

Happy National Assisted Living Week

September 8th – September 14th

We are excited to announce a special week-long celebration in honor of National Assisted Living Week! This year's theme is "Inspiring Generations". From September 8th to 14th, we have planned a series of engaging activities designed to inspire and connect everyone. Here is the schedule for this exciting week:

- **Sunday, September 8 @ 2:30 PM** - Library: "Sundaes on Sunday"
- **Monday, September 9 @ 2:30 PM** - Main Entrance: "Ice Cream for the Ages" - Ice Cream Truck
- **Tuesday, September 10 @ 2:00 PM** - Commons: "Nursing Past, Present & Future: Take my Hand"
- **Wednesday, September 11 @ 2:30 PM** - Commons: "Generations Celebrating Milestones" Award Ceremony
- **Thursday, September 12 @ 3:30 PM** - Commons: "Digital Legacy: The Evolution of Assisted Living"
- **Friday, September 13 @ 12:00 PM** - Dining Room: "Evolution of Food"
- **Saturday, September 14 @ 12:00 PM** - Dining Room: "Colors of Unity: Celebrating Our Heritage"

We encourage everyone to participate and make the most of these delightful events. Let's come together to celebrate and create wonderful memories!

OASIS ACTIVITY SCHEDULE

TODAY IS

MONDAY, SEPTEMBER 9, 2024

10:00am Coffee, Muffins & The Coolest Places on Earth/*Prime*

10:30am **Balloon Tennis**

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

11:30am **LUNCH**

1:30pm Art & Crafts:

Button Crafts Projects

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

3:00pm **BINGO!**

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

4:30pm **DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

TUESDAY, SEPTEMBER 10, 2024

10:00am Coffee, Muffins & Secrets of the Nationals

Parks/Prime

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 3)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, SEPTEMBER 11, 2024

10:00am Coffee, Muffins & Armchair Travel

10:30am **Senior Soccer Social**

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

12:00m **LUNCH!**

1:30pm **Golden Oasis: Senior Spa Experience**

2:30pm **Hors d'oeuvres & Mozart**

3:00pm **Uno Card Game**



3:30pm **Singalong with Susie Q**

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

THURSDAY, SEPTEMBER 12, 2024

10:00am Coffee, Muffins & The Coolest

Places on Earth/*Prime*

10:30am **Corn Hole**

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:**

**The Three Tenors LONDON 1996 (FULL
CONCERT)**

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

FRIDAY, SEPTEMBER 13, 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**



Tea Time

2:30pm Hors d'oeuvres & Andre Rieu

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

3:30pm Pop Corn & Movie:

North & South, 2004 (Episode 3)

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SATURDAY, SEPTEMBER 14, 2024

10:00am Coffee, Muffins & The Secrets of the
Nationals Parks/*Prime*

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 17: Feet of Clay - 49min

4:30pm **DINNER!**

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OASIS ACTIVITY SCHEDULE

TODAY IS

SUNDAY, SEPTEMBER 15, 2024

10:00am Coffee, Muffins & Armchair Travel

10:30am **Seated Morning Stretch**

11:00am Live Stream – Washington National
Cathedral

11:30m **LUNCH**

1:30pm 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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