



National Volunteer Week April 14-20, 2024!

During National Volunteer Week, April 14th to 20th, 2024, we celebrate our volunteers and recognize the time, talent and energy they share to strengthen our community. Volunteering matters now more than ever and without the help of our volunteers we would not be able to provide the services we do!

Thank a volunteer TODAY!

Outreach is currently recruiting volunteers, contact us today if you are interested!

Upcoming FREE Blood Pressure Clinics:

West Perth Library Location:

Tuesday, April 9th @ 1-3pm (drop-in)

Tuesday, May 14th @ 1-3pm (drop-in)

Tuesday, June 11th @ 1-3pm (drop-in)

Ritz Manor Lounge Location:

Tuesday, April 30th @ 1-3pm (*NEW! drop-in)

Tuesday, May 28th @ 1-3pm (drop-in)

Tuesday, June 25th @ 1-3pm (drop-in)



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

Coming up in May:



Join us as we head to Caledonia to enjoy a Lunch Cruise with Grand River Dinner Cruises and a Blazing Fiddles Show:
Tuesday, May 28th 8:00am RSVP by Friday May 17th Cost: \$115.00 includes transportation, blazing fiddle show, lunch and boat cruise.



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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 APRIL 2024



Program descriptions:

Euchrama: Thurs. April 4th 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$10.00

Farkle: Tues. April 9th 1:30pm

Sing-a-long: Wed. April 10th 2:30pm Cost: FREE.

Manor/TRP Dinner: Thurs. April 11th 12:00pm

Join us for lunch catered by Maribeth Nevin Cost: \$14.00, **RSVP by Fri. April 5th**

Pie Social: Mon. April 15th 2:30pm Cost: \$3.00, **RSVP by Fri. April 12th**

Dining for Seniors: Thurs. April 18th A delicious lunch catered by Maribeth Nevin and deliveries to your door start at **11:30AM**. Cost: \$14.00, **RSVP by Fri. April 12th**

Brunch n' Bunch: Tues. April 16th 10:30am

Join us in the manor lounge. Cost: \$10.00. **RSVP by Fri. April 12th**

Lunch at Anna Mae's: Tues. April 23rd Pick ups starting at 10:30am. Let's say HELLO to Spring by hopping on the bus and enjoying lunch out! We will be heading to Anna Mae's in Millbank. Cost: \$20.00. Lunch at own cost. **RSVP by Fri. April 19th**

Fish Fry: Thurs. April 25th A delicious lunch catered by The West Perth Village and deliveries to your door start at **11:30am**. Cost: \$12.00 . **RSVP by Fri. April 19th**

Seniors Book Chat: Mon. April 29th 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. Apr. 9th (1-3pm) Drop-in

Manor Lounge: Tues. Apr. 30th (1-3pm) By appt.

Manor/TRP & Seniors of West Perth Coffee Hour:

Join us for coffee, snacks and information. **Guest**

Speaker: Tracy MacDonald

Join us for a presentation to learn more about the benefits of reflexology, essential oils and massage.

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

Foot Care Clinics: Cost: \$45.00—by appointment only! **Apr. 2nd & 3rd; Apr. 23rd & 24th**

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*)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Codes:
Z- Zoom Video WPV - West Perth Village L - West Perth Library
UT - Upper Thames Missionary Church D* - Delivery LW4L—LiveWell4Life
M - Manor Lounge CC - Mitchell Community Centre

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.
\$10.00/meal (includes meat, potato/rice, two vegetable servings, beverage and dessert)
Frozen entrées, soups & desserts are also available as an alternative. *(contact for pricing)*

	1 MOW 9:00am—Aquafit 9:30am - Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)	2 9:30am- Group Exercise (CC) (Z) Foot Care Clinic (by appt.) (M)	3 MOW 9:30am- Group Exercise (UT) (Z) 9:30-12:00-Farmer’s Market (WPV) 10:00am—Active Wellness (M) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M)	4 10:00am—Yoga (LW4L) 10:00am- Euchrama (CC) 1:30pm— Active Wellness (M)	5 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Manor/TRP Dinner</i>	6
7	8 MOW 9:00am - Aquafit #10 9:30am - Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 1:30pm—Active Wellness (M) 7:00pm- Cards (M)	9 9:30am- Group Exercise (CC) (Z) 1:00-3:00pm- BP Clinic (drop-in) (L) 1:30pm- Farkle (M)	10 MOW 9:30am - Group Exercise (UT) (Z) 10:00am- Active Wellness (M) 2:30pm—Sing-a-long (M) 7:00pm- Cards (M)	11 10:00am—Yoga (LW4L) 12:00pm - Manor/TRP Dinner (M) 1:30pm— Active Wellness (M)	12 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Pie Social, Brunch n’ Bunch & Dining for Seniors</i>	13
14 April 14-20: National Volunteer Week!	15 MOW 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 2:30pm - Pie Social (M) 7:00pm- Cards (M)	16 9:30am- Group Exercise (CC) (Z) 10:30am-Brunch n’ Bunch (M)	17 MOW 9:30am - Group Exercise (UT) (Z) 10:30 - Manor/TRP Coffee Hour (M) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)	18 10:00am—Yoga (LW4L) 11:30am - Dining for Seniors (D*) 1:30pm - Active Wellness (M)	19 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Lunch @ Anna Mae’s & Fish Fry</i>	20
21	22 MOW 9:30am - Group Exercise (UT) (Z) 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M) 7:00pm- Cards (M)	23 9:30am- Group Exercise (CC) (Z) 10:30am-Lunch @ Anna Mae’s Foot Care Clinic (by appt.) (M)	24 MOW 9:30am - Group Exercise (UT) (Z) 10:00am— Active Wellness (M) 1:00pm - Social Dance (55+)(CC) 7:00pm- Cards (M) Foot Care Clinic (by appt.) (M)	25 10:00am—Yoga (LW4L) 11:30am— Fish Fry (D*) 1:30pm - Active Wellness (M)	26 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)	27
28	29 MOW 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)	30 9:30am- Group Exercise (CC) (Z) 1:00-3:00pm- BP Clinic (by appt.) (M)		 To book transportation please call Easy Ride at 519-272-9875		