



OASIS ACTIVITY SCHEDULE



TODAY IS

MONDAY, OCTOBER 2, 2023

10:00am Coffee, Muffins & Armchair Travel

10:30am Balloon Tennis

11:00am Sit & Fit with Legacy

11:30am **LUNCH**

1:30pm Arts & Crafts: **Ship on a Farm Coloring**

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 3, 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:

“Grumpy Old Men” 1993(1st Part)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE



TODAY IS

WEDNESDAY, OCTOBER 4, 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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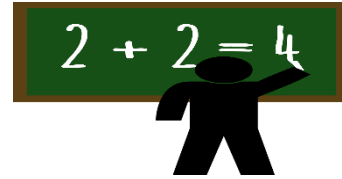


TODAY IS

THURSDAY, OCTOBER 5, 2023

10:00am Coffee, Muffins & Trivia

10:30am **Math Club**



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 of 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, OCTOBER 6, 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**



2:30pm Hors d'oeuvres & Andre Rieu

3:00pm  **Poetry Reading**

3:30pm Pop Corn & Movie:

“Grumpy Old Men” 1993 (2nd Part)

4:30pm

DINNER!

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OASIS ACTIVITY SCHEDULE



TODAY IS

SATURDAY, OCTOBER 7, 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 8, 2023

10:00am Coffee, Muffins & Balloon Tennis

10:30am **Seated Stretch**

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

11:30am **BIRTHDAY LUNCH!**

1:30pm Word Search

2:30pm **Hors d'oeuvres w/Broadway Tunes**

3:00pm **Finish the Expressions**

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

4:30pm **DINNER!**

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