



Words to the Wise

Bringing Care Home

FREE
Blood Pressure
Measurement
Sessions in
Milverton Village
Pharmacy

Friday
January 6
12:00–3:00 pm

Village
Pharmacy
8 Main Street
North
Milverton

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Come Join Us at Community Outreach for...

A New Year's Lunch

Friday January 13th @ 12:15

Located at Knollcrest Lodge

\$10.00/meal - Dine in or Take Out

Everyone Welcome!

Please purchase your ticket or call the office to reserve tickets
 no later than **Monday Jan 9th, 2016**

Community Outreach: 519-595-8755

NEW YEAR DINNER

- Cabbage Rolls**
- Mashed Potatoes**
- Baby Carrots**
- Garden Salad**
- Dinner Rolls**
- Pie**
- Coffee/Tea/Juice**



THANK YOU TO EVERYONE WHO HAS MADE
 DONATIONS TO COMMUNITY OUTREACH
 OVER THE PAST YEAR. THEY ARE
 ALWAYS GREATLY APPRECIATED.

January Dining Menus

**Jan 13 12:15pm
Outreach Dining**
Cabbage Rolls
O'Brien Potatoes
Baby Carrots
Garden Salad
Pie
Coffee/Tea/Juice

**Jan 17 5:30 pm
Dinner/Key & String Band**
Cabbage Rolls
O' Brien Potatoes
Baby Carrots
Garden Salad
Pie
Coffee/Tea/Juice



**Jan 16 12:15 pm
Atwood Presbyterian
Church**
A delicious surprise!

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.

TRANSPORTATION REMINDERS:

WEATHER WATCH: If the roads are closed or it is considered to be risky to venture out, we will cancel trips. Call our office for confirmation or to re-book your trip. Driveways **must** be clear so vehicles can enter.

Please be ready 5 minutes prior to your scheduled pick up time.

EUCHERAMA Share the Wealth Winners

**December Eucherama was cancelled due to weather!
See you in January!**

**Next Eucherama
Jan 19 @ PERC**



**Watch for our 2017 Program Schedules!
If you don't have one yet, be sure to ask for one!**

FROZEN MEALS

Delicious, Nutritious & Convenient

Stock up on frozen meals for the stormy days coming this winter or for days you do not feel like cooking.

Call us today for more information or to order your meals!

519-595-8755

THE *Ultimate* LIST

1. GET MORE SLEEP.
2. DRINK MORE WATER.
3. GET MORE EXERCISE.
4. READ MORE.
5. GET MORE ORGANIZED.
6. CLEAN MORE OFTEN.
7. EXPLORE MORE.
8. RELAX MORE.
9. HAVE MORE PATIENCE.
10. FORGET DOING 'MORE.'

Just try your best.

Congratulations to the winners of the \$25.00 gift cards from Home Hardware!

Everyone who participated in an exercise class in November had their name entered in to a draw; the more classes attended, the greater chance of winning.

The winner was ...

IRENE LEIS

Everyone who brought a friend to class had their name and their friend's name entered in to a draw; the more friends, the greater chance of winning.

The winners were ...

JOANNE GROENESTEGER
and
MARG VANNYNATTEN

Mark Your Calendars

Eucherama Dates:

Jan 19

Feb 16

Mar 16

Special thank-you to all Eucherama guests who brought in food items to donate to the local food bank in December!

This program is held at the Perth East Rec Complex

Everyone is Welcome!

Bring your FRIENDS!!!

Call 519-595-8755 for more information



Brunner Diners Club

Every Wednesday from 1230-3

Various home made lunches- always a surprise
\$9.00 includes, hot lunch, cards and snack.

Located at Country Meadows in Brunner

Everyone Welcome!
Call to book your seat!



VOLUNTEER CORNER

Reasons to Start Volunteering

To learn something about yourself.

You never know what you may learn about yourself until you try something!

To have fun!

Volunteer doing something you love, and it will be amazing!

Because you're passionate about a cause.

Volunteer and be involved in something you really care about!

It's time to get off the couch.

From the time you get home 'til the time you go to bed, you park your lazy @*#! in front of the TV. Honestly. You know you're bored with it. Be productive for a change!!

Learn some new skills...and add them to your resume!

You can learn a ton from volunteering, and what a great way to add stuff to your resume for future jobs or college applications!

To fulfill graduation requirements.

Maybe you need to volunteer for 50 hours in order to graduate. Awesome! Get out there and volunteer your time (and who knows, maybe you'll do extra hours because it's so awesome!)

Make someone else's day.

Your extra little effort to help someone or some organization out can make a world of a difference to them.

Feel good about yourself!

Know that, after volunteering, you did something great. Really great. Be proud of yourself. Heck, treat yourself to some ice cream.

We have plenty of volunteer opportunities! Come join the fun today!

Check out some of opportunities on ivolunteerperthhuron.ca



**For more information on volunteering with Community Outreach
at Knollcrest Lodge contact Tracey at 519-595-8755! We would
love to have you on the team!**

WELLNESS

FITNESS — A NEW YEAR'S RESOLUTION!

Get your body moving with these healthy activities

Fitness for seniors is a very important and frequently overlooked part of their daily life. Often, it is thought that exercise is only for young, healthy people, but senior citizens can also benefit from increasing their overall level of fitness. Staying fit helps prevent injury and illness, along with improving senior citizens' quality of life. Walking, yoga, golf, tai chi, lawn bowling and fishing are all good, low-impact senior fitness activities. Of course, be sure to contact your doctor for a complete physical before beginning any new fitness program.

Take it easy

Seniors may be hesitant to start a fitness regimen because they think it's too dangerous, especially if they have existing health problems. Of course, it is important to allow for your physical limitations, but there are still many fitness programs that are suitable for senior citizens. If you have a particular condition, look for specialized activities that are designed for those suffering from it. There are many low-impact exercises that will significantly improve anyone's fitness level and possibly add years to their life.

Even healthy seniors should be cautious when beginning a new fitness program. Start slow and be aware of any unusual pain or stiffness. Some muscle soreness is to be expected, but severe pain or discomfort that lasts more than a couple of days should be checked out by a doctor before you continue to exercise. Most fitness programs for seniors are designed to gradually build up in intensity. This helps people continue to see progress and stay motivated to stick with their exercise routine.

A well-rounded plan

The best plan for overall senior health and fitness is a well-rounded exercise program that includes both strength training and cardio work. While the benefits of aerobic exercise are well known, many people overlook the numerous reasons to train with weights. Osteoporosis is a major concern for senior citizens, especially women. Regular strength training has been shown to increase bone density and slow down bone loss, even in elderly people. Like all senior fitness routines, be sure to start slow and use only light weights until you know what your body can handle.

Always stretch before and after any senior fitness activity. Stretching before exercise will increase your range of motion and help prevent injury. Post-workout stretching releases muscle tension and will reduce soreness in the days after your workout. Stretching can also improve circulation, which helps senior citizens with heart problems or other medical conditions.



TRANSPORTATION SERVICE

Is Available:

MONDAY—FRIDAY

8:45 am — 4:00 pm

24 hour notice is required

Community Outreach Staff

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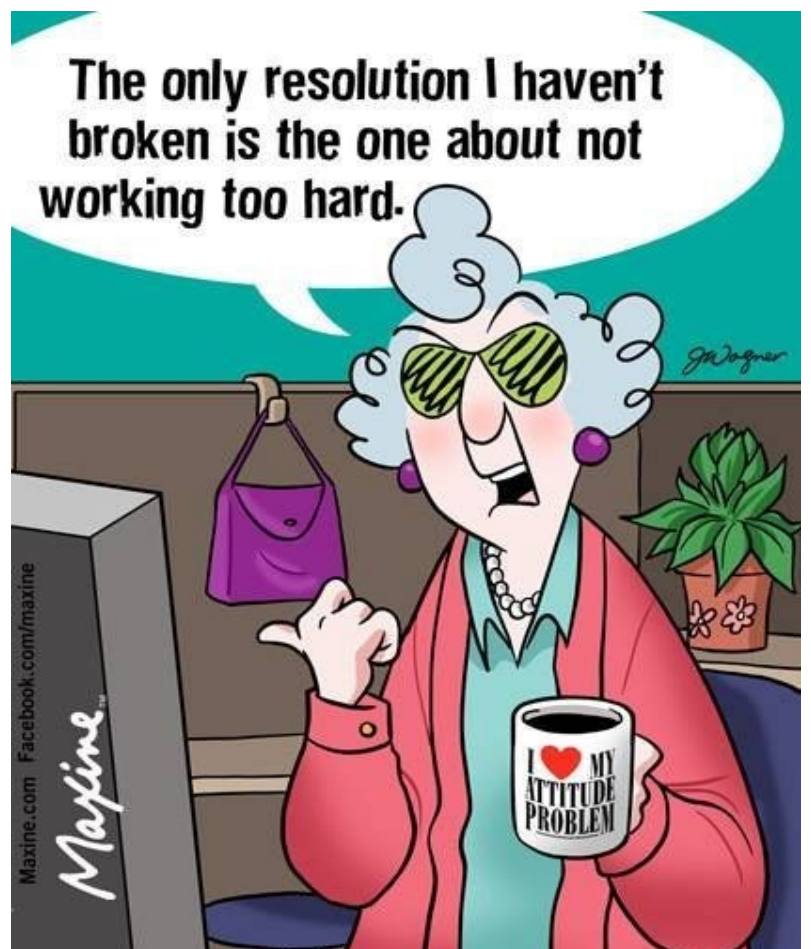
Simon Sprague

519-595-8755

Please book trips 24 hours or more
to be accommodated.

Call Outreach to find out more!!

519-595-8755



Slow Cooker Lasagna Soup

Ingredients

- 4 1/2 cups vegetable broth
- 1 medium onion, diced
- 3 garlic cloves, minced
- 3/4 cups dried brown lentils
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 (14 ounce) can diced tomatoes
- 1 (14ounce) can crushed tomatoes
- 8 lasagna noodles, broken into pieces
- 3 cups chopped spinach leaves



Instructions

- Place broth, onion, garlic, basil, oregano and lentils into slow cooker and stir few times to blend. Set the slow cooker to high and cover. Allow to cook until lentils are just a bit on the firm side, about 2 hours.
- Add diced and crushed tomatoes to the slow cooker and stir. Allow to continue cooking on high for 2 to 3 more hours.
- Add noodles and spinach to the slow cooker and give the mixture a stir. Allow to cook until noodles are tender and spinach is wilted, about 12 minutes.
- Season the soup with salt and pepper to taste.

Foot Care Clinics

Are you having troubles with your feet?

We have a Registered Nurse with 38 years of experience and training in Advance Nursing Foot care who will be able to help you.

She is able to treat corns, calluses, ingrown toe nails and maintain healthy skin by applying lotion at the end of each treatment. She provides education through teaching regarding self care of the feet and legs.

Community Outreach Services

Call 519-595-8755 to book your appointment; this service is offered the 2nd Monday of every month.

Jan 9 —Feb 13 — March 13

January 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Office Closed	3	4 Brunner Diners Club	5	6 Blood Pressure Clinic Village Pharmacy 12-3 pm
9 Foot Care Clinic	10	11 Brunner Diners Club	12	13 Outreach New Year's Dinner Knollcrest 12:15
16 Atwood Church Blood Pressure Clinic Atwood Church	17 Key & String 5:30 pm	18 Blood Pressure Clinics Millwood Manor 10:45 — 11:15am Country Meadows 11:30 am — 12:30 pm Brunner Diners Club	19 Eucherama Perth East Rec Complex 10 — 3 pm	20 Blood Pressure Clinic Milverton Place 9:30 — 10:30am
23	24	25 Brunner Diners Club	26	27
30	31			