

Matinee Movie at the Manor!

Join us in the manor lounge on Tuesday, August 22nd for an afternoon movie. We will be watching *Holiday in the Wild*. The movie will start at 2:00pm.



Civic Holiday
Our office will be closed
Monday, August 1st



Mitchell Outreach is hosting a Krispy Kreme Fundraiser!

Cost: \$10.00/dozen

Orders due: Friday, August 12th

Delivery Date: Wednesday, August 17th

Proceeds from each dozen sold will come back to Outreach to help support our programs. We appreciate your support!

Play Trip: August 25th, 2022

Huron Country Playhouse

We are travelling to Grand Bend to see *The Sound of Music*. We will be stopping for lunch prior to the play. Lunch is at your own cost.

Cost: \$90.00



Tuesday, August 16th at 11:00AM

Join us for a hike of the **West Perth Thames Nature Trail!** We will be meeting at the gardens by the Manor Apartments and entering the trail from Pond St. Enjoy what Mitchell has to offer with a relaxing walk around the river.

Library on Location: August 10th at 6pm

We welcome both seniors and youth to join the library and Outreach staff 'on location' at the Ritz Lutheran Villa, for story times and themed activities!



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.

MITCHELL & AREA COMMUNITY OUTREACH MONTHLY COMMUNITY CALENDAR AUGUST 2022



Program descriptions:

Farkle: Tues. August 2nd 1:30pm

Euchreama: Thurs. August 4th 10am—CANCELLED

Sing-a-long: Wed. August 10th 2:00pm Cost: FREE.
(*Time Change: Active Wellness will start at 1pm this day only)

Manor/TRP Dinner: Thurs. August 11th A delicious lunch catered by Maribeth Nevin and deliveries to your door start at 11:30AM. Cost: \$14.00 **RSVP by Fri. August 5th**

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

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

Matinee Movie at the Manor: Tues. August 23rd **RSVP by Fri. August 19th**

Play Trip: Thurs. August 25th **RSVP by Fri. August 12th**

Lunch at Park House: Tues. August 30th 10:00am We will be heading to Park House in Goderich for lunch, and a tour down by the beach. **Cost: \$20.00.** Lunch at own cost. **RSVP by Fri. August 26th**

Grand River Boat Cruise: Thurs. September 1st 8:00am **RSVP by Mon. August 15th** Cost: \$110.00 includes transportation, lunch and boat cruise.

Blood Pressure Clinic: Mon. August 22nd (9-11am)
Tues. August 30th (1-3pm)

Blood pressure clinic at the Manor Lounge, by appointment only! Call Outreach to make an appt. Cost: FREE

Foot Care Clinics: Cost: \$30.00—by appointment only! August 2nd & 3rd, and August 23rd & 24th

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. This gentle version of our Group Exercise class is great for individuals with limited mobility/recovering from injury. Cost: FREE (see calendar for dates and exclusions)



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)

Seniors Book Chat: Tues. August 23rd 11:00AM-12:00PM Join us for coffee/tea, as we discuss the latest book you have read.

Hike: Tues. August 16th at 11:00AM
Join us for a hike of the West Perth Thames Trail. We will meet by the gardens at the manor and enter the trail from Pond St.

NEW: Mindful Mondays: Starting on August 8th and will continue every Monday at 3:30PM
Drop in program, where you can learn and practice your skills at relieving stress.

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 D*- Delivery RV - Ritz Lutheran Villa CC - Community Centre L - West Perth Library			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>\$9.00/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 No MOW Civic Holiday 	2 9:30am - Group Exercise (UT) (Z) 1:30pm- Farkle (M) Foot Care Clinic (by appt.) (M)	3 MOW 9:30am - Group Exercise (UT) (Z) 1:30pm- Active Wellness (M) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M)	4 10:00am- Euchreama (CC) 1:30pm - Active Wellness (M)	5 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Manor/TRP Dinner</i>	6
7	8 MOW 1:30pm - Active Wellness (M) 3:30pm - Mindful Mondays (M) 7:00pm- Cards (M)	9 9:30am - Group Exercise (UT) (Z)	10 MOW 9:30am - Group Exercise (UT) (Z) 1:00pm- Active Wellness (M) 2:00pm- Sing-a-long (M) 6:00pm- Library on Location (RV) 7:00pm- Cards (M)	11 11:30am - Manor/TRP Dinner (D*) 1:30pm- Active Wellness (M)	12 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Pie Social, Dining for Seniors & Play Trip</i>	13
14	15 MOW 1:30pm - Active Wellness (M) 2:30pm - Pie Social (M) 3:30pm - Mindful Mondays (M) 7:00pm- Cards (M) <i>*RSVP for Grand River Boat Cruise</i>	16 9:30am - Group Exercise (UT) (Z) 11:00am - Hike (<i>West Perth Thames Trail</i>)	17 MOW 9:30am - Group Exercise (UT) (Z) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)	18 11:30am - Dining for Seniors (D*) 1:30pm - Active Wellness (M)	19 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Matinee Movie</i>	20
21	22 MOW 9:00-11:00am- BP Clinic (by appt.) (M) 1:30pm - Active Wellness (M) 3:30pm - Mindful Mondays (M) 7:00pm- Cards (M)	23 9:30am - Group Exercise (UT) (Z) 11:00am -Seniors Book Chat (M) 2:00pm-Matinee Movie (M) Foot Care Clinic (by appt.) (M)	24 MOW 9:30am - Group Exercise (UT) (Z) 1:30pm- Active Wellness (M) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M)	25 10:00am-Play Trip-The Sound of Music 1:30pm - Active Wellness (M)	26 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Lunch @ Park House</i>	27
28	29 MOW 1:30pm - Active Wellness (M) 3:30pm - Mindful Mondays (M) 7:00pm- Cards (M)	30 9:30am - Group Exercise (UT) (Z) 10:00am-Lunch @ Park House 1:00-3:00pm- BP Clinic (by appt.) (M)	31 MOW 9:30am - Group Exercise (UT) (Z) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)	 To book transportation please call Easy Ride at 519-272-9875		