



CAREGIVER SUPPORT GROUP

Monday, February 5, 2024

&

Wednesday, February 21, 2024

(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

Meghan Velasquez, Program Manager • Nora Muñoz, Site Coordinator

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Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Matthew Embry Thursday 22nd @ 10:30 Sing-A-Long w/ Anita Every Thursday @10am</p> 	<p>Tricks & Treats w/ Justice Feb 7th @2pm</p> 	<p>Valentine's Day Social w/ Linda the Harpist February 14th @11am</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 10:30 The King of Motown 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Lindbergh's Flight Game 2:00 Council Meeting 3:00 Strengthen Exercise 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Breakfast Trivia 10:30 Groundhog Day 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 New Orleans: Mardi Gras 2:00 DRIFT Categories 3:00 Exercise w/ Dolores 4:00 Physical Game</p> 
5	6	7	8	9
<p>9:00 Coffee/Morning Stretches 10:00 Tie the Knot 10:30 HEART BINGO 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Random Trivia 2:00 Heart Project 3:00 Exercise w/ Maria 4:00 Physical Game</p>  <p>*Support Group @ 10am</p>	<p>9:00 Coffee/Morning Stretches 10:00 Can You Picture This? 10:30 Souper Detective 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Farrah Fawcett 2:00 Famous Couples Game 3:00 Move to the Beat 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 What am I? 10:30 Love on Film 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Jeopardy 2:00 Tricks & Treats w/ Justice 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 10:30 Love is in the Air 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Mind Stretches 2:00 Play Predators 3:00 Get w/ the Flow 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Reminisce: V- Day 10:30 You Can Puzzle Too 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Love Songs 2:00 Chinese New Year 3:00 Exercise w/ Maria 4:00 Physical Game</p>
12	13	14	15	16
<p>9:00 Coffee/Morning Stretches 10:00 Table Talk Tidbits 10:30 Presidential Riddles 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Name NFL Teams 2:00 Test Your Knowledge 3:00 Presidential Fitness 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Jeopardy 10:30 True or False? 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Idioms w/ Heart 2:00 Move & Groove 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Love Letter Detective 10:30 Exercise w/ Dolores 11:00 Linda the Harpist 11:30 Linda the Harpist 12:00 LUNCH 1:00 Social Hour 1:30 Have a Heart Game 2:00 Sweetheart Social 3:00 Total Body Workout 4:00 Physical Game</p> 	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 10:30 Wheaties Athletes 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Music 2:00 Gabor Sisters 3:00 Exercise w/ Dolores 4:00 Physical Game</p> 	<p>9:00 Coffee/Morning Stretches 10:00 Romances to Remember 10:30 Where am I? 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Clark Gable 2:00 New Orleans 3:00 Exercise w/ Maria 4:00 Physical Game</p>
19	20	21	22	23
<p>CLOSED</p> <p>President's Day</p> 	<p>9:00 Coffee/Morning Stretches 10:00 Picture a Word 10:30 List Snacks 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Presidential Race 2:00 BINGO 3:00 Exercise w/ Maria 4:00 Physical Game</p> 	<p>9:00 Coffee/Morning Stretches 10:00 Rise & Shine 10:30 Detective 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Wacky Wordies 2:00 Who are We? 3:00 Fitness Fiesta 4:00 Physical Game</p> <p>*Support Group @ 10am</p>	<p>9:00 Coffee/Morning Stretches 10:00 Reminisce: Weddings 10:30 Matthew Embry 11:00 Matthew Embry 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Pondering Prompts 2:00 Famous Love Letters 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Lovable Matchups 10:30 Love Songs of the 50's 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Breakfast from the Boys 2:00 Calvin Coolidge 3:00 Flex & Flow 4:00 Physical Game</p>
26	27	28	29	
<p>9:00 Coffee/Morning Stretches 10:00 Roaring Twenties 10:30 Name That Song 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Charlie Chapman 2:00 Skiing by Process 3:00 Exercise w/ Dolores 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Postal Love Songs 10:30 Elizabeth Taylor 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Roll & Cover 2:00 Golf Discussion 3:00 Strengthen Exercise 4:00 Physical Game</p>	<p>9:00 Coffee/Morning Stretches 10:00 Think About It 10:30 To Do Lists 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 BINGO 2:00 Jeopardy 3:00 Move to the Beat 4:00 Physical Game</p> 	<p>9:00 Coffee/Morning Stretches 10:00 Sing-A-Long w/ Anita 10:30 Mind Stretches 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Super Heroes 2:00 Who am I? 3:00 Exercise w/ Maria 4:00 Physical Game</p>	<p>*ACTIVITIES ARE SUBJECT TO CHANGE</p> 

OASIS February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey breast 6 sl. w/ chz on WW Brd 2 sl. Tomato, Lettuce, Onion 1 ea. *+Calif. Mix Veg. ½ c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	2 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.
5 Bk Chicken Drum. 2ea WG Brown Rice 1/2c *+Calif. Mix Veg. ½ c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	6 Hearty Braised Beef & Veg. 1 cup WW Dinner Roll 1 ea. Margarine pat. 1 EA Hi C Salad 1 Cup Orange 1ea 1/2pt 1%White Milk 1 ea.	7 WW Chicken Bowtie w/pesto sauce 3/4 cup Sourdough Bread 1sl Margarine pat. 1 EA Veg. Medley 1/2c. Sliced Apple 2oz 1pk. 1/2pt 1%White Milk 1 ea.	8 WG8" Flour Tortilla 1ea Chicken Fajita 3oz. Shred. Cheese 1/2oz Shredded Lettuce 1cup Chocolate Pudding 1 ea. Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	9 Frankfurter 1ea Whole Wheat Hot Dog Bun Steamed Carrots, Sliced 1/2c Ketchup 1 ea. Mustard 1 ea. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.
12 Beef SalisburySteak1ea with gravy 1 oz WG Brown Rice 1/2c *+Calif. Mix Veg. 1/2c. Orange 1ea 1/2pt 1%White Milk 1 ea.	13 Santa Fe Chicken Thigh 1ea. WW Dinner Roll 1 ea. Margarine pat. 1 EA Mashed Sweet Potato 1/3c Sliced Apple 2oz 1pk. 1/2pt 1%White Milk 1 ea.	14 WGBrd.Fish 1ea WG Brown Rice 1/2c Peas & Carrots 1/2c. Honeydew Chunks 1/2 cup Vanilla Pudding 1ea 1/2pt 1%White Milk 1 ea.	15 Hamburger on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. Potato Salad 1/2 c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	16 Build Your Own Burrito WG 8" Tortilla 1 ea. Refried Bean ¼ c. Shred. Cheese ½ oz. Cabbage & Cilantro 1 c. Pineapple Tidbits ½ c. 1/2pt 1%White Milk 1 ea.
19 Presidents' Day	20 Chicken Stir Fry, onion brocc, carrot, bellpep6oz. WG Brown Rice 1/2c Tapioca Pudding 1/2c Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	21 Beef Pepper Steak 1ea w/gravy, onions&bellpepp WW Dinner Roll 1 ea. margarine pat Veg. Medley 1/2c. Sliced Apple 2oz 1pk. 1/2pt 1%White Milk 1 ea.	22 Turkey breast 6 sl. w/ chz on WW Brd 2 sl. Tomato, Lettuce, Onion 1 ea. *+Calif. Mix Veg. ½ c. Orange 1 ea. 1/2pt 1%White Milk 1 ea.	23 Vegetable Chili 3/4 c. WW Bread 1 sl. margarine pat Hi C Salad 1 Cup Cantaloupe Chunks 1/2 c 1/2pt 1%White Milk 1 ea.
26 Polish Sausage 1ea. w/onion & bell pepper Whole Wheat Hot Dog Bun Potato Salad 1/2 c. Ketchup 1 ea. Mustard 1 ea. Tropical Fruit 1/2c. 1/2pt 1% White Milk 1ea.	27 Chicken Thigh 1ea w/Mushroom Sauce WG Brown Rice ½ c. Mashed Sweet Potato 1/3c. Sliced Apple 2oz 1pk. 1/2pt 1%White Milk 1 ea.	28 Beef SalisburySteak1ea with gravy 1 oz WW Dinner Roll1 ea. Margarine pat. 1 EA *+Calif. Mix Veg. 1/2c. Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	29 WG8" Flour Tortilla 1ea Chicken Fajita 3oz. Shred. Cheese 1/2oz Shredded Lettuce ¼ cup Corn Chowder Soup 6 oz. Orange 1ea 1/2pt 1%White Milk 1 ea.	