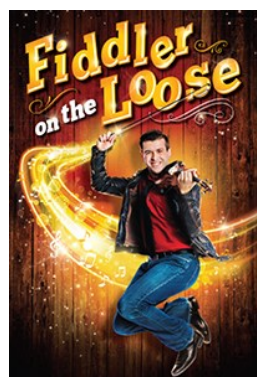


**Annual BBQ : Thursday July 25th**

We will be serving hot dogs, hamburgers , salads and of course—dessert! Randy Satchell will be performing after we eat, and the event will be outside [weather permitting]. **Cost: \$10.00 RSVP by July 19th**



**Play Trip: July 30th, 2019**

*Drayton Festival Theatre*

We are travelling to Drayton to see Fiddler on the Loose, we will be stopping for lunch prior to the play. Lunch is at your own cost. Cost:\$68.00

**Drop in Pickleball**

Join us every Tuesday at The Mitchell Community Centre from 9am—11am for drop in Pickleball. All levels welcome.

\$3.00 Per person



**Dublin Blood pressure clinic.**

Dublin blood pressure clinic will be closed for the summer. Keep your eyes open for our new location.

**Happy Canada Day!**

**Our office will be closed**

**Monday, July 1st**



**Trip to St. Jacobs Farmers Market**

on Tuesday July 23rd—the trip will run from 9:30am to 3pm. You are welcome to leisurely walk around the market or explore the outlet mall. Be prepared to either purchase lunch there, or bring a bagged lunch.

Cost: \$20.00 each RSVP by July 19th.

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



**JULY 2019**



**MITCHELL & AREA COMMUNITY OUTREACH**

**Program descriptions:**

**Bingo: Tues. July 2nd 10:00am**

**Euchrama: Thurs. July 4th 10am-3pm** Join us for multiple Euchre games and lunch. Cost: \$8.00

**Sing-a-long: Wed. July 10th 2:30pm**

**Manor/TRP Dinner: Thurs. July 11th 12:00pm** Lunch catered by Ritz Villa. Cost: \$12.00, RSVP by July 5th.

**Pie Social: Mon. July 15th 2:30pm** Cost: \$3.00, RSVP by Fri. July 12th.

**Breakfast Crew: Tues. July 16th 9:00am** Join us in the Ritz Main Dining Room. Cost: \$9.00, RSVP by Fri. July 12th.

**Dining for Seniors: Thurs. July 18th 11:30am** Join us for lunch catered by Maribeth Nevin and entertainment by Conn Smythe. Cost: \$12.00, RSVP by Fri. July 12th.

**Trip to St. Jacobs: Tues. July 23rd 9:30am** We will be taking the bus to St. Jacobs to enjoy the market and outlet mall. Cost: \$20.00 RSVP by Fri. July 19th.

**Annual BBQ: Thurs. July 25th 5:00pm** Cost: \$10.00, RSVP by July 19th. *(see back page for more details)*

**Play Trip: Tues. July 30th 10am** Cost: \$68.00 RSVP by Fri. July 19th. *(see back page for more details)*

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

**Dublin BP clinic canceled for the summer**

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

**Guest Speaker: Dr. Hohner, The importance of eye care as you age.**

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

**Foot Care Clinics:** by appointment only! July 16th & 17th. August 6th, 7th & 27th, 28th


**Cost: \$30.00**

**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)*

**Drop in Pickleball**—Every Tuesday at 9am-11am at the Mitchell Community Centre. Cost: \$3. All levels welcome. *(see calendar for exclusions)*

**Everyone Art Gallery: Fri. July 5th 3pm** Come by and release some creative energy as we work through different paintings as a group. Snacks and coffee/tea provided. *No prior painting skills required.* Cost: FREE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Codes:</b> UT - Upper Thames Missionary Church M - Manor Lounge PC - St. Patrick's Church, Dublin GL - Grace Lutheran Church, Mitchell			<b>Meals on Wheels (MOW):</b> Hot nutritious meals are delivered by volunteers on Monday, Wednesday, Friday at lunch time. Please contact to inquire about out of town meal delivery. \$8.00/meal (includes meat, potato/rice, two vegetable servings, beverage and dessert) Frozen entrées, soups & desserts are also available as an alternative. (contact for pricing)			
	1 <b>No MOW</b> 	2 <b>9:00am—Pickleball (CC)</b> 9:30am - Group Exercise (UT) <b>10:00am– Bingo (M)</b> 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	3 <b>MOW</b> 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	4 9:30am - Group Exercise (UT) <b>10:00am– Euchrama (CC)</b> 1:30pm - Active Wellness (M)	5 <b>MOW</b> 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) <b>3:00pm - Everyone Art Gallery (M)</b> <i>*RSVP to Manor/TRP Dinner</i>	6
7	8 <b>MOW</b> 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	9 <b>9:00am—Pickleball (CC)</b> 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 1:30pm—Caregiver Support (M) <del>5:00pm—Group Exercise (GL)</del>	10 <b>MOW</b> 9:00am-Farmers Market (RV) 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) <b>2:30pm—Sing-a-long (M)</b> 7:00pm - Cards (M)	11 <b>9:00am-12:00pm - BP clinic (FC)</b> 9:30am - Group Exercise (UT) <b>12:00pm - Manor/TRP Dinner (M)</b> 1:30pm - Active Wellness (M)	12 <b>MOW</b> 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) <i>*RSVP to Pie Social, Breakfast Crew, &amp; Dining for Seniors</i>	13
14	15 <b>MOW</b> 9:30am - Group Exercise (UT) <del>1:00pm-3:00pm BP clinic (PC)</del> 1:30pm - Active Wellness (M) <b>2:30pm - Pie Social (M)</b> 7:00pm- Cards (M)	16 <b>9:00am—Pickleball (CC)</b> <b>9:00am - Breakfast Crew (RV)</b> 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL) <b>Foot Care Clinic (by appt.) (M)</b>	17 <b>MOW</b> 9:30am - Group Exercise (UT) <b>10:30 - Manor/TRP Coffee Hour (M)</b> 1:30pm - Active Wellness (M) 7:00pm - Cards (M) <b>Foot Care Clinic (by appt.) (M)</b>	18 9:30am - Group Exercise (UT) <b>11:30am - Dining for Seniors (CC)</b> 1:30pm - Active Wellness (M)	19 <b>MOW</b> 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) <i>RSVP to St. Jacobs Trip, Annual BBQ, &amp; Play Trip</i>	20
21	22 <b>MOW</b> 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	23 <b>9:00am—Pickleball (CC)</b> 9:30am - Group Exercise (UT) <b>9:30am-Trip to St. Jacobs</b> 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	24 <b>MOW</b> 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	25 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) <b>5:00pm-Annual BBQ (M)</b>	26 <b>MOW</b> 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M)	27
28	29 <b>MOW</b> 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	30 <b>9:00am—Pickleball (CC)</b> 9:30am - Group Exercise (UT) <b>10:00am– Play Trip</b> 10:00am - Group Exercise (PC) <b>1:00pm-4:00pm - BP clinic (M)</b> 5:00pm—Group Exercise (GL)	31 <b>MOW</b> 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)			