



Live Oak Adult Day Services in Cupertino Activity Schedule February 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 News & Puzzles 11:00 Chinese New Year Celebration 1:00 Stretch and Bowl 2:00 Sing-a-long	2 10:00 News & Puzzles 11:00 Hillbrook Student Visit 1:00 Music with Stargeezers	3 10:00 News & Puzzles 11:00 Stretch and Hot Potato 1:00 Bingo
6 10:00 Current Events w/ Jan 10:30 <i>Music w/ Craig</i> 11:00 Animal Assisted Happiness Visit 1:00 Art Project	7 10:00 News & Puzzles 11:00 Bean Bag Toss 1:00 Music with Jim Farber 2:00 Trivia	8 10:00 News & Puzzles 11:00 Music with/ Jerry Jay Orchestra 1:00 Furry Friends 1:00 Stretch & Balloon Game	9 10:00 News & Puzzles 11:00 Music with Danny K. 1:15 Science: Exploring Space 2:00 Trivia	10 10:00 News & Puzzles 11:00 Art Project 1:00 Exercise 1:30 Bingo
13 10:00 Current Events w/ Jan Puzzles w/ Howard 11:00 Yoga w/ Jackie 1:00 Travel Video	14 10:00 News & Puzzles 11:00 B-day word game "Ann" 1:00 Arts and Crafts	15 10:00 News & Puzzles 11:00 Exercise 1:00 B'day Celebrations with Vic & Friends	16 10:00 B-day word game "Nick" 11:00 Lei Nani Hula Dancers 12:30 <i>Michi & Maryann</i> 1:00 Laughter Yoga	17 10:00 News & Puzzles 11:00 Music with Henry 1:00 Exercise 1:30 Bingo
20 Holiday	21 10:00 News & Puzzles 11:00 Stretch and Basketball 1:00 Music with Jim Farber	22 10:00 News & Puzzles 11:00 Bunco/ Yahtzee 1:00 Art 2:00 Sing-a-long	23 10:00 News & Puzzles 11:00 Music with Bob Yee's Gang 1:00 Yoga with Jackie	24 10:00 News & Puzzles 10:30 Stretch 11:00 Travels w/ ? 1:00 Bingo
27 10:00 Current Events w/ Jan Puzzles w/ Howard 11:30 Stretch & Exercise 1:00 Music with Liz Fischer	28 10:00 News & Puzzles 11:00 Arts and Crafts 1:00 Stretch and Bowl 2:00 Trivia			

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Stuffed Bell Pepper Peas & Carrots Salad	2 Sesame Chicken White Rice Broccoli Salad	3 Soy Chicken Brown Rice Cabbage & Carrots
6 Chicken Casserole Broccoli Spears Spinach Salad	7 Beef w/ Potato Chow Mein Zucchini & Carrot	8 Pork Chop w/ Onion Gravy Sweet Potato Salad	9 Spaghetti & Meatballs Italian Veggies Caprese Salad	10 Vinegar Spareribs White Rice Broccoli & Carrots
13 Sweet & Sour Pork White Rice Veggies	14 Orange Chicken Rice Noodle Cauliflower & Carrots	15 BBQ Turkey Sandwich Baked Beans Carrots	16 Parmesan Chicken Pasta Veggies Salad	17 Beef w/ Broccoli White Rice
20 Holiday	21 Black Bean Fish Brown Rice Cauliflower & Carrots	22 Vegetarian Lasagna Carrots Cauliflower	23 Broccoli & Beef White Rice Garden Salad	24 Pork Loin in Tomato Sauce White Rice Mixed Vegetables & Carrots
27 Baked Fish w/ Salsa Corn Tortilla Pinto Beans Coleslaw	28 Chicken Curry Brown Rice Broccoli & Carrots			

*All meals include milk and wholegrain or enriched bread.

*All meals are low salt, low fat and contain no added sugar.

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin



*"Cherry blossoms-
Granma tells me about
Her first date"*

Haiku by
Georgiana Cucu, age 12
Winner 2015 Vancouver Cherry Blossom Festival

Alzheimer's Association Caregiver Support Group

Sponsored by the Alzheimer's Association, our caregiver group is available to anyone in the community caring for someone with memory loss. It is offered on a drop in basis on the third Thursday of each month. Charlie Niemeyer is the facilitator. Next meeting is Thursday, February 16th at 1:30 p.m. in the Fireside Room of the St. Jude's Church