JANUARY 2026

MONTHLY COMMUNITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Codes: Z-Zoom Video L-West Perth Library UT-Upper Thames Missionary Church M-Manor Lounge CC-Mitchell Community Centre SL- Spruce Lodge WPV-West Perth Village LW4L- LiveWell4Life D*-Delivery		**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** **Happy New Year**  **Office Closed**	**2 NO MOW**  **Office Closed**	*3*
4	**5 MOW** 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 7:00- Cards (M)	**6** 9:30am-Group Exercise (CC) (Z) **1:30pm-Farkle (M)** 6:00-9:00pm- Pickleball (CC)	**7 MOW** 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	**8** 10:00am-Yoga (LW4L) **10:00am-Euchrama (CC)** 1:30am-Active Wellness (M) 6:00-9:00pm-Pickleball (CC)	**9 MOW** 9:30am-Group Exercise (UT) (Z) 2:00pm-Wii Games (M) ***RSVP Manor/TRP Dinner***	*10*
11	**12 MOW** 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 7:00- Cards (M) **Foot Care Clinic (by appt.) (M)**	**13** 9:30am-Group Exercise (CC) (Z) **1:00-3:00pm- BP Clinic (drop-in) (L)** 6:00-9:00pm- Pickleball (CC) **Foot Care Clinic (by appt.) (M)**	**14 MOW** 8:00am-11:00am-Pickleball (CC) 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)**	**15** 10:00am-Yoga (LW4L) **12:00pm- Manor/TRP Dinner (M)** 1:30am-Active Wellness (M) 6:00-9:00pm-Pickleball (CC)	**16 MOW** **9:00am-12:00pm-Reflexology (M)** 9:30am-Group Exercise (UT) (Z) 2:00pm-Wii Games (M) ***RSVP to Pie Social, Brunch n' Bunch & Dining for Seniors***	**17**
18	**19 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)** 7:00- Cards (M)	**20** 9:30am-Group Exercise (CC) (Z) **10:30am-Brunch n' Bunch (M)** 6:00-9:00pm- Pickleball (CC)	**21 MOW** 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) **10:30am-Community Coffee Hour (M)** 1:30pm-Active Wellness (M) 7:00pm-Cards (M)	**22** 10:00am-Yoga (LW4L) **11:30am-Dining for Seniors (D*)** 1:30pm-Active Wellness (M) 6:00-9:00pm-Pickleball (CC)	**23 MOW** 9:30am-Group Exercise (UT) (Z) 2:00pm-Wii Games (M)	**24**
25	**26 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) 7:00- Cards (M)	**27** 9:30am-Group Exercise (CC) (Z) **10:30am-Yatzee (M)** **1:00-3:00pm-BP Clinic (by appt.)(M)** 6:00-9:00pm- Pickleball (CC)	**28 MOW** 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) **1:00-3:00pm-Golden Oldies Dance (CC)** 1:30pm-Active Wellness 7:00pm-Cards (M)	**29** 10:00am-Yoga (LW4L) 1:30am-Active Wellness (M) 6:00-9:00pm-Pickleball (CC)	**30 MOW** 9:30am-Group Exercise (UT) (Z) 2:00pm-Wii Games (M)	**31**