



# OASIS ACTIVITY SCHEDULE



TODAY IS

**MONDAY, OCTOBER 16, 2023**

10:00am Coffee, Muffins & Armchair Travel

10:30am Balloon Tennis

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

11:30am **LUNCH**

1:30pm Arts & 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***



# OASIS ACTIVITY SCHEDULE



TODAY IS

**TUESDAY, OCTOBER 17, 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:

**“Fried Green Tomatoes” 1991(1<sup>st</sup> Part)**

4:30pm

**DINNER!**

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# OASIS ACTIVITY SCHEDULE



TODAY IS

**WEDNESDAY, OCTOBER 18, 2023**

10:00am Coffee, Muffins & Armchair Travel

10:30am **NEUROBIC EXERCISE**



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 T.V. SHOW:**

**Chef Table France**

4:30pm **DINNER!**

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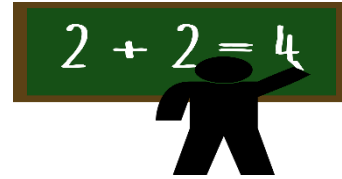


TODAY IS

**THURSDAY, OCTOBER 19, 2023**

10:00am Coffee, Muffins & Trivia

10:30am **Math Club**



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

11:30am **LUNCH!**

1:30pm **Scenic Van Ride** (*Weather Permitting*)

2:30pm Putting golf with Care Team

3:00pm Hors d'oeuvres & Music /Care Team

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

4:30pm **DINNER!**

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# OASIS ACTIVITY SCHEDULE



TODAY IS

**FRIDAY, OCTOBER 20, 2023**

10:00am Coffee, Muffins & Classical Composers Quiz

10:30am **CORN HOLE GAME!**

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**



*Tea Time*

2:30pm Hors d'oeuvres & Andre Rieu

3:00pm  **Poetry Reading**

3:30pm Pop Corn & Movie:

**“Fried Green Tomatoes” 1991 (2<sup>nd</sup> Part)**

4:30pm

**DINNER!**

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# OASIS ACTIVITY SCHEDULE



TODAY IS

**SATURDAY, OCTOBER 21, 2023**

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

**10:30am Baking Club**

**11:00am My Bonnie Chair Exercises**

**Fun!**

**11:30am LUNCH!**

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



**2:00pm Tea & Symphony**

**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 22, 2023**

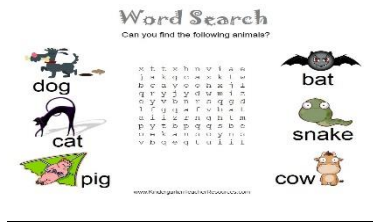
10:00am Coffee, Muffins & Balloon Tennis

10:30am **Seated Stretch**

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

11:30m **LUNCH!**

1:30pm Word Search



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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