

September Programs and Events

519 638 1000 or 1 866 446 4546

World Suicide Prevention Day September 10th. It is estimated that 12 people will die by suicide today and every day in Canada. This year's theme is "Working Together to Prevent Suicide". People over the age of 60 make up a significant portion of this figure. The SCE is proud to bring a performance of the play "After Whys" to our Harriston Dining program this month. This play is about seniors' mental health and suicide with a message of Hope and Resiliency. Created by Catherine Frid in partnership with the Suicide Awareness Council of Wellington-Dufferin. After the play there will be a discussion with a question and answer period. Please plan to attend. Lunch is \$12 but if you would like to attend the performance only, it is free. Please register so that we can ensure you have a seat.

Care Partner Support Group Alzheimer Society first Tuesday of each month Sept 4 from 10-11:30 offered in Mount Forest and Palmerston. This support group is an opportunity to connect with other caregivers, enhance your understanding of dementia and provide practical strategies to support a person living with dementia. To register please call 519.742.1422 ext 2090

****Living with Loss: Wednesday, September 5th @ 7 p.m. Birmingham Retirement Community, Mount Forest** 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.

****Arthur Writers Group: Thursday, Sept 6th @ 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!

Tastes for Life: Thursday, Sept. 6th @ 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. Sept 10th pay as you go \$5 per class

****Shuffleboard Drayton Arena Thursday September 13th –Thursday November 29th 1-4 p.m. FREE** Shuffleboard is back for its second 10 week session. The 13th is a registration and 'try it' event running from 1-3 with the regular league beginning on September 20th. Please wear a pair of closed toe shoes. For more information please call the office at 519.638.1000.

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

Cooking Inspiration! Wednesday, 11 a.m. Sept. 19th Harriston Arena Led by Paula, dietitian from the Minto-Mapleton Family Health Team, this cooking class will feature simple, easy, healthy and most importantly, tasty recipes that you will enjoy during this cooking class. Get inspired to get back into the kitchen. Register by calling 519 638 2110 FREE

Cards and Games Afternoon: Wednesday 2p.m. Sept. 19th CNRA building. Join this friendly group that meets on the 3rd Wednesday of each month with a cost of just \$2.

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, Sept 26th, 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**

Senior's Health & Safety Fair Thursday Sept. 27th Palmerston Community Centre 9:30-1:30 sponsored by Family Home Health Care Centre this first annual fair will bring together vendors and speakers that are of interest to you. This event is free. Please RSVP to 519.417.2215

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 September 12th 12 p.m. "Can this go in the Blue Box?" Find out the answer to this question that is asked daily in households in Wellington County right from a representative of Wellington Solid Waste Management.

2) Drayton Reformed Church, Friday, September 14th 12 p.m. "Toe Tapping Favourites" join Tonia-Joy Skipper and request your favourites, a nice way to spend a Friday afternoon.

3) Clifford United Church Friday, September 21st 12 p.m. "My Journey to Jerusalem" join local girl Joann Kat as she shares photos and stories of her trip to Jerusalem.

4) Harriston United Church, Wednesday, September 26th 12 p.m. "After Whys" join us for a performance of this play that brings forward the topic of seniors and suicide. Help to reduce the stigma of mental illness, learn how to identify signs that someone you know may be struggling.

5) Arthur United Church, Thursday, September 27th 12 p.m. Join OPP Officer Josh Cunningham from the Wellington County OPP as he speaks about the OPP Bicycle Unit. Topics such as fitness training and where the bikes are used will be discussed. Lunch \$6.00 catered by the AUCW