

OASIS ACTIVITY SCHEDULE

TODAY IS

MONDAY, SEPTEMBER 2, 2024



10:00am Coffee, Muffins & Trivia:

“Guess the profession”

10:30am Reminiscing About Working Days

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

11:30am **LUNCH**

1:30pm Labor Day Word Search

2:30pm Hors d’oeuvres & Labor Day 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, SEPTEMBER 3, 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:

North & South, 2004 (Episode 1)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, SEPTEMBER 4, 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 **Audience Participation Story:**

Community Garden

3:30pm **French Club (Club Français)**

4:00pm **French T.V. SHOW:**

The Favorite Village of the French, 2012

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

THURSDAY, SEPTEMBER 5, 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*)

2:30pm Putting golf with Care Team

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

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

Rigoletto - Full Performance - Live Ballet

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

FRIDAY, SEPTEMBER 6, 2024

10:00am Coffee, Muffins & Armchair Travel

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:**

North & South, 2004 (Episode 2)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SATURDAY, SEPTEMBER 7, 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 16: Fear Merchants- 49min

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SUNDAY, SEPTEMBER 8, 2024



10:00am Coffee, Muffins & Documentary

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 & Grandparent's
music**

3:00pm **Finish the Expressions**

3:30pm **BINGO!**

4:30pm **DINNER!**

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