



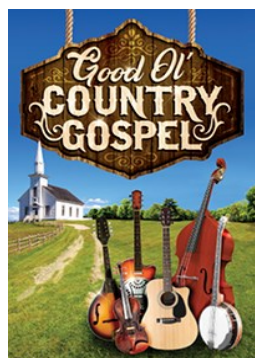
Ritz Lutheran Villa Auxiliary Tea

Saturday October 26th 2019,
at 2-3:30pm.

In the Ritz Villa Courtyard.

Fall Tour on Tuesday October 15th

Come join us on a mystery
tour to see the beautiful
change in colours for Fall! We
will also enjoy lunch along the
way.



Play Trip: Good Ol' Country Gospel

Where: St. Jacobs Schoolhouse

When: November 5th, 2019

Cost: \$68.00 (ticket & transpor-
tation)

RSVP: Fri. October 25th, 2019



**Thanksgiving
Monday**

**October 14th
Office Closed**

We will have our Macmillan's fundraiser this month where you will have an opportunity to purchase frozen food items such as muffin/cookie doughs, pizza, soup and much more! When you purchase items we get a portion of the proceeds for each item. The order date is on **Tuesday November 12th** and the delivery date is **Tuesday November 26th**. To receive a form, give us a call or come visit our office to pick up your own! 519-348-9765

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



Did you know?

Mitchell Outreach offers hot & FROZEN meal options. We offer entrées, soups and desserts. Contact the office for pricing, or stop by and grab a brochure.

OCTOBER 2019



Program descriptions:

Bingo: Tues. October 1st 10:00am

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

Sing-a-long: Wed. October 9th 2:30pm

Manor/TRP Dinner: Thurs. October 10th 12:00pm Lunch catered by Maribeth Nevin Cost: \$12.00, RSVP by Fri, October 4th.

Fall Tour: Tues. October 15th 10am-3pm.

Come join us as we embark on a mystery tour to see the beautiful changes in colours for Fall! We will be enjoying lunch along the way. (Lunch at own cost) Cost: \$20.00. RSVP by Fri, October 11th.

Dining for Seniors: Thurs. October 17th 11:30am

Join us for lunch catered by The Jarmuth's and entertainment by Cam Denomme. Cost: \$12.00, RSVP by Fri. October 11th.

Pie Social: Mon. October 21st 2:30pm Cost: \$3.00, RSVP by Fri. October 18th.

Breakfast Crew: Tues. October 22nd 9:00am Join us in the Ritz Main Dining Room. Cost: \$9.00, RSVP by Fri. October 18th. **moved to the 4th Tues. this month**

Chinese Lunch: Thurs. October 24th 12:00pm Join us in the Manor Lounge for Chinese food. When you call to sign up, place your combination order. Cost: \$12.00, RSVP by Fri. October 18th.

Blood Pressure Clinic: 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: Sean Wraight, Winter driving.
Cost: FREE, *3rd Wednesday at 10:30am*

Foot Care Clinics: by appointment only! October 8th & 9th, 29th & 30th, November 19th & 20th. 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*)

Alzheimer Society Support Group: Are you supporting someone with memory changes? If you would like to learn more or could benefit from a place to share and chat with other caregivers, please join us the second Tuesday of each month from 1:30-3:00pm in the Ritz Manor Community Room.

Chair yoga : Wednesday October 23rd 10:00am
Join us for chair yoga lead by Micheal Odbert at the Mitchell Community Centre. Cost: \$5.00, RSVP by Friday October 18th.

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

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 DC - Dublin 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 9:30am - Group Exercise (UT) 10:00am– Bingo (M) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	2 MOW 9:00am-Farmers Market (RV) 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	3 9:30am - Group Exercise (UT) 10:00am– Euchrama (CC) 1:30pm—Active Wellness (M)	4 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #4 2:00pm - Wii Bowling (M) *RSVP to Manor/TRP Dinner	5		
6	7 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	8 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 1:30pm—Alzheimer's support (M) 5:00pm—Group Exercise (GL) Foot Care Clinic (by appt.) (M)	9 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)	10 9:00am-12:00pm - BP clinic (FC) 9:30am - Group Exercise (UT) 12:00pm - Manor/TRP Dinner (M) 1:30pm - Active Wellness (M)	11 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #5 2:00pm - Wii Bowling (M) *RSVP to Fall Colours Tour & Dining for Seniors	12		
13	14 No MOW  Happy Thanksgiving	15 9:30am - Group Exercise (UT) 10:00am-Fall Colours Tour 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	16 MOW 9:30am - Group Exercise (UT) 10:30 - Manor/TRP Coffee Hour (M) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	17 9:30am - Group Exercise (UT) 11:30am - Dining for Seniors (CC) 1:30pm - Active Wellness (M)	18 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #6 2:00pm - Wii Bowling (M) *RSVP to Pie Social, Breakfast Crew, Chinese Lunch & Chair yoga	19		
20	21 MOW 9:30am - Group Exercise (UT) 1:00pm-3:00pm - BP clinic (DC) 1:30pm - Active Wellness (M) 2:30pm - Pie Social (M) 7:00pm- Cards (M)	22 9:00am - Breakfast Crew (RV)* 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	23 MOW 9:30am - Group Exercise (UT) 10:00am - Chair yoga (CC) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	24 9:30am - Group Exercise (UT) 12:00pm— Chinese Lunch (M) 1:30pm - Active Wellness (M)	25 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #7 2:00pm - Wii Bowling (M) *RSVP to Play Trip	26		
27	28 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	29 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)	30 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M) Foot Care Clinic (by appt.) (M)	31 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M)	