

CAREGIVER SUPPORT GROUP

Monday, March 3, 2025
&
Wednesday, March 19, 2025







10:00am – 11:30am


Hosted by: Meghan Velasquez, Executive Director
&
Kevin Alvey, CRC Program Manager

OASIS Staff

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

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00 Coffee & Conversation 10:00 Monthly Gazette 10:30 An Apple a Day 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Dale Evans 2:30 Ancient Egypt 3:00 OASIS Fitness 4:00 Physical Game Caregiver Support Group @10am	9:00 Coffee & Conversation 10:00 Bean Boozled 10:30 Guy Talk 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Math & Einstein 2:30 Anthony Quinn 3:00 Zumba Gold 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Can You Picture This? 10:30 Jigsaw Puzzle 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Photographic Memory 2:30 Irish Songs 3:00 Grooving to the 50's 4:00 Physical Game 	9:00 Coffee & Conversation 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 Guess the Movie 2:30 Pondering Prompts 3:00 Exercise w/ Maria 4:00 Physical Game 	9:00 Coffee & Conversation 10:00 Green & Gold 10:30 Let's Reminisce 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Laughter is Good Medicine 2:30 Jeopardy 3:00 Game of Tones 4:00 Physical Game
10	11	12	13	14
9:00 Coffee & Conversation 10:00 Name that Song 10:30 Queen Cleopatra 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Major League Trivia 2:30 Movie Character 3:00 Disco Workout 4:00 Physical Game 	9:00 Coffee & Conversation 10:00 Can You Picture This? 10:30 Name the Artist 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Famous Women 2:30 St. Patrick's Craft 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Famous Irish Folks 10:30 Grooming Products 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jigsaw Puzzle 2:30 Finish the Song 3:00 Matthew Embry 4:00 Exercise/Physical Game 	9:00 Coffee & Conversation 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 Modern Trivia 2:30 Desi Arnaz 3:00 Cardio Time! 4:00 Physical Game 	9:00 Coffee & Conversation 10:00 U.S National Mall 10:30 Fabulous Forties 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Charades 2:30 What am I? 3:00 Rockettes Workout 4:00 Physical Game
17	18	19	20	21
9:00 Coffee & Conversation 10:00 St. Patrick's Riddles 10:30 Breakfast Social 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 St. Patrick's Social 3:00 Gimme an E for Exercise 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Let's Reminisce 10:30 Flower Bouquet 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 Basketball Trivia 3:00 Presidential Fitness 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Do You Believe in Luck? 10:30 Rainbow Detective 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 60s Top Hits 2:30 Mardi Gras 3:00 Exercise w/ Dolores 4:00 Physical Game Caregiver Support Group @10am	9:00 Coffee & Conversation 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 If You Could... 2:30 Map Quiz Game 3:00 Exercise w/Maria 4:00 Physical Game 	9:00 Coffee & Conversation 10:00 March Music Madness 10:30 Spring Road trip 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 BINGO 2:30 Trivia 3:00 OASIS Workout 4:00 Physical Game 
24	25	26	27	28
9:00 Coffee & Conversation 10:00 Vegetables Anyone? 10:30 50's Music 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Random Trivia 2:30 BINGO 3:00 Zumba Chair Workout 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Classic Radio 10:30 Trivia 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Waffle Maker 2:30 Albert Einstein 3:00 Exercise w/ Maria 4:00 Physical Game 	9:00 Coffee & Conversation 10:00 Call to Mind 10:30 Green Things 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Too Good to be True 2:30 Early Spring Detective 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Conversation 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 Terracotta Army 2:30 Book Club Detective 3:00 Exercise w/ Maria 4:00 Physical Game 	9:00 Coffee & Conversation 10:00 Luck Categories 10:30 Truth or Blarney 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Spring into Spring 2:30 Ancient Egypt 3:00 Exercise w/ Dolores 4:00 Physical Game





CLOSED
Cesar Chavez Day

***Activities are subject to change**



Matthew Embry
March 12th
@3pm

Best Wishes on Saint Patrick's Day

OASIS March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Broccoli 6oz WG Brown Rice 1c. Corn 1/2c *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	4 Bk Chicken Drum. 2ea WG Penne Pasta 1/2 c. w/ Marinara 2oz. **Peas & Carrots 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	5 WGBrd.Fish 1ea WWDinner Roll 1 ea. **Calif. Mix Veg. 1/2c. Chocolate Pudding 1 ea. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	6 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.	7 WGBean & Cheese burrito 1 ea. **Sliced Carrots 1/2c. +Hi C Salad 1 Cup Diced Pears 1/2c. 1/2pt 1%White Milk 1 ea.
10 Beef SalisburySteak1ea with gravy 1 oz WWDinner Roll 1 ea. *Broccoli 3/4c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	11 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.	12 Chicken Meatballs 3ea. w/ gravy WG Egg Noodle 1/2c. +Calif. Mix Veg. 3/4c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	13 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.	14 +Tuna Salad Entree Hi C. 1 cup. WWDinner Roll 1 ea. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
17 **Hearty Braised Beef & Veg. 1 cup WG Egg Noodle 1/2c. *Broccoli 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	18 Tandoori Chicken Thigh 1 ea. WWDinner Roll 1 ea. *Mashed Potato 1/4c. Greenbeans w/red peppers 1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	19 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.	20 Build Your Own Burrito WG 6" Flour Tortilla 1ea Refried beans 1c. Shred. Cheese 1/2oz +Cabbage and Cilantro 1/2c *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	21 Vegetable Chili 3/4 C. WWDinner Roll 1 ea. +Hi C Salad 1 Cup Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.
24 Orange Chicken 3.6 oz. WG Brown Rice 1c. *Broccoli 3/4c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	25 Beef Meatloaf w/gravy 1ea WG Egg Noodle 3/4 c. **Sliced Carrots 3/4c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	26 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.	27 Beef Broccoli 6oz WG Brown Rice 1c. Corn 1/2c *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	28 WGBrd.Fish 1ea On WG Bun 1 ea. +Calif. Mix Veg. 3/4c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.
31 CLOSED Cesar Chavez Day				