

# OASIS ACTIVITY SCHEDULE

TODAY IS

**MONDAY, MARCH 4, 2024**

10:00am Coffee, Muffins & Armchair Travel

10:30am Balloon Tennis

11:00am Sit & Fit with Legacy

11:30am **LUNCH**

1:30pm Art & Craft:

**ETERNAL ELEGANCE: JEWELRY MAKING FOR  
THE WISE YEARS**



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, MARCH 5, 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:

**“Mamma Mia” 2008(Part 1)**

4:30pm

**DINNER!**

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# OASIS ACTIVITY SCHEDULE

TODAY IS

**WEDNESDAY, MARCH 6, 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 **CHANCE-TAKER'S CHALLENGE BOARD**



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

4:30pm **DINNER!**

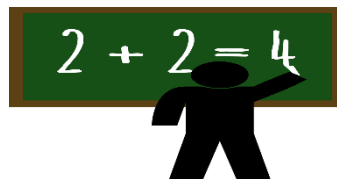
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# OASIS ACTIVITY SCHEDULE

TODAY IS

**THURSDAY, MARCH 7, 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

3:45pm **An Evening at Broadway:**

**“Bernadette Petters-Hello Dolly”**

4:30pm **DINNER!**

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# OASIS ACTIVITY SCHEDULE

TODAY IS

**FRIDAY, MARCH 8, 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**

*Tea Time*



2:00 pm **Red Hat Tea**

2:30pm Hors d'oeuvres & Andre Rieu

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

3:30pm Pop Corn & Movie:

**“Mamma Mia” 2008 (Part 2)**

4:30pm **DINNER!**

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# OASIS ACTIVITY SCHEDULE

TODAY IS

**SATURDAY, MARCH 9, 2024**

10:00am Coffee & Muffins with Trivia

10:30am **Seated Morning Stretch**

11:00am **Balloon Tennis**

11:30am **LUNCH!**

1:30pm **WALKING CLUB**

2:30pm **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, MARCH 10, 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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