



CAREGIVER SUPPORT GROUP
Monday, December 2, 2024
 &
Wednesday, December 18, 2024
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
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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00 Coffee & Hot Cocoa 10:00 Christmas Categories 10:30 Gift Giving Detective 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Name that Christmas Tune 2:30 New York 3:00 Elf-ercise 4:00 Physical Game *Caregiver Support Group @10am	9:00 Coffee & Hot Cocoa 10:00 Pondering Prompts 10:30 Can You Picture This? 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Season's Greetings 2:30 Visual Thinking 3:00 Exercise w/ Desiree 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Activity w/ Maria 10:30 Let's Reminiscence 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 Jingle All the Way 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Baking Detective 10:30 Did You Know? 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Junk Drawer Detective 2:30 Christmas Eve 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Discuss & Recall 10:30 Music & Art 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 News Headlines 2:30 Boxed in for the Holidays 3:00 Disco Workout 4:00 Physical Game
9	10	11	12	13
9:00 Coffee & Hot Cocoa 10:00 Name that Instrument 10:30 Puzzles 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Tying w/ December 2:30 Winter in Hues of Blue 3:00 Strength & Balance 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Nation's Christmas Tree 10:30 Christmas Music Trivia 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 What's in Season 2:30 Activity w/ Dolores 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Holiday Finish Lines 10:30 Cars, Cars, Cars 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 Caption This 3:00 Elf-ercise 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Football Fun 10:30 Snow What? 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Cranium Crunches 2:30 BINGO 3:00 Exercise w/ Maria 4:00 Physical Game	 CLOSED Staff Training
16	17	18	19	20
9:00 Coffee & Hot Cocoa 10:00 Sears Wish Book 10:30 New York Art 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Name Christmas Words 2:30 Gingerbread Houses 3:00 Exercise w/ Desiree 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Toy Timeline 10:30 Tiger Woods 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Finishers Word Game 2:30 Singing Telegrams 3:00 Matthew Embry 4:00 Exercise/Physical Game	9:00 Coffee & Hot Cocoa 10:00 Pack the Presents 10:30 Party Detective 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Wrigley's Gum 2:30 Jeopardy 3:00 Cardio Crush 4:00 Physical Game *Caregiver Support Group @10am	9:00 Coffee & Hot Cocoa 10:00 Snowflakes 'n' Wintertime 10:30 Generosity 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Random Trivia 2:30 BINGO 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Can You Picture This? 10:30 Punny Presents 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Random Trivia 2:30 A Gene Autry Christmas 3:00 Exercise w/ Dolores 4:00 Physical Game
23	24	25	26	27
9:00 Coffee & Hot Cocoa 10:00 BINGO 10:30 Coloring Carols 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Activity w/ Desiree 2:30 White Christmas Party 3:00 White Christmas Party 4:00 Christmas Fitmas! *Wear your ugly Christmas sweater!	CLOSED Christmas Eve 	 CLOSED Christmas Day	9:00 Coffee & Hot Cocoa 10:00 Reminiscence: Christmas 10:30 Finish the Song Title 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 'Tis the Season 2:30 Barbie 3:00 Elf-ercise 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 Long Live the Lego 10:30 Punny Presents 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Movies & Stars 2:30 Fun Science 3:00 Merry Workout 4:00 Physical Game
30	31	31		
9:00 Coffee & Hot Cocoa 10:00 Snow Day 10:30 Leading Men 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Walt Disney 2:30 Aerobics of the Mind 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Hot Cocoa 10:00 New Year's Resolutions 10:30 Holiday Clean Up 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 New Years Discussion 2:30 Nostalgic Trivia 3:00 Exercise w/ Maria 4:00 Physical Game	Matthew Embry  December 17th @ 3pm 		*ACTIVITIES ARE SUBJECT TO CHANGE 

OASIS December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Orange Chicken 4oz. ea. WG Brown Rice 1/2c *+Calif. Mix Veg. 1/2c. Mandarin Orange 1/2c. 1/2pt 1%White Milk 1 ea.</p>	<p>3 Stuffed Bell Pepper 1ea. w/marinara & shred. chz. WWDinner Roll 1 ea. Margarine pat. 1ea. Steamed Carrots, Sliced 1/2c Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.</p>	<p>4 BBQ Pork Rib-B-Q Sand. on WW Bun 1 ea. Hi C Salad 1 Cup Apricots 1/2c. 1/2pt 1%White Milk 1 ea.</p>	<p>5 Polish Sausage 1ea. w/onion & bell pepper Whole Wheat Hot Dog Bun Potato Salad 1/2 c. Ketchup 1 ea. Mustard 1 ea. Pineapple Tidbits ½ c. 1/2pt 1%White Milk 1 ea.</p>	<p>6 Vegetable Chili 3/4 c. Corn Muffin (1.5oz) Peas & Carrots 1/2c. Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.</p>
<p>9 Chicken Stir Fry, onion brocc, carrot, bellpep 6oz. WG Brown Rice 1/2c Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.</p>	<p>10 Hearty Braised Beef & Veg. 1 cup WWDinner Roll 1 ea. Margarine pat. 1ea. *+Calif. Mix Veg. 1/2c. Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.</p>	<p>11 WG8" Flour Tortilla 1ea Chicken Fajita 3oz. Shred. Cheese 1/2oz Shredded Lettuce ½ c Chocolate Pudding 1 ea. Potato Soup 6oz. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.</p>	<p>12 Frankfurter 1ea Whole Wheat Hot Dog Bun Hi C Salad 1 Cup Macaroni Salad 1/2c. Ketchup 1 ea. Mustard 1 ea. Apricots ½ c. 1/2pt 1%White Milk 1 ea.</p>	<p>CLOSED STAFF TRAINING</p>
<p>16 Bk Chicken Drum. 2ea. Steamed Carrots, Sliced 1/2c WG Brown Rice 1/2c Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.</p>	<p>17 Beef Pepper Steak 1ea w/gravy, onions & bellpepp *+Calif. Mix Veg. 1/2c. WWDinner Roll 1 ea. Margarine pat. 1ea. Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.</p>	<p>18 Pork Chili Verde 1/2 c. WG8" Flour Tortilla 1ea Refried Beans 1/4c Hi C Salad 1 Cup Apricots ½ c. 1/2pt 1%White Milk 1 ea.</p>	<p>19 Hamburger on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. Coleslaw 1/2 c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.</p>	<p>20 Tuna Sld. Sandwich 1/2c. on WW Brd. 2 sl. Vegetable Soup 6oz. Orange Fresh 1 ea. 1/2pt 1%White Milk 1 ea.</p>
<p>23 Santa Fe Chicken Thigh 1ea. WWDinner Roll 1 ea. Margarine pat. 1ea. Mashed Sweet Potato 1/3c Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.</p>	<p>CLOSED CHRISTMAS EVE</p>	<p>25 CLOSED Christmas Day</p>	<p>26 Stuffed Bell Pepper 1ea. w/marinara & shred. chz. WWDinner Roll 1 ea. Margarine pat. 1ea. Veg. Medley 1/2c. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.</p>	<p>27 Beef Broccoli 6oz WG Brown Rice 1/2c Apricots ½ c. Vanilla Pudding 1ea 1/2pt 1%White Milk 1 ea.</p>
<p>30 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.</p>	<p>31 Beef Salisbury Stk. 1ea. w/ gravy + Mashed Potato 1/2c. Veg. Medley 1/2c. WWDinner Roll 1 ea. Margarine pat. 1ea. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.</p>			