



OASIS ACTIVITY SCHEDULE



TODAY IS

MONDAY, SEPTEMBER 25, 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: **Flower Base Painting**

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 26, 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:

“Gone with the Wind” 1939(1st Part)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE



TODAY IS

WEDNESDAY, SEPTEMBER 27, 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, SEPTEMBER 28, 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*)

2:00pm **“Rhythmic Percussion: Music Ensemble”**
Therapeutic Interactive Music Engagement
With Jeff Levin- Music Therapist

3:00pm **Pumpkin Painting with Marco**

3:45pm **An evening of Ballet:**

“Swan Lake – By: American Ballet Theatre”

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE



TODAY IS

FRIDAY, SEPTEMBER 29, 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 **Queen's High Tea**



2:30pm Hors d'oeuvres & Andre Rieu

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

3:30pm Pop Corn & Movie:

“Gone with the Wind” 1939 (2nd Part)

4:30pm

DINNER!

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OASIS ACTIVITY SCHEDULE



TODAY IS

SATURDAY, SEPTEMBER 30, 2023

10:00am Coffee & Muffins with Trivia

10:30am **Clothes Peg 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, OCTOBER 1, 2023

10:00am Coffee, Muffins & Balloon Tennis

10:30am **Seated Stretch**

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 Tunes**

3:00pm **Finish the Expressions**

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

4:30pm **DINNER!**

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