

# JANUARY 2023



MON	TUE	WED	THU	FRI
<b>2</b> Queen's University Holiday Closure	<b>3</b> VON SMART Exercise 12pm - 1pm	<b>4</b>	<b>5</b> VON SMART Exercise 12pm - 1pm	<b>6</b> <i>Thank you, Kurstin!</i> Kurstin Away / Last Day No Oasis Programming
<b>9</b> Coffee & Chat 9am - 11am Line Dancing 10am - 11am CHS Hearing Screening Clinic *Sign-up required 1pm - 3pm	<b>10</b> VON SMART Exercise 12pm - 1pm	<b>11</b>	<b>12</b> VON SMART Exercise 12pm - 1pm	<b>13</b> Community Kitchen - \$8 1pm - 4pm 7-Layer Dinner Coleslaw
<b>16</b> Oasis Planning Meeting 9am - 10am Line Dancing 10am - 11am Arthritis Society Presentation 1pm - 2pm	<b>17</b> VON SMART Exercise 12pm - 1pm	<b>18</b>	<b>19</b> VON SMART Exercise 12pm - 1pm	<b>20</b>
<b>23</b> Coffee & Chat 9am - 11am Line Dancing 10am - 11am Games 1pm - 3pm	<b>24</b> VON SMART Exercise 12pm - 1pm	<b>25</b>	<b>26</b> VON SMART Exercise 12pm - 1pm	<b>27</b> Community Kitchen - \$8 1pm - 4pm Country Skillet Supper Turnip Puff
<b>30</b> Coffee & Chat 9am - 10am Line Dancing 10am - 11am Potluck Lunch 12pm Games 1pm - 3pm	<b>31</b> VON SMART Exercise 12pm - 1pm		<b>Contact:</b> Riley Malvern riley.malvern@queensu.ca 343-363-5714	<b>Contact:</b> Simone Parniak simone.parniak@queensu.ca 343-364-6015

\*Turn page over to see special notes about January Oasis programming



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## Special Notes for Programming This Month

### Thank you, Kurstin!

There was some bittersweet news shared this month with Kurstin announcing her resignation to pursue an exciting new career opportunity at Loyalist College. While we are thrilled for Kurstin, we will certainly miss her at Oasis! Kurstin's last day with Oasis will be Friday, January 6.

### New Program Coordinator

In January we will begin the search for a new Oasis program coordinator at Kenron Estates! If you are interested in being involved in the hiring process, please speak with Simone or Riley.

### January Activities

**During this transition period, Riley will come to the rec centre on Mondays to facilitate programming.**

**Oasis Planning Meeting:** This month we'll chat about the coordinator hiring process and your ideas for what Oasis can look like at Kenron Estates moving forward!

**Coffee & Chat:** Join us for some coffee and casual conversation!

**Line Dancing:** Bring your dancing shoes and learn how to line dance!

**Games:** Join the group for a fun games afternoon!

**Potluck Lunch:** A sign-up sheet is available in the rec hall

**Community Kitchen:** If you are signed up for Community Kitchen, bring your \$8 with you on scheduled Fridays for your meal (*we have made a note if you pre-paid*)

### **Cancellations on the calendar this month:**

- All Friday morning activities (BYO Crafts and the Friday Coffee & Chat are canceled). Community Kitchen will proceed in the afternoons when scheduled.
- The Queen's Elder Law Presentation on January 20th has been canceled.

***Please note that Oasis staff will not be present for Community Kitchen this month.***