

# OASIS ACTIVITY SCHEDULE

TODAY IS

**MONDAY, SEPTEMBER 4, 2023**



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

**10:30am** Balloon Tennis

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

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

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

**2:30pm** Hors d'oeuvres & Labor Day Music

**3:00pm** **“A Day At The Office” BINGO!**

**3:30pm** Singalong with Susie Q

**4:30pm** **DINNER!**

*Daily Activities Schedule Is Subject To Change*

# OASIS ACTIVITY SCHEDULE

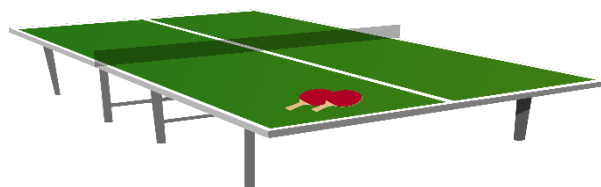
TODAY IS

**TUESDAY, SEPTEMBER 5, 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:

**“The Bucket List” 2008 (1<sup>st</sup> Part)**

4:30pm **DINNER!**

***Daily Activities Schedule Is Subject To Change***

# OASIS ACTIVITY SCHEDULE

TODAY IS

**WEDNESDAY, SEPTEMBER 6, 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 François)**

4:00pm **French BINGO**

4:30pm **DINNER!**

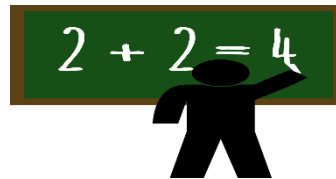
*Daily Activities Schedule Is Subject To Change*

# OASIS ACTIVITY SCHEDULE

TODAY IS

**THURSDAY, SEPTEMBER 7, 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:**

**“Coppelia-Full Length Ballet by Bolshoi  
Theatre ft. Natalia Osipova”**

4:30pm **DINNER!**

***Daily Activities Schedule Is Subject To Change***

# OASIS ACTIVITY SCHEDULE

TODAY IS

**FRIDAY, SEPTEMBER 8, 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:

**“The Bucket List” 2008 (2<sup>nd</sup> Part)**

4:30pm **DINNER!**

***Daily Activities Schedule Is Subject To Change***

# OASIS ACTIVITY SCHEDULE

TODAY IS

**SATURDAY, SEPTEMBER 9, 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!**

***Daily Activities Schedule Is Subject To Change***

# OASIS ACTIVITY SCHEDULE

TODAY IS

**SUNDAY, SEPTEMBER 10, 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 **BIRTHDAY LUNCH!**

1:30pm Word Search



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

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

4:30pm **DINNER!**

***Daily Activities Schedule Is Subject To Change***