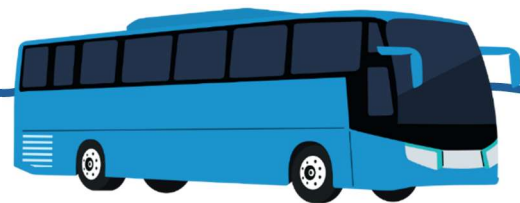




Oasis Senior Center Monthly Community Trips

Add May Trips



Special Events:

October 2nd: Amish Market

October 7th: Shoppers World/Roses Discount Store

October 13th: Walmart



Visit www.AroundtownDC.org for more events and programs



October 2026

Oasis

Senior Center for the Homeless

Contact Us

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Dear Friends,

October is here, bringing cooler days, colorful leaves, and a fresh start as we officially begin FY 2027, our new program year! As we welcome the beauty of autumn, we are excited for another year filled with connection, meaningful activities, new experiences, and opportunities to grow together.

This month, we are also proud to embrace Hispanic Heritage Month and recognize the rich histories, cultures, traditions, music, art, and contributions of Hispanic and Latino communities.

October is also our re-enrollment month. Your site team will be checking in with you to confirm that your information is current and ensure you are all set to continue enjoying meals, activities, outings, and other programs throughout the new program year. If you have any questions or need assistance, please reach out to your site staff.

As autumn settles in, there is plenty to look forward to at our dining sites. From fitness and wellness activities to arts and crafts, music, games, discussions, celebrations, and trips around our beautiful city, we hope you will find something that inspires you to participate, connect, and have fun.

The beginning of a new program year is also a wonderful opportunity for us to hear from you. Your ideas and interests help shape our programs, so please share activity, trip, or event recommendations with your Recreation Coordinator. We want our programming to reflect the people who make our community special.

Thank you to our Recreation Coordinators, Nutrition Coordinators, Social Workers, volunteers, community partners, and all of our staff for the care and dedication you bring to our dining sites each day. Most importantly, thank you to each of you for your participation, your friendship, and the energy you bring to our community.

We wish you a wonderful October filled with good health, warm friendships, autumn joy, and excitement for all that FY 2027 has in store!

With gratitude and warmth,

The Community Programs Team

Iona Senior Services



Monday	Tuesday	Wednesday	Thursday	Friday
	9/29 9:00 am News and Conversation 10:00 am Health Resource 11:00 am Virtual Chair Fitness 12:00 pm Lunch 1:00 pm Tech Tuesday 2:00 pm YouTube Docu Series	9/30 9:00 am Seasonal Resources 10:00 am Health Topics and News 11:00 am Virtual Games with Dennis 12:00 pm Lunch 1:00 pm Arts and Culture Discussion 2:00 pm Let's Travel to an Oasis Trip: Brain Games	1 9:00 am Local News and Conversation 10:00 am Brain Trivia 11:00 am Virtual Chair Fitness 12:00 pm Lunch 1:00 pm Weekly Afternoon Movie	2 9:00 am Oasis Support and Conversation 10:00 am Newsbreak and TV 10:30am Trip- Amish Market 11:00 am Everyday Living Resources 12:00 pm Lunch 1:00 pm Aroma Therapy and Fitness 2:00 pm Bingo with Maxine
5 9:00 am Health Resource / News 10:00 am Music and Arts 11:00 am Games and Social Hour 12:00 pm Lunch 1:00 pm DC Food Resources 2:00 pm Seasonal Resources	6 9:00 am News and Conversation 10:00 am Health Resource 11:00 am Virtual Chair Fitness 12:00 pm Lunch 1:00 pm Tech Tuesday 2:00 pm YouTube Docu Series	7 9:00 am Seasonal Resources 10:00 am Health Topics and News 10:30am Trip- Shoppers World/Roses Discount Store 11:00 am Virtual Games with Maxine 12:00 pm Lunch 1:00 pm Arts and Culture Discussion 2:00 pm Let's Travel to an Oasis	8 9:00 am Local News and Conversation 10:00 am Brain Trivia 11:00 am Virtual Chair Fitness 12:00 pm Lunch 1:00 pm Weekly Afternoon Movie	9 9:00 am Oasis Support and Conversation 10:00 am Newsbreak and TV 11:00 am Everyday Living Resources 12:00 pm Lunch 1:00 pm Aroma Therapy and Fitness 2:00 pm Bingo with Maxine
	13 9:00 am News and Conversation 10am Trip- Walmart 10:00 am Health Resource 11:00 am Virtual Chair Fitness 12:00 pm Lunch 1:00 pm Tech Tuesday 2:00 pm YouTube Docu Series	14 9:00 am Seasonal Resources 10:00 am Health Topics and News 11:00 am Virtual Games with Maxine 12:00 pm Lunch 1:00 pm Arts and Culture Discussion 2:00 pm Let's Travel to an Oasis	15 9:00 am Local News and Conversation 10:00 am Brain Trivia 11:00 am Virtual Chair Fitness 12:00 pm Lunch 1:00 pm Weekly Afternoon Movie	16 9:00 am Oasis Support and Conversation 10:00 am Newsbreak and TV 11:00 am Everyday Living Resources 12:00 pm Lunch 1:00 pm Aroma Therapy and Fitness 2:00 pm Bingo with Maxine
19 9:00 am Health Resource / News 10:00 am Music and Arts 11:00 am Games and Social Hour 12:00 pm Lunch 1:00 pm DC Food Resources 2:00 pm Seasonal Resources	20 9:00 am News and Conversation 10:00 am Health Resource 11:00 am Virtual Chair Fitness 12:00 pm Lunch 1:00 pm Tech Tuesday 2:00 pm YouTube Docu Series	21 9:00 am Seasonal Resources 10:00 am Health Topics and News 11:00 am Virtual Games with Maxine 12:00 pm Lunch 1:00 pm Arts and Culture Discussion 2:00 pm Let's Travel to an Oasis	22 9:00 am Local News and Conversation 10:00 am Brain Trivia 11:00 am Virtual Chair Fitness 12:00 pm Lunch 1:00 pm Weekly Afternoon Movie	23 Conversation 10:00 am Newsbreak and TV 11:00 am Everyday Living Resources 12:00 pm Lunch 1:00 pm Aroma Therapy and Fitness 2:00 pm Bingo with Maxine
26 9:00 am Health Resource / News 10:00 am Music and Arts 11:00 am Games and Social Hour 12:00 pm Lunch 1:00 pm DC Food Resources 2:00 pm Seasonal Resources	27 9:00 am News and Conversation 10:00 am Health Resource 11:00 am Virtual Chair Fitness 12:00 pm Lunch 1:00 pm Tech Tuesday 2:00 pm YouTube Docu Series	28 9:00 am Seasonal Resources 10:00 am Health Topics and News 11:00 am Virtual Games with Maxine 12:00 pm Lunch 1:00 pm Arts and Culture Discussion 2:00 pm Let's Travel to an Oasis	29 9:00 am Local News and Conversation 10:00 am Brain Trivia 11:00 am Virtual Chair Fitness 12:00 pm Lunch 1:00 pm Weekly Afternoon Movie	30 9:00 am Oasis Support and Conversation 10:00 am Newsbreak and TV 11:00 am Everyday Living Resources 12:00 pm Lunch 1:00 pm Aroma Therapy and Fitness 2:00 pm Bingo with Maxine