

AUGUST 2010 — Programs & Events

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|---|--|--|--|---|
| <u>Transportation</u> 8:45-4:00 Mobility Bus <u>Exercise</u> 9 - 11am Walking Club (PERC) <u>Fun</u> 10:00 Seniors Choir (KCL) <u>Meals on Wheels</u> 12:00 pm — Milverton , Millbank, Brunner 5:10 pm — Atwood & Tralee | <u>Transportation</u> 8:45 - 4:00 Mobility Bus <u>Exercise</u> 10 am - Seniors Exercises (MMFC) <u>Meals on Wheels</u> 12:00 pm—Milverton 5:10 pm—Tralee | <u>Transportation</u> 8:45– 4:00 Mobility Bus <u>Exercise</u> 9 am - 11 am Walking Club (PERC) <u>Meals on Wheels</u> 12:00 pm — Milverton, Millbank, Brunner 5:10 pm — Atwood & Tralee | <u>Transportation</u> 8:45 - 4:00 Mobility Bus <u>Exercise</u> 10 am—Seniors Exercises (MMFC) <u>Meals on Wheels</u> 12:00 pm Milverton 5:10 pm Tralee | <u>Transportation</u> 8:45 - 4:00 Mobility Bus <u>Exercise</u> 9 am - 11 am Walking Club PERC <u>Meals on Wheels</u> 12:00 pm — Milverton, Millbank. Brunner 5:10 pm — Atwood & Tralee |

(KCL) = Knollcrest Lodge (PERC) = Perth East Recreation Complex (MM) = Millwood Manor (MMF) = Milverton Mennonite Fellowship Church

| Mon | Tue | Wed | Thu | Fri |
|---|-----|--|----------------------------------|---|
| 2 CIVIC HOLIDAY OUTREACH CLOSED | | 4 Millwood Brunch 11:00am | 5 | 6 CHAP Blood Pressure clinic 12:00-3:00 |
| 9 Seniors Day Out & Footcare By appointment only | 10 | 11 Millwood Wii 10:00am | 12 Millwood Diners 12:00 noon | 13 |
| 16 Atwood Church Lunch Presbyterian Church 12:00 noon | 17 | 18 Millwood Brunch 11:00am CHAP Clinic @ Brunner Diners 11:00-12:30 | 19 | 20 CHAP Blood Pressure Clinic 9:30-11:00am |
| 23 | 24 | 25 Millwood Wii 10:00am | 26 Millwood Diners 12:00 noon | 27 |
| 30 Traveling Diners Pick up starts 10am | 31 | | | |

COMMUNITY OUTREACH SERVICES

519-595-8755