



Exercise cancellations due to SNOW DAYS



Class cancellations for Group Exercise at UTMC and the Community Centre will be made on a class to class basis. You will be notified via email if class is cancelled.

Mint Smoothie Fundraiser!

Our **Rheo Thompson Mint Smoothie Fundraiser** is back for another year.

Sold at our office or from a variety of businesses in Mitchell!
\$3.00 each or 2 for \$5.00

When the snow flies, let **West Perth Transit** drive!

Friendly and accessible service for all your transportation needs.

To book, call **easyride** at (519) 272-9875



Audiology Clinic

Thursday, December 5th @ 8AM-4PM

FREE!

Ritz Manor Lounge

Call Outreach to book your appointment!

Offered in partnership with HearingLife!



The Outreach Office will be closed December 25th, 26th & 27th & January 1st!



Upcoming Play Trip:

Merry & Bright

Where: Hildebrand Schoolhouse Theatre

When: Tuesday, December 17th

Cost: \$100.00

Call the Outreach office to book your seat.



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 DECEMBER 2024



Program Descriptions:

Trivia Hour: Mon. December 2nd 2:30pm

Starbright Play Trip: Tues. December 3rd 9:30am
Cost: \$100

Farkle: Tues. December 3rd 1:30pm

Euchrama: Thurs. December 5th 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$10.00

Brunch n' Bunch: Tues. December 10th 10:30am
Cost: \$10.00. RSVP by Fri. December 6th

Christmas Sing-a-long: Wed. December 11th 2:30pm

Christmas Manor/TRP Dinner: Thurs. December 12th 5:00pm Join us for a turkey dinner catered by Maribeth Nevin followed by entertainment. Cost: \$20.00. RSVP by: Fri. December 6th

Pie Social: Mon. December 16th 2:30pm Cost: \$3.00. RSVP by Fri. December 13th

Merry & Bright Play Trip: Tues. December 17th 10:00am Cost: \$100

Dining for Seniors: Thurs. December 19th A delicious lunch catered by Maribeth Nevin and deliveries to your door start at 11:30AM. Cost: \$14.00. RSVP by Fri. December 13th

Name That Tune: Thurs. December 19th 2:30pm

Christmas Movie Matinee: Fri. December 20th 1:30pm. Cost: Free. RSVP by Fri. December 13th

Yahtzee: Tues. December 24th 10:00am

Social Dance: Wed. Dec. 18th 1:00-3:00pm

Join us for some dancing and music by **Bob Lauze** at the Community Centre. ****DATE CHANGE**

Seniors Book Chat: Mon. Dec. 16th 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/class

Blood Pressure Clinic: Two locations offered! FREE

WP Public Library: Tues. Dec. 10th (1-3pm) Drop-in!

Manor Lounge: Tues. Dec. 31st (9-11am) By appt.!

Manor/TRP & Seniors of West Perth Coffee Hour:

Guest Speaker: Brenda Daykin, Heal to Toe Foot Therapy. Cost: FREE, **3rd Wednesday at 10:30am**

Foot Care Clinics: Cost: \$45.00—by appointment only! Tues. Dec. 10th & Wed. Dec. 11th; Fri. Dec. 31st & Thurs. Jan. 2nd

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. Cost: FREE

Reflexology: Cost \$40.00—by appointment only! Tues. Dec. 3rd & Thurs. Dec. 19th

Audiology Clinic: Thurs. December 5th FREE!

Call Outreach to book an appointment!

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. \$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)			
1	2 MOW 8:00-11:00am—Pickleball (CC) 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 2:30pm—Trivia Hour (M) 6:30pm - Knox Presbyterian Church Choir (M) 7:00pm- Cards (M)	3 9:00am-12:00pm— Reflexology (M) 9:30am- Group Exercise (CC) (Z) 9:30am—Starbright Play Trip 1:30pm-Farkle (M) 6:00-8:00pm—Pickleball (CC)	4 MOW 8:00am-12:00pm—Pickleball (CC) 9:30am— Aquafit #8 9:30am- Group Exercise (UT) (Z) 10:00am- Active Wellness (M) 7:00pm- Cards (M)	5 8:00am-4:00pm— Audiology Clinic (M) 9:30am- Group Exercise (UT) (Z) 10:00am- Euchrama (CC) 10:00am—Yoga (LW4L) 1:30pm—Active Wellness (M) 6:00-8:00pm—Pickleball (CC)	6 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Manor/TRP Christmas Dinner & Brunch n' Bunch</i>	7
8	9 MOW 8:00-11:00am—Pickleball (CC) 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	10 9:30am- Group Exercise (CC) (Z) 10:30am-Brunch n' Bunch (M) 1:00-3:00pm- BP Clinic (drop-in) (L) 6:00-8:00pm—Pickleball (CC) Foot Care Clinic (by appt.) (M)	11 MOW 8:00-11:00am—Pickleball (CC) 9:30am— Aquafit #9 9:30am- Group Exercise (UT) (Z) 10:00am- Active Wellness (M) 2:30pm—Christmas Sing-a-Long (M) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M)	12 *Huron Ridge Order Pick-Up 9:30am- Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm— Active Wellness (M) 5:00pm - Christmas Manor/TRP Dinner (M) 6:00-8:00pm—Pickleball (CC)	13 MOW 9:30am- Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Pie Social, Christmas Movie Matinee & Dining for Seniors</i>	14
15	16 MOW 8:00-11:00am—Pickleball (CC) 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)	17 9:30am- Group Exercise (CC) (Z) 10:00am— Merry & Bright Play Trip 6:00-8:00pm—Pickleball (CC)	18 MOW 8:00-11:00am—Pickleball (CC) 9:30am— Aquafit #10 9:30am - Group Exercise (UT) (Z) 10:30- Manor/TRP Coffee Hour (M) 1:00-3:00pm— Social Dance (CC) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)	19 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) 2:30pm—Name That Tune (M) Christmas Edition 6:00-8:00pm—Pickleball (CC)	20 MOW 9:30am - Group Exercise (UT) (Z) 1:30pm- Christmas Movie Matinee (M) 2:00pm—Wii Games (M)	21
22	23 MOW 8:00-11:00am—Pickleball (CC) 9:30am—Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 1:30pm—Active Wellness (M) 7:00pm—Cards (M)	24 9:30am—Group Exercise (UT) (Z) 10:00am— Yahtzee (M) 6:00-8:00pm—Pickleball (CC)	25 NO MOW 	26 	27 NO MOW 	28
29	30 MOW 8:00-11:00am—Pickleball (CC) 9:30am—Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 1:30pm—Active Wellness (M) 7:00pm- Cards (M)	31 9:30am—Group Exercise (UT) (Z) 9:00-11:00am- BP Clinic (by appt.) (M) 6:00-8:00pm—Pickleball (CC) Foot Care Clinic (by appt.) (M)	<div style="border: 2px solid brown; padding: 10px; display: inline-block;"> All Exercise Classes are cancelled from Dec. 23rd-Jan. 3rd. Classes will resume Monday, January 6th. </div>			