













JULY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	CANADA DAY 9:30 Walking Club (OB) 11:00 Canada Day Parade * <i>- departs from ND #1</i> 11:45 Canada Day Video Presentation * 12:30 BBQ Lunch (OB) <i>- \$5 for lunch</i> 	2 9:30 Functional Fitness 10:00 Art Expression (E) 10:45 Chair Fit 1:30 Steady Stretch (UL) 2:00-4:00 Lawn Fun & Games (G)*	3 9:30 Walking Club (OB) 1:30 Bus Outing: Save On Foods 3:30 The Chosen Video Series (E) * 	4 9:30 Functional Fitness 10:00 - 11:30 Fire Drills <i>- see notice for more info</i> 10:45 Chair Fit 3:30 Virtual Reality: Canada Day! (OF) <i>- sign up at main reception</i> 6:30 Movie Night: Forever My Girl * 	5 1:30 Steady Stretch (UL) 2:30 Catholic Mass (E) *	6 1:30 Bus Outing: Swimming at Grandview Heights Aquatic Centre 
7 11:15 Worship Service *	8 9:30 Walking Club (OB)	9 9:30 Functional Fitness 10:45 Chair Fit 1:00 - 3:00 Hearing Clinic * <i>- sign up: call 604-533-4797</i> 1:30 Steady Stretch (UL) 2:00-4:00 Lawn Fun & Games (G)* 	10 9:30 Walking Club (OB) 1:30 Bus Outing: Save On Foods 3:30 The Chosen Video Series (E) * 	11 9:30 Functional Fitness 10:45 Chair Fit 3:15 Community Life Ice-Cream Social with Classic Rewind (G) *	12 1:30 Steady Stretch (UL) 2:30 Catholic Mass (H) * 5:30 Community Dinner (G) <i>- ticket sales start June 28th</i>	13
14 11:15 Worship Service *	15 9:30 Walking Club (OB) 2:00 Summer Oldies Movie: The Five Pennies *	16 9:30 Functional Fitness 10:00 Art Expression (E) 10:45 Chair Fit 1:30 Steady Stretch (UL) 2:00-4:00 Lawn Fun & Games (G)*	17 9:30 Walking Club (OB) 11:00 Bus Outing: Waffles at Krause Berry Farm 3:30 The Chosen Video Series (E) * 	18 9:30 Functional Fitness 10:45 Chair Fit 3:30 Virtual Reality: Explore Asia (OF) <i>- sign up at main reception</i>	19 9:30 - 3:00 Fitness Assessments * <i>- see poster for details</i> 10:15 Bus Outing: Buffalo & Bison Farm Tour 1:30 Steady Stretch (UL) 2:30 Catholic Mass (E) * 	20
21 11:15 Worship Service *	22 9:30 Walking Club (OB)	23 9:30 Functional Fitness 10:45 Chair Fit 1:30 Steady Stretch (UL) 2:00-4:00 Lawn Fun & Games (G)*	24 9:30 Walking Club (OB) 1:30 Bus Outing: Save On Foods 3:30 The Chosen Video Series (E) * 	25 9:30 Functional Fitness 10:45 Chair Fit 2:00 First Chorus Choir Concert * 3:00 Brain Game: Canada Trivia (OB) * 	26 9:15 Bus Outing: BC Ferry Cruise & Lunch 1:30 Steady Stretch (UL) 2:30 Catholic Mass (H) * 	27
28 11:15 Worship Service *	29 9:30 Walking Club (OB)	30 9:30 Functional Fitness 10:45 Chair Fit 1:30 Steady Stretch (UL) 2:00-4:00 Lawn Fun & Games (G)*	31 9:30 Walking Club (OB) 3:30 The Chosen Video Series (E) *	ABBREVIATION KEY: A= Atlin B = Bowron E= Emerald H = Harrison MPR HW = Harrison West Chapel 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>		