May 2026

MONTHLY COMMUNITY CALENDAR

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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 **MOW** 9:30am-Group Exercise (UT) (Z) 2:00pm-Wii Games (M)	**2**
3	**4** **MOW** 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	**5** 9:30am-Group Exercise (CC) (Z) **1:30pm-Farkle (M)** **2:30pm-Cinco de Mayo Activity**	**6** **MOW** 9:00am-12:00pm-Farmer's Market (WPV) **9:30am-Aquafit** 9:30am-Group Exercise (UT)(Z) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	**7** **9:00-12pm-Reflexology (by appt.) (M)** 9:30am-Group Exercise (UT) (Z) 10:00am-Yoga (LW4L) **10:00am-Euchrama (CC)** 1:30pm-Active Wellness (M)	**8** **MOW** 9:30am-Group Exercise (UT) (Z) 2:00pm-Wii Games (M) ***RSVP to Pie Social, & Manor/TRP Dinner**	**9**
10	**11** **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)	**12** 9:30am-Group Exercise (CC) (Z) **10:00am-Social Share: Theatre/Arts (M)** **1:00-3:00pm-BP Clinic (drop-in) (L)**	**13** **MOW** 9:30am-Group Exercise (UT)(Z) 1:30pm-Active Wellness (M) **2:30pm- Sing-a-long (M)** 7:00pm-Cards (M)	**14** **9**:30am-Group Exercise (UT) (Z) 10:00am-Yoga (LW4L) **12:00pm-Manor/TRP Dinner (M)** 1:30pm-Active Wellness (M)	**15** **MOW** **8:30am-Audiology Clinic (by appt.)** 9:30am-Group Exercise (UT) (Z) ~~2:00pm-Wii Games (M)~~ ***RSVP to Brunch n' Bunch & Dining for Seniors**	**16**
17	**18** **NO MOW** **Victoria Day** **Office Closed**	**19** 9:30am-Group Exercise (CC) (Z) **10:30am-Brunch n' Bunch (M)** **Foot Care Clinic (by appt.) (M)** ****Elmira Chicken order deadline***	**20** **MOW** 9:30am-Group Exercise (UT)(Z) **10:30am-Community Coffee Hour (M)** 1:30pm-Active Wellness (M) 7:00pm-Cards (M) **Foot Care Clinic (by appt.) (M)**	**21** 9:30am-Group Exercise (UT) (Z) 10:00am-Yoga (LW4L) **11:30am-Dining for Seniors (D*)** 1:30pm-Active Wellness (M) **Foot Care Clinic (by appt.) (M)**	**22** **MOW** **9:00-12pm-Reflexology (by appt.) (M)** 9:30am-Group Exercise (UT) (Z) 2:00pm-Wii Games (M)	**23**
24 / **31**	**25** **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)	**26** 9:30am-Group Exercise (CC) (Z) **10:30am-Yahtzee (M)** **1:00-3:00pm-BP Clinic (by appt.) (M)**	**27** **MOW** 9:30am-Group Exercise (UT)(Z) **1:30-3:30pm-Golden Oldies Dance (CC)** ~~1:30pm-Active Wellness (M)~~ 7:00pm-Cards (M)	**28** 9:30am-Group Exercise (UT) (Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M)	**29** **MOW** 9:30am-Group Exercise (UT) (Z) 2:00pm-Wii Games (M)	**30**