

# May

# 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Tiffany Kiddle</b>  <b>Oasis On-site Coordinator</b>  <b>Tiffany.kiddle@queensu.ca</b>  <b>613-453-5781</b></p>		<p>1</p> <p>9:00 – Coffee &amp; Chat            10:15 – Exercise</p>	<p>2</p>	<p>3</p> <p>9:00 – Coffee &amp; Chat            9:30 – <b>The Happy Helper Guest Speaker</b>            11:00 – Line Dancing            1:00 - Canva’s Painting with Tutorial</p>	<p>4</p>	<p>5</p>
<p>6</p> <p>9:00 – Coffee &amp; Chat            10:15 – Exercise            1:00 – <b>Hospice Guest Speaker</b></p>	<p>7</p>	<p>8</p> <p>9:00 – Coffee &amp; Chat            10:15 – Line Dancing</p>	<p>9</p>	<p>10</p> <p>9:00 – Coffee &amp; Chat            10:15 – Exercise            1:00 – Community Kitchen \$8/Drop-in Games            (Rummikub, Yahtzee, Cards and More!)</p>	<p>11</p>	<p>12</p>
<p>13</p> <p>9:30 – Mother’s Day Breakfast            12:00 – Tiffany in Meeting until 1pm            1:15 - BINGO/Drop-in Darts</p>	<p>14</p>	<p>15</p> <p>9:00 – Coffee &amp; Chat            10:00 – Exercise            11:00 – Planning Meeting</p>	<p>16</p>	<p>17</p> <p>9:00 – Coffee &amp; Chat            10:15 – Exercise            1:00 – <b>Guest Speaker Aly Bird, Author of Grief Ally</b></p>	<p>18</p>	<p>19</p>
<p><b>Victoria Day</b></p> <p><b>Oasis Holiday Closure</b></p>	<p>20</p>	<p>21</p> <p>9:00 – Coffee &amp; Chat            10:15 – Exercise</p>	<p>22</p>	<p>23</p> <p>24</p> <p>9:00 – Coffee &amp; Chat            10:15 – Exercise            1:00 – Community Kitchen \$8/Drop-in Games (Rummikub, Yahtzee, Cards and More!)</p>	<p>25</p>	<p>26</p>
<p>27</p> <p>9:00 – Coffee &amp; Chat            10:15 – Exercise            12:00 – Potluck Lunch            1:15 – BINGO/Drop-in Darts</p>	<p>28</p>	<p>29</p> <p><b>NO OASIS –</b>  <b>Tiffany Holiday</b></p>	<p>30</p>	<p>31</p> <p></p> <p><b>NO OASIS –</b>  <b>Tiffany Holiday</b></p>		

# NEW

## **The Happy Helper Guest Speaker**

Sue's focus is empowering seniors while lending a helping hand and a smile along the way. Providing personalized, caring and compassionate services to nurture and inspire independence. Giving the gift of time and energy for the fun parts of life!

## **Canva's Painting Tutorial**

Would you like to try something new or express your artistic side? Join us for a spring painting afternoon! Even if you are a beginner, this program will be great for you as it is a step-by-step YouTube tutorial! Please contact Tiffany by May 1<sup>st</sup> at 12pm if you are interested to ensure there is enough paint, brushes and canvas available.

## **Hospice Guest Speaker**

Hospice Quinte provides individuals, their families and caregivers with compassionate end of life care by attending to their physical, psychosocial, and practical needs as well as offering empathic care to those who are grieving. Join us in learning about their free services and how they can support you now or in the future.

# PROGRAMS

## **Community Kitchen May 10<sup>th</sup>**

Chicken Casserole, Salad, Dessert and Dinner Roll. Sign-up by Wednesday May 8<sup>th</sup> by 12pm.

## **Mother's Day Breakfast**

All is welcome to come and join us in Celebrating all the amazing women we have in our lives! This day is to celebrate the moms, aunts, grandmas, and women who longed to be moms. Oasis will be providing breakfast and welcoming those who wish to help prepare at 8:15am. Feel free to bring something to contribute or just come and enjoy yourselves!

## **Guest Speaker Aly Bird, Author of Grief Ally**

"I believe grief is worthy of our time and attention". Join us in this incredible opportunity to hear about Aly's journey with grief and how she can support you through the loss of your loved one as well. For more information visit [www.alybird.com](http://www.alybird.com)

## **Last Community Kitchen May 24<sup>th</sup>**

Taco Bake (Lasagna), Green Salad and Dessert. Sign-up by Wednesday May 22<sup>nd</sup> at 12pm

