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September 2025

Monday	Tues	Wednesday	Thurs	Friday	Saturday	Sunday
1 Labour Day Holiday – Queens Closure: NO OASIS	2	3 9:00 – Coffee and Chat 10:00 – Pace Yourself Cardio & Exercise Circuit	4	5 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Stroke & Aphasia Awareness w/ Guest Speaker: Lorraine Pyle	6	7
8 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Estate Planning & AVOIDING Probate w/ Guest Speaker Tom James	9	10 9:00 – Coffee and Chat 10:00 – Pace Yourself Cardio & Exercise Circuit	11	12 Christina Oasis Coverage 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 11:30- Data Collection	13	14
15 Christina Oasis Coverage 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 11:30 – Data Collection	16	17 9:00 – Coffee and Chat 10:00 – Planning Meeting	18	19 9:00 – Coffee and Chat 10:00 – Seated Exercise 10:30 – Standing Exercise 1:00 – Community Kitchen(\$10)/ Fun Games Afternoon	20 The Grand Parade 10:00am @ Kenron	21
22 9:00 – Coffee and Chat 10:00 – VON Instructed Exercise (seated/standing offered) 1:00 – Amazing Race Meeting: ALL Participants & Pitstops if possible	23	24 9:00 – Coffee and Chat & September birthday celebrations 10:00 – VON Instructed Exercise (seated/standing offered)	25	26 11:00 – Kenron OASIS Amazing Race	27	28
29 9:00 – Coffee and Chat 10:00 – VON Instructed Exercise (seated/standing offered) 12:00 – Potluck Lunch 1:00 – BINGO	30			SAVE THE DATES: Mon. Oct. 20th – Free Hearing Clinic Fri. Oct. 24th – Oasis Yard Sale Mon. Nov. 17th – Free Hearing Clinic (Sign-up in advance for free hearing clinic with Tiffany)		



NEW

Stroke and Aphasia Awareness Guest Speaker ***"It only happens to other people, until it doesn't"***

Stroke remains a leading cause of death and disability in Canada, highlighting the need for improved prevention, treatment, and supportive recovery systems. **KNOWLEDGE** is the **KEY**. Increased public awareness and education about stroke symptoms and risk factors are essential for reducing the incidence and impact of strokes across the country. Learn with me now, so you can save a life, yours or someone you love.

Estate Planning and AVOIDING Probate Guest Speaker

Tom James, Sun life financial advisor, would like to provide you with useful tips and handouts to make estate planning easier for you and your family. Learn what probate is and how difficult it can be for your family and how to give your inheritance to your family instead of the government! Feel free to bring your children or Executor with you.

VON Exercise

Emily will be our new instructor for exercise! Seated/standing options available, bring a band!

Data Collection

Christina will be covering normal morning programs on Fri. Sept. 12th and Mon. Sept. 15th while I am away for my son's surgery. In the afternoon on these dates, she will be connecting with individuals to complete data collection. Thank you so much for your understanding and patience during this time of need.

Community Kitchen

ITS BACK!! Join us to make a communal meal for \$10. Shepards pie, Tossed Salad and Trifle is our first meal! Sign -up required by Mon. Sept. 15th @ 12pm.

Planning Meeting

All Kenron Residents are Part of our Oasis family! Join us at our monthly planning meeting to let us know what programs YOU would like to see on the calendar. Oasis is a member-led program that focuses on socialization, nutrition and physical activity! We would love to know how we can get you more involved!

The Grand Parade

Saturday September 20th @10am, join us at the Rec Centre Parking Lot to walk a 2.5km route and bring awareness to our OASIS program. The route will be easily accessible for wheelchairs, walkers, scooters, and strollers! Contact me for more information on how you can get involved!

Kenron OASIS Amazing Race

Are you ready to take part in the most memorable event of the year?! It's not too late to get involved! 3 ways, to sign up to participate as a team, become a pitstop from 11-3 or volunteer beside me to make the event happen!!

PROGRAMS