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 **May 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 9:00 – Coffee and Chat 10:00 – Exercise 12:00 – Wild Western Hoedown with lunch & games	3	4
5 9:00 – Coffee and Chat 10:00 – Exercise 1:00 – BINGO	6	7 9:00 – Coffee and Chat 10:00 – Pace Yourself Cardio & Exercise Circuit	8	9 9:00 – Coffee and Chat 10:00 – Exercise 1:00 – Community Kitchen	10	11 Happy Mother's Day!
12 9:00 – Coffee and Chat 9:30 – Mother's Day Pancake Breakfast 10:45 – Exercise 1:00 – Coffee Hour Mug Making	13	14 Canadian Hearing Services hearing clinic appointments only	15	16 9:00 – Coffee and Chat 9:40 – Planning Meeting 10:00 – Exercise 1:00 – Guest Speaker: Quinte Health Nutritionist	17	18
19 No Oasis – Victoria Day Holiday	20	21 9:00 – Coffee and Chat + May birthdays celebration 10:00 – Pace Yourself Cardio & Exercise Circuit	22	23 9:00 – Coffee and Chat 10:00 – Exercise 1:00 – Community Kitchen	24	25
26 9:00 – Coffee and Chat 10:00 – Exercise 12:00 - Potluck Lunch 1:15 - BINGO	27	28 9:00 – Coffee and Chat 10:00 – Pace Yourself Cardio & Exercise Circuit	29	30 9:00 – Coffee and Chat 10:00 – Exercise 1:00 – Movie & Munch featuring Daddy Daycare		

NEW

Wild Western Hoedown with lunch & games

Dust off your boots, wear your denim, and join us for a fun afternoon of country music, games, and lunch fit for a cowboy.

Guest Speaker: Diabetes Education & Nutrition

Registered Dietitian Meghan Casselman of Quinte Health will be coming to Kenron to do a presentation on Diabetes education and nutrition.

Coffee Hour Mug Making

With our coffee & chat growing, we will be using pottery markers and stencils to create new mugs to add to our supply. Come out and join us for a crafty afternoon. Feel free to bring your own mug to decorate as well.

PROGRAMS

Mother's Day Pancake Breakfast

Show love to the mothers, grandmothers and caretakers in Oasis by coming to celebrate with a pancake breakfast. Please bring a plate and utensils.

Potluck Lunch

Monday, May 26th at noon. Please bring whatever you would like to contribute along with a plate and utensils. There is a sign-up sheet in the Rec Centre to track who is bringing what to avoid doubles.

Community Kitchen

May 9th and 23rd at 1pm. The cost is \$10 to participate in cooking and to take home the meal. Our menu will be determined soon, and the sign-up sheet will be up in the Rec Centre.