

# Reminder

With the new year upon us, we just want to send out a friendly reminder of our cancellation policy for any trips and dining programs:

\*If you need to cancel (including illness or funeral), you are responsible to purchase your ticket/spot in full payment. You may find someone to replace your spot, but must notify us if any changes to the ticket holder

\*For our dining programs, if you cancel after the RSVP date you are responsible to pay for your spot in full.

\*When signing up for a program, please be mindful of the RSVP date.



**Office will be Closed Monday  
January 2nd**



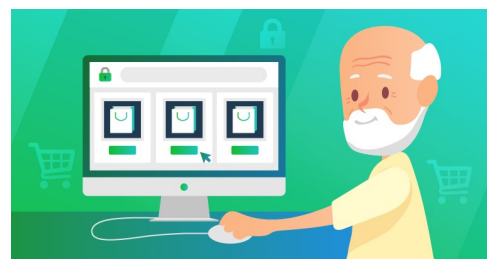
## High Tea

Join us in the Manor Lounge for some tea and dainties, be sure to come in your best tea party hat.

**Tuesday January 24**

**Cost: \$3.00**

*RSVP by Fri. January 20th*



**Internet Safety Presentation: "Don't Get Scammed!" Fri. January 27th @ 11:00am** Cost: *FREE!* Join us in the Ritz Manor Lounge for a presentation by Officer Lyons about internet safety.



4118A Road 164, RR 5  
Mitchell, ON N0K 1N0  
(located in the Ritz Lutheran Villa)

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

## MITCHELL & AREA COMMUNITY OUTREACH MONTHLY COMMUNITY CALENDAR JANUARY 2023



### Program descriptions:

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

**Farkle: Tues. January 3rd 1:30pm**

**Sing-a-long: Wed. January 11th 2:30pm** Cost: FREE.

**Manor/TRP Dinner: Thurs. January 12th 5:00pm**  
Join us for lunch catered by Maribeth Nevin, Cost: \$14.00, **RSVP by Fri. January 6th**

**Dining for Seniors: Thurs. January 19th** A delicious lunch catered by The Sugar Maple and deliveries to your door start at **11:30AM**. Cost: \$14.00, **RSVP by Fri. January 13th**

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

**Brunch n' Bunch: Tues. January 17th 10:30am**  
Join us in the manor lounge. Cost: \$10.00. **RSVP by Fri. January 13th**

**High Tea: Tues. January 24th 2:00pm** Join us in the Manor Lounge for some tea and dainties, be sure to come in your best tea party hat. Cost: \$3.00 . **RSVP by Fri. January 20th**

**Chili Lunch: Thurs. January 26th** A delicious lunch catered by Maribeth Nevin and deliveries to your door start at **11:30AM**. Cost: \$12.00 **RSVP by Fri. January 20th**

**Seniors Book Chat: Tues. Jan. 31st 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. Jan. 10th (1-3pm)** Drop-in  
**Manor Lounge: Tues. Jan. 31st (1-3pm)** By appointment.

**Manor/TRP & Seniors of West Perth Coffee Hour:**  
Join us for coffee, snacks and information. **Guest Speaker: Christy Bannerman**  
Join us for some useful information from the Alzheimer Society Huron Perth.  
Cost: FREE, **3rd Wednesday at 10:30am**

**Foot Care Clinics:** Cost: \$35.00—by appointment only! **Jan. 17th & Jan. 18th**

**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.  
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*)

**Internet Safety Presentation: "Don't Get Scammed!" Jan. 27th @ 11:00am** Cost: *FREE!* Join us in the Ritz Manor Lounge for a presentation by Officer Lyons about internet safety.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**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  
 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.  
 \$9.00/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	<p><b>2 No MOW</b></p>  <p><b>Office Closed</b></p>	<p><b>3</b></p> <p><del>9:30am- Group Exercise (UT) (Z)</del>  <b>10:30am- Chair Yoga (M)</b>  <b>1:30pm- Farkle (M)</b></p>	<p><b>4 MOW</b></p> <p><del>9:30am- Group Exercise (UT) (Z)</del>  <del>1:30pm- Active Wellness (M)</del>                  7:00pm- Cards (M)</p>	<p><b>5</b></p> <p><del>10:00am- Yoga (LW4L)</del>  <b>10:00am- Euchreama (CC)</b>  <del>1:30pm- Active Wellness (M)</del></p>	<p><b>6 MOW</b></p> <p><del>9:30am- Group Exercise (UT) (Z)</del>                  2:00pm - Wii Games (M)</p> <p><i>*RSVP to Manor/TRP Dinner</i></p>	7
8	<p><b>9 MOW</b></p> <p><b>9:00am - Aquafit #1</b>                  10:00am- Yoga (LW4L)                  1:30pm- Active Wellness (M)                  7:00pm- Cards (M)</p>	<p><b>10</b></p> <p>9:30am- Group Exercise (UT) (Z)  <b>1:00-3:00pm- BP Clinic (drop-in) (L)</b></p>	<p><b>11 MOW</b></p> <p>9:30am- Group Exercise (UT) (Z)                  1:30pm—Active Wellness (M)  <b>2:30pm—Sing-a-long (M)</b>                  7:00pm- Cards (M)</p>	<p><b>12</b></p> <p>10:00am—Yoga (LW4L)  <b>12:00pm - Manor/TRP Dinner (M)</b>                  1:30pm— Active Wellness (M)</p>	<p><b>13 MOW</b></p> <p>9:30am - Group Exercise (UT) (Z)                  2:00pm - Wii Games (M)</p> <p><i>*RSVP to Pie Social, Brunch n’ Bunch &amp; Dining for Seniors</i></p>	14
15	<p><b>16 MOW</b></p> <p><b>9:00am - Aquafit #2</b>                  10:00am—Yoga (LW4L)                  1:30pm - Active Wellness (M)  <b>2:30pm - Pie Social (M)</b>                  7:00pm- Cards (M)</p>	<p><b>17</b></p> <p>9:30am - Group Exercise (UT) (Z)  <b>10:30am-Brunch n’ Bunch (M)</b></p> <p><b>Foot Care Clinic (by appt.) (M)</b></p>	<p><b>18 MOW</b></p> <p>9:30am - Group Exercise (UT) (Z)  <b>10:30 - Manor/TRP Coffee Hour (M)</b>                  1:30pm- Active Wellness (M)                  7:00pm- Cards (M)</p> <p><b>Foot Care Clinic (by appt.) (M)</b></p>	<p><b>19</b></p> <p>10:00am—Yoga (LW4L)  <b>11:30am - Dining for Seniors (D*)</b>                  1:30pm - Active Wellness (M)</p>	<p><b>20 MOW</b></p> <p>9:30am - Group Exercise (UT) (Z)                  2:00pm - Wii Games (M)</p> <p><i>*RSVP to High Tea &amp; Chili Lunch</i></p>	21
22	<p><b>23 MOW</b></p> <p><b>9:00am - Aquafit #3</b>                  10:00am—Yoga (LW4L)                  1:30pm - Active Wellness (M)                  7:00pm- Cards (M)</p>	<p><b>24</b></p> <p>9:30am - Group Exercise (UT) (Z)  <b>2:00pm— High Tea (M)</b></p>	<p><b>25 MOW</b></p> <p>9:30am - Group Exercise (UT) (Z)                  1:30pm— Active Wellness (M)                  7:00pm- Cards (M)</p>	<p><b>26</b></p> <p>10:00am—Yoga (LW4L)  <b>11:30am-Chili Lunch (D*)</b>                  1:30pm - Active Wellness (M)</p>	<p><b>27 MOW</b></p> <p>9:30am - Group Exercise (UT) (Z)  <b>11:00am - Internet Safety Presentation: “Don’t Get Scammed!” (M)</b>                  2:00pm - Wii Games (M)</p>	28
29	<p><b>30 MOW</b></p> <p><b>9:00am - Aquafit #4</b>                  10:00am—Yoga (LW4L)                  1:30pm - Active Wellness (M)                  7:00pm- Cards (M)</p>	<p><b>31</b></p> <p>9:30am - Group Exercise (UT) (Z)  <b>11:00am - Seniors Book Chat (M)</b>  <b>1:00-3:00pm- BP Clinic (by appt.) (M)</b></p>				