



# Words to the Wise

## Community Outreach Services

# Merry Christmas!

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

**Friday**  
**December 1st**  
**12:00–3:00 pm**

**Village  
Pharmacy**  
**8 Main Street N.**  
**Milverton**

*From all of the staff at*  
*Community Outreach Services*  
Gina, Tracey, Laura, Josie, Wayne, Carrie, Larry & Simon!

## Community Outreach Christmas Dinner

**December 8th at 12:15pm**  
**Knollcrest Lodge**  
**\$15.00/ meal**

**DINE IN OR TAKE OUT**

### Menu

Roast Turkey & Cranberries  
Mashed Potatoes & Gravy  
Stuffing  
Turnip  
Green Beans  
Coleslaw  
Dinner Rolls  
Christmas Pudding/Pie  
Coffee/ Tea/ Juice



**Everyone Welcome! Call to reserve your seat!**

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**Mark Your Calendars****Eucherama  
Dates:**

December 21, 2017  
 January 18, 2018  
 February 15, 2018

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

*Everyone is Welcome!*

*Bring your FRIENDS!!!*

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

**Free Light Tour**

*Wednesday, December 13th, 2017*

6:30pm to 7:30pm



Everyone Welcome!

Only while seats last!

Be sure to call early to book

519-595-8755

We are accepting non-perishable food items at all dining programs that will be donated to the local food bank!

**EUCHERAMA**

*Share the Wealth  
 November Winners*

**Marlene Ruby**

**Edna McLellan**

**Judy Hahn**

**Ron Soeder**

**Bev Caudle**

**Next Eucherama -  
 December 21 @ PERC**

**Bring your Friends!!**



Brunner Diners club is Closed

December 20th AND December 27th

It will resume again January 3rd!

Hope everyone has a Safe and  
 Happy Holidays!

# December Dining Menus

## Outreach Dining Christmas Dinner December 8

Roast Turkey & Cranberries  
Mashed Potatoes & Gravy  
Stuffing  
Turnip  
Green Beans  
Coleslaw  
Dinner Rolls  
Christmas Pudding or Pie  
Coffee/Tea/Juice

## Key N String December 19

Oven Roasted Chicken  
Scalloped Potatoes  
Glazed Carrots  
Green Beans  
Tossed Salad  
Dinner Rolls  
Christmas Pudding or Pie  
Coffee/Tea/Juice

**December 18**  
**Atwood Church Lunch**  
Always a delicious surprise!!

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!**

## Come Join Us for

# AQUAFIT



**WHEN:** STARTING: JANUARY 17<sup>th</sup> - ENDING MARCH 21<sup>st</sup>, 2018

At 9:45am-10:30am in New Hamburg

**PRICE:** 10 week Aquafit Session & Bus Cost is:

Seniors (+55) \$163.00

Adult \$170.00



**Great idea for a Christmas Present!**

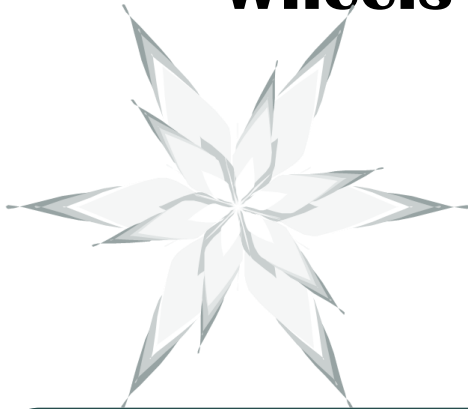
Gift Cards Available at the Community Outreach Office!

**Last day of register is January 10th, 2018!**

# VOLUNTEER CORNER

**Help Warm Someone Up This Winter!**

**Become a Meals on  
Wheels Volunteer!**



- Looking for drivers to deliver meals in the Milverton, Newton/Millbank, Brunner, Topping and Gadshill areas at Noon.
- Volunteers reimbursed mileage for rural routes.

**For more information on volunteering contact  
Tracey at Community Outreach Services at**

**519-595-8755**



**HAPPY  
HOLIDAYS**



# WELLNESS



**Last day of exercise classes for Dec is the 22nd. Classes will resume January 8th, 2018!**

**Enjoy your Christmas Holidays!**



## *To Keep in Mind During the Winter Months*

1. Keep things clean and take care of your health, wash your hands to help prevent catching a cold. If you are sick, stay home. Take recommended immunizations for flu and pneumonia.
2. Stay active. Warm up slowly and cool down when exercising. This helps your heart keep up with circulatory demands.
3. Wear layers of clothing when you go outside. Layers allow you to add or take off winter wear as needed.
4. Plan when and learn how to safely shovel snow. Check with your doctor about such strenuous exercise. Persons with cardiac conditions or asthma and who regularly exercise in warmer months may not be able to tolerate the same amount of exercise in cold
5. Be aware of ice— slipping and falling is one of the most common causes of senior injuries. The winter is a dangerous time for these types of instances. Avoid wading on ice or slippery surfaces at all cost. If you must venture outside, ensure your shoes have a good grip on them.





## 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

Carrie Wagler

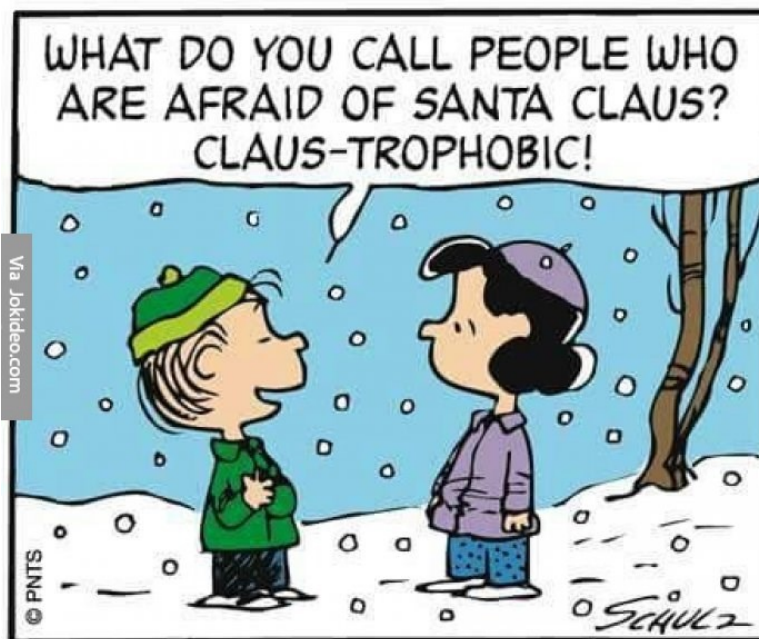
Larry Sayers

Wayne Lindner

Simon Sprague

### WEATHER WATCH

Please be advised if the weather is bad or roads are closed, Transportation may be cancelled. Please call before your trip to check in.



## Frozen Meals

*Delicious, Nutritious & Convenient*

Stock up on Frozen Meals for the stormy days ahead when you don't feel like cooking or can't get out!

7 Entrées = \$35.00

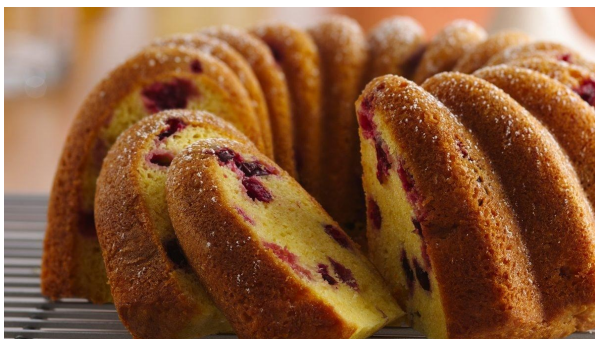
5 Entrées and 5 Soups/Desserts = \$35.00

1 Entrée = \$5.75

1 Soup/Dessert = \$1.65

Not all items are kept in stock at all times; please call the Outreach office to see what is available and to place your order!

**519-595-8755**



## *Cranberry Orange Pound Cake*

### Ingredients

- 1 pkg White Cake Mix
- 1 pkg Instant vanilla pudding mix
- 1 tsp Grated orange rind
- 1/2 cup butter, melted
- 4 Eggs
- 1 cup Milk
- 1 1/2 cups chopped frozen or fresh cranberries
- 1 cup dried apricots, coarsely chopped
- 1 cup Whipped White or Vanilla Frosting
- 1 tbsp thawed frozen orange juice concentrate

### Directions

- Heat oven to 350°F (180°C).
- Lightly grease or spray pan (s)
- In large bowl, combine cake mix, pudding mix and orange rind.
- Add melted butter, eggs and milk
- Gently fold in chopped cranberries and apricots.
- Spoon batter into prepared pan, distributing evenly.
- Bake for 55 to 65 minutes in fluted tube pan, 50 to 55 minutes if using loaf pans, or until a toothpick inserted in centre comes out clean.
- Cool in pan on a wire rack for 20 minutes.
- Remove from pan and cool completely before glazing.

## *Pretzel Turtles*

### Ingredients

- 20 Small mini pretzels
- 20 Pecan halves
- 20 Chocolate covered caramel candies



### Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Arrange the pretzels in a single layer on a parchment lined cookie sheet. Place one chocolate covered caramel candy on each pretzel.
- Bake for 4 minutes. While the candy is warm, press a pecan half onto each candy covered pretzel.
- Cool completely before storing in an airtight container.

# December 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Blood Pressure Clinic Village Pharmacy 12:00-3:00pm
4	5 Lifelabs 7:30-10am	6 Brunner Dining	7 Lifelabs 7:30-10am	8 Outreach Dining Christmas Dinner 12:15pm Blood Pressure Clinic at Outreach Dining
11 Foot Care 9:00am	12 Lifelabs 7:30-10am  Brunch for Milverton Place 9:15am	13 Brunner Dining  Blood Pressure Clinic Country Meadows 11:30-12:30	14 Lifelabs 7:30-10am	15 Blood Pressure Clinic  Milverton Place 9:30-10:30am
18 Atwood Church Dining  Blood Pressure Clinic	19 Lifelabs 7:30-10am  Key N String 5:30pm	20 Brunner Dining Closed  Hearing Clinic 4:00pm	21 Lifelabs 7:30-10am  Eucherama 10am-3pm @ PERC	22
25 Office Closed	26 Office Closed LIFELABS CLOSED	27 Brunner Dining Closed	28 Lifelabs 7:30-10am	29