

Thursday, August 22nd—Priscilla

Based on the Academy Award®-winning film, this sparkling stage adaptation follows three dazzling drag queens – Mitzi, Felicia, and Bernadette – as they set out on a hilarious adventure across the Australian outback in a battered old bus (nicknamed Priscilla) to put on a show in a remote resort town. Shake your groove thing to classic disco hits including “It’s Raining Men,” “I Will Survive,” “Hot Stuff,” “I Say A Little Prayer,” “Finally,” and many more! Join us as we travel to the Huron County Playhouse to enjoy a performance of Priscilla! We will be departing from Mitchell at 10:00am and plan to go out for lunch before the show!

Cost: \$90.00 (includes transportation and ticket, lunch at own cost)

Please RSVP by Aug 9th– spaces limited!



Annual BBQ : Thursday, August 29th @ 5PM

We will be serving hot dogs, hamburgers, salads and dessert! Entertainment to follow. The event will be outside [weather permitting]. In the event of rain, it will be hosted in the Ritz Manor Lounge. Please call Outreach to sign-up!

Cost: \$14.00 RSVP by August 23rd



The Outreach office will be closed Monday, July 1st!

Krispy Kreme Fundraiser

Cost: \$12.00/dozen

Orders due: Tuesday, July 16th

Delivery Date: Tuesday, July 23rd.

Pick-up between 1pm-4pm at the Outreach office.



4118A Road 164, RR 5
Mitchell, ON N0K 1N0

(located in the West Perth Village)

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MITCHELL & AREA COMMUNITY OUTREACH MONTHLY COMMUNITY CALENDAR JULY 2024



Program descriptions:

Farkle: Tues. July 2nd 1:30pm

Euchrama: Thurs. July 4th 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$10.00

Trivia Hour: Mon. July 8th 2:00pm

Brunch n' Bunch: Tues. July 9th 10:30am
Join us in the manor lounge. Cost: \$10.00.
RSVP by Fri. July 5th

Name That Tune: Tues. July 9th 2:00pm

Sing-a-long: Wed. July 10th 2:30pm

Manor/TRP Dinner: Thurs. July 11th 12:00pm
Join us for lunch catered by : The West Perth Village. Cost: \$14.00, **RSVP by Fri. July 5th**

Pie Social: Mon. July 15th 2:30pm Cost: \$3.00, **RSVP by Fri. July 12th**

Play Trip: Tues. July 16th 10:30am We will be heading to Huron County Playhouse to see Jersey Boys. Cost: \$90.00 *includes transportation and play ticket, lunch at own cost. **RSVP by Tues. July 12th**

Dining for Seniors: Thurs. July 18th A delicious lunch catered by Maribeth Nevin and deliveries to your door start at **11:30AM**. Cost: \$14.00, **RSVP by Fri. July 12th**

Blue Jays Game: Thurs. July 25th 10:00am
Cost: \$100. Join us as the Toronto Blue Jays take on the Tampa Bay Rays! *includes transportation and ticket, lunch at your own cost.

Seniors Book Chat: Mon. July 29th 11:00AM
Join us for coffee/tea, as we discuss the latest book you have 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/week

Blood Pressure Clinic: Two locations offered! FREE
WP Public Library: Tues. July 9th (1-3pm) Drop-in!
Manor Lounge: Tues. July 30th (1-3pm) Drop-in!

Manor/TRP & Seniors of West Perth Coffee Hour:
Join us for coffee, snacks and information. **Guest Speaker: Bill Hunter, Fire Chief**
Join us for a presentation from West Perth's Fire Chief to learn more about fire safety and prevention. Cost: FREE, **3rd Wednesday at 10:30am**

Foot Care Clinics: Cost: \$45.00—by appointment only! Tues. July 16th & Wed. July 17th; Fri. July 26th

Active Wellness: 40 min, Level 2.
Class is designed for those with a moderate level of ability. This class is a mix of 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, providing the option to participate at a higher level of intensity.
Cost: FREE (see calendar for dates and exclusions)

Social Dance: Wed. July 31st 1:00-3:00pm
Join us for some dancing and music by **Randy Satchell** at the Community Centre. Light snacks provided. Refreshments at an additional cost. No sign-up required! Cost: \$5.00

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
 WPV - West Perth Village
 D* - Delivery
 CC - Mitchell 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)

	<p>1</p> <p>No MOW</p>  <p>Office Closed</p>	<p>2</p> <p>9:00am-12:00pm– Reflexology (M) 9:30am– Group Exercise (CC) (Z) 1:30pm—Farkle (M)</p>	<p>3</p> <p>MOW</p> <p>9:30am- Group Exercise (UT) (Z) 10:00am—Active Wellness (M) 7:00pm- Cards (M)</p>	<p>4</p> <p>10:00am—Yoga (LW4L) 10:00am- Euchrama (CC) 1:30pm—Active Wellness (M)</p>	<p>5</p> <p>MOW</p> <p>9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)</p> <p>*RSVP to Manor/TRP Dinner & Brunch n’ Bunch</p>	6	
7	<p>8</p> <p>MOW</p> <p>9:30am– Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 1:30pm– Active Wellness (M) 2:00pm—Trivia Hour (M) 7:00pm- Cards (M)</p> <p>**NO EXERCISE CLASSES JULY 8TH-12TH!</p>	<p>9</p> <p>9:30am– Group Exercise (CC) (Z) 10:30am-Brunch n’ Bunch (M) 1:00-3:00pm- BP Clinic (drop-in) (L) 2:00pm– Name That Tune (M)</p> <p>**EXERCISE CLASSES CANCELLED</p>	<p>10</p> <p>MOW</p> <p>9:30am– Group Exercise (CC) (Z) 10:00am– Active Wellness (M) 2:30pm—Sing-a-long (M) 7:00pm- Cards (M)</p> <p>FROM MONDAY JULY 8TH—12TH</p>	<p>11</p> <p>10:00am—Yoga (LW4L) 12:00pm - Manor/TRP Dinner (M) 1:30pm– Active Wellness (M)</p>	<p>12</p> <p>MOW</p> <p>9:30am– Group Exercise (CC) (Z) 2:00pm - Wii Games (M)</p> <p>*RSVP to Pie Social, Play Trip & Dining for Seniors</p>	13	
14	<p>15</p> <p>MOW</p> <p>9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 2:30pm - Pie Social (M) 7:00pm- Cards (M)</p>	<p>16</p> <p>*Krispy Kreme Orders Due 9:30am– Group Exercise (CC) (Z) 10:30am—Play Trip (Grand Bend)</p> <p>Foot Care Clinic (by appt.) (M)</p>	<p>17</p> <p>MOW</p> <p>9:30am - Group Exercise (UT) (Z) 10:30 - Manor/TRP Coffee Hour (M) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)</p> <p>Foot Care Clinic (by appt.) (M)</p>	<p>18</p> <p>9:00am-12:00pm– Reflexology (M) 10:00am—Yoga (LW4L) 11:30am - Dining for Seniors (D*) 1:30pm - Active Wellness (M)</p>	<p>19</p> <p>MOW</p> <p>9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)</p> <p>*RSVP to Blue Jays Game</p>	20	
21	<p>22</p> <p>MOW</p> <p>9:30am - Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)</p>	<p>23</p> <p>*Krispy Kreme Delivery 9:30am– Group Exercise (CC) (Z)</p>	<p>24</p> <p>MOW</p> <p>9:30am - Group Exercise (UT) (Z) 10:00am—Active Wellness (M) 7:00pm- Cards (M)</p>	<p>25</p> <p>10:00am—Yoga (LW4L) 10:00am—Blue Jays Game Trip 1:30pm– Active Wellness (M)</p>	<p>26</p> <p>MOW</p> <p>9:30am– Group Exercise (UT) (Z) 2:00pm - Wii Games (M)</p> <p>Foot Care Clinic (by appt.) (M)</p>	27	
28	<p>29</p> <p>MOW</p> <p>9:30am - Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 11:00am - Seniors Book Chat (M) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)</p>	<p>30</p> <p>9:30am– Group Exercise (CC) (Z) 10:30am– Yahtzee (M) 1:00-3:00pm- BP Clinic (drop-in) (M)</p>	<p>31</p> <p>MOW</p> <p>9:30am - Group Exercise (UT) (Z) 10:00am—Active Wellness (M) 1:00pm - Social Dance (CC) 7:00pm- Cards (M)</p>				