

OASIS ACTIVITY SCHEDULE

TODAY IS

MONDAY, JULY 8, 2024

10:00am Coffee, Muffins & Armchair Travel

10:30am Discover the Alphabet with your Senses

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

11:30am **LUNCH**

1:30pm Art & Crafts:

Bird House Painting Decoration

2:30pm Hors d'oeuvres & Frank Sinatra's Music

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, JULY 9, 2024

10:00am Coffee, Muffins & Gardening

10:30am **Baking Club**

11:00am Table Tennis



11:30am

LUNCH!

1:30pm Walking Club

2:30pm Hors d'oeuvres and Glenn Miller Music

3:00pm **Jigsaw Puzzles**

3:30pm **Pop Corn and Movie:**

James Bond: From Russia with Love, 1963

(1st part)

4:30pm

DINNER!

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OASIS ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, JULY 10, 2024

10:00am Coffee, Muffins & Trivia

10:30am **Neurobic Exercises**



11:00am **Balance & Motion with Michael**

12:00m **LUNCH!**

2:00pm **Golden Oasis: Senior Spa Experience**

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, JULY 11, 2024

10:00am Coffee, Muffins & Armchair Travel

10:30am **Math Club**

11:00am **Seated Exercises with Alba**

11:30m **LUNCH!**

1:30pm **Scenic Van Ride** (*Weather Permitting*)

Gravelly Point

2:30pm Putting golf with Care Team

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

3:45pm **Matinee at The Opera:**

**Opera gala: the greatest arias from
Mozart, Verdi, Rossini and others**

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

FRIDAY, JULY 12, 2024

10:00am Coffee, Muffins & Trivia

10:30am **Balance & Motion with Michael**

11:30am **Walk and Talk**

12:00pm to 1:00 pm

**LUNCH BUNCH AT THE Assisted Living
Dining Room!**

1:00pm **Communion and Prayers**

2:00 pm **Queen's High Tea**



2:30pm Hors d'oeuvres & Andre Rieu

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

3:30pm Pop Corn & Movie:

James Bond: From Russia with Love, 1963

(2nd part)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SATURDAY, JULY 13, 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 Hors d'oeuvres with 50s Music

3:00pm **Jigsaw Puzzles**

3:30pm **Classic Show: Bonanza!** *(Prime Video)*

Season 1, Episode 9: Courtship- 49min

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SUNDAY, JULY 14, 2024

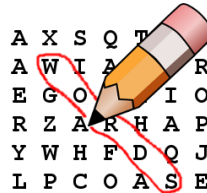
10:00am Coffee, Muffins & Armchair Travel

10:30am **Seated Morning Stretch**

11:00am Sunday's Mass Live Streaming (National Shrine DC)

11:30m **LUNCH**

2:00pm Word Search



2:30pm **Hors d'oeuvres with Elvis Presley**

3:00pm **Finish the Expressions**

3:30pm **BINGO!**

4:30pm **DINNER!**

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