

Heat Related Illnesses Older adults are at greater risk of heat related illnesses as they do not adjust as well as young people to sudden changes in temperature. You may have a chronic medical condition that changes normal body responses to heat and may also take prescription medicines that affect the body's ability to control its temperature or sweat. Please check in on your neighbours during the hot weather; let's take care of each other! To reduce the risk, please take the following precautions;

- wear loose fitting, lightweight clothing
- listen to the weather forecast and prepare for extreme heat by turning on air conditioning or shutting blinds and drapes to keep your home as cool as possible.
- take cool baths or showers to reduce your body temperature
- drink plenty of fluids; water is best. Avoid alcohol and drinks with caffeine
- ask your doctor, if you take medications that can affect your ability to stay hydrated and dissipate heat.
- take it easy during the hottest parts of the day. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.
- get acclimated. Limit time spent working or exercising in heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness.

Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

Living with Loss: Wednesday, July 4th @ 7 p.m. Birmingham Retirement Community, Mount Forest This month's topic is "Coping with Changing Relationships". 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 arena. \$2 per game night. Equipment: Clean indoor shoes. Call Matt Lubbers 519-338-2511 ext. 240 for information

Tastes for Life: Thursday, July 5th @ 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. Please call 519.323.0255 ext.5085 to register **FREE**

Yoga: Palmerston United Church, Mondays 10:00 a.m. July 9th-July 30th \$5 This program continues through the month of July. Did you know that the warm weather makes us more flexible?

Art Workshop: Wednesday, July 11th @ 2 p.m. Harriston Library- Ice Dying- bring a pillow case or t-shirt with Donna Hirtle. Cost is \$5.00 please register @ the Harriston Library 519.338.2396

Cards and Games Afternoon: 3rd Wednesday, July 18th CRNA building Palmerston @ 2p.m. \$2

Art Workshop: 3rd Wednesday, July 18th Palmerston Library @2 p.m. – Ice dying bring a pillow case or t-shirt 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 July 25th, 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, July 6th 12 p.m. "Whittling with Wood"** join Guelph Carving club member Ray Lang as he demonstrates his wood working skills. This will include whittling, carving in the round and creating caricatures. Ray will also share stories and have a good selection of his work on display.
- 2) Palmerston United Church, Wednesday, July 11th 12 p.m. "Africa via Tanzania, Kenya, Zambia, Botswana and Madagascar"** Join professional photographer Mark Garbutt as he takes you on a trip to Africa the Dark Continent. Mark will share stories alongside his award winning photography and transport you from the town of Palmerston to deepest Africa, without the man eating animals or the huge insects!
- 3) Clifford United Church, Friday, July 20th 12 p.m. "Ten Warning Signs of Dementia"** Join Robin Smart from the Alzheimer Society as she discusses the ten warning signs. Robin will also be showing a short film of people living with the disease and coping strategies that help them to continue to live full and meaningful lives.
- 4) Harriston United Church, NEW Location, Wednesday, July 25th @12 p.m. "Toe Tapping Favourites"** Join Tonia-Joy Skipper as she provides musical entertainment. Tonia-Joy will have a selection of songs that you can choose from so you will hear your personal picks! An enjoyable way to spend an afternoon with friends.
- 5) Arthur United Church, Thursday, July 26th 12 p. m. "It's About Time"** Musical entertainment provided by Maryanne Holst, she plays and sings all your favourite tunes. Sing along or tap your toes a fun and upbeat hour of classic tunes to warm your day. Arthur United Church Women cater this luncheon for \$6.00 per person