

OASIS Adult Day Program

October 2024



CAREGIVER SUPPORT GROUP

Monday, October 7, 2024
&
Wednesday, October 16, 2024

10:00am – 11:30am

Hosted by: Meghan Velasquez, Program Manager

OASIS Staff

Dolores Gonzalez • Maria Garcia • Teresa Flores • Desiree Leal
Meghan Velasquez, Program Manager • Nora Muñoz, Site Coordinator

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Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>Matthew Embry</p> <p>October 4th @ 3pm</p> 	<p>9:00 Coffee/Morning Stretches 10:00 Activity w/ Dolores 10:30 Musical Baseball 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Believable or Batty 2:30 Six-Step Bat Cartoon 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Fall Time Detective 10:30 Name That Country Artist 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Elton John 2:30 Wacky Wordies 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 10:30 Sing-A-Long w/ Anita 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Pumpkin Patch 2:30 Let's Reminisce 3:00 Move & Groove 4:00 Physical Game</p> 	<p>9:00 Coffee/Morning Stretches 10:00 Can You Picture This? 10:30 BINGO 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 October Anniversary's Trivia 2:30 Name 10 3:00 Matthew Embry 4:00 Physical Game</p> 
7	8	9	10	11
<p>9:00 Coffee/Morning Stretches 10:00 BINGO 10:30 Classical Monster Movies 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 The Glories of Fall 2:30 What am I? 3:00 Exercise w/ Maria 4:00 Physical Game</p> <p>*Caregiver Support Group @10am</p>	<p>9:00 Coffee/Morning Stretches 10:00 Word Pairs 10:30 Who am I? 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Halloween Detective 2:30 Talkin' Baseball 3:00 Presidential Fitness 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Can You Picture This? 10:30 Q & A 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Bopping at the Ball Game 2:30 Concentration Puzzles 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 10:30 Sing-A-Long w/ Anita 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Italy Detective 2:30 Activity w/ Teresa 3:00 Total Body Workout 4:00 Physical Game</p> 	<p>9:00 Coffee/Morning Stretches 10:00 A World Without Bats 10:30 Trivia 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Superstitions 2:30 Skeleton Dice Game 3:00 Exercise w/ Maria 4:00 Physical Game</p>
14	15	16	17	18
<p>9:00 Coffee/Morning Stretches 10:00 October IQ 10:30 What is It? 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Columbus Day 2:30 70's Spooky Music 3:00 Halloween Exercises 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Table Talk Tidbits 10:30 Perfect 10 Game 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 BINGO 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Groucho Marx 10:30 Allure & Mystery of Bats 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Secret Boss Quote 2:30 Activity w/ Maria 3:00 Move to the Music 4:00 Physical Game</p> <p>*Caregiver Support Group @10am</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 10:30 Sing-A-Long w/ Anita 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Baseball Trivia 2:30 Groove to the Music 3:00 Exposing the Secret Word 4:00 Physical Game</p> 	<p>9:00 Coffee/Morning Stretches 10:00 The Isley Brothers 10:30 Let's Reminisce 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 What am I? 2:30 Can You Picture This? 3:00 Exercise w/ Dolores 4:00 Physical Game</p>
21	22	23	24	25
<p>9:00 Coffee/Morning Stretches 10:00 Adams Family 10:30 Untidy Halloween 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Pondering Prompts 2:30 Matchups Puzzle 3:00 Whole Body Wellness 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Hallowed Halloween 10:30 Puzzles & Ponderings 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 James Brown 2:30 Jeopardy 3:00 OASIS Workout 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Discuss & Recall 10:30 Remembering Halloween 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Whoa am I? 2:30 Brain Games 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 10:30 Sing-A-Long w/ Anita 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 BUNCO 3:00 Twist & Shout 4:00 Physical Game</p> 	<p>9:00 Coffee/Morning Stretches 10:00 Jack-O-Lantern 10:30 Random Trivia 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Family Feud 2:30 Italy Discussion 3:00 Exercise w/ Dolores 4:00 Physical Game</p>
28	29	30	31	
<p>9:00 Coffee/Morning Stretches 10:00 Spooky Stories 10:30 Haunted Halloween 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Random Trivia 2:30 Music Trivia 3:00 Zumba 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Random Trivia 10:30 BINGO 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Trivia Master 2:30 Jerry Lee Lewis 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 The Bee Gees 10:30 Discuss & Recall 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Charades 2:30 Exposing the Secret Word 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 10:30 Sing-A-Long w/ Anita 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 GHOST Bingo 2:30 Ghostbusters Party 3:00 Dance Fitness 4:00 Physical Game</p> 	<p>Sing-A-Long w/ Anita Every Thursday @10am</p>  <p>*ACTIVITIES ARE SUBJECT TO CHANGE</p>

OASIS October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hearty Braised Beef & Veg. 1 cup WWDinner Roll 1 ea. Margarine pat. 1ea. *+Calif. Mix Veg. 1/2c. Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	2 BBQ Pork Rib-B-Q Sand. on WW Bun 1 ea. Coleslaw 1/2 c. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	3 WG8* Flour Tortilla 1ea Chicken Fajita 3oz. Shred. Cheese 1/2oz Shredded Lettuce 1cup Pineapple Tidbits ½ c. Chocolate Pudding 1 ea. 1/2pt 1%White Milk 1 ea.	4 Beef Meatloaf w/gravy 1ea + Mashed Potato 1/2c. Veg. Medley 1/2c. WWDinner Roll 1 ea. Margarine pat. 1ea. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.
7 Bk Chicken Drum. 2ea Steamed Carrots, Sliced 1/2c WG Brown Rice 1/2c Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	8 Pork Chili Verde 1/2 c. WG8* Flour Tortilla 1ea Refried Beans 1/4c Hi C Salad 1 Cup Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	9 Beef Pepper Steak 1ea w/gravy, onions&bellpepp *+Calif. Mix Veg. 1/2c. WWDinner Roll 1 ea. Margarine pat. 1ea. Tropical Fruit ½ c. 1/2pt 1%White Milk 1 ea.	10 Tuna Slid. Sandwich 1/2c. on WW Brd. 2 sl. Broccoli Salad ½ c. Apricots ½ c. 1/2pt 1%White Milk 1 ea.	11 Stuffed Bell Pepper 1 ea WWDinner Roll 1 ea. Margarine pat. 1ea. Veg. Medley 1/2c. Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.
14 Santa Fe Chicken Thigh 1ea. WWDinner Roll 1 ea. Margarine pat. 1ea. Mashed Sweet Potato 1/3c Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	15 WGBrd.Fish 1ea WG Brown Rice 1/2c Peas & Carrots 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	16 WW Chicken Bowtie w/pesto sauce 3/4 cup Sourdough Bread 1sl Margarine pat. 1ea. Hi C Salad 1 Cup Apricots ½ c. 1/2pt 1%White Milk 1 ea.	17 Hamburger on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. Coleslaw 1/2 c. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	18 Beef Broccoli 6oz WG Brown Rice 1/2c Vanilla Pudding 1ea Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.
21 Chicken Meatballs 3ea. w/ gravy WG Brown Rice 1/2c *+Calif. Mix Veg. 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	22 Beef Salisbury Stk. 1ea. w/ gravy + Mashed Potato 1/2c. Veg. Medley 1/2c. WWDinner Roll 1 ea. Margarine pat. 1ea. Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	23 Turkey breast 6 sl. w/ chz on WW Brd 2 sl. Tomato, Lettuce, Onion 1 ea. Corn Chowder 6 oz Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	24 Frankfurter 1ea Whole Wheat Hot Dog Bun Hi C Salad 1 Cup Macaroni Salad ½ c. Ketchup 1 ea. Mustard 1 ea. Apricots ½ c. 1/2pt 1%White Milk 1 ea.	25 Chicken Thigh 1ea w/Mushroom Sauce WW Dinner Roll 1 ea. Margarine pat. 1ea. Steamed Carrots, Sliced 1/2c Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.
28 Orange Chicken 4oz. ea. WG Brown Rice 1/2c *+Calif. Mix Veg. 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	29 Stuffed Bell Pepper 1 ea Steamed Carrots, Sliced 1/2c WWDinner Roll 1 ea. Margarine pat. 1ea. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	30 BBQ Pork Rib-B-Q Sand. on WW Bun 1 ea. Hi C. Salad 1 cup Apricots ½ c. 1/2pt 1%White Milk 1 ea.	31 Polish Sausage 1ea. w/onion & bell pepper Whole Wheat Hot Dog Bun Potato Salad 1/2 c. Ketchup 1 ea. Mustard 1 ea. Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	