

RLV Auxiliary Bake, Plant, and

Treasures Sale + BBQ

Location: Ritz Manor Parking Lot

Date: Saturday, May 25th, 2023 @ 10AM-1PM

Quilt draw tickets are available for purchase at the front desk of the West Perth Village.



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

Reminder

This is a friendly reminder that RSVPs to programs must be done so on or before the RSVP date. If you are unsure if you have signed up for a program, please call the Outreach office to confirm. Cancellations also must be made by the RSVP date or a fee will apply. Some exclusions apply!



May is Hypertension Awareness Month

Upcoming Blood Pressure Clinics:

West Perth Library Location:

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

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

Ritz Manor Lounge Location:

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

Tuesday, July 30th @ 1-3pm (drop-in)



Office will be Closed

Monday, May 20th

Upcoming Play Trip:

Saving Graceland

Where: Blyth Festival

When: Tuesday, June 25th

Cost: \$ 70.00

Spaces Limited! Call the Outreach office to book your seat. 519-348-9765

RSVP by May 31st . Transportation and Ticket included in the cost. Lunch at your own expense.



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Mitchell, ON N0K 1N0

(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

MAY 2024



Program descriptions:

Euchrama: Thurs. May 2nd 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$10.00

Farkle: Tues. May 7th 1:30pm

Sing-a-long: Wed. May 8th 2:30pm

Manor/TRP Dinner: Thurs. May 9th 12:00pm

Join us for lunch catered by The West Perth Village
Cost: \$14.00, **RSVP by Fri. May 3rd**

Mother's Day High Tea: Fri. May 10th at 2:00pm.

Join us in an early celebration for Mother's Day! You are encouraged to wear your fancy apparel, but not necessary! Cost: \$5.00
RSVP by Fri. May 3rd

Pie Social: Mon. May 13th 2:30pm Cost: \$3.00,
RSVP by Fri. May 10th

Brunch n' Bunch: Tues. May 14th 10:30am

Join us in the manor lounge. Cost: \$10.00.
RSVP by Fri. May 10th

Name That Tune: Tues. May 14th. Come out and join us to hear some old time favourite songs....we bet you can't Name That Tune.

Dining for Seniors: Thurs. May 16th A delicious lunch catered by The New Monkton Diner and deliveries to your door start at **11:30AM**. Cost: \$14.00,
RSVP by Fri. May 10th

Trivia Tuesday: Tues. May 21st Let's test our knowledge on some fun facts, come out and see if you know the answer!

Yahtzee: Thurs. May 23rd 10:30am

Seniors Book Chat: Mon. May 27th 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. May 14th (1-3pm) Drop-in!

Manor Lounge: Tues. May 28th (1-3pm) Drop-in!

Manor/TRP & Seniors of West Perth Coffee Hour:

Join us for coffee, snacks and information. **Guest Speaker: Jeff Lockhart**

Join us for a presentation from Lockhart Funeral Home to learn more about funeral planning and dealing with grief.

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

Foot Care Clinics: Cost: \$45.00—by appointment only! **May 14th & 15th**

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. May 29th 1:00-3:00pm

Join us for some dancing and music by **Randy Satchell** at the Community Centre. Light snacks provided. Refreshments at an additional cost. No sign-up required! Cost: \$5.00

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

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 MOW 9:30am- Group Exercise (UT) (Z) 9:30-12:00-Farmer's Market (WPV) 10:00am—Active Wellness (M) 7:00pm- Cards (M)	2 10:00am—Yoga (LW4L) 10:00am- Euchrama (CC) 1:30pm- Active Wellness (M)	3 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Manor/TRP Dinner & Mother's Day High Tea</i>	4
5	6 MOW 9:30am - Group Exercise (UT) (Z) 10:00am- Yoga (LW4L) 1:30pm- Active Wellness (M) 7:00pm- Cards (M)	7 9:30am- Group Exercise (CC) (Z) 1:00-3:00pm- BP Clinic (drop-in) (L) 1:30pm- Farkle (M)	8 MOW 9:30am - Group Exercise (UT) (Z) 10:00am- Active Wellness (M) 2:30pm—Sing-a-long (M) 7:00pm- Cards (M)	9 10:00am—Yoga (LW4L) 12:00pm - Manor/TRP Dinner (M) 1:30pm- Active Wellness (M)	10 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm—Wii Games (M) 2:00pm—Mothers Day High Tea (M) <i>*RSVP to Pie Social, Brunch n' Bunch & Dining for Seniors</i>	11
12	13 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)	14 9:30am- Group Exercise (CC) (Z) 10:30am-Brunch n' Bunch (M) 2:00pm—Name that Tune (M) Foot Care Clinic (by appt.) (M)	15 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)	16 10:00am—Yoga (LW4L) 11:30am - Dining for Seniors (D*) 1:30pm - Active Wellness (M)	17 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Grand River Dinner Cruise</i>	18
19	20 NO MOW  Office Closed	21 9:30am- Group Exercise (CC) (Z) 2:00pm— Trivia Tuesday (M)	22 MOW 9:30am - Group Exercise (UT) (Z) 10:00am— Active Wellness (M) 7:00pm- Cards (M)	23 10:00am—Yoga (LW4L) 10:30am—Yahtzee (M) 1:30pm - Active Wellness (M)	24 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M)	25 10am-1pm—RLV Auxiliary Sale
26	27 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)	28 9:00am— Grand River Dinner Cruise 9:30am- Group Exercise (CC) (Z) 1:00-3:00pm- BP Clinic (drop-in) (M)	29 MOW 9:30am - Group Exercise (UT) (Z) 10:00am— Active Wellness (M) 1:00pm - Social Dance (55+)(CC) 7:00pm- Cards (M)	30 10:00am—Yoga (LW4L) 1:30pm - Active Wellness (M)	31 MOW 9:30am - Group Exercise (UT) (Z) 2:00pm - Wii Games (M) <i>*RSVP to Play Trip</i>	