


Tiffany Kiddle
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Monday	Tuesday	Wednesday	Thursday	Friday	SAT.	SUN.
	1  Canada Day	2 9:00 – Coffee and Chat 10:00 – Co-Design Meeting	3 Oasis Data Collection	4 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Movie & Munch (3 Choices)	5	6
7 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 11:00 – Co-Design Meeting 1:15 – BINGO	8	9 9:00 – Coffee and Chat Tiffany attending OASIS Summit in Kingston	10	11 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Planning of Kenron “Amazing Race”	12	13
14 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 11:00 – Co-Design Meeting 1:30 – Safety Seminar: Steve Westlake as a Guest Speaker	15	16 9:00 – Coffee and Chat 10:00 – Planning Meeting 11:00 – Pace Yourself Cardio & Exercise Circuit	17 Oasis Data Collection	18 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Axe Throwing, Cornhole & More Yard Games	19	20
21 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 11:00 – Co-Design Meeting 1:15 – BINGO	22	23 9:00 – Coffee and Chat & July birthday celebrations 10:00 – Pace Yourself Exercise & Exercise Circuit	24	25 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Painting Pots	26	27
28 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 12:00 – Potluck and Christmas in July Afternoon Party	29	30 9:00 – Coffee and Chat 10:00 – Co-Design Meeting (Pending)	31			



NEW

New Exercise Programs

Beginning this month we will be offering two separate exercise programs!

One **completely seated** and the another **standing** to meet all our members needs.

The goal is **30 minutes** of physical activity a day to contribute to healthy aging. Both these programs are 30 minutes or under! Join us to try something new and to get active! We always value your input, so let us know if there is a physical activity you are interested in that we can try to add to our next calendar.

Safety Seminar with Steve Westlake as a Guest Speaker

Join us for a free Safety Seminar with Steve Westlake focusing on making your home safer as "One slip can change your life!"

Steve will have a wide variety of materials available such as fire blankets, power outage light bulbs and MORE! **FREE MINI FIRST AID KIT PROVIDED TO EACH PARTICIPANT AT THE PRESENTATION!** Keep your eye out for the presentation flyer coming soon

Movie and Munch

This month's movie choices:
"Field of Dreams"



"The Miracle Club"



"Book Club: Next Chapter"



Painting Pots

Join us for a fun afternoon expressing your creative side! Pots will be provided, feel free to bring some decorating supplies unique to your personality!



Planning of OASIS

Amazing Race

Join us in helping create an "Amazing Race" within Kenron Estates. It will be an event for all to enjoy! Bring your ideas and fun personality to make this event come alive!

Potluck and Christmas in July Afternoon Party

Christmas in July is back! Dress up winter or summer style! We will have Karaoke, Minute-to-win-it games and a \$10 gift exchange for those who wish to participate!

\$10 gift exchange is where you purchase a gift and wrap it, we will draw numbers to open and potentially steal gifts!

PROGRAMS