

November Programs and Events

519 638 1000 or 1 866 446 4546

CAUTION; WINTER WEATHER AHEAD! In an effort to keep everyone safe and sound through the winter season and avoid those "white knuckle" car rides, our programs will not run if the school buses in North Wellington have been cancelled. Please check your local radio station, call Norwell District High School at 519.343.3107 and push 600 to hear the status of school buses in North Wellington, or if you're online visit www.stwdsts.ca. This cancellation policy will apply to all programs scheduled for that day.

The Walking Groups are starting again. All you need is a clean pair of walking shoes. Please see the kick off dates below;

Arthur Arena-9:30 to 10:30 on Tuesday, Wednesday and Thursdays Kick off date Nov 1st

Palmerston Arena 9 to 10 on Monday, Wednesday, Thursdays. Fridays- Kick off date Nov 5th

Harriston Arena 9 to 10 on Monday, Wednesday, Friday- kick off Date Nov 5th

Drayton PMD – 9 to 10 on Tuesday, Thursday and Fridays kick off date November 20th

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.

Arthur Writer's Group: Thursday, November 1st @ 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!

Care Partner Support Group - Alzheimer Society, Tuesday November 6th 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, November 7th @ 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.

Line Dancing – Harriston Arena on Mondays until Dec 10th at 10 am. Drop in fee \$3.00 per class. Join in and challenge your coordination and your fitness level! No previous experience necessary.

Yoga: Palmerston United Church, Mondays 10:00 a.m. \$5 per class

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

Fibromyalgia every Monday Oct 15 to Nov 19 Mt Forest. Register and more info at 1 800 321 1433

Cooking Matters! Wednesday, 11:30 a.m. Nov 14th Harriston Arena Join Paula, dietitian from the Minto-Mapleton FHT, this cooking class will feature simple, easy, healthy and most importantly, tasty recipes that you will enjoy during this cooking class. Register by calling 519.638.2110 FREE

Cards and Games Afternoon: CNRA on Wednesday @ 2 pm November 21st; NEW! Cash prizes for Top Man and Top Lady as well as lone hands! Cost \$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, November 28th 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) Drayton Reformed Church, Friday, November 9th 12 p.m. Falls and Arthritis; November is Falls Prevention Month in Ontario. Please join Susan McAuslen from the Arthritis society as she explains the increased risk for falls if you have arthritis and what you can do to reduce your falls risk.

2) Palmerston United Church, Wednesday November 14th 12 p.m. Wellington County at War; Please join Kyle Smith from the Wellington County Museum & Archives as he discusses how Wellington County has always been shaped by War. From the War of 1812 to the War against Terror, we take a sobering look back at conflict and how it has helped to forge our home

3) Clifford United Church Friday November 16th 12p.m. British Home Children in Wellington County. Learn about the story of the British Home Children from 1869-1970, over 100,000 children were taken away from their families in Britain and removed to the colonies. Many of them were settled right here. This presentation aims to try and help to tell the stories of these children and what became of them.

4)NEW DATE Harriston United Church Wednesday November 21st 12 p.m. Ask the Experts join our expert panel including Rev. Jessica Cottrell, Allan Lee & Wendy Eaton from Hardy-Lee Funeral Home and a local lawyer as they answer your questions on end of life planning.

5) Arthur United Church Thursday, November 29th 12 p.m. Grief and Surviving the Holidays join Rev. Donna Mann as she shares tips and strategies on how to survive the holiday season when you are missing your loved one the most. Also, learn how to support your friends who are in this situation.