

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	01
 		ASH - Arthur Seniors Hall CNRA Clubhouse-Palmerston CUC - Clifford United Church DRC - Drayton Reformed Church KPC - Knox Presbyterian Church Lib - Library	MFPC - Mount Forest Pentecostal Church MFFHT - Mt Forest Family Health Team PMD - Drayton Arena PUC - Palmerston United Church VON - SMART 392 Main St North Mount Forest	9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise PUC & CUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC 2:30 Carnegie Cafe Feeling Crafty Harriston Library Register 519 338 2396
04	05	06	07	08
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.class 10:00 Line Dancing- Harriston Arena \$3.class	Good Food Box Payment Date 9:00 Drayton Walking - PMD Arena 9:00 Arthur Exercise - ASH 9:00 SMART Exercise PUC 10:15 SMART Exercise PUC 10:30 Friendship Circle - MFPC 11:00 Harriston Exercise - KPC 2:00 Arthur Lib Tech Talk register @519 848 3999 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Harriston 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-TOPIC: Am I going crazy?	9:00 Palmerston Walking- Arena 9:00 Drayton Walking - PMD Arena 10:00 Coffee Morning - Clifford Hall 11:00 Tastes for Life - MFPC 11:00 Harriston Exercise- KPC 3:15 SMART Exercise - VON Mt Forest 6:00 Arthur's Writer's group - Arthur Lib 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD Arena 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 - Chartwell Retirement Residence - Ask questions and learn about typical days
11	12	13	14	15
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.class 10:00 Line Dancing - Harriston Arena \$3 class	Good Food Box Drop Off Date 9:00 Drayton Walking - PMD 9:00 Arthur Exercise - ASH 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 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC 12:00 Palmerston Dining-Medical Cannabis-Michelle Davis from Tweed Inc. 1:00 Games Afternoon - Mt Forest DSP 2:00 Carnegie Cafe - Scattergories Game- Clifford Library 519 327 8328	9:00 Palmerston Walking- Arena 9:00 Drayton Walking - PMD 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 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking-Arena 9:00 Harriston Walking - Arena 9:00 Drayton Walking - PMD Arena 9:00 SMART Exercise CUC & PUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC 12:00 Clifford Dining -Frauds and Scams-OPP Josh Cunningham
18	19	20	21	22
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.class 10:00 Line Dancing - Harriston Arena \$3 class	9:00 Drayton Walking - PMD Arena 9:00 SMART Exercise PUC 9:00 Arthur Exercise - ASH 10:15 SMART Exercise PUC 10:30 Friendship Circle- MFPC 11:00 Harriston Exercise - KPC 2:00 Arthur Lib - Tech Talk Please register 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 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 1:00 Cholesterol /Chronic Pain -Palmerston office of MMFHT register call 519-638-2110 2:00 Cards & Games \$2.CNRA	9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD Arena 10:00 Coffee Morning - Clifford Hall 11:00 Harriston Exercise- KPC 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Harriston Walking- Arena 9:00 Drayton Walking - PMD Arena 9:00 SMART Exercise PUC & CUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC
25	26	27	28	29
9:00 Palmerston & Harriston Walking - Arena 9:00 SMART Exercise Clifford United Church 9:00 Euchre Drayton United Church 9:30 SMART Exercise DRC 10:00 Yoga - Palm United Church -\$5. class 10:00 Line Dancing - Harriston Arena -\$3. class 2:00 Carnegie Cafe Drayton Library - Historical Walk Register 519 638 3788	9:00 Drayton Walking - PMD Arena 9:00 SMART Exercise PUC 9:00 Arthur Exercise - ASH 10:15 SMART Exercise Palmerston United Church 10:30 Friendship Circle - MFPC 11:00 Harriston Exercise- Knox Presbyterian Church 3:15 SMART Exercise - VON Mt Forest	9:00 Palmerston Walking - Arena 9:00 Harriston Walking - Arena 9:00 SMART Exercise CUC 9:30 SMART Exercise DRC 10:00 Friendship Circle -PUC 12:00 Harriston United Church Dining - TEN Warning Signs of Dementia and What to do about them- Robin Smart - Alzheimer Society 1:00 Games Afternoon - Mt Forest DSP	9:00 Palmerston Walking - Arena 9:00 Drayton Walking - PMD Arena 10:00 Coffee Morning - Clifford Hall 11:00 Harriston Exercise- KPC 12:00 Arthur Dining -The Art of Words - Doris Cassan and Area Writers 3:15 SMART Exercise - VON Mt Forest 7:00 Pickleball- Harriston Arena \$2	9:00 Palmerston Walking - Arena 9:00 Harriston Walking- Arena 9:00 Drayton Walking - PMD Arena 9:00 SMART Exercise PUC & CUC 9:30 SMART Exercise DRC 10:15 SMART Exercise PUC