

# OASIS ACTIVITY SCHEDULE

TODAY IS

**MONDAY, JULY 31, 2023**

**10:00am** Coffee, Muffins & Armchair Travel

**10:30am** Noodle Hockey with Balloons

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

**11:30am** **LUNCH**

**1:30pm** Arts & Crafts: **Coloring**

**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

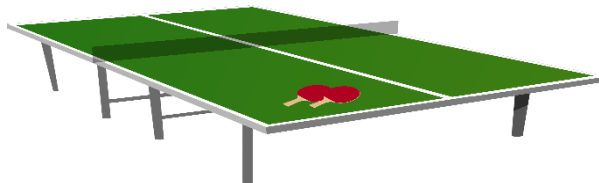
TODAY IS

**TUESDAY, AUGUST 1, 2023**

10:00am Coffee, Muffins & Trivia

10:30am **Baking Club**

11:00am Table Tennis



11:30am **LUNCH!**

1:30pm Walking Club

2:30pm Hors d'oeuvres and Glen Miller

3:00pm **Jigsaw Puzzles**

3:30pm Pop Corn and Movie:

**“EMMA” 2009 (Episode 1)**

4:30pm **DINNER!**

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# OASIS ACTIVITY SCHEDULE

TODAY IS

**WEDNESDAY, AUGUST 2, 2023**

10:00am Coffee, Muffins & Armchair Travel

10:30am **RING TOSS GAME!**



11:00am Balance & Motion with Michael

12:00m **LUNCH!**

1:30pm Spa Session

2:30pm Hors d'oeuvres & Mozart

3:00pm **Finish the Expressions!**

3:30pm **Music Therapy with Eduardo**

4:30pm **DINNER!**

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# OASIS ACTIVITY SCHEDULE

TODAY IS

**THURSDAY, AUGUST 3, 2023**

10:00am Coffee, Muffins & Trivia

10:30am **Influential Figures**

**Reminiscing!**

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

11:30m **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 **1960 Celebrities BINGO!**

4:30pm **DINNER!**

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# OASIS ACTIVITY SCHEDULE

TODAY IS

**FRIDAY, AUGUST 4, 2023**

10:00am Coffee, Muffins & Trivia

10:30am **The Parachute!**

11:00am **Seated Exercises with Alba**

12:00pm to 1:00 pm

**LUNCH BUNCH AT Assisted Living Dining Room!**

1:00pm **Communion and Prayers**

2:00 pm **Queen's High Tea**



2:30pm Hors d'oeuvres & Andre Rieu

3:00pm **Pleasant face exercises!**

3:30pm Pop Corn & Movie:

**"EMMA" 2009 (Episode 2)**

4:30pm **DINNER!**

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# OASIS ACTIVITY SCHEDULE

TODAY IS

**SATURDAY, AUGUST 5, 2023**

**10:00am** Coffee & Muffins with Trivia

**10:30am** Armchair Travel

**11:00am** **Balloon Tennis**

**11:30am** **LUNCH!**

**1:30pm** Hand Massage

**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, AUGUST 6, 2023**

**10:00am** Coffee, Muffins & Balloon Tennis

**10:30am** Bible Study & Hymns

**11:00am Live Stream – Washington National Cathedral**

- Featuring prayers, readings from Holy Scripture, and contemplative music.

**11:30m** **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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