



67 Industrial Dr
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 KOA 1A0
 613-256-4700
info@themills.on.ca
 Office hours 9-430pm

**Activities, Trips, Outings and Wellness Programming
 June 2019 to August 2019**

For information please call our Home Support Office **(613) 256-4700**

Sincere thanks to our generous entertainment sponsors



June 2019	
Monday June 3	Strength and Balance Exercise Program Stan Mills Lounge 1pm
Tuesday June 4	Rideau Carleton Raceway – Lunch and casino
Wednesday June 5	Strength and Balance Exercise Program, Almonte Civitan 2pm
Thursday June 6	Lunch Bunch Dining Program Stan Mills Lounge 12pm
Friday June 7	Fit as a Fiddle Exercise and Light Lunch 1030am-1230pm
Saturday June 8	Carleton Place Farmers Market
Monday June 10	Strength and Balance Exercise Program Stan Mills Lounge 1pm
Wednesday June 12	Strength and Balance Exercise Program, Almonte Civitan 2pm
Wednesday June 12	Wednesday Night Café, Country Street Center, 6pm Entertainment provided by Irons in the Fire sponsored by Carleton Place Terrace
Thursday June 13	Day trip to Purdon Conservation to see the Lady Slipper Orchids and lunch at Sylvania Lodge
Friday June 14	Fit as a Fiddle Exercise and Light Lunch 1030am-1230pm
Friday June 14	Smith Falls Theatre and dinner- "The Dixie Swim Club" a Jones Hope Wooten comedy
Monday June 17	Strength and Balance Exercise Program Stan Mills Lounge 1pm
Monday June 17	Balderson Shopping Trip. Explore downtown Balderson, and its cute little shops- something for everyone! From the Amish furniture store to EmmaLee's fashions.
Tuesday June 18	Music & Memories Lunch, Country Street Center, 12pm
Wednesday June 19	Strength and Balance Exercise Program, Almonte Civitan 2pm

Thursday June 20	Lunch Bunch Dining Program Stan Mills Lounge 12pm Entertainment provided by Jenna Wright & sponsored by Carleton Place Terrace
Friday June 21	Fit as a Fiddle Exercise and Light Lunch 1030am-1230pm
Friday June 21	Day trip to Middleville Museum and lunch at the Lanark Landing. Admission to the museum is \$7 per person
Monday June 24	Strength and Balance Exercise Program Stan Mills Lounge 1pm *final class before summer break*
Tuesday June 25	Last Supper Social before the summer break. Almonte Legion 6pm Entertainment provided by Jumping Jimmy Leroux & sponsored by Waterside
Wednesday June 26	Strength and Balance Exercise Program, Almonte Civitan 2pm *final class before summer break*
Wednesday June 26	Retired not Expired Walking Group
Thursday June 27	Shopping Trip to Bayshore Shopping Centre
Friday June 28	Fit as a Fiddle Exercise and Light Lunch 1030am-1230pm *final class before summer break*
July 2019	
Monday July 1	Canada Day Main Office Closed
Thursday July 4	Day trip to Ottawa for the Changing of the Guard and trip to Parliament Hill
Monday July 8	Day Trip to Papanack Zoo and Lunch Out. Admission to the zoo is \$12.00
Wednesday July 10	Day Trip to Waba. Garden and Cottage Tour
Saturday July 13	Shopping trip to the Carp Farmers Market
Tuesday July 16	Day Trip to Fitzroy Provincial Park and Picnic in the Park
Friday July 19	Day Trip to Stewart Park Festival in Perth- Free music festival and local vendors.
Tuesday July 23-24	Overnight trip to Kingston- Call the office for details and to reserve your spot on the bus ☐
Friday July 26	Trip to Ottawa Night Market- Located at Ottawa's beautiful Chinatown Royal Gateway on Somerset and Bronson, Asian Night Market with cultural performances, savory scents and mouthwatering dishes.

Monday July 29	Day Trip to the Science and Technology Museum and lunch out. Admission to the museum is \$13.00
Wednesday July 31	Retired not expired walking group
August 2019	
Thursday August 1	Day Trip to Busker Festival in Ottawa- Catch amazing, unscheduled performances all over Sparks Street. Clowns, jugglers, face-painters, stilt-walkers... you never know who (or what) you'll see.
Monday August 5	Civic Holiday Main Office Closed
Wednesday August 7	Day Trip for the Rideau Canal Boat Cruise Ottawa. Tickets for the cruise are \$22
Sunday August 11	Day trip to the Arnprior Farmers Market and Arnprior Concert in the Park featuring Chris Dzekien
Thursday August 15	Day trip to tour the Canadian Mint and lunch out at Tuckers Buffet in the Market. Tickets for the Mint are \$7 and the buffet price at Tuckers is \$13.99
Tuesday August 20	Day Trip to the Peterborough Zoo and lunch out. Admission to the zoo is free
Wednesday August 28	Retired not Expired Walking Group
Friday August 30	Day trip to Brockville to see the Tall Ships. Admission to the festival is \$5.00

To register for any of the above programs call **Seniors' Services** at 613-256-4700

PRE-PAID TICKETS FOR EVENTS AND OUTINGS ARE NON-REFUNDABLE

Local transportation can be provided for our social dining programs and some of our exercise and fitness programs.

Other Services

- ✓ **Meals on Wheels** – delivered every Monday, Wednesday and Friday \$9.00 per meal
- ✓ **Frozen meals** – orders can be placed by calling the Home Support Office (613) 256-4700 \$7.00 per meal
- ✓ **Escorted Transportation** – for medical appointments or social outings. Can be booked by calling the Home Support Office (613) 256-4700
- ✓ **Foot Care Clinics** – offering weekly clinics at the Mills main office. Appointments can be booked by calling the Home Support Office (613) 256-4700
- ✓ **Home Help and Maintenance**
- ✓ **Vial of Life Program**



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