

OASIS Adult Day Program

September 2024

CAREGIVER SUPPORT GROUP

Wednesday, September 18, 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
2	3	4	5	6
<p>PROGRAM CLOSED</p>	<p>9:00 Coffee/Morning Stretches 10:00 Who am I? 10:30 School Days 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Grandparents Day Craft 2:30 Mexico City 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Google it Game 10:30 Grandparents Discussion 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 1950s TV 2:30 Where in the World 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 One Hit. That's it! 2:30 Activity w/ Dolores 3:00 Chair Yoga 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Reminisc: Jobs 10:30 BINGO 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Ed Sullivan 2:30 Reminisc: Superheroes 3:00 Exercise w/ Desiree 4:00 Physical Game</p>
9	10	11	12	13
<p>9:00 Coffee/Morning Stretches 10:00 Benefits of Reading 10:30 Name that Tune 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Back to School Trivia 2:30 Photographic Memory 3:00 Gimme an E for Exercise 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 The Sound of Music 10:30 Golden Rule Days 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 Hooked on Books 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Nursery Rhymes 10:30 Activity w/ Maria 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Homework Discussion 2:30 Cranium Exercises 3:00 Presidential Fitness 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 Who are We? 2:30 Maria Montessori 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Book Ends 10:30 Circus Party 11:30 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 History: Circus 2:30 Circus Party 3:30 Rock 'n' Roll Exercises 4:00 Physical Game</p>
16	17	18	19	20
<p>9:00 Coffee/Morning Stretches 10:00 Trivia 10:30 Songs of School Days 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 School Classroom 2:30 Spelling Bee 3:00 Strength Exercises 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Pondering Prompts 10:30 BINGO 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Historical Figures 2:30 Our Miss Brooks 3:00 Move 'n' Groove 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Random Trivia 10:30 September IQ 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 This 'n' That 2:30 CORN Categories 3:00 Richard Simmons Workout 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 Invented in the 70's 2:30 Can You Picture This? 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Junk Drawer Detective 10:30 Open House 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Would You Believe? 2:30 Activity w/ Teresa 3:00 Exercise w/ Teresa 4:00 Physical Game</p>
23	24	25	26	27
<p>9:00 Coffee/Morning Stretches 10:00 Motherly Trivia 10:30 School Days Memories 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Discuss & Recall 2:30 Category Trivia 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Ice Breakers Game 10:30 Classical Music 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Guess Who? 2:30 "Fall"-ing Sensory Poems 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Table Talk Tidbits 10:30 Name 10 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Vivien Leigh 2:30 Star of the Month 3:00 Cardio Crush 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 Paint & Sip 2:30 BINGO 3:00 Strength Exercises 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Dolly Parton 10:30 Mind Stretches 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Name that Decade 2:30 Jeopardy 3:00 Matthew Embry 4:00 Physical Game</p>
30				
<p>9:00 Coffee/Morning Stretches 10:00 Categories 10:30 BINGO 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 James Dean 2:30 Arts/Crafts 3:00 OASIS Fitness 4:00 Physical Game</p>		<p>Matthew Embry</p> <p>September 27th @ 3pm</p>	<p>Sing-A-Long w/ Anita</p> <p>Every Thursday @10am</p>	<p>*ACTIVITIES ARE SUBJECT TO CHANGE</p>

OASIS September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Holiday	3 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.	4 WW Chicken Bowtie w/pesto sauce 3/4 cup Sourdough Bread 1sl Margarine pat. 1ea. Hi C Salad 1 Cup Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	5 Hamburger on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. Coleslaw 1/2 c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	6 Stuffed Bell Pepper 1 ea WWDinner Roll 1 ea. Margarine pat. 1ea. Veg. Medley 1/2c. Pineapple Tidbits 1/2c. 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. Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	10 WGBrd.Fish 1ea WG Brown Rice 1/2c Peas & Carrots 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	11 Santa Fe Chicken Thigh 1ea. WWDinner Roll 1 ea. Margarine pat. 1ea. Mashed Sweet Potato 1/3c Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	12 Frankfurter 1ea Whole Wheat Hot Dog Bun Coleslaw 1/2 c. Ketchup 1 ea. Mustard 1 ea. Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	13 Beef Broccoli 6oz WG Brown Rice 1/2c Vanilla Pudding 1ea Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.
16 Chicken Meatballs 3ea. w/ gravy WG Brown Rice 1/2c *+Calif. Mix Veg. 1/2c. Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	17 Beef Salisbury Stk. 1ea. w/ gravy Veg. Medley 1/2c. WWDinner Roll 1 ea. Margarine pat. 1ea. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	18 BBQ Pork Rib-B-Q Sand. on WW Bun 1 ea. Coleslaw 1/2 c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	19 Tuna Slid. Sandwich 1/2c. on WW Brd. 2 sl. Hi C Salad 1 Cup Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	20 Chicken Thigh 1ea w/Mushroom Sauce WG Brown Rice 1/2c Steamed Carrots, Sliced 1/2c Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.
23 Stuffed Bell Pepper 1 ea Steamed Carrots, Sliced 1/2c WWDinner Roll 1 ea. Margarine pat. 1ea. Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	24 Orange Chicken 4oz. ea. WG Brown Rice 1/2c *+Calif. Mix Veg. 1/2c. Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	25 Turkey breast 6 sl. w/ chz on WW Brd 2 sl. Tomato, Lettuce, Onion 1 ea. Corn Chowder 6 oz Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	26 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.	27 Vegetable Chili 3/4 c. Corn Muffin (1.5oz) Peas & Carrots 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.
30 Chicken Stir Fry, onion brocc, carrot, bellpep6oz. WG Brown Rice 1/2c Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.				