



Matinee Movie at the Manor!

Join us in the manor lounge on Thursday, August 22nd for an afternoon movie. We will be watching The Bucket List. The movie will start at 2:30pm.



Join us as we head to Bird Kingdom in Niagara Falls on Tuesday, August 13th. The bus will be leaving at 8am. We will be having a pizza lunch at the Café on site. Be prepared to bring any snacks if needed. We will be making stops at the Cambridge on-route to and from Niagara. Cost: \$60.00 RSVP by Fri. August 9th.



Dublin Blood pressure clinic.

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



Civic Holiday

Our office is closed Monday, August 5th.

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.

AUGUST 2019



MITCHELL & AREA COMMUNITY OUTREACH

Program descriptions:

Euchrama: Thurs. August 1st 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$8.00

Bingo: Tues. August 6th 10:00am

Manor/TRP Dinner: Thurs. August 8th 12:00pm Lunch catered by Maribeth Nevin. Cost: \$12.00, RSVP by August 2nd.

Trip to Bird Kingdom: Tues. August 13th 8:00am Come and enjoy the rainforest with us! We will be heading to Niagara Falls at 8am, where we will enjoy a self-guided tour through the jungle. We will be stopping at the Cambridge on-route to and from the venue. A pizza lunch will be provided at the Café onsite. Bring snacks if needed. Cost: \$60.00 includes transportation, admission, parking and lunch. **RSVP by Fri. August 9th. *must have 10 signed up to go!**

Sing-a-long: Wed. August 14th 2:30pm

Dining for Seniors: Thurs. August 15th 11:30am Join us for lunch catered by High Creek Farms and entertainment by Kountry Korner. Cost: \$12.00, RSVP by Fri. August 9th.

Pie Social: Mon. August 19th 2:30pm Cost: \$3.00, RSVP by Fri. August 16th.

Breakfast Crew: Tues. August 20th 9:00am Join us in the Ritz Main Dining Room. Cost: \$9.00, RSVP by Fri. August 16th.

Matinee Movie at the Manor: Thurs. August 22nd 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: Bill VanBakel, Fire safety.** Cost: FREE, **3rd Wednesday at 10:30am**


Foot Care Clinics: by appointment only! August 6th, 7th & 27th, 28th. September 17th & 18th. **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. 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*)

Drop in Pickleball –Every Tuesday at 9am-11am and Thursday at 1pm—3pm at the Mitchell Community Centre. Cost: \$3. All levels welcome. (*see calendar for exclusions*)

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 9:30am - Group Exercise (UT) 10:00am— Euchrama (CC) 1:00pm—Pickleball (CC) 1:30pm - Active Wellness (M)	2 MOW 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) *RSVP to Manor/TRP Dinner	3
4	5 No MOW 	6 9:00am—Pickleball (CC) 9:30am - Group Exercise (UT) 10:00am— Bingo (M) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL) Foot Care Clinic (by appt.) (M)	7 MOW 9:00am-Farmers Market (RV) 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M) Foot Care Clinic (by appt.) (M)	8 9:00am-12:00pm - BP clinic (FC) 9:30am - Group Exercise (UT) 12:00pm - Manor/TRP Dinner (M) 1:00pm—Pickleball (CC) 1:30pm - Active Wellness (M)	9 MOW 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) *RSVP to Bus Trip to Bird Kingdom & Dining for Seniors	10
11	12 MOW 9:30am - Group Exercise (UT) 10:30am—Guest speaker (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	13 8:00am-Bus Trip to Bird Kingdom 9:00am—Pickleball (CC) 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	14 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 2:30pm—Sing-a-long (M) 7:00pm - Cards (M)	15 9:30am - Group Exercise (UT) 11:30am - Dining for Seniors (CC) 1:00pm—Pickleball (CC) 1:30pm - Active Wellness (M)	16 MOW 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M) RSVP to Pie Social, Breakfast Crew, & Matinee Movie	17
18	19 MOW 9:30am - Group Exercise (UT) 1:00pm-3:00pm—BP clinic (PC) 1:30pm - Active Wellness (M) 2:30pm - Pie Social (M) 7:00pm- Cards (M)	20 9:00am—Pickleball (CC) 9:00am - Breakfast Crew (RV) 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	21 MOW 9:30am - Group Exercise (UT) 10:30 - Manor/TRP Coffee Hour (M) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	22 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 1:00pm—Pickleball (CC) 2:30pm-Matinee Movie (M)	23 MOW 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M)	24
25	26 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	27 9:00am—Pickleball (CC) 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 1:00pm-4:00pm - BP clinic (M) 5:00pm—Group Exercise (GL) Foot Care Clinic (by appt.) (M)	28 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M) Foot Care Clinic (by appt.) (M)	29 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 1:00pm—Pickleball (CC)	30 MOW 9:30am - Group Exercise (UT) 2:00pm - Wii Bowling (M)	31