



Older Adult Monthly Dances

Wed. January 31st @ 1pm - Ashley Giles

Wed. February 28th @ 1pm - Randy Satchell

Join us the last Wednesday of the month at the West Perth Community Centre for an afternoon of dancing, snacks and refreshments. **Registration required. Please call 519-348-9311 to sign-up!** Offered in partnership with the Municipality of West Perth. Cost: \$2.00

Coffee Hour!

Wed. February 21st @ 10:30AM

Join us the third Wednesday of each month for Coffee Hour. This month we will have a Lawyer from Monteith Ritsma Phillips come to talk about estate planning, writing wills and planning for retirement.

Coffee & tea provided. Call Outreach to sign-up!
FREE!

**MONTEITH
RITSMA LAW OFFICES
PHILLIPS**



**Office will be Closed
Monday February 19th**

Family Day Event!

Saturday, February 17th

@ the West Perth Municipal Office

10am-1pm

Join us for a day full of fun for the whole family including Bingo, crafts, public skating and much more!

No sign-up required.

All are welcome!

**Family
Fun Day**



4118A Road 164, RR 5
Mitchell, ON N0K 1N0

(located in the West Perth Village)

Phone: 519-348-9765

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**Memory
aging**
PROGRAM

What kinds of memory changes should I expect as I grow older?
What changes are normal and which ones are not?
Can I improve my memory? Find answers at this 4-week course!

Thursday, February 8	9:30 am - 11:30 am
Thursday, February 15	9:30 am - 11:30 am
Thursday, February 29	9:30 am - 11:30 am
Thursday, March 7	9:30 am - 11:30 am

Location: Ritz Villa/West Perth Villages, Mitchell

\$25 Workbook Fee
Note: No session on February 22nd
Program registration required

More information or to register: Alzheimer Society Huron Perth
Stratford: 519-271-1910 or Clinton: 519-482-1482
email: christyb@alzhp.ca

MITCHELL & AREA COMMUNITY OUTREACH MONTHLY COMMUNITY CALENDAR FEBRUARY 2024



Program descriptions:

Euchrama: Thurs. February 1st 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$10.00

Farkle: Tues. February 6th 1:30pm

Manor/TRP Dinner: Thurs. February 8th 12:00pm
Join us for lunch catered by Maribeth Nevin Cost: \$14.00, RSVP by Fri. February 2nd

Pie Social: Mon. February 12th 2:30pm Cost: \$3.00, RSVP by Fri. February 9th

Games—Cribbage Tues. February 13th 1:30pm: Join us for an afternoon of fun while we play a couple rounds of Crib. RSVP by Fri. February 9th

Sing-a-long: Wed. February 14th 2:30pm Cost: FREE.

Dining for Seniors: Thurs. February 15th A delicious lunch catered by Maribeth Nevin and deliveries to your door start at 11:30AM. Cost: \$14.00, RSVP by Fri. February 9th

Brunch n' Bunch: Tues. February 20th 10:30am
Join us in the manor lounge. Cost: \$10.00. RSVP by Fri. February 16th

Sandwich Lunch: Thurs. February 22nd A delicious sandwich lunch (a mix of egg, salmon, and ham) catered by Maribeth Nevin. Deliveries to your door start at 11:30am. Cost: \$12.00 RSVP by Fri. February 16th

Seniors Book Chat: Mon. Feb. 26th 11:00AM

Join us for coffee/tea, as we discuss the latest book you have read.

Yoga: Mondays AND Thursdays 10:00AM

Drop in, beginners to advanced are welcome!

**This class requires the ability to get to and from the floor on your own.* Cost: \$10.00/week

Blood Pressure Clinic: Two locations offered! FREE

WP Public Library: Tues. Feb. 13th (1-3pm) Drop-in

Manor Lounge: Tues. Feb. 27th (1-3pm) By appt.

Manor/TRP & Seniors of West Perth Coffee Hour:

Join us for coffee, snacks and information. **Guest Speaker: James Burns, Monteith Ritsma Phillips**

Join us for a presentation to discuss estate planning, writing wills and planning for retirement.

Cost: FREE, **3rd Wednesday at 10:30am**

Foot Care Clinics: Cost: \$45.00—by appointment only! Tues. Feb. 20th & Wed. Feb. 21st

Active Wellness: 40 min, Level 2.

Class is designed for those with a moderate level of ability. This class is a mix of both standing and seated components. Cost: FREE

Group Exercise Class: 60 min, Level 3

In-Person and Zoom options offered

Class is designed for those with a moderate to vigorous level of ability, providing the option to participate at a higher level of intensity.

Cost: FREE (see calendar for dates and exclusions)

Older Adult Dance: Wed. January 31st & February 28th @ 1pm

Join us the last Wednesday of the month at the West Perth Community Centre for an afternoon of dancing, snacks and refreshments. Music provided by **Ashley Giles (Jan.) & Randy Satchell (Feb.).**

Cost: \$2.00

To sign up for a program call Mitchell & Area Community Outreach at 519-348-9765.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Codes: Z- Zoom Video UT - Upper Thames Missionary Church M - Manor Lounge WPV - West Perth Village D* - Delivery CC - Mitchell Community Centre L - West Perth Library LW4L—LiveWell4Life			Meals on Wheels (MOW): Hot nutritious meals are delivered by volunteers on Monday, Wednesday, Friday at lunch time. Please contact to inquire about out of town meal delivery. <i>\$10.00/meal (includes meat, potato/rice, two vegetable servings, beverage and dessert)</i> Frozen entrées, soups & desserts are also available as an alternative. <i>(contact for pricing)</i>			
				1 10:00am—Yoga (LW4L) 10:00am- Euchrama (CC) 10:30am- Line Dancing (CC) 1:30pm— Active Wellness (M)	2 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Manor/TRP Dinner</i>	3
4	5 MOW 9:00am - Aquafit #3 9:30am - Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)	6 9:30am- Group Exercise (CC) (Z) 1:30pm- Farkle (M)	7 MOW 9:30am- Group Exercise (UT) (Z) 10:00-12:00-Farmer’s Market (WPV) 10:00am— Active Wellness (M) 7:00pm- Cards (M)	8 10:00am—Yoga (LW4L) 10:30am- Line Dancing (CC) 12:00pm - Manor/TRP Dinner (M) 1:30pm— Active Wellness (M)	9 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Pie Social, Cribbage & Dining for Seniors</i>	10
11	12 MOW 9:00am - Aquafit #4 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 2:30pm - Pie Social (M) 7:00pm- Cards (M)	13 9:30am- Group Exercise (CC) (Z) 1:00-3:00pm- BP Clinic (drop-in) (L) 1:30pm-Games —Cribbage (M)	14 MOW 9:30am - Group Exercise (UT) (Z) 10:00am- Active Wellness (M) 2:30pm—Sing-a-long (M) 7:00pm- Cards (M) 	15 10:00am—Yoga (LW4L) 10:30am- Line Dancing (CC) 11:30am - Dining for Seniors (D*) 1:30pm - Active Wellness (M)	16 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Brunch n’ Bunch & Sandwich Lunch</i>	17 10am-1pm: Family Day Event @ the West Perth Municipal Office!
18	19 No MOW  Office Closed	20 9:30am- Group Exercise (CC) (Z) 10:30am-Brunch n’ Bunch (M) Foot Care Clinic (by appt.) (M)	21 MOW 9:30am - Group Exercise (UT) (Z) 10:30 - Manor/TRP Coffee Hour (M) 1:30pm— Active Wellness (M) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M)	22 10:00am—Yoga (LW4L) 10:30am- Line Dancing (CC) 11:30am-Sandwich Lunch (D*) 1:30pm - Active Wellness (M)	23 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)	24
25	26 MOW 9:00am - Aquafit #5 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 11:00am - Seniors Book Chat (M) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	27 9:30am- Group Exercise (CC) (Z) 1:00-3:00pm- BP Clinic (by appt.) (M)	28 MOW 9:30am - Group Exercise (UT) (Z) 10:00am— Active Wellness (M) 1:00pm - Older Adult Dance (CC) 7:00pm- Cards (M)	29 10:00am—Yoga (LW4L) 10:30am- Line Dancing (CC) 1:30pm - Active Wellness (M)		