

# OASIS Adult Day Program

# January 2024



## CAREGIVER SUPPORT GROUP

Monday, January 6, 2025  
&  
Wednesday, January 15, 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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><b>Matthew Embry</b></p>  <p><b>January 10th @ 3pm</b></p>	 <p><b>*ACTIVITIES ARE SUBJECT TO CHANGE</b></p>	<p><b>CLOSED</b></p> <p><b>New Year's Day</b></p> 	<p>9:00 Coffee &amp; Hot Cocoa 10:00 New Year's Reminiscing 10:30 Get on the Ball 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 New Year's Traditions 2:30 What's New in 2025? 3:00 Curls 'n' Crunches 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 The Sound of Music 10:30 <b>BINGO</b> 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Dolly Parton 2:30 Picture This 3:00 OASIS Fitness 4:00 Physical Game</p>
6	7	8	9	10
<p>9:00 Coffee &amp; Hot Cocoa 10:00 REST Categories 10:30 Life Reflections &amp; Wisdom 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Improve your Groove 2:30 Historical Events 3:00 Moove &amp; Groove 4:00 Physical Game <b>*Caregiver Support Group @10am</b></p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 Elvis Blue Shoes 10:30 Games/Sports Trivia 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 History: Chaffee Zoo 2:30 Sam Cooke 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 Guess the 1960s Songs 10:30 Rock Around the Clock 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Idiom in Disguise 2:30 Playing in the Snow 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 Pondering Prompts 10:30 Discuss &amp; Recall 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Guess the Beatles Song 2:30 What's Your Verdict? 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 Can You Picture This? 10:30 <b>BINGO</b> 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Puzzles 2:30 Trivia 3:00 <b>Matthew Embry</b> 4:00 Exercise/Physical Game</p> 
13	14	15	16	17
<p>9:00 Coffee &amp; Hot Cocoa 10:00 Remembering Etta James 10:30 The Billionaire's Club 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 Winter Cat Art 3:00 Presidential Fitness 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 The Uninvited Guest 10:30 <b>BINGO</b> 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Discuss &amp; Recall 2:30 Who am I? 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 BUNBO 10:30 Wheel of Fortune 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 <b>ALICE BINGO</b> 2:30 Alice's Adventures... 3:00 Exercise w/ Dolores 4:00 Physical Game <b>*Caregiver Support Group @10am</b></p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 OASIS Council Meeting 10:30 Winter Cardinal 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Mozart 2:30 Collage Detective 3:00 Rock n Roll Workout 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 The Flexible Flyer Sled 10:30 Kevin Costner 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 <b>Harmony in Tea</b> 2:30 <b>Harmony in Tea</b> 3:00 Chair Yoga 4:00 Physical Game</p> 
20	21	22	23	24
<p><b>CLOSED</b></p> <p><b>Martin Luther King</b></p> 	<p>9:00 Coffee &amp; Hot Cocoa 10:00 Martin Luther King Jr. 10:30 MLK Discussion 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 What am I? 2:30 Jeopardy 3:00 Gimme an E for Exercise 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 What am I? 10:30 Who are We? 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Collages 2:30 Proper Nouns A-Z 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 January IQ 10:30 Who are We? 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 <b>BINGO</b> 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 Where am I? 10:30 Compliments Circle 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Which Happened Last? 2:30 Music 3:00 Bee Gee's Workout 4:00 Physical Game</p>
27	28	29	30	31
<p>9:00 Coffee &amp; Hot Cocoa 10:00 Paul Newman 10:30 Sing-A-Long 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Celebrities 2:30 You be the Judge 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 Did You Know? 10:30 Star of the Month 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 At the Barbershop 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 Guess the Word 10:30 Muhammad Ali 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Chinese New Year 2:30 Humphrey Bogart 3:00 Disco Workout 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 Oh Baby! 10:30 Charades 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Seuss in the '60s &amp; '70s 2:30 Sip &amp; Paint 3:00 Rockettes Exercise 4:00 Physical Game</p>	<p>9:00 Coffee &amp; Hot Cocoa 10:00 Read &amp; Write 10:30 Farkle 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 1960s Trivia 2:30 Wonders of Winter 3:00 Exercise w/ Maria 4:00 Physical Game <b>*National Wig Day!</b></p>

# OASIS January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1  New Years Day	2  Frankfurter 1ea(6g Pro) on WG Hot Dog Bun +Hi C Salad 1 Cup Ketchup 1 ea. Mustard 1 ea. Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	3  Chicken Thigh 1ea (20g Pro) w/Mushroom Sauce WWDinner Roll 1 ea. Margarine pat. 1ea. **Sliced Carrots 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.
6  Hearty Braised (16g Pro) Beef & Veg. 1 cup WG Brown Rice 1c. Corn 1/2c Tossed Salad 1 cup *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	7  WGBrd.Fish 1ea (12g Pro) WG Brown Rice 1c. **Sliced Carrots 3/4c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	8  BBQ Pork Rib-B-Q Sand.(12g Pro) on WW Bun 1 ea. **Calif. Mix Veg. 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	9  WGBeef & Bean Burrito 1ea. (2oz MA eq. & 2 Grain oz eq. ) +Hi C Salad 1 Cup Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	10  Bk Chicken Drum. 2ea (18g Pro) WG Brown Rice 1c. **Peas & Carrots 3/4c. Tossed Salad 1 cup *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
13  Orange Chicken 3.6 oz. (2 oz MA eq) WG Brown Rice 1c. Greenbeans w/red peppers 3/4c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	14  Chicken Patty (2oz Meat eq & 1 oz grain eq.) w/ gravy 1 ea. WG Brown Rice 3/4C. Corn 1/2c *Mandarin Oranges 1/2c 1% White Milk 6oz.	15  WW Chicken(14g Pro) Bowtie w/pesto sauce 2/3 cup +Hi C Salad 1 Cup Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	16  Hamburger (16g Pro) on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. **Sliced Carrots 1/2c. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	17  Beef Mtloaf 2oz Meat eq.) w/grv 1ea. WG Brown Rice 1c. *Broccoli w/red peppers 3/4 c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.
20  Holiday	21  Pork (16g Pro) 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.	22  Beef Pepper Steak 1ea (16g Pro) w/gravy, onions&bellpepp WG Brown Rice 1c. **Calif. Mix Veg. 3/4c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	23  Tuna (13g Pro) Slid. Sandwich 1/2c. on WW Brd. 2 sl. **Peas & Carrots 3/4c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	24  *Stuffed Bell Pepper1ea.(9g Pro) WG Brown Rice 1c. **Sliced Carrots 3/4c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.
27  Chicken Thigh 1ea (20g Pro) w/Mushroom Sauce WWDinner Roll 1 ea. Margarine pat. 1ea. **Mashed Sweet Potato 1/3c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	28  WGBrd.Fish 1ea (12g Pro) WG Brown Rice 1c. **Calif. Mix Veg. 3/4c. Tossed Salad 1 cup Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	29  Whl. Grain Spaghetti w/meatsauce 3/4c (8g Pro) +Hi C Salad 1 Cup Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	30  Hamburger (16g pro) on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. **Sliced Carrots 1/2c. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	31  Beef (12g Pro) Broccoli 6oz WG Brown Rice 1c. Corn 3/4c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.