

# June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				 <p>Tiffany Kiddle Oasis On-site Coordinator Tiffany.kiddle@queensu.ca 613-453-5781</p>	1	2
3 9:00 – Coffee & Chat 10:15 - Exercise 1:00 – BINGO/Drop-In Darts	4	5 9:00 – Coffee & Chat 10:00 – Line Dancing 11:00 – Oasis Equipment Planning	6	7 9:00 – Coffee & Chat 10:15 – Exercise 1:00 – Aly Bird, Author Guest Speaker	8	9
10 9:00 – Coffee & Chat 10:15 - Exercise 12:00 – Tiffany in Meeting until 1pm 1:15 – BINGO/Drop-In Darts	11	12 9:00 – Coffee & Chat 10:00 – Alarm Systems Guest Speaker	13	14 9:00 – Coffee & Chat 10:15 – Exercise 1:00 – OPP Guest Speaker – Presentation on Fraud	15	16
17 9:15 – Father’s Day Breakfast 11:00 – Paramed Guest Speaker 1:00 – Scratch Art \$5.50	18	19 9:00 – Coffee & Chat 10:00 – Planning Meeting 11:00 – Line Dancing	20	21 9:00 – Coffee & Chat 10:15 – Exercise 1:00 – Minute-It to Win-It Games	22	23
24 9:00 – Coffee & Chat 10:15 – Exercise 12:00 – Potluck Lunch 1:15 – BINGO/Drop-In Darts	25	26 9:00 – Coffee & Chat 10:15 – Line Dancing	27	28 <b>NO OASIS – Tiffany Holiday</b>	29	30

# NEW

## **Aly Bird, Author Guest Speaker**

"I believe grief is worthy of our time and attention". Join us in this incredible opportunity to hear about Aly's journey with grief and how she can support you through the loss of your loved one as well. For more information:

## **Alarm Systems Guest Speaker**

Come and learn about the personal emergency response devices available to keep yourself or your loved ones safe.

## **OPP Guest Speaker**

Officers will be joining us to talk about Fraud and frequent scams that tend to be occurring in our area and affecting seniors. Question and Answer period will be provided after presentation.

## **ParaMed Guest Speaker**

ParaMed brings the comfort and support you need at home with the right customized plan to preserve your loved one's independence and safety to help them live better. Join us in learning about the services they provide and how they are available to you!

## **Scratch Art \$5.50**

Scratch Art, also know as Engraving Art, is a creative activity where you use a scraper tool to craft a picture on a board covered with a black ink layer. Sign up and pay \$5.50 to participate. All you need to bring is an exacto knife/tool! All other supplies will be provided!

## **Minute-It to Win-It Games**

They say laughter is the best medicine and joining us for this unique fun will provide you with some memories and joy! Participation is always optional and a variety of games will be played all in one afternoon.

