

OCTOBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>"Give thanks to the Lord, for he is good. His love endures forever." Psalm 136:1</p>	<p>1 9:30 Functional Fitness 10:00 Art Expression (E) 10:45 Chair Fit 1:30 Steady Stretch (UL)</p>	<p>2 10:00 Bus Outing: Walmart & Lunch at McDonalds 10:00 Atlin Social (A) * 10:00 Carmanah Social (UL) * 1:30 Dare To Care Meeting (OF)*</p>	<p>3 9:30 Functional Fitness (HW) * please note location change for exercise classes today* 10:45 Chairfit (HW) 3:00 Elim Choir Practice (B) *</p>	<p>4 8:30 - 3:00 Health & Wellness Fair - \$20 ticketed event * please note that Steady Stretch is cancelled today * 2:30 Catholic Mass (E) *</p>	<p>5 7:00 Milne Family Concert (O)</p>
<p>6 11:15 Worship Service *</p>	<p>7 1:30 Bible Study * 7:00 Carpet Bowling * 7:00 Knit & Crochet Circle (A) *</p>	<p>8 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)</p>	<p>9 10:00 Diamond Social (UL)* 10:00 South Duplex Social (OB) * 1:30 Bus Outing: Save On Foods</p>	<p>10 9:30 Functional Fitness 10:30 The Emerald Kitchen Tour (E) * - sign up: call 604-584-7587 10:45 Chair Fit 3:00 Elim Choir Practice (B) *</p>	<p>11 9:30-11:30 Shuttle Service: Advanced Voting at Northwood United Church 10:00 Kootenay Social (K) * 1:30 Steady Stretch (UL) 2:30 Catholic Mass (H) * 5:30 Thanksgiving Community Dinner - ticket sales start September 27th</p>	<p>12</p>
<p>13 11:15 Worship Service *</p>	<p>14 THANKSGIVING no Bible Study today no Carpet Bowling today</p>	<p>15 9:30 Functional Fitness 10:00 Art Expression (E) 10:00 Bowron & ND Social (B) * 10:45 Chair Fit 1:30 Steady Stretch (UL)</p>	<p>16 10:00 Ladies Brunch (HW) - \$25, tickets: 604-584-7587 1:30 Dare To Care Meeting (OF)*</p>	<p>17 9:30 Functional Fitness 10:45 Chair Fit 1:30 Bus Outing: Art's Nursery Scarecrow Festival 3:00 Elim Choir Practice (B) * 3:00 Virtual Reality: Nature Retreat (OF)</p>	<p>18 11:30 Bus Outing: Lunch at Northview Golf Course 1:30 Steady Stretch (UL) 2:30 Catholic Mass (E) * 7:00 Community Hymn Sing *</p>	<p>19</p>
<p>20 11:15 Worship Service *</p>	<p>21 1:30 Bible Study * 7:00 Carpet Bowling * 7:00 Knit & Crochet Circle (A) *</p>	<p>22 9:30 Functional Fitness 10:45 Chair Fit 1:30 Steady Stretch (UL)</p>	<p>23 10:00 Men's Brunch (HW) - \$25, tickets: 604-584-7587 1:30 Bus Outing: Save On Foods 3:30 Video Presentation: Songs of Praise *</p>	<p>24 9:30 Functional Fitness 10:45 Chair Fit 3:00 Elim Choir Practice (B) * 6:30 Movie Night: Saving Mr. Banks *</p>	<p>25 1:30 Steady Stretch (UL) 2:30 Catholic Mass (H) *</p>	<p>26</p>
<p>27 11:15 Worship Service *</p>	<p>28 1:00 Knit & Crochet Circle (K) * 1:30 Bible Study * 3:30 Surrey Museum presents Home Sweet Home (E) * 7:00 Carpet Bowling *</p>	<p>29 9:30 Functional Fitness 10:45 Chair Fit 1:30 Steady Stretch (UL) 2:30 Fall Floral Arranging (OB) - \$10, sign up at: 604-584-7587</p>	<p>30 10:00 Bus Outing: Scenic Drive to Aldergrove 1:30 Dare To Care Meeting (OF)*</p>	<p>31 HALLOWEEN 9:30 Functional Fitness 10:45 Chair Fit 3:00 Brain Game: Bingo (OB) * 3:00 Elim Choir Practice (B) *</p>	<p>ABBREVIATION KEY: A= Atlin B = Bowron E= Emerald H = Harrison MPR HW = Harrison West Chapel</p>	<p>OB = Oasis Bistro OF = Oasis Family Room UL = Oasis Upper Lounge * = Event free of charge Unless stated otherwise take place in the Oasis</p>

