



Words to the Wise

Community Outreach Services

COMMUNITY OUTREACH SERVICES

FREE
Blood Pressure Measurement Sessions in Milverton @ Village Pharmacy

Friday
September 1
12:00–3:00 pm

Village Pharmacy
8 Main Street
North Milverton



PIZZA FUNDRAISER



Order Pizza at the Milverton New Orleans Pizza on

September 11, 12, 13



between the hours of **4pm and 8pm**



50% of the sales will help support

the Milverton Community Outreach Dining Programs

Bring in this ad for proceeds to go to

Milverton Community Outreach

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Come Join Us For Lunch

Friday, September 8th @ 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 your seat no later than September 1st

Community Outreach Office 519-595-8755

Menu

- Chicken Wings
- Hash Brown Casserole
- Carrot/Celery Sticks
- Caesar Salad
- Dinner Rolls
- Pie
- Coffee Tea/ Juice

Funded in part by: SW LHIN & the Gov't of Ontario



September Dining Menus

Outreach Dining September 8th @ 12:15 pm

Chicken Wings
Hash brown casserole
Carrots/ Celery Sticks
Caesar Salad
Dinner Rolls
Pie
Coffee/ Tea/ Juice

Atwood Church September 18 @ 12:00pm Always a surprise

Key N String

September 20
Pork Chops in Mushroom
Sauce
Roasted Potatoes
PEI Veggies
Tossed Salad
Dinner Rolls
Pie

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!

Major Hosts On Ontario's West Coast **2017** **100th INTERNATIONAL PLOWING MATCH & RURAL EXPO**
SEPT 19-23 • WALTON, ONTARIO

ONTARIO PLOWMEN'S ASSOCIATION
MEMBER PART OF THE INTERNATIONAL PLOWING MATCH

JUMP ON THE BUS FOR THE PLOWING MATCH!

Thursday September 21, 2017
\$20.00/ person for transportation
Everyone Welcome

Pick up starts at 8:00am and return at 4:00pm
Please book by September 14th with payment

COMMUNITY OUTREACH SERVICES

VESEY'S BULBS

Fundraising Program Fall 2017

Selling a variety of Bulbs & Seeds to provide you with a beautiful garden 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!

Future Footcare Dates

September 11

October 2

November 13

*This program is at
Knollcrest in the
Tuck Shop*

Eucherama Dates:

September 21

October 19

November 16

*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



Bill Westman

Judy Curtis

Bob Ziegler

Jean Dewer

Ron Soeder



Next Eucherama

**September 21, 2017 @
PERC**

Bring your Friends!!



WHEN?? WHO?? WHERE??

WHAT DID YOU SAY...



Do any of these phrases sound familiar?

If so, call and book a FREE hearing assessment.

The clinic is offered the 3rd Wednesday of every month from 4:00—6:00pm at Knollcrest Lodge.

Hearing screens, hearing aid checks, and cleaning will all be done free of charge by Connect Hearing.

**Call Josie Scott, Wellness Coordinator
@ 519-595-8755 for more information and to book
your appointment!**

VOLUNTEER CORNER

Volunteers Needed

Community Outreach is currently in need of volunteers to help deliver Meals on Wheels to rural areas once a week

Volunteer are reimbursed mileage for the delivery route



It only takes 1hr of your day to help someone stay independent in their own home!

A NIGHT OF CELEBRATION



Annual Volunteer Appreciation Dinner

The invitations for this year’s annual volunteer appreciation dinner have been sent out!

The dinner will be held on

Wednesday, October 4th.

If you have volunteered but didn’t receive your invitation or think you have been missed, please call Tracey at the office for more information before September 15th.

Thank you to all the volunteers for their help over the past year!

WELLNESS

Exercise and Fitness Tips for Seniors

Exercise and Fitness may become more difficult as we age, but it is still just as important as ever. Exercise will never stop benefitting you and your body. Seniors can lower their blood pressure and reduce their risk of heart attack and stroke by adding exercise to their daily life.

Here are some tips to follow when starting an exercise routine:

1. Check with your doctor and get an assessment to see if you are ready to start an exercise routine.
2. Start out slowly, especially during the first month.
3. Learn some basic stretching and perform them before and after you work out.
4. If you have never exercised, consider scheduling a session or two with a trainer.
5. Working out with a partner makes exercising more fun.
6. Try and get a good night's sleep. That's a key part of recovering between workouts.
7. Drink water during your work out to keep yourself hydrated.
8. Take breaks and "listen" to your body as you exercise to prevent injury.



"Sure, I'd love a second honeymoon ... who with?"



DON'T WISH FOR IT, WORK FOR IT!



TRANSPORTATION SERVICE

Is Available:

MONDAY—FRIDAY

8:45 am — 4:00 pm

24 hour notice is required!

Community Outreach Staff

Manager

Gina Smith

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Program Coordinator

Laura Kellum

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Wellness Coordinator

Josie Scott

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Volunteer Coordinator

Tracey Ducharme

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Bus Drivers

Carrie Wagler

Larry Sayers

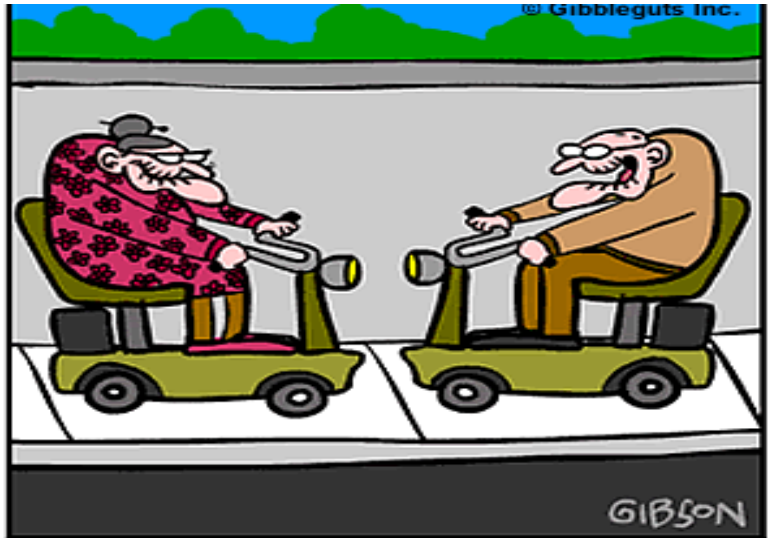
Wayne Lindner

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



Wanna go down to the mall and bump into people's ankles?

We're Back! Brunner Diner Club

Country Meadows Retirement Residence

Every Wednesday from

September 6th, 2017-June 27th, 2018

\$10/ person

Everyone Welcome!



We are thrilled to announce that Ashley had a baby boy on August 22nd, 2017.

*Sutton Murray
Newbigging*

Both Mom and Sutton are doing very well!



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

& eat when you want!

Call Community Outreach Services to get started today!

519-595-8755

Cheesy Wild-Rice-Stuffed Peppers

Ingredients

6 bell peppers, tops removed and seeded	2 cups cooked wild rice
2 tablespoons olive oil	2 tablespoons tomato paste
1/2 yellow or red onion, diced	1 cup fresh baby spinach
1 cup diced bell peppers	1 yellow squash, diced
1 cup shredded parmesan cheese	1 zucchini, diced
2 teaspoons minced garlic	1 cup sliced mushrooms
1/2 cup shredded mozzarella cheese	1 8oz can tomato sauce
1 14oz can diced tomatoes, drained	Salt and pepper to taste



Directions

1. Heat the oven to 350°F.
2. Place the peppers cut side up in a baking dish. Cover the dish tightly with foil. Bake the peppers for 30 minutes, until soft, but not falling apart.
3. Meanwhile, in a large skillet over medium-high heat, heat the olive oil. Add the diced onion, bell peppers, mushrooms, and garlic. Cook 10 minutes, stirring often, until the onions are soft and the mushrooms begin to brown. Add the diced zucchini, yellow squash, cooked wild rice, and diced tomatoes. Cook another 10 minutes until all the vegetables are tender. Stir in the tomato paste, dried tarragon, and salt and pepper to taste.
4. Remove from heat. Stir in the baby spinach and 1/2 cup shredded parmesan cheese. Spoon the vegetable mixture evenly into the peppers. Top with the remaining 1/2 cup shredded parmesan cheese and the shredded mozzarella cheese. Pour the tomato sauce into the bottom of the baking dish.
5. Bake the peppers another 15 minutes until warmed through and the cheese is melted.

September 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Blood Pressure Clinic Village Pharmacy 12-3pm
4 <u>CLOSED</u>	5	6 Brunner Dining Club Starts	7	8 Outreach Dining 12:15pm
11 Foot Care Clinic	12	13 Brunner Dining	14 Grand River Boat Cruise	15 Blood Pressure Clinic Milverton Place 9:30-10:30am
18 Atwood Church Dining Blood Pressure Clinic Atwood Church	19 GAME DAY @ Milverton Place Key N String Starts 5:30pm Supper & Music	20 Brunner Dining Blood Pressure Clinic — Country Meadows 11:30-12:30 1045-11:15-Millwood Apartments	21 Eucherama 10am-3pm PERC Plowing Match Bus Trip 8am-4pm	22
25	26	27 Brunner Dining	28	29