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Mitchell ON NOK 1N0
(located in the
Ritz Lutheran Villa)

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WWW.RITZLUTHERAN
VILLA.COM/MACO

Mitchell Outreach Awareness Week is in the month of June!

We will have lots of events
happening around Mitchell
during June 20th to 24th—
more information below!

**Monday June 20th—Starting today at Walkom's Valu-mart you will
have the opportunity to donate \$1.00 at the registers.**

This will be an all week event !

**Tuesday June 21st—Jen's Kitchen will be hosting a Lunch Special
in support of Outreach today: The Burger Deluxe! When you order
this special, Mitchell Outreach gets 50% of the proceeds!**

Who doesn't love a burger with all the fixings and fries!

**Thursday June 23rd—We will be hosting a silent auction at
Mitchell Golf Course during their Wing Night! We would love for
you to come out for wings and check out our table!**

Items all generously donated by local vendors!

**Friday June 24th—We will be having a BBQ from 11-1pm at the Ritz
Lutheran Villa on the back deck! Mitchell Outreach staff will be
barbequing hot dogs and cold pop, everything is by donation!
*Feel free to come on over for a bite to eat!***

Laboratory Services now being offered at the Ritz Lutheran Villa every
Wednesday from 8-11am. If you have any questions in regards to that, feel free
to call the Ritz Villa at 519-348-8612.

To sign up for a program call Mitchell & Area Community Outreach at 519-348-9765.

JUNE 2016

MITCHELL & AREA COMMUNITY OUTREACH



Program descriptions:

Sing-a-long: Wed. June 1st 2:30pm

Euchrama: Thurs. June 2nd 10am-3pm Join us for
multiple Euchre games and lunch. Cost: \$8.00

Brain Bingo: Tues. June 7th 10:00am. Cost: \$2.00

Manor/TRP Dinner: Thurs. June 9th 12:00pm

Lunch catered by Maribeth Nevins. (This meal is only
open to the residents of TRP and Manor Apts.).

Cost: \$12.00, RSVP by Fri. June 3rd

Ice Cream Social: Tues. June 14th at 2pm. Come join
us in the Manor Lounge for some delicious ice cream
with your favourite toppings! Cost: \$3.00.

RSVP by Fri June 10th.

Dining for Seniors: Thurs. June 16th 11:30am Join us
for lunch catered by Maribeth Nevins & entertainment
by Kountry Korner's. Cost: \$12.00, RSVP by Fri. June
10th

Pie Social: Mon. June 20th 2:30pm

Cost: \$3.00, RSVP by Fri. June 17th

Breakfast Crew: Tues. June 28th 9:00am Join us in the
Ritz Lutheran Villa dining room for a full course
breakfast. Cost: \$9.00, RSVP by Fri. June 24th

African Lion Safari Trip: Thurs. June 30th

We will be leaving the Ritz Villa at 10am to travel to
the African Lion Safari where we will enjoy a
delicious lunch and a fun tour through the park. Let
your wild out! Cost: \$60.00 and meal at your own cost.
(Need 10 people for trip to go).

CHAP (Cardiovascular Health Awareness Program):

Blood pressure clinics throughout West Perth

Cost: FREE, *Various locations & times (see calendar)*

Manor/TRP Coffee Hour: Join us for coffee, snacks
and discussion/Guest Speaker about Fire Safety.
Make sure you know what to do with the alarm
sounds!

(This coffee hour is only open to the residents of
TRP/Manor Apts.).

Cost: FREE, **3rd Wednesday at 10:30am**

Foot Care Clinics:

June 1 & 28 & 29

Please call 519-348-9765 to book an appointment.
Cost: \$30.00/initial appointment \$25.00/returning
clients.

Group Exercise Class: 60 min, level 3

Class is designed for those with a moderate to vigor-
ous level of ability, providing the option to partici-
pate at a higher level of intensity.

Cost: FREE (*see calendar for dates and exclusions*)

Group Exercise Gentle Class : Active Wellness

40 min, level 2. Class is designed for those with a
moderate level of ability. This class is a mix of both
standing and seated components. This gentle ver-
sion of our Group Exercise class is great for individu-
als with limited mobility/recovering from injury.

Cost: FREE (*see calendar for dates and exclusions*)

To sign up for a program call Mitchell & Area Community Outreach at 519-348-9765.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Foot Care Clinic (by appt. only) (M) 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 2:30pm - Sing-a-long (M) 7:00pm - Cards (M)	2 9:30am - Group Exercise (UT) 10:00am - 3:00pm - Euchrama (CC) 1:30pm - Active Wellness (M)	3 MOW 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) AquaFit # 5 <i>*RSVP - Manor/TRP Dinner</i>	4
5	6 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M)	7 10:00am - Group Exercise (PC)	8 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	9 9:00am - 12:00pm - CHAP (FC) 9:30am - Group Exercise (UT) 12:00pm - Manor/TRP Dinner (M) 1:30pm - Active Wellness (M)	10 MOW 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) AquaFit # 6 <i>*RSVP - Dining for Seniors & Ice Cream Social</i>	11
12	13 MOW 9:30am - Group Exercise (UT)	14 10:00am - Group Exercise (PC) 2:00pm—Ice Cream Social (M)	15 MOW 9:30am - Group Exercise (UT) 10:30 - Manor/TRP Coffee Hour (M) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	16 9:30am - Group Exercise (UT) 11:30am - Dining for Seniors (CC) 1:30pm - Active Wellness (M)	17 MOW 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) <i>*RSVP - Pie Social, Breakfast Crew</i>	18
19	<div> <div>Outreach Awareness Week</div> </div>					25
	20 1:00pm - 3:00pm—CHAP (PC) 1:30pm - Active Wellness (M) 2:30pm - Pie Social (M) Donate \$1.00 at Valumart (all week)	21 10:00am - Group Exercise (PC) Jen's Burger Deluxe Special [Outreach gets 50% of the proceeds]	22 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	23 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) Wing Night at Mitchell Golf Course with a Silent Auction for Outreach	24 MOW 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) <i>*RSVP—African Lion Safari Trip BBQ in support of Outreach</i>	
26	27 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M)	28 Foot Care Clinic (by appt. only) (M) 9:00am - Breakfast Crew (RV) 10:00am - Group Exercise (PC) 1:00pm - 4:00pm—CHAP (M)	29 MOW Foot Care Clinic (by appt. only) (M) 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	30 9:30am - Group Exercise (UT) 9:30am—African Lion Safari Trip 1:30pm - Active Wellness (M)	Codes: UT - Upper Thames Missionary Church M - Manor Lounge PC - St. Patrick's Church, Dublin CC - Mitchell Community Centre FC - Friendship Centre RV - Ritz Lutheran Villa	