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November 2025

Monday	Tues.	Wednesday	Thurs.	Friday	Sat.	Sun.
<u>Save The Dates:</u> Dec. 5 th – Cookie Exchange/ Bake Sale Dec. 15 th – Oasis Holiday Party Dec. 19 th – Oasis Luncheon Outing					1	2
3 9:00 – Coffee and Chat 10:00 – VON Exercise 1:00 – Motivation & Munch	4	5 9:00 – Coffee and Chat 10:00 – Knitting/Crochet Club	6	7 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 11:30 – Seniors Expo at Batawa till 2pm	8	9
10 9:00 – Coffee and Chat 10:00 – VON Exercise 11:00 – Co-Design Program Review 1:15 – BINGO	11	12 9:00 – Coffee and Chat 9:30 – Oasis Member Meeting 11:00 – Program Planning Meeting	13	14 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Community Kitchen (\$10)	15	16
17 9:00 – FREE Canadian Hearing Services Clinic	18	19 9:00 – Coffee and Chat & November birthday celebrations 10:00 – Walking Club 10:30 – Seated Band Workout	20	21 9:00 – Coffee and Chat 11:00 – Weaver Funeral Home Presentation and Luncheon 1:15 – Canvas Painting Tutorial	22	23
24 9:00 – Coffee and Chat 10:00 – VON Exercise 12:00 – Potluck Lunch 1:15 – BINGO	25	26 9:00 – Coffee and Chat 10:00 – Walking Club 10:30 – Seated Band Workout	27	28 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Community Kitchen (\$10)		



NEW

Motivation & Munch

Let's start the week with positive motivation to inspire growth and peace. In this powerful conversation with Jay Shetty, Mel Robbins shares her groundbreaking Let Them Theory - a mindset tool that helps you identify what's in your control and what's not, instantly freeing you from stress and anxiety. Tune in with us as your perspective is bound to change and life become happier!

Senior Expo @ Batawa

This is an incredible opportunity for you to see what resources are available for you within your community! Join us at 11:30am at the Batawa Community Centre, 81 Plant St, Batawa. Arrange carpooling with your community, meet us there or attend on your own! Expo Hours: 9am - 2pm

Oasis Member Meeting

This meeting will be to discuss changes to Oasis programming and other administrative topics. Positive Change is the goal! Please Attend!

Community Kitchen November 14th

Meatloaf, Mashed Potatoes, Carrots & Pineapple Cake \$10. Sign-up to join us in cooking and enjoying this meal by November 12th 12:00pm

Weaver Funeral Home Presentation & Luncheon

Join us for this informative presentation by Tim Weaver on preparing for when you are gone and the resources available for your loved ones when you pass. Tim has graciously offered a luncheon to follow the presentation. Please let me know if you plan on attending by Fri. November 14th to provide attendee amount for food preparation.

Canvas Painting Tutorial

Let your creative side shine! Whether you are an experienced artist or someone who loves to try something new, this activity is meant for you! We will be choosing between two November scenes, stay tuned for the poll that will be posted in November! Can't wait to see your talent shine!

Community Kitchen November 28th

Pork Tenderloin, Rice, Garden Salad & Dessert. Sign-up to join us in cooking and enjoying this meal by November 26th 12:00pm

PROGRAMS