

MITCHELL & AREA COMMUNITY OUTREACH

MONTHLY COMMUNITY CALENDAR



JUNE 2026

Program Descriptions:

Farkle: Tues. June 2nd 1:30pm

Euchrama: Thurs. June 4th 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$12.00

Stratford Boat Cruise: Tues. June 9th 10:30am Cost: \$25.00 includes transportation, and boat cruise. Lunch at own cost. **RSVP by Fri. June 5th**

Sing-a-long: Wed. June 10th 2:30pm

Manor/TRP Dinner: Thurs. June 11th 12:00pm catered by Maribeth Nevin. Cost: \$15.00, **RSVP by Fri. June 5th**

Pie Social: Mon. June 15th 2:30pm Cost: \$4.00, **RSVP by Fri. June 12th**

Brunch n' Bunch: Tues. June 16th Join us in the manor lounge. Cost: \$11.00. **RSVP by Fri. June 12th**

Dining for Seniors: Thurs. June 18th A delicious lunch catered by Maribeth Nevin and deliveries to your door start at **11:30am**. Cost: \$15.00, **RSVP by Fri. June 12th**

Play Trip: Thurs. June 25th 10am We are heading to the Drayton Festival Theatre to see Nashville Music City. Cost: \$105.00 *includes transportation and play ticket, lunch at own cost. **RSVP by Fri. June 12th**

Yahtzee: Tues. June 30th 10:30am

Outreach Awareness Week: Mon. June 22nd to Fri. June 26th



Social Share: Fri. June 12th 10:00am Join us in the manor lounge for a fun discussion. **Topic: Summer**

Yoga: Mondays AND Thursdays 10:00am Drop-in Cost: \$10.00/class

Blood Pressure Clinic: Two locations offered! FREE

WP Public Library: Tues. June 9th (1-3pm) Drop-in

Manor Lounge: Tues. June 30th (1-3pm) appt only

Community Coffee Hour: Join us for coffee, snacks, and information. **Speaker: Tracy MacDonald from Happy Soul Holistic about Reflexology** Cost: FREE, **3rd Wednesday at 10:30am**

Clothing and Item Sale with Floral Treasures: Tues. June 23rd 10-2pm in the WPV.

Foot Care Clinics: by appointment only! Cost: \$45.00 June 8th, 9th, 10th, 29th, 30th, July 1st.

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 levels of ability, providing the option to participate at a higher level of intensity. Cost: FREE (*see calendar for dates and exclusions*)

Reflexology: Cost: \$40.00- by appointment only!

Thursday June 4th 9:00am-12:00pm

Friday June 19th 9:00am-12:00pm

Seniors Book Chat: Mon. June 29th 11:00am

Golden Oldies Dance: Wed. June 24th 1:30-3:30pm.

Music by Bob Lauze & Mostly Sideways 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
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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 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 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	2 1:30pm-Farkle (M)	3 MOW 9:00am-12:00pm-Farmer's Market (WPV) 9:30am-Group Exercise (UT)(Z) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	4 9:00-12pm-Reflexology (by appt.) (M) 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 10:00am-Euchrama (CC) 4:30pm-Active Wellness (M)	5 MOW 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M) *RSVP to Manor/TRP Dinner & Boat Cruise	6
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7	8 MOW 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 7:00pm-Cards (M) *Elmira Chicken delivery date Foot Care Clinic (by appt.) (M)	9 10:30am-Stratford Boat Cruise 1:00-3:00pm-BP Clinic (drop-in) (L) Foot Care Clinic (by appt.) (M)	10 MOW 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)	11 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 12:00pm-Manor/TRP Dinner (M) 1:30pm-Active Wellness (M)	12 MOW 9:30am-Group Exercise (UT)(Z) 10:00am-Social Share: Summer (M) 2:00pm-Wii Games (M) *RSVP to Pie Social, Brunch n' Bunch, Dining for Seniors & Play Trip	13
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14	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 10:30am-Brunch n' Bunch (M)	17 MOW 9:30am-Group Exercise (UT)(Z) 10:30am-Community Coffee Hour (M) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	18 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 11:30am-Dining for Seniors (D*) 1:30pm-Active Wellness (M)	19 MOW 9:00-12pm-Reflexology (by appt.) (M) 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M)	20
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21	22 MOW 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	23 10:00-Floral Treasures Clothing Sale (WPV) 11:00am-Alzheimer Walk (WPV) 11:00am-Outreach Awareness BBQ (WPV)	24 MOW 9:30am-Group Exercise (UT)(Z) 1:30-3:30pm-Golden Oldies Dance (CC) 4:30pm-Active Wellness (M) 7:00pm-Cards (M)	25 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 10:00am-Play Trip 1:30pm-Active Wellness (M)	26 MOW 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M)	27
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28	29 MOW 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)	30 10:30am-Yahtzee (M) 1:00-3:00pm-BP Clinic (by appt.) (M) Foot Care Clinic (by appt.) (M)	 <p>West Perth Transit: Monday - Friday 9 AM - 5 PM To book transportation call Easy Ride at 519-272-9875</p>			31
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Step aboard the Juliet III for a scenic cruise along the Avon River. We will be starting pick ups at 10:30am, and boat cruise at 11:10am. We will be enjoying lunch along the river after the cruise (weather permitting, reservations for lunch may be made at another location)

Cost: \$25.00 (includes transportation and boat cruise, lunch at your own cost)



Come shop for your summer needs from Floral Treasures at the West Perth Village on **Tuesday June 23rd** from **10:00am - 2:00pm**. Lots of clothes and other items, including a 40% off section!

Upcoming Play Trips:

Tribute to the Music of John Denver

Walter's Music Venue
Tues. July 14th, 2026

Lunch prior to show, show starts at 2pm
\$110 (includes transportation and play ticket)
Lunch at your own cost



Return to Grace

St. Jacobs Country Playhouse
Thurs. July 23rd, 2026

Lunch prior to show, show starts at 2pm
\$105 (includes transportation and play ticket)
Lunch at own cost



4118A Road 164, RR5
Mitchell, ON N0K 1N0
(located in the West Perth Village)

Phone: 519-348-9765
Fax: 519-348-4420
macoreferrals@ritzlutheranvilla.com



Outreach Awareness Week will run from June 22nd to June 26th. Keep an eye out for further events happening through the week!



Reminder: Our Elmira Chicken delivery date is **Monday, June 8th**. 1pm-4pm at the Outreach office
519-348-9765

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

