

MITCHELL & AREA COMMUNITY OUTREACH

MONTHLY COMMUNITY CALENDAR

JULY 2026



Program Descriptions:

Euchrama: Thurs. July 2nd 10am-3pm Join us for multiple Euchre games and lunch. Cost: \$12.00

*location change for July (see back for details)

Farkle: Tues. July 7th 1:30pm

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

Manor/TRP Dinner: Thurs. July 9th 12:00pm catered by The West Perth Village. Cost: \$15.00,
RSVP by Fri. July 3rd

Play Trip: Tues. July 14th 10am We will be heading to Walters Music Venue to see *Tribute to the Music of John Denver*. We will be stopping for lunch prior to the show. Cost: \$110.00. *includes transportation and play ticket, lunch at own cost. **RSVP by Fri. July 3rd**

Dining for Seniors: Thurs. July 16th A delicious lunch catered by Monkton Diner and deliveries to your door start at **11:30am**. Cost: **\$15.00**, **RSVP by Fri. July 10th**

Pie Social: Mon. July 20th 2:30pm Cost: \$4.00
RSVP by Fri. July 17th

Brunch n' Bunch + Giant Tiger: Tues. July 21st 10am
Enjoy brunch out at Dave's Diner. We will then head to Stratford to Giant Tiger. **Cost: \$15.00** (includes transportation, meal at own cost) **RSVP by Fri. July 17th**.

Play Trip: Thurs. July 23rd 10am. We will be heading to St. Jacobs to see *Return to Grace*. We will be stopping for lunch prior to the show. Cost: \$105.00. *includes transportation and play ticket, lunch at own cost. **RSVP by Fri. July 10th**

Yahtzee: Tues. July 28th 10:30am

Annual BBQ: Tues. July 28th 5:00pm Join us at the back of the Ritz Manor for some tasty hot dogs, burgers and salads. Music to follow by Randy Satchell. **Cost: \$15.00, RSVP by July 24th**

Social Share: Mon. July 13th 10:00am Join us in the manor lounge for a fun discussion. **Topic: Past Careers**

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

Blood Pressure Clinic: Two locations offered! FREE
WP Public Library: Tues. July 14th (1-3pm) Drop-in
Manor Lounge: Tues. July 28th (1-3pm) appt only

Community Coffee Hour: Join us for coffee, snacks, and information. **Speaker: Jaclyn Turpin from Rotary Hospice about Grief and Loss.** Cost: FREE, **3rd Wednesday at 10:30am**

Foot Care Clinics: by appointment only! Cost: \$45.00
July 1st, 2nd, 20th, 21st, 22nd.

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 July 2nd 9:00am-12:00pm
Friday July 17th 9:00am-12:00pm

Seniors Book Chat: Mon. July 27th 11:00am

Golden Oldies Dance: Wed. July 29th 1:30-3:30pm.
Music by *The Classics*. Cost: \$5.00

July 2026					MONTHLY COMMUNITY CALENDAR	
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 NO MOW  Office Closed Foot Care Clinic (by appt.) (M)	2 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) Foot Care Clinic (by appt.) (M)	3 MOW 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M) *RSVP to Manor/TRP Dinner & Play Trip (Walters)	4
5	6 MOW 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	7 1:30pm-Farkle (M)	8 MOW 9:00am-12:00pm-Farmer’s Market (WPV) 9:30am-Group Exercise (UT)(Z) 1:30pm-Active Wellness (M) 2:30pm-Sing-a-long (M) 7:00pm-Cards (M)	9 9:30am-Group Exercise (UT)(Z) 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) *RSVP to Dining for Seniors & Play Trip (St. Jacob’s)	11
12	13 MOW 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 10:00am-Social Share (M) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	14 10:00am - Play Trip (Walters) 1:00-3:00pm-BP Clinic (drop-in) (L)	15 MOW 9:30am-Group Exercise (UT)(Z) 10:30am-Community Coffee Hour (M) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	16 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 11:30am-Dining for Seniors (D*) 1:30pm-Active Wellness (M)	17 MOW 9:00-12pm-Reflexology (by appt.) (M) 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M) *RSVP to Pie Social & Brunch n’ Bunch	18
19	20 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) Foot Care Clinic (by appt.) (M)	21 10:00am-Brunch n’ Bunch - Bus Outing Foot Care Clinic (by appt.) (M)	22 MOW 9:30am-Group Exercise (UT)(Z) 1:30pm-Active Wellness (M) 7:00pm-Cards (M) Foot Care Clinic (by appt.) (M)	23 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 10:00am-Play Trip (St. Jacob’s) 1:30pm-Active Wellness (M) *Krispy Kreme Order deadline	24 MOW 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M) *RSVP to Annual BBQ	25
26	27 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)	28 10:30am-Yahtzee (M) 1:00-3:00pm-BP Clinic (by appt.) (M) 5:00pm-Annual BBQ (M)	29 MOW 9:30am-Group Exercise (UT)(Z) 1:30-3:30pm-Golden Oldies Dance (CC) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	30 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) *Krispy Kreme Delivery Date	31 MOW 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M)	