



January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Holiday Closure – No Oasis	3	1 Holiday Closure – No Oasis Happy New Year!	2	3 Holiday Closure – No Oasis	4	5
6 9:00 – Coffee & Chat 10:00 – Exercise 1:00 – BINGO	7	8 9:00 – Coffee & Chat 9:30 – Planning Meeting 10:00 – Line Dancing 11:00 – Knitt/Crochet Club	9	10 9:00 – Coffee & Chat 10:00 – Exercise 1:00 – Community Kitchen	11	12
13 9:00 – Coffee & Chat 10:00 – Exercise 1:00 – Alzheimer Society Guest Speaker	14	15 9:00 – Coffee & Chat 10:00 – Pace Yourself Cardio Circuit 11:00 – Knitt/Crochet Club	16	17 9:00 – Coffee & Chat 10:00 – Exercise 1:00 – Movie and Munch 	18	19
20 9:00 – Coffee & Chat 10:00 – Exercise 1:00 – Toonie Canvas Painting	21	22 9:00 – Coffee & Chat 10:00 – Line Dancing 11:00 – Knitt/Crochet Club	23	24 9:00 – Coffee & Chat 10:00 – Exercise 1:00-3:00 – Oasis Open House	25	26
27 9:00 – Coffee & Chat 10:00 – Exercise 12:00 – Potluck Lunch 1:15 – BINGO	28	29 9:00 – Coffee & Chat 10:00 – Pace Yourself Cardio Circuit 11:00 – Knitt/Crochet Club	30	31 9:00 – Coffee & Chat 10:00 – Exercise 1:00 – Games Afternoon		

NEW

Winter Crafternoon

Please sign up in the rec centre or message Lauren to participate in this canvas winter paint along. \$2 will be requested to go towards your canvas.



Alzheimer Society Guest Speaker

Melissa Whalen of Hastings-Price Edward Alzheimer Society will be visiting Kenron on January 13th to share information and resources on Alzheimer's disease.

Oasis Open House

Please bring your neighbours and spread the word about our Oasis programming. Our open house is a great way to learn what Oasis is all about. Snacks and refreshments will be provided!

PROGRAMS

Movie & Munch

This month's movie showing will be on January 17th. We will be watching *The Second Best Exotic Marigold Hotel*, the sequel.

Potluck Lunch

Everyone is welcome to attend the Oasis Potluck Lunch. Please bring whatever you feel you can contribute along with a **plate and utensils**. You can list the item you plan to bring in the Rec Centre to avoid duplicates. See you there!

Community Kitchen

The community Kitchen is starting up again this month! The menu is TBD and a community kitchen planning meeting will take place following cooking to discuss the menu and dates moving forward.

Pace Yourself Cardio

This circuit exercise is a great way to increase movement and improve cardiovascular health. Workout at your own pace and come give it a try!

