










AUGUST 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
		ABBREVIATION KEY: A= Atlin B = Bowron E= Emerald H = Harrison MPR HW = Harrison West Chapel G = Gazebo		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>		1 9:30 Functional Fitness 10:45 Chair Fit 6:30 Movie Night: Unsung Hero *	2 1:30 Steady Stretch (UL) 2:30 Catholic Mass (E) * 3:00 Live Music: The Soda Crackers (G) *	3
4 11:15 Worship Service *	5 BC DAY 9:30 Walking Club (OB)	6 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) *	7 9:30 Walking Club (OB) 1:30 Bus Outing: Save On Foods 3:30 The Chosen Video Series (E) * 	8 9:30 Functional Fitness 10:45 Chair Fit 3:15 Lemonade Social with Duo Del Mar (G) * 3:30 Virtual Reality: Fun in the Sun! (OF) <i>- sign up at main reception</i>	9 11:00 Bus Outing: Boxed Lunch at Derby Reach Park 1:30 Steady Stretch (UL) 2:30 Catholic Mass (H) * 5:30 Community Dinner (G) * <i>- ticket sales start July 26th</i> 	10		
11 11:15 Worship Service *	12 9:30 Walking Club (OB)	13 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) *	14 9:30 Walking Club (OB) 1:30 Bus Outing: Save On Foods 3:30 The Chosen Video Series (E) * 	15 9:30 Functional Fitness 10:45 Chair Fit 2:00 Sunrise Church Youth Visit (OB) * 3:00 Brain Game: Group Crossword (OB) *	16 1:30 Steady Stretch (UL) 2:30 Catholic Mass (E) *	17 2:00 Service of Remembrance *		
18 11:15 Worship Service *	19 9:15 Bus Outing: BC Ferry Cruise & Lunch 9:30 Walking Club (OB) 2:00 Summer Oldies Movie: Meet Me in St. Louis * 	20 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) *	21 8:45 - 3:30 Walker Clinic (E) <i>- by appointment: call 604-584-7587</i> 9:30 Walking Club (OB) 3:15 Live Music: The Shoe Shakers (G) * 3:30 The Chosen Video Series (E) *	22 9:30 Functional Fitness 10:30 Bus Outing: Willowbrook Mall 10:45 Chair Fit 3:30 Virtual Reality: Animals (OF) <i>- sign up at main reception</i> 	23 9:30 Bus Outing: VanDusen Gardens & Lunch at The Garden Cafe 1:30 Steady Stretch (UL) 2:30 Catholic Mass (H) * 	24		
25 11:15 Worship Service *	26 9:30 Walking Club (OB)	27 9:30 Functional Fitness 10:45 Chair Fit 1:30 Steady Stretch (UL) 2:00 - 4:00 Lawn Fun & Games (G) *	28 9:30 Walking Club (OB) 1:30 Bus Outing: Save On Foods 3:30 The Chosen Video Series (E) * 	29 9:30 Functional Fitness 10:45 Chair Fit 3:00 Walking Club Celebration (OB) <i>- for Walking Club members</i>	30 1:30 Bus Outing: Airplane watching at Iona Beach Park 1:30 Steady Stretch (UL) 	31		

