

Social Club Benefits

Improve senior health and quality of life



Preserve autonomy and encourage adapted physical activities



Promote social interaction and prevent cognitive decline



Reduce the stress on carers and their families



Oasis de Vie

www.oasisdevie.com

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Established by



GREEK CATHOLIC WELFARE ASSOCIATION
OF BEIRUT & ITS SUBURBS

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Oasis de Vie
Continuum of Healthcare Center

Social Club



*Nourishment of mind,
body and spirit*

Social Club Services

- Recreational and social activities
- Physical activities and gymnastic exercises adapted to seniors
- Cognitive stimulation
- Lunch
- Theater
- Library
- Computer center
- Assisted kitchen for patients with memory problems
- Medical consultation and blood tests (for an extra charge)



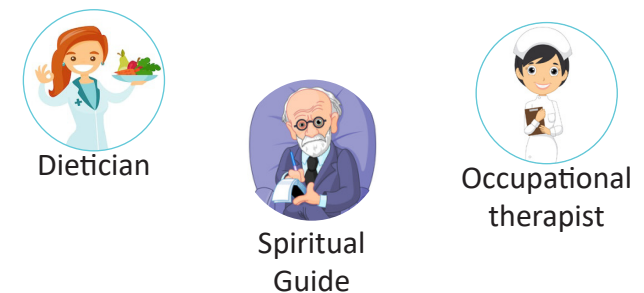
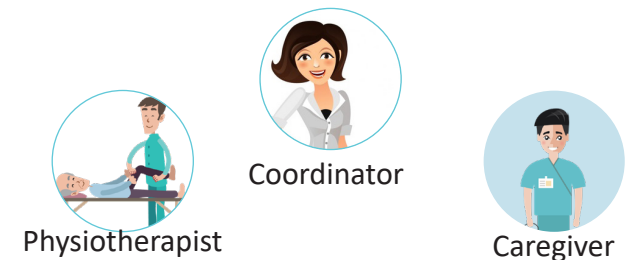
Typical Schedule

- 09:00 - 10:00: Arrival
- 10:00 - 11:00: Gymnastic for seniors
- 11:00 - 12:30: Cognitive stimulation
- 12:30 - 14:00: Lunch
- 14:00 - 16:00: Social activities
- 15:00 - 16:00: Departure

Sample Recreational & Social Activities

- » Memory training: crosswords, sudoku, card game, backgammon, lego, chess, puzzles, etc.
- » Cooking workshop
- » Elderly-children joint activities
- » Gymnastics
- » Art therapy: singing, painting, DIY, etc.
- » Group discussions and book club
- » Well-being: hand massage, manicure and hairdresser (for an extra charge)
- » Relaxation and music therapy
- » Laugh therapy

Multidisciplinary Team at the Service of the Elderly



Providing your loved ones with a sense of purpose and well being