


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 SL- SPRUCE LODGE				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. \$11.00/meal (includes meat, potato/rice, two vegetable servings, beverage and dessert) Frozen entrees, soup & desserts are also available as an alternative. (contact for pricing)		
			1 MOW 8:00am-11:00am-Pickleball (CC) 9:30am-Aquafit #7 9:00am-12:00pm-Farmer's Market (WPV) 9:30am-Group Exercise (UT)(Z) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	2 9:00-12pm-Reflexology (by appt.)(M) 10:00am-Yoga (LW4L) 10:00am-Euchrama (CC) 1:30pm-Active Wellness (M) 6:00-9:00pm-Pickleball (CC)	3 No MOW  Good Friday Office Closed	4
5	6 MOW 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 7:00pm-Cards (M) Foot Care Clinic (by appt.) (M) *RSVP to Manor/TRP Dinner	7 9:30am-Group Exercise (CC) (Z) 1:30pm-Farkle (M) 6:00-9:00pm- Pickleball (CC) Foot Care Clinic (by appt.) (M)	8 MOW 8:00am-11:00am-Pickleball (CC) 9:30am-Aquafit #8 9:30am-Group Exercise (UT)(Z) 1:30pm-Active Wellness (M) 2:30pm- Sing-a-long (M) 7:00pm-Cards (M) Foot Care Clinic (by appt.) (M)	9 10:00am-Yoga (LW4L) 12:00pm-Manor/TRP Dinner (M) 1:30pm-Active Wellness (M) 6:00-9:00pm-Pickleball (CC)	10 MOW 9:30am-Group Exercise (UT) (Z) 10:00am-Social Share: Food (M) 2:00pm-Wii Games (M) *RSVP to Lunch @ Anna Mae's, & Dining for Seniors	11
12	13 MOW 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	14 9:30am-Group Exercise (CC) (Z) 10:30am-Lunch @ Anna Mae's 1:00-3:00pm-BP Clinic (drop-in) (L) 6:00-9:00pm- Pickleball (CC)	15 MOW 8:00am-11:00am-Pickleball (CC) 9:30am-Aquafit #9 9:30am-Group Exercise (UT)(Z) 10:30am-Community Coffee Hour (M) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	16 10:00am-Yoga (LW4L) 11:30am-Dining for Seniors (D*) 1:30pm-Active Wellness (M) 6:00-9:00pm-Pickleball (CC)	17 MOW 9:00-12pm-Reflexology (by appt.)(M) 9:30am-Group Exercise (UT) (Z) 1:30pm-Online Safety Presentation(M) 2:00pm-Wii Games (M) *RSVP to Pie Social, Brunch n' Bunch & Sandwich Lunch	18
19	20 MOW 8:00am-11:00am-Pickleball (CC) 9:00am-Simply Celebrate You Clothing (WPV) 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 2:30pm-Pie Social (M) 7:00pm-Cards (M)	21 9:30am-Group Exercise (CC) (Z) 10:30am-Brunch n' Bunch (M) 6:00-9:00pm- Pickleball (CC)	22 MOW 8:00am-11:00am-Pickleball (CC) 9:30am-Aquafit #10 9:30am-Group Exercise (UT)(Z) 2:30pm-Active Wellness (M) 7:00pm-Cards (M)	23 10:00am-Yoga (LW4L) 11:30am-Sandwich Lunch (D*) 1:30pm-Active Wellness (M) 6:00-9:00pm-Pickleball (CC)	24 MOW 9:30am-Group Exercise (UT) (Z) 2:00pm-Wii Games (M)	25
26	27 MOW 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 11:00am-Senior Book Chat (M) 1:30pm-Active Wellness (M) 7:00pm-Cards (M) Foot Care Clinic (by appt.) (M)	28 9:30am-Group Exercise (CC) (Z) 6:00-9:00pm- Pickleball (CC) 10:30am-Yahtzee (M) 1:00-3:00pm-BP Clinic (by appt.) (M) Foot Care Clinic (by appt.) (M)	29 MOW 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) 1:30-3:30pm-Golden Oldies Dance (CC) 4:30pm-Active Wellness (M) 7:00pm-Cards (M) Foot Care Clinic (by appt.) (M)	30 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 6:00-9:00pm-Pickleball (CC)		