

# OASIS Adult Day Program

# July 2024



## CAREGIVER SUPPORT GROUP

Monday, July 1, 2024

&

Wednesday, July 17, 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 • Teresa Flores • Desiree Leal  
 Meghan Velasquez, Program Manager • Nora Muñoz, Site Coordinator

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:00 Coffee/Morning Stretches 10:00 U.S. Milestones 10:30 Discuss & Recall 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 <b>BINGO</b> 2:30 Chalk Pastel Fireworks 3:00 Chair Exercise 4:00 Physical Game *Caregiver Support Group @10am	9:00 Coffee/Morning Stretches 10:00 The Liberty Bell 10:30 Summer Detective 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Statue of Liberty Art 2:30 Let's Reminisce 3:00 Twist & Shout 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 <b>Breakfast Social</b> 10:30 <b>Breakfast Social</b> 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Who Said So? 2:30 <b>Red, White, &amp; Blue Social</b> 3:00 OASIS Exercise 4:00 Physical Game	 <b>CLOSED</b> <b>INDEPENDENCE DAY</b>	9:00 Coffee/Morning Stretches 10:00 Watercolor Art 10:30 Who am I? 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Makers of Our Great Nation 2:30 Modern Jeopardy 3:00 <b>Matthew Embry</b> 4:00 Physical Game 
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00 Coffee/Morning Stretches 10:00 Table Talk Tidbits 10:30 Can You Picture This? 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Finish the Drawing 2:30 Paris Dice Game 3:00 Chair Zumba 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 Dog Days of Summer 10:30 Pondering Prompts 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Who am I? 2:30 Rhymes w/.... 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 Categories Puzzle 10:30 Talking on the Phone 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 List or Leave It 2:30 Concentration Puzzles 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 <b>Sing-A-Long w. Anita</b> 10:30 <b>Sing-A-Long w/ Anita</b> 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Headlines of the 1960s 2:30 Anagrams Exercise 3:00 Crunch Fitness 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 Finish the Song 10:30 <b>BINGO</b> 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Smile You're On.... 2:30 Fragrances History 3:00 Jumpstart Fitness 4:00 Physical Game
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9:00 Coffee/Morning Stretches 10:00 Zoo Detective 10:30 Puzzles & Ponderings 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Tom Cruise 2:30 "Berry" Tricky Questions 3:00 Chair Yoga 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 Travel Brief 10:30 Pledge of Allegiance 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Wacky Wordies 2:30 <b>BINGO</b> 3:00 Feel the Beat 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 George Washington 10:30 A Parisian Refrain 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 Picture It 3:00 Exercise w/ Dolores 4:00 Physical Game *Caregiver Support Group @10am	9:00 Coffee/Morning Stretches 10:00 <b>Sing-A-Long w/ Anita</b> 10:30 <b>Sing-A-Long w/ Anita</b> 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Butterflies & Insects 2:30 What am I? 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 What am I? 10:30 Aerobics of the Mind 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Summer Days 2:30 French Trivia 3:00 Chair Exercise 4:00 Physical Game
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:00 Coffee/Morning Stretches 10:00 Remembering the Thirties 10:30 Music of the 1930s 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Activity w/ Dolores 2:30 Trivia 3:00 Move & Groove 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 Laundry Day 10:30 Category Trivia 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 A Summer in Paris 2:30 What's in the Suitcase? 3:00 Afternoon Stretches 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 Three Women... 10:30 Music Artists:1960s 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Presidential "Firsts" 2:30 Hand Shaped Artistry 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 <b>Sing-A-Long w/ Anita</b> 10:30 <b>Sing-A-Long w/ Anita</b> 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Random Trivia 2:30 Reminisce: Tv 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 Activity w/ Desiree 10:30 Oscar Winning Films 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 The Funny 40s 2:30 WWI's Doughnut Girls 3:00 Summer Fitness 4:00 Physical Game
<b>29</b>	<b>30</b>	<b>31</b>		
9:00 Coffee/Morning Stretches 10:00 Aerobics of the Mind 10:30 Retro Tv 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 State Game 2:30 Michael Jackson 3:00 Musical Exercise 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 Activity w/ Maria 10:30 Famous People Trivia 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 <b>BUNCO</b> 2:30 Finish the Lyrics 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee/Morning Stretches 10:00 Sing-A-Long 10:30 Movie Stars 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 <b>BINGO</b> 2:30 Buddy Holly 3:00 Exercise w/ Maria 4:00 Physical Game	 *ACTIVITIES ARE SUBJECT TO CHANGE	<b>Matthew Embry</b> <b>July 5th</b> <b>@ 3pm</b>  <b>Sing-A-Long w/ Anita</b> <b>Every Thursday @10am</b>

# OASIS July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 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.	2 Vegetable Chili 3/4 c. Corn Muffin 1ea Peas & Carrots 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	3 Frankfurter 1ea Whole Wheat Hot Dog Bun Coleslaw 1/2 c. Ketchup 1 ea. Mustard 1 ea. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	4 Holiday	5 Turkey breast 6 sl. w/ chz on WW Brd 2 sl. Tomato, Lettuce, Onion 1 ea. Potato Soup 6 oz Vanilla Pudding 1ea Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.
8 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.	9 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.	10 Tuna Sld. Sandwich 1/2c. on WW Brd. 2 sl. Hi C Salad 1 Cup Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	11 Hamburger on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. Potato Salad 1/2 c. Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	12 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.
15 Stuffed Bell Pepper 1 ea *+Calif. Mix Veg. 1/2c. WWDinner Roll 1 ea. Margarine pat. 1ea. Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	16 WGBrd.Fish 1ea WG Brown Rice 1/2c Peas & Carrots 1/2c. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	17 Turkey Ham 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.	18 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.	19 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.
22 Chicken Stir Fry, onion brocc, carrot, bellpep6oz. WG Brown Rice 1/2c Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	23 Pork Chili Verde 1/2 c. WG8" Flour Tortilla 1ea Refried Beans 1/4c Hi C Salad 1 Cup Cantaloupe Chunks 1c. 1/2pt 1%White Milk 1 ea.	24 Beef SalisburySteak 1ea. WWDinner Roll 1 ea. Peas & Carrots 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	25 WG8" Flour Tortilla 1ea Chicken Fajita 3oz. Shred. Cheese 1/2oz Shredded Lettuce 1cup Orange, Fresh 1 ea. Chocolate Pudding 1 ea. 1/2pt 1%White Milk 1 ea.	26 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.
29 Bk Chicken Drum. 2ea Steamed Carrots, Sliced 1/2c WG Brown Rice 1/2c Tapioca Pudding 1/2c Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	30 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.	31 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.		