

OASIS Adult Day Program

February 2025



OASIS Staff

Dolores Gonzalez • Maria Garcia • Teresa Flores • Desiree Leal • Maria Hernandez
 Jessica Diaz, Program Manager • Nora Muñoz, Site Coordinator

OASIS: 559.224.9121 • VCRC: 559.224.9154 • 5377 N. Fresno Suite #101c, Fresno, Ca 93710

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Matthew Embry</p>  <p>February 12th @ 3pm</p>	 <p>*ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p><i>Caregiver Support Group</i></p> <p><i>Monday, February 3, 2025 & Wednesday, February 19, 2025</i></p> <p>10:00am – 11:30am</p> <p>Hosted by: Meghan Velasquez, Executive Director</p>		
3	4	5	6	7
9:00 Coffee & Hot Cocoa 10:00 You Can Puzzle Too 10:30 Name that Tune 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 History 2:30 Groundhog Day Discussion 3:00 Exercise w/ Dolores 4:00 Physical Game *Caregiver Support Group @10am	9:00 Coffee & Hot Cocoa 10:00 "Sense"-ational Candy 10:30 Jeopardy 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Red Skelton 2:30 Chinese New Year 3:00 Disco Workout 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Lifelong Learning 10:30 Fun & Lighthearted 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 President's Trivia 2:30 BINGO 3:00 Glenn Miller Workout 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Who Sang It 10:30 President's Talk 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 EZ Random Trivia 2:30 Charades 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Superbowl Detective 10:30 Dean Martin 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Love Songs 2:30 Council Meeting 3:00 Be Fit & Factual 4:00 Physical Game
10	11	12	13	14
9:00 Coffee & Hot Cocoa 10:00 Hail to the Chief 10:30 Art 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Going to the Movies 2:30 Who am I? 3:00 Gimme an E for Exercise 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Famous Movie Stars: 50's 10:30 BINGO 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 60's Greatest Hits 2:30 Washington Monument 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Finish the Line 10:30 Peppy Pigeons 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Willy Wonka 2:30 Friendly Feud 3:00 Matthew Embry 4:00 Exercise/Physical Game	9:00 Coffee & Hot Cocoa 10:00 Reminisce: Valentines Day 10:30 Would You Rather 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Random Trivia 2:30 Can You Picture This? 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Romances to Remember 10:30 Puzzles & Ponderings 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Sweetheart Social 3:00 Presidential Fitness 4:00 Physical Game
17	18	19	20	21
<p>CLOSED</p> 	9:00 Coffee & Hot Cocoa 10:00 We Love Good News 10:30 Category Trivia 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Feb IQ 2:30 Gumbdrop Game 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Happily Ever After? 10:30 Gummy Worm Challenge 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 What am I? 2:30 Gummy Worm Challenge 3:00 Fitness Fiesta 4:00 Physical Game *Caregiver Support Group @10am	9:00 Coffee & Hot Cocoa 10:00 Love Letter Detective 10:30 Pondering Prompts 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 What am I? 2:30 Cartoon Captions 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 BINGO 10:30 Not Like the Others 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Art 2:30 Susan B. Anthony 3:00 Chair Yoga 4:00 Physical Game
24	25	26	27	28
9:00 Coffee & Hot Cocoa 10:00 Love is in the Air 10:30 Stickman Game 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 BINGO 2:30 Did You Know? 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Can You Picture This? 10:30 Chew on This 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Calvin Coolidge 2:30 President's Art 3:00 Zumba Workout 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Jeopardy 10:30 Watercolor 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Clark Gable 2:30 Rock & Roll Romance 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Rise & Shine 10:30 Grab the Gumdrops 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Reader's Digest 2:30 Valentine's Roll & Cover 3:00 OASIS Workout 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Guess a Letter 10:30 Readers Digest 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Famous Couples 2:30 First Ladies 3:00 Bee Gees Workout 4:00 Physical Game

OASIS February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Meatballs 3ea. w/ gravy WG Brown Rice 1c. **Peas & Carrots 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	4 Beef SalisburySteak 1ea with gravy 1 oz WG Barley 1 c. *Broccoli 1/2c. Margarine pat. 1ea. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	5 Orange Chicken 3.6 oz. WG Brown Rice 1c. Greenbeans w/red peppers 3/4c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	6  Frankfurter 1ea on WG Hot Dog Bun +Coleslaw 3/4 c. Ketchup 1 ea. Mustard 1 ea. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	7 Tandoori Chicken Thigh 1 ea. WG Barley 1 c. **Sliced Carrots 1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
10 **Hearty Braised Beef & Veg. 1 cup WG Barley 1c. *Broccoli 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	11 Chicken Patty w/ gravy 1 ea. WG Brown Rice 1c. Greenbeans w/red peppers 1/2c. *Mandarin Oranges 1/2c 1% White Milk 6oz.	12 BBQ Pork Rib-B-Q Sand. on WW Bun 1 ea. Corn 1/2c +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	13  Hamburger on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. *Broccoli Salad 1/2c. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	14 Bk Chicken Drum. 2ea WG Barley 1c. **Sliced Carrots 1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
17 Holiday	18 WGBrd.Fish 1ea WG Barley 1 c. +Calif. Mix Veg. 3/4c. Honeydew Chunk 1/2 c. 1/2pt 1%White Milk 1 ea.	19 Beef Meatloaf w/gravy 1ea WG Brown Rice 1c. *Broccoli w/red peppers 3/4 c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	20 WGBeef & Bean Burrito 1ea. Corn 1/2c Tossed Salad ¾ c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	21  WW Chicken Bowtie w/pesto sauce 2/3 cup +Hi C Salad 1 Cup Sourdough Bread 1sl Margarine pat. 1ea. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.
24 Tandoori Chicken Thigh 1 ea. WG Barley 1 c. **Sliced Carrots 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	25 Pork Chili Verde 1/2 c. WG 6" Flour Tortilla 1ea +Hi C Salad 1 Cup **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	26 Beef Pepper Steak 1ea w/gravy, onions&bellpepp WWDinner Roll 1 ea. Margarine pat. 1ea. *Broccoli 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	27  Tuna Sld. Sandwich 1/2c. on WW Brd. 2 sl. **Minestrone Soup 6oz. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	28 *Stuffed Bell Pepper1ea. WG Brown Rice 3/4C. +Calif. Mix Veg. 3/4c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.

*Vitamin C everyday
**Vitamin A 2-3x/week
+ Vitamin C & A