

Christmas Lights Tour on Wednesday December 4th

We will be travelling to Demetre's to enjoy dinner followed by heading to St. Marys to see the Christmas Displays. RSVP by Fri. November 29th. Cost: \$20.00

Stocking Stuffer Bonanza



We have Kernels popcorn!! Snack bags of salt & vinegar, white cheddar, say cheese cheese, buttersalt, and dill pickle are available for sale in our office. Limited supplies!

Seasoned Popcorn: \$2.25 per bag

Don't forget about our Mint Smoothie Fundraiser too! Pick up your Orange, Milk Chocolate, or Dark Chocolate Rheo Thompson Mint Smoothies from us today! \$2.00 each. Sold at our office or from a variety of businesses in Mitchell!



Join us for Chair yoga at the Mitchell Community Centre January 14th 2020@ 10:30am. Call the Outreach office to sign up.

Did you know?

Mitchell Outreach offers volunteer transportation. Volunteers provide transportation to clients for out of town medical appointments. Clients reimburse the volunteers based on a set fee structure. Call the Outreach office for more information.

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)

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

DECEMBER 2019

MITCHELL & AREA COMMUNITY OUTREACH



Program descriptions:

Christmas Lights Tour: Wed. December 4th. Pick ups starting at 4:00pm Cost: \$20.00. RSVP by Fri. November 29th

Euchrama: Thurs. December 5th 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$8.00

Bingo: Tues. December 10th 10:00am

Christmas Sing-a-long: Wed. Dec. 11th 2:30pm

Manor/TRP Dinner: Thurs. December 12th 5:00pm

Join us for a delicious Turkey Dinner served by Maribeth Nevin, and entertainment to follow by Bob Lauze at 6pm. Cost: \$15.00, RSVP by Fri, December 6th.

Pie Social: Mon. December 16th 2:30pm Cost: \$3.00, RSVP by Fri. December 13th.

Breakfast Crew: Tues. December 17th 9:00am Join us in the Ritz Main Dining Room. Cost: \$9.00, RSVP by Fri. December 13th.

Christmas Dining for Seniors: Thurs. December 19th 11:30am Join us for a festive Christmas lunch catered by Maribeth Nevin, and entertainment by Upper Thames Elementary School Choir. Cost: \$15.00, RSVP by Fri. December 13th.

Christmas Social: Friday December 20th 1:00pm. Join us in the Manor Lounge to enjoy all things Christmas! We will put on a Christmas movie and enjoy Christmas treats! Cost: Free. RSVP by Fri. December 13th.

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: Cannabis education, Sarah Merkel. Cost: FREE, *3rd Wednesday at 10:30am*

Foot Care Clinics: by appointment only! December 10th & 11th. January 7th & 8th, 21st & 22nd. 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.

OFFICE CLOSED: Dec 25, 26, 27 & Jan 1

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	2 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	3 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	4 MOW 9:00am-Farmers Market (RV) 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 4:00pm— Christmas Lights Tour 7:00pm - Cards (M)	5 9:30am - Group Exercise (UT) 10:00am— Euchrama (CC) 1:30pm - Active Wellness (M)	6 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #3 2:00pm - Wii Bowling (M) <i>*RSVP to Manor/TRP Christmas Dinner</i>	7		
8	9 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	10 9:30am - Group Exercise (UT) 10:00am— Bingo (M) 10:00am - Group Exercise (PC) 1:30pm—Alzheimer's support (M) 5:00pm—Group Exercise (GL) Foot Care Clinic (by appt.) (M)	11 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 2:30pm—Christmas Sing-a-long (M) 7:00pm - Cards (M) Foot Care Clinic (by appt.) (M)	12 9:00am-12:00pm - BP clinic (FC) 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 5:00pm - Manor/TRP Christmas Dinner (M)	13 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #4 2:00pm - Wii Bowling (M) <i>*RSVP to Pie Social, Breakfast Crew, Dining for Seniors, & Christmas Social</i>	14		
15	16 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)	17 9:00am - Breakfast Crew (RV) 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 1:00pm-4:00pm - BP clinic (M) 5:00pm—Group Exercise (GL)	18 MOW 9:30am - Group Exercise (UT) 10:30 - Manor/TRP Coffee Hour (M) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	19 9:30am - Group Exercise (UT) 11:30am - Christmas Dining for Seniors (CC) 1:30pm - Active Wellness (M)	20 MOW 9:30am - Group Exercise (UT) 10:30am - Exercise social (UT) 10:00am - Aquafit #5 1:00pm— Christmas Social (M) 2:00pm—Wii Bowling (M)	21		
22	23 MOW 7:00pm- Cards (M)	24 No Programs  Christmas Eve	25 No MOW Office Closed 	26 No Programs Office Closed 	27 No MOW Office Closed	28		
29	30 MOW 7:00pm- Cards (M)	31 No Programs  New Years Eve	<div style="border: 2px solid black; padding: 10px; display: inline-block;"> All Exercise Classes cancelled for 2 weeks. Classes to Resume on Monday January 6th </div>					