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| Oasis Activities June | 2019 |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 3 | 4 | 5 | 6 | 7 |
|  | Coffee&Crafts 10-11:30  Exercise 11:45-12:45 | Walking 2-3  Dinner 5pm | Exercise 11:45-12:45  Games Gang 1:30 |  |
| 10 | 11 | 12 | 13 | 14 |
|  | Coffee&Crafts 10-11:30  Exercise 11:45-12:45  Bingo 2:30-4 | Walking 2-3  Dinner 5pm | Guest Speaker: Diabetes Canada 10-11  Exercise 11:45-12:45  Games Gang 1:30 |  |
| 17 | 18 | 19 | 20 | 21 |
|  | Coffee&Crafts 10-11:30  Exercise 11:45-12:45  Bingo 2:30-4 | Walking 2-3  Dinner 5pm | Exercise 11:45-12:45  Games Gang 1:30 |  |
| 24 | 25 | 26 | 27 | 28 |
|  | Coffee&Crafts 10-11:30  Exercise 11:45-12:45  Oasis Meeting 1:30-2:30  Bingo 2:30-4 | Walking 2-3  Dinner 5pm | Exercise 11:45-12:45  Games Gang 1:30 |  |

**May Oasis Updates**

Oasis held a town hall in May to discuss Simone’s continuing role as Oasis On-site Coordinator and plans to seek sustainable funding for the program. Simone will be acting as Coordinator until at least March of 2020. She will be on site Tuesdays 8:30-4:30, Wednesdays 10:30-6:30, and Thursdays 8:30-12. The Queen’s research team is hard at work to find sustainable funding to keep the program going.

The group has discussed the idea of going on various day trips throughout the summer – suggestions are welcome! Keep an eye on the board to see upcoming events – also come down to vote for outings you would like to see advertised! Sign language lessons are on hold for the summer, but will pick back up in the fall.

The group meal on Wednesday evenings will continue through the summer. Options may reflect warmer temperatures (salads, sandwiches, etc.). Please see Simone if you have suggestions for the weekly meal.

As the weather gets nicer, Oasis plans to have a regular Nordic pole walking group. We have poles you can borrow! Please let Simone know if you are interested in joining Wednesdays at 2pm so she can have poles ready for you. Simone is also working to organize a twice-weekly sit-ercise class for people who would like to participate in seated exercise and stretching. Keep an eye out for that too!