



We will have our Elmira Chicken fundraiser this month where you will have an opportunity to purchase items such as chicken breast, chicken wings, burgers and many more. Orders are due **Friday, August 9th** and the delivery date is **Tuesday, August 27th**. To receive a form, give us a call or come visit our office. 519-348-9765



Upcoming Play Trip:
Priscilla

Where: Huron County Playhouse, Grand Bend

When: Thursday, August 22nd

Cost: \$90.00

Call the Outreach office to book your seat. RSVP by August 16th



The Outreach office will be closed Monday, August 5th!



GATEWAY CASINOS
CLINTON

Cha-Ching!

Join us on **September 10th** as we travel to Gateway Casinos in Clinton. We will be having lunch as a group, and then trying our luck at the slots afterwards! We will be departing Mitchell at 11am with a return time of 3pm.

Cost: \$20 (includes transportation cost, lunch at your own expense).

Nordic Walking

4-Week Beginner Program

Starts Tuesday, August 6th

Meet @ Ritz Manor 9:30am

Poles provided,

Bring water and proper footwear.

Registration required, call Outreach to sign-up!



Happening in August:

FREE Audiology Clinic!

Thursday, August 1st 2024 from 8:30AM-4:30PM at the Ritz Manor Lounge.

By appointment, only!

Call Outreach at 519-348-9765 to book.



4118A Road 164, RR 5

Mitchell, ON N0K 1N0

(located in the West Perth Village)

Phone: 519-348-9765

Fax: 519-348-4420

maco@ritzlutheranvilla.com



MITCHELL & AREA COMMUNITY OUTREACH
MONTHLY COMMUNITY CALENDAR
AUGUST 2024



Program descriptions:

Euchrama: Thurs. August 1st 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$10.00

Grand River Cruise: Tues. August 6th 9:00am

Trivia Hour: Wed. August 7th 2:00pm

Manor/TRP Dinner: Thurs. August 8th 12:00pm

Join us for lunch catered by : Maribeth Nevin
Cost: \$14.00, **RSVP by Fri. August 2nd**

Name That Tune: Mon. August 12th

Brunch n' Bunch: Tues. August 13th

Sing-a-long: Wed. August 14th 2:30pm

Dining for Seniors: Thurs. August 15th A delicious lunch catered by The New Monkton Diner and deliveries to your door start at **11:30AM**. Cost: \$14.00.
RSVP by Fri. August 9th

Play Trip: Thurs. August 22 10:30am We will be heading to Huron County Playhouse to see Priscilla. Cost: \$90.00 *includes transportation and play ticket, lunch at own cost. **RSVP by Fri. August 16**

Pie Social: Mon. August 26th 2:30pm Cost: \$3.00.
RSVP by Fri. August 23rd

Annual Outreach BBQ: Thurs. Aug. 29th 5:00pm
Join us at the back of the Ritz Manor for hot dogs, burgers and salads. Music to follow by Randy Satchell. Cost: \$12.00, **RSVP by: Fri. August 23**

Elmira Chicken Fundraiser Orders Due: Fri. Aug. 9th
Delivery: Tues. Aug. 27th

Seniors Book Chat: Mon. August 26th 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. Aug. 13th (1-3pm) Drop-in!
Manor Lounge: Tues. Aug. 27th (1-3pm) Drop-in!

Manor/TRP & Seniors of West Perth Coffee Hour:
Join us for coffee, snacks and information. **Guest Speaker: Victoria Zimmer, Diabetes Health Educator** Join us for a presentation to learn more about diabetes health education. Cost: FREE, **3rd Wednesday at 10:30am**

Foot Care Clinics: Cost: \$45.00—by appointment only! **Tues. Aug. 6th & Wed. Aug. 7th; Tues. Aug. 27th & Wed. Aug. 28th**

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, with the option to participate at a higher level of intensity. Cost: FREE

Social Dance: Wed. August 28th 1:00-3:00pm
Join us for some dancing and music by **The Country Versatiles** at the Community Centre. Light snacks provided. No sign-up required! Cost: \$5.00

Audiology Clinic: Thurs. August 1st 8:30am-4:30pm
Call Outreach to sign-up. FREE!

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

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|----------|
| 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. <i>\$10.00/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 8:30am-4:30pm: Audiology Clinic (M) 10:00am—Yoga (LW4L) 10:00am- Euchrama (CC) 1:30pm— Active Wellness (M) | 2 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Manor/TRP Dinner</i> | 3 |
| 4 | 5 NO MOW  Office Closed | 6 9:30am—Group Exercise (CC) (Z) 9:00am—Grand River Dinner Cruise 9:30am—Nordic Walking (M) 1:30pm-Farkle (M) Foot Care Clinic (by appt.) (M) | 7 MOW 9:30am- Group Exercise (CC) (Z) 10:00am- Active Wellness (M) 2:00pm— Trivia Hour (M) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M) | 8 10:00am—Yoga (LW4L) 12:00pm - Manor/TRP Dinner (M) 1:30pm— Active Wellness (M) | 9 MOW <i>*Elmira Chicken Orders Due</i> 9:00am-12:00pm— Reflexology (M) 9:30am- Group Exercise (CC) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Dining for Seniors, Brunch & Bunch, Movie Night</i> | 10 |
| 11 | 12 MOW 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 2:30pm—Name That Tune (M) 7:00pm- Cards (M) | 13 9:30am—Group Exercise (CC) (Z) 9:30am-Nordic Walking (M) 10:30am-Brunch n’ Bunch (M) 1:00-3:00pm- BP Clinic (drop-in) (L) | 14 MOW 9:30am - Group Exercise (UT) (Z) 10:00am— Active Wellness (M) 2:30pm—Sing-a-long (M) 7:00pm- Cards (M) | 15 10:00am—Yoga (LW4L) 11:30am - Dining for Seniors (D*) 1:30pm - Active Wellness (M) | 16 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) 7:00pm - Movie Night (M) <i>*RSVP to Play Trip</i> | 17 |
| 18 | 19 MOW 9:30am - Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 1:30pm- Active Wellness (M) 7:00pm—Cards (M) | 20 9:00am-12:00pm— Reflexology (M) 9:30am—Nordic Walking (M) 9:30am—Group Exercise (CC) (Z) | 21 MOW 9:30am - Group Exercise (UT) (Z) 10:30- Manor/TRP Coffee Hour (M) 1:30pm- Active Wellness (M) 7:00pm- Cards (M) | 22 10:00am—Yoga (LW4L) 10:30am—Play Trip (Grand Bend) 1:30pm - Active Wellness (M) | 23 MOW 9:30am—Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Outreach BBQ & Pie Social</i> | 24 |
| 25 | 26 MOW 9:30am - Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 11:00am - Seniors Book Chat (M) 1:30pm- Active Wellness (M) 2:30pm—Pie Social (M) 7:00pm- Cards (M) | 27 *Elmira Chicken Delivery 9:30am—Group Exercise (CC) (Z) 9:30am—Nordic Walking (M) 1:00-3:00pm- BP Clinic (drop-in) (M) Foot Care Clinic (by appt.) (M) | 28 MOW 9:30am - Group Exercise (UT) (Z) 10:00am— Active Wellness (M) 1:00pm - Social Dance (CC) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M) | 29 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 5:00pm—Outreach BBQ (M) | 30 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) | 31 |