

June 2018 Programs and Events

519 638 1000 or 1 866 446 4546

June is Seniors' Month in Ontario; June marks the 34th anniversary of Seniors' Month in Ontario.

This is a month to recognize the vast contributions that seniors make in their communities. The theme of Seniors' Month 2018 **"Now's the time to start something new"** highlights how aging does not prevent any of us from leading fulfilling lives. Seniors continue to contribute to our community and everyone benefits from their wisdom, friendship and experience.

Harriston Library - Carnegie Café Friday, June 1st @ 2:30 pm Feeling crafty? Join us and make something that can be entered in the Harriston Fall Fair. Please register. – call 519.338.2396

Living with Loss: Wednesday, June 6th @ 7 p.m. Birmingham Retirement Community, Mount Forest

This month's topic is "Am I going Crazy". 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, Curling Club area. \$2 per game night. Equipment: Clean indoor shoes. Call Matt Lubbers 519-338-2511 ext. 240 for information

Arthur Writers Group: Thursday, June 7th @ 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 or call Doris @ 519.848.2019 for more information or to register. **FREE!**

Arthur Library every Tuesday in June @ 2pm Bring your questions about computers, e-readers, or other mobile devices, and we will explore them together. It can be as simple as how to turn your device on or as complicated as how a specific app works. Please call 519.848.3999

Clifford Library Wednesday, June 13 @ 2pm Put your creative-thinking cap on and come out for a fun and imaginative time playing Scattegories. Please register 519.327.8328

Tastes for Life: Thursday, June 7th @ 11a.m. Mount Forest Pentecostal Church. 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 until June 25th at 10 am \$5.00 per class.

Line Dancing – Harriston Arena on Mondays until June 25th 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, June 20th 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.

Art Workshop: Wednesday, June 13th @ 2 p.m. Harriston Library- Strike a pose and take turns learning how to draw people with proportions and practice. With Donna Hirtle. Cost is \$5.00 please register @ the Harriston Library 519.338.2396 Space is limited.

Cards and Games Afternoon: 3rd Wednesday, June 20th CRNA building Palmerston @ 2p.m. \$2

Art Workshop: 3rd Wednesday, June 20th Palmerston Library @2 p.m. - Strike a pose and take turns learning how to draw people with proportions and practice with Donna Hirtle 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. FREE This coffee group takes place each Tuesday morning @ 259 Fergus Street South.

Friendship Circle: Wednesday June 27th, 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) Drayton Reformed Church, Friday, June 8th 12 p.m. "Chartwell Retirement Residence"** join Lynda Dickinson as she shares a typical day in the life of a resident at Chartwell Retirement Residence. Ask questions you may have regarding living in a retirement facility. [Lunch is complimentary with this presentation.](#)
- 2) Palmerston United Church, Wednesday, June 13th 12 p.m. "Medical Cannabis"** Join Michelle Davis from Tweed Inc. for an educational presentation on medical cannabis. She will discuss cannabis legislation, the uses of medical cannabis, safe and responsible use and accessing medical cannabis.
- 3) Clifford United Church, Friday, June 15th 12 p.m. "Frauds and Scams":** Presented by the OPP. Learn about the top five frauds and scams, trends and how to protect yourself. Learn how to recognize and avoid common scams. Presented by OPP Constable Josh Cunningham, Media Relations and Community Safety Officer.
- 4) Harriston United Church, NEW Location, Wednesday, June 27th 12 p.m. '10 Warning Signs and What To Do About Them"** Join Robin Smart, ASWW, Public Education Coordinator, Alzheimer Society Waterloo Wellington, looks at 10 warning signs for dementia, each sign has a short 2-4 minute movie of a person living with dementia, who speaks to how they cope with that particular issue in their lives. Very personal, and practical.
- 5) Arthur United Church, Thursday, June 28th 12 p. m. "The Art of Words"** Join Doris Cassan & Area Writers to hear some of their creative writing and participate in a short writing exercise. Discover your writing talents or just enjoy those of others! Lunch is \$6.00 and catered by the AUC Women's League.