MITCHELL & AREA COMMUNITY OUTREACH
MONTHLY COMMUNITY CALENDAR
NOVEMBER 2026

Program Descriptions:

Farkle: Tues. November 3rd 1:30pm

Euchrama: Thurs. November 5th 10am-3pm Join us for multiple Euchre games and lunch. **Cost: $12.00**

Manor/TRP Dinner: Thurs. November 12th at 12:00pm Lunch catered by The West Perth Village, hosted in the manor lounge. **Cost: $15.00, RSVP by Fri. November 6th**

Pie Social: Mon. November 16th 2:30pm Cost: $4.00, RSVP by Fri. November 13th

Brunch n' Bunch: Tues. November 17th 10:30am. Join us in the manor lounge. **Cost: $11.00, RSVP by Fri. November 13th.**

Sing-a-long: Wed. November 18th 2:30pm

Dining for Seniors: Thurs. November 19th. A delicious lunch catered by The New Monkton Diner and deliveries to your door start at **11:30am. Cost: $15.00, RSVP by Fri. November 13th**

Yahtzee: Tues. November 24th 10:30am

Entertainment: Thurs. November 26th 2:00pm Join us in the manor lounge for a musical performance by the *Adam's Family*. **Cost:$5.00 RSVP by Fri. November 20th**

Pickleball: Held at the Community Centre (see calendar for dates & exclusions). Cost: $5.00

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

Blood Pressure Clinic: *Two locations offered! FREE*
WP Public Library: Tues. November 10th (1-3pm) Drop-In
Manor Lounge: Tues. November 24th (1-3pm) Appt Only

Community Coffee Hour: Join us for coffee, snacks, and information. **Speaker: Jessica Lawson from Alzheimer's Society Huron Perth on "The Three Ts of Memory: Tips, Types, and Transitions".** Cost: FREE, ***3rd Wednesday at 10:30am***

Foot Care Clinics: by appointment only! Cost: $45.00
November 2th, 3th, 4th & November 23rd, 24th, 25th.

Bereavement Group: 2nd Monday of Each Month at 1:00pm in West Perth Village Chapel. Call Rotary Hospice to book. Cost: FREE.

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, November 5th 9:00am-12:00pm
Friday, November 20th 9:00am-12:00pm

Seniors Book Chat: Monday, November 30th 11:00am

Golden Oldies Dance: Weds. November 25th 1:30-3:30pm. Music by The Country Versatiles. Cost: $5.00.

November 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	**2 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)**	**3** 9:30am-Group Exercise (CC)(Z) **1:30pm-Farkle (M)** 6:00pm-9:00pm-Pickleball (CC) **Foot Care Clinic (by appt.) (M)**	**4 MOW** 8:00am-11:00am-Pickleball (CC) 9:00am-12:00pm-Farmer's Market (WPV) 9:30am-Group Exercise (UT)(Z) **9:30am-Aquafit (SL)** 1:30pm-Active Wellness (M) 7:00pm-Cards (M) **Foot Care Clinic (by appt.) (M)**	**5** **9:00-12pm-Reflexology (by appt.) (M)** **10:00am-Euchrama (CC)** 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 6:00pm-9:00pm-Pickleball (CC)	**6 MOW** 9:30am-Group Exercise (UT)(Z) **10:45am-Fall Prevention Facts & Fun (M)** 2:00pm-Wii Games (M) ***RSVP to Manor/TRP Dinner**	**7**
8	**9 MOW** 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) **1:00pm-Bereavement Group (WPV)** 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	**10** 9:30am-Group Exercise (CC)(Z) **1:00-3:00pm-BP Clinic (drop-in) (L)** 6:00pm-9:00pm-Pickleball (CC)	**11 NO MOW** ***Office Closed***	**12** 10:00am-Yoga (LW4L) **10:00am-Fall Prevention Walk (M)** **12:00pm-Manor/TRP Dinner (M)** 1:30pm-Active Wellness (M) 6:00pm-9:00pm-Pickleball (CC)	**13 MOW** 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M) ***RSVP to Pie Social, Brunch n' Bunch & Dining for Seniors**	**14**
15	**16 MOW** 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) **2:30pm-Pie Social (M)** 7:00pm-Cards (M)	**17** 9:00-2:00pm-Katie's Jewelry Sale (WPV) 9:30am-Group Exercise (CC)(Z) **10:30am-Brunch n' Bunch (M)** 6:00pm-9:00pm-Pickleball (CC) ****Huron Ridge Orders Due***	**18 MOW** 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) **9:30am-Aquafit (SL)** **10:30am-Community Coffee Hour (M)** 1:30pm-Active Wellness (M) **2:30pm-Sing-a-long (M)** 7:00pm-Cards (M)	**19** 10:00am-Yoga (LW4L) **11:30am-Dining for Seniors (D*)** **1:30pm-Fitness Fundamentals (M)** 6:00pm-9:00pm-Pickleball (CC)	**20 MOW** **9:00-12pm-Reflexology (by appt.) (M)** 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M) ***RSVP to Senior Line Dancing & Entertainment**	**21**
22	**23 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)**	**24** 9:30am-Group Exercise (CC)(Z) **10:30am-Yahtzee (M)** **1:00-3:00pm-BP Clinic (by appt.) (M)** 6:00pm-9:00pm-Pickleball (CC) **Foot Care Clinic (by appt.) (M)**	**25 MOW** 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) **9:30am-Aquafit (SL)** 1:30pm-Active Wellness (M) **1:30-3:30pm-Golden Oldies Dance (CC)** **4:30-5:30pm- Senior Line Dancing (CC)** 7:00pm-Cards (M) **Foot Care Clinic (by appt.) (M)**	**26** 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) **2:00pm-Entertainment -Adam's Family (M)** 6:00pm-9:00pm-Pickleball (CC)	**27 MOW** 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M)	**28**
29	**30 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)					

Huron Ridge Greenhouses Winter Fundraiser

Just in time for the holidays! Choose from a variety of Poinsettias, a fresh Evergreen Door Wreath, or a Winter Planter. Please call Outreach for more details or to place your order!

Orders due: Tuesday, November 17th

Delivery: Tuesday, December 8th

Thank you for your support!

November is Fall Prevention Month!

Join us this November to learn how to stay safe, active, and steady on your feet.

Check out the events listed below and on our calendar for tips and activities to improve balance, strength, and confidence while helping prevent falls!

November 6th - Fall Prevention Facts & Fun (M)

November 12th - Fall Prevention Walk (M)

November 19th - Fitness Fundamentals (M)

November 25th - Senior Line Dancing (CC)

RSVP by Friday, November 20th

Bereavement Group

2nd Monday of every Month.

Starting November 9th

1:00 PM

Cost: FREE!

Register or learn more by emailing **sw@rotaryhospice.ca**

Honouring Remembrance Day

Office Closed November 11th

Lest We Forget.

Winter Arrangement

With Floral Treasures!

Tuesday, December 1st at 10:30 AM

Cost: $35.00

Interested? Call Outreach to Sign-Up!

West Perth Transit: Monday - Friday 9 AM - 5 PM

To book transportation call Easy Ride at 519-272-9875

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

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