

MARCH
FOR
MEALS
WITH
MEALS ON WHEELS™

This month we will be celebrating the 17th annual March for Meals campaign.

This March, hundreds of local Meals on Wheels programs across the country will reach out to their communities to build the support to enable them to deliver nutritious meals, friendly visits and safety checks to seniors all year long. By volunteering, donating or speaking out, *you* can ensure the seniors in your neighborhood can live more healthy, happy and independent lives at home, where they want to be.

Diabetes Education session.

Join us to learn the best ways to manage diabetes and how it can effect the body. Help us welcome Victoria Zimmer from Huron Perth Diabetes Education Center **Monday March 11th at 10:00am.**



"In Like A Lion,
Out Like A Lamb"
by Lorie Hill

March roars in like a lion

So fierce,

The wind so cold,

It seems to pierce



The month rolls on
And Spring draws near:

And March goes out

Like a lamb so dear:

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

MARCH 2019

MITCHELL & AREA COMMUNITY OUTREACH



Program descriptions:

Euchrama: Thurs. March 7th 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$8.00

Bingo: Tues. March 5th 10:00am. Cost: FREE

Breakfast Crew: Tues. March 12th 9:00am. Join us in the Ritz Main Dining Room. Cost: \$9.00, RSVP by Fri. March 8th. (held a week earlier this month only)

Sing-a-long: Wed. March 13th 2:30pm

Manor/TRP Dinner: Thurs. March 14th 12:00pm Lunch catered by Ritz Villa. Cost: \$12.00, RSVP by March 8th.

Pie Social: Mon. March 18th 2:30pm Cost: \$3.00, RSVP by Fri. March 15th.

Dining for Seniors: Thurs. March 21st 11:30am Join us for lunch catered by Jen's Kitchen & Cafe and entertainment by Randy Satchell Cost: \$12.00, RSVP by Fri. March 15th.

Bus Trip: Tundra Swans: Tues. March 19th 9am Join us as we head to Alymer to see the Swans at the Alymer Wildlife Management Area. We will than enjoy lunch out afterwards. Cost: \$20.00, lunch at your own cost. RSVP by Mon. March 11th. (weather permitting or if swans have already left)

WE ARE
Meals On Wheels
So no senior goes hungry.

Blood Pressure Clinic (Previously CHAP): Blood pressure clinics throughout West Perth
Cost: FREE, *Various locations & times (see calendar)*

Manor/TRP and Seniors of West Perth Coffee Hour: Join us for coffee, snacks and discussion/Guest Speaker.

Guest Speaker: Andrea Martin, South West LHIN
Cost: FREE, *3rd Wednesday at 10:30am*

Foot Care Clinics: by appointment only!
March 12th & 13th, April 2nd, 3rd, 23rd & 24th
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.

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*)

Caregiver Support- Alzheimer Society: 2nd Tuesday 1:30pm-3:00pm in the Manor Lounge.

Education session - Join us for an education session at Upper Thames Church after exercise.

Guest speaker: Carolyn Parr - Victim services at 10:30am on March 18th. Cost: FREE.

Diabetes Education - March 11th 10am Join us for a Diabetes Education presentation from Huron Perth Diabetes.

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 M - Manor Lounge PC - St. Patrick's Church, Dublin GL - Grace Lutheran Church, Mitchell		RV - Ritz Lutheran Villa FC - Friendship Centre CC - Mitchell Community Centre		Meals on Wheels (MOW): Hot nutritious meals are delivered by volunteers on Monday, Wednesday, Friday at lunch time. Please contact to inquire about out of town meal delivery. <i>\$8.00/meal (includes meat, potato/rice, two vegetable servings, beverage and dessert)</i> Frozen entrées, soups & desserts are also available as an alternative. <i>(contact for pricing)</i>		
					1 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #4 2:00pm - Wii Bowling (M)	2
3	4 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	5 9:30am - Group Exercise (UT) 10:00am - Bingo (M) 10:00am - Group Exercise (PC) 5:00pm - Group Exercise (GL)	6 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	7 9:30am - Group Exercise (UT) 10:00am - Euchrama (CC) 1:30pm - Active Wellness (M)	8 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #5 2:00pm - Wii Bowling (M) *RSVP - Manor/TRP Dinner, & Breakfast Crew	9
10	11 MOW 9:30am - Group Exercise (UT) 10:00am - Diabetes Education (M) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	12 9:00am - Breakfast Crew (RV)* 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 1:30pm - Caregiver Support (M) 5:00pm - Group Exercise (GL) Foot Care Clinic (by appt) (M)	13 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 2:30pm - Sing-a-long (M) 7:00pm - Cards (M) Foot Care Clinic (by appt) (M)	14 9:00am - 12:00pm - CHAP (FC) 9:30am - Group Exercise (UT) 12:00pm - Manor/TRP Dinner (M) 1:30pm - Active Wellness (M)	15 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #6 2:00pm - Wii Bowling (M) *RSVP - Pie Social, Bus Trip & Dining for Seniors	16
17	18 MOW 9:30am - Group Exercise (UT) 10:30am - Education Session (UT) 1:00pm - 3:00pm - CHAP (PC) 1:30pm - Active Wellness (M) 2:30pm - Pie Social (M) 7:00pm - Cards (M)	19 9:00am - Bus Trip: Tundra Swans 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 5:00pm - Group Exercise (GL)	20 MOW 9:30am - Group Exercise (UT) 10:30 - Manor/TRP Coffee Hour (M) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	21 9:30am - Group Exercise (UT) 11:30am - Dining for Seniors (CC) 1:30pm - Active Wellness (M)	22 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #7 2:00pm - Wii Bowling (M)	23
24	25 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	26 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 1:00pm - 4:00pm - CHAP (M) 5:00pm - Group Exercise (GL)	27 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	28 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M)	29 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #8 2:00pm - Wii Bowling (M)	30
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