

OASIS Adult Day Program

October 2025



CAREGIVER SUPPORT GROUP

Monday, October 6, 2025 &
Wednesday, October 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
Lucia Msrtinez, Program Manager • Nora Muñoz, Site Coordinator
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Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<div>Matthew Embry Oct. 3rd</div> <div>Canines for Christ Oct. 10th</div> <div>Larry & Larry Oct. 14th</div> <div>Hālau Hula I KaLā Oct. 24th</div>	<div>*Activities are subject to change</div> <div></div>	9:00 Coffee & Conversation 10:00 Can You Picture This? 10:30 Scary Songs of the 60s 11:00 Exercise w/ Dolores 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 What am I? 2:30 Nothing Rhymes w/ Orange 3:00 Haunting Exercises 4:00 Physical Game	9:00 Daily News & Social 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 Nostalgia Tv 2:30 Chubby Checker 3:00 Motown Fitness 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Pumpkin Art 10:30 Who Sang It? 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Star of the Month 2:30 WITCH Bingo 3:00 Matthew Embry 4:00 Exercise/Physical Game
6	7	8	9	10
9:00 Coffee & Conversation 10:00 Fair Detective 10:30 Halloween Songs 11:00 Exercise w/ Dolores 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Reminisce: Hay Rides 2:30 Spooky Stories 3:00 Cumbia Workout 4:00 Physical Game *Caregiver Support Group	9:00 Coffee & Conversation 10:00 Halloween History 10:30 The Price is Right 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Karaoke 2:30 Pumpkin Art 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Aerobics of the Mind 10:30 BINGO 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Trivia 2:30 Reminisce: Fair 3:00 Beach Boys Workout 4:00 Physical Game	9:00 Daily News & Social 10:00 Sing-A-Long w/ Anita 10:30 Sing-A-Long w/ Anita 11:00 Exercise w/ Dolores 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Halloween Feud 2:30 Discuss & Recall 3:00 Exercise w/ Teresa 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Canines for Christ 10:30 Superstitions 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Jeopardy 2:30 Spooky BINGO 3:00 Exercise w/ Maria 4:00 Physical Game
13	14	15	16	17
9:00 Coffee & Conversation 10:00 Rhyming Blue 10:30 Columbus Day 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 BINGO 2:30 Pumpkin Trivia 3:00 Exercise w/ Teresa 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Watercolor 10:30 Allure & Mystery 11:00 Exercise w/ Dolores 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Charades 2:30 Karaoke 3:00 Larry & Larry 4:00 Exercise/Physical Game	9:00 Coffee & Conversation 10:00 Brain Teasers 10:30 Autumn Discussion 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Classic Monster Movies 2:30 Julie Andrews 3:00 Exercise w/ Dolores 4:00 Physical Game *Caregiver Support Group	9:00 Daily News & Social 10:00 Sing-A-Long w/ Anita 10:30 Sing-A-Long w/ Anita 11:00 Exercise w/ Dolores 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Spooky Songs 2:30 Dracula History 3:00 Exercise w/ Teresa 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Believeable or Batty 10:30 Costumes 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Activity w/ Dolores 2:30 Ship in a Battle 3:00 Balance & Toning 4:00 Physical Game
20	21	22	23	24
9:00 Coffee & Conversation 10:00 Who are We? 10:30 Family Feud 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Spooky Trivia 2:30 Coloring Therapy 3:00 OASIS Fitness 4:00 Physical Game	9:00 Coffee & Conversation 10:00 “BOO” Words 10:30 Halloween Candy 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Autumn Stories 2:30 WITCH BINGO 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Guess the Hero 10:30 Funny Riddles 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Haunted House 2:30 What am I? 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Daily News & Social 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 The Great Houdini 2:30 Can You Picture This? 3:00 Exercise w/ Teresa 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Hālau Hula I KaLā 10:30 Pumpkin Categories 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Lolly Spiders 2:30 Activity w/ Maria 3:00 OASIS Cardio 4:00 Physical Game
27	28	29	30	31
9:00 Coffee & Conversation 10:00 Activity w/ Teresa 10:30 Bob Hope 11:00 Exercise w/ Teresa 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Discuss & Recall 2:30 Name that Tune 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Tv Moms 10:30 Halloween BINGO 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 The Addams Family 2:30 Jack-O-Lantern 3:00 70s Exercise 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Pumpkin Contest 11:00 Exercise w/ Dolores 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Pumpkin Contest 3:00 Disney Exercise 4:00 Physical Game	9:00 Daily News & Social 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 Can You Picture This? 2:30 Halloween Detective 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Coffee & Conversation 10:00 Ghostly Pancakes 10:30 GHOST Categories 11:00 Exercise w/ Maria 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 2:00 Monster Mash Party 3:00 Monster MASH 4:00 Physical Game
CRAZY HAIR DAY	MIX & MATCH CLOTHES	SUPERHERO/PRINCESS	NEON COLORS	COSTUMES

OASIS October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Build Your Own Burrito WG 6" Flour Tortilla 1ea Beef Barbacoa, Shred 3oz. w/pep.&onion4oz. ea. Shred. Cheese 1/2 oz. +Cabbage and Cilantro 1/2c Honeydew Chunks 1/2 cup 1/2pt 1% White Milk 1ea.	2 Chicken Breast 1ea w/ Alfredo Sauce 2 oz. WG Penne Pasta 1/2 c. +Hi C Salad 1 Cup Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.	3 Ranch Beans 1/2c. Shred. Cheese 1/2 oz. WWDinner Roll 1 ea. Italian Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.
6 Chicken Meatballs 3ea. w/ gravy WG Egg Noodle 1/2c. **Calif. Mix Veg. 1/2c. *Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.	7 Pork Rib-B-Q1ea w/ gravy 1 oz. WWDinner Roll 1 ea. Greenbeans 1/2c. +Hi C Salad 1 Cup Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.	8 Hamburger on Bun WG Hamburger Bun 1 ea. Beef Patty 1 ea. Cheese 1 sl. Tomato, Lettuce, Onion 1 ea. *Broccoli Salad 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1ea.	9 Chick. Fajita Strips 3oz WG 6" Flour Tortilla 1ea Corn saute w/ pepper & onions 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.	10 Vegetable Chili 1/2c. Shred. Cheese 1/2 oz. WWDinner Roll 1 ea. Italian Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.
13 Orange Chicken 3.6 oz. #10 scoop WG Wild Rice 1/2 c. *Broccoli 1/2c. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	14 Pepper Steak 1ea w/gravy 1oz. WWDinner Roll 1 ea. Margarine 1ea. *Mashed Potato 1/2c. **Calif. Mix Veg. 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	15 ^{Sa} Frankfurter 1ea on WG Hot Dog Bun 1 ea. +Coleslaw 3/4 c. Ketchup 1 ea. Mustard 1 ea. Diced Peaches 1/2c. 1/2pt 1%White Milk 1 ea.	16 Chicken Patty 1ea. w/Marinara Sauce 1 oz. WG Penne Pasta 1/2 c. Italian Veg. 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.	17 Beef Broccoli 6oz Rice, Black 1/2 c. **Sweet Potatoes1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
20 Chicken Thigh 1ea w/Mushroom Sauce WG Barley 1/2 c. *Broccoli 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	21 Beef Mtloaf w/grv 1ea. WG Egg Noodle 1/2c. **Calif. Mix Veg. 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	22 Sandwich, Tuna Sld. 1/2c. on WW Bread 2 sl. +Hi C Salad 1 Cup **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	23 Build Your Own Burrito WG 6" Flour Tortilla 1ea Turkey, Sesasoned 4oz. Pinto Beans 1/4c. Shred. Cheese 1/2 oz. +Cabbage and Cilantro 1/2c Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	24 ^{Sa} Country Fried Steak, Beef 1 ea. w/ country gravy 2 oz. WWDinner Roll 1 ea. Mashed Potato 1/4c. Greenbeans w/red peppers 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.
27 Tandoori Chicken Thigh 1 ea. WG Quinoa 1/2 c. **Calif. Mix Veg. 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	28 BBQ Pork Rib-B-Q Sand. On Whole Wheat Bun 1 ea. *Broccoli Salad 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	29 Swiss Bf.Patty1ea WWDinner Roll 1 ea. +Hi C Salad 1 Cup *Parsley Potato 1/2 c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	30 WGBrd.Fish 1ea WG Rice Blend 1 c. *Broccoli 1/2c. Mixed Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	31 Beef Patty 1ea w/grv 1oz. WG Egg Noodle 1/2c. Italian Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.

*Vitamin C everyday
 **Vitamin A 2-3x/week
 + Vitamin C & A