



# OASIS ACTIVITY SCHEDULE



TODAY IS

**MONDAY, OCTOBER 30, 2023**

10:00am Coffee, Muffins & Armchair Travel

10:30am Balloon Tennis

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

11:30am **LUNCH**

1:30pm Arts & Crafts:

**Paper Leaves Fall Decoration**



2:30pm Hors d'oeuvres & Frank Sinatra

3:00pm **Fall BINGO!**

3:30pm Singalong with Susie Q

4:30pm **DINNER!**

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



# OASIS ACTIVITY SCHEDULE



TODAY IS

**TUESDAY, OCTOBER 31, 2023**

**Happy Halloween**

10:00am Coffee, Muffins & **Halloween** Trivia

10:30am **Baking Club**



11:00am

11:30am **LUNCH!**

1:30pm Walking Club

2:30pm Hors d'oeuvres and **Halloween** Music

3:00pm **Jigsaw Puzzles**

3:30pm Pop Corn and Movie:

**“The Adams Family” 1991 (Part 1)**

4:30pm **DINNER!**

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# OASIS ACTIVITY SCHEDULE



TODAY IS

**WEDNESDAY, NOVEMBER 1, 2023**

10:00am Coffee, Muffins & Trivia:

**First Letter of the Month**

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 T.V. SHOW:**

**Chef Table France**

4:30pm **DINNER!**

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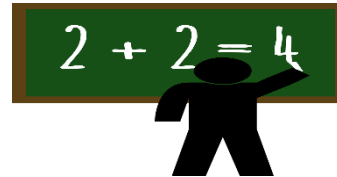
# OASIS ACTIVITY SCHEDULE



TODAY IS

**THURSDAY, NOVEMBER 2, 2023**

10:00am Coffee, Muffins & Armchair Travel



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

3:30pm **An evening at the ballet**

**“Don Quixote Full Length Ballet by  
Teatro alla Scala di Milano ft. Natalia  
Osipova”**

4:30pm **DINNER!**

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# OASIS ACTIVITY SCHEDULE



TODAY IS

**FRIDAY, NOVEMBER 3, 2023**

10:00am Coffee, Muffins & Armchair Travel

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:

**“The Adams Family” 1991 (Part 2)**

4:30pm

**DINNER!**

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# OASIS ACTIVITY SCHEDULE



TODAY IS

**SATURDAY, NOVEMBER 4, 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, NOVEMBER 5, 2023**

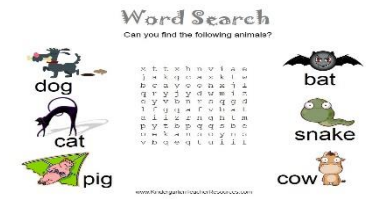
10:00am Coffee, Muffins & Balloon Tennis

10:30am **Seated Morning 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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