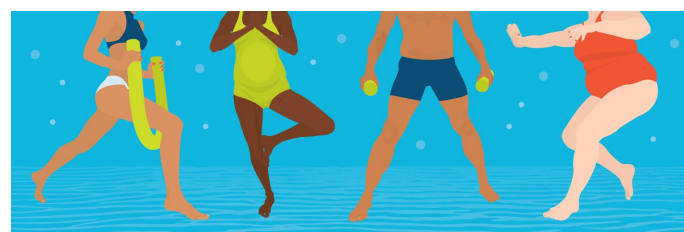




The Outreach office will be closed Monday, October 14th!

AQUAFIT IS BACK!



Wednesdays @ 10:45-11:30AM

Swimming sessions will be 10 weeks long, starting Wednesday, October 16th. Pick-ups starting @ 9:30AM.

Cost: \$180.00

Cost covers transportation & 10 Aquafit Classes at Spruce Lodge in Stratford.

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



Cambridge Butterfly Conservatory

Join us as we travel to the Cambridge Butterfly Conservatory on **Tuesday, November 26th**. We will be having lunch at the Chrysalis Café located inside the conservatory. Bus will be leaving at 10AM.

Cost: \$40.00 (includes admission and transportation, lunch at your own expense).

Line Dancing!

Thursdays @10:30AM starting October 24th at the West Perth Community Centre. Runs for 6-weeks (*must sign-up) Cost: \$12/session or \$60/6-weeks



Call Outreach to sign-up!



Casino Trip!

Join us on **Tuesday, November 5th** as we travel to Playtime Casino in Hanover! We will be enjoying lunch at MATCH Eatery located inside the casino, and playing the slots afterwards! Bus will be leaving at 10AM and returning at 3pm.

Cost: \$30.00 (includes transportation, lunch at your own expense).



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



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

MITCHELL & AREA COMMUNITY OUTREACH MONTHLY COMMUNITY CALENDAR OCTOBER 2024



Program descriptions:

Farkle: Tues. October 1st 1:30pm

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

Trivia Hour: Mon. October 7th 2:30pm

Brunch n' Bunch: Tues. October 8th 10:30am Cost: \$10.00. RSVP by Fri. Oct 4th

Sing-a-long: Wed. October 9th 2:30pm

Manor/TRP Dinner: Thurs. October 10th 12:00pm Join us for lunch catered by Maribeth Nevin Cost: \$14.00. RSVP by: Fri. Oct 4th

Fall Colours Tour: Tues. October 15th 1:00pm Cost: \$15.00 RSVP by: Fri. Oct 11th

Dining for Seniors: Thurs. October 17th A delicious lunch catered by Maribeth Nevin and deliveries to your door start at 11:30AM. Cost: \$14.00. RSVP by Fri. October 11th

Pie Social: Mon. October 21st 2:30pm Cost: \$3.00. RSVP by Fri. Oct 18th

Yahtzee: Tues. October 22nd 10:00am

Name That Tune: Tues. October 22nd 2:00pm

Snyder's Family Farm: Thurs. October 24th 10:00am Cost: \$40.00 RSVP by: Fri. October 18th

Seniors Book Chat: Mon. Oct. 28th 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. Oct. 8th (1-3pm) Drop-in!

Manor Lounge: Tues. Oct. 29th (1-3pm) By appt.!

Manor/TRP & Seniors of West Perth Coffee Hour: Guest Speaker: Vanessa DeGroot, Kind-HeARTed Art Studio. Join us for a presentation to learn more about the benefits of Art Therapy. Cost: FREE, 3rd Wednesday at 10:30am

Foot Care Clinics: Cost: \$45.00—by appointment only! Tues. Oct. 8th & Wed. Oct. 9th; Fri. Oct. 18th, Tues. Oct. 29th & Wed. Oct. 30th

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. Oct. 30th 1:00-3:00pm

Join us for some dancing and music by Randy Satchell at the Community Centre. Cost: \$5.00

Reflexology: Cost \$40.00—by appointment only! Tues. Oct. 1st & Thurs. Oct. 17th

Audiology Clinic: Thursday, October 3rd @ 8:30AM-4:00pm. By appointment, call Outreach to book. Cost: FREE

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 L - West Perth Library D* - Delivery LW4L—LiveWell4Life CC - Mitchell 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>\$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 9:00am-12:00pm— Reflexology (M) 9:30am- Group Exercise (CC) (Z) 1:30pm-Farkle (M)	2 MOW 9:30am- Group Exercise (UT) (Z) 10:00am- Active Wellness (M) 7:00pm- Cards (M)	3 8:30-4:00pm-Audiology Clinic (M) 9:30am- Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 10:00am- Euchrama (CC) 1:30pm— Active Wellness (M)	4 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Manor/TRP Dinner & Brunch n’ Bunch</i>	5	
6	7 MOW 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 2:30pm—Trivia Hour (M) 7:00pm- Cards (M)	8 9:30am- Group Exercise (CC) (Z) 10:30am-Brunch n’ Bunch (M) 1:00-3:00pm- BP Clinic (drop-in) (L) Foot Care Clinic (by appt.) (M)	9 MOW 9:30am- Group Exercise (UT) (Z) 10:00am- Active Wellness (M) 2:30pm—Sing-a-long (M) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M)	10 9:30am- Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 12:00pm - Manor/TRP Dinner (M) 1:30pm— Active Wellness (M)	11 MOW 9:30am- Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Dining for Seniors & Fall Colours Tour</i>	12	
13	14 NO MOW  Office Closed	15 9:30am- Group Exercise (CC) (Z) 1:00pm-Fall Colours Tour	16 MOW 9:30am— Aquafit 9:30am - Group Exercise (UT) (Z) 10:30- Manor/TRP Coffee Hour (M) 1:30pm – Active Wellness (M) 7:00pm- Cards (M)	17 9:00am-12:00pm— Reflexology (M) 9:30am- Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 11:30am - Dining for Seniors (D*) 1:30pm - Active Wellness (M)	18 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) Foot Care Clinic (by appt.) (M) <i>*RSVP to Pie Social & Snyder’s Farm</i>	19	
20	21 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)	22 9:30am- Group Exercise (CC) (Z) 10:00am— Yahtzee (M) 2:00pm—Name That Tune (M)	23 MOW 9:30am— Aquafit 9:30am - Group Exercise (UT) (Z) 10:00am- Active Wellness (M) 7:00pm- Cards (M)	24 9:30am- Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 10:00am-Snyder’s Family Farm 10:30am—Line Dancing (CC) 1:30pm - Active Wellness (M)	25 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)	26	
27	28 MOW 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)	29 9:30am- Group Exercise (CC) (Z) 1:00-3:00pm- BP Clinic (by appt.) (M) Foot Care Clinic (by appt.) (M)	30 MOW 9:30am— Aquafit 9:30am - Group Exercise (UT) (Z) 10:00am- Active Wellness (M) 1:00-3:00pm— Social Dance (CC) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M)	31 9:30am- Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 10:30am—Line Dancing (CC) 1:30pm - Active Wellness (M)		31	