



CAREGIVER SUPPORT GROUP

Monday, May 6, 2024
&
Wednesday, May 15, 2024

(Every 1st Monday & 3rd Wednesday of the Month)
10:00am – 11:30am

Hosted by: Meghan Velasquez, Program Manager

OASIS Staff

Dolores Gonzalez • Maria Garcia • Pete Arguijo
Meghan Velasquez, Program Manager • Nora Muñoz, Site Coordinator
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Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Matthew Embry May 24th, @ 3pm</p>  <p>*ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>Sing-A-Long w/ Anita</p> <p>Every Thursday @10am</p> 	<p>9:00 Coffee/Morning Stretches 10:00 Outdoor Rhyme Time 10:30 BINGO 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Jeopardy 2:00 The Great Outdoorsman 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Reminisce: Games 2:00 Bunco 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Activity w/ Maria 10:30 Katherine Hepburn 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Cinco de Mayo! 2:00 Loteria 3:00 Rock & Roll Exercise 4:00 Physical Game</p> 
6	7	8	9	10
<p>9:00 Coffee/Morning Stretches 10:00 Brunch Detective 10:30 MINT Categories 11:00 Jazzercise w/ Josie 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Horse Racing 2:00 Acronym Game 3:00 Exercise w/ Dolores 4:00 Physical Game</p>  <p>Caregiver Support Group @10am</p>	<p>9:00 Coffee/Morning Stretches 10:00 BBQ/Backyard Games 10:30 Name that Tune 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Cheery Cherry Lollies 2:00 Activity w/ Pete 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Can You C it? 10:30 What am I? 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Can You Picture This? 2:00 Cranium Crunches 3:00 Presidential Fitness 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Peter the Great 2:00 Famous Mother's 3:00 Move to the Beat! 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Mother's in Evolution 10:30 Mother of All Humor 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Mother's Day Discussion 2:00 Mother's Day Social 3:00 OASIS Fitness 4:00 Physical Game</p> 
13	14	15	16	17
<p>9:00 Coffee/Morning Stretches 10:00 Activity w/ Dolores 10:30 Five Trivia 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Childhood Memories 2:00 Which is Spelled Correctly? 3:00 Mindful Movement 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Horseshoes 10:30 Drive-in ,Movies 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Verb Generation Exercise 2:00 BINGO 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Which War was it? 10:30 Table Talk Tidbits 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Military Family 2:00 Double Letter Pairs 3:00 Exercise w/ Maria 4:00 Physical Game</p> <p>Caregiver Support Group @10am</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Junk Drawer Detective 2:00 Beats of the Body 3:00 Fitness Flow 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Armed Forces Day 10:30 Military Slang Trivia 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Jeopardy 2:00 A Poppy to Remember 3:00 Stretch & Strengthen 4:00 Physical Game</p>
20	21	22	23	24
<p>9:00 Coffee/Morning Stretches 10:00 Discuss & Recall 10:30 Down Memory Lane 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 The Purple Heart 2:00 Jazzercise w/ Josie 3:00 Robert Peary 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 BINGO 10:30 A Friendship to Treasure 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Wacky Wordies 2:00 Let's Reminisce! 3:00 Spring Cleaning Exercise 4:00 Physical Game</p> 	<p>9:00 Coffee/Morning Stretches 10:00 Rummage Sale Detective 10:30 Discuss & Recall 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Let's Go Hiking 2:00 Movie Themes 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Jeopardy 2:00 Guess the Song? 3:00 Chair Yoga Stretch 4:00 Physical Game</p>	<p>9:00 Daily News & Coffee 10:00 The Price is Right? 10:30 This Bugle Boy 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 You're Right on Target 2:00 Did You Know? 3:00 Matthew Embry 4:00 Physical Game</p> 
27	28	29	30	31
<p>CLOSED</p>  <p>MEMORIAL DAY</p>	<p>9:00 Daily News & Coffee 10:00 Pacific Northwest Trail 10:30 Pen Pals Across Nation 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Unknown Soldiers 2:00 Origins of Memorial Day 3:00 Kickstart Fitness 4:00 Physical Game</p>	<p>9:00 Daily News & Coffee 10:00 Random Trivia 10:30 The Sassy Sixties 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Beatlemania 2:00 Who am I? 3:00 Disco Workout 4:00 Physical Game</p>	<p>9:00 Daily News & Coffee 10:00 Sing-A-Long w/ Anita 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Trivia 2:00 BINGO 3:00 Exercise w/ Dolores 4:00 Physical Game</p> 	<p>9:00 Daily News & Coffee 10:00 Down Memory Lane 10:30 Names in the News: 1960s 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Recess & Outdoor Games 2:00 Rock & Roll 3:00 Exercise w/ Maria 4:00 Physical Game</p>

OASIS May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tuna Sld. Sandwich 1/2c. on WW Brd. 2 sl. WW Bread 2 sl. Steamed Carrots, Sliced 1/2c Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	2 Hamburger on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. Potato Salad 1/2 c. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	3 WGBrd.Fish 1ea WG Brown Rice 1/2c Peas & Carrots 1/2c. Pineapple Tidbits 1/2c. Chocolate Pudding 1 ea. 1/2pt 1%White Milk 1 ea.
6 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.	7 Chicken Thigh 1ea w/Mushroom Sauce WG Brown Rice 1/2c Hi C Salad 1 Cup Cantaloupe Chunks 1 cup 1/2pt 1%White Milk 1 ea.	8 BBQ Pork Rib-B-Q Sand. on WW Bun 1 ea. Coleslaw 1/4c. Steamed Carrots, Sliced 1/2c Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	9 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.	10 Turkey breast 6 sl. w/ chz on WW Brd 2 sl. Tomato, Lettuce, Onion 1 ea. Corn Chowder 6 oz Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.
13 Bk Chicken Drum. 2ea WG Brown Rice 1/2c *+Calif. Mix Veg. 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	14 Pork Chili Verde 1/2 c. WG8" Flour Tortilla 1ea Refried Beans 1/4c Hi C Salad 1 Cup Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	15 Beef Salisbury Stk. 1ea. w/ gravy WWDinner Roll 1 ea. Peas & Carrots 1/2c. Pineapple Tidbits 1/2c. Vanilla Pudding 1ea 1/2pt 1%White Milk 1 ea.	16 WG8" Flour Tortilla 1ea Chicken Fajita 3oz Shred. Cheese 1/2oz Shredded Lettuce 1cup Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	17 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.
20 Chicken Stir Fry, onion brocc.carrot,bellpep6oz. WG Brown Rice 1/2c Tapioca Pudding 1/2c Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	21 Hearty Braised Beef & Veg. 1 cup WWDinner Roll 1 ea. Margarine pat. 1ea. Hi C Salad 1 Cup Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	22 WW Chicken Bowtie w/pesto sauce 3/4 cup Sourdough Bread 1sl Margarine pat. 1ea. Veg. Medley 1/2c. Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	23 Hamburger on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. Macaroni Salad 1/2c. *+Calif. Mix Veg. 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	24 Tuna Sld. Sandwich 1/2c. on WW Brd. 2 sl. Steamed Carrots, Sliced 1/2c Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.
27 HOLIDAY	28 Vegetable Chili 3/4 c. Corn Muffin 1ea Peas & Carrots 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	29 Santa Fe Chicken Thigh 1ea. WWDinner Roll 1 ea. Mashed Sweet Potato 1/3c Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	30 Frankfurter 1ea Whole Wheat Hot Dog Bun Steamed Carrots, Sliced 1/2c Ketchup 1 ea. Mustard 1 ea. Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	31 Turkey breast 6 sl. w/ chz on WW Brd 2 sl. Tomato, Lettuce, Onion 1 ea. Potato Soup 6 oz Chocolate Pudding 1 ea. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.