OASIS ACTIVITY SCHEDULE

TODAY IS

MONDAY, November 2, 2026

10:00am	**Seated Morning Stretch**
10:45am	Cool Down & Rehydrate
11:00am	**Sit & Fit with Legacy**
12:00pm	**LUNCH!**
1:30pm	Arts & Crafts: "CREATIVE PAINTING"
2:30pm	Hors d'oeuvres & The Everly Brothers Greatest Hits
2:45pm	**PRINTED ART & PUZZLES**
3:30pm	**BINGO!**
5:00pm	**DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

TUESDAY, November 3, 2026

10:00am **Balance & Motion with Michael**

10:50am Cool Down & Rehydrate

11:00am **Balloon Tennis**

12:00pm **LUNCH!**

1:30pm **Sing-along with Susie Q**

2:30pm Hors d'oeuvres & Ella Fitzgerald Greatest Hits

3:00pm **Corn Hole**

3:30pm **BINGO!**

5:00pm **DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, November 4, 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 & The Beatles Greatest Hits

3:00pm Table Tennis

3:30pm Arts & Crafts:

"CREATIVE PAINTING"

5:00pm **DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

THURSDAY, November 5, 2026

10:00am **Balance & Motion with Michael**

10:50am Cool Down & Rehydrate

11:00am **Jigsaw Puzzles**

12:00pm **LUNCH!**

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

With Pop Corn & Ice Cream on the Road

3:00pm Hors d'oeuvres & Sam Cooke Greates Hits

3:30pm **BINGO!**

5:00pm **DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

FRIDAY, November 6, 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 & Johnny Cash Greatest Hits

3:15pm **Table Tennis**

3:30pm **BINGO!**

5:00pm **DINNER!**

Daily Activities Schedule Is Subject To Change

OASIS ACTIVITY SCHEDULE

TODAY IS

SATURDAY, November 7, 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 & The Best Of Bee Gees

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, November 8, 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 & Jim Reeves Greatest Hits

3:00pm **Jigsaw Puzzles**

3:30pm **BINGO!**

5:00pm **DINNER!**

Daily Activities Schedule Is Subject To Change