

**This month we will be celebrating the 22nd annual March for Meals campaign.**

This March, hundreds of local Meals on Wheels programs across the country will reach out to their communities to build the support to enable them to deliver nutritious meals, friendly visits and safety checks to seniors all year long. By volunteering, donating or speaking out, *you* can ensure the seniors in your neighborhood can live more healthy, happy and independent lives at home, where they want to be.



**Coming up in March: Audiology Clinic!**

**Thursday, March 28th, 2024 from 8:00AM-4:30PM** at the Ritz Manor Lounge.

By appointment, only! Call Outreach at 519-348-9765 to book.  
**FREE!**



**Office will be Closed  
Friday, March 29th**



**Research Volunteers Needed!**  
Virtual Lifestyle Intervention for Better Brain Health



**You may be eligible if you:**

- Are 65-85 years old
- Are concerned about your memory and other thinking abilities
- Have access to internet at home
- Are a resident of Saskatchewan, Manitoba, Ontario, or Quebec

**This study involves:**

- Exercise and healthy lifestyle education delivered using Zoom
- 3 sessions (totalling 4 hours) per week for 6 months
- Two virtual assessments of memory and thinking abilities (up to 65min each) at baseline, 6-months, and 12-months

Contact us to learn more:  
Email: [Leadtrial@uwaterloo.ca](mailto:Leadtrial@uwaterloo.ca) Telephone: (519)888-4567 x 41080



This study has been reviewed and received clearance through University of Waterloo and Baycrest research ethics boards



**Scan the QR code below to sign up for our electronic newsletter!**



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(located in the West Perth Village)

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

**MITCHELL & AREA COMMUNITY OUTREACH  
MONTHLY COMMUNITY CALENDAR  
MARCH 2024**



**Program descriptions:**

**Farkle: Tues. March 5th 1:30pm**

**Euchrama: Thurs. March 7th 10am-3pm** Join us for multiple Euchre games and lunch. Cost: \$10.00

**Yahtzee: Tues. March 12th 1:30pm:** Join us for an afternoon of fun while we play a couple rounds of Yahtzee. **RSVP by Fri. March 8th**

**Sing-a-long: Wed. March 13th 2:30pm** Cost: FREE.

**Manor/TRP Dinner: Thurs. March 14th 12:00pm**  
Join us for lunch catered by The West Perth Village  
Cost: \$14.00, **RSVP by Fri. March 8th**

**Pie Social: Mon. March 18th 2:30pm** Cost: \$3.00,  
**RSVP by Fri. March 15th**

**Brunch n' Bunch: Tues. March 19th 10:30am**  
Join us in the manor lounge. Cost: \$10.00. **RSVP by Fri. March 15th**

**Dining for Seniors: Thurs. March 21st** A delicious lunch catered by The Monkton Diner and deliveries to your door start at **11:30AM**. Cost: \$14.00, **RSVP by Fri. March 15th**



**Meals on Wheels (MOW):**

Hot nutritious meals are delivered by volunteers on Mondays, Wednesdays & Fridays between 11:30am-12:30pm. *\$10.00/meal (includes meat, potato/rice, two vegetable servings, beverage and dessert)*

Apetito frozen meals are available to supplement hot meals. They are delivered on a two week schedule. Contact Outreach for a brochure and pricing.

**Seniors Book Chat: Mon. Mar. 25th 11:00AM**  
Join us 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. Mar. 12th (1-3pm) Drop-in**  
**Manor Lounge: Tues. Mar. 26th (1-3pm) By appt.**

**Manor/TRP & Seniors of West Perth Coffee Hour:**  
Join us for coffee, snacks and information. **Guest Speaker: Sandra Shields, LifeLine**  
Join us for a presentation from LifeLine Canada.  
Cost: FREE, **3rd Wednesday at 10:30am**

**Foot Care Clinics:** Cost: \$45.00—by appointment only! **Tues. Mar. 12th & Wed. Mar. 13th**




**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 (*see calendar for dates and exclusions*)

**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*)

**Social Dance: Wed. Mar. 27th 1:00-3:00pm**  
Join us for some dancing and music by **Bob Lauze** at the Community Centre. Light snacks provided. Refreshments at an additional cost. No sign-up required! Cost: \$5.00

**Audiology Clinic: Thurs. Mar. 28th 8am-4:30pm**  
Call Outreach to sign-up. FREE!

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Codes:</b> 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					<b>West Perth Transit: Monday - Friday                      9 AM - 5 PM</b> <b>To book transportation call Easy Ride at                      519-272-9875</b>	
	<b>Reminder: **Programs held at the West Perth Village are subject to change if there is an Outbreak!</b>				<b>1 MOW</b> 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)	2
3	<b>4 MOW</b> <b>9:00am - Aquafit #6</b> 9:30am - Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)	<b>5</b> 9:30am- Group Exercise (CC) (Z) <b>1:30pm- Farkle (M)</b>	<b>6 MOW</b> 9:30am- Group Exercise (UT) (Z) <del>10:00am—Active Wellness (M)</del> 7:00pm- Cards (M)	<b>7</b> 10:00am—Yoga (LW4L) <b>10:00am- Euchrama (CC)</b> <b>10:30am- Line Dancing (CC)</b> 1:30pm— Active Wellness (M)	<b>8 MOW</b> 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)  <i>*RSVP to Manor/TRP Dinner &amp; Yahtzee</i>	9
10	<b>11 MOW</b> <b>9:00am - Aquafit #7</b> 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	<b>12</b> 9:30am- Group Exercise (CC) (Z) <b>1:00-3:00pm- BP Clinic (drop-in) (L)</b> <b>1:30pm-Yahtzee (M)</b>  <b>Foot Care Clinic (by appt.) (M)</b>	<b>13 MOW</b> 9:30am - Group Exercise (UT) (Z) <b>9:30-12:00-Farmer’s Market (WPV)</b> <del>10:00am—Active Wellness (M)</del> <b>2:30pm—Sing-a-long (M)</b> 7:00pm- Cards (M) <b>Foot Care Clinic (by appt.) (M)</b>	<b>14</b> 10:00am—Yoga (LW4L) <b>10:30am- Line Dancing (CC)</b> <b>12:00pm - Manor/TRP Dinner (M)</b> 1:30pm - Active Wellness (M)	<b>15 MOW</b> 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)  <i>*RSVP to Pie Social, Brunch n’ Bunch &amp; Dining for Seniors</i>	16
17	 <b>18 MOW</b> <b>9:00am - Aquafit #8</b> 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) <b>2:30pm - Pie Social (M)</b> 7:00pm- Cards (M)	<b>19</b> 9:30am- Group Exercise (CC) (Z) <b>10:30am-Brunch n’ Bunch (M)</b>	<b>20 MOW</b> 9:30am - Group Exercise (UT) (Z) <b>10:30 - Manor/TRP Coffee Hour (M)</b> 1:30pm— Active Wellness (M) 7:00pm- Cards (M)	<b>21</b> 10:00am—Yoga (LW4L) <b>10:30am- Line Dancing (CC)</b> <b>11:30am - Dining for Seniors (D*)</b> 1:30pm - Active Wellness (M)	<b>22 MOW</b> 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)	23
24	<b>25 MOW</b> <b>9:00am - Aquafit #9</b> 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) <b>11:00am - Seniors Book Chat (M)</b> 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	<b>26</b> 9:30am- Group Exercise (CC) (Z) 10:00am-2:00pm— Katie’s Jewelry Sale (WPV) <b>1:00-3:00pm- BP Clinic (by appt.) (M)</b>	<b>27 MOW</b> 9:30am - Group Exercise (UT) (Z) 10:00am— Active Wellness (M) <b>1:00pm - Social Dance (55+)(CC)</b> 7:00pm- Cards (M)	<b>28</b> <b>8:00am-4:30pm: Audiology Clinic (M)</b> 10:00am—Yoga (LW4L) <del>1:30pm—Active Wellness (M)</del>	<b>29 No MOW</b>  <b>Office Closed—Good Friday</b>	30
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