



OASIS ACTIVITY SCHEDULE



TODAY IS

MONDAY, OCTOBER 23, 2023

10:00am Coffee, Muffins & Armchair Travel

10:30am Balloon Tennis

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

11:30am **LUNCH**

1:30pm Arts & Crafts:



Peacock Collage

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 24, 2023

10:00am Coffee, Muffins & Trivia:

Which Store is Best?

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:

“Sense and Sensibility” 1995(1st Part)

4:30pm

DINNER!

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OASIS ACTIVITY SCHEDULE



TODAY IS

WEDNESDAY, OCTOBER 25, 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, OCTOBER 26, 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*)

2:30pm Putting golf with Care Team

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

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

**“Swan Lake – Full Length Ballet by
American Ballet Theatre””**

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE



TODAY IS

FRIDAY, OCTOBER 27, 2023

10:00am Coffee, Muffins & Armchair Travel

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**



Tea Time

2:30pm Hors d'oeuvres & Andre Rieu

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

3:30pm Pop Corn & Movie:

“Sense and Sensibility” 1995 (2nd Part)

4:30pm

DINNER!

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OASIS ACTIVITY SCHEDULE



TODAY IS

SATURDAY, OCTOBER 28, 2023

10:00am Coffee & Muffins with Trivia

10:30am **Baking Club**

11:00am **Ballon 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 29, 2023

10:00am Coffee, Muffins & Balloon Tennis

10:30am **Seated Morning Stretch**

11:00am Live Stream – Washington National Cathedral

- Featuring prayers, reading 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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