**Nutrition**

**Health Promotion**

**Rec Social in Site Activity**

**Counseling**

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 TERRIFIC, Inc

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| OASIS SENIOR CENTER OCTOBER 2022 ACTIVITY CALENDAR |
|  | **MONDAY** | **TUESDAY** | **WEDENSDAY** | **THURSDAY** | **FRIDAY** |
|  | **3** **9:00 am Welcome****Health Promotion** **Games with Dennis (Virtual)** **11:00 am Arts & crafts** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **4****9:00 am Welcome****Health Promotion****11:00 Music Appreciation****12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **5****9:00 am Welcome****Health Promotion** **Games with Dennis (Virtual)** **11:00 am Chat and Chew**  **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **6****9:00am Welcome****Health Promotion****11:00am Enrichment Activity****12:00pm Lunch****1:00pm Terrific Taste** | **7****9:00am Welcome****Health Promotion****Games with Dennis (Virtual)****12:00pm Lunch****1:00pm Terrific Taste****2:00pm Bingo w/ Maxine** |
|  | **10****9:00 am Welcome****Health Promotion** **Games with Dennis (Virtual)** **11:00 am Trivia** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **11****9:00am Welcome****Health Promotion****11:00am Arts & Crafts****12:00pm Lunch****1:00pm Terrific Taste** | **12****9:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Trivia****12:00pm Lunch****1:00pm Terrific Taste** | **13****9:00am Welcome****Health Promotion****11:00am Brain Teasers****12:00pm Lunch****1:00pm Terrific Taste** | **14****9:00am Welcome****Health Promotion****Games with Dennis (Virtual)****12:00pm Lunch****1:00pm Terrific Taste****2:00pm Bingo w/ Maxine** |
|  | **17****9:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Commonyms****12:00pm Lunch** **1:00pm Terrific Taste** | **18****9:00am Welcome****Health Promotion****11:00am Brain Teasers****12:00pm Lunch****1:00pm Terrific Taste** | **19****9:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Music Appreciation****12:00pm Lunch****1:00pm Terrific Taste****2:00pm Bingo w/ Maxine** | **20****9:00am Welcome****Health Promotion****11:00am Enrichment Activity****12:00pm Lunch****1:00pm Terrific Taste** | **21****9:00am Welcome****Health Promotion****Games with Dennis (Virtual)****12:00pm Lunch****1:00pm Terrific Taste****2:00pm Bingo w/ Maxine** |
|  | **24****9:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Mindfulness****12:00pm Lunch****1:00pm Terrific Taste** | **25****9:00am Welcome****Health Promotion****11:00am Word Search****12:00pm Lunch****1:00pm Terrific Taste** | **26****9:00am Welcome****Health Promotion****10:45am Museum of African Art** **Games with Dennis (Virtual)****12:00pm Lunch****1:00pm Terrific Taste** | **27****9:00am Welcome****Health Promotion****11:00am Nutrition Education****11:00am Enrichment Activity****12:00pm Lunch****1:00pm Terrific Taste** | **28****9:00am Welcome****Health Promotion****Games with Dennis (Virtual)****12:00pm Lunch****1:00pm Terrific Taste****2:00pm Bingo w/ Maxine** |
|  | **31****9:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Arts & Crafts****12:00pm Lunch****1:00pm Terrific Taste** |  |  |  |  |

**Events in August: National Liver Awareness Month** 