

## CAREGIVER SUPPORT GROUP

Monday, June 3, 2024  
&  
Wednesday, June 26, 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
<p><b>Matthew Embry</b></p> <p><b>June 7th, @ 3pm</b></p> 	<p><b>Sing-A-Long w/ Anita</b></p> <p><b>Every Thursday @10am</b></p> 		 <p><b>*ACTIVITIES ARE SUBJECT TO CHANGE</b></p>	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p>9:00 Coffee/Morning Stretches 10:00 Pondering Prompts 10:30 Relief Collage 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Cranium Crunches 2:30 Survey Says 3:00 Twist &amp; Shout 4:00 Physical Game</p> <p><b>Caregiver Support Group @10am</b></p>	<p>9:00 Coffee/Morning Stretches 10:00 Toys R Us 10:30 Guess That TV Show 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 A "Tall" Order of Trivia 2:30 The Renaissance Faire 3:00 Core Exercises 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Monthly Gazette 10:30 BINGO 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Random Trivia 2:30 Who am I? 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>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/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Memories of Father 2:30 Activity W/ Pete 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Garage Project Detective 10:30 Bust a Move! 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Q's &amp; A's 2:30 Jeopardy 3:00 <b>Matthew Embry</b> 4:00 Physical Game</p> 
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p>9:00 Coffee/Morning Stretches 10:00 Parenting 10:30 Dads Keepsakes 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Andy Griffith 2:30 D-Day Discussion 3:00 Spring Cleaning Exercises 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Father Your First Hero 10:30 Mad Libs 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Activity w/ Maria 2:30 Angling for Fish 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Name that Tune 10:30 Cole Porter 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Father's Day Trivia 2:30 Dropped Letters 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>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/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Giraffe Primer 2:30 BINGO 3:00 Strengthen Your Core 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Table Talk Tidbits 10:30 Pet Cats &amp; Dogs 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 <b>Father's Day Social</b> 2:30 <b>Father's Day Social</b> 3:00 African Safari Exercises 4:00 Physical Game</p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p>9:00 Coffee/Morning Stretches 10:00 Fatherhood 10:30 Jerry Mathers 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Flag Day Quotes 2:30 Who am I? 3:00 Exercise w/Maria 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Fish or Fantasy? 10:30 BINGO 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Paper Roses 2:30 Wacky Wordies 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p><b>CLOSED</b></p> <p><b>JUNETEENTH DAY</b></p>	<p>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/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Finding Action Movies 2:30 Roll a Tie Game 3:00 Chair Yoga 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Jeopardy 10:30 Tap to the Music 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 The Great Outdoorsman 2:30 Activity w/ Dolores 3:00 Twist All Day Workout 4:00 Physical Game</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p>9:00 Coffee/Morning Stretches 10:00 Roller Coaster 10:30 It Happened One June 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Glorious Giraffes 2:30 Strawberry Button Craft 3:00 March into Monday 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Safari in Africa 10:30 Measuring Up 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Random Trivia 2:30 Jeopardy 3:00 Tummy Tuesday 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 You Can Puzzle Too 10:30 Five Clues 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 The Price is Right 2:30 Name that 50's Tune 3:00 Warrior Wednesday 4:00 Physical Game</p> <p><b>Caregiver Support Group @10am</b></p>	<p>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/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Animal Scramble 2:30 Summer Block Busters 3:00 Thighs &amp; Calves Thursday 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Mama's Sheet Music 10:30 Reminisce Magazine 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Can You Picture This? 2:30 BINGO 3:00 Firm Arms Friday 4:00 Physical Game</p>

# OASIS June Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Meatballs 3ea. w/ gravy WG Brown Rice 1/2c *+Calif. Mix Veg. 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	4 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.	5 Tuna Sld. Sandwich 1/2c. on WW Brd. 2 sl. WW Bread 2 sl. Hi C Salad 1 Cup Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	6 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.	7 Chicken Thigh 1ea w/Mushroom Sauce WG Brown Rice 1/2c Steamed Carrots, Sliced 1/2c Vanilla Pudding 1ea Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
10 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.	11 WGBrd.Fish 1ea WG Brown Rice 1/2c Peas & Carrots 1/2c. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	12 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.	13 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.	14 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.
17 Chicken Stir Fry, onion brocc,carrot,bellpepp6oz. WG Brown Rice 1/2c Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	18 Pork Chili Verde 1/2 c. WG8" Flour Tortilla 1ea Refried Beans 1/4c Hi C Salad 1 Cup Cantaloupe Chunks 1 cup 1/2pt 1%White Milk 1 ea.	19 <b>CLOSED</b> <b>JUNETEENTH</b> <b>DAY</b>	20 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.	21 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.
24 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.	25 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.	26 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.	27 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.	28 Stuffed Bell Pepper 4 oz. ea. WWDinner Roll 1 ea. Veg. Medley 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.