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| Oasis Calendar November | 2019 |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  | 1 |
|  |  |  |  | Bus to Metro 9:40  Happy Hour 4-6 |
| 4 | 5 | 6 | 7 | 8 |
|  | Chair Exercise 9-10  Coffee&Crafts&Knitting 10-11:30  Bingo 1:30  Euchre 7pm | Coffee 10-11  Chair Exercise 2pm  Dinner 5pm | Games Gang 1:30  Rummoli 6:30 | Bus to Metro 9:40  Happy Hour 4-6  Movie 7pm |
| 11 | 12 | 13 | 14 | 15 |
| Remembrance Day | Chair Exercise 9-10  Coffee&Crafts&Knitting 10-11:30  Bingo 1:30  Euchre 7pm | Coffee 10-11  Chair Exercise 2pm  Dinner 5pm | **Speaker Series:  Canadian Hearing Society: 10-11**  Walking 9-10  Games Gang 1:30  Rummoli 6:30 | Bus to Metro 9:40  Happy Hour 4-6 |
| 18 | 19 | 20 | 21 | 22 |
| **Diabetes Support Group Meeting 10:00** | Chair Exercise 9-10  Coffee&Crafts&Knitting 10-11:30  Bingo 1:30  Euchre 7pm | Coffee 10-11  Chair Exercise 2pm  Dinner 5pm | **Oasis Meeting 10-11**  Games Gang 1:30  Rummoli 6:30 | Bus to Metro 9:40  Happy Hour 4-6 |
| 25 | 26  Chair Exercise 9-10  Coffee&Crafts&Knitting 10-11:30  Bingo 1:30  Euchre 7pm | 27  Coffee 10-11  Chair Exercise 2pm  Dinner 5pm | 28  Walking 9-10  Games Gang 1:30  Rummoli 6:30 | 29 |

**Newsletter – November 2019**

**Speaker Series:**

In October, we had KFLA Public Health come in to speak with us about Falls Prevention. A few tips from the presentation:

1. There is a new website that has completed testing of winter footwear for their slip resistance in different winter conditions. The website provides a rating and general information for many different types of shoes. [www.ratemytread.com](http://www.ratemytread.com)
2. It was recommended to put a list of medications on your fridge as Paramedics are trained to look at the fridge for information should one not be able to verbally relay this information in an emergency.

**November Updates:**

Social Committee will be holding a **Remembrance Day event** on **Sunday November 10th at 3:00pm**. Stay tuned for further details.

We would love to see more Members at the monthly meeting (Thursday November 21st). This is an opportunity to share your ideas, provide feedback or just receive information about what is coming up! The monthly meeting minutes are posted on the Oasis bulletin board and emailed out to Members who have provided Jennifer with their email. One decision made this month was to finalize an 8 week rotation of Oasis meals from pre-selected restaurants. Should Members want other restaurants or meals to be considered, they can bring their ideas to the monthly meeting for discussion and collaborative decision making.

The **Diabetes Monthly Support** group has been reschedule to **Monday November 18th at 10:00am**. Please join us as we share tips, ideas and support!