








JANUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		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>	NEW YEAR'S DAY	2 9:30 Functional Fitness 10:00 Carmanah Social (UL) * 10:45 Chair Fit 11:30 Bus Outing: White Spot 2:30 Movie Matinee: Cool Runnings * 	3 1:30 Steady Stretch (UL) 2:30 Catholic Mass (E) *	4
5 11:15 Worship Service *	6 1:30 Bible Study * 7:00 Knit & Knatter (A) * 7:30 Carpet Bowling *	7 9:30 Functional Fitness 10:00 Art Expression (E) 10:45 Chair Fit 1:30 Steady Stretch (UL)	8 10:00 Diamond Social (UL)* 10:00 South Duplex Social (OB) * 1:30 Bus Outing: Save on Foods 	9 9:30 Functional Fitness 10:45 Chair Fit	10 10:00 Kootenay Social (K) * 1:30 Steady Stretch (UL) 2:30 Catholic Mass (H) * 5:30 Community Dinner <i>- ticket sales start Dec 27th</i>	11	
12 11:15 Worship Service *	13 1:30 Bible Study * 7:30 Carpet Bowling *	14 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)	15 10:30 Wellness Meet & Greet *	16 9:30 Functional Fitness 10:45 Chair Fit 1:30 Bus Outing: Fort Langley Stroll & Shop 	17 1:30 Steady Stretch (UL) 2:30 Catholic Mass (E) *	18	
19 11:15 Worship Service *	20 1:30 Bible Study * 7:00 Knit & Knatter (A) * 7:30 Carpet Bowling *	21 9:30 Functional Fitness 10:00 Art Expression (E) 10:00 Bowron & ND Social (B) * 10:45 Chair Fit 1:30 Steady Stretch (UL)	22 1:30 Bus Outing: Save on Foods 3:30 Video Presentation: Choral Classics * 	23 9:30 Functional Fitness 10:45 Chair Fit 3:30 Virtual Reality: Private Island Paradise Tour (OF) <i>- no sign up required</i>	24 9:30-3:00 Fitness Assessments * <i>- sign up: call 604-583-3546</i> 1:30 Steady Stretch (UL) 1:30 Bus Outing: Solid Rock Steel Fabricating 2:30 Catholic Mass (H) * 	25	
26 11:15 Worship Service *	27 1:30 Bible Study * 1:00 Knit n' Knatter (K) * 7:30 Carpet Bowling *	28 9:30 Functional Fitness 10:45 Chair Fit 1:30 Steady Stretch (UL) 2:00 Writing Our Stories (OF) *	29 10:00 IL Info Session * 11:30-2:00 Alta Vida Fashion Vendor *	30 9:30 Functional Fitness 10:45 Chair Fit	31 11:00 Bus Outing: Bloedel Conservatory & Bagged lunch 1:30 Steady Stretch (UL) 	31	