

Caregiver Information Event & Open House—Mitchell



Thursday, February 6, 2020

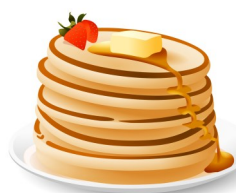
4:00-5:00pm **Open House**—meet local healthcare provider staff, talk to caregiver experts and pick up resources and tools

5:00-6:00pm **Presentation**—learn about caregiving, why it's so important to the healthcare system and what's available to help caregivers

6:00-7:00pm **Open House**—meet local health care provider staff, talk to caregiver experts and pick up resources and tools

Location:

West Perth Community Centre, 185 Wellington St.
Mitchell, ON N0K 1N0



Pancake Tuesday

Join us in the Ritz Villa Main Dining room for a pancake brunch.

Cost: \$10.00

RSVP by Fri. February 21st



**Office will be Closed Monday
February 17th**



To book transportation please call Easy Ride at
519-272-9875

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.

FEBRUARY 2020



Program descriptions:

Bingo: Tues. February 4th 10:00am

Euchrama: Thurs. February 6th 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$8.00

Pie Social: Mon. February 10th 2:30pm Cost: \$3.00, RSVP by Fri. February 7th.

Sing-a-long: Wed. February 12th 2:30pm

Manor/TRP Dinner: Thurs. February 13th 12:00pm Join us for lunch catered by the Ritz Villa. Cost: \$12.00, RSVP by Fri, February 7th.

Breakfast Crew: Tues. February 18th 9:00am Join us in the Ritz Main Dining Room. Cost: \$9.00, RSVP by Fri. February 14th.

Dining for Seniors: Thurs. February 20th 11:30am Join us for lunch catered by Maribeth Nevin, and entertainment by Randy Satchell. Cost: \$12.00, RSVP by Fri. February 14th.

Pancake Tuesday: Tues. February 25th 11:00am Join us for a pancake brunch at the Ritz Villa Main Dining Room. Cost: \$10.00, RSVP by Fri. February 21st.

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: Why are hearing test important, Danielle Bromley.*

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

Foot Care Clinics: by appointment only! February 11th & 12th. **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.

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	3 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	4 9:30am - Group Exercise (UT) 10:00am- Bingo (M) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	5 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	6 9:30am - Group Exercise (UT) 10:00am- Euchrama (CC) 1:30pm - Active Wellness (M)	7 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #10 2:00pm - Wii Bowling (M) <i>*RSVP to Pie Social & Manor/TRP Dinner</i>	8
9	10 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)	11 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)	12 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)	13 9:00am-12:00pm - BP clinic (FC) 9:30am - Group Exercise (UT) 12:00pm- Manor/TRP Dinner (M) 1:30pm - Active Wellness (M)	14 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #1 2:00pm - Wii Bowling (M) <i>*RSVP to Breakfast Crew, & Dining for Seniors</i> 	15
16	17 No MOW  Family Day—Office Closed	18 9:00am - Breakfast Crew (RV) 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 5:00pm—Group Exercise (GL)	19 MOW 9:30am - Group Exercise (UT) 10:30 - Manor/TRP Coffee Hour (M) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	20 9:30am - Group Exercise (UT) 11:30am - Dining for Seniors (CC) 1:30pm - Active Wellness (M)	21 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #2 2:00pm - Wii Bowling (M) <i>*RSVP to Pancake Tuesday</i>	22
23	24 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	25 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 11:00am- Pancake Tuesday (RV) 1:00pm-4:00pm - BP clinic (M) 5:00pm—Group Exercise (GL)	26 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	27 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M)	28 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #3 2:00pm - Wii Bowling (M)	29