

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easter Monday 1 9:00 -Coffee & Chat 10:15 – Exercise 1:00 – Easter High Tea & Tasties	2	3	4	5	6	7
8 9:00 -Coffee & Chat 10:15 – Exercise 12:00 – Tiffany in meeting until 1pm 1:15 – BINGO/Drop in Darts	9	10	11	12	13	14
15 9:00 -Coffee & Chat 10:15 – Exercise 12:00 – Movie & Munch “Queen Bees”	16	17	18	19	20	21
22 9:00 -Coffee & Chat 10:15 – Exercise 1:00 – BINGO/Drop in Darts	23	24	25	26	27	28
29 9:00 -Coffee & Chat 10:15 – Exercise 12:00 – Potluck Lunch 1:15 - BINGO/ Drop in Darts	30			 <p style="text-align: right;"> Tiffany Kiddle Oasis On-site Coordinator Tiffany.kiddle@queensu.ca 613-453-5781 </p>		

NEW

Easter High Tea

Join us for a fancy cup of tea and light treat! Feel free to dress up, bring your own teacup and participate in our bonnet and hat decorating contest. Chat with some friends or engage in some games, it's a little bit of fun for everyone! You are welcomed to bring something to share!

End of Life Doula Guest Speaker

"Just as there is beauty in life, there can be beauty in death". Join us for this heart warming and compassionate guest speaker as she shares her passion for caring for the dying and how she can support your family.

Mental Health Counsellor Pop-In

Michele is a counsellor from Shadows to Souligh who would like to come and casually talk about the importance of taking care of one's mental health at every age. She will speak about some strategies to optimize one's mental well-being with a focus on calming the nervous system. Just some food for thought!

PROGRAMS

Community Kitchen April 12th

Chicken Marsala, Mashed Potatoes, Vegetable, Caesar Salad and Dessert

Movie & Munch "Queen Bees"

Bring your own lunch or join us in ordering pizza at a small cost! Queen bee's synopsis: While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls."

Community Kitchen April 26th

Spaghetti, Garlic Bread, Garden Salad and Dessert

