OASIS ACTIVITY SCHEDULE

TODAY IS

MONDAY, October 19, 2026

10:00am	**Seated Morning Stretch**
10:45am	Cool Down & Rehydrate
11:00am	**Sit & Fit with Legacy**
12:00pm	**LUNCH!**
1:30pm	**Sing-along with Susie Q**
2:30pm	Hors d'oeuvres & Andy Williams Greatest Hits
2:45pm	**Bowling & Laughs Club**
3:30pm	**BINGO!**
5:00pm	**DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

TUESDAY, October 20, 2026

10:00am Balance & Motion with Michael

10:50am Cool Down & Rehydrate

11:00am Balloon Tennis

12:00pm LUNCH!

1:30pm CREATIVE ARTS WITH JORDAN

"PUMPKIN PAINTING"

2:30pm Hors d'oeuvres & Brenda Lee Greatest Hits

3:00pm Table Tennis

3:30pm BINGO!

5:00pm DINNER!

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, October 21, 2026

10:00am Seated Exercises

10:50am Cool Down & Rehydrate

11:00am Armchair Travel

12:00pm **LUNCH!**

2:00pm INDOOR WALKING CLUB

2:30pm Hors d'oeuvres & Roy Orbison Greatest Hits

3:00pm Table Tennis

3:30pm Bowling & Laughs Club

5:00pm **DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

THURSDAY, October 22, 2026

FLU & COVID CLINIC DAY

10:00am Balance & Motion with Michael

10:50am Cool Down & Rehydrate

11:00am Jigsaw Puzzles

12:00pm **LUNCH!**

1:30pm Room To Room

FLU & COVID CLINIC

5:00pm **DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

FRIDAY, October 23, 2026

10:00am **Balloon Toss**

10:45am Cool Down & Rehydrate

11:00am **Armchair Travel**

12:00pm **LUNCH!**

1:00pm Communion and Prayers

2:00pm ROYAL HIGH TEA 

3:00pm Hors d'oeuvres & Otis Redding Greatest Hits

3:15pm **Bowling & Laughs Club**

3:30pm BINGO!

5:00pm **DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

SATURDAY, October 24, 2026

10:00am Seated Exercises

10:30am Morning Hydration

11:00am Arts & Crafts:

"CREATIVE PAINTING"

11:30am LUNCH!

1:30pm INDOOR WALKING CLUB

2:30pm Hors d'oeuvres & Tammy Wynette Greatest Hits

3:00pm PRINTED ART & PUZZLES

3:30pm Sing-along with Susie Q

5:00pm DINNER!

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

SUNDAY, October 25, 2026

10:00am **Seated Morning Stretch**

10:30am Morning Hydration

11:00am Live Stream – Washington National Cathedral

12:00pm **BRUNCH**

1:30pm **Crossword: Finish the Proverbs**

2:30pm Hors d'oeuvres Billy Joel Greatest Hits

3:00pm **Hand Massage**

3:30pm **BINGO!**

5:00pm **DINNER!**

Daily Activities Schedule Is Subject To Change