

| 613-453-57 | 8 | |
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10:00 - Seated Exercise

Afternoon Party

10:30 – Standing Exercise

12:00 - Potluck and Christmas in July

| Monday | Tuesday | Wednesday | Thursday | Friday | | SAT. | SUN. |
|---|---------------|--------------------------------|--------------------|----------------------------------|----|--------|-----------|
| | 1 | 2 | 3 | | 4 | 5 | 6 |
| | | 9:00 – Coffee and Chat | | 9:00 – Coffee and Chat | | | |
| | | 10:00 – Co-Design Meeting | Oasis Data | 10:00 – Seated Exercise | | | |
| | Canada Day | | Collection | 10:30 – Standing Exercise | | | |
| | 24, | | | 1:00 – Movie & Munch (3 Choices) | | | |
| | 7 8 | 9 | 10 | | 11 | 12 | 13 |
| 9:00 – Coffee and Chat | | 9:00 – Coffee and Chat | | 9:00 – Coffee and Chat | | | |
| 10:00 – Seated Exercise | | | | 10:00 – Seated Exercise | | | |
| 10:30 – Standing Exercise | | Tiffany attending OASIS | | 10:30 – Standing Exercise | | | |
| 11:00 –Co-Design Meeting | | Summit in Kingston | | 1:00 – Planning of Kenron | | | |
| 1:15 – BINGO | | | | "Amazing Race" | | | |
| 1 | 4 15 | 16 | 17 | | 18 | 19 | 20 |
| 9:00 – Coffee and Chat | | 9:00 – Coffee and Chat | Oasis | 9:00 – Coffee and Chat | | | |
| 10:00 – Seated Exercise | | 10:00 – Planning Meeting | Data Collection | 10:00 – Seated Exercise | | | |
| 10:30 – Standing Exercise | | 11:00 – Pace Yourself Cardio | Collochori | 10:30 – Standing Exercise | | | |
| 11:00 –Co-Design Meeting | | & Exercise Circuit | | 1:00 - Axe Throwing, Cornhole & | | | |
| 1:30 – Safety Seminar: Steve Westlak as a Guest Speaker | e | | | More Yard Games | | | |
| as a Guest Speaker | 1 22 | 23 | 24 | | 25 | 26 | 27 |
| 9:00 – Coffee and Chat | | 9:00 – Coffee and Chat | 24 | 9:00 – Coffee and Chat | 20 | 20 | 27 |
| 10:00 – Corree and Chat | | & July birthday celebrations | | 10:00 – Seated Exercise | | | |
| 10:30 – Standing Exercise | | 10:00 – Pace Yourself Exercise | | 10:30 – Standing Exercise | | | |
| 11:00 – Co-Design Meeting | | & Exercise Circuit | | 1:00 – Painting Pots | | | |
| 1:15 - BINGO | | | | 1.00 I aming I dis | | | |
| | 0 00 | 30 | 31 | | | | |
| 9:00 – Coffee and Chat | 8 29 | | 31 | | | OING L | IFE TO LE |
| 7.00 – Conee and Chat | | 9:00 – Coffee and Chat | | | | AD, | 25 |

10:00 – Co-Design Meeting

(Pending)



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.

Movie and Munch

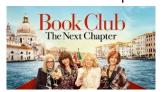
This month's movie choices: "Field of Dreams"



"The Miracle Club"



"Book Club: Next Chapter"



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!

PROGRAMS

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

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!





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!