waterloo-Wellington, as she looks at the 10 warning signs for dementia, includes brief videos of a person living with dementia, which speaks to how they cope with that particular issue in their lives. Lunch is \$6.00 catered by the AUC women's league.