

OASIS ACTIVITY SCHEDULE

TODAY IS

MONDAY, JANUARY 22, 2024

10:00am Coffee, Muffins & Armchair Travel

10:30am Balloon Tennis

11:00am Sit & Fit with Legacy

11:30am **LUNCH**

1:30pm Arts & Crafts: Flower Base Painting



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, JANUARY 23, 2024

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 Elvis Presley Music

3:00pm **Jigsaw Puzzles**

3:30pm Pop Corn and Movie:

“The Wizard of Oz” 1939(Part 1)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, JANUARY 24, 2024

10:00am Coffee, Muffins & Trivia



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 **UNO (CARD GAME)**

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



4:30pm **DINNER!**

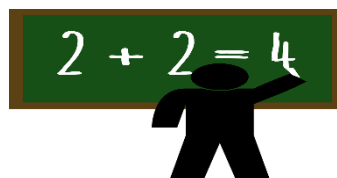
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OASIS ACTIVITY SCHEDULE

TODAY IS

THURSDAY, JANUARY 25, 2024

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 Opera:**

**“The Phantom of The Opera' Sarah Brightman
& Antonio Banderas”**

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

FRIDAY, JANUARY 26, 2024

10:00am Coffee, Muffins & Trivia

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

11:00am **Zumba Seated Class 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:**

“The Wizard of Oz” 1939 (Part 2)

4:30pm

DINNER!

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OASIS ACTIVITY SCHEDULE

TODAY IS

SATURDAY, JANUARY 27, 2024

10:00am Coffee & Muffins with Trivia

10:30am **Seated Morning Stretch**

11:00am **Balloon Tennis**

11:30am **LUNCH!**

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



2:00pm **Hand Massage**

3:00pm Hors d'oeuvres with 50s Music

3:30pm **BINGO!**

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SUNDAY, JANUARY 28, 2024

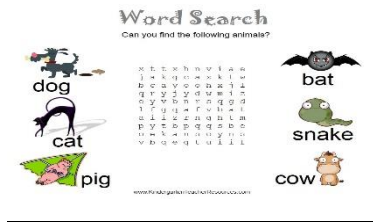
10:00am Coffee, Muffins & Balloon Tennis

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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