

OASIS ACTIVITY SCHEDULE

TODAY IS

MONDAY, JULY 24, 2023

10:00am Coffee, Muffins & Trivia

10:30am Balloon Tennis

11:00am **Sit & Fit with Legacy**

11:30am **LUNCH**

1:30pm Life Skills: **Polishing Silverware**

2:30pm Hors d'oeuvres & Frank Sinatra

3:00pm **BINGO!**

3:30pm Singalong with Susie Q

4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

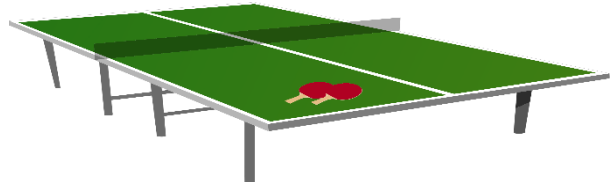
TODAY IS

TUESDAY, JULY 25, 2023

10:00am Coffee, Muffins & Armchair Travel

10:30am Baking Club

11:00am **Table Tennis**



11:30am **LUNCH!**

1:30pm Walking Club

2:30pm Hors d'oeuvres and 50s Music

3:00pm **Jigsaw Puzzles**

3:30pm Pop Corn & Movie:

“North & South” 2004 (Episode 3)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, JULY 26, 2023

10:00am Coffee, Muffins & Armchair Travel

10:30am **NEUROBIC EXERCISES**



11:00am Balance & Motion with Michael

12:00m **LUNCH!**

1:30pm SPA SESSION

3:00pm Silver Breezes &



A Summer White Delight

**With Jeff Levin Music and hors
d'oeuvres**

4:30pm **DINNER!**

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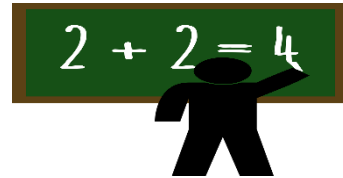
OASIS ACTIVITY SCHEDULE

TODAY IS

THURSDAY, JULY 27, 2023

10:00am Coffee & Muffins with Trivia

10:30am **Math Club**



11:00am **Balance & Motion with Michael**

12:00m **LUNCH!**

1:30pm **Scenic Van Ride** (*Weather Permitting*)

2:30pm Putting golf with Care Team

3:00pm Hors d'oeuvres & Music /Care Team

3:45pm **Julie Andrew's Concert**

4:30pm **DINNER!**

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TODAY IS

FRIDAY, JULY 28, 2023

10:00am Coffee, Muffins & Armchair Travel

10:30am CORN HOLE GAME!

11:00am Seated Exercises with Alba

12:00pm to 1:00pm

LUNCH BUNCH AT Assisted Living Dining Room!

1:00pm Communion and Prayers

2:00 pm Queen's High Tea



2:30pm Hors d'oeuvres & Symphony

3:00pm **Poetry reading!**

3:30pm Pop Corn & Movie:

“North & South” 2004 (Episode 4)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SATURDAY, JULY 29, 2023

10:00am Coffee & Muffins with Trivia

10:30am Baking Club

11:00am **Balloon Tennis**

11:30am **LUNCH!**

1:30pm Tea and Symphony

2:30pm Hors d'oeuvres with
50s and 60s Music

3:30pm **BINGO!**

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SUNDAY, JULY 16, 2023

10:00am Coffee, Muffins & Balloon Tennis

10:30am Bible Study & Hymns

11:00am Sunday's Mass Live Streaming

(National Shrine DC)

11:30am **LUNCH!**

1:30pm Walking Club

2:30pm Hors d'oeuvres with Broadway show tunes

3:30pm **Abstract Art Drawing**

4:30pm **DINNER!**

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