

## August 2018 Programs and Events

519 638 1000 or 1 866 446 4546

**Heat Related Illnesses** 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.

**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

**Tastes for Life: Thursday, August 2nd @ 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. August 13<sup>th</sup> to August 27<sup>th</sup>** This program continues through the months of August and September. Did you know that the warm weather makes us more flexible? \$5 per class

**Art Workshop: Wednesday, August 8<sup>th</sup> @ 2 p.m. Harriston Library-Faux-Mercury Glass**

Bring a glass object (even a mason jar) that you want to make antique looking. Spray painting outside, wear old clothes. Donna Hirtle. Cost is \$5.00 please register @ the Harriston Library 519.338.2396

**Cooking Inspiration! Wednesday, 11 a.m. August 15<sup>th</sup> Harriston Arena** Led by Paula, dietitian from the Minto-Mapleton Family Health Team, this cooking class will feature four simple, easy, healthy and most importantly, tasty recipes that you will enjoy during this cooking class. Get inspired to get into the kitchen again. Please register by calling 519 638 2110 **FREE**

**\*\*Cards and Games Afternoon: 3<sup>rd</sup> Wednesday, Aug 21 \*\* Change in location for August:**

**St Paul's Anglican Church, Palmerston @ 2p.m. \$2**

**Art Workshop: Change in Date and Time Wednesday, August 22<sup>nd</sup> Palmerston Library @10:30 a.m.** Faux-Mercury Glass Bring a glass object (even a mason jar) that you want to make antique looking. Spray painting outside, wear old clothes with Donna Hirtle. 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. **FREE**

**Friendship Circle: Wednesday, August 29<sup>th</sup>, Palmerston United Church @ 10:00 a.m. FREE**—Last Wednesday of the month; the coffee and conversation flow with this group, please plan to attend **FREE**

### CONGREGATE DINING PROGRAMS 12:00pm – 1:30pm.

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, August 8<sup>th</sup> 12 p.m. "Ten Warning Signs of Dementia"** Join Robin Smart from the Alzheimer Society as she discusses the top 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.

**2) Drayton Reformed Church, Friday, August 10<sup>th</sup> 12 p.m. "Do You Hear What I Hear?"** Join Joanne and Charlene from Bauer Hearing as they discuss the importance of protecting our ears and hearing. The psychological impact of hearing loss on individuals, families and the community as well as new technology available. Come with questions and our experts will answer them.

**3) Clifford United Church, Friday, August 17<sup>th</sup> 12 p.m. "Falls And Arthritis"** Join Susan McAuslan from the Arthritis Society as she discusses how arthritis can increase your risk of falls and what changes you can make to reduce this risk.

**4) Harriston United Church, NEW Location, Wednesday, August 29<sup>th</sup> 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 Harriston to deepest Africa, without the man eating animals or the huge insects!

**5) Arthur United Church, Thursday, August 30<sup>th</sup> 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. Arthur United Church Women cater this luncheon for \$6.00 per person.