

Caregiver Support Group

Wednesday, September 6, 2023
(Please note the change due to the Holiday)
&
Wednesday, September 20, 2023

(Every 1st Monday & 3rd Wednesday of the Month)

10:00am – 11:30am

Hosted by: Meghan Velasquez, Program Manager

*If you have any questions feel free to contact Meghan

OASIS Staff

Dolores Gonzalez • Maria Garcia • Pete Arguijo
Nora Muñoz, Site Coordinator • Meghan Velasquez, Program Manager

Monday	Tuesday	Wednesday	Thursday	Friday
		2		1
		<p>Matthew Embry</p> <p>September 1st @ 3pm</p> 	<p>*ACTIVITIES SUBJECT TO CHANGE</p> 	<p>9:00 Coffee & Morning Stretches 10:00 Step by Step Drawing 10:30 Detective 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Tree Mendous Apples Art 2:00 Questions & Answers 3:00 Matthew Embry 4:00 Matthew Embry</p> 
4	5	6	7	8
<p>CLOSED</p> <p>LABOR DAY</p>	<p>9:00 Coffee & Morning Stretches 10:00 Lucky Day 10:30 Classical Music 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Laborers Trivia 2:00 California, Here We Go 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 School Lunch Detective 10:30 BINGO 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 A Sharp Dressed Man 2:00 Guess Before the Dress 3:00 Physical Game 4:00 Chair Exercise</p> <p>*Caregiver Support Group</p>	<p>9:00 Coffee & Morning Stretches 10:00 Grandparents Puzzle 10:30 Gershwin Tunes 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Football Kickoff 2:00 Music BINGO 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 Reminisce: Grandparents 10:30 Mining Puzzle 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 American Civil War Puzzle 2:00 Crazy Beards & Mustaches 3:00 Physical Game 4:00 Chair Exercise</p>
11	12	13	14	15
<p>9:00 Coffee & Morning Stretches 10:00 Ghost in the Machine 10:30 Movies & Stars 11:00 Jazzercise W/ Josie 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Reminisce: Paper Dolls 2:00 Paper Doll Craft 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 Picture a Word 10:30 Plants & Animals 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Lessons Learned 2:00 Ready, Steady, Roll Game 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 Discuss & Recall 10:30 What am I? 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Exposing the Secret Word 2:00 Concentration Puzzles 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 Jeopardy 10:30 Beautiful Mexico 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Star of the Month 2:00 Hispanic Americans 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 AMIGO BINGO 10:30 Yarn Wrapped Apples 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Button Monogram 2:00 Random Trivia 3:00 Physical Game 4:00 Chair Exercise</p>
18	19	20	21	22
<p>9:00 Coffee & Morning Stretches 10:00 CATEGORIES Puzzle 10:30 Can You Picture This? 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Butterfly Art 2:00 Jeopardy 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 Houseplant Art 10:30 Marching Bands 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 "Ace"-ing the Exam 2:00 Game Show 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 Fashion Logos 10:30 What am I? 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Spelling Bee 2:00 BINGO 3:00 Physical Game 4:00 Chair Exercise</p> <p>*Caregiver Support Group</p>	<p>9:00 Coffee & Morning Stretches 10:00 Secret Education 10:30 What am I? 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 BUNCO 2:00 Fashion Designer Detective 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 Welcome Fall Breakfast 10:30 Welcome Fall Breakfast 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Wacky Wordies 2:00 Meet Me in Milan 3:00 Physical Game 4:00 Chair Exercise</p>
25	26	27	28	
<p>9:00 Coffee & Morning Stretches 10:00 Missing Letters 10:30 Which Song is it? 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Where in the World? 2:00 Jazzercise W/ Josie 3:00 Physical Game 4:00 Storywise</p>	<p>9:00 Coffee & Morning Stretches 10:00 BINGO 10:30 Trivia 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 The Lone Ranger 2:00 Toys: Then & Now 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 Secret Occupation 10:30 Arts/Crafts 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Art 2:00 Travel Brief 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 Mixed-Up Puzzle 10:30 Wheel of Fortune 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Riddle Me This 2:00 Southern Dishes 3:00 Physical Game 4:00 Chair Exercise</p>	<p>9:00 Coffee & Morning Stretches 10:00 Quiz 10:30 Picture This 11:00 Chair Workout 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Sewing Fashion Trivia 2:00 Travelogue 3:00 Physical Game 4:00 Chair Exercise</p>

OASIS September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 WGBrd.Fish 1ea WG Brown Rice 1/2c Peas & Carrots 1/2c. Sliced Apple 2oz 1pk. 1/2pt 1%White Milk 1 ea.
4 Holiday	5 WG8" Flour Tortilla 1ea Chicken Fajita 3oz Shred. Cheese 1/2oz Shredded Lettuce 1cup Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	6 WG Beef Stroganoff 1c. Peas & Carrots 1/2c. Mixed Fruit 1/2c. Choc. Pudding 1/2 c. 1/2pt 1%White Milk 1 ea.	7 Chicken Thigh 1ea w/Mushroom Sauce WG Brown Rice 1/2c Hi C Salad 1 Cup Orange 1ea 1/2pt 1%White Milk 1 ea.	8 BBQ Pork Rib-B-Q Sand. On Whole Wheat Bun 1 ea. Coleslaw 1/4c. Steamed Carrots, Sliced 1/2c Sliced Apple 2oz 1pk. 1/2pt 1%White Milk 1 ea.
11 Chicken Stir Fry, onion brocc.carrot,bellpep6oz. WG Brown Rice 1/2c Orange 1ea Tapioca Pudding 1/2c 1/2pt 1%White Milk 1 ea.	12 Beef SalisburySteak 1ea. Whole Wheat Dinner Roll 1 ea. Margarine pat. Mashed Sweet Potato 1/3c Sliced Apple 2oz 1pk. 1/2pt 1%White Milk 1 ea.	13 Vegetable Chili 3/4 c. WW Bread 1 sl. Margarine pat. Peas & Carrots 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	14 Beef Patty 1ea On Whole Wheat Bun 1 ea. Tomato, Lettuce, Onion 1 ea. Macaroni Salad 1/2c. *+Calif. Mix Veg. 1/2c. Mixed Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	15 Pork Chili Verde 1/2 c. WG8" Flour Tortilla 1ea Refried Beans 1/4c Hi C Salad 1 Cup Sliced Apple 2oz 1pk. 1/2pt 1%White Milk 1 ea.
18 Frankfurter 1ea Whole Wheat Hot Dog Bun Steamed Carrots, Sliced 1/2c Ketchup 1 ea. Mustard 1 ea. Choc. Pudding 1/2 c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	19 Beef Mtloaf w/grv 1ea. Deluxe Mashed Potatoes 1/2 c. Italian Veg. 1/2c. Whole Wheat Dinner Roll 1 ea. Margarine pat. Orange 1ea 1/2pt 1%White Milk 1 ea.	20 WhlGrainChicken Bowtie w/pesto sauce 3/4 cup Sourdough Bread 1sl Margarine pat. Veg. Medley 1/2c. Mixed Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	21 Bk Chicken Drum. 2ea WG Brown Rice 1/2c Mashed Sweet Potato 1/3c Sliced Apple 2oz 1pk. 1/2pt 1%White Milk 1 ea.	22 WG8" Flour Tortilla 1ea Seasoned Ground Beef 3oz Refried Beans 1/4c Shredded Lettuce 3/4c. Shred. Cheese 2oz Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.
25 Hearty Braised Beef & Veg. 1 cup Whole Wheat Dinner Roll 1 ea. margarine pat Hi C Salad 1 Cup Lemon Pudding 1/2c. Orange 1ea 1/2pt 1%White Milk 1 ea.	26 WG Beef Stroganoff 1c. Steamed Carrots, Sliced 1/2c Sourdough Bread 1sl margarine pat Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	27 Santa Fe Chicken Thigh 1ea. WG Brown Rice 1/2c *+Veg. Medley 1/2c. Sliced Apple 2oz 1pk. 1/2pt 1%White Milk 1 ea.	28 Turkey breast 6 sl. w/ chz on WW Brd 2 sl. Tomato, Lettuce, Onion 1 ea. Minestrone Soup 6oz. Mixed Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	29 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 1/2c. 1/2pt 1%White Milk 1 ea.