

Minds in Motion – every Tuesday starting Oct 2 to Nov 20 @ 10 am in the Drayton Reformed Church with the Alzheimer Society. This is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage dementia and their care partners. Please bring a filled refillable water bottle. Registration required 519 742 1422 Suggested Donation \$60.

Care Partner Support Group - Alzheimer Society, Tuesday October 2nd 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, October 3rd @ 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 Writer's Group: Thursday, October 4th @ 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, October 4th @ 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!

Better Sleep Workshop: Tuesday Oct 9 6:30 pm register @ 519 638 2110 or 519 323 0255

Yoga: Palmerston United Church, Mondays 10:00 a.m. October 15, 22nd & 29th \$5 per class

****Shuffleboard Drayton Arena Thursdays til November 29th 1 p.m. FREE** Shuffleboard is back for its second 10 week session. 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

Low Back Pain Program Thursday, Oct 11 and 18 for more information contact Karin 519.323.0255

Fibromyalgia every Monday Oct 15 to Nov 19 Mt Forest register and more information at 1 800 321 1433

Cooking Matters! Wednesday, 11:30 a.m. October 17th 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. Oct. 17th 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 runs every Tuesday morning @ 259 Fergus Street South **FREE** On the 3rd Tuesday is the Golden Hearts Luncheon with entertainment. A donation towards the meal is appreciated.

Friendship Circle: Wednesday, Oct 31st, 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.

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, Oct 10th 12 p.m. "Financial Planning for Seniors including Income Tax Tips and Estate Planning" Jason from Jack Financial will explain the pros and cons of reverse mortgages, share tax tips, as well as estate planning decisions and the potential financial implications to your beneficiaries.

2) Drayton Reformed Church, Friday, October 12th 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.

3) Clifford United Church, New DateThursday**, Oct 18th 12 p.m. "Travel to the land Down Under"** Join Photographer Sharon Grose as she offers picture perfect views of Australia, New Zealand and Tasmania. Sharon is renowned for her beautiful photography, so this is sure to be a beautiful presentation to watch.

4) Arthur United Church, New DateWednesday** Oct 24th 12 p.m. "Medical Marijuana"** join local Pharmacist Robin Brown as he shares interesting information on medical marijuana and the latest research on this medication. Bring your questions and Robin will have the answers! Lunch \$6.00 and catered by AUCW.

5) Harriston United Church, Wednesday, Oct 31st 12 p. m. "Witches aren't that Bad" Join Janna Dodds as she shares the history of wickens and a fun look at the history of this group of women. If Janna refers to herself as a wicken then we know that the title of this presentation is true. ☺ Wear a halloween colour and you will be entered for a prize draw. A great way to spend the early part of Halloween!