












SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>ABBREVIATION KEY: A= Atlin B = Bowron E= Emerald H = Harrison MPR HW = Harrison West Chapel K = Kootenay</p> <p>OB = Oasis Bistro OF = Oasis Family Room UL = Oasis Upper Lounge * = Event free of charge <i>Unless stated otherwise take place in the Oasis</i></p>					<p>1 2:30 Catholic Mass (E) *</p>	<p>2</p>
		<p> New Fitness Class We are launching a new <u>Steady Stretch</u> fitness class on September 8th! The class will be held on Tuesdays and Fridays at 1:30 pm in the Upper Lounge. Try your first fitness class for free (including any of our three classes)! See flyer for more details.</p>				
<p>3 11:15 Worship Service *</p>	<p>4 LABOUR DAY</p>	<p>5 9:30 Functional Fitness 10:00 Art Expression (E) 10:45 Chair Fit 3:30 Hymn Sing (E) *</p> <p></p>	<p>6 10:00 IL Info Session * 1:30 Bus Outing: Save-On-Foods</p> <p></p>	<p>7 9:30 Functional Fitness 10:45 Chair Fit 11:15 Bus Outing: Al & Jan's Fish N' Chips 2:30 Movie Matinee: The War with Grandpa *</p> <p></p>	<p>8 10:00 Kootenay Social (K) * 11:15 – 3:00 Alta Vida Fashions 1:30 Steady Stretch (UL) - New class! First class free! 2:30 Catholic Mass (H) * 5:30 Community Dinner - ticket sales start Aug 25th</p>	<p>9 7:00 Community Hymn Sing *</p>
<p>10 11:15 Worship Service * 3:00 Beatles Tribute Concert with the Ben Goheen Trio *</p>	<p>11 1:30 Bible Study * 7:00 Carpet Bowling *</p>	<p>12 9:00 Resident Council (UL) * 9:30 Functional Fitness 10:45 Chair Fit 1:00 - 3:00 Hearing Clinic * - sign up: call 604-533-4797 1:30 Steady Stretch (UL) 3:30 Hymn Sing (E) *</p> <p></p>	<p>13 9:00 – 9:00 Bus Outing: Extended Day Trip to Victoria 10:00 Diamond Social (UL) * 10:00 South Duplex Social (OB) *</p> <p></p>	<p>14 9:30 Functional Fitness 10:45 Chair Fit 3:30 Brain Game: Spelling Bee (OB) *</p>	<p>15 10:45 Bus Outing: Willowbrook Mall 1:30 Steady Stretch (UL) 2:30 Catholic Mass (E) * 2:30 Elim Choir Info Session (B) *</p> <p></p>	<p>16</p>
<p>17 11:15 Worship Service *</p>	<p>18 1:30 Bible Study * 7:00 Carpet Bowling *</p>	<p>19 9:30 Functional Fitness 10:00 Bowron & ND Social 10:45 Chair Fit 1:30 Steady Stretch (UL) 3:30 Hymn Sing (E) *</p> <p></p>	<p>20 9:30 Ladies Brunch (HW) 1:30 Bus Outing: Save-On-Foods 3:30 Video Presentation: Music of the Masters *</p> <p></p>	<p>21 Fire Alarm Testing 9:30 Functional Fitness 10:45 Chair Fit</p>	<p>22 Fire Alarm Testing 1:30 Steady Stretch (UL) 2:30 Catholic Mass (H) *</p>	<p>23</p>
<p>24 11:15 Worship Service * 3:00 Il Centro Italian Choir *</p>	<p>25 1:30 Bible Study * 7:00 Carpet Bowling *</p>	<p>26 9:30 Functional Fitness 10:45 Chair Fit 1:30 Steady Stretch (UL) 2:30 Writing Our Stories (OF) * 3:30 Hymn Sing (E) *</p> <p></p>	<p>27 10:30 Bus Outing: House of James & Lunch</p> <p></p>	<p>28 9:30 Men's Brunch (HW) 9:30 Functional Fitness 10:45 Chair Fit 1:30 Bus Outing: Scenic Drive to Fort Langley</p> <p></p>	<p>29 1:30 Steady Stretch (UL)</p>	<p>30 NATIONAL DAY FOR TRUTH AND RECONCILIATION</p>