MITCHELL & AREA COMMUNITY OUTREACH
MONTHLY COMMUNITY CALENDAR
SEPTEMBER 2026

Program Descriptions:

Farkle: Tues. September 1st 1:30pm

Sing-a-long: Wed. September 9th 2:30pm

Euchrama: Thurs. September 10th 10am-3pm Join us for multiple Euchre games and lunch. Cost: $12.00 ***program moved a week due to Fall Fair***

Brunch n' Bunch: On the Road Tues. September 15th 10:00am Join us as we head to Stratford for brunch, and a shopping trip to Walmart. Cost: $20.00, (includes transportation, food at your own expense **RSVP by Fri. September 11th**

Manor/TRP Dinner: Thurs. September 17th 12:00pm Lunch catered by The West Perth Village, hosted in the manor lounge. Cost: $15.00, **RSVP by Fri. September 11th** ***program moved a week***

Pie Social: Mon. September 21st 2:30pm Cost: $4.00, **RSVP by Fri. September 18th**

Lunch Outing: Tues. September 22nd 10:30am Hop on the bus and join us as we head to Goderich to The Parkhouse, after we will enjoy a nice scenic drive along the beach. Cost: $20.00 (includes transportation, lunch at your own expense)*lunch spot subject to change **RSVP by Fri. September 18th**

Dining for Seniors: Thurs. September 24th A delicious lunch catered by The New Monkton Diner and deliveries to your door start at **11:30am**. Cost: $15.00, **RSVP by Fri. September 18th** ***program moved a week***

Yahtzee: Tues. September 29th 10:30am

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. September 8th (1-3pm) Drop-In
Manor Lounge: Tues. September 29th (1-3pm) appt only

Community Coffee Hour: Join us for coffee, snacks, and information. **Speaker: Judy Porteous from Ontario Osteoporosis on "Bone Health 101".** Cost: FREE, ***3rd Wednesday at 10:30am***

Foot Care Clinics: by appointment only! Cost: $45.00
September 1st, 2nd, 3rd, & September 21st, 22nd, 23rd

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, September 3rd 9:00am-12:00pm
Friday, September 18th 9:00am-12:00pm

Seniors Book Chat: Mon. September 28th 11:00am

Aquafit: 10-week session at Spruce Lodge starting Wednesday Sept 30th. Cost: $200. Please contact Outreach for more information.

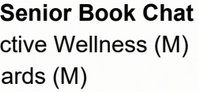
Golden Oldies Dance: Weds. September 30th 1:30-3:30pm. Music by Randy Satchell. Cost: $5.00.

September 2026

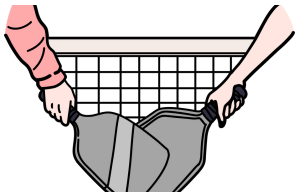
MONTHLY COMMUNITY CALENDAR

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 **1:30pm-Farkle (M)** 6:00pm-9:00pm-Pickleball (CC) **Foot Care Clinic (by appt.) (M)**	2 **MOW** 8:00am-11:00am-Pickleball (CC) 9:00am-12:00pm-Farmer's Market (WPV) 9:30am-Group Exercise (UT)(Z) 1:30pm-Active Wellness (M) 7:00pm-Cards (M) **Foot Care Clinic (by appt.) (M)**	3 **9:00-12pm-Reflexology (by appt.) (M)** 10:00am-Yoga (LW4L) 1:30pm-Active Wellness (M) 6:00pm-9:00pm-Pickleball (CC) **Foot Care Clinic (by appt.) (M)**	4 **MOW** 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M)	5
6	**7 NO MOW**  ***Office Closed***	8 **1:00-3:00pm-BP Clinic (drop-in) (L)** 6:00pm-9:00pm-Pickleball (CC)	9 **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)	10 10:00am-Yoga (LW4L) **10:00am-Euchrama (CC)**** 1:30pm-Active Wellness (M) 6:00pm-9:00pm-Pickleball (CC)	11 **MOW** 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M) ***RSVP to Brunch Bus Outing, & Manor/TRP Dinner**	**12**
13	14 **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)	15 9:30am-Group Exercise (CC)(Z) **10:30am-Brunch n' Bunch & Shopping** 6:00pm-9:00pm-Pickleball (CC)	16 **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)	17 10:00am-Yoga (LW4L) **12:00pm-Manor/TRP Dinner (M)**** 1:30pm-Active Wellness (M) 6:00pm-9:00pm-Pickleball (CC)	18 **MOW** **9:00-12pm-Reflexology (by appt.) (M)** 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M) ***RSVP to Pie Social, Lunch Outing, & Dining for Seniors**	**19**
20	**21 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) **Foot Care Clinic (by appt.) (M)**	22 9:30am-Group Exercise (CC)(Z) **10:30am-Lunch Outing** 6:00pm-9:00pm-Pickleball (CC) **Foot Care Clinic (by appt.) (M)**	23 **MOW** 8:00am-11:00am-Pickleball (CC) 9:30am-Group Exercise (UT)(Z) 1:30pm-Active Wellness (M) 7:00pm-Cards (M) **Foot Care Clinic (by appt.) (M)**	24 10:00am-Yoga (LW4L) **11:30am-Dining for Seniors (D*)**** 1:30pm-Active Wellness (M) 6:00pm-9:00pm-Pickleball (CC)	25 **MOW** 9:30am-Group Exercise (UT)(Z) 2:00pm-Wii Games (M)	**26**
27	28 **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)	29 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)	30 **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)** 7:00pm-Cards (M)			

The Outreach office will be closed Monday, September 7th!



Indoor Pickleball Returns This September!

Join us for drop-in, indoor pickleball at the Community Centre from September through the end of April. Whether you're a seasoned player or just getting started, everyone is welcome!

Schedule:

Mondays & Wednesdays: 8:00–11:00 a.m.

Tuesdays & Thursdays: 6:00–9:00 p.m.

AQUAFIT IS BACK!

FALL SESSIONS BEGINS WEDNESDAY SEPT 30-DEC 9

(excluding Nov 11-remembrance day)

TIME: 10:45-11:30 AM

LOCATION: Spruce Lodge - Stratford

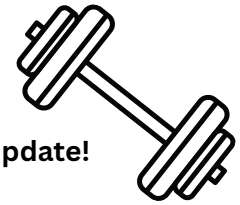
The bus will pick you up at your home!

COST: $200 - Contact Outreach for more details.

Fall Colours Tour!
Thursday, October 22nd

Join us as we travel to the Waterloo Central Railway to board a heritage train for a scenic ride through the stunning fall countryside. Sit back, relax, and enjoy the vibrant autumn colours and picturesque farmland as you experience the charm of rail travel. We will enjoy lunch after the train ride.

RSVP by Friday, October 16th. Cost: $55.00 (includes train ticket and transportation, lunch at own expense)



Group Exercise Program Update!

Beginning in September, Group Exercise will **no longer be offered on Thursdays**.

Starting **Tuesday, September 15,** Group Exercise will take place every **Tuesday at the Community Centre (CC)**.

Friendly Visitors Program

Make a difference in your community by becoming a Friendly Visitor or referring someone who would enjoy regular companionship and conversation. Whether you're interested in volunteering or know someone who could benefit from friendly visits, we'd love to hear from you.

For more information or to get involved, please contact Outreach.

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