

OASIS ACTIVITY SCHEDULE

TODAY IS

MONDAY, SEPTEMBER 18, 2023

10:00am Coffee, Muffins & Armchair Travel

10:30am Balloon Tennis

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

11:30am **LUNCH**

1:30pm **Art & Crafts:**

White Picket Fence



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

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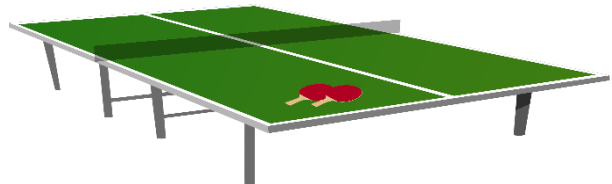
TODAY IS

TUESDAY, SEPTEMBER 19, 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 Toni Bennett

3:00pm **Jigsaw Puzzles**

3:30pm Pop Corn & Movie:

“Anchors Aweigh” 1945 (1st Part)

4:30pm **DINNER!**

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TODAY IS

WEDNESDAY, SEPTEMBER 20, 2023

10:00am Coffee, Muffins & Armchair Travel

10:30am **NEUROBIC EXERCISES**



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 **French Club (Club Français)**

4:00pm **French BINGO**

4:30pm **DINNER!**

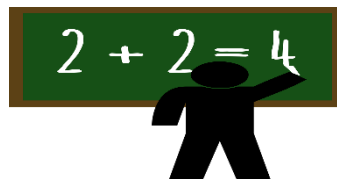
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TODAY IS

THURSDAY, SEPTEMBER 21, 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 **An evening at the ballet:**

**“Don Quixote Full Length Ballet by Teatro
alla Scala di Milano ft. Natalia Osipova”**

4:30pm **DINNER!**

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TODAY IS

FRIDAY, SEPTEMBER 22, 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**



Tea Time

2:30pm Hors d'oeuvres & Symphony

3:00pm **September Poems!**

3:30pm Pop Corn & Movie:

“Anchors Aweigh” 1945 (2nd Part)

4:30pm **DINNER!**

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TODAY IS

SATURDAY, SEPTEMBER 23, 2023

10:00am Coffee & Muffins with Trivia

10:30am Baking Club

11:00am **My Bonnie Chair Exercise Fun!**

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, SEPTEMBER 24, 2023

10:00am Coffee, Muffins & Balloon Tennis

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

11:00am Sunday's Mass Live Streaming (National Shrine DC)

12:00m **LUNCH!**

1:30pm Word Search



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

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

4:30pm **DINNER!**

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