

OASIS ACTIVITY SCHEDULE

TODAY IS

MONDAY, SEPTEMBER 11, 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: **Papier Mâché Work**

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, SEPTEMBER 12, 2023

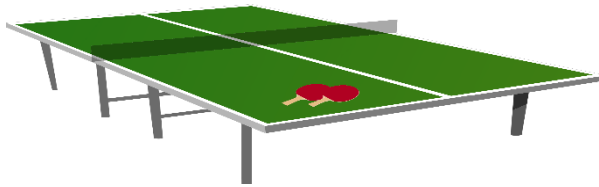
Chocolate Milkshake Day

10:00am Coffee, Muffins & Trivia

10:30am **“Shake it up Memories”**



11:00am Table Tennis



11:30am **LUNCH!**

1:30pm Walking Club

2:30pm Hors d'oeuvres and Glen Miller

3:00pm **Chocolate Milkshake Word Search**

3:30pm Pop Corn and Movie:

“Mary Poppins” 1964(1st Part)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, SEPTEMBER 13, 2023

10:00am Coffee, Muffins & Armchair Travel

10:30am **Clothes Peg 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, SEPTEMBER 14, 2023

10:00am Coffee, Muffins & Trivia

10:30am **BEAN BAG BOWLING!**

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 **An evening at the ballet:**

**“Swan Lake - Full Length Ballet by American
Ballet Theatre”**

4:30pm **DINNER!**

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TODAY IS

FRIDAY, SEPTEMBER 15, 2023

10:00am Coffee, Muffins & Classical Composers Quiz

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 **Red Hat Tea Party**



2:30pm Hors d'oeuvres & Andre Rieu

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

3:30pm Pop Corn & Movie:

“Mary Poppins” 1964 (2nd Part)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SATURDAY, SEPTEMBER 16, 2023

10:00am Coffee & Muffins with Trivia

10:30am **RING TOSS GAME**



11:00am **Balloon Tennis**

11:30am **LUNCH!**

1:30pm **MUSIC THERAPY WITH FRAN**



2:00pm **Hand Massage**

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

3:30pm **BINGO!**

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SUNDAY, SEPTIEMBRE 17, 2023

10:00am Coffee, Muffins & Balloon Tennis

10:30am **Sit down stretch/exercise**

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

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

11:30m **LUNCH!**

1:30pm  **Poetry Reading**

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

3:30pm **Fun with Arts & Crafts**

4:30pm **DINNER!**

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