


**Tiffany Kiddle**  
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# June 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 9:00 – Coffee and Chat 10:00 – Exercise 1:00 – Snacks & Social get together <b>Welcome back, Tiffany!</b>	3	4 9:00 – Coffee and Chat 10:00 – Pace Yourself Cardio & Exercise Circuit	5	6 9:00 – Coffee and Chat 10:00 – Exercise 1:00 – <b>Movie &amp; Munch</b> featuring <i>Daddy Daycare</i>	7	8
9 9:00 – Coffee and Chat 10:00 – Exercise 1:00 – <b>New Program Co-Design Info Session</b> 2:15 – BINGO	10	11 9:00 – Coffee and Chat 10:00 – Pace Yourself Cardio & Exercise Circuit	12	13 9:00 – Coffee and Chat 10:00 – Exercise 1:00 – <b>Cornhole Tournament &amp; Games Afternoon</b>	14	15 Happy Father's Day!
16 9:00 – Coffee and Chat 9:30 – <b>Father's Day Breakfast</b> 10:45 – Exercise 1:00 – <b>Arthritis Talks Virtual Seminar – Sleep Management</b>	17	18 9:00 – Coffee and Chat <b>9:40 – Planning Meeting</b> 10:00 – Pace Yourself Cardio & Exercise Circuit	19 Oasis Data Collection	20 9:00 – Coffee and Chat 10:00 – Exercise 12:00 – <b>Summer Solstice Lunch Party</b> – see <b>details on back</b>	21	22
23 9:00 – Coffee and Chat 10:00 – Exercise 12:00 – <b>Potluck Lunch</b> 1:15 – BINGO	24	25 9:00 – Coffee and Chat & <b>June birthday celebrations</b> 10:00 – Pace Yourself Cardio & Exercise Circuit	26	27 9:00 – Coffee and Chat 10:00 – Exercise 1:00 – <b>Summer Canvas Paint</b>	28	29
30 <b>No Oasis Queen's University Closure</b>	 <b>Canada Day</b>					



# NEW

## Arthritis Talks

Join us to watch the virtual presentation on effective sleep management by Arthritis Society Canada. The presentation is 1 hour and discusses navigating sleep challenges when you have arthritis and tips and tricks for better sleep. See their website for even more information and info sessions!

## Father's Day Breakfast

Join us in celebrating the fathers, grandfathers, and caretakers of Oasis at our Father's Day breakfast. Please bring a plate and utensils. Please let Tiffany know if you plan to attend for numbers.

## New Program Co-Design Info Session

Researchers at Queen's University invite you to participate in co-designing a new program for your community.

## Summer Solstice Lunch Party

Welcome the summer season enjoying a pizza lunch, refreshments and games with friends! Wear your florals, sun hats and bright colours to kick off summer in style! A toonie donation towards pizza would be greatly appreciated but it is not necessary to attend. Please only give if you're able and RSVP to ensure enough pizza.

## Snacks and Social Get Together

Come over to the Rec Centre for a social get together with light snacks and refreshments to welcome Tiffany back!

## Movie and Munch

Join us to watch Daddy Daycare on June 6<sup>th</sup> at 1pm. This is a family comedy that follows two fathers who start a child day care out of their home after they are laid off from their corporate jobs.



## Summer Canvas Paint

Enjoy a summery flower garden canvas paint along June 27<sup>th</sup>. Please sign up in advance.



# PROGRAMS