

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 9:30 – Pancake Breakfast 10:00 – Exercise 1:00 – Spring Seed planting – bring your own seeds	4	5 9:00 – Coffee & Chat 10:00 – Line Dancing	6	7 9:00 – Coffee & Chat 10:00 – Exercise 1:00 – Community Kitchen	8	9
10 No Oasis Lauren’s Holidays	11	12 No Oasis Lauren’s Holidays	13	14 No Oasis Lauren’s Holidays	15	16
17 9:00 – Coffee & Chat 10:00 – Exercise 12:00 – St. Patrick’s Day Soup and Stew Luncheon 1:15 - BINGO	18	19 9:00 – Coffee & Chat 9:30 – Planning Meeting 10:00 – Pace Yourself Cardio & Exercise Circuit	20	21 9:00 – Coffee & Chat 10:00 – Exercise 1:00 – Movie and Munch	22	23
24 9:00 – Coffee & Chat 10:00 – Exercise 1:00 – Guest Speaker: Steve Westlake, In-home safety tips	25	26 9:00 – Coffee & Chat + March birthdays celebration 10:00 – Line Dancing	27	28 9:00 – Coffee & Chat 10:00 – Exercise 1:00 – Community Kitchen	29	30
31 9:00 – Coffee & Chat 10:00 – Exercise 12:00 - Potluck Lunch 1:15 - BINGO						

NEW

Pancake Breakfast

Celebrate Pancake Day early on Monday, March 3rd at 9:30 am. Please bring your plate, utensils and your appetite.

Spring Seed Planting

Bring your chosen seeds to the Rec Centre to plant in egg cartons (please bring extra if you have any) and get ahead of spring sprouting. Soil provided.

Guest Speaker

Steve Westlake will be coming into Kenron to speak about in-home safety tips (slips and falls, internet/telephone scams) and senior safety products such as medical alert necklaces.

St. Patrick's Day Soup and Stew Luncheon

Wear your green and enjoy soup and stew provided by the Oasis community kitchen. Please feel free to bring in your own recipe to share as well. All are welcome free of charge.

Movie & Munch

This month's movie will begin at **1pm** with popcorn and refreshments. We will be watching Uncle Buck!

Potluck Lunch

Please bring whatever you would like to contribute along with a plate and utensils.

Community Kitchen

March 7th and 28th at 1pm. Menu will be determined soon and posted to the Facebook group for those interested!



PROGRAMS