

AQUAFIT IS BACK!

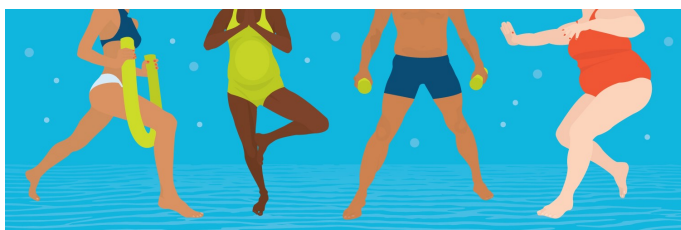
Mondays @ 10:45-11:30AM

Swimming sessions will be 10 weeks long, starting Monday, October 2nd.

Cost: \$170.00

Cost covers transportation & 10 Aquafit Classes at the Pyramid Recreation Centre in St. Mary's.

ONLY 14 SPOTS AVAILABLE PER SESSION!
Call Outreach for more information or to sign up today!



We will have our **Elmira Chicken fundraiser** this month where you will have an opportunity to purchase items such as chicken breasts, chicken wings, burgers and lots more! Orders are due **Tuesday, September 19th** and the delivery date is **Tuesday, October 3rd**. To receive a form, give us a call or come visit our office.

MITCHELL & AREA COMMUNITY OUTREACH MONTHLY COMMUNITY CALENDAR SEPTEMBER 2023



Program descriptions:

Farkle: Tues. September 5th 1:30pm

Euchrama: Thurs. September 7th 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$10.00

Sing-a-long: Wed. Sept. 13th 2:30pm Cost: FREE.

Manor/TRP Dinner: Thurs. September 14th 12:00pm Join us for lunch catered by the West Perth Village Cost: \$14.00, **RSVP by Fri. Sept. 8th**

Brunch n' Bunch: Tues. September 19th 10:30am Join us in the manor lounge. Cost: \$10.00. **RSVP by Fri. September 15th**

Dining for Seniors: Thurs. September 21st A delicious lunch catered by Maribeth Nevin deliveries to your door start at **11:30AM**. Cost: \$14.00, **RSVP by Fri. September 15th**

Pie Social: Mon. September 18th 2:30pm Cost: \$3.00, **RSVP by Fri. September 15th**

Huron Pioneer Threshers: Fri. September 8th from 10am-2pm. Hop on the bus and join us as we head to Blyth. Cost: \$28.00 includes transportation and admission to the event. There will be a food court located on the grounds, lunch is at your own cost. **RSVP by Fri. September 1st**

Donnelly Museum: Thurs. September 28th Join us as we head to the Donnelly Museum in Lucan where we will receive a private tour. We will be stopping for lunch prior to the museum. Cost: \$30.00 includes transportation and admission, lunch at your own cost. **RSVP by Fri. September 22nd**

Seniors Book Chat: Tues. Sept. 26th 11:00AM

Join us for coffee/tea, and bring your latest read.

Yoga: Mondays AND Thursdays 10:00AM

Drop in, beginners to advanced are welcome!

**This class requires the ability to get to and from the floor on your own. Cost: \$10.00/session*

Blood Pressure Clinic: Two locations offered! FREE

WP Public Library: Tues. Sept. 12th (1-3pm) Drop-in.

Manor Lounge: Tues. Sept. 19th (1-3pm) By apt.

Manor/TRP & Seniors of West Perth Coffee Hour:

Join us for coffee, snacks and information. **Guest Speaker: Taylor Kirkton, Horizon ProResp**

Join us to talk to about respiratory conditions and proper breathing equipment. Cost: FREE, **3rd Wednesday at 10:30am**

Foot Care Clinics: Tues. Sept. 5th & Thurs. Sept. 7th; Tues. Sept. 26th & Wed. Sept. 27th
Cost: \$45.00

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. Cost: FREE!

Group Exercise Class: 60 min, Level 3

In-Person and Zoom options offered

Class is designed for those with a moderate to vigorous level of ability.

Cost: FREE (see calendar for dates and exclusions)

Line Dancing: Thursdays starting Sept. 14th 10:30-11:30am First session FREE! Runs for 9-weeks; \$12/session or \$80/8-weeks. Call Outreach to sign-up!

Audiology Clinic: Wed. Sept. 6th 8:30am-4:30pm

Ritz Manor Lounge, Cost: FREE! By appointment only, call Outreach to sign-up!



Pottery Painting Trip!

Friday, September 22nd 9:00am-1:30pm

Join us for pottery painting at Knight & Clay in Stratford followed by lunch.

Cost: \$12 for transportation, lunch and painting at own expense.

Upcoming Play Trip:



Evita at the **Hamilton Family Theatre Cambridge** — Tuesday, October 24th @ 2pm, lunch prior to show.

Cost: \$95.00 **includes show and transportation.

RSVP by Friday, October 6th



Our office will be closed
Monday, September 4th



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.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Codes:

Z- Zoom Video
UT - Upper Thames Missionary Church
M - Manor Lounge

D*- Delivery
WPV - West Perth Village
CC - Community Centre

L - West Perth Library
LW4L—LiveWell4Life

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.
\$10.00/meal (includes meat, potato/rice, two vegetable servings, beverage and dessert)
Frozen entrées, soups & desserts are also available as an alternative. (contact for pricing)

<div>West Perth Transit: Monday - Friday 9 AM - 5 PM \$4.50/way in Mitchell, \$10.00/way in West Perth. Special pricing applies for trips booked out of regular service hours. \$0.85/km for transportation within Perth/Huron County. \$0.70/km for transportation outside of Perth/Huron County. To book transportation call Easy Ride at 519-272-9875</div>						1 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>RSVP to Thresher’s Bus Outing</i>	2
3	4 NO MOW  <i>Office Closed</i>	5 9:30am- Group Exercise (UT) (Z) 1:30pm- Farkle (M) Foot Care Clinic (by appt.) (M)	6 MOW 8:30-4:30-Audiology Clinic (by apt.) (M) 9:30am- Group Exercise (UT) (Z) 10:00-12:00-Farmer’s Market (WPV) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)	7 10:00am—Yoga (LW4L) 10:00am- Euchrama (CC) 1:30pm- Active Wellness (M) Foot Care Clinic (by appt.) (M)	8 MOW 9:30am- Group Exercise (UT) (Z) 10:00am-Thresher’s in Blyth 2:00pm - Wii Games (M) <i>*RSVP to Manor/TRP Dinner</i>	9	
10	11 MOW 9:30am- Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	12 9:30am - Group Exercise (UT) (Z) 1:00-3:00pm- BP Clinic (drop-in) (L)	13 MOW 9:30am - Group Exercise (UT) (Z) 2:30pm—Sing-a-long (M) 1:30pm— Active Wellness (M) 7:00pm- Cards (M)	14 10:00am—Yoga (LW4L) 10:30am-Line Dancing (CC) 12:00pm - Manor/TRP Dinner (M) 1:30pm- Active Wellness (M)	15 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Pie Social, Brunch & Bunch, Dining for Seniors, & Pottery Painting</i>	16	
17	18 MOW 9:30am- Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 2:30pm - Pie Social (M) 7:00pm- Cards (M)	19 9:30am - Group Exercise (UT) (Z) 10:30am-Brunch n’ Bunch (M) 1:00-3:00pm- BP Clinic (by apt.) (M) <i>*Elmira Chicken Order Deadline</i>	20 MOW 9:30am - Group Exercise (UT) (Z) 10:30 -Manor/TRP Coffee Hour (M) 1:30pm— Active Wellness (M) 7:00pm- Cards (M)	21 10:00am—Yoga (LW4L) 10:30am-Line Dancing (CC) 11:30am - Dining for Seniors (D*) 1:30pm- Active Wellness (M)	22 MOW 9:00am-Pottery Painting 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Donnelly Museum</i>	23	
24	25 MOW 9:30am- Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	26 9:30am - Group Exercise (UT) (Z) 11:00am - Seniors Book Chat (M) Foot Care Clinic (by appt.) (M)	27 MOW 9:30am - Group Exercise (UT) (Z) 1:30pm— Active Wellness (M) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M)	28 10:00am—Yoga (LW4L) 10:30am-Line Dancing (CC) 10:30am– Trip to the Donnelly Museum 1:30pm- Active Wellness (M)	29 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)	30	