

# Words to the Wise

## Community Outreach Services

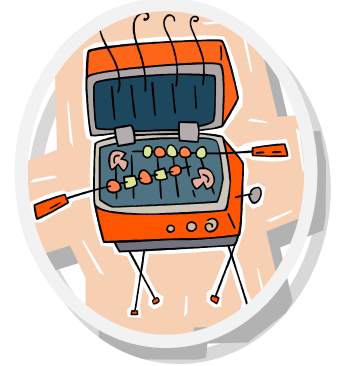
**FREE**  
 Blood Pressure  
 Measurement  
 Sessions in  
 Milverton Village  
 Pharmacy

**Friday**  
**August 4**  
**12:00–3:00 pm**

**Village**  
**Pharmacy**  
**8 Main**  
**Street North**  
**Milverton**

**Come Join Us For A....**

# BBQ



**Friday August 11 @ 1215**  
**Located at Knollcrest Lodge**  
**\$12.00 /meal-Dine in or Take Out**

(Notice price change for BBQ)

***Everyone Welcome !***

Please purchase your ticket or call the office to  
 reserve seats no later than  
**August 8, 2017**

**Community Outreach 519-595-8755**

**INSIDE THIS ISSUE:**

Program Dining Menus/	2
Dining Menus/	3
Volunteer	4
Wellness	5
Transportation	6
Recipes	7
Program/ Wellness Calendar	8

**MENU**

- Grilled Chicken Breast
- Corn on the Cob
- Potato Salad
- 7 Layer Salad
- Dinner Rolls
- Trifle
- Coffee/ Tea/ Juice



Funded in part by: SW LHIN



Treat yourself or your family to a  
 special summer BBQ!

# August Dining Menus

## August 11th 12:15 pm Outreach Summer BBQ

- Grilled Chicken Breast
- Corn on the Cob
- Potato Salad
- 7 Layer Salad
- Dinner Rolls
- Trifle
- Coffee/Tea/Juice

## August 21st 12:00pm Atwood Presbyterian Church

*Always a delicious surprise!*

**Key N String Band  
Not running during the  
summer months**

Menus are subject to change.  
Sorry for the inconvenience.



Please Note: If you sign up  
for a program and cancel last  
minute or do not show

you will need to pay for your  
meal as we give numbers to  
caterers by RSVP dates!

If you would like a Dining/Wellness program in your Community or Building, please let us know!

**RSVP - Please PRE-REGISTER for ALL dining programs at least 3 days prior to program!**



## Community Outreach Services Fundraiser

Order pizza at New Orleans in Milverton on  
September 11, 12, 13

**4pm and 8pm!**

50% of the sales will help towards the  
Community Outreach Services Dining Program

**~Bring this Ad in for proceeds to go to Community Outreach Services~**

**We very much appreciate your ongoing support!**



## Grand River Dinner Cruise

**Thursday, September 14, 2017**

3 hour cruise + 3 course lunch + Blazing Fiddles Show

**9am to 6pm**

\$75.00/ person includes bus ride, lunch and boat cruise

Must sign up with payment before September 1st, 2017

Tickets are non refundable; if you need to cancel, you will be required to fill your spot.

Begin your day in "The Landing" with complimentary coffee and muffin and shopping in the large craft shop.

Enjoy an interesting audiovisual presentation about the

Grand River, followed by a fabulous live music show featuring "The Blazing Fiddles". You will then embark on a 3 hour cruise featuring a delicious 3 course lunch, served to your private window table. During your cruise, your captain gives an informative narration about the Grand River and you can sit out on the promenade deck to enjoy the river scenery. After your cruise, the famous home-baked bread, apple pie and other baked goods are available to purchase and complimentary refreshments.



Hello, I'm Laura Kellum, the Program Coordinator at Community Outreach, covering Ashley's maternity leave. My hometown is Listowel, Ontario. My post-secondary education consists of a Diploma in

Recreation and Leisure Services at Georgian College. I enjoying playing baseball and hockey as well as watching it. I am looking forward to meeting you in the near future!

# Eucherama

## Dates:

August 17  
September 21  
October 19

*This program is held at the  
Perth East Rec Complex*

*Everyone is Welcome!  
Bring your FRIENDS!!!*

**Call 519-595-8755 for  
more information**



**EUCHERAMA Share the  
Wealth Winners**  
**Marg Hinsperger**

**Jim McKenzie**

**Ken Jutzi**

**Ross Mills**

**Phyllis Wick**

**Elsie Mogk**



**Next Eucherama**

**August 17 @ PERC**

**Bring your Friends!!**

# VOLUNTEER CORNER



## Come Join Our Team!

Community Outreach and Knollcrest Lodge has a wide variety of volunteer opportunities for you to get involved in.

**Meals on Wheels:** Seeking volunteers to help deliver meals at noon to Milverton, Newton, and Atwood and to Tralee. Flexible schedules available and only 1hr time commitment. Volunteers are reimbursed mileage for rural routes.

**Volunteer Drivers:** Seeking volunteers to help drive clients to and from appointments for various locations (eg. Stratford, Listowel, Kitchener, London). Time commitments and schedules vary. Flexible opportunity based on clients and volunteers availabilities. Volunteers are reimbursed for mileage.

**Occasional Dining Program Assistant :** Help staff to set up, serve, socialize and tidy up at seniors dining programs around the community. Help once a month for 2 hours or a couple times a month for 2 hours

### **Quilt Ticket Salesperson**

- Help sell quilt tickets for the annual Knollcrest Lodge Bazaar. Tickets to be sold in Knollcrest and around Perth County. Flexible scheduling available! Does not require a lot of time commitment

**Bingo Assistant :** Assist residents playing bingo every other Saturday for 1 hour

For more information on how to volunteer contact Tracey at

Community Outreach–

519-595-8755

# WELLNESS

## Healthy Aging

~ Focus on the positive aspects of growing older ~



**Healthy aging is to take personal responsibility for ones health... such as physical, social, mental or financial.**

### Healthy Aging Tips

1. Do not act your age or at least what you think your current age should act like
2. Be positive in your conversations and your actions every day
3. Drop those negative Nancy's in your life who complain all the time.
4. Walk like a vibrant, healthy person. Come on. You can probably do it.
5. Stand up straight! You can knock off the appearance of a few extra years.
6. How's your smile? Research shows people who smile more often are happier.
7. Lonely? Stop complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee.
8. Start walking not only for your health but to see the neighbors.
9. Make this month the time to set up your annual physical and other health screenings. Go to the

You can't help getting older, but you don't have to get old—*George Burns*



## TRANSPORTATION SERVICE

Is Available:

**MONDAY—FRIDAY**

8:45 am — 4:00 pm

**24 hour notice is required**

### Community Outreach Staff

**Manager**

Gina Smith

gsmith@knollcrestlodge.com

**Program Coordinator**

Laura Kellum

lkellum@knollcrestlodge.com

**Wellness Coordinator**

Josie Scott

jscott@knollcrestlodge.com

**Volunteer Coordinator**

Tracey Ducharme

tducharme@knollcrestlodge.com

**Bus Drivers**

Wayne Lindner

Carrie Wagler

Larry Sayers

Norm Yost

Simon Sprague

**519-595-8755**

Did you hear about our NEW Household Transportation Rates? Call Outreach to find out more!!  
519-595-8755



As a hostess at the casino buffet showed me to my table, I asked her to keep an eye out for my husband, who would be joining me momentarily. I started

to describe him: “ He has gray hair, wears glasses, has a potbelly...” She stopped me there.

“Honey,” she said, “Today is senior day. They all look like that.”

### COMMUNITY OUTREACH SERVICES

#### VESEY'S BULBS

Fundraising Program Fall 2017

Selling a variety of Bulbs & Seeds to provide you with a beautiful garden this upcoming season, full of flowers and vegetables! Prices vary.



#### ORDERS DUE

**Friday, September 29, 2017**

\*Order takes 2-3 weeks\*

CHEQUES MADE PAYABLE TO

*KNOLLCREST LODGE*

Any questions please call Community Outreach Services

Thank-you for your support!

Don't forget Foot Care!

Second Monday of every Month!

Next Foot Care Date

Monday, August 14th, 2017



# Fresh Blueberry Cobbler

## Ingredients

- 1 1/4 cups all-purpose flour
- 1/2 cup sugar
- 1/4 teaspoons baking powder
- 3/4 cup whole milk
- 1/3 cup butter, melted
- 2 cups fresh blueberries
- 1/3 cup sugar
- 1 teaspoon vanilla extract



## Directions

1. Add flour, 1/2 cup sugar, salt, and baking power to a mixing bowl; stir to combine.
2. Add in milk and butter; stir to combine.
3. Spread batter into a greased 8-inch square baking pan.
4. Sprinkle blueberries evenly over batter.
5. Sprinkle with 1/3 cup sugar and drizzle with vanilla.
6. Bake at 350degrees for 40-45 minutes or until a pick some out clean.
7. Can serve plain or with ice cream on top.

Community Outreach Meals On Wheels  
Hot or Frozen

Hot meals are offered 5 days a week at noon

Check with us to see when we are in your area

Frozen Meals are at your convenience, order what you want and eat when you want! Call to see a menu

Call Community Outreach Services to get started today!  
519-595-8755

# August 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4  Free Blood Pressure— Village Pharmacy 12—3pm
7  CIVIC HOLIDAY— CLOSED	8	9	10	11  Outreach Summer BBQ 12:15pm
24  Foot Care Clinic	15	16  Millwood Apartments Blood Pressure Clinic 10:45– 11:15	17  Eucherama 10am-3pm PERC	18  Milverton Place Blood Pressure Clinic 9:30-10:30
21  Atwood Church Dining Blood Pressure Clinic	22  Toronto Zoo Bus Trip	23	24	25
28	29  Milverton Place Brunch	30	31	

**DON'T FORGET TO BOOK YOUR FOOTCARE APPOINTMENT WITH US**

**AUGUST 14th, SEPTEMBER 11th and OCTOBER 02nd**

