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October 2025

Monday	Tues.	Wednesday	Thurs.	Friday	Sat.	Sun.
<u>Save The Dates:</u> Mon. Nov. 17th – Free Hearing Clinic		1 9:00 – Coffee and Chat 10:00 – Knitting/Crochet Club	2	3 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Community Kitchen	4	5
6 9:00 – Coffee and Chat 10:00 – VON Exercise 12:00 – FREE Soup & Bread 1:00 –BINGO	7	8 9:00 – Coffee and Chat 10:00 – Walking Club 10:30 – Seated Band Workout	9	10 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Movie & Munch	11	12
13 Thanksgiving Monday – Queens Closure: NO OASIS	14	15 9:00 – Coffee and Chat 10:00– Planning Meeting	16	17 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Community Kitchen (\$10)	18	19
20 9:00 – FREE Canadian Hearing Services Clinic	21	22 9:00 – Oasis Yard Sale Donations in Recreation Hall SHED (until 12pm) 9:00 – Coffee and Chat & October birthday celebrations	23 Oasis Yard sale Set-Up 10am @ Rec Hall	24 8:00 – 2:00 – OASIS Yard Sale	25	26
27 9:00 – Coffee and Chat 10:00 – VON Exercise 12:00 – Potluck Lunch 1:00 – BINGO	28	29 9:00 – Coffee and Chat 10:00 – Walking Club 10:30 – Seated Band Workout	30	31 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Halloween Party		



NEW

Knitting/Crochet Club

Gather with us for some good conversations and learning opportunities from one another while doing something you are passionate about. Bring your own supplies!

Community Kitchen October 3rd

We will be using this community kitchen to prep for our FREE Soup and Bread luncheon on Monday October 6th!

Community Kitchen

Pineapple Chicken, Fried Rice, Spinach Salad and Pineapple Cake \$10. Sign-up to join us in cooking and enjoying this meal by October 15th 12:00pm

Free Soup & Sandwich

Join us for some delicious homemade soup for FREE! You are welcome to bring a crockpot of soup to contribute as well but it is not necessary to attend!

Walking Club/ Seated Band Exercise

Join us for a 1km gentle walk around Kenron followed by a 20-minute seated band exercise. Join in one or both!

Movie & Munch

The Last Laugh



Miracle Club



The Adams Family



OASIS Yard Sale

We would love your gently used/new unwanted stuff!

DONATE:

Wed. Oct. 22nd **9am-12pm**
(Recreation Centre SHED)

Thurs. Oct. 23rd **10am-2pm**
(Recreation Centre Hall)

Open to Kenron and the PUBLIC to attend on

Fri. Oct. 24th 8am-2pm!!

Please Spread the Word!

Volunteers appreciated to help during donation times for sorting/set-up at 7:30am Fri. Oct. 24th to begin selling!

Halloween Party

Dress up or come as you are to enjoy some fun, music and games! There will be light snacks and refreshments to enjoy, you are welcome to bring something to contribute!

PROGRAMS