



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. Orders are due on **Tuesday April 21st** and the delivery date is **Tuesday May 5th**. To receive a form, give us a call or come visit our office to pick up your own!

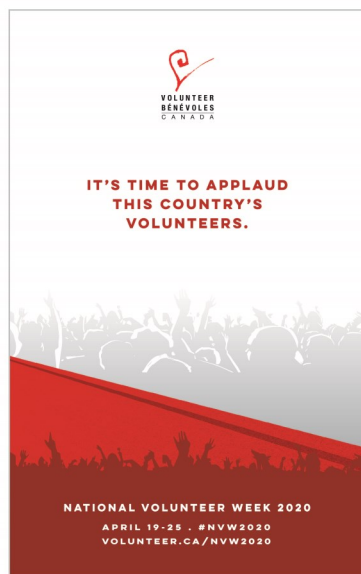
519-348-9765

**NOTICE:** Blood pressure clinic currently held at the Friendship Centre, will now be moving to the Mitchell Community Centre as of April 9th, 2020.



Join us every Tuesday from 9am—11am and every Thursday 1– 3pm at The Mitchell Community Centre for Pickleball. All levels welcome. Starting May 19th, 2020.

\$3.00 Per person



**National Volunteer Week April 19-25, 2020.**

From coast to coast to coast, Canada's volunteers work tirelessly to spur progress in their community, city and country. They give their time in support of causes and programs they believe in and ask for nothing in return. We want to thank all of our volunteers for your help and support with our Outreach programs!

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

**APRIL 2020**



**Program descriptions:**

**Euchreama: Thurs. April 2nd 10am-3pm** Join us for multiple Euchre games and lunch. Cost: \$8.00

**Bingo: Tues. April 7th 10:00am**

**Sing-a-long: Wed. April 8th 2:30pm**

**Manor/TRP Dinner: Thurs. April 9th 12:00pm**  
Join us for lunch catered by the Maribeth Nevin.  
Cost: \$12.00, RSVP by Fri, April 3rd.

**Fish Fry: Tues. April 14th at 12noon.** Come join us for some fish & chips with all of the fixings! Lunch will be held in the Ritz Villa main dining room.  
Cost:\$12.00 RSVP by Thurs. April 9th.

**Dining for Seniors: Thurs. April 16th 11:30am** Join us for lunch catered by Maribeth Nevin and entertainment by Ron Coulthard Cost: \$14.00\*, RSVP by Mon. April 13th. \*new price in effect April 1st.

**Pie Social: Mon. April 20th 2:30pm** Cost: \$3.00, RSVP by Fri. April 17th.

**Breakfast Crew: Tues. April 21st 9:00am** Join us in the Ritz Main Dinning Room. Cost: \$9.00, RSVP by Fri. April 17th.

**Lunch at Crossroads: Tues. April 23rd 10:30am**  
Let's say HELLO to Spring by hopping on the bus and enjoying lunch out! We will be heading to Crossroads in Elmira. **Cost: \$15.00.** Lunch at own cost

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

**Seniors of West Perth Coffee Hour:** Join us for coffee, snacks and discussion/Guest Speaker. **Guest Speaker:** Wendy Yamamoto-Chapman, Bluewater Recycling.  
Cost: FREE, **3rd Wednesday at 10:30am**

**Foot Care Clinics:** by appointment only!  
April 14th & 15th **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? Please join us the second Tuesday of each month from 1:30-3:00pm at the Ritz Manor to learn more.



**Our office will be closed  
Friday, April 10th**

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

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 MOW 9:00am-Farmer's Market (RV) 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	2 9:30am - Group Exercise (UT) 10:00am- Euchreama (CC) <del>1:30pm - Active Wellness (M)</del>	3 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #8 2:00pm - Wii Bowling (M) *RSVP to Manor/TRP Dinner	4
5	6 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	7 9:30am - Group Exercise (UT) 10:00am- Bingo (M) 10:30am-Chair Yoga #5 (CC) 10:00am - Group Exercise (PC) 5:00pm-Group Exercise (GL)	8 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 2:30pm-Sing-a-long (M) 7:00pm - Cards (M)	9 9:00am-12:00pm - BP clinic (CC) 9:30am - Group Exercise (UT) 12:00pm- Manor/TRP Dinner (M) <del>1:30pm - Active Wellness (M)</del> *RSVP to Fish Fry	10 No MOW  Good Friday—OFFICE CLOSED	11
12	13 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M) *RSVP to Dining for Seniors	14 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 10:30am-Chair Yoga #6 (CC) 12:00pm- Fish Fry (RV) 1:30pm—Alzheimer's support (M) 5:00pm—Group Exercise (GL) Foot Care Clinic (by appt.) (M)	15 MOW 9:30am - Group Exercise (UT) 10:30 - Coffee Hour (M) 1:30pm - Active Wellness (M) 7:00pm - Cards (M) Foot Care Clinic (by appt.) (M)	16 9:30am - Group Exercise (UT) 11:30am - Dining for Seniors (CC) 1:30pm - Active Wellness (M)	17 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #9 2:00pm - Wii Bowling (M) *RSVP to Pie Social, Breakfast Crew, & Lunch at Crossroads	18
19	20 MOW 9:30am - Group Exercise (UT) 1:00pm-3:00pm-BP clinic (DC) <del>1:30pm - Active Wellness (M)</del> 2:30pm - Pie Social (M) 7:00pm- Cards (M)	21 9:00am - Breakfast Crew (RV) 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 10:30am-Chair Yoga #7 (CC) 5:00pm—Group Exercise (GL)	22 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	23 9:30am - Group Exercise (UT) 10:30am- Lunch at Crossroads <del>1:30pm - Active Wellness (M)</del>	24 MOW 9:30am - Group Exercise (UT) 10:00am - Aquafit #10 2:00pm - Wii Bowling (M)	25
26	27 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	28 9:30am - Group Exercise (UT) 10:00am - Group Exercise (PC) 10:30am-Chair Yoga #8 (CC) 1:00pm-4:00pm - BP clinic (M) 5:00pm—Group Exercise (GL)	29 MOW 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M) 7:00pm - Cards (M)	30 9:30am - Group Exercise (UT) 1:30pm - Active Wellness (M)		

