



# OASIS ACTIVITY SCHEDULE



TODAY IS

**MONDAY, OCTOBER 9, 2023**

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

**10:30am** Balloon Tennis

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

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

**1:30pm** Arts & Crafts: **Craft Daffodils**

**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 10, 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:

**“The King and I” 1956(1<sup>st</sup> Part)**

4:30pm

**DINNER!**

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# OASIS ACTIVITY SCHEDULE



TODAY IS

**WEDNESDAY, OCTOBER 11, 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 **“Remembering Great Minds”**

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

4:30pm **DINNER!**

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# OASIS ACTIVITY SCHEDULE



TODAY IS

**THURSDAY, OCTOBER 12, 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 13, 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 **Red Hat Tea Party**



2:30pm Hors d'oeuvres & Andre Rieu

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

3:30pm Pop Corn & Movie:

**“The King and I” 1956 (2<sup>nd</sup> Part)**

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# OASIS ACTIVITY SCHEDULE



TODAY IS

4:30pm

**DINNER!**

**SATURDAY, OCTOBER 14, 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!**

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# OASIS ACTIVITY SCHEDULE



TODAY IS

4:30pm

**DINNER!**

**SUNDAY, OCTOBER 15, 2023**

10:00am Coffee, Muffins & Balloon Tennis

10:30am **Seated 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**

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# OASIS ACTIVITY SCHEDULE



4:30pm

TODAY IS

**DINNER!**

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