



Words to the Wise

Community Outreach Services

Bringing Care Home

FREE
Blood Pressure
Measurement
Sessions in
Milverton Village
Pharmacy

Friday
June 2nd
12:00–3:00 pm

Village
Pharmacy
8 Main Street
North
Milverton

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Come Join Us for a...

Fathers Day Steak Lunch

Friday June 9th @ 12:15

Located at Knollcrest Lodge

\$12.00/meal - Dine in or Take Out
 (Please note price increase for this meal)

Everyone Welcome!

Please purchase your ticket or call the office to reserve tickets no later than **Friday June 2nd, 2016**

Community Outreach: 519-595-8755

Lunch Menu

- Leadbetter 8oz Steak
- Baked Potatoes (sour cream)
- Mushrooms/ Onions
- Asparagus
- Spinach Salad
- Strawberry Shortcake
- Coffee/ Tea/ Juice

**Treat your father,
 grandfather or
 friend to a
 special Father's
 Day lunch!**



June Dining Menus

June 9th 12:15 pm
Outreach Lunch
 Leadbetter 8oz Steak
 Baked Potato
 Mushrooms/ Onions
 Asparagus
 Spinach Salad
 Strawberry Shortcake
 Coffee/Tea/Juice

June 19 12:15 pm
Atwood Presbyterian Church
A Delicious Surprise!!!

June 20 5:30 pm
Key N String Dinner & Music
 Salisbury Steak
 Mashed Potatoes
 Creamy Coleslaw
 Carrots/ Celery Sticks
 Strawberry Shortcake
Let us know which you prefer at time of booking

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 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

This makes a great gift for someone special!

Community Outreach Services Fundraiser

Elmira Poultry

Orders Due July 19, 2017

Orders Arrive August 3, 2017

Cheques made payable to "Knollcrest Lodge"
To place order call 519-595-8755

Please make payment with order

We appreciate your support!



Brunner Diners Club

Come for a home cooked meal,
cards/ games and lots of laughs

Every Wednesday from now

Until June 28th

Located at Country Meadows
in Brunner

12:30 Lunch

\$9.00/ meal

Take out is an option

Call 519-595-8755

Mark Your Calendars

Eucherama

Dates:

June 15

July 20

August 17

September 21

*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**



**Mary Hoerle
Linda DeBus
Vera McCann
Bob Zeigler
Judy Hahn**

Next Eucherama

July 20 @ PERC

Bring your Friends!!



VOLUNTEER CORNER

WHAT ARE YOUR BARRIERS & MOTIVATIONS

In the last few years, almost 3 million Canadians (11%) volunteered for Social Services organizations, contributing an average of 117 hours each. Collectively these volunteers contributed approximately 337 million volunteer hours, the equivalent of almost 176,000 fulltime jobs.

Motivations for volunteering

Volunteers for Social Services organizations cited a range of reasons for volunteering for the organizations they were involved with some wanted the chance to improve job opportunities or they volunteered because they wanted to make a contribution to the community, wanted to use their skills and experiences or had been personally affected by the cause the organization supports.

Barriers to volunteering

Those who did not volunteer were most likely to say they did not do so because they did not have the time (68%), were unable to make a long-term commitment (61%), or donated money instead of volunteering (52%). They were much less likely to report the costs of volunteering (18%), having contributed enough time already (15%), or dissatisfaction with previous volunteer experiences (6%) as reasons for not volunteering.

Looking to volunteer some time? Many volunteer opportunities exist within Knollcrest Lodge and Community Outreach including...

Meals on Wheels Volunteer Drivers Friendly Visitors
Telephone Reassurance Callers Dining Program Assistant Baking and Entertainment

For more information on volunteering call 519-595-8755 or visit ivolunteerperthhuron.ca

Volunteering Counts!

The most important hour of your week may be the one you give away.

WELLNESS



Join us on **Thursday June 29th** for an **Exercise Class**
in **St. Marys to Celebrate Canada's 150th Birthday!**

Wellness for Seniors: Huron-Perth want to celebrate
Canada's 150th Birthday by having an

EXERCISE CLASS WITH 150 PARTICIPANTS!

Where: St. Marys Friendship Centre 317 James St.

When: June 29th, 2017 @ 10am.

What to Wear: Red and White Attire

What to Bring: Exercise Footwear and Water Bottle

To Register: Call Josie at 519-595-8755 or email jscott@knollcrestlodge.com

RSVP by Thursday June 22nd

URBAN POLING ADVENTURE FOR PEOPLE OF ALL AGES

***Come out to the PERC arena on Monday June 12th at 8:30am and
give Urban Poling a try!***

This walking technique is easy to learn, fun and suitable for all ages and fitness levels!

Where: Outside the PERC Arena

When: Monday & Thursdays at 8:30-9:30am

Urban Poling is a fun and healthy way to get active again, while helping to eliminate any problems you might have had with "regular walking"



For additional information (locations and fees),
please contact Josie Scott-Wellness Coordinator
at 519-595-8755 or email
jscott@knollcrestlodge.com

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

Ashley Newbigging

anewbigging@knollcrestlodge.com

Wellness Coordinator

Josie Scott

jscott@knollcrestlodge.com

Volunteer Coordinator

Tracey Ducharme

tducharme@knollcrestlodge.com

Bus Drivers

Carrie Wagler

Larry Sayers

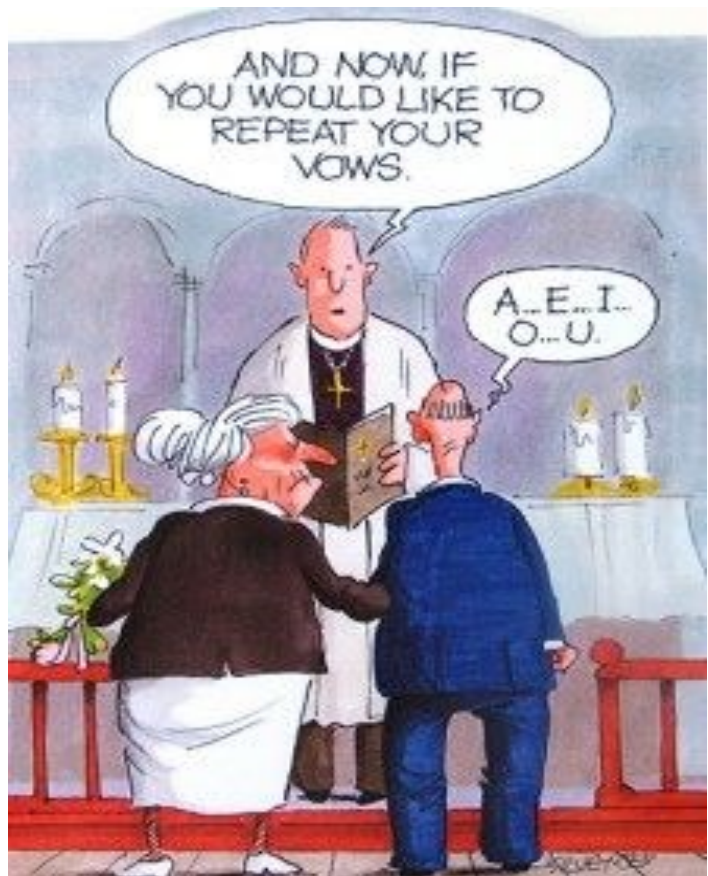
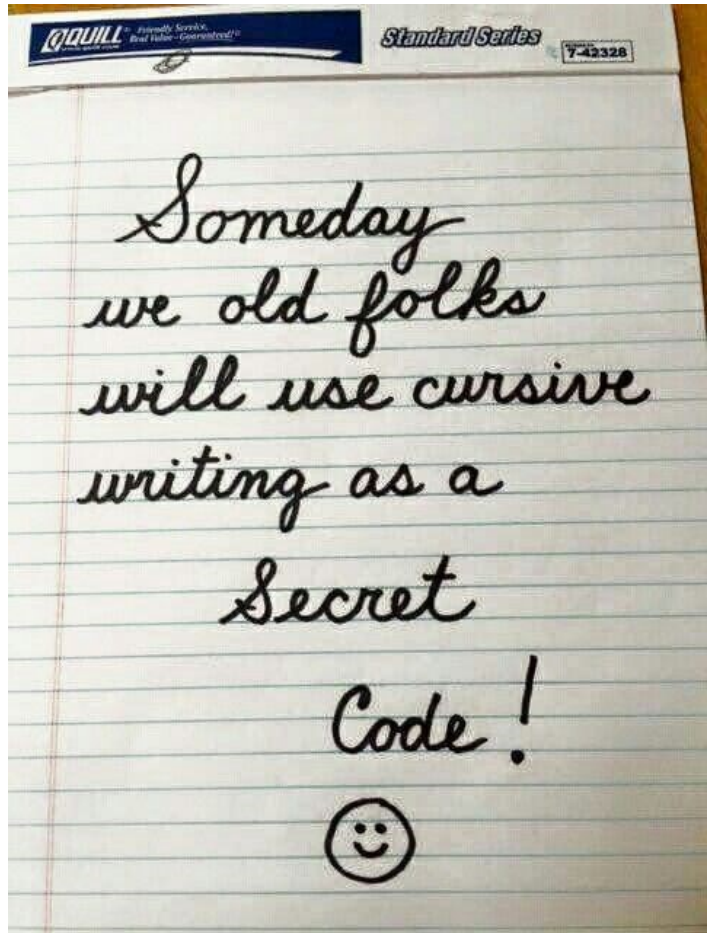
Wayne Lindner

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



Grand River Dinner Cruise

Wednesday July 25th, 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 July 10, 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

Jump on the bus with Community Outreach Services....

We are headed to the **TORONTO ZOO**

Tuesday, August 22, 2017

Leave Milverton at 8am Leave Toronto at 4pm

RAIN OR SHINE

Price Includes Bus ride and admission
Lunch and other items at own expense

Adults (12yrs –65yrs) \$70

Seniors (65yrs +) \$65

Child (0-11yrs) \$55

Must be booked by August 8th
with payment
After this date there will be
no cancellations



Please call Program Coordinator Ashley
for more information or to sign up 519-595-8755
Limited Spots!!

June 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Village Pharmacy Blood Pressure Clinic 12-3
5	6 Lifelabs 7:30-10	7 Brunner Diners Club- Country Meadows	8 Lifelabs 7:30-10	9 Outreach Dining- Fathers Day Lunch Knollcrest Lodge
12 Foot Care Clinic	13 Lifelabs 7:30-10	14 Brunner Diners Club	15 Lifelabs 7:30-10 Eucherama 10am-3pm PERC	16 Blood Pressure Clinic @ Milverton Place 9:30-10:30
19 Atwood Church Dining & Lunch Blood Pressure Clinic- Atwood Church	20 Lifelabs 7:30-10 Key N String Band- Last one until Sept 2016	21 Brunner Diners Club- Country Meadows Blood Pressure Clinic @ Millwood 10:45- 11:15 Country Meadows 11:30-12:30	22 Lifelabs 7:30-10	23
26	27 Lifelabs 7:30-10 Milverton Place Brunch 9:15	28 Brunner Diners Club- Country Meadows- Last one until Sept.	29 Lifelabs 7:30-10	30