



We will have our Elmira Chicken fundraiser this month where you will have an opportunity to purchase items such as chicken breast, chicken wings, burgers and many more. Orders are due **Tuesday June 4th** and the delivery date is **Tuesday June 18th**. To receive a form, give us a call or come visit our office.

519-348-9765



Join us for a hiking trip to Morrison Dam in Exeter and out for lunch to The Huron Restaurant. **Tuesday May 21st 2019, 10am—2pm.**

Cost: \$20.00

Please call the Outreach office to save your spot. RSVP by Friday May 17th 2019.

Upcoming Play Trip:

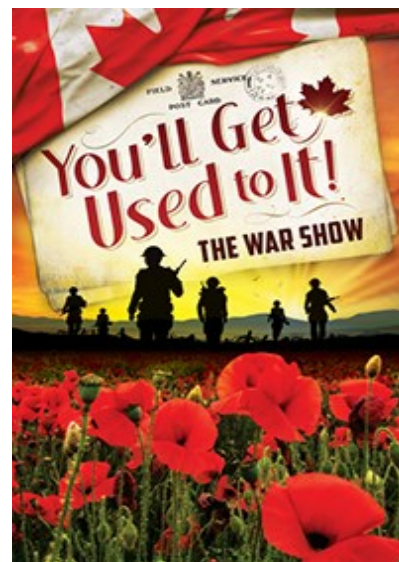
You'll Get Used to It!.. The War Show:

Where: St. Jacobs Country Playhouse

When: Tuesday June 11th

Cost: \$68.00

Call the Outreach office to book your seat.



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

MAY 2019

MITCHELL & AREA COMMUNITY OUTREACH



Program descriptions:

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

Bingo: Tues. May 7th 10:00am. Cost: FREE

Sing-a-long: Wed. May 8th 2:30pm

Manor/TRP Dinner: Thurs. May 9th 12:00pm
Lunch catered by Ritz Villa. Cost: \$12.00, RSVP by Fri. May 3rd.

Pie Social: Mon. May 13th 2:30pm Cost: \$3.00, RSVP by Fri. May 10th.

Dining for Seniors: Thurs. May 16th 11:30am Join us for lunch catered by The Jarmuth's and entertainment by Randy Grey. Cost: \$12.00, RSVP by Fri. May 10th.

Breakfast Crew: Tues. May 21st 9:00am. Join us in the Ritz Villa Main Dining Room. Cost: \$9.00, RSVP by Fri. May 17th.

Bus Trip: Butterfly Conservatory in Cambridge: Thurs. May 30th 9:00am. Come experience a wide variety of free-flying tropical butterflies and moths. RSVP by Fri. May 24th. Cost: \$40.00 includes admission and transportation, lunch at your own cost.

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: Tracy MacDonald, Happy soul Holistic. The benefits of reflexology.
Cost: FREE, *3rd Wednesday at 10:30am*

Foot Care Clinics: by appointment only!
May 14th, 15th & 16th



June 4th & 5th, 25th & 26th

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.

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			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) 9:00 am—Farmers Market (RV) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	2 9:30am - Group Exercise (UT) 10:00am— Euchrama (CC) 1:30pm - Active Wellness (M)	3 MOW 9:30am - Group Exercise (UT) 10:00am—Aquafit # 4 2:00pm - Wii Bowling (M) *RSVP to Manor/TRP Dinner	4
5	6 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	7 9:30am - Group Exercise (UT) 10:00am— Bingo (M) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	8 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 2:30pm—Sing-a-long (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) 10:00am—Aquafit # 5 2:00pm - Wii Bowling (M) *RSVP to Pie Social, and Dining for Seniors	11
12	 13 MOW 9:30am - Group Exercise (UT) 1:00pm - 3:00pm—CHAP (PC) 1:30pm—Active Wellness (M) 2:30pm - Pie Social (M) 7:00pm- Cards (M)	14 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL) Foot Care Clinic (by appt) (M)	15 MOW 9:30am - Group Exercise (UT) 10:30 - Manor/TRP Coffee Hour (M) 1:30pm - Active Wellness (M) 7:00pm - Cards (M) Foot Care Clinic (by appt) (M)	16 9:30am - Group Exercise (UT) 11:30am - Dining for Seniors (CC) 1:30pm - Active Wellness (M) Foot Care Clinic (by appt) (M)	17 MOW 9:30am - Group Exercise (UT) 10:00am—Aquafit # 6 2:00pm - Wii Bowling (M) RSVP to Breakfast Crew & Hiking trip	18
19	20 No MOW  OFFICE CLOSED	21 9:00am - Breakfast Crew (RV) 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 10:00am—Hiking trip 1:30pm-Caregiver Support (M) 5:00pm—Group Exercise (GL)	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)	24 MOW 9:30am - Group Exercise (UT) 10:00am—Aquafit # 7 2:00pm - Wii Bowling (M) *RSVP to Bus Trip-Butterfly Conservatory	25
26	27 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	28 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 1:00pm - 4:00pm—CHAP (M) 5:00pm—Group Exercise (GL)	29 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	30 9:00am— Butterfly Conservatory 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M)	31 MOW 9:30am - Group Exercise (UT) 10:00am—Aquafit # 8 2:00pm - Wii Bowling (M)	