

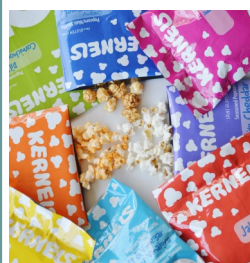
Christmas Lights Tour on Wednesday December 5th

We will be travelling to Kitchener to enjoy dinner followed by heading to Bingemans for the Gift of Lights. RSVP by Dec 3rd. Cost: \$25.00



Manor/TRP Christmas Dinner on Thursday December 13th—Maribeth will be making a delicious turkey dinner to be served at 5pm in the Manor Lounge, with entertainment to follow by Randy Satchell at 6pm. Cost: \$15.00. *RSVP by Friday December 7th.*

Stocking Stuffer Bonanza



We have Kernels popcorn!! Snack bags of salt & vinegar, white cheddar, say cheese cheese, and creamy caramel are available for sale in our office. Limited supplies!
Seasoned Popcorn: \$2.25 per bag/Candy Popcorn: \$2.50 per bag



Don't forget about our Mint Smoothie Fundraiser too! Pick up your Orange or Milk Chocolate Rho Thompson Mint Smoothies from us today! \$2.00 each. Sold at our office or from a variety of businesses in Mitchell!



LAST CALL: Final gift card orders need to be placed by **Friday November 30th by 12:00pm** and your cards will arrive by December 14th
 Payment required at the time of order (cash/chq only).

Laboratory Services offered at the Ritz Lutheran Villa every Wednesday from 8-11:30am. If you have any questions call the Ritz Villa at 519-348-8612.



4118A Road 164, RR 5
 Mitchell, ON N0K 1N0
 (located in the Ritz Lutheran Villa)

Phone: 519-348-9765
 Fax: 519-348-4420
 maco@ritzlutheranvilla.com



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

DECEMBER 2018



Program descriptions:

Bingo: Tues. December 4th 10:00am

Christmas Lights Tour: Wed. December 5th. Pick ups starting at 3:30pm to head to Kitchener where we will enjoy dinner out followed by heading to Bingeman's to see the Gift of Lights. Cost: \$25.00. RSVP by Mon Dec 3rd

Euchrama: Thurs. December 6th 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$8.00

Christmas Sing-a-long: Wed. Dec 12th 2:30pm

Manor/TRP Christmas Dinner: Thurs. December 13th 5:00pm We will have a delicious turkey dinner made by Maribeth Nevin with entertainment to follow by Randy Satchell. Cost: \$15.00, RSVP by Fri. Dec 7th.

Pie Social: Mon. December 17th 2:30pm Cost: \$3.00, RSVP by Fri. Dec 14th

Breakfast Crew: Tues. December 18th 9:00am Join us in the Ritz Villa Main Dining Room. Cost: \$9.00, RSVP by Fri. Dec 14th

Dining for Seniors: Thurs. December 20th 11:30am Join us for a festive Christmas lunch catered by Maribeth Nevin & entertainment by the Upper Thames Elementary School Choir. Cost: \$15.00, RSVP Dec 14th.

Christmas Social: Friday December 21st 1pm. Join us in the Manor Lounge to enjoy all things Christmas! We will put on a Christmas movie and enjoy Christmas treats! Free of cost.

Blood Pressure Clinic (BP) *Previously advertised on calendar as "CHAP": 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.
Guest Speaker: Meghan McRoberts, Physiotherapy Alliance.

Cost: FREE, *3rd Wednesday at 10:30am*
Open to all Seniors of West Perth

Foot Care Clinics: by appointment only!
 December 11 & 12, January 8, 9, 29 & 30.
 Cost: \$30.00/initial appointment, \$25.00/returning.



Group Exercise Class: 60 min, level 3
 Class is designed for those with a moderate to vigorous level of ability, providing the option to participate 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 version of our Group Exercise class is great for individuals with limited mobility/recovering from injury.
 Cost: FREE (*see calendar for dates and exclusions*)

Ritz Villa Farmer's Market: Wed. December 5th 9am-12pm

OFFICE CLOSED: Dec 25, 26 & Jan 1

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Codes: UT - Upper Thames Missionary Church RV - Ritz Lutheran Villa M - Manor Lounge FC - Friendship Centre PC - St. Patrick's Church, Dublin CC - Mitchell Community Centre GLC - Grace Lutheran Church						1
2	3 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M) *RSVP Christmas Lights Tour	4 9:30am - Group Exercise (UT) 10:00am—Brain Bingo (M) 10:00am - Group Exercise (PC) 5:30pm—Group Exercise (GLC)	5 MOW 9:30am - Group Exercise (UT) 9am-12pm— Farmer’s Market (RV) 1:30pm - Active Wellness (M) 3:30pm—Christmas Lights Tour 7:00pm - Cards (M)	6 9:30am - Group Exercise (UT) 10:00am—Euchrama (CC) 1:30pm - Active Wellness (M)	7 MOW 9:30am - Group Exercise (UT) *RSVP - Manor/TRP Christmas Dinner	8
9	10 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	11 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 5:30pm—Group Exercise (GLC) Foot Care Clinic (by appt) (M)	12 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 2:30pm—Christmas Sing-a-long (M) 7:00pm - Cards (M) Foot Care Clinic (by appt) (M)	13 9:00am - 12:00pm - BP clinic (FC) 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 5:00pm - Manor/TRP Christmas Dinner (M)	14 MOW 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) *RSVP - Pie Social & Breakfast Crew & Christmas Dining for Seniors	15
16	17 MOW 1:00pm - 3:00pm—BP clinic (PC) 2:30pm - Pie Social (M) 7:00pm - Cards (M) *RSVP for Christmas Social	18 9:00am - Breakfast Crew (RV) 1:00pm - 4:00pm—BP clinic (M)	19 MOW 10:30 - Manor/TRP Coffee Hour (M) 7:00pm - Cards (M)	20 11:30am - Christmas Dining for Seniors (CC)	21 MOW 1:00pm-Christmas Social (M) 2:00pm—Wii Bowling (M)	22
23	24 MOW Christmas Eve	25 Office Closed No Programs 	26 NO MOW Office Closed 	27 <div style="border: 1px solid black; padding: 5px; text-align: center;"> All Exercise Classes cancelled for 2 weeks. Classes to Resume on Wednesday January 2nd </div>	28 MOW 2:00pm—Wii Bowling (M)	29
30	31 MOW New Years Eve					