

CAREGIVER SUPPORT GROUP

Monday, April 1, 2024

&

Wednesday, April 17, 2024

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

10:00am – 11:30am

Hosted by: Meghan Velasquez, Program Manager

Caregivers, we are in need of any unwanted items such as:
⇒ **Buttons and/or Coupons**

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	3	4	5
9:00 Daily News & Coffee 10:00 April Fools Puzzle 10:30 History's Pranks/Pranksters 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Unsolved Mysteries 2:00 Fool's Dictionary 3:00 Zumba Chair Workout 4:00 Physical Game Caregiver Support Group @10am	9:00 Daily News & Coffee 10:00 Know Your Neighbor 10:30 Fact or Foolery 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Activity w/ Pete 2:00 Secret Message 3:00 Gimme an E for Exercise 4:00 Physical Game	9:00 Daily News & Coffee 10:00 The Power of Coloring 10:30 Sean Connery 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Speaking of Springtime 2:00 ABCit 3:00 Matthew Embry 4:00 Physical Game 	9:00 Daily News & Coffee 10:00 Sing-A-Long w/ Anita 10:30 Spring Garden Memories 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Renaissance Man 2:00 A Symbol of Freedom 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Daily News & Coffee 10:00 Activity w/ Maria 10:30 "Four" Puzzle 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 April Trivia 2:00 Calendar Detective 3:00 Exercise w/ Dolores 4:00 Physical Game 
8	9	10	11	12
9:00 Daily News & Coffee 10:00 Punny April 10:30 Can You Picture This? 11:00 Jazzercise w/ Josie 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Lawn Care Detective 2:00 Lifelong Learning 3:00 Spring Cleaning Exercise 4:00 Physical Game	9:00 Daily News & Coffee 10:00 Activity w/ Dolores 10:30 Puzzles & Ponderings 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Reminisce: Scouting 2:00 Poetry & Punch 3:00 Exercise w/ Maria 4:00 Physical Game 	9:00 Daily News & Coffee 10:00 Rock & Roll Legends 10:30 Litter Bug Detective 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Cranium Crunches 2:00 Cherry Blossoms 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Daily News & Coffee 10:00 Sing-A-Long w/ Anita 10:30 April IQ 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Great Scott! 2:00 Test Your Knowledge 3:00 Seated Rockette Routine 4:00 Physical Game	9:00 Daily News & Coffee 10:00 Pondering Prompts 10:30 The Titanic 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Betty Crocker 2:00 Jeopardy 3:00 The Macarena Exercise 4:00 Physical Game
15	16	17	18	19
9:00 Daily News & Coffee 10:00 All About Spring 10:30 BINGO 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Quotes about Foolery 2:00 Neil DeGrasse 3:00 Exercise w/ Dolores 4:00 Physical Game	9:00 Daily News & Coffee 10:00 Giggles in the Garden 10:30 Jeopardy 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Family Feud: Earth Edition 2:00 It Happened One April 3:00 Exercise w/ Maria 4:00 Physical Game	9:00 Daily News & Coffee 10:00 Travel Brief 10:30 Singing Scottish Songs 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Unique Animals 2:00 Proper Noun Exercise 3:00 Scottish Chair Dance 4:00 Physical Game Caregiver Support Group @10am	9:00 Daily News & Coffee 10:00 Sing-A-Long w/ Anita 10:30 Mudroom Detective 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Activity w/ Dolores 2:00 BINGO 3:00 Exercise w/ Maria 4:00 Physical Game 	9:00 Daily News & Coffee 10:00 American History 10:30 70s RnB Music 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Photographic Memory 2:00 Dancing Through Argentina 3:00 Exercise w. Dolores 4:00 Physical Game
22	23	24	25	26
9:00 Daily News & Coffee 10:00 Earth Day Discussion 10:30 Forest Funnies 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Planting Up a Storm 2:00 Jazzercise w/ Josie 3:00 Celebrating Earth Day 4:00 Physical Game 	9:00 Daily News & Coffee 10:00 Weather or Not 10:30 Guess The Song 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 News Headlines 2:00 Scottish Highlands 3:00 Twist All Day 4:00 Physical Game	9:00 Daily News & Coffee 10:00 Chew on This 10:30 Loch Ness Monster 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Travelogue 2:00 Wacky Wordies 3:00 Workout w/ Maria 4:00 Physical Game	9:00 Daily News & Coffee 10:00 Sing-A-Long w/ Anita 10:30 Joe DiMaggio 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Tunes from the Tartan 2:00 Activity w/ Pete 3:00 Workout w/ Dolores 4:00 Physical Game	9:00 Daily News & Coffee 10:00 Tree Tunes 10:30 Tree Needs: Game 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 The Ghosts of Culloden 2:00 Jeopardy 3:00 Love to Stretch 4:00 Physical Game
29	30			
9:00 Daily News & Coffee 10:00 Special Memories 10:30 Live Your Dream 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Where am I? 2:00 Righteous Man 3:00 Chair Boxing 4:00 Physical Game	9:00 Daily News & Coffee 10:00 Traveling/Transportation 10:30 A Flowering Fantasy 11:00 Exercise w/ Pete 11:30 Physical Game 12:00 LUNCH 1:00 Social Hour 1:30 Activity w/ Maria 2:00 Marshmallow "Peep" 3:00 Tai Chi Exercise 4:00 Physical Game	<p>Matthew Embry</p> <p>March 3rd, @ 3pm</p> 	<p>Sing-A-Long w/ Anita</p> <p>Every Thursday @10am</p> 	<p>*ACTIVITIES ARE SUBJECT TO CHANGE</p> 

OASIS April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Salisbury Steak 1 ea w/ gravy 1 oz Whole Wheat Dinner Roll 1 ea. Margarine pat. 1 EA *+Calif. Mix Veg. 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1 ea.	2 Chicken Thigh 1 ea w/Mushroom Sauce WG Brown Rice 1/2c Hi C Salad 1 Cup Cantaloupe Chunks 1 cup 1/2pt 1% White Milk 1 ea.	3 BBQ Pork Rib-B-Q Sand. on WW Bun 1 ea. Coleslaw 1/4c. Steamed Carrots, Sliced 1/2c Tropical Fruit 1/2c. 1/2pt 1% White Milk 1 ea.	4 Turkey breast 6 sl. w/ chz on WW Brd 2 sl. Tomato, Lettuce, Onion 1 ea. Corn Chowder 6 oz Orange, Fresh 1 ea. 1/2pt 1% White Milk 1 ea.	5 Polish Sausage 1 ea. w/onion & bell pepper Whole Wheat Hot Dog Bun Potato Salad 1/2 c. Ketchup 1 ea. Mustard 1 ea. Pineapple Tidbits 1/2 c. 1/2pt 1% White Milk 1 ea.
8 Bk Chicken Drum. 2 ea WG Brown Rice 1/2c *+Calif. Mix Veg. 1/2c. Tropical Fruit 1/2c. 1/2pt 1% White Milk 1 ea.	9 WG Brd. Fish 1 ea Whole Wheat Dinner Roll 1 ea. Peas & Carrots 1/2c. Honeydew Chunk 1/2 c. Vanilla Pudding 1 ea 1/2pt 1% White Milk 1 ea.	10 Pork Chili Verde 1/2 c. WG8" Flour Tortilla 1 ea Refried Beans 1/4c Hi C Salad 1 Cup Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1 ea.	11 WG8" Flour Tortilla 1 ea Chicken Fajita 3oz. Shred. Cheese 1/2oz Shredded Lettuce 1cup Corn Chowder 6 oz Orange, Fresh 1 ea. 1/2pt 1% White Milk 1 ea.	12 Beef Meatloaf w/gravy 1 ea + Mashed Potato 1/2c. Veg. Medley 1/2c. Whole Wheat Dinner Roll 1 ea. Margarine pat. 1 EA Tropical Fruit 1/2c. 1/2pt 1% White Milk 1 ea.
15 Chicken Stir Fry, onion brocc. carrot, bellpep 6oz. WG Brown Rice 1/2c Tapioca Pudding 1/2c Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1 ea.	16 Hearty Braised Beef & Veg. 1 cup Whole Wheat Dinner Roll 1 ea. Margarine pat. 1 EA Hi C Salad 1 Cup Cantaloupe chunk 1 c. 1/2pt 1% White Milk 1 ea.	17 WW Chicken Bowtie w/pesto sauce 3/4 cup Sourdough Bread 1sl Margarine pat. 1 EA Veg. Medley 1/2c. Orange, Fresh 1 ea. 1/2pt 1% White Milk 1 ea.	18 Hamburger on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. Macaroni Salad 1/2c. *+Calif. Mix Veg. 1/2c. Tropical Fruit 1/2c. 1/2pt 1% White Milk 1 ea.	19 Tuna Sld. Sandwich 1/2 c. on WW Brd. 2 sl. Steamed Carrots, Sliced 1/2c Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1 ea.
22 Beef Pepper Steak 1 ea w/gravy, onions & bellpepp + Mashed Potato 1/2c. Whole Wheat Dinner Roll 1 ea. margarine pat Orange, Fresh 1 ea. 1/2pt 1% White Milk 1 ea.	23 Vegetable Chili 3/4 c. Corn Muffin 1 ea. Peas & Carrots 1/2c. Pineapple Tidbits 1/2 c. 1/2pt 1% White Milk 1 ea.	24 Santa Fe Chicken Thigh 1 ea. Whole Wheat Dinner Roll 1 ea. Mashed Sweet Potato 1/3c Tropical Fruit 1/2 c. 1/2pt 1% White Milk 1 ea.	25 Turkey breast 6 sl. w/ chz on WW Brd 2 sl. Tomato, Lettuce, Onion 1 ea. Potato Soup 6 oz Chocolate Pudding 1 ea. Honeydew Chunks 1/2 cup 1/2pt 1% White Milk 1 ea.	26 Frankfurter 1 ea 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.
29 Chicken Meatballs 3 ea. w/ gravy WG Brown Rice 1/2c *+Calif. Mix Veg. 1/2c. Orange (138ct) 1 ea. 1/2pt 1% White Milk 1 ea.	30 Beef Salisbury Stk. 1 ea. w/ gravy Veg. Medley 1/2c. Whole Wheat Dinner Roll 1 ea. margarine pat Tropical Fruit 1/2c. 1/2pt 1% White Milk 1 ea.			