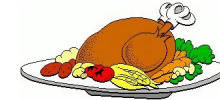




Live Oak Adult Day Services in Cupertino Activity Schedule November 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 News & Puzzles 11:00 Art 1:00 Music with Timo 2:00 Trivia	2 10:00 News & Puzzles 10:00 Memories in the making 11:00 Bunco/ Yahtzee 12:30 <i>Michi & Maryann</i> 1:00 Stretch & Drum Circle	3 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Bingo
6 10:00 News & Puzzles 10:30 Music with Craig 11:00 Jingo 1:00 Movie Afternoon	7 10:00 News & Puzzles 11:00 Thanksgiving Craft 1:00 Exercise with Karley 2:00 Trivia	8 10:00 News & Puzzles 11:00 Stretch & Corn Hole Toss 1:00 Bunco/ Yahtzee 2:00 Sing-a-long	9 10:00 News & Puzzles 10:00 Memories in the making 11:00 Music with Danny K. 1:00 Stretch & Bowl	10 <div style="text-align: center; font-size: 2em;">Holiday</div>
13 10:00 Music with the Choraliers 1:00 Exercise with Jackie 2:00 Trivia	14 10:00 News & Puzzles 11:45 Lei Nani Hula Dancers 1:00 Music with Jim Farber	15 10:00 News & Puzzles 11:00 Exercise with Mimi 1:00 Furry Friends Visit 1:30 B'Day Celebrations with Vic & Friends	16 10:00 News & Puzzles 10:00 Memories in the making 11:00 Hillbrook kids 12:30 <i>Michi & Maryann</i> 1:00 Stretch & Exercise Game	17 10:00 News & Puzzles 11:00 Music with Henry 1:00 Bingo
20 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Art 2:00 Trivia	21 10:00 News & Puzzles 11:00 Cooking Pumpkin Bread 1:00 Exercise with Karley 2:00 Trivia	22 10:00 News & Puzzles 11:00 Stretch & Bowl 1:00 Bridgo 2:00 Sing-a-long	23 <div style="text-align: center; font-size: 2em;">Holiday</div>	24 <div style="text-align: center; font-size: 2em;">Holiday</div>
27 10:00 News & Puzzles 11:00 B-Day Word Game "Jack" 1:00 Music with Maddaline	28 10:00 News & Puzzles 11:00 Calendar Art 1:00 Music with Jim Farber	29 10:00 News & Puzzles 11:00 Exercise with Mimi 1:00 Music with Lizz Fischer	30 10:00 News & Puzzles 10:00 Memories in the making 11:00 Stretch & Exercise Game 1:00 Travels w/ Ann	

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Roast Pork w/ Gravy Baked Potatoes Herbed Carrots Whole Wheat Roll	2 Breaded Fish w/ Tartar Sauce Brown Rice Caribbean Veggies Fresh Salad	3 Greek Chicken Salad
6 Turkey a la King Pasta Malibu Veggies Caesar Salad	7 Szechuan Pork Brown Rice Carrots	8 Spinach Lasagna Caribbean Veggies Garden Salad	9 Chicken Caesar Salad	10 Holiday
13 Roast Pork w/ Apple Sauce Spinach & Onions Fresh Broccoli & Cauliflower	14 Beef Enchiladas Spanish Rice Fiesta Veggies Carrot & Pineap- ple Salad	15 Chicken Scaloppi- ni Pasta Herbed Carrots Broccoli	16 Beef Hamburger w/ Cheese Baked Potato Wedges Garden Salad	17 Vietnamese Chicken Noodles Green Beans Carrot Salad
20 BBQ Chicken Potato Salad California Veggies	21 Pork Marsala Pasta Spinach Salad Italian Veggies	22 Roasted Turkey w/ Gravy Cranberry Stuffing Green Beans Carrots Pumpkin Pie	23 Holiday	24 Holiday
27 Stir Fry Pork w/ Broccoli Brown Rice Carrots	28 Chinese Chicken Salad	29 Ginger Glaze Fish White Rice Capri Veggies Coleslaw	30 Spaghetti w/ Meatballs Italian Veggies Caesar Salad	

*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, sex, age, or disability.”

November 2017

We are Thankful !



*We are thankful for our families, our children, freedom, religion, intelligence,
prosperity and you!*

We wish you all a peaceful holiday!

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, November 16th at 1:30 p.m. in the Fireside Room of the St. Jude's Church