

CAREGIVER SUPPORT GROUP

Monday, April 7, 2025

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Wednesday, April 16, 2025

10:00am – 11:30am

Hosted by: Meghan Velasquez, Executive Director

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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
	1	2	3	4
Quesadilla Gorilla Provided by FMAAA **Please RSVP by April 7th	9:00 Coffee & Ice Breakers 10:00 Unsolved Mysteries 10:30 April Fools Jokes 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Do You Know Your Neighbor? 2:30 Karaoke Fun! 3:00 Chair Zumba 4:00 Physical Game	9:00 Coffee & Ice Breakers 10:00 What am I? 10:30 The Speeding Motorist 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Random Trivia 2:30 Aerobics of the Mind 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Ice Breakers 10:00 Sensing Spring 10:30 Music: Jazz 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 You Be the Judge 2:30 Sing-A-Long w/ Anita 3:30 Fun Fitness 4:00 Physical Game	9:00 Coffee & Ice Breakers 10:00 Matthew Embry 10:30 Matthew Embry 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Detective Puzzle 2:30 Soul Music 3:00 Exercise w/ Dolores 4:00 Physical Game
7	8	9	10	11
9:00 Coffee & Ice Breakers 10:00 Guess the Animal 10:30 You Can Puzzle Too 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Johnny Appleseed 2:30 Trivia Fun! 3:00 The Rockettes Exercise 4:00 Physical Game Caregiver Support Group @10am	9:00 Coffee & Ice Breakers 10:00 Winter or Not 10:30 Morse Code 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 BUNCO 2:30 Doggone Songs 3:00 Stretch Circle 4:00 Physical Game	9:00 Coffee & Ice Breakers 10:00 Cool Cats 10:30 Mind Stretches 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Doggone Funny 2:30 Dice Games 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Ice Breakers 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 Music Quiz 2:30 A to Z Dog Breeds 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Ice Breakers 10:00 Picture This 10:30 Cats & Dogs 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Cats vs Dogs 2:30 Music 3:00 Golden Fitness 4:00 Physical Game
14	15	16	17	18
9:00 Coffee & Ice Breakers 10:00 Charlie Chaplin 10:30 Stained Glass Art 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Service Project 2:30 Family Feud 3:00 Mindful Movement 4:00 Physical Game	9:00 Coffee & Ice Breakers 10:00 Table Talk 10:30 Spring Duck Painting 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Rainy Day: Picture This 2:30 Picture It 3:00 Groovin to the 60s 4:00 Physical Game	9:00 Coffee & Ice Breakers 10:00 Guy Talk 10:30 Lawn Care Detective 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 The Starry Night 2:30 Comedic Charades 3:00 Exercise w/ 4:00 Physical Game Caregiver Support Group @10am	9:00 Coffee & Ice Breakers 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 BINGO 2:30 Music Trivia 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Ice Breakers 10:00 Great Outdoors Detective 10:30 Easter Discussion 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Common Endings 2:30 The White House & Easter 3:00 Exercise w/ Maria 4:00 Physical Game
21	22	23	24	25
9:00 Coffee & Ice Breakers 10:00 Easter Celebration 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Easter Celebration 3:00 Disco Workout 4:00 Physical Game *SPRING COLORS	9:00 Coffee & Ice Breakers 10:00 "Sounds Like Fun" 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Earth Day Discussion 2:30 Earth BINGO 3:00 Fit for Life 4:00 Physical Game *HAT DAY	9:00 Coffee & Ice Breakers 10:00 Doggie in the Window 10:30 Scottish Songs 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Behind the Music 2:30 Collage Detective 3:00 Exercise w/ Maria 4:00 Physical Game *CRAZY HAIR DAY OR WIG	9:00 Coffee & Ice Breakers 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 Jeopardy 2:30 What am I? 3:00 Presidential Fitness 4:00 Physical Game *MISMATCH DAY	9:00 Coffee & Ice Breakers 10:00 Let's Get Physical! 10:30 Great Scott 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jimmy Carter 2:30 Flower Bracelets 3:00 OASIS Workout 4:00 Physical Game *CRAZY SOCKS
28	29	30		
9:00 Coffee & Ice Breakers 10:00 Tree Needs Game 10:30 Sensing Spring 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Reminisce 2:30 Trivia 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Ice Breakers 10:00 Write it Down 10:30 BINGO 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Mushroom Detective 2:30 Reminisce: Gardening 3:00 OASIS Fitness 4:00 Physical Game	9:00 Coffee & Ice Breakers 10:00 Where am I? 10:30 Louis Armstrong 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 5 Senses 3:00 Rock & Roll Exercise 4:00 Physical Game	 *Activities are subject to change	Matthew Embry April 4th @10am 

OASIS April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork 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.	2 Chicken Thigh 1ea w/Mushroom Sauce WG Brown Rice 1c. Greenbeans w/red peppers 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	3 *Stuffed Bell Pepper 1ea. WWDinner Roll 1 ea. **Calif. Mix Veg. 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	4 Build Your Own Burrito WG 6" Flour Tortilla 1ea Refried beans 1c. Shred. Cheese 1/2oz +Cabbage and Cilantro 1/2c *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
7 Beef Broccoli 6oz WG Brown Rice 1c. Corn 3/4c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	8 Bk Chicken Drum. 2ea WG Penne Pasta 1/2 c. w/ Marinara 2oz. +Hi C Salad 1 Cup Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	9 **Hearty Braised Beef & Veg. 1 cup WWDinner Roll 1 ea. **Sliced Carrots 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	10 Hamburger on Bun WG Hamburger Bun 1 ea. Beef Patty 1 ea. Cheese 1 sl. Tomato, Lettuce, Onion 1 ea. *Broccoli Salad 1/2c. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	11 WGBrd.Fish 1ea WG Brown Rice, Cilantro Lime 1c. **Calif. Mix Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
14 Pepper Steak 1ea w/gravy WWDinner Roll 1 ea. Mashed Potato 1/4c. *Broccoli 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	15 Orange Chicken 3.6 oz. #8 scoop WG Brown Rice 1c. Greenbeans w/red peppers 1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	16 Chicken Meatballs 3ea. w/ gravy WG Egg Noodle 3/4 c. **Calif. Mix Veg. 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	17 Frankfurter 1ea. on WG Hotdog Bun 1 ea. +Coleslaw 3/4 c. Ketchup 1 ea. Mustard 1 ea. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	18 Vegetable Chili 3/4 c. WWDinner Roll 1 ea. Corn 1/2c +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.
21 Beef Meatloaf 1ea. w/gravy 1oz. WG Egg Noodle 1/2c. *Broccoli 3/4c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	22 Lunch Provided by FMAAA	23 Beef Salisbury Steak 1ea with gravy 1 oz WWDinner Roll 1 ea. Mashed Potato 1/4c. Corn 1/2c *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	24 Beef & Bean Burrito 1 ea. +Hi C Salad 1 Cup **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	25 Tuna Sld. Sandwich Tuna Sld. Sandwich 1/2c. WW Bread 2 sl. **Minestrone Soup 6oz. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
28 Swiss Bf.Patty 1ea WWDinner Roll 1 ea. Parsley Potato 1/4c. *Broccoli 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	29 BBQ Pork Rib-B-Q Sand. On Whole Wheat Bun 1 ea. Corn 3/4c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	30 WW Chicken Bowtie w/pesto sauce 2/3 cup +Hi C Salad 1 Cup Sourdough Bread 1sl Margarine pat. 1ea. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.		