








Live Oak Adult Day Services Activity Schedule February, 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1. 10:30 Morning News 11:00 African Art w/ Ana 12:00 Lunch 1:00 Lynda on Keyboard</p> 	<p>2. 10:30 Morning News-Ground Hog Day 11:00 Larry-Exercise 12:00 Lunch 1:00 Chinese Bingo</p> 	<p>3. 10:30 Morning News 11:00 Trivia w. Iuliana 12:00 Lunch 1:00 Bingo</p>
<p>6. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Crossword with Junelle</p>	<p>7. 10:30 Karaoke with Lew 11:00 Birthday Word Game 12:00 Lunch 1:00 Art w/ Lauren Happy Birthday Bill Paint hearts with Scott</p>	<p>8. 10:30 Jazzberry Jam 11:00 Morning News 12:00 Lunch 1:00 Timo– steel drum Music</p> 	<p>9. 10:30 Morning News 11:00 Larry-Tai Chi & Yoga 12:00 Lunch 1:00 Valentine Craft</p>	<p>10. 10:15 Trivia w. Iuliana 11:00 Morning News 12:00 Lunch 1:00 Bingo</p>
<p>13. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Evergreen Singers</p>	<p>14. 10:30 Morning News 11:30 Birthday Word Game 12:00 Lunch 1:00 Art w/ Lauren</p> 	<p>15. 10:30 Morning News 11:00 C. C. Culver-Astral talk 12:00 Lunch 1:00 Johnny Fabulous-Music</p>	<p>16. 10:30 Morning News 11:00 Larry-Exercise 12:00 Lunch 1:00 Live Oak Swing Band</p>	<p>17. 10:30 Morning News 11:00 U.S. Presidents Trivia & Video 12:00 Lunch 1:00 Bingo</p>
<p>20. CLOSED FOR PRESIDENTS DAY</p> 	<p>21. 10:30 Morning News 11:00 Peter & Jim—Guitar 12:00 Lunch 1:00 Art w/ Lauren Vic & friends Accordion</p>	<p>22. 10:30 Morning News 11:00 Travel Talk w/ Renette 12:00 Lunch 1:00 Bill Martin-Music</p>	<p>23. 10:30 Morning News 11:00 Larry-Tai Chi & Yoga 12:00 Lunch 1:00 Story time with Margo</p>	<p>24. 10:15 Trivia w. Iuliana 11:00 Young @ Heart-Music 12:00 Lunch 1:00 Star Geezers--Music</p>
<p>27. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Mask Craft w/ Junelle Happy Birthday Connie</p>	<p>28. 10:30 11:00 Shrove Tuesday– Beignets 12:00 Lunch 1:00 Art w/ Lauren</p>			<p>**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**</p>

FEBRUARY MEAL MENU



		1. Beef Stuffed Bell Peppers, Green peas & carrots, fresh tossed green salad,	2. Sesame chicken, steamed rice, Broccoli spears, Romaine salad, Carrots, Sesame dressing, pears	3. Broiled Tilapia, Brown Rice Pilaf, California blend vegetables, Garlic Spinach & onions, fresh fruit
6. Chicken Barley Casserole, Broccoli Spears, Spinach salad with Cranberries, apples	7. Baked Fish with Tilapia, Lemon & dill Sauce, Wild Rice, California Blend vegetables, Marinated Zucchini & Red onions, bananas	8. Pork Chop with Onion Gravy, Baked sweet potato, Fresh Tossed salad w bell peppers, fresh fruit	9. Spaghetti & Meatballs, Italian blend vegetables, Fresh Caprese salad, Oranges	10. Spinach Quiche, Crust with Entrée, fresh roasted red potatoes, fresh garden salad, Ambrosia w/ mandarin & pineapples
13. Sweet & Sour Pork, white rice, Fresh red & Green Bell peppers, onions, oriental blend vegetables, Apples	14. Roast Beef w/ Gravy, mashed potatoes, Broccoli Spears, Fresh fruit 	15. BBQ Turkey Sandwich, Baked beans, fresh herbed carrots, Oranges	16. Parmesan Chicken, Fresh Marinara Sauce, Malibu blend vegetables, fresh garden salad w/ shredded carrots, bananas	17. Breaded Fish w/ lemon & Garlic Aioli sauce, Brown Rice, herbed Zucchini, Coleslaw, Pear
20. CLOSED FOR PRESIDENTS DAY	21. Herb roasted Pork Tenderloin w/ gravy, garlic green beans, fresh kale & yam, fruited gelatin, 1/2 cup w/ Mandarin	22. Vegetarian Lasagna, noodles, fresh diced carrots, Cauliflower, Apples	23. Stir Fry Broccoli & Beef, White Rice, Fresh Garden Salad, Oriental dressing, Fresh fruit in season	24. Baked Fish w Lemon & Tartar sauce, wild rice, Garlic Spinach, Fresh Marinated cucumber, tomatoes, onions, Oranges
27. Baked Fish w/ Pico de Gallo Sauce, Corn Tortilla, Pinto beans, Fiesta slaw w/ red bell peppers, bananas	28. Thai Chicken Flatbread Pizza, Sautéed vegetables, fresh tossed salad, shredded carrots, Oranges.		<i>All meals served with whole grain bread!</i>	**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**

Families & Friends

Live Oak will be CLOSED on Monday, February 20th for Presidents Day.



Fun Trivia

- The New England Patriots have gone to 8 Super Bowls and won 4 championships. This is the second time Atlanta Falcons will go to the Super Bowl. Kick-off time on CBS is 3:30 pm on February 5th (PST).
- There are approximately 1 Billion Valentine cards sent/exchanged each year.
- King Henry VIII declared Valentine a national holiday in 1537.
- The name Valentine comes from the Latin word valor, meaning worthy.
- February 14th was long associated with fertility & love long before St. Valentine
- The tallest President was Lincoln @ 6'4" and Madison was the shortest @ 5'4"
- There were 8 left handed Presidents: Garfield, Hoover, Truman, Ford, Reagan, GHW Bush, Clinton, & Obama.
- Kennedy and Taft were the only ones buried at Arlington.
- Lincoln, Jefferson, Roosevelt, Washington, Kennedy, & Eisenhower are portrayed on U.S. coins.
- Washington, Jefferson, Lincoln, Jackson, Grant, McKinley, Cleveland, Madison, & Wilson are portrayed on U.S. paper Currency
- Franklin Pierce gave his 3,319-word inaugural address from memory, without the aid of notes. He was the 14th Presidents (1853-56).
- Harry S. Truman use to get up at 5 o'clock in the morning to practice the piano for two hours.
- To set a good example for the country Rutherford B. Hayes banished liquor and wine from the White House. Because of the ban, his wife was known as "Lemonade Lucy."